话题**21**：城市类：绿化和公园

公园和种树的好坏处：

环境：对环境好

解释 1. 花草可以吸收二氧化碳，释放氧气，有利于净化环境。

2. 树木可以提升城市的排水，树木可以保护土壤，有防洪的功能。

absorb pollutants, provide oxygen, reduce air pollution, improve air quality, improve drainage, hold soil

The advantage of having parks and planting more trees is that they are a valuable asset to the environment. Plants and trees can absorb pollutants and provide oxygen, which can reduce air pollution and improve air quality. Additionally, trees and plants can improve drainage of a city and play an important role in fighting floodsas they hold soil   
休闲娱乐: 是个锻炼的好地方

解释：一些人会选择在公园和环境好的地方来运动，呼吸空气，接触一下绿植，这样对人们的健

康有好处，不然的话，人们可能会久坐不动，非常不利于他们的健康。

doexercise, physical activities, fresh air,get close to nature,adopt ahealthy lifestyle

Parks and places with more trees provide people good places to do exercise, which is beneficial for people's health. People will choose parks for physical activities, such as jogging, taking a walk, because these places usually have a good environment. People can enjoy fresh air there and get close to nature.

This can encourage them to adopt a healthy lifestyle. Otherwise, city dwellers probably will lead a sendatary lifestyle, just sitting in front of computers to playcomputer games after school orwork.

社会生活：是很多社区活动的场所

背景：城市高楼越来越多，共享的空间越来越少了。

解释：公园可以提供树荫，很多人喜欢开花的植物，人们愿意聚在一起。解释 2：开阔地可以举

办一些社区活动，譬如说跳蚤市场、室外音乐会、艺术展览等等，更有社区的气息。

communal space, provideshade, flowering plants, flea markets, a sense of community

Parks can be a hub of community activity. Communal space has dwindled as cities have more and more skyscrapers. Trees can provide shade for people in summer and many visitors also enjoy visiting parks with flowering plants. Open spaces are ideal locations for flea markets, outdoor concerts and art exhibitions,which can drawpeople and create asense ofcommunity.

钱:太多公园未必有助于城市的发展。

解释：城市没有空间去建大楼，去拓宽道路等等。如果一个城市设施支持不同行业的发展，很难

富裕。

green spaces, occupythe space, businessblocks, broadroads, achieve prosperity

Green spaces are sometimes regarded as an obstacle to the development of a city. Parks may occupy the space which can otherwise be used for high-rise business blocks or broader roads. Without the infrastructure necessary for industrial development, a cityis not very likelyto achieve prosperity.

种花和种植物的好处：

种花是一种健康的 hobby，对比现代的一些娱乐方式，譬如说上网  
ahealthy hobby, modern entertainment   
Growing flowers is a healthy hobby, compared with modern entertainment, such as surfing the web.

照顾植物给自己成就感，也有责任感

tend plants, a sense of responsibility   
Tending plants can foster a sense of responsibility. Having a beautiful home garden can give keen gardenersa sense of fulfillment.

有些植物可以结果，给家里提供有机食品

bear fruit, organic food   
Some plants can bear fruit and provide organic food

花的香味和颜色让我们心情更好

lighten our mood   
Waking up to the smell of flowers can lighten our mood in the morning.

花可以点缀家里，还有环境，更加赏心悦目

serve as decorations   
Flowers can serve as decorations and improve living conditions.

花代表爱情，友谊等，是人们表达情感的方式

asymbol of love, express feelings   
Flowersareused to expressfeelings and affection. Some flowerssymbolize love orcommitment.

花有文化的意义，有时候代表传统的一些美德，有教育意义

cultural connotations   
Flowersalso have cultural connotations and have links to some traditional virtues.

种花和种植物的坏处：

比较花钱，喜欢买肥料、工具等

requireinvestment   
Growing plantsrequires investment as people needto spend money onfertilisers and tools.

挫败感，如果花死了，或者植物长不大

feel frustrated, flowers wither

Peoplemay feel frustrated if flowers wither or plantsdo not mature appropriately.

话题22：生活价值观

自私和物质 VS 无私和社会责任自私, 有野心，好强和物质主义的好坏处：

生活标准 A. 专注自己的学习和工作 B. 实现自己的潜能 C 提高生活标准

解释（A-B）由于他们是出于自身利益的驱使，他们可能会拒绝其他人寻求帮助的任何请求。这

可以阻止分心，确保他们能够专注于优先事项和目标

举例：例如，他们可能试图尽快完成自己的工作，而不是帮助陷入问题的同事

解释（B-C）：在这方面，自私实际上可以提高他们的生产力，帮助他们获得更多成就

Being selfish may sometimes help people reach full potential and improve the standard of living as they focus on their own objectives. As they are driven self-interest, they may turn down any request of other people for help. This can block distractions and ensure that they can stay focused on priorities and objectives. For example, they may try to complete their own work as soon as possible, rather than give a helping hand to colleagues who are stuck in a problem. In this regard, selfishness can actually boost their productivity and help them achieve more.

A.自私 B.有野心和想要成功 C. 会成功  
解释（A-B）他们不愿意与他人分享荣耀，而是希望自己成为杰出的人，最后独享自己成就的所

得

解释（A-B）以自我为中心的人不想欠任何人一个人情，因为这样他们不会还别人的人情解释（B-C）如果他们的工作有任何问题，他们不会求助于他人，而是选择自己去克服。因此，

他们往往是多才多艺，能够做很多事情

have the determination to succeed 有成功的决心 drive their personal ambitions and success 驱动他们的个人抱负和成功 shareglory with others 与他人分享荣耀 self-centred people 以自我中心的人Selfish people have the determination to succeed as they are driven my their personal ambitions and success. Instead of sharing glory with others, they desire to be outstanding and solely entitled to all the gains of accomplishing a feat. Self-centred people do not want to owe anybody a favour as it can free themselves of the obligation to return any favour. If there is any problem with their work, they would not turn to others for help but choose to overcome it themselves. Because of this, they tend to be versatile and capableofdoing many things.

社会发展 A. 自私 B 人们有好的idea C.这些好的idea 推动社会的进步  
解释（A-B）他们倾向于捍卫自己的观点，坚持自己选择做的任何事情，即使这可能与一些传统

和其他人的观点相冲突

解释（A-B）由于他们对他人的感受或反对不太敏感，他们有时会不择手段地把自己的想法付诸

实践

解释（B-C）：他们不寻常的想法可能变成创新，会对世界产生积极的影响  
show their own opinions and ideas 分享他们的观点和想法 promote social progress 促进进步defend their views 为他们的观点辩护 in conflict with 与..发生冲突 be less sensitive to 不那么敏感put their ideas in to practice 把想法付出实践 make a positive difference to the world 给世界带来积极

的变化  
Selfishness also means that people are willing to show their own opinions and ideas, which can

sometimes promote social progress. They tend to defend their views and persist with whatever they choose to do, even though it may be in conflict with some traditions and the opinions of others. As they are less sensitive to the feelings or objection of others, they sometimes strive against all odds to put their ideas into practice. Their unusual ideas may sometimes turn out be innovations which can make a positive difference tothe world.

技术 A.商业如果自私 B.不与其他公司或者人分享东西 C.更有竞争力

解释（A-B）首先，公司不太可能与竞争对手分享其专有技术、知识产权和商业秘密。这些资源

让企业比竞争对手厉害，这就是消费者愿意为其产品或服务付费的原因

解释 (A-B) 一家公司可能会选择保留大部分（如果不是全部）利润，因为它需要资金来支持研

究和发展，奖励勤奋的员工和增加销售。如果将利润用于慈善事业或其他目的，它将无法维持市

场份额

in the business world 在商业世界 share its know-how, intellectual properties and busniess secrets with

its competitors 跟对手分享知识产权和商业机密 maintain its market share 保持市场份额

distinguish a business from its rivals 区分企业与竞争对手

Being selfish is possibly a necessary evil in the business world, as it can make a company more competitive. First of all, a company is not very likely to share its know-how, intellectual properties and business secrets with its competitors. These kinds of resources distinguish a business from its rivals and that is why consumers are willing to pay for its products or services. Second, a company may choose to keep most, if not all, of its profit, as it needs capital to support research and development, reward hardworking staff and grow sales. It would not be able to maintain its market share if it used its profit for charities orother purposes.

收入 A.自私 B. 处理不好和别人的关系 C. 影响职业

解释（A-B）他们把注意力集中在自己的任务上，而不是支持他人，因此他们不受同事的欢迎。

解释（B-C）如果他们需要别人的建议和帮助，这可能会有问题

解释（A-B）如果他们下定决心独自解决所有问题，那将耗费时间和精力

Selfish people cannot develop or maintain a good relationship with others, and this can hurt their careers in the long term. They focus their minds on their own tasks, rather than support others, so they are not popular with colleagues. This can be problematic if they need advice and assistance from others. If they are determined to tackle all problems alone, it can consume time and energy. They will eventually realise that a team and cooperating with others can help them achieve far more than they do when working in isolation.

收入 A.公司只关注盈利 B.不关注社会责任 C 对企业声誉有威胁

解释（A-B）一个利润驱动的公司可能操纵消费者使其收入最大化，而且它的一些做法是不道德

的

举例：一些公司未能妥善保管客户的个人信息，其中一些公司甚至从销售此类数据中获利

举例 2：此外，一些公司没有试图履行其对员工安全和社区环境保护的职责一旦它的任何不好

的做法被揭发，就很难树立它的声誉

It is also a threat to the reputation of a business if it is concerned with its profitability, rather than social responsibility. A profit-driven company may manipulate consumers to maximise its revenue, and some of its practices are unethical. Some companies, for example, fail to look after personal information of their customers with due care, and some of them even profit from selling such data. Additionally, some companies make no attempt to fulfil their duties to safety of employees and to the environmental protection of communities. It would be difficult to build its reputation once any of its malpractices is exposed.

健康和快乐 A 自私的人B 得不到别人人口 C 生活满意度不高

解释（A-B）：他们比较贪婪，不喜欢分享财富，没有很多朋友

解释（B-C）：不能在社会生活中获得快乐

解释（A-B）：不喜欢慈善工作，将钱用于慈善用途解释（B-C）：不能够从别人的赞美中获得

成就感

Selfish people may not experience the same level of satisfaction with their lives as those unselfish people. Self-centred people are greedy and unwilling to share their wealth and resources of others, so they do not have a large circle of friends. For this reason, they are unlikely to gain a sense of happiness by spending quality time with friends and celebrating some special moments together. Meanwhile, selfish people are not interested in charity work and donating money for worthy causes. They are not able to gain a sense of pride and achievement by receiving praises from other members of society who recognise their contribution.

话题23：生活价值观：社会规范和行为规则

体现礼貌的地方：

打招呼，道歉和感谢，不打断别人说话，以及其他交流技能

greet, apologise, express gratitude,interrupt others, communication skills

People should learn how to greet others politely, apologise whenever necessary, and express gratitude. They should learn communication skills and avoid blunders, such as interrupting others when other people speak.

就餐礼仪，包括如何敬酒，如何分菜等

tablemanners, make a toast,distribute dishes

People should be conscious of table manners, such as polite ways to make a toast and the conventions indistributing dishes.

社会规范（让座，公共场合不大声说话，不制造噪音，不随地吐痰和扔垃圾、排队、使用手机要

注意不影响他人等）

give up your seat, make noise, droplitter, wait in line, disturbothers

There are social norms in public places, such as giving up your seat to the elderly on public transport, - 100 -

trying not to make noise, wait in line and use electronic devices without disturbing others. Spitting and droppinglitter are examples ofimpolite and anti-social behaviour.

专业礼仪

rulesof etiquette   
There arerules ofetiquette people need to follow in different professions.

穿衣习惯, 正式场合穿着正式，学校要穿校服  
dresscode,dress formally, wear uniforms   
People can show respect to a company, a ceremony or an event by following the dress code. They need todressformally onsome occasions. Students are expected to wear uniforms at school.

工作地点的礼貌（握手，交换名片，称呼，使用礼貌语言等

shake hands, exchange business cards,in politeways   
Being polite in work contexts includes shaking hands in meetings, exchanging business cards and communicating with othersin politeways.

送礼来表示谢意，或者是代表友谊

preparegifts, a gesture offriendship   
Weprepare gifts toshow gratitude oras agesture offriendship.

为什么现在人们越来越不注意礼貌：

学校不注意道德教育，行为规范教育，只关注考试成绩，并且鼓励学生竞争，漠视学生的行为问题

moral principles, rules ofbehaviour, exam performance, behavioural problems   
Schools hardly teach children moral principles and rules of behaviour. Teachers focus on exam performance, rather than behavioural problems.

科技发展，人们关注手机、电脑、越来越宅，缺乏社会活动，变得自私，很少和人交流，不懂的

尊重别人

technological advances, less interested in social life, self-centred, interaction withothers   
Technological advances have made people anti-social. They are less interested in social life as screen time increases. Self-centredpeople ignore their interaction with others.

- 101 -

父母溺爱孩子，或者父母疏于管教，小孩只关注自己，而不去注意社会规范，别人的感受

spoilchildren, maintain strong discipline, social norms   
Parents spoil children and hardly discipline misbehaved children. Selfish children do not pay attention tosocial norms and the feelings ofothers.

接触媒体暴力，不好行为，小孩模仿

televisedviolence, poorbehaviour   
Exposure to televised violence isa bigproblem. Peopletend tocopypoor behaviour they see on TV.

贫穷，贫富差距，社会矛盾加剧，贫困人士没有受到很好的教育，比较多仇恨

income disparity, social division, disadvantaged people, resentment against   
Poverty and income disparity have led to social division. Disadvantaged people have resentment against the upper class. They are hostile towards others, rather than friendly.

竞争激烈，大家不够耐心，希望尽快获得优势，说话不够礼貌

show patience, gain advantages, inpolite ways   
In a competitive world, people hardly show patience. They want to show their opinions and talents in order to gain advantages. They do not have patience to communicate in polite ways and follow social rules.

强调自我的表达，强调个性，生活更加自由，快乐

self-expression, show individuality, enjoymore freedom   
Peopletoday pay attention to self-expression. They want to show individuality and enjoy more freedom, sothe codeof conduct issometimes toocomplex and unnecessary to them.

为什么要重视社会规范：  
社会：体贴和尊重别人，建立好的社会和工作关系

considerate ofothers, build anetwork ofcontacts   
Polite people areconsiderate ofothers. This can help them build anetwork of contactseasily.

经济：体现你的教育层次和社会背景，给人好的印象，对职场发展有好处

educational level/academic background, social standing/economic-social status, make a good - 102 -

impression, careeradvancement   
The ways people talk to others can show their educational level and social standing. Communicating in afriendly way canmake a good impressionon othersand contribute to careeradvancement.

经济：行为更加规范，减少各种场合对别人的影响，大家要可以专注工作和学习

conform tosocial norms, reduce interference with…concentrate on work and studies   
Everybody can concentrate on work and studies if they all conform to social norms and do not do anything that disturbs others.

健康：礼貌可以让人更好处理矛盾，解决问题，生活也更愉快

resolve/ settle conflicts, handle problems, live a happylife.

Polite people are more likely to live a happy life because they can resolve/ settle conflicts easily by engaging inpolite conversations with others, andfind common ground to handle problems.

为什么要我行我素：  
科技：限制个性发展，人们有独特的想法不敢表现，不敢创新

hindercareer advancement, express their ideas, inhibit innovation   
People may not express their ideas clearly if they are afraid that their statements hurt others. This can hindercareer advancement and inhibit innovation.

健康：表达自己的情绪，享受自由，对健康有帮助

expressfeelings, enjoyfreedom   
People who are less conscious of social rules are inclined to express feelings freely and enjoy freedom tolive their lives asthey please. This is beneficial to their health.

经济：遵守传统习惯有时候比较花钱和时间（譬如说，要互送礼物、要穿很正式的衣服、说话要比

较含蓄等），影响效率

Preserve traditions, exchange gifts, wear formal dress, speakin a subtle way   
Preserving traditions such as exchanging gifts, wearing formal dress and speaking in a subtle way can becostly and time-consuming. It canaffect the efficiencywe need inthe modernworld.

社会：某些传统习惯都是强调每个人的社会角色，不符合现代人追求平等的特点。

Socialroles, value equality   
Some traditions emphasise and reinforce the roles of people in society, and do not show the value of - 103 -

equality.

礼貌的坏处：

1. 出于礼貌有时候你会闪烁其词，但是对方很难理解

hide feelings, express views openly

You may sometimes hide feelings and choose not to express your views openly, so people may find it difficult tounderstand your intention.

话题24：生活价值观：事业抑或家庭

事业为重的影响（譬如说：去大城市工作、推迟要孩子、工作狂、不和家人住）：生活标准。 A. 追求

事业 B. 人们能够接受培训，获取工作信息。C. 他们能有高薪

解释（A-B）：追求事业的人花更多的时间接受培训，获取最近的工作信息。

解释（B-C）:如果他们能够做些同事不能做的事情，他们会获得更高的工资和好的生活品质。

pay more attention to 关注... up-to-date information 最新的消息 get higher salaries 获得高薪 have

adecent quality oflife 过着高质量的生活

Career-oriented people may gain more wealth. People who pay more attention to their careers will spend more time receiving training to gain up-to-date information about their jobs, and possibly in working to ensure they are good at doing their jobs. If they are capable of doing something their colleaguescannot achieve, they get higher salaries andhave a decent quality of life.

个人成长： A.以事业为重 B. 提升自己的能力 C. 个人发展

解释（A-B）：技能发展需要练习和重复

举例：时间管理，如何提高整理能力，提高科技能力，沟通能力

举例：敬业的人交流更加频繁，交流技能提高

需要练习和重复 requires practice and repetition 时间管理 manage time 组织能力 organisational

skills 提高电脑知识 computer literacy 数字科技能力 digital technology 敬业的人 Dedicated workers

More attention on career rather than families enables people to spend more time on personal development. Skill development requires practice and repetition. They can manage time effectively, keep documents in order and improve other organisational skills as they are familiar with handling - 104 -

work. They can also acquire technical skills, such as computer literacy and using digital technology to complete work, if they attend relevant courses. Dedicated workers also communicate with their colleagues, supervisorsand clients more frequently, their communication skillscan be improved.

经济发展。 A 追求事业 B 将自己的想法付诸实际 C 社会有很多创新，经济发展

背景：追求事业的人有想法

解释（A-B）：他们有更深的关于行业内，产业内的想法。

解释（B-C）：他们能够突破产业的瓶颈，考虑这个行业可能的积极的变化

relaise their dreams 实现梦想 promote economic growth 促进经济进步 deepen their understanding

加深理解 spotthe bottleneck 发现瓶颈 creative potential 创意潜能

People who are driven by their career ambitions will strive to realise their dreams, most of which are novel ideas that can promote economic growth. As they devote enormous amounts of time to their work, they deepen their understanding of their professions and the industries they work in. They can spot the bottlenecks of the industry and consider some potential changes which can make a positive difference to their fields of work. Their creative potential can be fulfilled and their ideas, if materialised, driveeconomic growth.

家庭关系 A.忽视了家人，孩子的成长，B.造成他们关系疏离。C.危害家庭成员之间的关系。

背景：他们很忙，没有时间陪伴孩子和其他家庭成员

解释（A-B）：造成家庭的疏离感

解释（B-C）：家庭成员关系不好，孩子表现差，老人有孤独感

busy schedule 忙碌的行程 accompany 陪伴 expericence a sense ofloneliness/isolation 感到孤独/疏

离 relationship breakdowns 关系破坏 performpoorly 表现不好

One drawback of spending less time with families is that it will damage family relationships. They have a busy schedule every day, leaving no time to accompany children and other family members to enjoy some leisure activities. They may experience a sense of isolation at home. The instances of relationship breakdowns increase, and children perform poorly at school as they do not receive support from parents in schoolwork. Elderly people struggle with the sense of loneliness as they hardly see their children.

- 105 -

健康 A 追求事业 B 工作太累和压力太大 C 不够健康

背景：人们追求事业以健康为代价

解释（A-B）:这些人设立不公平的目标，工作很长时间

解释（B-C）:他们非常担心不能完成目标，会出现饮食混乱，睡眠缺乏等健康问题。

attain career objectives 实现职业目标 at the cost of health 以健康为代价 unattainable obectives 难

获得的目标 eating disorder 饮食混乱 sleep deprivation 睡眠缺乏 health problems 健康问题

People may sometimes have to attain their career objectives at the cost of health since they are tired and stressed out. These ambitious people may set bold, and sometimes unattainable objectives, such as earning millions of dollars a year, and to achieve such ambitions, they work long hours. They are worried about the risk of failing to meet deadlines, and suffer from eating disorders, sleep deprivation and health problems causedby inactivity.

