

1、城市化

main shopping street 商业街

in the town centre 市中心

traffic diverted 疏导交通

clogs up the main street 堵塞主要的街道

bring a problem to light 曝光问题

contract a town planner 联系城市规划师

a pedestrian street 步行街

improve the quality of life 提高生活标准

with outdoor seating 室外有座位

pleasant place 好的地方

have a positive knock-on effect 好的连锁反应

car park 停车场

on the edge of the pedestrianised zone 在步行区的边缘

park and ride scheme 停行方案

pedestrian shopping street 步行购物街

a series of interconnected avenues 一系列相互连通的大街

delivery truck 货运卡车

street-cleaning vehicle 街道清洁车

pedestrian mall 步行街

in one's infancy 在.....的初期阶段/的雏形

be surfaced with cobblestones 表面铺有鹅卵石

Housing expansion 房地产开发

Construction of homes 房屋建造

Residential housing/residential homes 住宅

An increasing menace 日益严重的问题

Unintended consequence 预料不到的后果

Wooded areas 林区

Factors Contribute to this trend 导致这个趋势的因素

Hardest hit area 受害最严重的地区

Fire squads 消防队员

Fight fires/ battle blazes 灭火

Dry summers 干燥的夏天

Have significantly below normal precipitation 正常降雨量之下

Concrete jungles 混凝土森林

Historic landmarks 有历史意义的地标建筑

Historic building 历史建筑

Places of historical interest 有历史意义的地方

Ancient buildings/heritage buildings 古老建筑

A built heritage 建筑的遗产

Preservation of historic sites 历史遗址的保存

Renovate/repair old buildings 翻新老房子

Carry out restoration work 做维修的工作

Tear down / demolish old buildings 拆房子

Architectural wonders 建筑奇观

Traditional building skills 传统的建筑技能

A transport system 交通系统

Road networks 道路系统

Public infrastructure 公共设施

Transport costs 交通费用

Outer suburbs 城市外围的街区

Inner suburbs 靠近市中心的街区

Change the nature of the city 改变城市独特特点

The explosion in demand for accommodation 房子需求的增长

Keep pace with urban sprawl 跟上城市发展步伐

Live at greater distances 住得离市中心远

Commuting time 出行的时间

Increase wealth 财富增加

Viable transport 唯一存在的出行方式

Bicycle-friendly cities 适合骑车的城市

High levels of Bicycle usage 单车使用率很高

preserve the original architecture and landscape

保持原来的建筑和景观

maintain historic landscape 保持历史景观
maintain the original culture 保持原来的文化
remain in the original condition 保持原来的状态
Overlook the town 俯瞰小镇
face a river 面向河流
a unique building style 独特的建筑方式
architectural monuments 建筑史上的丰碑
maintain wooden residences 保持木建筑
unaltered buildings 不变的建筑
historic homes 古屋
tiled-roofed 顶
thatched-roof homes 茅屋
elegant squares 设计优雅的广场
open to the public 给公众开放
dense forest 茂密的森林
in a mountainous region 山区
rugged mountains 崎岖的山峰
forested mountains 长满树的山峰
steep slopes 很陡的山坡
rice fields 粮田
grazed hills 放牧的山
important sites and monuments 重要的遗址和纪念碑

in favour of 支持；赞成
depend on state subsidies 依靠国家补贴
a shortsighted view 一个短视的观点
historical and cultural attractions 历史文化胜地
promote the nation's cultural heritage 推广国家的文化遗产
insufficient funding 资金不足
the maintenance of important buildings 重要建筑的维护
shop owners 店主
rapid industrialization 飞速的工业化进程
kept awake 被吵醒
a quieter environment 一个安静的环境
cut the volume 降低音量
make loud noise 制造吵闹的噪音
received an increasing number of noise complaints 收到越来越多的噪音投诉
toughen regulations 加强法规
measures will be the toughest 空前严厉的法规
regulations are more lenient 法规相对更宽松
puts the economy ahead of everything else 将经济置于首位
a rise in economic activity 经济活动增长

a developing economy 发展中的经济体
the property market boom 房地产事业繁荣发展
a residential building construction site 一个住宅区逢筑工地
construction project 建筑工程
uninhabited mountains 无人居住的山脉
crammed with shops 开满了商店
shoe stores 鞋店
dumpling eateries 汤圆馆
set off firecrackers 放鞭炮
renovators 装修工人
remodel 重新装修
noise-makers 噪音制造者
noisy neighbours 吵闹的邻居
Loud music 嘈杂的音乐
a source of distress 一种困扰
endure noisy neighbours 容忍着吵闹的邻居
play loud music 大声播放音乐
confront their neighbour 和邻居正面冲突
embark on a major poster campaign 发起一个以海报宣传的运动
an effective deterrent 一个有效的遏制措施
at unsociable hours 在休息时间

