目录

[2023.9.7 1](#_Toc29399)

[2023.9.8 2](#_Toc16663)

[一周金句 3](#_Toc7004)

[2023.9.10 4](#_Toc13810)

[2023.9.11 5](#_Toc16559)

* Control pollution / environmental protection / concerted effort
* At the source / be conductive to / recycling of
* Discharge ... into / without treatment / severely / reduce the amount of water / available for human use
* Chasing for fame and wealth
* have access to info / many sources of info
* Rising the public awareness of / drug abuse / lead to > bring
* Numerous = innumerable / traffic congestion
* The government and laws
* Seldom could ... be controlled / juvenile delinquency / parental supervision / schooling
* Deterrent effect / laws and regulations 法律法规
* Education in practical skills
* If they had better education in ..., they would live a ... 虚拟语气，和现在事实相反
* Academic exchange / mutual understanding 相互了解 / ethnic groups
* Prepare themselves psychologically
* Affect academic performance
* Petroleum / is run out / unprecedented energy crisis
* Genetically modified food / it counters to the law of nature
* Have real-time communication with others / brings a huge difference
* Columbus proved / have a direct idea / lift off
* Indigenous culture / rapidly developing society
* Cultural preservation
* Promote 弘扬 / facilitate 促进
* It’s a growing consensus that

Control pollution / environmental protection / concerted effort

At the source / be conductive to / recycling of

Discharge ... into / without treatment / severely / reduce the amount of water / available for human use

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# 2023.9.7

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治理环境污染和保护环境都是需要共同努力的长期过程。（共同努力：concerted effort）

Both ~~governing the environment pollution~~ control pollution and ~~protecting the environment~~ environmental protection are long-term processes which require concerted efforts.

缺乏环保意识的人们应当逐渐意识到保护环境的重要性。（环保意识：awareness of environmental protection）

People who lack the awareness of environmental protection should gradually realize the significance of protecting the environment.

垃圾分类就是在源头上将不同垃圾进行分类，有助于固体废物的循环利用。（垃圾分类：garbage classification；固体废物：solid waste）

Garbage classification [ ] is ~~classifying~~ the classification of different ~~garbage~~ wastes ~~from~~ at the source, [which ~~helps the cyclical use of solid wastes~~ is conductive to the recycling of solid wastes].

许多工厂未经处理就把有毒废物排入河流和湖泊，这严重减少了适合人类使用的水资源。（未经处理：without treatment；排放：discharge...into...）

Many ~~plants~~ factories discharge ~~poisonous~~ toxic waste~~s~~ ~~without treatment~~ into rivers and lakes without treatment, which ~~drastically~~ severely reduces the amount of water ~~resource~~ ~~suitable~~ available for human us~~ag~~e.

Chasing for fame and wealth

have access to info / many sources of info

Rising the public awareness of / drug abuse / lead to > bring

Numerous = innumerable / traffic congestion

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# 2023.9.8

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在当今社会，追名逐利是一种十分普遍的现象。

In current society, chasing for fame and wealth is a very common phenomenon.

目前，电视和因特网提供的资源使人们能够获得许多有用的信息，如新闻和天气预报。

~~Nowadays, the television and the Internet provide people with~~ resources offered by television and the Internet enable individuals to ~~obtain~~ have access to ~~a lot of useful~~ many sources of information, ~~like~~ such as news and weather forecasting.

提高公众对贫穷和滥用毒品等社会问题的关注可以带来更多的支持和政府资金来解决这些问题。

Enhancing(Rising) ~~the attention of the public~~ public awareness ~~to~~ of social problems ~~like~~ such as poverty and drug abuse~~ing~~ can ~~bring about~~ lead to more support and government~~al~~ funding ~~to solve these problems~~ for solutions to those issues.