经济 A 生育下降 B 老龄人口上升 C 对经济有影响

背景：追求事业的人选择晚生孩子解释（A-B）：他们觉得组建家庭是个负担，或者对事业进

展是威胁，可能 30 岁以后生孩子解释（B-C）：这意味着 50 岁以上的工作者会增多，劳动生

产率下降，导致经济缓慢增长。

careerambition 职业抱负 low birthrate 低出生率 start a family 生孩子

People who are obsessed with their career ambitions may choose to have babies later in lives and the low birth rate can damage the economy as the working population is increasingly older. They may regard starting a family as a burden and a threat to career progression. They may not consider having a baby until they are in 30s. Their fertility, however, drops with age, and this means that the proportion of young workers relative to people aged 50 or older will increase. The productivity of the workforce may decline as well, and this canlead to aneconomic slowdown inthe long run.

话题25：生活价值观：社会生活和团队工作

现在人们不喜欢社交的原因：

A 科技发展 B 人们使用各种科技方面的娱乐去消磨时间 C 不社交

背景：科技给人们的娱乐方式带来了变化，他们可以享受不同形式的娱乐活动。

- 106 -

举例：比如，他们会玩电脑游戏，用手机和朋友聊天，和看电影。所有的活动都能取代常规的选

择，比如和朋友去电影院，一起打球，这些活动都包含和其他人的互动。

pass the time 打发时间 forms of entertainment 娱乐方式 enjoy different leisure activities 享受不

同的休闲活动 play computer games 玩电脑游戏 chat with friends 和朋友聊天 use mobile phones

用手机 watch films online 看网上电影 substitue for 替代 conventional choices 传统的选择 go to

the cinema with friends 和朋友去影院

People today are less sociable since they can pass the time by using different forms of entertainment. Technology has led to changes in what people do for pleasure, and they can enjoy different leisure activities in isolation. For example, they can play computer games, chat with friends by using mobile phones and watch films online. All these activities substitute for those conventional choices, such as going to the cinema with friendsand playing sport together, which involve interactions with others.

科技 A.各种科技让人们可以独立工作，B.完成事情 C.对关系网的依赖减少

背景：科技让人们独立工作，没有人脉也可以执行任务

解释（A-B）：当工作中需要解决问题，他们能在网上找到问题的答案。

解释（A-B）：计算机程序，移动电话应用程序和工具，使他们自己能够处理问题。

解释（B-C）他们不重视参加社交活动来建立人脉

meet new friends 见新朋友 enable people to work independently 使人们独立工作 perform tasks

without using social networks 不用社交网络执行任务 come across problems 遇到问题 computer

programmes 计算机程序 mobile phone apps and tools 移动电话应用程序和工具 attach importance

to 重视 attend networking events 参加社交活动

Another reason is that people do not consider it important to meet new friends. Technology enables people to work independently, and perform tasks without using social networks. Whenever they come across problems at work, they find answers online. There are also computer programmes, mobile phone appsand tools which empower them to deal with everything themselves. They do not attach importance to building a network of contacts by attending networking events, so they tend to be less socially active.

- 107 -

生活方式 A.生活忙，B.需要赶任务 C.没有时间交友

背景：人们需要努力工作在激烈的竞争中生存下来。

解释（A-B）经理，工程师，办公室职员加班工作才能在最后期限之前完成他们的任务

解释（B-C）他们减少社交时间，因此他们到回家已经非常劳累了。

the fast pace of life 生活步伐快 survive the cut-throat competition 在激烈的竞争中生存下来

handle their workloads 处理好他们的工作量 meet the deadline 在最后期限截止之前 return home

回家

The fast pace of life also leads to a drop in the time for social life. People have to work hard to survive the cut-throat competition. It is not unusual for managers, engineers and office clerks to work overtime every day to handle their workloads and meet the deadline. The time for socialisation thus dwindles, as they returnhome tired.

A.人口增长 B 人们参加社会活动认识新朋友的地方少 C 不社交

背景：城市非常拥挤，社交活动的使用地是有限的

举例：过去人们去公园晨跑，参观街区市场，在城市广场看户外音乐秀

解释（A-B）场地都用来盖房了。市民没有机会和社区的其他成员交流

population expansion 人口扩张 open spaces 开放空间 go jogging 慢跑 visit street market 参观街

道集市 watch outdoor musical shows 观看户外音乐剧 community activities 社区活动 housing

development 房地产开发 city dwellers 市民 talk to other members of community 和其他的社区成

员交谈

Population expansion is another reason why people are less interested in mixing with their peers. Cities are overcrowded, and open spaces available for social activities are limited. In the past, people could go jogging in parks, visit street markets and watch outdoor musical shows in city squares, but now these community activities have disappeared as space is used for housing development. City dwellers do not have opportunitiesto talk to othermembers ofcommunity.

- 108 -

交友的好坏处：  
A.花时间社交 B.交很多朋友 C. 对人们的职业生涯是有益的解释（A-B）花时间社交有助于人们交到朋友。

（B-C）人脉网络使人们更容易获得更多的职业发展机会。举例：比如更好的工作机会和经营

一家成功企业的好机会。具体例子：例如，参加筹款活动可以帮助人们认识政府官员和成功的

商人，他们有资源和权力使自己的事业受益。

be beneficial for 对......有益 professional life 职业生涯 make more friends 交更多朋友 gain more opportunities 获得工作机会 career progression 职业发展 better job opportunities 更好的工作机会run a successful business 经营生意很成功 fund-raising event 筹款项目 government officials 政府官员 successful business people 成功的商人 benefit one'scareer 有益于职业  
Spending time on social life is beneficial for people's professional life. It can help people make more friends, and a network of contacts makes it easier for people to gain more opportunities for career progression, such as better job opportunities and a good chance of running a successful business. For example, attending a fund-raising event may help people meet government officials and successful business people,who have resources and power to benefit one'scareer.

个人能力 A.社交 B. 与别人交流 C. 人们能够学习和提高沟通技巧  
解释（B-C）需要用礼貌的方式和别人交谈，倾听别人，选择正确的话题或改变话题以便在社交

场合受欢迎。

C 的深化：这些在社会生活中学习到的技能也将用于他们的工作中。

learn and sharpen communication skills 学习和提升交流能力 talk to others in polite ways 用礼貌的方式和别人交谈 listen to others 倾听他人 change subjects 转换话题 keep others interested 使他人保持兴趣 onsocial occasions 在社交场合  
Additionally, people are able to learn and sharpen communication skills when socialising with friends. They will gradually learn that they need to talk to others in polite ways, listen to others, pick the right topics, and change subjects if necessary to keep others interested, if they want to be popular on social occasions. These skills learnt in social life also will beusedin their jobs.

- 109 -

生活方式 A 交友 B 解压 C 对健康有好处  
背景：社交生活让人们放松解释（A-B）：和朋友交流能获得建议和鼓励，对跨过难关有帮助解释（A-B）：可以去户外活动，也能减压  
be of benefit to health 对健康有益 feel relaxed 感到放松 lighten their moods 缓解他们的情绪gain some encouragement and advice 获得一些鼓励和建议 difficult situations 困难的环境 outdoor activities 户外活动 reduce stress 缓解压力  
Having a rich social life is also of benefit to health as people feel relaxed when spending time with friends. Talking to friends can lighten their moods as they may gain some encouragement and advice from those who have more experience in handling some difficult situations. On top of this, socialisation involves outdooractivities, from hiking, travelling tojogging together, which can reduce stress.

个人发展 A.花时间在社交 B.没时间学习和工作 C.浪费可以提升学习和工作技能的时间解释（A-B）人们出去和朋友玩，没时间学习工作举例：去酒吧，参加派对，一起打游戏浪费时间解释（B-C）这些时间可以用来学习与工作相关的有用技能。不利于未来的职业发展a waste of time 浪费时间 hang out with friends 和朋友出去玩 go to the pub 去酒吧 attend parties 参加聚会 play video games 打电脑游戏 consume valuable time 浪费宝贵的时间 will be harmful for 不利于 professional development 职业发展  
But too much time in social life could be a waste of time for people. People who spend more time in hanging out with friends may have less time in working and studying. Going to the pub, attending parties and playing video games together can consume valuable time, which can otherwise be used for learning useful skills related to jobs. This will be harmful for his professional development in the future.

行为 A 社交 B 认识不好的朋友 C 养成不好的习惯  
解释（B-C）：负面的同伴压力会迫使人们遵循一些错误的行为，会对一个人的健康产生破坏性

影响。举例：抽烟，酗酒，吸毒，疯狂购物

form some negative habits 形成不好的习惯 mix with friends 和朋友混在一起 have good character 具有良好品格 negative peer pressure 不好的同伴压力 have a damaging effect on 有不好的影响

- 110 -

compulsive shopping 强制消费 follow some wrong behavioural norms 遵循一些错误的行为准则binge drinking 酗酒 taking drugs 吸毒  
People may even form some negative habits if they mix with friends who do not have good character.

Negative peer pressure can have a damaging effect on one's well-being, if people are pressured to follow some wrong behavioural norms, such as smoking, binge drinking, taking drugs and compulsive shopping.

团队工作的好处和坏处：  
效率 A. 团队合作 B.人们可以一起合作 C. 提高工作效率  
解释（B-C）人们在擅长的领域有经验，知识，技能可以更快得完成任务  
解释（B-C）团队可以集思广益，可以找更好的方法解决问题  
C 拓展：生产力就可以提高，公司就能获得更多的利润  
promote working efficiency 提升工作效率 complete a task 完成任务 be responsible for 为......负责improve productivity 提高生产率 earn more profits 获取更多利润 better solutions to the problem

解决问题的更好方法  
Working in a team helps to promote working efficiency. People have experience, knowledge and expertise in different tasks, so they can complete a task faster if they are responsible for part of teamwork at which they are good. Additionally, the team can brainstorm together, and find better solutions to the problem. In this way, productivity can be improved and the company is able to earn moreprofits.

个人发展 A 团队工作 B 有压力提升自己的能力 C 对个人发展很好  
解释（A-B）：团队中有很多优秀的人，团队的其他成员可以受到鼓舞，学习他们的工作方式和

培养同样的工作素质。

对比：如果没有好的示范，人们感受不到提升自己技能的需要

upgrade skills 提升技能 professional development 职业发展 well-disciplined 良好的自制力behave in the same manner 以同样的方式行事 develop the same qualities 培养同样的品质 role models 榜样  
- 111 -

Working in a strong group can also push people to upgrade skills for professional development. The team may have some excellent members who are well-disciplined, ambitious and highly productive, so the rest of the team can be inspired to behave in the same manner and develop the same qualities. Peoplewho work alone without rolemodelsmay not feel the need toimprove their own skills.

效率 A.团队合作 B. 矛盾，并且有一些成员没有能力 C. 降低效率

解释（A-B）不同的人有不同想法，就会有矛盾。

解释（A-B）一些团队成员没有能力为团队做出贡献，履行他们的职责。

lower efficiency 降低效率 hold different ideas 有不同观点 break out 爆发 slow the progress 放慢

进度 are not capable of 没有能力 have organisational skills 有组织能力 perform their duties 履行

义务

However, teamwork can also lower efficiency in some cases. Different people will hold different ideas about how to complete work, and arguments will break out, which can slow the progress of the whole team. Besides, in one team, some team members are not capable of contributing to the team, or they do not have organisational skills to perform their duties. The poor performance of some people can definitely make the whole team less productive.

个人发展 A 团队工作 B 依赖他人 C 不思进取，工作能力没有提高

背景：团队中的一些成员可能愿意承担更大的责任和承担更多的任务。（原因：他们希望团队成

功，或者是因为他们受到内部奖励(如个人发展)的驱动。）

解释（B-C）：其他一些人倾向于利用勤奋的队友，因此他们失去了专注于工作的动力。

achieve their objectives 获得目标 take greater responsibility and assume more tasks 承担更多责任，

完成更多任务 internal rewards 内在奖励 personal developments 个人发展 take advantage of 利

用 lose the motivation 失去动力 bededicated towork 投入于工作

Another danger of working in a team is that people tend to rely on others, instead of working hard to achieve their objectives. Some members of team may be willing to take greater responsibility and assume more tasks, possibly because they want the team to succeed or because they are driven by internal rewards such as personal developments. Some other people, by contrast, tend to take advantage ofhardworking teammates, so they lose the motivation to bededicatedto work.

- 112 -

话题26：生活价值观：快乐、压力、工作

如何定义一个好的工作和提高工作满意度？：

生活质量：收入好，解决基本的需求，提升生活质量。

解释：生活成本与日俱增，商品越来越消费不起。而高收入，不仅能支付生活基本开支，如水电

账单、房贷、孩子学费等，还能用来购买保险和储备养老；而且，收入高，人们还可以度假、买

奢侈品或花钱买高科技设备，生活质量得以提升。

give priority to sth.,search for a job, cover basic needs, improve the quality of life, high living costs, afford expenses, house mortgage, buy insurance, prepare for retirement, thanks to, high-paying jobs, take a vacation, affordluxuries, hi-tech gadgets

People give priority to income when searching for a job as income can cover basic needs and improve the quality of life. Living costs are higher than ever and goods are less affordable. With the high income, it is easy for people to afford expenses, such as water and electricity bills, house mortgage, children's tuition and so on, and the rest can be used to buy insurance and prepare for retirement. Additionally, thanks to the high-paying jobs, people can take a vacation, afford luxuries and spend money onhi-tech gadgets, which can improve the standardofliving.

成就感：提高收入可以给员工成功感

解释：大家一般都觉得一个人的收入反映了他或她对雇主赚钱的价值

如果员工得到更高的薪水，他们会感到自己受到重视，并明白他们的才华、努力和贡献得到了公

司的认可。他们会觉得自己的事业进步了，获得了幸福感。

pay rise, increase job satisfaction, create a sense of fulfilment,value to, feel valued be recognised by,advance one’scareer,gaina sense of happiness

A pay rise can increase job satisfaction by creating a sense of fulfilment. It is logic to think that one's income reveals his or her value to the profit-making of the employer. If staff are offered a higher salary, they will feel valued and understand that their talent, effort and contribution are recognised by the company. They will feel that they have advanced their careerand gained asense ofhappiness.

生活质量：工作稳定，保障好，有安全感。

解释：商业环境日新月异，因此很多人关注工作保障。

有人愿意长期在大公司工作，因为这些公司通常会提供额外福利，如带薪假期、医疗保险，甚至

住房福利。雇主也会加入社会养老计划，因此，雇员离开职场后可以享受舒适的退休生活。

- 113 -

a sense of security, provide job-related benefits, business environment,be of concern to sb.,in the workplace, be interested in, work for big companies permanently, provide fringe benefits,paid holidays, medical insurance,housing allowances, pension scheme ofthe country,enjoya comfortableretirement

A good job is also expected to give people a sense of security by providing job-related benefits. The business environment is constantly changing, and job security is of concern to many people in the workplace. Some of them are interested in working for big corporations permanently, and these companies normally provide fringe benefits such as paid holidays, medical insurance and even housing allowances. Employers also participate in the pension scheme of the country, so employees can enjoy a comfortable retirement at the end oftheir working lives.

社会关系：健康和平等的合作关系是好工作的重要指标，因为人们在合作中可以找到归属感。

解释：人有时会自信心不足，如果能一直从同事或上级那得到支持和建议，他们会表现上乘。

当他们表达对公司政策或工作做法的想法时，无需担心被报复或惩罚。因此他们对公司发展和个

人职业发展都抱有信心，就会对工作很满意。

healthy and supportive relationships, the key to a satisfying job,a sense of belonging to a strong group, lack confidence in sth.,gain support and advice from sb., perform duties well,express ideas about sth.,work practices, worry about retaliation or punishment, have a positive attitude towards,be satisfied withthe job

Healthy and supportive relationships with colleagues and supervisors are also the key to a satisfying job as people find a sense of belonging to a strong group. People sometimes lack confidence in their ability to complete their work. If they gain support and advice constantly from coworkers or superiors, they will be able to perform their duties well. When they express their ideas about company policy or work practices, they do not need to worry about retaliation or punishment. They will have a positive attitude towards the future development of the company as well as have optimism about their career advancement, they will besatisfiedwith the job.

知识：职业培训，更能应付工作挑战，对工作满意。

解释：职业培训是决定员工对工作看法的另一因素。

现代社会竞争激烈，无数求职者进入职场时，不具备足够技巧和知识来处理高难度工作。因而，

他们对能提高技能和拓宽知识面很感兴趣。有员工培训体制的公司能吸引渴求事业成功的人。他

们有进步的感觉，即使竞争白炽化也会保持积极的心态。

- 114 -

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| job training,perception of,be highly competitive,enter the workforce, sufficient skills and  knowledge,sharpen skills, expand the knowledge base, get prepared for challenges,staff training system,  attractpeople, intend to dosth.,a sense of progress,fierce competition,stay positive |

Job training is another factor that determines employees' perception of a job. The modern world is highly competitive, and countless job-seekers enter the workforce without sufficient skills and knowledge to handle demanding jobs. They are interested in the opportunities to sharpen skills and expand the knowledge base to get prepared for challenges in their careers. If companies have staff training systems, they can attract people who intend to have a successful career. They have a sense of progress and stay positive even when competition isfierce.

家庭：家庭友好政策，工作家庭平衡，员工满意。

解释：大部分员工有孩子，如果为了工作牺牲家庭生活，他们会愧疚和不开心。

他们希望参与孩子的抚养，而不是缺席某些重要事件，如家庭成员的生日会等。如果公司能考虑

到这些需求，并能给员工扮演不同角色提供灵活性，那么员工会很忠诚。

family-friendly policies, the key to sth.,job satisfaction,strike a balance between work and life,keep a good mood,feel guilty and unhappy,sacrifice sth. for, be involved in sth.,upbringing of children, be absent from,birthday parities,consider this need, offer flexibility, juggle different roles, inspire loyalty

Family-friendly policies are also the key to job satisfaction as employees can strike a balance between work and life and always keep a good mood. A considerable number of employees have children and they feel guilty and unhappy if they have to sacrifice their family life for their jobs. They want to be involved in the upbringing of children, rather than absent from some major events, such as birthday parties of their family. If companies consider this need and offer workers more flexibility in juggling different roles, it caninspire loyalty.

个人价值：完成梦想，实现个人价值。

解释：大部分年轻人在不需要担心基本生活需求的环境里长大。

他们越来越关注是否能通过达成个人目标和完成梦想而过上有价值的生活。如果公司为他们提供

职位、资金或项目以发挥潜力，他们将受到激励，并有动力努力工作。这让他们在工作中有一种

深深的满足感。

be popular with sb.,allow sb. to do sth.,achieve ambitions,show talents, a large proportion of people,worry about the access to food, survival needs, be increasingly concerned about,lead rewarding lives,achieve personal targets, reachpotential, be stimulated/motivated to do,a sense ofcontentment - 115 -

A job can be popular with people if it allows them to achieve ambitions and show their talents. A large proportion of young people grow up in a world where they do not worry about the access to food, or other survival needs. They are increasingly concerned about whether they can lead rewarding lives by achieving their personal targets and making their dreams come true. If companies offer them positions, capital or projects to reach potential, they will be stimulated and motivated to work hard. This can give them a deepsense of contentment in their jobs.

自我提升：工作要对社会有意义

解释：如果选择一家公司从事有意义的事业，他们很自豪，而不是关注该职位的经济回报。

他们愿意看到自己的努力和努力对弱势群体的生活质量产生积极的影响，对社会产生影响。当他

们为使世界变得更好而做的事情受到赞扬时，无论他们的收入如何，他们都能获得成就感。

People also consider whether their jobs can contribute to society. They take pride in choosing a company to do something for worthy courses, rather than pay attention to financial rewards of the position. They are willing to see their hard work and effort make a positive difference to the quality of life of disadvantaged people and to the community. They can gain a sense of accomplishment when they receive complimentson something they doto change the world for better,regardless ofincome.

压力的原因：

失业率高，经济不好, 生活困难，经济压力大

tough economic times, live inpoverty

Unemployment and financial difficulties can put strain onpeople, especially intough economic times.