loud parties 喧闹的派对

feel distress 让人烦躁

physically ill 身体不适

burglar alarms going off 防盗报警器的响声

barking dogs 狗吠声

late night parties 午夜派对

the main source of noise complaints 噪音投诉的主要问题

social problems 社会问题

improvements in life expectancy 平均寿命提高

poor housing and homelessness 住房条件差和无家可归

persistent impact 持续的影响

tangible impacts 明显的影响

reduce inequality 消除不平等

tackle our housing crisis 解决我们的住房危机

build a better quality of life 带来更好的生活质量

gain greater independence 享受更大程度上的独立

health effects 对健康产生的影响

increases the risks of 增加患...病的几率

live isolated lives 独居

Poor energy efficiency 能源利用率低

fuel costs 燃料价格

heat their homes 使用家庭供暖

fuel poverty 燃料匮乏

a significant contributor to 罪魁祸首

live in overcrowded homes 生活在过度拥挤的家庭里

private rented houses 个人租借房屋

Owner-occupied homes 房主自有房

have damp 受潮

reduce demand on traditional health and care services 减少对传统医疗保健服务的需求

2、青少年犯罪

teenage delinquency 青少年犯罪

getting into trouble 惹麻烦

take drugs 吸食毒品

join gangs 加入帮派

get into fights 斗殴

going off the rails (i) 误入歧途

a detrimental impact 不利的影响

teenage parents 十几岁就有孩子的父母

Youth activities 青少年活动

in a group setting 在团队的环境下

develop better social and emotional skills 培养更好的社交和情绪技能

constructive after-school activities 有用的课后活动

on a voluntary basis 在自愿的基础上

build a friendship with 与...建立友谊

3、工作类

A fulfilling job 很充实的工作

A high-powered job 很重要的工作

A demanding job 要求很高的工作

Apply for a job 申请工作

A permanent job 永久的工作

Take on work 承担工作

Embark on a career/start a career 开始一个职业

A career takes off 事业开始爆发

A promising career 有前景的职业

A brilliant career 非常辉煌的事业

Wreck/ruin one's career 毁了人的事业

Climb the career ladder 职业步步高升

At the height/peak of one's career 在事业的顶峰

A stimulating working environment 一个很刺激的工作环境

Generous benefits 员工福利很好

A close team 一个团结的团队

Work closely /Cooperate well with others 和人紧密合作

Vacancy is filled 职位有人顶上

social networking giant 社交网络巨头

touch a nerve 说话触及(别人的)神经

run the world 领导世界

get college degrees 拥有大学文凭

downplay accomplishments 将自己的成就淡化

fight the instinct to hold back 战胜畏缩的天性

at the top 到了公司高层

get a date 受邀去约会

self-doubt resides deep inside 自我怀疑深深根植于内心

attribute one's success to 将成功归因于

in anticipation of having a family 预期会有孩子

core skills 核心能力

aim high 目标高远

seek challenges 追求挑战

destined for success 注定能取得成功

a little known start-up 一个不出名的新公司

make a career decision 做一个职业生涯的决定

have a full career 拥有一个圆满的事业

a full life at home 一个圆满的家庭

elite women 女性精英

negotiate for raises 要求加薪

sit at the boardroom table 参与董事会议

maintain rapid growth 保持快速增长

second in command 二把手

get a charmed life 生活很成功

Increase visibility 让大家都看的到

Maximise the impact of...将效果发挥到极致

Well-suited to teamwork 适合团队工作

Manage/run a small business 经意一个小生意

External goals 硬指标

Impose goals 下指标

Under adverse conditions 在困难的环境下

Employee group 员工群体

Mobile workers 流动性很高的员工(经常换工作)

Fill a managerial post 做管理的职位

Clerical workers 文员

Production workers 生产线的员工

High achievers 表现很好的人(员工, 或者学生)