机动车使用量的增加导致城市的交通状况变差，带来很多负面影响，例如交通拥堵和交通事故。

The increase usage of motor vehicles leads to(causes) the worsening traffic status of the city, which brings about ~~many~~ innumerable negative ~~effects~~ impacts, such as traffic congestion and traffic accidents.

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# 一周金句

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许多旅客都依赖航班，作为拜访家人和朋友的唯一选择，**而不是**为了休闲或商务。

Many ~~tourists~~ travelers rel~~y~~ied on flights ~~to be~~ as the only choice ~~to~~ for visiting their family ~~members~~ and friends ~~but not~~ instead of for ~~amusement~~ leisure or business.

许多年轻的程序员，通过去健身房和朋友社交，来对抗**久坐生活**带来的精神压力，这可以提高睡眠质量。

~~Many young~~ Numerous youthful programmers ~~do social with friends through gyms to resist the mental pressure brought by sitting all day,~~ have fought mental stress from a sedentary life by going to the gym and socializing with friends, which can enhance sleeping quality.

尤其是在老龄化社会，照顾年迈的父母，已经成为每个家庭最关心的事情。

Especially in an aging society, taking care of elderly parents has been a paramount concern in every family.

超过一半的美国大学生有学生贷款，促使许多人在第一个暑假开始兼职工作，以偿还贷款。

Over half of US college students have student loans, ~~which urge~~ prompting many to do part-time work ~~in~~ during their first summer to repay their loans.

The government and laws

Seldom could ... be controlled / juvenile delinquency / parental supervision / schooling

Deterrent effect / laws and regulations 法律法规

Education in practical skills

If they had better education in ..., they would live a ... 虚拟语气，和现在事实相反

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# 2023.9.10

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只有在政府和法律的帮助下，才能维护社会稳定和安全。（社会稳定：social stability）

Only with help of the government and ~~the legislature~~ laws can we maintain the social stability and security.

缺乏父母的监督和必要的学校教育，青少年犯罪现象几乎不可能减少。（青少年犯罪：juvenile delinquency）

It’s almost impossible to reduce juvenile delinquency without ~~parents’~~ **parental** supervision and necessary ~~school education~~ **schooling**.

Seldom could juvenile delinquency be controlled without enhancing **parental supervision** and **schooling**.

如果没有相关法律法规的震慑作用，潜在的犯罪对象就不会得到警示。（震慑作用：deterrent effect；潜在犯罪对象：potential criminal）

Potential criminals will not be warned without deterrent effect of relative laws and regulations.

【虚拟语气？】如果被监禁的罪犯有更好的实践技能教育，在出狱后他们就会过上体面的生活，而不是再次犯罪。（再次犯罪：reoffend）

If **imprisoned** criminals ha~~ve~~d better education ~~of~~ in practical skills, they would ~~live a decent life~~ make a decent living instead of reoffending when they are released from the jail.

Academic exchange / mutual understanding 相互了解 / ethnic groups

Prepare themselves psychologically

Affect academic performance

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# 2023.9.11

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学术交流加强了中国人与其他民族之间的相互了解。（学术交流：academic exchange）

Academic exchange have enhanced ~~strengthens~~ mutual understanding ~~inter-relation~~ between Chinese and other ethnic~~/nations~~ groups.

大学新生应该为大学校园生活做好心理上的准备。（大学校园生活：campus life）

College freshmen should ~~mentally~~ prepare themselves psychologically for campus life.

出国留学是接受高质量教育和体验不同国家文化的好机会。（高质量教育：high-quality education）

Study abroad is a good chance to get high-quality education and experience various cultures.

兼职占用太多时间，影响学业，但很多同学并没有意识到这一点。（学业：academic performance）

Doing a Part-time jobs takes up too much time and ~~have impact on~~ affects academic performance, but many students ~~doesn’t~~ do not realize that.