科技发展很快，需要不断学东西

technology ischanging rapidly, increase new knowledge

Technology is changing rapidly. People are pressured to increase new knowledge and keep up with the modernworld.

拜金，注重物质财富，喜欢攀比，长时间工作

money-oriented, material possessions, work long hours

People are increasingly money-oriented and obsessed with material possessions. They tend to work longhours. Thiscan put them under pressure.

时间管理有问题，东西没做完

time management

Poor time management skills can be a cause of stress as well. People feel stressed out if they fail to - 116 -

complete work.

家庭关系不好，社会生活不好，孤独和压抑

poorfamily relationships, weak social connections, experience a sense of loneliness

People experience a sense of loneliness due to poor family relationships and weak social connections. Thiscan cause stress.

缺乏运动和饮食均衡，疾病增加，对未来没有信心

lack of physical activity, do not have a nutritionally balanced diet, prone to health problems, do not have a positive outlook onlife

Some people are prone to health problems due to a lack of physical activity and a nutritionally balanced diet.This isa source ofstress because they donot have a positive outlook onlife.

如何减少压力？

效率：加强自我管理，提高工作效率

解释：压力来自于无法有效地处理工作负荷：当人们不能有效地完成工作时，他们就会觉得紧张、

焦虑、沮丧和害怕。因此，人们应该掌握一些基本技能，如管理时间，制定待办事项清单，在日

历上标明主要的约会和最后期限。这样，他们就能够按时完成所有任务，而不是等到最后一刻才

完成工作。

Self-management,arise from, the inability to do, handle workloads,complete work efficiently,feel anxious,feel stressed, feel frustrated, feel scared, acquire basic skills,make a to-do list,mark major appointmentson,leave work undone

Better self-management is definitely the key to stress management. Stress arises from the inability to handle workloads effectively: when people are not able to complete work efficiently, they will feel anxious, stressed, frustrated and scared. For this reason, people should acquire some basic skills, such as managing time, making a to-do list, marking major appointments and deadlines on the calendar, so they arecapable ofcompleting all tasksontime rather than leave work undone until the last minute.

健康：身体健康，可以轻松应付压力。

解释：健康的人通常都能对慢性压力未雨绸缪。原因一，身体条件好的人一般把事情安排得井然

有序，例如：早起和分配时间在家做饭。这意味着他们也规划自己的工作，在最后期限之前可以

完成任务。另一个原因是：健康给人以应付压力所必需的能量、耐力和信心。很健康的人可以冷

- 117 -

静应对压力，也鲜少会出现精神崩溃。

be well prepared to do sth.,handle chronic stress, enjoy satisfying physical condition, keep everything in order, get up early,allocate time to sth., plan one’s work, meet deadlines, energy, stamina and confidence,cope with stress, a high level of fitness, react to stress calmly, suffer from nervous breakdown

Healthy people are normally well prepared to handle chronic stress. The first reason is that people who enjoy satisfying physical condition keep everything in order, for example, getting up early and allocating time to home-cooking. This means that they also plan their work as well and have no problem in meeting deadlines. Another reason is that health gives energy, stamina and confidence which are required for coping with stress. With a high level of fitness, people react to stress calmly and hardlysuffer from any nervous breakdown.

知识：专业知识，冷静处理压力。

解释：当人们觉得自己不太可能解决一些问题时，压力会对他们产生毁灭性的影响。唯一预防方

法是：增加知识和提高技能。受过良好教育的人，如果在解决棘手问题方面有丰富的经验，就会

在面临压力的情况下保持冷静。他们知道用什么方法去解决问题。

have a devastating effect on, be unlikely to do, deal with some problems, prevent sth. from doing,increase knowledge and upgrade skills,well-educated people, have considerable experience, solve thorny problems,how to approacha problem

Expertise also holds the key to stress management. Stress can have a devastating effect on people, when they feel that they are unlikely to deal with some problems. The only way to prevent this from happening is to increase knowledge and upgrade skills. Well-educated people who have considerable experience in solving thorny problems will stay calm in the face of stressful situations. They understand how to approacha problemand solve it.

心理健康和心态：调整期望值，制定合理的目标。

解释：高期望值有时迫使人们追求一些不切实际或无法实现的目标。如果不能达到目标，他们会

产生一些消极情绪，沉溺于自我怀疑，这会雪上加霜。如此一来，即便是简单的任务看起来也很

有挑战性和很大的压力。所以，人们应该降低期望，设定更多可实现的目标。他们可以轻松地达

成期望。

adjust expectations, an integral part of dealing with stress,high expectations pressure sb. to do, fail to - 118 -

attain their objectives, experience some negative emotions ,indulge in self-doubt, add the stress level,avoidthis situation,lower one’sexpectations,set more achievable targets,match sth. atease

Adjusting expectations is also an integral part of dealing with stress. High expectations sometimes pressure people to pursue some unrealistic or unattainable goals. If they fail to attain their objectives, they will experience some negative emotions and indulge in self-doubt, which can add the stress level.

In the future, even some easy tasks appear to be challenging and highly stressful. To avoid this situation, people should lower their expectations and set more achievable targets. They can match such expectations at ease.

影响工作满意度的因素：

基本收入是否可以满足基本生活水准，是否可以养活家人，家人是否生活安稳

maintain a basic standardofliving, feed the family, live a comfortablelife

The salary people earn can determine job satisfaction because with money, they can maintain a basic standard ofliving, feed the family and live a comfortable life.

是不是有提升工作，职位提升的机会

jobpromotions

Peopleare satisfied with a jobif they see the prospectof jobpromotions.

工作环境是不是轻松、安全、舒适、健康，是不是有好的积极性和心情

relaxing, comfortable,a good mood,positive attitude

Working conditions are important to people who are interested in a relaxing, comfortable office. They canmaintain a good moodwhen working in a well-furnished workplace.

有没有假期、灵活工作时间去解压，陪伴家人，有社会生活，娱乐和运动

take a vacation, flexible work hours, wind down, enjoythe company of family, have a richsocial life

People are happy to work for companies which allow for flexible work hours and offer paid holidays. They can thus have more opportunities to wind down, enjoy the company of family and have a rich social life.

工作关系，是否可以获得同事和上司的支持

work relationships, colleagues aresupportive   
- 119 -

Work relationships also affect people’s satisfaction with a job. They want to have supportive colleaguesand a goodatmosphere in the workplace.

是否能够获得技术和知识，职业不断发展，在公司决策里占据更重要的地位，有更多的职务

gain skills and knowledge, progressone’scareer, playa key role,perform more duties   
In a good job, people can gain skills and knowledge to progress one’s career. They desire to play a key rolein decisionmaking at some point in the future and performmore duties.

是否能够找到合适的职位、公司和行业去实现自己的才华，实现自己的梦想

developone’s talents, realise one’sambitions   
Peopleare happywith accepting a jobin which they candevelop talentsand realise their ambitions.

经常换工作的缺点：

不够专注，很难专业

fail to develop expertise   
Peoplewho change jobsfrequently fail to developexpertise because it requirescommitment.

雇主觉得你不够忠诚，不会给很高的工资，也缺乏不断晋升的机会

offer a high salary, climb the corporateladder   
Employers may have doubts about the loyalty of people who have a varied career. Companies are unwilling to offer a high salary. They may find it difficult to climb the corporate ladder.

在家工作的好处：

不用通勤

reducethe need for commuting   
Workingremotely can reduce the need for commuting.

雇员不用因为个人原因而离职，譬如说生孩子，搬家，照顾老人等.

quit jobs, conceive achild, move toa new home, lookafter ageing membersoffamily   
Without travelling to work every day, people are less likely to quit jobs for personal reasons, such as - 120 -

conceiving a child, moving toa new home and looking after ageing membersoffamily.

雇员省路费，雇主减少办公室成本

offer savings in transportation, cut overheads   
Teleworking offers savings in transportation. Companies can cut overheads if there are few people working in the office.

在家工作的坏处：

和同事缺乏交流，合作

lackcommunication, cannot work collaboratively   
Teleworkers lack communication with colleagues working in the central office, meaning that they cannot work collaboratively.

缺乏交流导致雇员不能够成长，想出新的东西

grow personally, brainstorming, come up with new ideas   
People who work from home may miss out some opportunities to grow personally as they are less likely to brainstorm with fellow workers face to face and come up with new ideas.

家庭会影响工作

interfere withperformance in the workplace   
Families can interfere with performance of people who work remotely as they are distracted from time totime.

话题27：生活价值观：名人  
名人对人们的影响：  
A 名人影响力变大 B 大家崇拜和模仿 C 拥有成功的素质

解释（A-B）年轻人崇拜名人，希望能像那些高调人物一样成功和受人尊敬。这就是为什么年轻

一代喜欢读名人如何取得成功的故事举例：体育明星们多年来一直致力于提高技能和身体素质，

然后才能在体育赛事中赢得奖牌。这可以促进一种观念，即勤奋和坚持是一个人取得成就必不可

少的品质，如果年轻人想要成功，他们会努力形成这些品质

- 121 -

role models 道德模范 developing good character and qualities 养成良好品质和品格 high-profile

figures 名人 achieve success 取得成功 improve skills and fitness 提高技能和身体素质 promote the

idea 促进一种观念 beessential toone's achievement 取得成就必不可少的 form these qualities 形成

这些品质

Celebrities are role models of their fans and followers, teaching the younger generation about the importance of developing good character and qualities. Young people admire celebrities and wish to be as successful and respectable as those high-profile figures. This is why younger generations love reading stories about how celebrities achieve success. For example, sport stars apply themselves to improving skills and fitness for many years before they can win medals in sports events. This can promote the idea that hardwork and persistance are qualities essential to one's achievement, and young people will tryto form these qualities if they desire tosucceed.

A 名人影响力变大 B 媒体曝光率带动产业发展 C 促进经济

解释（A-B）他们的歌迷们愿意买票观看著名无神论者的比赛、电影明星的电影和著名音乐家的

现场音乐会解释（A-B）也有一些公司通过销售纪念品来赚取利润，例如印有名人名字的 T 恤

衫和帽子，以及制作具有知名人物的电视节目解释（B-C）：这些企业不仅通过纳税直接为经

济做出贡献，而且提供就业机会，这对经济发展也很重要

create numerous business opportunities for companies 可以为不同行业的公司创造无数商机 buy

tickets 买票 renowned musicians 著名音乐家 earn profits 赚取利润 sell mementos 销售纪念品

produce TV shows 制作电视节目 provide employment 提供就业机会

The economic value of celebrities can never be exaggerated as their high media exposure can create numerous business opportunities for companies in different industries. Their fans are willing to buy tickets to watch the games of famous athletes, films of movie stars and the live concerts of renowned musicians. There are also companies which earn profits by selling mementos, such as T-shirts and caps which have names of celebrities, and by producing TV shows featuring noteworthy figures. These businesses not only contribute directly to the economy by paying tax but also provide employment which is also important to economic progress.

行为 A 明星影响大 B 树立一些不好的榜样 C 人们会模仿

解释（A-B）有些人可能一夜之间赚了一大笔钱，把他们的钱用于一些恶习，如吸毒和酗酒。解释（A-

B）一些电视名人的丑闻，如性侵犯和婚外恋，也不时成为头条新闻。

- 122 -

解释（B-C）这些坏习惯可能会扭曲年轻人对成功人士的看法，从而对他们产生不利影响。其中一些粉

丝

可能会模仿这种行为。

set bad examples 树立坏榜样 ardent fans 狂热的粉丝 have some bad habits 有一些坏习惯 use

illegal substances and alcoholism 使用药物和酗酒 The scandals of some TV personalities 一些电视

名人的丑闻 sex assaults and extramarital affairs 性侵犯和婚外恋 distort their views 扭曲他们的看

法 copysuch behaviour 模仿这种行为

However, some celebrities can set bad examples for their ardent fans as they have some bad habits.

Some people may earn a fortune overnight and use their money for some vices, such as using illegal substances and alcoholism. The scandals of some TV personalities, such as sex assaults and extramarital affairs, also make headlines from time to time. These bad habits might affect young people adversely by distorting their views of what a successful people does. Some of these fans may copy such behaviour.

A 明星影响大 B 大家模仿不好的生活方式 C 消费变大

背景：有些电视节目、杂志和小报报道名人奢侈的生活方式

解释（A-B）而那些接触到这种信息的人也可能会花钱购买奢侈品，比如名牌服装、名牌包和高档手表

解释（B-C）如果人们不需要这些产品，这对他们来说可能是浪费钱。有些人甚至可以从银行借钱来支

持

这种生活方式，尽管这会对他们的财务状况产生负面影响

derive pleasure from material possessions 关注物质财富带来的快乐 show the extravagant lifestyles

of celebrities 展示了名人奢侈的生活方式 be exposed to this kind ofinformation 接触到这种信息 a

waste of money 浪费钱 borrow money from banks 从银行借钱 the negative effect on their financial

situation 会对他们的财务状况产生负面影响

Celebrities might also influence their fans' attitude towards shopping, as more people pay attention to the pleasure derived from material possessions. There are TV programmes, magazines and tabloids showing the extravagant lifestyles of celebrities, and people who are exposed to this kind of information may also spend money in buying luxuries, such as designer outfits, branded bags and pricy watches. This could be a waste of money for them if the products are not needed by people. Some people may even borrow money from banks to support this lifestyle, despite the negative effect on their financial situation.

个人发展 A 明星影响大 B 影响大家对成功的看法 C 不努力工作和学习

解释（A-B）一些名人以他们的容貌、从家庭继承的财富和奢华的生活方式而出名。这可能传达出这样

的

信息：成功取决于运气、外表和家庭背景，而不是取决于勤奋和良好的品格

解释（B-C）接受这个想法的人可能很少注意为他们的职业学习实际技能

- 123 -

affect people's perception 影响人们对成功的最佳途径的认知 pay attention to professional

development 不注意职业发展 achieved fame 获得名气 inherit from 继承 pay little attention to

learningpractical skills 很少关注学习实际技能

The wealth and glamour of celebrities can sometimes affect people's perception of the best route to success, and some people may not pay attention to professional development. Some famous people have achieved fame for their looks, the money they inherit from family, and for their luxurious lifestyle. This may convey the message that success is determined by luck, appearance and family background, rather than by industriousness and good character. People who accept this idea may pay little attention tolearning practical skillsfor their career.

话题28：生活方式：运动

为什么人们现在不运动：

生活方式 A 他们很忙 B 没有时间 C 不运动

解释（A-B）：工作市场竞争太过激烈，迫使人们不断学习或努力工作去为各种改变做准备

解释（A-B）：学生们总是忙着做他们的作业，有工作的父母也要加班完成各项任务

解释（B-C）：他们没有空闲时间去做运动

physical activity 体育活动 job market 工作市场 get prepared for all changes 为各种改变做准备

work overtime 加班 performall tasks 完成各项任务 leisure time 空闲时间

People nowadays are busy and do not have time to do physical activity. The job market is intensely competitive, pushing people to study or work hard to get prepared for all changes. Students are always busy with their homework while working parents work overtime to perform all tasks. They do not have leisure time to doexercise.

设施 A 城市拥挤 B 没有设施 C 不运动

解释（A-B）：人口激增让城市规划者把大部分的空间都用在了住房开发，给公园、空地和体育中心没

有留

下什么空间

解释（B-C）：没有设施良好的可供做运动和体育活动的安全场所，人们会依然选在待在家里保持他们

的久

坐不动的生活方式

sports facilities 运动设施 primary cause 主要原因 population explosion 人口爆炸 housing

development 住房开发 well-equipped 设施良好的 sedentary lifestyle 久坐不动的生活方式

The lack of access to sports facilities is another primary cause of inactivity. Population explosion has driven city planners to use a majority of space in cities for housing development, leaving little room for parks, open spaces and sports centres. Without the access to safe places well-equipped to support sport and physical activities, people would stay at home and maintain their sedentary lifestyle.

- 124 -

科技 A 科技发展 B 其他娱乐很多 C 他们就不会选择运动

解释（A-B）：电脑手机在人们生活中都很常见，人们可能更愿意花时间在玩电脑游戏和看手机视频上

解释（B-C）：这些活动占用的时间本来可以用来做对健康有益的活动

inactive lifestyle 懒散的生活方式 be more willing to 更愿意去做 play computer games 玩电脑游

戏 watchvideos onthe phone 看手机视频 beneficial tohealth 对健康有益

Technology is another factor contributing to an inactive lifestyle . Computers and phones are more common in people's lives, and people might be more willing to spend time in playing computer games and watching videos on the phone. These activities can use the leisure time which can otherwise be spent in activitiesbeneficial tohealth.

如何鼓励人去运动：

知识 A 宣传 B 知道运动的好处 C 这样人们会更能接受运动

背景：有些人不知道做运动跟他们的生理心理健康有很大的关系

背景：他们也不知道懒散的生活方式会导致什么

解释（A-B）：政府可以在网络上放一些视频，告诉大家运动可以减肥，减轻压力和提高自信心举例：

即

使一些轻松的运动，像走路，也能让一个人的身体状态变得大大不同

解释（B-C）：这会激励人们去经常运动

increase the awareness 提高意识 has a close relationship with 有很大关系 sport can combat obesity

运动可以减肥 lower stress levels 减轻压力 boost confidence 提高自信心 gentel exercise 轻松的

运动 make a huge difference 很大的改变

The first method to encourgae people to do sports is to increase the awareness of the advantages of doing sports. Some people do not realise that doing sports has a close relationship with their physical and mental health. Nor do they have a good idea what an inactive lifestyle entails. The government can put some videos online showing sport can combat obesity, lower stress levels and boost confidence.

Even gentle exercise like walking every day can make a huge difference to one's physical condition. Thiswill encourage people to exercise more regularly.

设施 A 建设体育设施 B 更好地运动 C 这样人们会更能接受运动

解释（A-B）：如果每个社区都有游泳池，足球场，网球场和其他的体育设施，人们会更有可能每天做

运动解释（A-B）：如果他们看见邻居或朋友在公园里慢跑、踢足球，他们也更可能跟着做

promote healthy living 促进健康生活 swimming pools 游泳池 soccor fields 足球场 tennis courts

网球场 jogging inthe park 在公园慢跑 follow the suit 跟着做

Moreover, to promote healthy living, sports facilities need to be well-built and prepared to support them. If swimming pools, soccer fields, tennis courts and all other sports facilities are readily accessible in every community, people are more likely to make sport part of their daily lives. If they see - 125 -

neighbours and friendsjogging inthe parkand playingsoccer, they would possiblyfollow the suit.

举办运动会的好处和坏处：

经济 A 体育赛事 B 赚钱 C 促进经济

解释（A-B）：举办活动意味着要增加在基础设施的投入，比如说竞技场，体育中心和交通设施，这也

可以

创造就业机会

解释（A-B）：旅游业收入也会提高，因为来自各个国家的体育粉丝会聚在一起看比赛

解释（B-C）：他们花在旅游上的钱，是众多大小企业的收入来源

host an international sports event 举办国际体育活动 sports centres 体育中心 transport facilities 交

通设施 generate employment 创造就业机会 increase tourism revenue 提高旅游业收入 sports fans

体育粉丝 watchgames and competitions 看比赛 a source ofincome 收入来源

Countries join the race to host an international sports event since they are confident in the economic benefits. Holding an event normally means increasing the investment in infrastructure, such as arenas, sports centres and transport facilities, which can generate employment. It can also increase tourism revenue, as sports fans from different countries would gather to watch games and competitions. The money they spend during their trips isa source of income for numerous businesses, small orlarge.

社会稳定，法律 A 体育赛事 B 提升民族自豪感 C 有利于社会团结

解释（A-B）：人们会因为成功申请举办一个重大的活动而感到自豪，因为这体现了他们经济实力雄厚

解释（A-B）：同时，运动员在比赛中的表现，尤其当他们赢得奖牌时，会提升公民的民族自豪感

解释（B-C）：他们可能有不同的政治观点或者来自不同的民族，但是体育赛事会让他们忽略这些不同，

他

们会团结在一起支持运动员

national pride 民族自豪高 promote social unity 提高社会团结 win the bid 竞标成功 economic

prowess 经济实力雄厚 win medal 赢得奖牌 political views 政治观点

Hosting an international sports event is a source of national pride and can help promote social unity.