Internally motivated 积极性很高的

Reduce the effort 减少努力

Personalize rewards 将奖励个人化

Performance bonuses 绩效奖励

Place different levels of importance on 不同程度上重视

4、环境类

Habitat loss 栖息地消失

rising temperatures and habitat degradation 气温
升高和栖息地退化

animal and plant species 动植物种类

stem the decline in Britain's wildlife 遏制英国野
生物种的灭绝

vulnerable species 濒危物种

halt and reverse declines 遏制和逆转物种消失

under threat of extinction 濒临灭绝

native species 本地物种

marine species 海洋物种

Conservationists 自然资源保护主义者

conservation groups 环境保护组织

adapt to the country's changing environment 适应
这个国家的环境变化

for generations to come 属于后面的世代代

wildlife-friendly farmers 关爱野生物种的农民

take practical actions 采取实际行动

redress that balance 恢复平衡

offer dues to 为…提供线索

target conservation actions to 把保护环境作为目

标来…

flowering plants 开花植物

underwater tunnel 水下隧道

below the river surface 在河流表面之下

underneath a navigable river 在通航河道之下

civil engineering 土木工程

initial estimates 最初估计

a major tourist destination 一个主要的旅游目
的地

in recognition of 以承认…

modern lifestyles 现代的生活方式

lined with trees 成行的绿树

create a peaceful, aesthetically pleasing

environment 产生安静、美不胜收的环境

increase our quality of life 提高生活质量

bringing natural elements into urban settings 在
城市环境增加自然元素

gather under the cool shade 在凉爽的树荫下聚
集 historic landmarks 历史建筑物

a great source of town pride 城市的自豪感

deflect the sunlight 让阳光折射

provide oxygen 提供氧气

improve air quality 改善空气质量

preserve soil 保护土壤

fight erosion 防止腐蚀

hold soil 固土

absorb and store rainwater 吸收和储存雨水

reduce runoff 减少流失

prevent flooding 预防水灾

enrich soil,使土地肥沃

disperse seeds 散播种子

support wildlife 供养野生动物

fallen leaves 落叶

remove dust 除尘

filter air 净化空气

absorb pollutants 吸收有害物质

provide a screen from harsh wind 阻挡大风

shield us from the downfall of rain 为我们遮雨

lower air temperature 降低气温

living creatures 生物

No two are alike.没有一个是相同的

throughout the course of the year 在一年时间里

as the seasons change 随着季节变化

with a pleasant, relaxed, comfortable feeling 有一
种很好很舒适的感觉

living memorials of life-changing events 纪念人生

重要事件的东西

make an emotional connection with 有情感联系

historic trees 古树

strong bonds 很强的联系

sentimental value 情感的价值

Natural resources are running out 自然资源正被

耗尽 Restrict economic growth 限制经济发展

Accelerate economic growth 加快经济发展

Slow down economic growth 减缓经济发展

Release of greenhouse gases 温室气体的排放

Carbon dioxide emissions 二氧化碳的排放

Temperature increase 温度上升

Environmental standards are declining 环境标准

正在下降

Scientific funding 科学资助

Environmental groups 环境保护组织

A green organization 一个环保组织

Bad news 坏消息

Overstate their arguments 夸大他们的论点

Exaggerate claims 夸大其实

Lead to Distortions of perceptions 导致错误的观

念

Wreck tourism 破坏旅游业

Heating costs 暖气费用

Run out of places to dispose of waste 没有地方

弃置垃圾

A costly problem 一个代价高的问题

More pressing problem 更为迫切的问题

Become seriously ill 病重

Take a pessimistic view of the world 对世界持悲

观看法

Meet expectations 达到期望

Mislead readers 误导读者

Starving people 饥饿的人

environmental challenges 对环境的压力

sheer= absolute 绝对地

drive an increased demand for 推动...需求增长

boost pressure 增添压力

double whammy 双重打击

come with an environmental price-tag 有环境的

代价

the environmental cost 环境的代价

long-term environmental changes 长期环境变化

ecological footprint 人类的用地

urban population is expanding 城市人口在增长

live a rural life 在乡村生活

move from the countryside to the city 从乡村搬

到城市

massive migration from areas of low agricultural

productivity to coastal cities 从生产力很落后的乡

村迁居到沿海城市

urban smog 城市的雾霾

trash pile up on a street corner 街头垃圾堆积

fertilizer running from farmland 农田肥料排放物

Litter on beaches 海滩上的垃圾

threatened visitors' safety 威胁到游客的安全

items of rubbish 垃圾

pieces of litter 垃圾碎片

it's disheartening that 令人沮丧的是

there was a strong likelihood that 很有可能

washed up from the sea 从海里冲上岸

sensationalised blanket statements 哗众取宠的言

论

reflect the reality of the situation 反应现状

a true reflection 一个真实写照

unique geological conditions 独特的地质情况

total global lava output 全球溶岩流出总量

high concentration of volcanic activity 火山活动

高密度区

a volcanic hotspot 火山频发点

sit astride the boundary between 横跨…的边界

wholly submerged submarine volcanoes 完全浸没
的海底火山

newly formed volcanic islands 新形成的火山岛

Mid-Atlantic Ridge 大西洋中脊

Eurasian and North American Plates 欧亚和北美
板块

Greater efficiency in water use 节约用水

Meet the growing demands 满足不断增长的需求

Water consumption/ water usage 用水

On an upward trend 上升趋势

Practiceable ways 可行的解决方法

Conservation measures 节约（资源）的方法

Conserve water resources 节约水资源

Industrial production 工业生产

Simple changes 轻微的变化

Industrial processes 工业生产

A largely untrained rural workforce 没有受过很好
锻炼的农村劳动力

Vast amounts of 大量的

Water intensive 用水很多的

Price increases 涨价

Impose water charges 收取水费

Charge higher prices for water 收取更高的水费

Water-saving processes 节水方法

The oil industry 石油行业

Bridge the gap between water supply and

demand 解决水资源的供不应求

Cut back on water consumption 减少水资源的
消耗

Dripping taps 不关水龙头

Water supply infrastructure 水供应的基础设施

Interference with the ecosystem 破坏生态系统

Have a severe effect 有严重的影响

Large-scale deforestation 大规模的破坏森林

Forest clearings 砍伐树林

Renew groundwater 补充地下水

Sea levels rise 海平面上升

Water deficit 缺水

Longer term measures 长远的做法

Agricultural yield 农业的产量

Recycle water=utilize used water 循环用水

Spend heavily on 花大量的钱

reductions in pollution levels 污染程度下降

faster flows 水流很快

improved pollution control 污染控制增加

improving habitat quality 提高动物栖息地的质量

clean up pollution from sewage 清理污水的污染

protect rivers against pollution 保护河流免受污
染

5、教育类

parenting/parental style 育儿方式

a balance of warmth and discipline 慈愛和管教并重的家庭教育方式

a laissez-faire upbringing 自由放任式的养育方式

a disengaged upbringing 放手不管的养育方式

an authoritarian upbringing 家长专制的养育方式

consistent discipline 一贯的约束

develop self-regulation 自我约束

employed a "tough love" approach 采用严格的家教

skillful parents 掌握育儿技巧的家长

in pre-school years 学龄前

shape characteristics 塑造性格特点

develop the key characteristics 养成优良品质

show s traits 有这样的品质

disengaged parents 不关注孩子的家长

future success 日后的成功

school curriculum 学校课程

household materials 日常材料

essential skills 必备技能

it's unlikely that 做…是不太可能的

in one's own time 在某人自己的时间

provide technical instruction 提供技术指导

core subjects 核心课程

help children in later life 在日后的人生中帮到孩子们

enter the job market 进入职场

feel the need to 感到有…的需求

make significant changes to 对…做出重大改变

push sb. to adapt 促使某人适应

acquire new knowledge 掌握新知识

add to one's skill set 增加技能

a break with 与…告别/了断

boring and predictable 枯燥乏味、早有预料

physical and mental health 身心健康

Exam technique 考试技巧

get more homework 有更多作业

the social gap 社会差异

widen the gap 加大差距

urban middle classes 城市中产阶级

Longer homework hours 更长的做作业时间

top performer 出类拔萃的学生

homework burden is greater 家庭作业压力更大

finish their homework 完成家庭作业

exam pressure 考试压力

develop character and qualities 培养个性和能力

challenge the common misconception 挑战常见的误解

home tutoring 家庭辅导

well-being is being damaged 缺失幸福

developing minds 正在成长的大脑

concentrated sales techniques 有针对性的销售技巧

create a generation 产生出一代人

chasing unattainable lifestyles 追求不可企及的生活

shield children from the real world 避免孩子接触真实的世界

create a culture of material competitiveness 形成了攀比物质的氛围

promotes acquisitive individualism 推崇个人主义

at the expense of the principles of community 以社会道德退化为代价

violent video games 暴力电子游戏

spend more than they can afford 入不敷出

junk food advertising 垃圾食品广告

commercial pressures 商业化的压力

damaging psychological effects 有害的心理打击
are preoccupied with possessions 为物质所困
self esteem was being damaged 自尊受到伤害
negative portrayal of their age group 他们年龄段的负面形象
curtailing children's freedom 剥夺孩子的自由
Have a high IQ 高的智商
Talents are exhausted 江郎才尽
Go unrecognized and unrewarded 默默无闻和没有回报
Intellectual development 智力发育
Musical development 音乐能力发展
Musicians of genius 有天赋的音乐人
Artistic development 艺术能力发展
Methods of upbringing 父母培养孩子的方法
Members of the privileged 特权阶层
There is a thin line between genius and madness 天才 和疯子只有一线之差
Display courage 展现勇气
Pay a price in terms of perseverance 因为坚持而付出的 代价
Worth the high personal cost 值得付出代价
Develop greatness through difficulties 宝剑锋从