Petroleum / is run out / unprecedented energy crisis

Genetically modified food / it counters to the law of nature

Have real-time communication with others / brings a huge difference

Columbus proved / have a direct idea / lift off

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# 2023.9.12

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如果石油资源耗尽，世界将面临史无前例的能源危机。（能源危机：energy crisis）

If ~~the petrolluem~~ petroleum resource ~~is drying~~ run out, the world will face an ~~unprescendented~~ unprecedented energy crisis.

转基因食品有很多潜在的危险，因为它与自然法则背道而驰。（转基因食品：genetically modified food）

Genetically modified food has many potential risks(dangers) because it runs ~~a different from~~ counter to the laws of nature. ~~natural rules.~~

在这项前沿技术带来翻天覆地的变化之后，人们可以与他人进行实时交流。（前沿技术：cutting-edge technology）

[After this cutting-edge technology brings ~~about~~ huge changes], people can have real-time communicat~~e~~ions with others ~~lately,~~  [ ].

虽然哥伦布证明了有关地球形状的发现，但是在第一艘人造飞船升空之后，人们才对这一事实有了直观的了解。（人造飞船：man-made spacecraft）

Though Columbus testified(proved) discoveries ~~on~~ of the earth’s shape, people ~~have~~ had a direct knowledge(idea) ~~about~~ of ~~this fact~~ the truth after ~~the launching of~~ the first man-made spacecraft lifted off.

Indigenous culture / rapidly developing society

Cultural preservation

Promote 弘扬 / facilitate 促进

It’s a growing consensus that

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# 2023.9.13

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问题是我们如何在快速发展的社会中保护好本土文化。（本土文化：indigenous culture）

The question(point) is how we can ~~to~~ protect(preserve) our indigenous culture in rapidly developing society.

人们普遍相信，文化保护工作取决于诸多难以控制的复杂因素。（文化保护：cultural preservation）

It’s widely believed that cultural preservation depends on ~~many~~ a number of uncontrollable(unmanageable) and complicated factors.

近期调查表明，旅游业有助于满足文化需求、弘扬民族文化、促进可持续发展。（文化需求：cultural demand；弘扬：promote）

Recent surveys indicate that tourism contributes to meeting cultural demands, promoting national culture and prompting(facilitate) sustainable development.

越来越多的人达成共识，在不久的将来，很有可能许多年轻人不懂欣赏京剧和皮影戏等传统艺术。（共识：consensus；皮影戏：shadow puppetry）

It’s a growing ~~More and more come into a~~ consensus that many young people will probably ~~can~~not be able to appreciate traditional arts ~~like~~ such as Beijing(Peking) Opera and shadow puppetry in the near future.

1. 言论自由作为人类一项至关重要的权力不能以任何形式受到侵犯。（言论自由：freedom of speech）

As human vital right, freedom of speech cannot be ~~interfered~~ ~~by any form~~.

1. 国家已经不再履行许多之前的经济职能，大多数是监管措施，但也有一些是社会福利措施。（经济职能：economic function；社会福利：social welfare）

Many countries stop ~~fulfilling~~ many previous economy functions any more, mostly are regulatory ones ~~most of which are supervision measures~~ but also several ~~some of which are~~ social welfare measures.

1. 在当时，掌握人际交往技能曾是大学毕业生迈入社会之前的首要任务。（人际交往技能：interpersonal skill）

At that time, mastering interpersonal skills was the ~~first~~ ~~mission~~ before entering the society for college graduates.

1. 朝九晚五的高薪工作已经给大多数工薪阶层带来了满足感。（朝九晚五：from-nine-to-five；工薪阶层：salariat）

Highly paid work from nine to five brings a sense of satisfaction of most salariats.

A sense of xxx has been brought to most salariats through a xxx

As a vital human right, freedom of speech cannot be violated in any way.

The state has not performed many of its previous economy functions, mostly regulatory ones, but also several social welfare measures.

At that time, mastering interpersonal skills was the primary task for college graduates before they entered the society.

A sense of self-satisfaction has been brought to most salariats through a well-paid job from-nine-to-five.