People are proud of winning the bid to host a significant event, which can show their economic prowess. Meanwhile, the performance of athletes in those events, especially when winning medals, boosts citizens' pride in their motherland. They may have different political views or they may be from diverse ethnic backgrounds, but a sports event can distract attention from their differences. They stay unitedto support athletes.

健康 A 体育赛事 B 有助于宣传运动 C 人们想要去运动

解释（A-B）：拿奖牌或者赢得冠军的运动明星会一夜之间变得家喻户晓，成为年轻人的榜样

解释（A-B）：那庆祝成功和播放国歌的激动一刻会在媒体上反复播放

解释（B-C）：有运动天分的年轻人可能会在将来的某一刻开始他们的运动生涯，因为他们想要成为民

族英

雄受到赞扬

解释（B-C）：其他人可能不会追求运动职业，但是当他们看见体育训练给一个人的健康和体貌带来的

积极

影响，他们也可能对运动产生极大的兴趣

- 126 -

the general public 普罗大众 a household name 家喻户晓的名字 role model 榜样 sing national

anthems 唱国歌 athletically talented 有运动天分 start the sport career 开始运动生涯 recieve

acclaims 受到赞扬 national heros 民族英雄 develop an intense interest in sport 对运动产生极大的

兴趣

A sports event is also a valuable opportunity to promote sports among the general public. Sport stars who win medals and championships can become a household name overnight and the role model for young people. The exciting moments of celebrating their achievements and singing national anthems are repeated broadcast in the media. Young people who are athletically talented may choose to play sport and start the sport career at some point in the future, as they intend to receive acclaims as national heroes. Other people may not pursue a career in sport, but they will possibly develop an intense interest insport asthey see the positive impact of physical training onone's fitnessand appearance.

生活标准 A 体育赛事 B 公众的钱乱用 C 影响民生

解释（A-B）：那些为了体育赛事而修建的配套设施，在赛事结束后便会成为累赘物

解释（A-B）：有些国家会在开幕式上大肆铺张，有时候会觉得没必要

解释（A-B）：政府会为了提高运动员的成绩而增加训练他们的预算，但是同样数目的钱却没有花在解

决公

众的基本需求上，比如医疗

a waste of money 浪费钱 turn out to be 结果变成 white elephants 累赘物 opening ceremony 开幕

式 increase the budget 增加预算 train sports professionals 训练运动员 in an attempt to 尝试

addressthe basic needs ofthe public 解决公众的基本需求

However, spending more money on international sports events might be a waste of money for the government. The sports complexes built for the event will turn out to be white elephants, once the event ends. Some countries may spend lavishly on the opening ceremony, which is sometimes considered to be unnecessary. The government also increases the budget for training sports professionals in an attempt to boost their performance in events, but it remains yet to be seen whether this amount of money can be spent in addressing the basic needsof the public, such ashealthcare.

促进和平，各国增加了解

promote peace,political conflicts

International events canpromote peaceas countries would ignore politicalconflicts during events.

提高国际地位，吸引外国投资，让外国人知道一个国家具备的实力

inthe international community, at the international stage, economic prowess, attract investment

- 127 -

Successfully hosting an event can attract investment as it shows the economic prowess of the host country in the international community.

举办运动会的缺点：

费用很高，甚至亏损, 很多场馆不用

cause aloss, white elephants

Holding events like Olympics can cause a financial loss, and many facilities turn out be white elephants.

安保问题，包括如何管理暴力球迷，还有恐怖袭击

security issues, prevent terrorist attacks

Security issues are also aheadache. The government should tighten security to prevent terrorist attacks.

运动员为了好的成绩，使用禁药，过分接受培训，导致受伤

doping, use drugs, banned substances, improve performance

Athletesuse drugs and banned substances toimprove performance. They trainhard but get injured.

运动员的奢华生活会影响年轻人，年轻人甚至模仿运动员不好的行为（譬如说吸毒）

extravagant lifestyles, copybehavior

Extravagant lifestyles canset a badexample to young people, who cancopybehaviour ofathletes.

造成政治的问题

politicalboycotts

Sports events can become platforms for people to show their political views. Political boycotts happen fromtime to time.

话题29：生活方式：饮食

快餐风靡的影响是什么？：

A fast food 很流行 B 节省时间 C 提高效率

背景：生活节奏加快了，工作也极其繁忙背景：人们每天没有时间做饭

解释（A-B）：快餐或者外卖是做饭最好的替代品，因为人们不需要去买菜并且思考每天吃什么

解释（B-C）：他们就可以花更多时间在工作和学习上

convenience food 方便食品 takeaway food 外卖 cut time in food preparation 减少食物准备时间

paceoflife 生活节奏 sufficient time 足够的时间 devote more time to 花更多时间在.....

The popularity of fast foods such as convenience food and takeaway food matches the needs of people who intend to cut time in food preparation and complete more work every day. The pace of life has - 128 -

accelerated, and the workplace is extremely busy. People do not have sufficient time every day to cook a meal. Fast food or ordering a takeout meal is the best alternative to home-cooking, as people do not need to buy ingredients and decide what to eat every day. They can thus devote more time to their work orstudies.

经济 A fast food 很流行 B 大家消费 C 对经济有好处

解释（B-C）：当更多的人频繁去快餐店，这些餐饮业的收入就会增加

解释（B-C）：信誉良好的快餐连锁通常是主要的雇主，雇用数以万计的员工解释（B-C）：他们也跟

食品供应商和农民有着战略合作

a driver of economic growth 一个经济增长的驱动因素 frequent fast food restaurants 频繁去快餐

店 catering businesses 餐饮业 fast food chains 快餐连锁 form strategic alliance with 形成战略合

作 foodsuppliers 食品供应商

The fast food sector is also a driver of economic growth as it changes the ways people consume food. As more people frequent fast food restaurants, the revenue of these catering businesses will increase. Well-established fast food chains normally are major employers, hiring tens of thousands of people. They also form strategic alliances with food suppliers and farmers. The economic importance of fast foodbusinesses will continue to increase as people lose interest incooking at home.

健康 A fast food 很流行 B 管理比较好 C 更加安全

解释：原材料是从精心挑选的食品供应商来的，再运输到工厂严格控制加工

解释：训练有素的员工会有条不紊地准备食物，确保食物是精心挑选、烹饪和保存的对比：家庭制作或

独立经营的餐馆不可能按照这样的工序和制作准备食物

fast food outlets 快餐分店 well-established procedures and systems 良好的工序和系统 carefully

chosen suppliers 精心挑选的供应商 stand-alone 独立经营的

Fast food is also safe to eat for consumers as most, if not all, of fast food outlets are managed with well-established procedures and systems. Ingredients are acquired from carefully chosen suppliers and transported to plants where food is processed in controlled conditions. Well-trained staff prepare food systematically to ensure food is well selected, cooked and preserved. All these procedures and practices arenot likely to beimplemented in households orstand-alone restaurants.

健康 A fast food 很流行 B 人们吃不健康的东西 C 对身体不好

解释：这些食品很高的热量和卡路里，对人们的身体不好，人们容易变胖和得心脏病解释：除

此之外，这些食物会用添加剂来保存，这些化学物质对身体不好对比：快餐都是提前加工过的，营养

价值比不上家里用新鲜食材做的饭

the prevalence of the fast food 快餐的流行 a positive trend 一个积极的趋势 detrimental to health

对健康有害 pre-processed 提前加工好的 nutrtional value 营养价值 home-cooked meals 家里做

的饭

However, the prevalence of the fast foods is not a positive trend, mainly because it is not good for people's health. Hamburgers, pizzas and other fast food items are high in calorie, sugar and salt, which are responsible for health problems such as obesity and heart disease. Besides,some additives are normally used in preserving fast foods, and these chemicals are detrimental to health. Finally, fast food is normally pre-processed so its nutritional value is normally lower than home-cooked meals, which use fresh ingredients.

家庭生活 A fast food 很流行 B 大家不再喜欢在家做饭和聚餐 C 影响家庭文化

解释（A-B）：人们往往在回家之前去餐馆吃一顿快餐，而不是享受为家人准备一顿饭解释（B-C ）：

他们会错过洗菜、做饭和吃饭时可以和家人沟通的机会

举例：不跟孩子聊天，父母就不会知道孩子的学业如何以及他们有什么问题

结果（A-B）：当快餐取代在家做饭，这些沟通的场合也会消失

erode traditional family values 损害传统家庭价值观 no longer 不在 tend to 往往 have a quick

meal 快速用餐 miss out opportunities 错过机会 communication occasions 沟通场合

Fast food can also erode traditional family values as people are no longer interested in cooking and eating family dinners. People tend to have a quick meal at a restaurant before going home, instead of finding enjoyment in preparing a meal for their family. They can miss out opportunities to communicate with family when washing ingredients, cooking a meal and enjoying food with their family. Without talking to children, for example, parents may not have any clue how well their children handle schoolwork and what matters concern them. These communication occasions would disappear if fast foodreplacedhome-cooked meals.

环境 A 快餐 C 造成环境问题

解释（A-C）：很多人都是点外卖，塑料打包造成垃圾解释（A-B）：禽类养殖使用抗生素，粪便污染

环境

The consumption of fast food is also an environmental woe. Consumers of fast food have the habit of ordering takeaways, which are normally packaged with plastic material. This can create staggering amounts of waste, which cannot be disposed of easily. In addition, the fast expansion of the fast food industry can drive the demand for poultry, and the growth of battery farming is phenominal. Chickens are raised in small cages and antibiotics are applied to prevent diseases, but the waste of these farms - 130 -

cancontaminate the environment.

话题30：生活方式：购物、节约、赶时尚

消费\冲动购物\追求时尚的原因：

生活方式：通过购物和赶时尚作为自己一种生活的调节。

背景：现在大家生活节奏快，也没有很多时间去旅游、参加社交活动。解释：购物和赶时尚可以和朋友

聊天，出去吃个饭，放松一下。

解释：哪怕是window shopping 也是一种运动，不用老是想着工作。

Shopping and catching up with fashion is a good way for people to get away from stresses of modern life. The pace of life in modern cities is very fast, so people do not have much time to travel and socialise with friends and colleagues. But shopping and chasing for fashion can enable people to take a break from work: they can go out with friends to have dinner and talk about fashion to unwind.

Window shopping is also considered as a form of exercise, and takes people's minds off work for a while.

社会生活：比较喜欢攀比。

解释：社会越来越物质，人们很多时候关注穿着，而不是你的素质和美德，人们会发现购买时尚的东西，

更加能够得到别人的尊重、赞美、认可。

解释2：买了时尚的东西，和身边的人有更多的话题。

catchup with peers, strong appetite forfashion, gain respect, recognition and praise

The tendency to catch up with peers is another factor contributing to the strong appetite for fashion. The modern world has become increasingly materialistic, and people attach importance to what you wear, rather than your qualities and merit. They find that they can gain respect, recognition and praise from others when they buy fashionable items. Meanwhile, they have more talking points with their friendsifthey own something stylish.

收入：人们现在负担得起。

解释：经济增长了，人们不再满足基本的需要，不只是关注衣服的质量、是否耐用，在乎的是否漂亮，

是否时尚，是否体现他们的品味和审美观。

earnhigher income, economic growth, payattention to....,show their taste and perceptionofbeaty

Another reason is that they are now able to earn higher income to buy the latest trend. Economic growth has led to a shift/transition from functions of clothing to styles. Shoppers no longer pay attention to the quality of clothing and whether they can keep it long. They focus on whether outfits are visually attractive and in fashion. They want toshow their taste and perceptionofbeauty.

自我发展：有一种自豪感。

解释：广告、明星秀、名人的采访都展示有钱的人使用名牌，久而久之，人们就会认可时尚体现了社会

的地位，因此，他们买得起，就会觉得自己非常的成功

- 131 -

asense of pride,fashion brands, show social status

Shopping and following fashion can give people a sense of pride. Advertisements, fashion shows and TV interviews of celebrities all show that rich people are all fans of fashion brands. As time goes on, people tend to accept that fashion can show social status. If they are able to afford it and shop frequently, they will feel they are highly successful.

消费\冲动购物\追求时尚的原因：

经济：促进经济发展。

解释：消费增加，商业的收入提高，产生更多工作，对于经济的促进作用。

promote economic development, increase the revenue, createmore jobs

Shopping and following fashion can be beneficial to a country in economic terms. Consumer spending on designer clothes can increase the revenue of companies in this industry. To fill the growing demand for fashion, companies in the fashion industry have to hire more people, such as designers.This is a virtuous cycle: as more people are hired, the high level of consumer spending can be sustained and this isone driver ofeconomic growth.

生活质量：花钱太多。

解释：时尚比较贵，而且老是变，不断花钱买，入不敷出。

living standard, get into debt,household goods

However, the obsession with fashion and spending too much money on fashion could have a negative impact on the standard of living of people. Due to the changing fashion, consumers need to constantly spend a large amount of money on buying these goods. Fashion is also expensive and can cost people a lot of money. They may finally get into debt and spend less money in other expenses, such as furniture and household goods. They arenot ableto maintain a good standard ofliving.

环境：造成污染和垃圾。

解释：追求时尚，东西拿不久，有一种throw-away culture。

doharm tothe environment, keep up with the trend, throw-away culture

Another drawback of is that chasing fashion will do harm to the environment. People who tend to buy the latest trends may renew their wardrobe from time to time and throw away the cloth which they think is out of fashion. This throw- away culture will has its environmental cost as the clothing can take decadesto degradeand the hues and fabrics ofclothes cancontaminate soil.

超市的好处：

大，货品多，便宜，售后服务好，一站购物

one-stopshopping, after-sales service   
- 132 -

The main advantage of the supermarket is that it can provide one-stop shopping, allowing people to buy different products at a low cost. Well-managed supermarkets can also provide good after-sales services.

小商店和集市的好处：  
方便，离人们近，节省时间

withinwalking distance   
Small shops arenormally withinwalking distance. Itsaves time.

手工的东西比较多，个性化的东西

hand-made products, custom-made products   
Family-operated shops sell hand-made products and custom-made products that satisfy the needs of different buyers.

食品，蔬菜比较新鲜

fresh ingredients   
Peoplecanalso buy fresh ingredients in small fruit and vegetable shops.

小商店店主和客户交流，这本身是一种文化和生活方式

away oflife   
It is a way of life for people to visit some famous local shops and interact with shop owners or attendants.

话题31：生活方式：衣服，制服，时装  
制服的好处：  
专业形象

project a professional image   
Uniforms canprotecta professional image.

省钱

save money   
Itcan save money as uniforms are relatively cheap compared with fashion.

避免各种各样的衣服吸引人们的工作，或者导致人们攀比

avoid distractions   
If a company has a strict dress code and people wear similar clothes, it can avoid distractions and

people would not compare themselves with colleaguesin terms ofwhat they wear.

某些功能衣服适合某些特殊行业，譬如说水管工，体现了行业的特点

unique requirements   
Some uniforms are designed for specific occupations, such as plumbers, showing the unique requirements ofthese jobs.

制服的坏处：  
人们不能突出个性

show individuality   
Uniforms donot show people’sindividuality.

过分注重规则，抑制人的创造力

conform torules, stifle innovation   
A company that requires employees to wear uniforms may create a culture of conformity. This can stifle innovation.

制服穿起来有时候不舒服

feel uncomfortable   
Some people may feel uncomfortable when wearing uniforms, which are possibly not made of high quality material.

时装和功能性衣服的区别：  
时装贵，是地位的象征

stylish outfits, a symbol ofstatus   
Stylish outfits area symbol of statusfor they arenormally expensive.

时装未必耐穿，只是满足人们的虚荣心

durable,out ofvanity   
Fashionmay not be durableand people buy fashion out of vanity.

传统衣服的好处：  
体现了文化、传统、一个地区的审美观

represent traditions, sense of beauty   
Traditional costumes represent history and traditions, showing the sense of beauty of an ethnic minority ora country.

西方服装的好处：  
某些场合更加显得正式

wear formal clothes, for important occasions   
Wearing formal clothes such as western suits can help people show respect for others on some important occasions.

话题32：环境类：能源的消耗和开发  
能源危机和资源缺乏的原因：  
人口增长，农业产量增加，能源消耗增加

population expansion, populationgrowth, energy consumption   
As a result of increased food yields, the world’s population has expanded rapidly, and energy consumption has accelerated.

人们追求好的生活，使用各种电器和交通工具

household equipment, different means oftransport   
People crave for a good standard of living, and they tend to use different household appliances and rely ondifferent means of transport,including cars.

企业没有兴趣发展可替代资源

alternative, renewable energysources   
Companiesin the energy sector have no interest in the development ofrenewable energy sources.

人们收入提高，支付得起电费，还有汽油费，不注意节约资源

earn higher income, energy bills, fuel costs, economise on fuel/ use energy in environmentally responsible ways.

People have money to pay electricity bills and cover fuel costs, so they no longer feel the need to use energy in environmentally responsible ways.

能源消耗的问题是什么？：  
收入：对经济有负面影响。

解释：能源价格上升，经营成本上升，很多公司可能入不敷出，最后会倒闭。

解释：国家需要花很多钱去治理环境，处理一些污染问题，解决疾病，导致国家的财政赤字。

depletionofwater, spread ofdiseases   
The overreliance on energy can have a negative effect on the economy. Soaring energy prices can raise the cost of operation of companies, and some companies may go bankrupt since they fail to make ends

meet. Another reason is that the country has to spend heavily in restoring the environment, cleaning up pollution and increasing health care provision. This can cause budget deficit of a country and hurt the economy.

健康：破坏健康。

解释：产生废气，可能导致呼吸道疾病。解释2：开采煤炭产生污水。医疗开销增加。

energy pricessoar,reduce the quality of life

The strong appetite for energy use can be harmful to health. Fumes created by burning fuels can increase the instances of respiratory diseases. Coal mining can cause water pollution, and many people may suffer from some water-related health conditions. People are more likely to visit doctors, and Medicalcosts aretherefore higher.

生活标准：导致生活成本上升，生活标准下降。

解释：能源有限的，替代资源供应也不是很稳定。价格上升，其他方面的钱比较少。

rawmaterials, the manufacturing cost ishigher, damage the economy,

The growing demand for energy can lead to a higher cost of living, which can affect the quality of life. Some resources are finite, and alternative energy sources fail to secure a supply of energy. Energy bills increase, and people have less money for other aspectsof their lives.

环境：破坏环境。

原因1：消耗能源，使用化石能源产电，导致大量的废气。

原因2：开采石油天然气和煤炭，破坏环境，产生一些污染物会导致污染。原因3：石油运输有可能漏

油，污染海洋。

oil exploration, coal mining, damage the environment, cause environmental degradation, cause pollution

Energy consumption can cause damage to the environment. The first reason is that using fossil fuels to generate electricity can create emissions. Meanwhile, oil and natural gas exploration can damage the ecologyand create some pollutants. Finally, oilspills canpollute the marine environment.

什么是解决能源缺乏的最好方法？：

知识：提高意识。

解释：人们要知道资源浪费的环境影响、经济的影响、对健康的危害，他们会采取一些行动，注意节能，

减缓能源的消耗。

raise environmental awareness, save energy, reduce consumption/ a wasteful use of energy

Another solution is to raise people's awareness of the urgency of tackling the energy crisis. People need to have a good understanding of environmental consequences, the economic costs and public health issues of overusing energy. They will thus take action to save energy, which can slow the depletion of

- 136 -

energy.

立法：改变行为。

解释：加税，一些能源税，能源的价格上升，人们可能就会减少能源的使用。解释2：惩罚，惩罚一些

高

排放的企业，公司愿意使用可替换资源，或者减少能源使用。

impose a tax, curb energy use

Another way is to enforce laws to change the behaviour of individuals and businesses alike. A heavier tax can be imposed on fuel, and this can lead to a higher fuel cost, thereby discouraging people from using energy excessively. Another regulatory change is to impose sanctions on/fine heavy polluters, and this canencourage companies touse clean energy sourcesorcut down onenergy consumption.

科技：节能增产。

解释1：发展一些科技减少能源的消耗。解释2：开发新能源。

technological innovations/advances, alternative energy

The shortage of energy can be tackled by achieving fuel economy and developing alternative energy sources. Technological innovations can be promoted to cut the use of energy. Renewable resources can also bedevelopedto prevent our reliance onconventional fuels.

替代能源的缺陷：

核能有核事故的危险，核垃圾很难处理

nuclear accidents, nuclear waste, radioactive waste

One drawback of nuclear energy is that nuclear accidents have dire consequences and nuclear waste cannot bedisposedof safely.