磨砺出
Achieve greatness 获得极大的成功
Natural leaders 天生就是领导
Genius is inherited/genius runs in families 天赋是遗传的
Hard to live with 很难相处
Genius will always reveal itself 金子总会发光
under increased pressure 压力变大
Boarding schools 寄宿制学校
independent schools 私立学校
boarding house 宿舍
girl boarders 寄宿的女生
attend day schools 上走读学校
at the height of the banking crisis 银行危机影响最恶劣的时候
with the best record for university entry 有着最好的大学入学率
competitive entry to 竞争激烈的入学考试
poor performing stateschools 教学成果差的公立学校
sit entrance tests 参加入学考试
aspirational, pragmatic children 有志向的务实的学生

achieve good qualifications 取得优秀的资质
bigger burden on the family purse 越来越重的家庭负担
luxurious facilities 高端设施
wider extra-curricular activities 更丰富的课余活动
gifted academically 学习上有天赋
smaller class sizes 小班教学
distinctive factor 特点
reach exceptional levels of achievements 出类拔萃的成绩
learning can be personalized 制定个性化学习
demonstrate their potential 展现他们的潜能
develop their interests 培养他们的兴趣
keep discipline 维护秩序
badly behaved children 表现差的学生
made a significant financial investment 做出了可观的投资
attend a live session 直播课
watch the recording 看录播
constrained by time or physical location 受时间和地点限制
stay self-motivated 保持热情
Setting own learning goals 设定学习目标

time commitment 时间投入	memorising large amounts of facts and concepts 记忆大量事例和概念	Maths lessons 数学课
social media tools 社交媒体工具	build memory 形成记忆	educational achievement 教育的成就
course content 课程内容	understand context 理解背景知识	the maths curriculum 数学课程
high achieving girls 成绩很好的女孩	school experience 学习生活	calculation of fractions 计算分数
mix naturally with the opposite sex 与异性自然相处	in a secondary school setting 在中学里	ban calculators from national maths tests 数学考试不能用计算器
highly motivated girls 学习很积极的女孩	solidify knowledge 巩固知识	mastering the basics in maths 掌握数学的基础
social skills 社交技能	hard-wired to seek out challenges 天性喜欢接受挑战	raising standards in arithmetic 提高算术的要求和标准
unrealistic and even sexist attitudes 不切实际甚至男性至上的态度	clearing a hurdle 扫清障碍	Educational environment 教育环境
correct any misconceptions 纠正错误的想法	display greater creativity 更具创造力	The quality of the educational backup 教育支持的层次
functioning relationship with a teenage girl 与一个十几岁的女孩交好	investment of thought and effort 付出思考和努力	Domestic background 家庭环境
my firm belief is that 我坚信	ethnic minority children can be under-marked 少数民族的学生评分较低	Socially disadvantaged children 贫穷的孩子
deliver better exam results 有更好的考试成绩	overcome prejudice and advance equality 克服偏见促进平等	Close relatives 关系最亲的家庭成员
concentrate on academics 专心学习	drawn fierce opposition from 引起强烈反对	Verbal interactions with parents 和父母的言语交流
as simply friends, not merely potential “dates” 看作是普通朋友，而不是潜在“约会对象”	happiness comes from earned success 幸福来自于努力所得的	Reach a high standard 达到一个高的标准
Tough exams 有难度的考试	with a historical context 在历史背景下	High examination results 很高的考试成绩
traditional exams 传统考试	Maths skills 数学技能	Outstanding performance 出色的表现
difficult exams 有难度的考试	good at maths 擅长数学	Reach a high level of expertise 达到一个很高的专业水准
tests are rigorous		Intellectual skills 学习能力
Learning facts by rote 死记硬背知识		

Life successes 人生成绩	Facilitate learning 促进学习	academic skills 学习的技能
Average ability pupils 能力平平的小孩	Improve learning efficiency 提高学习效率	Formalize learning 将学习正式化（就是在正规学校学习）
High achievers 成绩很好的人	Motivate problem solving behavior 激发学生主动解决问题	hamper success 阻碍成功
High achieving children 成就很好的人	Inhibit learning 打消学习积极性	“teacher-led” education 老师主导型教育
Low- achievers 成绩一般的人	Limit the development of curiosity 影响学习兴趣和好奇心的发展	the desire to learn 学习的欲望
Deal with unfamiliar tasks 处理不熟悉的人物	Increase learning resources 增加学习材料	become the dominant force 成为主导力量
External regulation 外部的约束和纪律	A strong force in scientific advance 是科学进步的强大推进力	truly play-based approach 注重于和孩子玩耍的教育方法
Increase self-regulation 提高自主学习的能力	at mainstream school 在主流学校	throughout their school life 贯穿他们整个学习生涯
Diminish learning autonomy 减少学习自主性	bad behavior 由于不良行为	greater focus on 更加重视
Internal regulation 自律	excluded from mainstream education 不能接受普通教育	structured learning 系统地学习
Given guidance/direction from teachers 老师的指导	turn around some youngsters' prospects 扭转了一些年轻人的前途	Students from low income backgrounds 来自低收入家庭背景的学生
Demonstrate talent 展现天赋	learning-difficulties 学习障碍	keep pupils interested 让学生感兴趣
Make adjustments in the methods of learning and teaching 在教学和学习方法上做出调整	return to education 重返学校	engage pupils 使学生投入
Learning strategies 学习方法	kicked out of school 被勒令退学	future is hanging in the balance 未来悬而未决
School experience 学校的经历/学习生涯	thrown out of school 被学校退学	there are fears that 有人担心
Greater demands of effort and time 对时间和精力投入要求更多	insult teachers 辱骂他的老师	one-to-one tuition 一对一教学
Positive emotions 好的情绪	argue with teachers 和老师顶嘴	cuts to government spending 政府开支的削减
Negative emotions 不好的情绪	in the early years 在孩子成长早期	reduce the national deficit 减少国家财政赤字
Channel feelings 调节情绪		encourage good communication 促进良好沟通
Energy is channeled into writing 精力放在写作上		

a well-rounded education 一种全面的教育
in school life 在校园生活中
open their eyes 开拓眼界
school experience will become increasingly narrow
校园生活将变得越来越单调
academic success 学术成就
school achievement 学校的成就
buckles down to schoolwork 全力以赴投入学业
put more effort into their schooling 在他们的学业
上付出更多努力
attended school meetings 参加家长会
parental influences 父母给孩子带来的影响
self-starting individuals 特别主动的人
disciplinary methods 管束孩子的方法
a perfect circle 良性循环
Family background 家庭背景
parental socio-economic background 父母的社会
经济背景
from a more privileged background 来自相对更优
越的家庭背景
improving parental effort 增加父母督促其子女学
习的努力
parenting classes 育儿课

relationship breakdowns 家庭关系破裂
stable relationships 稳定的家庭关系
balance between work and childcare 工作和照
看孩子间的平衡
relationship breaks down 家庭关系破裂
give tax-breaks 免税
in the driving seat about... 控制/主导
parenting skills 育儿技巧
draw up their own families policy 制定自己家庭
的规则
Family relationship problems 家庭关系问题
experience difficulties 有问题
family structure 家庭结构
Parental conflict 父母间的冲突
take an increasing role in 发挥越发重要的作用
greater instability 更加不稳定
innovative thinkers 有创意的人
breakthrough innovations 突破性创新
a long time friend 一位老朋友
incorporate human behaviour into design 将人
的行为举止纳入设计
infuse the thinking into 将思想灌输于
unorthodox approach 不同寻常的方法

wild ideas 大胆的创意
expand brand 拓展品牌
ingenious solution 聪明的解决方法
shape the future 勾勒未来
students from all disciplines 来自不同科目的学生
suffer from deadly cancer 身患致命的癌症
In the first two years of life 人生头两年
In the rest of their lives 余生
A child's early years 最早的几年
Born with a natural curiosity 天生好奇
Overcome educational underachievement 克服学
习不好的问题
Pre-school institutions 儿童早期教育的机构
Succeed in school 学校里成功
Score highly 成绩很好
Single parent families 单亲家庭
Two-parent families 双父母家庭
Foster intellectual development 提高学习能力
Intellectual skills 学习能力
Interfere with development 影响发展
Educational development 学习进步
Make greater strides 进步更快
Verbal ability 说话能力

Language ability 语言能力

More advanced in language development 语言提高更快

Perpetuate this disadvantage 让这个问题持续

Young people from poorer socio-economic backgrounds 来自贫穷背景的年轻人

Socio-economic disadvantages 社会背景的短板

Overcome educational inequity 克服教育的不公平

Offer subjects 提供课程

University courses 大学课程

Take courses 选课

Art degrees 艺术学位

Career progression 职业发展

An improved quality of life 生活水准提高

Cover knowledge and skill gaps 弥补知识和技能的不足

Greater prosperity 更加富裕

preferred area of study 学习的领域

Areas of knowledge 知识的领域

Creative thinking skills 创造力

Practical or technical skills 实践或者技术能力

Video violence 影视暴力

The increased rate of bullying 霸凌越来越普遍

Feel unworthy 觉得自己没用

In extreme cases 在最糟糕的情况下

Experience difficulties with interpersonal relationships 个人关系上有问题

Physically violent 容易打人

Anti-social offences 破坏社会 and 治安的行为

Clear policy 明确的制度

Explicit guidelines 明确的指引

Disseminate policies 宣传政策

Employ sanctions 施加惩罚

A common refrain 说来说去的话

A key step 关键的一步

Tackle/reduce bullying 减少霸凌现象

成功的一些素质

① 责任感/学校和工作都要承担各种责任/敢于做艰难的决定/并且要为自己的决策负责

Shoulder responsibilities / make hard choices / accountable for decisions

② 不懈/不达目的不放弃/一直付出努力
Strong willpower / stay focused on goals / consistent in efforts

③ 耐心/敢于接受冒险/能够接受失败和挫折/懂得从失败中学习/喜欢挑战/不喜欢一蹴而就/在乎过程甚于结果

Show patience / take risks / overcome setbacks / learn from failures / ignore

get-rich-quick-schemes / more excited about the journey than the payout

④ 正直/获得别人的尊重
Integrity / earn respect

⑤ 热情/有积极的人生态度/不满足做固定的工作

Have passion for jobs / a positive outlook on life / do more after completing mandatory tasks

⑥ 踏实/目标实际/发挥自己的长处/规避短板
Keep both feet on the ground / set obtainable goals / avoid weaknesses

⑦ 好学/不安于现状/能够迅速适应市场的变化/获得新的 技能

Lifelong learners / push themselves out of comfort zones / adjust to changes in the marketplace