大部分的替代资源，包括太阳能价格和成本很高，很难推广

solarpower, promoted onalarge scale/used commercially

The cost of converting solar power or other clean energy sources into electricity is normally costly, and it isdifficult to promote these resources ona large scale.

风能的风塔会伤害鸟类，也会影响自然环境

windmills, hurt birds, reshape landscape, destroy the environment

Massive windmills can hurt birdsand destroythe environment.

科技不够发达，经济开发的可能性不高

financially viable, financially feasible

Progressis limited inmaking the development ofclean energy financially feasible.

- 137 -

极端天气会有什么不好的影响？：

环境：对环境带来很大的伤害。

解释1：冰川融化，海平面上升，海洋环境受影响，生活在极地的动物和鸟类生存受到威胁。解释2：

旱灾或者水灾影响森林等，影响动植物的栖息地，和食物的来源。

melting iceberg, rising sea level, marine environment, coastal cities

The changing climate can also cause environmental degradation. Glacier melts faster and the sea level rises rapidly, changing the marine ecosystem. It also poses a threat to animals and birds traditionally dwelling at arctic areas. The increase in floods and droughts can destroy forest and affect animal habitat. The food sources for wildlife have also beenaffected bysignificant temperature variances.

经济：影响经济。

解释1：极端天气会影响交通、工厂的运作。解释2：水灾和干旱等会影响农作物的生长。

extreme weather, cropfailures

Global warming has a negative effect on the economy. Extreme weather conditions can affect traffic and the operation of factories. The revenue of businesses will drop. Meanwhile, floods and droughts canlead tocropfailures. Therefore, the income offarmerswill beaffected as well.

健康：导致很多疾病。

解释：高温会导致很多病毒滋生，人们会患上一些疾病。

diseasesare carriedbymosquitoes

Global warming/ the rising world temperature can cause numerous diseases. It can cause the spread of viruses, and people are likely tocontract diseases, such asmalaria.

生活成本：增加额外的支出。

解释：生活的一些费用，譬如说暖气、空调等要增加。解释2：人们需要交多点税去承担各种设施和救

援

的费用，譬如说防洪堤，等。

electricityconsumption

Climate change can also raise the cost of living for the public. They have to spend extra money on energy bills, since they need more air conditioning or heating when the weather is either extremely hot or unseasonably cold. In addition to this, they have to pay more tax to cover the expenditure on facilitiesand rescue efforts, such asflood defense, protectsome citiesfrom extreme weather events.

适应全球变暖，而不是阻碍全球变暖的原因：

阻碍全球变暖意味着加税，企业利润下降，伤害经济，不花钱去使用环保科技

impose a tax, a dropinprofit, damage the economy, green technology

To fight global warming, many countries choose to imposing a tax on businesses and households. This can normally lead to a drop in profit and damage the economy, reducing resources available for - 138 -

developing greentechnology.

为了适应全球变暖，开发科技

developtechnology to adaptto a warmer planet   
Companies may develop technology, such as building materials to keep homes cool, to adapt to a warmer planet.

话题**33**：环境类：水资源的使用

水资源减少的原因：  
人口增加，需求增加

population growth, demand increase   
Populationgrowth has driven the demand for water.

人们不喜欢节水

efficient use ofwater   
Many people donot feel the need toachieve the efficient use ofwater.

污水、海平面上升导致清洁用水减少

rising sea levels, clean water   
Waterpollution and rising sea levels have reduced the amount ofclean water available.

水土流失导致河流淤泥增加

soil erosion, silt   
Soil erosionhas increased silt inrivers and contaminated water sources.

水的重要：  
个人卫生，包括洗澡、刷牙等

personal hygiene, taking a shower, brush teeth   
Waterisimportant to personal hygiene. Without water, we cannot take ashower and brush teeth.

个人健康，包括食物的清洗等

wash food   
Waterisalso important to our health. The access to tap water ensures we canwash food.

- 139 -

节水的办法：

增加水费，抑制用水

increase water charges, curb water consumption

Increasingwater charges, can curb water consumption.

使用节水措施（回收废水，收集雨水）

water saving, recycle water, collect rainwater

We should also adopt some water saving measures, such as equipment to recycle water and collect rainwater.

话题**34**：环境类：动物灭绝的原因，动物对社会的重要和保护

措施，动物的权益

动物保护的好坏处：

环境 A 保护动物 B 维持生态平衡 C 对环境好

背景：动物的生存对植物和森林的健康起到关键作用，他们吃水果，通过粪便撒播种子

解释（B-C）郁郁葱葱的森林是很重要的，因为树木可以保持土壤，防止因洪水造成的土壤侵蚀，土壤

可

以提供营养，以支持花草的生长，防止荒漠化

解释（B-c）同时，一些鱼类可以在溪流中吃草，保证河流的水自然流动。水体反过来又为自然动植物提

供

了高质量的水

Animal conservation, animal protection 动物保护 ecological equilibrium 生态平衡 hold seeds and

prevent soil erosion 保持种子和防止土壤侵蚀 heavy floods 严重的洪水 fight dissertisation 抵御

土地荒漠化 high-quality water 高质量的的水

Animal conservation can help maintain ecological equilibrium. The survival of some animals plays a key role in the health of forest and vegetation, as they eat fruit and spread seeds through their manure. A lush forest is important as trees can hold soil and prevent soil erosion caused by heavy floods, and soil can provide nutrients to support the growth of flowers and grasses to fight desertisation.

Meanwhile, Some fish can eat grasses in streams and ensure water of rivers flows naturally. Water bodies, in turn, provide high-quality water for natural flora and fauna. In other words, If all animals are well protected, the ecosystem can remain intact.

科技 A 保护动物 B 研究动物 C 有利于增加我们的知识和创新

解释（A-B）一些动物已经在地球上生活了数百万年，通过对这些动物的分析，可以了解物种是如何进

化

的，以及如何在地球景观和气候的剧烈变化中生存下来的

解释（B-C）一些重要的发明和发现，如雷达、防水材料和迷彩服的发明，被认为是归功于动物的研究，

包括蝙蝠、鲨鱼和爬行类动物

解释（B-C）地球上所有物种的保存可以确保发明家能够继续从有趣的物种中汲取灵感

- 140 -

advance knowledge and technology 提升知识和科技 give insight into 洞察 water-proofmaterial 防

水物质 drawinspiration from intriguing species 从有趣的物种中汲取灵感

Wildlife conservation can also help us advance knowledge and technology by analysing some species.

Some animals have been on earth for millions of years, and the analysis of these animals can give insight into how species evolve and survive the dramatic changes in the landscape and climate of the planet. Some significant inventions and discoveries, such as the invention of radar, water-proof material and camouflage, have been credited to the research on animals, including bats, sharks and reptiles. The preservation of all species on earth can ensure that inventors can continue to draw inspiration from intriguing species.

科技 A 保护动物 B 督促我们想出保护环境的办法 C 有利于科技发展

解释（A-B）为了防止物种灭绝，我们应该考虑如何减少对动物栖息地的破坏和人类活动的环境成本

举例：我们需要发展更加有效的耕作方法，停止开荒砍树去耕种，利用清洁能源减缓全球变暖，创造更

多可循环利用的材料去减少资源消耗

develop technology 发展科技 protect the environment 保护环境 reduce the damage to animal habitat

减少动物栖息地的破坏 developmore productive farming methods 发展更有效的耕种方法

Animal protection can also push us to developing technology for protecting the environment. To prevent species from dying out, we should consider how to reduce the damage to animal habitat and the environmental cost of human activity. For example, we need to develop more productive farming methods to halt land clearing for farming purposes, use clean energy sources to slow global warming, and create morerecyclable material to cut the consumption ofresources.

经济 A 保护动物 B 花费大量钱 C 给财政带来压力

解释（A-B）它可能涉及建立繁殖中心以恢复濒危物种的数量，并雇用工作人员来保护保护保护区以确

保

动物免受偷猎者的伤害

解释（B-C）这可能会消耗掉其他用于关键服务的资金，如教育和医疗保健

medical treatment 药物治疗 increase the money on the animals converation 增加动物保护的钱

guard conservation areas 保护保护区域 use up the money 把钱花光 protect animals from poachers

保护动物免受到捕猎者的侵害 education and medical care 教育和医疗 essential services 重要的服

务

However, animal protection usually takes a large amount of money and sometimes puts the government under economic pressure. It may involve the building of breeding centres to restore the population of endangered species and the hiring of staff to guard conservation areas to protect animals from poachers.

- 141 -

This may use up the money otherwise available for essential services, such as education and medical care.

动物实验的好坏处：

文化和价值观 A 动物实验 B 滥用 C 道德上不好

解释（A-B）让动物遭受创伤在伦理上是错误的，尤其是当其目的是开发一些非医疗产品，如美容产品

解释（A-B）动物虐待在实验室里也很常见，在实验室里动物被饲养在恶劣的环境中。动物有时会因错

误

的原因受伤或死亡

subject animals to trauma 让动物受到伤痛 animal experimentations 动物实验 non-medical products

非医疗用品 beauty products 美容产品 moral principles 道德原则 exploit living animals 利用活着

的动物 self-interest 自己的利益 bekept in poor conditions 被关在恶劣的环境

Animal experimentation is sometimes challenged on grounds of moralty as there are many instances of animal abuse. It is ethically wrong to subject animals to trauma especially when the purpose is to develop some non-medical products such as beauty products. It is against moral principles to exploit living animals for our self-interest. Meanwhile, animal maltreatment is commonplace in labs, where animals arekept in poor conditions. Animals arehurt andkilled sometimesfor wrong reasons.

科技 A 动物实验 B 医学发展 C 帮助很多人

解释（A-B）对动物进行测试有助于科学家了解动物在生病时的反应以及药物是如何起作用的解释（B-

C）这有助于开发新的药物和治疗方法，可以治愈许多疾病和治疗患者

对比：几乎没有其他选择可以替代动物实验

animal experimentations 动物实验 animal testing 动物测试 medical discoveries 医学发现 make a

difference 改变 cure diseases and treat patients 治疗疾病和病人 alternatives 可以替代的选择

animal-based tests 用动物做实验

The supporters of animal experimentation think that animal testing can lead to medical discoveries that save millions of lives. Doing tests on animals helps scientists understand how animals react when given an illness and how medicine makes a difference. This can help develop new drugs and procedures that can cure many diseases and treat patients. At the moment, there are few alternatives to animal-based tests.

动物园的好坏处：

A 动物园 B 失去动物的本性 C 涉及到动物权益问题

解释（A-B）：动物被捕获并关在笼子里，但在它们的传统家园里，它们可以自由漫步并保持它们的自

然行

为特征，例如与同一物种的其他动物互动

解释（A-B）：动物失去了觅食的自由，要么吃得太饱，要么饿得要死

解释（A-B）：一些动物园还训练动物以娱乐游客。如果动物没有按照训练者的指示行事，就会被殴打

或鞭

打

- 142 -

morally wrong 道德上是错的 keep animals in zoos 把动物放在动物园 be captured and kept in the

cages 被抓并保存在笼子里 maintain their natural behavioural traits 保持自然的行为特征 interact

with other members 和其他成员互动 lose freedom to hunt for food 丢失了觅食的自由 entertain

tourists 娱乐观众 animal welfare campaigners 动物权益人士 have no right to use animals for

entertainment and profit 没有权利将动物用在娱乐和利润

Many people think that it is morally wrong to keep animals in zoos since this is against their instincts. Animals are captured and kept in the cages but in their traditional home areas, they can roam freely and maintain their natural behavioural traits, such as interacting with other members of the same species. Animals lose freedom to hunt for food and they are either overfed or starving. Additionally, some zoos train animals for the purpose of entertaining tourists. Animals are beaten or whipped if failing to behave as instructed by trainers. Animal welfare campaigners argue that we have no right to use animals for entertainment and profit.

环境 A 动物园 B 保护动物 C 有利于生态平衡

解释（A-B）珍稀动物或濒危野生动物可以在动物园接受照料和治疗，在那里它们可以繁殖，而不会面

临

天敌或猎人的威胁

解释（A-B）动物园是一个保护中心，科学家在这里研究动物及其行为，以确定保护濒危物种免遭灭绝

的

最佳方式

解释（A-B）把动物留在动物园的另一个好处是它可以帮助人们提高动物保护意识。动物园之旅是有益

的

和有教育意义的，因为游客可以了解动物的生活方式以及使这些物种处于危险之中的因素

解释（A-B）接触动物，包括喂养动物，对孩子们来说是一种不可忘记的经历，提升大家去保护这些动

物

的兴趣

rare animals or endangered species 珍贵物种或者濒危物种 receive special cares and treatment 接受

特别的照顾和治疗 face threats from predators or hunters 接受来自捕猎者或者猎人的威胁 rasie

the awareness of animal conservation 提升动物保护的意识 protect threatened species from

extinction 保护珍稀动物不让它们灭绝 keep animals in the zoos 把动物放在动物园里面 gain

knowledge 获得知识 an unforgettable experience for children 对孩子是一次难忘的经验 generate

the interest ine 激发兴趣 keep those lovely creaturesalive 让动物生存

Zoos are sometimes supported for the important role they play in preserving biodiversity. Rare animals or endangered wildlife can receive care and treatment in zoos, where they can reproduce without facing threats from predators or hunters. Zoos function as conservation centres where scientists study animals and their behaviours to identify the best way to protect threatened species from extinction. Another advantage of keeping animals in the zoos is that it can help people raise the awareness of animal - 143 -

conservation. Zoo trips are rewarding and educational, as visitors can gain knowledge about the living styles of animals and the factors putting these species at risk. The contact with animals, including feeding animals, is an unforgettable experience for children, generating the interest in keep these lovely creaturesalive.

马戏团、动物园、实验室的动物、还有宠物经常被虐待，生活环境不好

labanimals, subject to maltreatment, poor living conditions

Lab animals are subjectto maltreatment. Poor living conditions are also aproblem.

人们对肉类的需求增加，家禽和牲畜在工厂里被残忍杀害

meat consumption, farm animals

Meat consumption has increased dramatically, and livestock as well as farm animals are killed in factoryfarms.

吃动物的优缺点：

健康 A 吃肉 C 对身体好

解释（A-B）：是蛋白质的主要来源，也是很多对健康重要的营养物质的来源

解释（A-B）：人类进化习惯了吃肉，吃肉确保肌肉和骨骼的健康解释（C 的拓展）：孩子不能健康成

长，

运动员和做体力劳动的人需要吃肉保持体力和能量

asource ofprotein

Eating meat is essential to health. Meat is a primary source of protein, calorie and some nutrients essential to our health, such as calcium. Human beings have evolved to adapt to meat consumption.

Eating meat can ensure the health of muscles and bones. Without meat as part of our diet, we may suffer from malnutrition. Children may not grow healthily without meet as part of their meals. Some people such as athletes and manual workers need meat consumption to maintain the level of energy and stamina for performance.

传统和文化 A 吃肉 B 增加节日的快乐 C 让人们很开心

背景：以前很难吃到肉，人们喜欢假日以肉做菜去表示自己对节日的重视。

背景：准备肉菜去招待重要的客人

解释（A-B）：肉逐步成为宴会的重要组成部分结果（C 的拓展）：没有肉，大家不开心

time-honoured tradition, traditional celebrations

Eating meat can also increase the joy people can gain in celebrating some special festivals. Meat was difficult to come by in the past, so people cooked meat on special festivals to show the extent to which they attached importance to these festivals, especially those which have religious implications. They also prepared meat dishes to serve important guests . Some traditional meat dishes gradually formed an important part of feasts and banquets on special occasions, such as eating turkey for Thanksgiving.

- 144 -

Without meat, people would experience a lower level ofpleasure onthese special days.

健康 A 吃肉 C 对身体不是很好解释（A-B）：吃肉会导致肥胖，胆固醇会增加等解释（A-B）：

吃肉也会增加病毒传播的风险，譬如说禽流感解释（A-B）：肉类不好保鲜，坏了的话可能会

导致中毒

Meat consumption is also harmful to health. Eating meat can cause obesity and increase the intake of cholesterol- a trigger for heart diseases. The strong demand for meat can also drive the need for meat production and livestock farming, but poultry is sometimes the medium for spreading viruses such as bird flu. Finally, if not preserved well, meat can be spoiled and rotten meat can increase the instances offoodpoisoning.

价值观 A 吃肉 B 对动物很残忍 C 道德有争议

解释（A-B）杀戮动物解释（A-B）将家禽养在农场里，很残忍

There are also ethical arguments against meat consumption. Killing animals is cruel, and animal welfare activists challenge the justifications for slaughtering animals for food, especially when there are alternatives to meat today. It is also inhumane to raise livestock on a large scale in farms. Animals arekept in small space to prevent energy loss toensure they grow fast to meet consumptionneeds.

养宠物的原因：

人类的伙伴，消除寂寞

provide companionship, combat the sense ofloneliness

animals canprovidecompanionship to combat the sense ofloneliness.

给小孩培养责任感，知道如何照顾小动物

foster a sense ofresponsibility   
Itcan foster a sense ofresponsibility among children, asthey learnhow totake care ofanimals.

话题**35**：环境类：保护环境的方法

解决环境问题的主要方法：

法律在保护环境方面可以发挥重要作用。

背景：在个人利益的驱使下，个人和公司有时会从事破坏环境的活动。

举例：开垦土地用于农业或住房开发。

解释：制止这种行为的最好办法是颁布法律，例如惩罚破坏森林的公民或公司。严厉的惩罚起到威慑作

用。

preserve the environment, driven byself-interest, clearland, curb behaviour

- 145 -

Laws can play an important part in preserving the environment. Driven by self-interest, Individuals and companies are sometimes involved in environment-damaging activities, such as clearing land for farming or housing development. The best way to curb this kind of behaviour is to enact laws, such as punishing citizensor companies who are caught damaging forest. Harsh penaltiesserve asa deterrent.

价格：政府可以提供一些经济刺激。

解释：使用环保科技或者发展这些科技需要很多的投入，政府给与补贴是有帮助的。举例：投资环保科

技的公司给予激励, 给那些使用环保产品的人一些补贴。

financial incentive, eco-friendly technology, eco-labelled products

The government can provide some Financial incentives to promote eco-benign behaviour. Developing or adopting green technology can be costly, so government support is important. Some business-friendly policies such as a tax break can be provided to encourage companies to develop eco-friendly technology. People who purchase eco-labelled products can begiven subsidies.

背景：许多人没有意识到他们的习惯对环境的影响

举例：个人可以选择环保的生活方式来减少燃料的使用和造成环境污染的废物。

举例：人们可以步行或骑车上学或上班，使用公共交通工具而不是私家车来减少碳排放。

举例：他们还可以重复使用购物袋和回收易拉罐和瓶子，以减少垃圾。对比：如果人们不觉得有必要改

变他们的生活方式，严格的法律和推广绿色技术不会有很大的不同。

publictransport/ private cars/ carboncarbonemissions/ shoppingbags

The environmental problems can also be mitigated by changing citizens’ attitudes and lifestyles. It is necessary to keep the public well-informed about eco-friendly lifestyle choices, when many of them are not aware of the environmental consequences of their habits. Individuals can select eco-friendly ways of life to reduce the use of fuels and the waste which causes environmental pollution. People can walk or cycle to school or work, use public transport instead of private cars to reduce carbon carbon emissions. They can also reuse shopping bags and recycle cans and bottles to reduce waste. If people do not feel obliged to change their lifestyles, strict laws and the promotion of green technology would not make a huge difference.

技术：可以被看作是解决现代生活造成的环境问题的一种方法。

背景：我们的日常生活对环境产生了影响，无论我们是否努力减少能源的使用，在现代世界做到碳中和

基本上是不可能的。

举例：使用电气设备需要消耗电力，而电力通常是由燃烧矿物燃料产生的。

解释：使用清洁能源，如风能和太阳能，可以支持我们的日常生活，而不会产生温室气体排放。这些技

术进步可以平衡现代生活的需要和可持续性发展的目标。

cleanenergy/wind power/solar power/ renewable resources

Technology can be seen as a solution to environmental problems caused by modern life. Our daily life has an impact on the environment, whether or not we try to cut down on energy use, and it is basically

- 146 -

impossible to be carbon-neutral in the modern world. For example, the use of electrical equipment involves consumption of electricity, which is normally generated by burning fossil fuels. Therefore, only green technology can deal with this problem. The use of clean energy sources such as wind power and solar power can support our daily lives without creating greenhouse gas emissions. These technological advances canbalance the needs ofmodernlife and the objective ofsustainability.