⑧ 创新/喜欢创造新的东西

Come up with new ideas / build sustainable careers through creativity

6、科技、人工智能

popular gadgets 流行的小玩意

cope with the noise/ hustle 能够忍受噪音/拥挤

packed with shops and supermarkets 开满了各式商店和超市

consumer electronics 消费类电子产品

sought out cheaper brands 寻找更便宜的品牌

see things very differently 有不同的看法

copycat phone 山寨手机

selling well-known brands 出售知名品牌的产品

fiercely protective of its intellectual property 全力保护其知识产权

cavernous building 有着许多隔间的建筑

scraps of farmland 小片农田

industrial developers 工业开发商

sophisticated telecoms equipment 先进电信设备

Electronics Street 电子商品街

teeming masses 熙熙攘攘的人群

demanding consumers 高要求的消费者

traffic choked intersection 交通堵塞十字路口

maintain the country's competitive edge 保持这个国家的竞争优势

industrial robots 工业机器人

white collar jobs 白领工作

perform the job 完成这个工作

human workers 工人

the age of... has been anticipated ...时代早就被预见

household help 家庭的帮助

computerised brains 计算机化的大脑

compete for jobs 为工作竞争

robotic kiosks 自助售票

sales clerks 售货员

surrender to E-commerce 向电子商务投降

Routine/middle-skilled jobs 日常/中等技能工作

structured tasks 比较规范化的工作

heavily automated warehouses 高度自动化仓库

fill the order 完成订单

preprogrammed 预排程序的

bar codes 条形码

the apparel industry 服装产业

ferry meals to 将食物传递到

supplement nurses 弥补护士的人手不足

adapt to technological change 适应变化

the beginning of a new era 新时代的开端

destroy jobs 影响工作

jobs are eliminated 工种被淘汰

move jobs offshore 去海外工作

pace is accelerating 加快步伐

respond to human speech 回应人类的话

gather intelligence 收集情报

fight wars 打仗

used in real practical applications 用于实际应用

robot computers 机器人电脑

influential companies 有影响力的公司

market capitalisation 市值

battery-powered cars 电池

self-driving cars 无人驾驶汽车

funded by venture capital 由风险资本出资

flagship product 龙头产品

automation tidal wave 自动化的浪潮

the new wave of automation 自动化的新浪潮

a new start-up 新公司

a potential market worth ... 一个值...的潜在市场

become self-aware 有自知的

challenge authority 挑战权威

one hallmark is that 一个特点是

I project that 我预测

it brings to mind 想起
not surprisingly 毫不奇怪
that took me by surprise 让我大吃一惊
to make that concrete 具体来说
in a manner of speaking 在某种程度上说
talks in quite a human voice 像人一样讲话
Manipulating small objects 操控小的物件
manual dexterity 手的灵巧
jobs are being automated 工作变为自动化
perform a much wider range of tasks 胜任更多的工作
manual labour 体力劳动
cognitive labour 脑力劳动
do repetitive jobs 做重复性工作
white-collar jobs 白领工作
junior staff 初级职工
an artificial intelligence program 人工智能程序
copy intelligent humanbehaviour 模仿人类的智能行为
a good division of labour 很好的分工
cognitive skills 脑力技能

7、电子产品的影响

improve behaviour 改善行为
skipping ropes 跳绳
learning about sharing 学会分享
waiting for their turn 等轮到他们
on-screen games 电子游戏
learn computer skills 学习电脑技能
Overlook the importance of 忽视…的重要性
an adverse effect on 对…有不利的影响
the drawbacks outweigh the benefits 弊大于利
transport into virtual worlds 传送到虚拟世界
real-life pastimes 现实生活的消遣
logical thinking 逻辑思维
computer simulation games 计算机模拟游戏
motor skills 操作技能
highly addictive 极易上瘾的
ranging from...to... 从…到……
console [原]操纵台 [引]游戏控制手柄
the rise in obesity 肥胖率上升
in part 在某种程度上
sedentary lifestyle 久坐不动的生活方式
potential dangers 潜在危险

practice vocabulary 练习词汇
studious pursuits 学习的追求
essential emotional and intellectual skills 基本的情感和智力技能
academic achievement 学业成绩
achieve goals 完成目标
teamwork abilities 团队工作能力
hone their communication and interpersonal skills 磨练他们沟通和人际交往能力
pro-social behaviors 有助社交的行为
positive social skills 积极的社交技能
high self-esteem 自尊心强
peer relationships 同伴关系
interactive experiences 互动体验
relieve stress 缓解压力
therapeutic effects 有助健康的效果
mental or emotional problems 精神或情绪问题
tune out the stresses of everyday life and decompress 撇开 日常生活中的压力来减压
emotional and mental well-being 情绪和精神健康
boosts memory 增强记忆力
basic technical skills 基础的技术技能
coding principles 编号原理

motivate struggling students 激励差生

Low-performing students 表现差的同学

often disengaged from 常常脱离

make stronger efforts to succeed 更加努力来获得成功

a happy, meaningful life 幸福有意义的生活

a building block of ...的根基

breeds courage 培养勇气

reduces prejudice and racism 减少偏见和种族歧视

explore complex ethical and moral problems 探究复杂的道德伦理问题

grapple with sensitive issues 处理敏感问题

free from social pressure 不受社会压力

an individualized learning plan 个性化的学习计划

learn at their own pace without constant parental oversight 按照自己的节奏学习不用受父母持续的监督

verbal repetition 言语上的重复

receive the personal attention and feedback 获得个人的关注和反馈

digital games 数字化游戏

8、全球化（学习外语、旅游等）

an outbreak of Ebola 埃博拉疫情爆发

claim dozens of lives 夺去了数十人的生命

neighbouring countries 邻国

invisible to the naked eye 规看不见

left a permanent mark 留下了永久的痕迹

intimate social interaction 亲密的社交互动

care for the sick 照顾受感染患者

vulnerable to the disease 容易受到病毒感染

worst affected countries 疫情最严重的国家

Traditional burial ceremonies 传统的丧葬仪式

At the height of the outbreak 在疫情爆发最严重的时候

deep-seated human traditions 人们根深蒂固的传统

deadly virus 致命的病毒

shut their schools 停课

succumbed to the disease 死于这种疾病

a public health emergency 公共紧急健康事件

dedicated fund for emergencies 专项应急资金

untested drugs 未试验的疫苗

public health organizations 公共卫生组织

drug companies 药品公司

experimental medicines 实验性药品

withstand storms 可承受风暴

difficult settings 艰难的环境

go house-to-house 挨家挨户地上门

serve free food in a soup kitchen 在流动厨房施舍免费食物

on one's doorstep 在某人的家门口

have an obligation to 有义务去做

national borders 国界

curable diseases 可治愈的疾病

change their everyday lives 改变他们的日常生活

Since the beginning of time 人类历史一开始

Throughout the course of history 整个人类历史

Travel great distances 长距离旅行

Travel for pleasure 旅行是为了娱乐

Seaside resorts 海边度假胜地

Avoid the summer heat 避暑

For compelling motivations 出于某些动机

Mass tourism 平民化的旅游

The rise of the middle class 中产阶级的增力口

The commercial airline industry 商业航空

A means of earning foreign exchange 赚取外汇的

手段

In terms of economic and social importance 就经济和社会重要性而言

Economic impact 经济影响

Economic significance 经济重要性

Tourist areas 旅游地区

The travel and tourism industry 旅游业

Food services 饮食服务

Vehicles for economic development 经济发展的工具

Exclusive province 专利

An abstract idea 抽象的概念

Economic opportunities are scarce 发展经济的机会很少

A crisis of identity 失去自己本身的特点

Rely heavily on nature to provide food 靠山吃山，靠海吃海

State benefits 社会福利

Traditional skills disappear 传统的技能消失

Ancestral knowledge 祖先的知识

A wealth of traditional knowledge 大量传统知识

Draw on wisdom 利用智慧

Work against their interests 不符合他们的利益

Huge gaps in knowledge 知识不足，认识不够

Pick up a language 学习一门外语

Acquire a language 学习一门外语

Master a language 掌握一门外语

Speak fluent English 讲流利的英文

Integrate with locals 和当地人交流

Immerse oneself in a foreign language 泡在一个语言里

International language 国际语言

A global language 全球语言

Dominant language 全球主要语言

A necessary skill 必要的技能

Mother tongue/native language 母语

Make job prospects brighter 让就业前景更加光明

In the minority 少数人

Cultural roots 文化背景

A marker of difference 被认为是“奇葩”的一个特点

Speak mother tongue 讲母语

A clear learning advantage 学习上有优势

Monolingual schoolmates 讲单一语言的同学

Fuel intelligence、develop intelligence 提高智力

Display greater creativity 表现出更好的想象力

Start up a new life 开始新生活

Language development 语言的发展

In kindergarten/at nursery school 在幼儿园

Start primary school 开始上小学

Provide rich language experiences 提供丰富的语言交流机会

Feel like outsiders 觉得自己是个外人

Have a Bilingual ability 双语能力

Speak a mixture of two languages 说两种语言

Open the door to another culture 理解其他文化提供了机遇

General social attitudes 社会的普遍观念

9、生活方式、人口老龄化

traditional outdoor pursuits 传统的室外运动

extreme sports devotees 极端体育的爱好者

control the risks 控制风险

Kitesurfing 风筝冲浪

an adrenalin rush 一阵兴奋

Sky diving 高空跳伞（尽量延缓张伞的跳伞运动）

jump from an aircraft with a parachute 跳伞

open your parachute 打开降落伞

listening to your heart pounding 听到你心脏在跳

take the chair lift 坐升降椅

coffee consumption 咖啡摄入量

on the side of 拥护…；站在…的一边

reduces the risk of 降低风险

a longitudinal study 一项纵向研究

a moderate amount of 适量的

Alzheimer's disease 阿尔茨海默症

Parkinson's disease 帕金森症

diabetes mellitus type 2 2型糖尿病

cirrhosis of the liver 肝硬化

gout 痛风

memory loss 忘东西

keep a sharp mind 保持思维敏捷

improvements in brain power 脑力提升

boost brain health 促进大脑健康

boost/enhance one's brain 提高智力

intellectually demanding 对智力有挑战的

as one ages 随着人的年龄增长

forget daily appointments 忘记每天的会面

maintain good brain health {尉寺好的对茵®S

vigorous exercise 有强度的运动

do puzzles 做谜语游戏

going to the art class 去艺术果

keep one's heart in good shape 让心脏保持健康

Stay healthy in old age 年纪大的时候保持健康

Live longer 活得更长

Grow more independent 更加独立

Retain a sense of independence 保持独立

The greying of the population 人口的老年化

Diseases associated with old age 老年病

Age-related medical problems 老年病

Cause surges in illnesses 疾病的飙升

Mental functioning 大脑活动

Prevent mental decline 减少老年痴呆

Medical advances 医疗进步

Improvements in medicine 医疗进步

Personal habits 个人的习惯

Continue education 继续深造

Seek medical attention 寻求医护人员的照顾

Contributing factors 作用因素

Smoking habits 吸烟习惯

A striking trend 明显的趋势

Feel emotionally isolated 觉得孤独

In difficult situations 在困难的环境下

average life expectancy 平均期望寿命

Aging population 老龄化人口

industrialised nation 工业化国家

negative consequences 消极后果

mitigate potential problems 缓和潜在问题

be eligible to 有资格做…(=be qualified to)