话题**37**：媒体类：广告对我们生活和消费的影响

社会关系 A 广告说这是时尚的东西 B 大家希望自己合群 C 购买

背景：人类是社会动物，他们融入社群会感到有安全感。

解释（A-B）：一些广告商利用技巧宣传自己的产品非常时髦，或者发起针对目标顾客特点的营销活动。

如

果人们看到这个广告符合他们的特征，他们可能就会买广告商品。

解释（B-C）：他们觉得他们需要遵守组群的规则。否则他们和同组的人没有共同话题。

举例：一个高科技产品广告说他们的产品被大多数家庭主妇使用，女人很难抗拒诱惑不去买它。

Advertising also influences consumers by tapping into their need to belong. Humans are social animals,

and derive a sense of security f rom fitting into a group，they think they belong to. Advertisers sometimes use statistics to show how popular a product is among some people, or launch campaigns featuring people who have the same characteristics as intended consumers. If viewers identify with the characters in TV commercials, they would possibly buy advertised products. They believe that it is a group norm, and something that they need to conform to. Otherwise, they do not have talking points with other members of the same group. For example, if advertising suggests that a hi-tech gadget is used bya majorityofhousewives, it is difficult for a woman toresist the temptation to buy it.

自我提升 A 广告使用明星代言 B 大家觉得自己可以提升 C 购买

背景：羡慕名人的人们可能会买和他们同样的产品，因为那些知名人士非常有魅力，身材很好也很聪明

举例：一些年轻顾客买体育明星代言的功能饮料，因为他们强烈认为喝这些饮料会提升他们在比赛和竞

争中的体能和表现。

举例2：女生会买名人推广的:电视化妆品，配饰和衣服，她们认为穿戴这些产品可以让她们好看。

Another way to sway consumers to buy something is celebrity endorsement. People who admire celebrities may think purchasing the same products asthose high-profile figures can become glamorous, physically fit and intelligent. Some young consumers, for instance, purchase energy drinks advocated by sports stars, as they strongly believe that these drinks can enhance their own physical strength and performance in games and competitions. Girls, by contrast, purchase cosmetics, accessories and outfits promoted by supermodels and TV personalities, believing that wearing all these products can improve appearance.

行为 A 广告利用大家的攀比心理 B 将某些产品打造成地位象征 C 购买

背景：人们将产品和自信连在一起，尤其在收入差距不断增大的国家里。

解释（A-B）：如果他们能买奢侈品，他们感觉有一种满足感和骄傲。为了满足这些顾客的心理需求，

广告

产业会制造一些名牌，以高端市场为目标。

解释（B-C）:如果人们觉得这些牌子是地位的标志，他们就会大量花费在这些产品上面。

Advertising also taps into social comparison of people and build some brands as status symbols. People associate the possession of some products with self-esteem, especially in economies where the income gap is widening. They feel a sense of satisfaction and pride, if they can afford some luxury brands. To cater for the psychological needs of these consumers, the advertising industry has sought to create a number of premium brands which target the high end market. If people perceive these brands as a marker ofstatus, they will spend lavishly onthese items.

话题**38**：媒体类：新闻的可靠性和新闻的作用

新闻是否可信？：

政治：A 新闻媒体是由政府或一些国家的政党控制的 B 会扭曲事实 C 新闻不可靠

解释（A-B）：当局有时审查揭露政治丑闻或批评政府政策的新闻文章。

解释（A-B）：有权势的政客可以通过撤回资金来影响新闻机构，因此新闻机构面临着压力，要求它们

对这

些政治人物进行正面报道。

解释（A-B）：在某些情况下，政府甚至可以关闭一些报纸或电视台，因为他们不遵守命令或不以政府

所

要求的方式去操纵观众。

结果：新闻是有偏见的，公众不能从媒体得到真相。

news media, political parties, news articles, political scandals, news outlets, political figures, manipulate the audience

Sometimes news is unreliable since news media is controlled by the government or by political parties in some countries. The authorities sometimes censor news articles which expose political scandals or criticize government policy. Powerful politicians can influence news organizations by increasing or withdrawing funding, so news outlets are under pressure to portray these political figures in a positive light. In some cases, the government can even shut down some newspapers or TV stations for not complying with orders or reporting news to manipulate the audience in the ways demanded by the government. As a result, the news isbiased and the public cannot get the truth from the media.

经济：A 私人公司来经营媒体 B 这些公司的终极目标是利益最大化 C 新闻报导失实

背景：公司为了盈利，非常在意市场的需求

解释（B-C）：不惜制作假新闻，散步谣言，甚至是夸大事实以吸引更多的读者和观众以追求更高的收

视率

和销量。这样，他们所提供的新闻报道不再客观。

economic profit, news agencies, market demands, fake news, spread rumours, give an exaggerated

account, high ratings

Another reason why news is sometimes not credible is that in some countries news media relies on the sponsorship of private companies, whose ultimate target is to seek maximum economic profit. These news agencies are obedient to market demands, and more often than not, the news they select may - 151 -

create fake news, spread rumours or even giving an exaggerated account of a news event, to draw the attention of the readers and audiences and entertain them, in pursuit of high audience ratings and sales. As a result, the news reports provided bythese news media companies are no longer reliable.

科技：A 网络媒体成为主流媒体之一 B 网络媒体没有得到很好的监管 C 新闻信息失实

背景：每个人都可以在网络媒体上传播信息，可能会扭曲事实的真相。网络监管者没有资源去检查每天

网络上产生的数以千万计的新的帖子。

背景：很多人利用网络传播信息比较快的特点

举例：一些不择手段的记者甚至编造故事，比如一些名人的婚外情，希望以此来吸引读者的注意力，追

求名利。

source of information, digital news, spread information, distort facts, make up stories, extra-marital affairs, gain fame

Online news is not widely accepted as a reliable source of information since digital news is not well regulated. Everyone can spread information via social networking sites and Internet watchdogs do not have resources to check millions of new postings which are created on a daily basis. Some individuals or organizations also deliberately make use of network media which sometimes helps to spread news faster than print media. This provides the possibility of distorting the facts. For example, some unscrupulous journalists even make up stories, such as extra-marital affairs of some celebrities, in hopesofattracting readers' attentionand gaining fame.

新闻机构可能有政治色彩，有宣传作用

politicalpropaganda, politically controlled

Some news organisations are politically controlled. The news stories they produce are possibly used as politicalpropaganda.

看新闻对人的影响？：

（知识）看新闻可以增加知识。

背景：人生活很忙，很难每天去不同的地方了解世界。

解释：新闻可以让人们与时俱进，知道世界大事，包括科技、经济、政治。结果：可以做更加合适的决

定。

keep pace with times, technological advances, economic events, political affairs, make well-informed decisions

Reading news can expose people to knowledge. It is difficult for an average person to visit different places to learn about the world, as they live a busy life. Reading or watching news enables them to keep pace with times and get to know technological advances, economic events, political affairs and othercurrent issues. Withsuch knowledge, they arecapable ofmaking well-informed decisions.

- 152 -

（知识）看新闻可能被误导。

解释：可能因为政治压力或者商业利益，新闻故意扭曲事实或者捏造一些信息去误导读者。解释2：记

者有自己的主观想法（由价值观、政治立场），有些时候在报道新闻有失偏颇。

结果：对世界了解不准确。

manipulate the public, twist facts, make up fake news, distort view, political pressure, give a balanced account, biased views, personal values, political opinions

News sometimes can manipulate the public. News media may twist facts or even make up fake news to distort the audience's view of some issues, possibly because news organisations are under political pressure or do that for commercial interests. Another reason is that reporters sometimes are not able to give a balanced account of news events since they have biased views-affected by their personal values and political opinions. As a consequence, people may not gain correctinformationbyreading news.

（自我提高）看新闻提升批判性思维。

解释：不同的报纸对同一事件不同的描述、解读和分析，甚至褒贬不一，让人们知道一个事情不同角度

分析，结论可能不同。

解释：知道世界不同国家对同一个事情处理方法，让我们知道对一个东西的看法多样性。

结果：人们在阅读信息的时候会带着批判的眼光，不会盲目下结论，思考问题更加深入。

critical thinking skills, contrasting views, arrive at different conclusions, think deeply, leap to a conclusion

Reading news can improve critical thinking skills. News outlets can describe, interpret and analyse the same news events in different ways, and show contrasting views; therefore, people will understand that they may arrive at different conclusions when seeing an issue from different perspectives. Meanwhile, by reading or watching news, people may realise that a problem can be tackled by individuals, organisations or countries in diverse ways, and they will understand the importance of comparing different solutions. This means that they are able to evaluate information critically and think deeply about the quality ofinformation, instead ofleaping to a conclusion.

话题**39**：媒体类：电视和电影的影响

话题**40**：媒体类：电脑、因特网和手机

网络购物比实体购物的好坏处：

方便 A.网购更方便 B.人们在家购物 C.快递很快

背景：网络购物信息方便，网络有很多网络服商店和在线服务

解释（A-B）：互联网给我们及时的购物信息，人们可以在家里买商品和服务

解释（B-C）：而现在的快递一两天就可以到达

online shopping 网上购物 buying sonething in physical stores 在实体店买东西 give us instant

access to shopping infornmation 让我们及时获得购物信息 buy goods and services 买商品和服务

placean order 下订单

Online shopping is more convenient than buying something in physical stores. Internet gives us instant access to shopping information on almost all items we intend to buy so people can buy goods and services from the comfort of their homes. Online stores operate 24 hours a day, allowing people to place an order whenever they like. Besides, the delivery is very fast now, and it just takes one or two daysto deliver parcelstobuyers' home.

生活质量 A. 网络购物 B.比较便宜 C.提高生活质量

背景：网店一般不需要租金，人工费，所以可以降低成本，价格也便宜

解释（b-c）人们能在网上发现物有所值，有更多的可支配收入，提升生活的标准

bricks-and-mortar ones 砖块和石灰（指实体的店铺） lower cost of operating 运营的低价 best

value for money 性价比很高 have more disposable income 有更多可支配的收入 improve the

standard ofliving 提高生活标准

A lower price is another benefit of online shopping. Online stores usually spend less on rent, overheads and wages than bricks-and-mortar ones, so shop owners can lower the cost of operating, thus offering products at a lower price. People can find the best value for money on the Internet and have more disposableincome, which can improve the standardof living.

- 156 -

经济 A 网络商务 B 更多人创业 C 对经济有好处

解释（A-B）网店低起步成本会吸引更多年轻的企业家，他们用一些电子平台将商品和服务放在网上。

他

们可以在家工作，而不是租办公室。与此同时，他们不需要有大量的存货，因为他们不需要在商店里面

展示所有的商品

解释（B-C）当小生意涌现，就能制造更多的工作和大众消费也会上升。这两项都有助于经济发展。

spur economic growth 刺激经济增长 set up an online business 开展网上生意 low star-up cost 低

起步成本 attract numerous young business 吸引很多年轻的企业家 put their products and services

online 把他们的产业和服务放在网上 use more e-commence platforms 使用更多的电子平台

work from home 在家工作 rent an office 租一个办公室 have a big inventory 有大量的存货

displayall merchandise in a shop 在店铺展示所有的商品 spring up 涌现 consumer spending 大众消

费 benefit the economy 对经济有好处

The growing popularity of online shopping can spur economic growth as more people are encouraged to set up an online business. The low start-up cost can attract numerous young entrepreneurs, who can put their products and services online by using some e-commerce platforms. They can work from home, instead of renting an office. Meanwhile, they do not need to have a big inventory, as they do not have to display all merchandise in a shop. They can start buying products from suppliers when customers place an order. As small businesses spring up, more jobs are created and consumer spending increases. Bothbenefit the economy.

法律 A. 网上购物 B.买家抱怨产品 C.很多诉讼

解释（A-B）：网上卖家熟练地运用各种软件，比如photoshop 修图，提升产品的形象, 买家发现他们买

的产品没有展现的好。

解释（A-B）: 网上生意可能不及时提供换货，当人们不满意他们买的东西。

解释（A-B ）: 网上零售商的售后服务表现的可能不好，比如维修保养

consumer right issues 消费者权利的问题 shop online 网上购物 online sellers 网上卖家 improve

the image of their products 改善产品形象 provide refund or replacements 提供退款或替换 online

retailers 网上零售商 after-sales services 售后服务 maintenance and repair 维修保养

The number of consumer right issues will increase dramatically as more people choose to shop online.

Many online sellers are skilled in using software such as photoshop to improve the image of their products, but buyers complain that the products they purchase are not as good as shown online. Besides, online businesses may not provide refund or replacements promptly when consumers are not satisfied with what they buy. Finally, online retailers may not perform well in after-sales services, such as maintenance and repair.

- 157 -

法律 A 网络购物 B 经济诈骗 C 造成损失

解释（A-B）：人们在网络上交易，输入密码就可以用自己的账户，但是系统被黑客入侵，金融信息就

会泄

漏，钱被转走。

解释（A-B）：在中国这些国家，电子支付发展很快，人们扫码就可以支付，如果罪犯盗取这个信息，

就会

丢钱。

conduct transactions 交易 enter pin numbers 输入密码 the system is hacked 系统被黑客入侵

money istransferred 钱被转走 e-payment services 电子支付

Using electronic devices or websites to buy products can also expose users to cyber crimes. They conduct transactions online and access their bank accounts by entering pin numbers due to its convenience and fast speed, but if the system is hacked, their financial information can be stolen by criminals and money is transferred without their consent. In some countries such as China, e-payment services have developed rapidly: with a scan of reader by tap-and-go card or just simply by entering password, people can make a payment immediately. If this kind of information is intercepted by criminals, they also risklosing money.

环境 A 网购 B 大量购物 C 环境有伤害

背景：互联网渗透在许多国家都增加了，意味着人们每天花很多时间上网。他们接触到网店的商业信息，

包括折扣，礼物券，还有其他的销售手段。

解释（B-C）他们会买各种各样的产品，比如电子产品，会带来垃圾。

解释（B-C）更严重的是。当网上购物的产品被包装运输，对塑料和包装的需求会激增。这会加剧废物

的

管理问题

E-commence boom 电子商务热潮 be a threat to the environment 对环境有害 compulsive shopping

强制消费 internet penetration 互联网渗入 be exposed to 暴露于 commercial information 商业信

息 onlinestores 网上商店 electronic devices 电子装置 createwaste 制造废物 the demand for 有..

的需求 compound the waste management problem 加剧废物管理的问题

The e-commerce boom is also a threat to the environment as it promotes compulsive shopping. Internet penetration has increased significantly in many countries, meaning that people spend hours surfing the Internet every day. They are exposed to commercial information of online stores, including discounts, gift vouches and other sales pitches. They may buy different products, such as electronic devices, which can create waste. Even worse, as products bought online are packaged for delivery, the demand for plastic and cupboardpackaging will surge. This cancompound the waste management problem.

社会文化 A 网购 B 很多实体店会消失 C 影响社区生活

背景：在某些当地的商店购物已经成为了一些社区生活文化的一部分，因为居民来这些商店购买一些家

用产品。他们在购物中与售货员交流

解释（A-B）网络购物的爆炸性增长改变了这一局面。因为人们在舒适的家庭中购买，他们更不可能惠

顾

当地的商店

- 158 -

onlineshopping 网上购物 the sense ofcommunity 社区感 physical stores 实体店 shut down 关闭

The fast growth of online shopping can undermine the sense of community as some physical stores will be shut down. Shopping in some local shops has been part of the fabric of some communities, as residents visit these shops to buy some household products. They talk to attendants during shopping trips. This has been changed by the explosive growth of online shopping. As people buy whatever they need inthe comfort oftheir homes, they are lesslikely to patronise local stores.

网络教育比实体教育的好坏处：

知识 A.网络教育非常方便 B.随时随地听课 C.学生可以随时随地学习

背景：网络教育非常方便，可以随时随地参加远程课程，不需要参加一个传统的教育课程。

解释（A-B）他们可以选择对他们有用的网络资源，利用碎片化时间听课

解释（举例）学生可以用电子图书馆找到学术期刊，如果他们在作业上有任何问题，他们可以找一些网

站去找答案

E-learning 网上学习 take distance learning courses 参加远程学习课程 attend lessons in a

traditional educational setting 在传统的教育行业参加课程 choose online resources 选择线上资源

journal articles 期刊文章 use search engines of some educational websites 用一些教育网站的搜索

引擎

The first advantage of E-learning is its convenience. Students can take distance learning courses and study whatever and whenever they want. They do not need to attend lessons in a traditional educational setting. Besides，they can choose online resources which are useful for them. For example, they can find journal articles by using digital libraries, and if they have any question in their studies, they can use search engines ofsome educational websites to find answers.

生活质量解释（A-B）：网络课程可以被提前录好，然后一旦被放在网上可以被数万个学习者

反复观看,有些宣传材料可以产生流量所以可以免费。解释（A-B）: 还有一些老师在家用电脑

上课。他们在家里工作，所以开课的成本是可以忽略的，和实体公司相比。

attend online lessons 参加线上课程 traditional courses 传统课程 can be viewed repeatedly 可以被

反复观看 self-employed teachers 独立的老师 work from home 在家工作 run a course 开课

manage a bricks-and-mortar company 管理实体的公司

Another benefit of attending online lessons is that they are usually cheaper than traditional courses provided by those educational institutions. Online lessons are prerecorded and can be viewed - 159 -

repeatedly by millions of learners, once put online. Some of them are used basically as promotional material to generate traffic, so they are available for free. There are also some self-employed teachers teaching lessons on the Internet. They work from home, and the cost of running a course is negligible compared with managing a bricks-an-mortar company. This is why they are willing to charge a small amount of money for the course fee.

法律 A 网络教育 B 可以不受地域限制，上其他城市名师的课 C 减少资源不对称的问题

背景：因为学习资源在每个地域都不一样，比如在一些偏远城市无法吸引一些优质的有经验的老师，由

于经济发展缓慢和不好的生活条件

解释（B-C）这个问题可以被解决，只需要上网的地方就能听网课，解决了资源不对称的问题

distance learning 远程学习 address educational inequality 解决教育不平等 renowed teachers 知名

老师 have access to 有权限... the avaliability of learning resources 教育资源的可获得性 remote

villages 遥远的山村 attarct well-qualified and experienced instructors 吸引合格的有经验的老师

slow economic growth 缓慢的经济增长 poor living conditions 不好的生活条件 have access to the

internet 可以上网

Distance learning can also address educational inequality as people can attend lessons of renowned teachers of other cities on the Internet and have access to the same learning opportunities. The availability of learning resources differs from region to region, and some areas, such as remote villages, fail to attract well-qualified and experienced instructors due to slow economic growth and poor living conditions. This problem canbe tackled if students ofthese areashave access to the Internet.

知识 A 网络教育 B 老师缺乏监督 C 效果不好

背景：老师在上网课可能不能看到学生的反应，除非有视频聊天功能。解释（A-B）：这样的话，他们

可能会被游戏，电影打扰

解释（B-C）如果学生不能理解课堂的内容，他们考试会很难考过

learning outcomes 学习成果 concentrate on 关注 fail the exam 考试不通过 observe the responses

ofstudents 观察学生 use the video charting function 用视频聊天功能 understand class content 理解

课堂内容

The main disadvantage of e-learning is that learning outcomes may be limited if students cannot concentrate on lessons without supervision of teachers. Teachers during an online lesson may not be able to observe the responses of students, unless they use the video chatting function. For this reason, they are not able to intervene, even when students are distracted, for example, by a film or game online. Ifstudents arenot ableto understand class content, they will fail the exam.

- 160 -

A.网络教育不完整 B. 学生和老师交流有限 C.学生得到传统教育的好处  
背景：网络课程不像传统学校一样有那么多功能  
解释（A-B）远程教育包括使用电子交流方式去传授知识，学生和老师交流有限  
举例：他们不能参加不同的班级活动，学习交流技巧，或者不能通过学习校规来分辨好坏行为

online lessons 网络课程 a broad range of functions 有很多功能 the use of electronic means of communication 使用电子交流功能 impart knowledge to students 传授知识给学生 education system 教育系统 learn communication skills 学习交流的技巧 engage in different classroom activities 参加不同的课堂的活动 the distinctionbetween goodand bad behaviour 好和不好的差别Another disadvantage of online lessons is that they fail to perform a broad range of functions as traditional school does. Distance learning involves the use of electronic means of communication to impart knowledge to students, and students have limited interactions with instructors and classmates. They are not able to derive other benefits from the education system as students of traditional schools do. For example, they may not learn communication skills by engaging in different classroom activities, orthe distinction between good and badbehaviour byfollowing school rules.