receive a pension 领退休金

in relation to 关于；涉及

tax burden 课税负担

working adults 上班族

a rise in the demand for healthcare 医疗需求上升

increase the retirement age 延迟退休

tend to be 倾向于

encourage immigration 鼓励移民

national budgets 国家预算
tackle the problems 处理问题
be certain to arise 肯定会出现
people with poor vision 视力不好的人
impaired vision 视力受损
visually impaired 视障者
with the latest features 有看最新的功能
packed with functionality 有着各种功能
the over-60s 60 岁以上的人群
monitor health 监测健康状况
hits the market 适应市场需求
market is becoming saturated 市场日趋饱和
big buttons 大的按键
latest model 最新型号
emergency button 紧急按键
specialist firms 专业公司
home-bred solutions 家里想的办法
search the internet 上网搜索
the missing link 缺失的环节
the cost of living 生活成本
property prices 房价
pay a deposit and a mortgage 支付定金和按揭
a better quality of life 更优质的生活

count on relatives 指望亲戚
have more freedom to do 做...更自如
A good sleep habit 好的睡觉习惯
A regular bedtime routine 有规律的作息习惯
Beauty sleep 美容觉
The quality of sleep 睡觉的质量
Deep, dreamless sleep 高质量的睡眠
Disturb sleep 影响休息
Lack of sleep 缺乏睡眠
Sleep deprivation 缺乏睡眠
Sleep problems/ sleep difficulties 睡眠问题
Combat sleep problems 解决睡眠问题
Go to sleep 去睡觉
Go to bed early 早睡觉
feel under the weather 感觉不舒服
recharge batteries 充电
gain fresh energy and enthusiasm 恢复能量
on the road to recovery 恢复中
on the mend 恢复中
return to work 恢复工作
as fit as fiddle 身体棒棒
feel unwell 觉得不舒服
vigorous exercise 有强度的运动

keep one's heart in good shape 让心脏保持健康
maintain a healthy heart 让心脏保持健康
keep fit 保持身材
keep healthy 保持健康
a good form of exercise 一种好的运动
aerobic activity 有氧运动
moderate intensity activities 中等强度的运动
boost self-esteem 提高自尊心
elevate one's mood 让心情更好
lessen feelings of depression 减少抑郁的情绪
think clearly 思维清晰
substantial health benefits 很大的健康优点
boosts the economy 激发经济
workplace accidents 工作事故
hinder productivity 阻碍生产力发展
improve productivity 促进生产力发展
The current economic climate 现在的经济环境
in the face of economic reality 面对经济现状
at the time of the economic downturn 经济后退的时候
in the car industry 汽车行业

10、文化艺术、娱乐

Come out=released 上演

Imaginary criminal organisation 虚拟的犯罪组织

Involve twists and turns 有很多曲折

official trailer 电影广告

play supporting roles 扮演配角

English character 英国人物角色

At the cinema 电影院

action scenes 动作镜头

special effect 特技

in spectacular locations 漂亮的地方

a roller-coaster ride 坐过山车

Luxury presents 昂贵的礼物

present giving had become competitive and

commercialised 送礼商业化，和变得攀比

the small, personal gifts 小的、私人的礼物

buy vouchers 买礼品券

lavish gifts 昂贵的礼物

Resisting peer pressure 抵抗同龄人的压力

A selfish act 一个自私的举动

an extravagant present 一份奢侈的礼物

external rewards 外部的刺激

internal motivation 内在的动力

a class contribution 一份班级的礼物

tune in 收看

compete for the title 争夺冠军

spelling bee 拼字比赛

by hand 手写

Every stroke, every dash 一笔一划

celebrity judges 名人评委

stakes were high 赌注很大，不成功便成仁

write their own language 手写他们的文字

computerised help 电脑的帮助

practise calligraphy 练字

Chinese paintings hanging on the walls 墙壁上悬
挂着中国画

Soft music plays 播放着柔和的音乐

dip thick brushes into black ink 将厚实的毛笔头
蘸取黑色墨水

reproduce those characters on thin rice paper 在
薄薄的宣纸上模仿老师的字迹

write characters 书写汉字

Captivating natural events 迷人的自然景象

Turn red/yellow 变红、黄

Vivid red colours 鲜艳的红色

Colour intensity 颜色的强度

Bright red 明亮的红色

Intense red colours 高强度的红色

Puzzle scientists 让科学家迷惑

Evergreen conifers 常青树

Expense of energy 消耗能量

Serve as decoration 作为一种装饰

Afford spiritual enrichment 丰富精神生活

Means of artistic expression 艺术表达的形式

Camera images 照片

Handmade creations 手工制作的東西

Handmade works of art 手工制作的藝術品

Save career 拯救自己的行业

Relieve somebody of menial tasks 从低端的工作
中解脱出来

A readily accepted art form 普遍认可的艺术形式

In the art world 在艺术的世界里

Art museums 艺术博物馆

Oil painting 油画

Fine art 纯艺术

Works of fine art 纯艺术品

Original works of art 原作品

Appreciation of art forms 艺术的欣赏

experience art more rewardingly 更加满足地去感受艺术

Signify the idea 所代表的意思

Present exhibits 展示收藏品

Feel in awe of them 感到震撼

Judge the personal status by material worth 通过物质的东西来判断人的社会地位

Read in a temporal sequence 阅读有时间顺序

The cultural context of its time 它那个时代的文化环境

give financial support to 对…予以财政支持

alternative sources 其他来源

works of art 艺术品

in the docks area 在码头区域

act as landmarks or talking points 为地标或谈资

local councils (英) 市政委员会

important concerns 重要的问题

state budget 国家财政预算

be vital for 对…至关重要

function properly 正常运作

mid-autumn festival 中秋节'

in the Western calendar 阳历

in the Lunar calendar 阴历

mark the end of the harvest season 标志着农忙季节的结束

Symbolize family reunions 象征家庭团员

Organized dinners 聚餐

get together 团聚

Worshiped the moon-goddess 拜祭嫦娥

a pill that would grant immortality 长生不老药

Round in shape 圆形

release paper lanterns 放灯笼

participate in lantern parades 灯市

Visiting temples 去庙宇

offer prayers 许愿

gaze at the full moon 赏月

during a full moon 在月满之时