健康 A. 上网课 B 用电脑和手机 C 带来健康问题  
解释（B-C）人们长期盯着电脑屏幕会近视  
解释（B-C）会加剧肥胖的流行，因为它鼓励我们不运动，待在家里而不是去学校  
cause health problems 带来健康问题 stare at computer screen for a long time 盯着电脑屏幕 suffer from near sightedness 近视 exacerbate the obesity epidemic 加剧肥胖的流行 lead an active life 过积极的生活 stay at home 待在家里 go to school 去学校  
Using computers or mobile phones to take lessons can also cause health problems. People who stare at computer screen for a long time might suffer from near sightedness. Meanwhile, it may also exacerbate the obesity epidemic, as it encourages people to lead an inactive life, staying at home, rather than going toschool.

电脑和手机的使用对社会关系的影响？：  
A.手机和电脑 C 使得人们的关系变得疏离  
背景：因为人们常常会关注手机和电脑，而不是面对面的与人交流  
举例：家长下班玩手机不管孩子，孩子也沉迷玩游戏，缺少交流，这样大家感觉很疏远

hurt social relationships 伤害社会关系 face-to-face communication 面对面交流 care for the children 关心孩子 indulge in playing computer games 电脑游戏玩上瘾 treat their parents with respect 尊重父母 a lackof interaction 缺乏互动 experience a sense of isolation 感到疏离  
- 161 -

The reliance on computers and cellphones can hurt social relationships. People focus on their laptops and mobile phones rather than face-to-face communication. For example, adults concentrate on checking emails and writing reports on the laptop without caring for their children, while children indulge in playing games and do not treat their parents with respect . Due to a lack of interaction, they may experience asense ofisolation at home.

家庭和朋友 A 使用手机 B 交流更加方便 C 关系的维护

背景：人们可以用手机和电脑随时随地交流

解释（A-B）即使他们住在另一个城市和国家，他们可以用视频聊天功能看到对方。地理位置无法破坏

他

们的关系

maintain the relationship 维护关系 communicate with their friends 和朋友交流 use smartphones

and computers 用手机和电脑 use video chatting programmes 用视频聊天功能 geograhic locations

地理位置 damage relationships 损害关系

Electronic devices can help maintain the relationship between families and friends. People can communicate with their friends or family by using smartphones and computers anytime and anywhere.

Even though they live in different cities or even countries, they can see each other by using video chatting programmes. Geographic locations would not damage their relationships.

朋友 A 使用手机和电脑 B 社交软件交到朋友 C 朋友圈更大

解释（A-B）：人们可以和互联网用户交流，留下评论或者创造好自己的主页

解释（A-B）：他们可以加入群聊，找志趣相投的朋友

解释（B-C）虽然他们不能再现实生活中见面，但是他们成功地建立来更多联系

communication technology 交流科技 make new friends 交新朋友 use some social networking apps

and websites 用社交网络的应用和网络 leave comments on posts or create their own profiles 在帖子

上留下评论和创造个人主页 join some online discussion groups 参加到网上群聊 common

interests 共同爱好

It is sometimes argued that communication technology can help people make new friends more easily by using some social networking apps and websites. People can talke to other Internet users easily on social media websites by leaving comments on posts or creating their own profiles. They can also join some online discussion groups and find people who have common interests. They may not meet each otherin real life, but they have successfullydeveloped more connections.

电脑和手机如何影响我们的交流能力？：

能力提升 A 手机视频和语音聊天 B 增加交流 C 提高表达能力背景：交流变得容易和简单，使用语音、

email、视频聊天

- 162 -

解释（B-C）人们更多机会去使用语言在不同语境下表达自己的看法，也可以从别人那里的语言使用得

到

一些启发因此提高表达能力

improve people's communicative skills 提高表达能力 draw inspiration 汲取灵感 sharpen their

language skills 提高语言技能

Electronic devices such as phones and computers can help improve people's communicative skills. Technology has made interactions easier and more frequent as people can use voice messages, emails and video chatting whenever they like. They are able to use language to communicate their ideas in different contexts and to draw inspiration from the language use of other communicators, thereby sharpening their language skills.

能力提升 A 用手机应用 B 不断写作 C 提高写作能力

解释（A-B）许多人开始更多地发微博和在朋友圈上发言，运用文字记录自己的生活解释（A-B）并且

有些人开始运用邮件和同事，上司沟通

解释（B-C）：提高人们处理正式信函的能力，并且有创意文字

improve people's writing skills 提高写作能力 keep a record of their personal lives 记录个人生活

exchange messages 交流信息 produce creative writing 创意写作 handle formal correspondence 处

理正式信函

Additionally, phones and computers also improve people's writing skills. Mobile phone apps encourage them to write blogs or post their views on social networking apps to keep a record of their personal lives. Meanwhile, they also tend to write emails to exchange messages with colleagues and supervisors.

These communication practices improve their ability to handle formal correspondence and produce creative writing.

A. 使用手机电脑 B. 使用各种语言工具 C.写作能力下降

解释（B-C）：表情包越来越被大多数人所使用，大家对于使用单词和句子去表达能力下降

解释（B-C）：电子通讯手段让我们交流速度加快，我们很快纠错，我们对错误的容忍度会更高解释

（B-C）：很多自动拼写和自动纠错功能，人们会依赖它，缺乏自己写出无错句子的能力

undermine users' writing skills 写作能力下降 increase the efficiency of communication 提高交流效

率 express their feelings and convey ideas 传达想法和感受 written communication 书面交流

developormaintain the ability to write error-free sentences 提高或者保持写没有错误的句子的能力

The use of electronic devices might undermine users' writing skills, although it can increase the efficiency of communication. Emoji and emoticons are increasingly used by people, so they find it difficult to express their feelings and convey ideas by language. Electronic means of communication allow people to communicate swiftly and correct mistakes immediately; for this reason, they are more - 163 -

tolerant of mistakes in written communication. Finally, they rely heavily on the auto-spelling and auto-checking functions of these communication technologies and fail to develop or maintain the abilityto write error-free sentences.

社会关系 A 使用电脑 B 不面对面交流 C.影响交流能力

背景：面对面的交流需要不断练习。

解释（A-B）：喜欢网络交流或者手机交流，很少见面。

解释（B-C）：很多人就不够自信

举例：不知道怎么开始聊天，不知道看对方是不是喜欢这个话题，不知道怎么让交流更加有趣，也不知

道如何交流让别人更加舒服

have an adverse effect on 有不好的影响 deal with face-to-face meetings 处理面对面的会议

interpret the facial expressions orbodylangauge 理解面部和身体语言 start a conversation 开始对话

New communication technology can have an adverse effect on our face-to-face communication skills because it can make us less sociable. The development of communication skills requires practice, and people are less willing to talk to each other in person, as they can communicate online or via the phone. The consequence is that they are not confident in dealing with face-to-face meetings, for example, how to start a conversation and how to interpret the facial expressions or body language to identify whether another person likes this topic or not. It is also difficult for them to keep the talk engaging and use wordswhich make otherscomfortable.

能力提升 A 用沟通工具沟通 B 改变交流习惯 C 影响阅读能力

解释（A-B）人们习惯于短句、病句去交流，在意效率

解释（A-B）网络和手机让我们习惯了不断接受到新的信息，我们的注意力很难集中，不再有耐心去看

长

的文章

解释（B-C）：词汇量不大，理解不了长句子

degrade our reading skills 降低阅读技能 grammatically incorrect sentences 语法错误句 show

patience in 有耐心 concentrate their attention on 专注 show patience in 有耐心 comprehend

complexsentences effectively 迅速理解复杂句 communication tools 沟通工具

The development in communication tools can also degrade our reading skills. We are used to communicating by using short or even grammatically incorrect sentences because we are encouraged to save time in communication. People who use smartphones and the Internet on a daily basis are constantly stimulated by new information, so it is difficult to concentrate their attention on or show patience in reading long articles. They may not be able to comprehend complex sentences effectively and developa huge vocabulary.

- 164 -

话题**41**：全球化：投资和援助

话题**42**：全球化：学习外语

学好外语的决定因素：  
A 找到资料 B 不断学习 C 提升  
解释（A-B）：书本。其中一个学外语的方式就是利用我们可以找到的资源。有很多关于学习外语的书，比

如语法和词汇。阅读这些书籍有助于学生学习使用目标语言  
解释（A-B）：网络材料对学习语言也很重要，学习者可以参加一些外语的课程，读外国人写的书，看外国

电影或者电视节目  
解释（A-B）：网课，网络交流工具或者电子学习平台可以帮助人们和外国人交流

make the most materials 充分利用资源 get familiar with 熟悉.. the target language 目标语言 online

resources 网上资源 language acquisition 语言习得 attend foreign-language lessons 参加外语课程

read articles 阅读文章 watch foreign-made films or TV shows 看外国制作电影的或者电视节目

- 168 -

talk to native speakers 和说母语的人聊天 use online communication tools or e-learning platforms 运

用网络交流工具或者网上学习平台

One way to learn a foreign language is to make the most of materials we can find. There are books about foreign languages, such as grammar rules and vocabulary. Reading these books can help learners get familiar with how to use the target language. Online resources are also essential to language acquisition, as learners can attend foreign-language lessons, read articles written by foreign authors and watch foreign-made films or TV shows. In the Internet age, people can also talk to native speakers by using some online communication toolsore-learning platforms.

文化传统 A 好的语言环境 B 学以致用 C 提升

解释（A-B）：在学习目标语言的国家生活和学习，和当地人交流，提升语言熟练度解释（B-C）：人

们会发现生活用语和书本上学习的东西可能不大一样

解释（B-C）：他们能够理解如何正确和自然地使用语言，对某些单词的理解更深

解释（B-C）：他们对文化有更好的了解，这能影响交流的话题的习俗和禁忌

interact with locals 和本地人交流 have a deep understanding of 有更深的理解 affect the

conventions in communication and taboo subjects in conversations 影响交流的习俗和话题里面的禁

忌

It is also important to use a foreign language in a good language environment. People can go to countries where the target language is spoken, and develop proficiency in the foreign language by integrating with locals. One benefit of taking this approach is that learners may find the differences between textbooks and the language usage in real life. They may have a deep understanding of how to use some words correctly and naturally. They also learn about the culture of the host country, which canaffect the conventions incommunication andtaboo subjectsin conversations.

A 勤奋 B 不断练习 C 提升

解释（A-B）学习是个艰辛的过程，只有人们花时间每天学习，最终才能掌握它举例：如果没有每天在

日

常生活中用词是很难扩大词汇量的。他们可以跟同学练习或者直接练习

bearin mind 牢记于心 expand their vocabulary 扩大词汇量 in day-to-day communication 在每日的

交流中

Whatever material people use, they should bear in mind that practice makes perfect. Language learning is an arduous process, and only people who devote time to learning it every day can eventually master it. For instance, it is not easy to expand their vocabulary without using the words they learn in day-to-daycommunication. They can practise either bytalking to their peersorbythemselves.

- 169 -

国际语言存在的优缺点：

经济 A 国际语言 B 促进国际贸易 C 经济发展

解释（A-B）如果一个语言被其他国家的人们广泛地接受和使用，他们可以和对方有效地沟通

解释（B-C）这为贸易会议和谈判铺路，通常导致交易和合作关系。人们可以一起工作可以探讨商业机

会，

不分国籍

promote international trade 促进国际贸易 boost the world's economy 促进世界经济 be widely

used 被广泛使用 pave way for business meetings and negotiations 为商业会议和谈判铺路

contractual relationships 合作关系 explore business opportunities 探索商机

One benefit of having an international language is that it can promote international trade and boost the world's economy. If a language is widely accepted and used by people from different countries, they can talk to each other more efficiently. This paves the way for business meetings and negotiations, which normally lead to deals and contractual relationships. People can work together to explore business opportunitiesregardless ofnationality.

科技发展 A 国际语言 B 在一起合作、交流 C 促进科技发展

解释（A-B）使用国际认可的语言能够促进科技发展，因为学者，工程师和科学家能够一起合作解决问

题解释（A-B）他们能够用一个语言交流观点，阅读用相同语言（比如英语）写的报告或者文章

解释（A-B）这可以确保他们共享相同的知识，有效地划分工作，并就如何执行项目达成一致可以针对

特

定主题或问题组建更多由不同国家成员组成的国际团队

解释（B-C）这可以加速技术的发展，科学家们可以获得比在自己国家的孤立工作中所取得的成就还要

多

an internationally-recognised language 一个国际认可的语言 promotes technological progress 促进

科技进步 share the same knowledge 分享相同的知识 reach an agreement about... 就...达成协议

speedup technological development 加快技术进步...

Having an internationally recognised language also promotes technological progress as scholars, engineers and scientists can collaborate to tackle some problems. They can exchange ideas easily with a single language and read reports or articles written in the same language, such as English. This can ensure that they share the same knowledge, divide work efficiently, and reach an agreement about what to do to undertake a project. More international teams which consist of members from different countries can be formed for specific subjects or issues. This can speed up technological development, and scientists canachieve more than they dowhen workingin isolation in their own countries.

文化传统 A 国际语言 B 小语种消失 C 文化多样性减少

解释（A-B）英语等一些国际语言的主导地位会鼓励一些年轻人放弃他们的母语

解释（A-B）他们学习英语以获得更多进入大学和找到工作的机会，因为英语在工作环境和学术环境中

被

广泛使用

解释（B-C）想到一些不太被说的语言会消失，一些生活方式也会消失，就感到令人沮丧。我们将看到

一

些能使世界变得有趣的文化的消失

- 170 -

threaten some minority languages 威胁小众语言 reduce cultural diversity 减少文化多样性 gain

moreopportunities to 获得更多的机会 loss ofsome cultures 失去一些文化

One risk of having a global language is that it can threaten some minority languages and reduce cultural diversity. The dominance of some international languages like English can encourage young people in some communities to give up their native language. They learn English to gain more opportunities to enter college and find work, as English is widely used in work contexts and academic settings. It is upsetting to think that some less spoken languages will disappear, so will some ways of life. We will see the loss ofsome cultures which canmake the world interesting.

小孩学习外语的好处：

不那么害羞，敢于练习，比较容易掌握

not limited byself-consciousness, pickup a language

Children are not limited by self-consciousness. They are more willing to practice. It is easier to pick up alanguage.

课程不多，有时间学习

extra time

Primary school students do not have many courses to attend, so they can spend extra time learning a foreign language

早点学习，减少口音，更有自信和兴趣学习

reduceaccent, learnwith enthusiasm

The early exposure to a foreign language can help children to reduce accent. They can learn it with enthusiasm if they are familiar with this language.

小孩学习外语的坏处：

很多学生没有天赋，学习国际语言会增加负担

afacility for language learning

Students who do not have a facility for language learning may experience some difficulties in acquiring aforeign language.

学习能力不够，影响母语学习

cognitive skills, interfere with the mother tongue language acquisition

If a student does not have sufficient cognitive skills, it will interfere with the mother tongue language

- 171 -

acquisition.

学习外语的好坏处：

生活和收入 A 学习一门外语 B 很容易找到一个工作 C 很高的收入

背景：世界是相互联系的，很少有公司希望在不处理国际业务的情况下运营

解释（A-B）制造商、IT 公司和服务公司必须与外国供应商和客户开展业务，对能说两种语言的员工需

求

量很大。因为他们可以帮助雇主扩大全球市场，增加收入

bilingual people 说双语的人 a distinct advantage 明显的优势 expand the market globally 扩大国际

市场 increase revenue 增加收入

Bilingual people are at a distinct advantage in today's competitive world, and have the potential to earn higher income than those who speak one language only. The world is interconnected and few companies expect to operate without dealing with international business. Manufacturers, IT firms and service companies have to conduct business with foreign suppliers and clients, and employees who can speak two languages are in high demand. They can help employers expand the market globally and increase revenue.

能力 A 学习一门外语 B 开拓思维 C 决策

解释（A-B）语言习得包括阅读有关使用目标语言的国家的资料

解释（A-B）人们可能会参观这些国家，以便更好地掌握这种语言举例：这些经验可以让学习者了解其

他

国家的文化、价值观、信仰、风俗习惯和生活方式

解释（B-C）他们可能从不同的角度看待问题，并考虑不同的可能性，从而做出更好的决策

举例：如果一个亚洲国家的业务经理学习英语并了解倾听员工的重要性，他或她可能会邀请员工提供意

见

Learning a foreign language can broaden one's mind and improve decision-making abilities. Language acquisition involves reading of material about those countries where the target language is used, and sometimes, people may visit these countries in order to have a good command of this language. These experiences can expose learners to the information about the culture, values, beliefs, customs and lifestyles of other countries. They may perceive a problem from different angles and consider different possibilities, thereby making better decisions. For example, a business manager of an Asian country may invite input from employees if he or she learns English and understands the importance of listeningto staff.

能力 A 学习一门外语 B 接触不同的语法规则和单词 C 变得更加聪明

解释（B-C）：努力记住更多另一种语言的新词，大脑活动增加

解释 (B -C ): 需要思考怎么去理解外语的意思，这样大脑活动就会增加

解释（B-C）当这些语言学习者长大，他们有更好的认知技能。他们能够有效地处理对比信息

mental effort 精神努力 brainactivity 脑活动 make sense 讲得通

- 172 -

The effort to pick up a foreign language can also improve intelligence of young learners as they are exposed to different grammar rules and vocabulary from their native language's. Brain activity can increase considerably if a child is required to remember new words of another language. It requires mental effort to make sense an unfamiliar language. These language learners may have better cognitive skillswhen they grow up. They can possesscontrasting information more effectively.

休闲时间 A 学习外语 B 很花时间 C 造成负担

解释（A-B）对于新手来说，他们需要每天记忆新词，读语法和句法的书

解释（B-C）如果他们不在说外语的国家，他们需要加倍认真才能扩大他们的词汇。除非人们为了职业

提

升或者对这个语言有兴趣，否则很难坚持

learning a foreign language 学一门外语 add a burden 增加负担 memorize new words 记忆新词

expand their vocabulary 扩大词汇量 careeradvancement 工作提升 have a passion for 对..有兴趣

Learning a foreign language can sometimes add a burden on learners as it is an arduous task. This is particularly true for beginners, who have to memorize new words every day and read books about grammar and syntax. If they are not in a foreign language country, they have to work twice harder to expand their vocabulary. Unless people acquire it for career advancement or have a passion for it, it is difficult for them to persist.

话题**43**：全球化：进出口和空航

长距离进口货物的好处：

生活水平：A 从国外进口商品 B 提高人们的生活水平 C 人们更加开心。

背景：有些国家可能专门生产某些产品，因为它们有一些独特的优势，如气候、地理位置、技术、传统

和劳动力。这些产品可能比其他国家的产品质量好，有时也更便宜。

解释（A-B）：从海外进口产品可以提供更多的选择。

解释（A-B）：降低生活成本，使国内消费者受益。

geographic locations, import products from abroad/overseas, reduce the cost ofliving

Importing goods from abroad can raise people's living standards. Some countries may specialise in the production of some products because they have some unique advantages such as climate, geographic locations, technology, traditions and labour. These products are possibly of better quality than those available in other nations, and sometimes more affordable. Therefore, importing products from overseas can benefit domestic consumers by offering more options and possibly by reducing the cost of living. This canimprove the quality oflife.

经济: A 从海外进口商品 B 对别国的商品更加依赖 C 不利于本国经济的发展

解释（A-B）：他们开放了市场，消除了贸易堡垒，这样易造成其他国家的产品占领他们的市场。

解释（B-C）：他们也会对别国的商品更加依赖，从而不去发展自己可以生产出这些商品的科技，如果

他们

能够很容易以更加便宜的价格进口这些商品。

解释（C 的结果）：对于进口品的价格波动会更加容易受影响。- 173 -

in the long term/ have a bad effect on/ cheaper and more diversified commodities/ open their markets/remove trade barriers/ local markets/ reasonable prices/national economy

Some countries import a lot of goods from other countries may have a bad effect on the economy. In order to provide people with cheaper and more diversified commodities, some countries open their markets and remove trade barriers, and the consequence is that the domestic market is dominated by imports. These countries will also become more dependent on other countries' goods and will not develop the technology to produce such higher quality ones if they can easily import them with much more reasonable prices. These countries will be vulnerable to the price volatility of imports in the long term.

环境: A 进口商品 B 需要消耗大量的燃料 C 破坏环境

解释（A-B）从海外进口商品需要长距离的运输

解释（B-C）碳排放量增加，进一步加剧全球气候变化，造成环境的破坏。

对比：而如果人们只是消费本地或本国的商品则可避免由于长距离运输对环境的破坏。

the utilization rate of fuel/ carbon emissions/ global climate change/ environmental damage/ long distance transportation

Transporting goods over long distances can have a negative impact on the environment. Nowadays, despite the fact that the utilization rate of fuel is greatly improved because of the development of science and technology, importing goods from other countries, whether by air or by shipping, still needs to consume a large amount of fuel. This will lead to an increase in carbon emissions, further exacerbating global climate change and causing environmental damage. If people only consume domestic goods, they can avoid the environmental problems caused bylong distance transportation.

环境：A 进口粮食 B 一场生物危机 C 影响某些生物的生存。

解释（A-B）：它可能会不小心引入一些外来的植物、昆虫和鱼类，它们在东道国可以疯狂生长。

解释（B-C）：当这些物种争夺空间和营养时，会对当地的同类构成威胁。

解释（A-B）：从海外进口一些家畜可能会带来引入新基因的风险。

解释（C 的拓展）：如果政府不能消灭这些入侵者并保护本地物种，最终可能会导致一些物种的灭绝。

biologicalcrisis, exotic plants, grow wildly, farm animals, speciesloss

Importing food can also be a biological crisis. It may accidentally introduce some exotic plants, insects and fish, which can grow wildly in the host country. These species can pose a threat to local counterparts, when they compete for space and nutrients. Meanwhile, importing some farm animals from overseas may risk introducing new genes. It may eventually cause some species loss, if the government fails toeliminates these intrudersand preserve local species.

- 174 -

健康：A 进口食品 B 食用进口食品会带来健康问题 C 有害

背景：为保存食物，特别是易腐烂的食物，进口商在长途运输中经常使用防腐剂或其他化学品。

解释（A-B）：如果不能有效地去除这些物质，就会对健康有害。对比：食用本地食物可能是一个更健

康

的选择，因为它使用更少的化学物质。

importedfood, pose health risks, preserve food,long-haul transportation, locally-sourcedfood

The consumption of imported food can pose health risks. To preserve food, especially perishables, over long-haul transportation, importers habitually use preservatives or other chemicals. These substances are, however, harmful to health, if not removed effectively. Eating locally-sourced food is possibly a healthier optionbecause it uses less chemicals.

减少空航的污染：

发展生物燃油，提升飞机的燃油使用效率

biofuel, fuel economy

The development of biofuel and the methods to achieve fuel economy can possibly mitigate the environmental problems attributable toair transport.

航班的管理提升，减少不必要的航班，确保每个航班充分利用

cut non-essential flights, make the most ofcapacity

Airlines should manage their services more efficiently, by cutting non-essential flights and making the most of capacityofevery trip.

添加燃油税，抑制大家坐飞机

impose a fuel tax, curb air travel   
Impose afuel taxcan be another approach, as higher air fairs cancurb air travel.

话题**44**：全球化：旅游业发展的影响

旅游对人有什么坏处？：

知识：旅游让人们造成对一些国家错误的看法，让他们加深误解。

解释：呆的时间很短，看到一个东西进行一个猜测和判断，以偏概全，又没有足够的时间去纠正错误的

看法。

解释2：语言不通，用自己的文化知识去解释自己所看到的一些情况，也有可能产生误解，又不能够问

当

地人问题来纠正这种看法。这种错误的观念会影响交流和相处。

develop misconceptions, reinforce stereotypes, take a long vacation, make assumptions, correct misconceptions, language barriers,biased views

One problem of travelling abroad is that tourists may form some misconceptions about another country and a trip can possibly reinforce their stereotypes about the host country. They may not take a long vacation, and therefore, they tend to make assumptions or judgments based on what they see, and - 175 -

sometimes over-generalise. They have no time to correct misconceptions. Meanwhile, because of language barriers, they tend to interpret the customs and social norms of local communities by their own cultural knowledge. They are not able to communicate with locals to revisit their ideas. Their biasedviews can affect their communication with people from these countries.

健康：生病。解释：水土不服。

解释：有些国家疾病蔓延，卫生条件不好。

fall ill, acclimatise, contract diseases, poorsanitation, spread ofviruses

Some tourists may fall ill during their trips. They are not able to adapt to the local environment/acclimatize. They are also likely to contract diseases in some countries due to poor sanitationand the spreadof viruses.

费用：花钱。解释：交通，住宿，饮食，门票，买礼物。问题：增加生活成本。

admissionfees, increase the cost ofliving

If people travel frequently/spend a luxury holiday, it can increase the cost of living. They have to spend money on transportation, accommodation, food, admission fees and buying gifts, which can add the cost ofliving.

旅游对人有什么好处？：

知识：可以开拓视野，增加知识。

解释：和当地人交流，参加一些名胜古迹和文化景点，与此同时，阅读书籍等。好处：人会变得开明，

知道不同思维方式和做事方法。

broadenminds, increase knowledge, placesof historical interest, ways of thinking

Travelling enables people to broaden their minds and increase knowledge. They can achieve this by talking to locals, including tour guides, by visiting places of historical interest, and by reading books. Therefore, they will become open-minded as they are aware of different ways of thinking and dealing withproblems.

休闲：可以放松。

解释：远离每天枯燥的生活，不用工作。

解释2：可以亲近大自然，可以尝试一些有趣的活动，譬如说远足，蹦极，让自己释放压力和不好的情

感。

go on holiday, way of unwinding, escape the grind/monotony, get close to nature, relieve stress, release negative emotions

Going on holiday is also an effective way of unwinding. People do not need to work, and they also have opportunities escape the grind/monotony of everyday lives. In addition, they can get close to nature and try some exciting activites such as hiking and bungee jumping, which relieve stress and - 176 -

release negative emotions.

个人发展：提高很多能力。

解释：让你逃离自己舒适区，做很多之前没做过的事情，譬如说：怎么和陌生人交流，怎么处理突发的

事情，怎么很好的控制旅程的预算。

developskills， move out ofthe comfort zone, handle emergencies, make a budget

Another benefit of travelling is that people can acquire some new skills. They will move out of the comfort zone and do something they never experience before, such as talking to strangers, handling emergencies inan unfamiliar environment and budgeting each trip.

收入：人们可能会捕捉到一些商机。

解释：人们可以去到不同国家考察，挖掘和发现商业机会，譬如说，当地人卖的一些商品，或者经营的

一些技巧，等等。

explorebusiness opportunities, exposed tosome novel ideas, business techniques

People can visit different countries, where they can discover and explore business opportunities. They can be exposed to some novel ideas about selling some products which are not available in the domestic market, and business techniques which can help grow sales. If they apply such ideas to their own work orbusiness, they may make some breakthroughs.

旅游对国家有什么好处？：

经济：提升一个国家或者地区的收入。

解释：游客会消费，譬如说订酒店，就餐，购物，等等。具体的好处：产生大量就业机会，对于某些经

济一直发展很慢的地区有用。旅游的收入可以投资在各种设施上，可以吸引更多投资。

driverof economic growth，createjobs，sluggish economies, reinvest revenue, attract investment

Tourism can become a major driver of economic growth. Tourists' expenditure on hotels, services of restaurants and shopping can bring cash to local communities and encourage local businesses to hire more people. Employment can spur the development of some sluggish economies. Tourism revenue canbe reinvested indifferent facilities, which can attract even more investment.

知识：有利于文化和习俗的保护。

解释：旅游带来了收入，当地人知道自己文化和习俗的价值，文化认同感加深了，加以保护。解释：有

助于某些文化的宣传，官方网站和游客的游记等

Preserve traditions, asource ofrevenue, age-old traditions, a sense ofcultural identity

The tourism boom may help preserve the traditions and cultural attractions of some communities or countries. Tourism is a source of revenue, which may draw attention to the value of some age-old traditions, such as traditional ways of preparing food and making handicrafts. This can reinforce the sense of cultural identity. As some communities attract more visitors than before, some of their - 177 -

traditions will grab attention of conservation groups. They are publicised by official websites of high-profile travel agencies and the diaries,blogs and travel books written bywell-travelled persons

环境：有利于保护当地的环境。

解释：旅游带来了收入，当地人慢慢放弃一些传统的谋生手段（减少对环境的破坏）。

protect the local environment, generate income, traditional livelihoods, reduce the environmental damage

If the revenue of tourism increases, it can help protect the local environment. As tourism generates income, it can encourage locals to give up traditional livelihoods. If locals stop farming, logging and hunting, it canreduce the damage to the environment.

旅游对国家有什么坏处？：

知识：不利于文化和习俗的保护。解释：当地人改变传统去迎合游客。简化一些仪式去多赚钱，或者增

加一些活动去赚钱，但是这些活动违背了传统的一些观念。解释2：当地人的生活方式会改变。

caterfor the needs，values underlyingtraditions

The expansion of the tourism sector may present a challenge to the preservation of some traditions and cultures. Locals may change traditions to cater for the needs of tourists, for example, simplifying some traditional rituals to entertain more visitors, or altering some celebrations to keep the audience interested, but these changes are inconsistent with the values underlying some traditions. Meanwhile, the lifestyles oflocal residents may be changed due to the arrival oftourists.

环境：破坏环境。

解释：增加了很多的设施，破坏当地的自然环境。

解释2：游客产生很多的垃圾，交通工具产生的废气，导致污染。解释3：人多了，生态环境比较脆弱

很容易被破坏。

cause damage to the environment, create waste, a source of pollution, fragile ecosystem, overrun by tourists

if the number of tourists increases, it can cause the damage to the environment. The surge in facilities such as hotels and roads can change the local environment remarkably. Tourists can create waste and the emissions of different means of transport are also a source of pollution. Finally, the fragile ecosystem canbecome more vulnerable,as some attractions are overun bytourists.

话题**45**：全球化：留学和移民

留学的好处：

可能上更好的大学

attend a famous university

- 178 -

young people aremore likely to attend a famous university if they choose to study abroad

学习外语，工作机会更好

pickup a foreign language, improve job prospects   
Studying in a foreign country means that they can pick up a foreign language more easily, which can improve job prospects.

眼界更加宽，能够接受不同的看法

broadenhorizons, take a broaderperspective   
Living in another country enables young people to broaden horizons and take a broader perspective in their lives.

离开父母生活，更加独立

become self-reliant, live separatelyfrom parents   
Young people can become self-reliant, as they live separately from parents and handle everything independently.

外国的朋友圈加大，职业机会更多

enlarge the circle offriends, broadencareer horizons   
young people canenlarge the circle offriendsoverseas, and it canbroaden careerhorizons.

留学的坏处：  
很难适应外国的环境，思乡病

adapttoan unfamiliar environment, feel homesick   
International students may find it difficult to adapt to an unfamiliar environment, and many of them may feel homesick.

语言不通，影响学业

overcome language barriers, educational underachievement.

it is also difficult to overcome language barriers. Failing to understand lectures may lead to educational underachievement.

移民（或者多元文化）的优缺点：  
文化 A 有很多的移民 B 人们接触不同的文化 C 文化变得比较包容，大家对文化多元性的意识也会加强解释（A-B）他们在生活方式、价值体系和社会规范方面更能适应不同民族所采用和重视的多样性解释（B-C）生活在多元文化城市的人们不把另一种文化视为古怪和不可接受的文化，而是了解各种生活  
- 179 -

方式的起源和价值

exposedto cultures 接触不同的文化 inclusive/tolerating 包容的 cultural awareness 文化意识

Countries which embrace multiculturalism are more inclusive as people are exposed to different cultures. They are more comfortable with the diversity in ways of life, value systems and social norms adopted and valued by different ethnic groups. Instead of seeing another culture as odd and unacceptable, people living in multicultural cities understand the origin as well as the value of every way ofliving. They aremore prepared toembrace diversity and accept cultural differences.

经济 A 有很多的移民 B 带来投资和钱 C 对经济有一定帮助

解释（A-B）一个多民族社会也有更多的机会实现生态繁荣，因为不同种族背景的人通常都会带着钱来

解释（B-C）他们可以在当地设立一家企业，或投资当地公司，以此谋生

解释（B-C）与此同时，他们必须在当地定居时购买家具和家用产品。他们的钱有利于经济增长

A multi-ethnic society 多民族的社会 economic prosperity 经济繁荣 different ethnic backgrounds

不同的民族背景 set up a business locally 在当地开办企业

A multi-ethnic society also has more opportunities for economic prosperity as people of different ethnic backgrounds normally come with money. They may set up a business locally or invest in a local company as a way of earning a livelihood. Meanwhile, they have to purchase furniture and household productsas they settle locally. Their money isbeneficial toeconomic growth.

经济 A 有很多的移民 B 带来劳动力，创业 C 对当地的生活水平提高

解释（B-C）：解决劳动力紧缺的问题

解释（B-C）：为了在当地扎根，工作很勤奋，新来的人努力工作开始新的生活

解释（B-C）：来自不同的地方，将那个地方的一些产品和文化带过来，丰富当地人的生活举例：食物，

在这些多文化的社区中，人们经常能够享受美味的佳肴

people from diverse ethnic backgrounds 人们来自不同的民族背景 improve the standard of living

提高生活水平 host community 东道主社区 local inhabitants 当地的居民 multiechnic communities

多民族的社区

The arrival of people from diverse ethnic backgrounds can also improve the standard of living as these people bring skills and jobs valuable to the local economy. Some of them may have skills to fill gaps in the labour market, and these newcomers work hard to start a new life. Meanwhile, they may introduce some products unique to their own cultures to the host community, thereby offering local inhabitants more choices in lives. Food is a typical example, and in those multi-ethnic communities, people normally enjoydifferent cuisine.

科技 A 有很多的移民 B 带来一些想法、创意还有技术 C 对于创新有一定帮助

解释（A-B）一个多文化社区也有一个有利于创新的环境，因为来自世界各地的人们可以贡献他们独特

的

思维方式

解释（B-C）一个拥有多元化劳动力的公司更有能力开发创意，因为员工们聚集在一起分享想法，从不

同

的角度分析问题举例：在开发新产品的过程中，来自不同文化背景的人可能会强调从包装到功能的不同

方面。这种头脑风暴过程可以给公司带来新的视角

a multicultural community 多文化的社区 an environment conducive to innovations 有利于文化创新

distinct ways of thinking 不同的思维方式 diverse workforce 多样的劳动力 be more capable of 更

有能力 develop creative ideas 发展创意 brainstorming process 头南风暴过程

A multi-cultural community also has an environment conducive to innovations as people from different partsof the world can contribute their distinct ways of thinking. A company with a diverse workforce is more capable of developing creative ideas as employees come together to share ideas and analyse an issue from different perspectives. In the development of a new product, for instance, people from different cultures may lay emphasis on different aspects, from package to functions. This brainstorming processcan give the company new perspectives.

文化 A 有很多的移民 B 当地的文化会受到一定影响 C 当地的特色会消失

解释（A-B）对多元文化主义有强烈感情的人认为多元文化主义会威胁当地文化，侵蚀当地人的认同感

解释（A-B）食物、服饰、节日甚至宗教都是一种文化中有趣的组成部分，如果一个民族团体在一个社

区

中越来越有影响力，他们的文化很可能会影响当地人举例：在英国的一些社区，随着穆斯林移民数量的

增加，一些当地居民改变了他们的宗教信仰。人们越来越担心它会对当地的宗教生活产生深远的影响

have strong feelings about multiculturalism 对多元文化有强烈的感情 threaten the local culture 威胁

当地的文化 erode the sense of identity of native people 侵蚀本地人的身份认同感 change their

religious beliefs 改变宗教信仰 Muslism immigrant 穆斯林移民 have a profound effect on 对..有深

远影响 local religiouslife 当地的宗教生活

People who have strong feelings about multiculturalism think that it could threaten the local culture and erode the sense of identity of native people. The food, dresses, festivals and even religions are among the interesting components of a culture, and if an ethnic group increases presence in a community, their culture is likely to influence locals. In some communities in the UK, for example, some local residents have changed their religious beliefs as the number of Muslim immigrants increases. There is growing concernthat it will have aprofound impact onlocal religious life.

犯罪 A 有很多的移民 B 相互之间差异很大 C 社会分化

解释（B-C）一些少数民族可能认为他们没有受到尊重，他们需要根据东道国的法律来放弃他们的一些

传

统，例如宗教习俗

解释（B-C）同时，当地居民可能会抱怨新来者没有尝试融入当地文化如果这些种族差异没有得到解决，

- 181 -

暴力就会爆发

the presence of multiple ethnic groups 多民族的存在 increase the risk of racial conflicts 增加种族冲

突的风险 be treated with respect 受到尊重 forsake some of their traditions 放弃一些他们的传统

integrate into the local culture 融入到当地的文化 make an attempt 尝试 ethnic differences 种族差

异

The presence of multiple ethnic groups can also increase the risk of racial conflicts as cultural differences are not overcome easily. Some ethnic minorities may think that they are not treated with respect and that they are required to forsake some of their traditions, such as religious practices, by the laws of the host community. In the meantime, inhabitants native to the community may complain that newcomers do not make an attempt to integrate into the local culture. If these ethnic differences are not settled, violence canerupt.

话题**46**：全球化：文化多样性

全球化通过下面的途径影响我们的文化：

西方的跨国公司在不同国家开厂和设立办事处，工作的文化影响当地人

multinational companies, factories and subsidiaries, work practices, corporateculture

Multinational companies have factories and subsidiaries in different parts of the world. Their work practicesand corporateculture can influence employees they hire locally.

西方的媒体（包括杂志、电影、电视节目等）鼓励人们模仿西方人的生活方式、接受外国人的价值观

westernlifestyles, embrace values ofthe West

People who read magazines and watch films and TV programmes imported from the western world tend tocopywestern lifestyles and embrace values ofthe West.

和西方人的接触（包括旅游、留学和移民等），耳熟目染外国的文化

exposedto a foreign culture, come into contact with

People can come into contact with the ways of life and values of other countries when travelling, studying or living overseas. They are exposed to a foreign culture and gradually, they assimilate into the local culture.

文化变化的好坏处：

接触不同的文化，思维更加宽，人更加宽容

exposedto different cultures, broadenminds, tolerating

- 182 -

People who are exposed to different cultures will become more tolerating and keep an open mind to different ideas.

接触不同的文化，自己的某些习俗可能慢慢消失，影响文化多样性，世界变得无聊

cultural diversity, a mundane world   
Due to the exposure to exotic cultures, some customs may disappear. People may live in a mundane world ifcultural diversity is compromised.

我们会在以下方面失去自己的传统和习惯：

衣服（大家都穿西服，而不是自己的传统服饰）

westernsuits, traditional costumes   
Peopletend to wear western suits, rather than traditional costumes.

艺术、音乐、电影（喜欢看好莱坞电影、流行乐、西方的油画，而不是本国的艺术形式，民谣等）

Hollywood movies, popmusic, oil paintings, art forms, folk music   
It is common to watch Hollywood movies, listen to pop music and appreciate oil paintings. People are less interested in traditional art forms and folk music.

建筑（喜欢西方国家的摩天大楼，石头建筑等）

skyscrapers, stone houses   
Westernarchitectural styles suchas skyscrapersand stone houses areeverywhere in the world.

饮食（快餐风靡，喜欢吃牛扒）

fast food,eat steak   
Eating fast food and western dishes suchas steak has gained inpopularity.

传统节日，庆典（庆祝圣诞节，情人节，甚至感恩节，而不是自己的传统节日）

celebratetraditional festivals   
Instead of celebrating traditional festivals, people are keen to celebrate Christmas, Valentine’s Day and even Thanksgiving.

价值观和生活观 (更加追求个人成功，而不是家庭和社会生活的幸福；更加追求平等，对于社会阶级的意识淡化)   
achieve ambitions, family and social life, equality, social hierarchy   
Young people of some developing countries spend time achieving ambitions, rather than family and social life. Theyvalue equality and disapprove ofsocial hierarchy.

- 183 -

语言（喜欢学习外语，有些方言慢慢减少）  
aforeign language, speak local dialects   
People invest time and effort in picking up a foreign language.The number of people who can speak localdialects has droppedsharply.