



伯克列教育

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托福雅思写作必备词组

Essential Phrases in TOEFL & IELTS Writing



The most frequently used phrases in TOEFL & IELTS
writing tasks, divided into 13 topics

托福雅思写作必备词组

List 1 Schooling.....	3
List 2 Parenting.....	8
List 3 Technology.....	13
List 4 Government.....	18
List 6 Life.....	28
List 7 Society.....	33
List 8 Environment.....	38
List 9 Culture.....	43
List 10 Attitude.....	47
List 11 Crime.....	51
List 12 Work.....	55
List 13 Globalization.....	59

List 1 Schooling

1. 正规教育 formal schooling/formal education/school education/proper upbringing
2. 义务教育 compulsory schooling/compulsory education/compulsory school attendance
3. 所有人免费 free of charge for all
4. 中国的九年义务教育 China's nine-year compulsory education
5. 合格的老师 qualified teachers
6. 教师培训计划 teacher training schemes
7. 传授事实 impart facts
8. 对……感兴趣 become interested in/take an interest in
9. 对……失去兴趣 lost interest in
10. 打消学生对……的兴趣 discourage students' interest in sth.
11. 鼓励学生对科学的兴趣 encouraged students' interest in science
12. 培养学生兴趣 foster/cultivate/develop students' interest in sth.
13. 组织实地考察 organize field trips
14. 塑造孩子的性格 mould children's personality
15. 一个人个性的表达 an expression of one's personality
16. 个性很强 have a strong personality
17. 穿校服 wear school uniform
18. 教育机会 educational opportunities access to education
19. 教育资金 education budget/funds/investment
20. 上课 attend class/have class/attend lectures
21. 上大学 attend university/receive higher education
22. 高阶课程 advanced courses
23. 获得实践经验 gain hands-on experience
24. 给予学生实际的实践经验 give students practical hands-on experience
25. 有亲手操作电脑的经验 have hands-on experience of computers

26. 拥有学士学位的人 people who hold a bachelor' s degree
27. 拥有高中文凭的人 those with a high school diploma
28. 以考试为导向的 exam-orientated/examination-orientated
29. 远程教育 distance education/remote education
30. 受过良好教育的 well-educated
31. 专业知识 expertise/professional knowledge
32. 学历 academic qualification/educational qualification
33. 学业表现 academic performance
34. 适应 get accustomed to/get used to/adapt oneself to/accustom oneself to
35. 从实践中积累经验 gather experience from practice
36. 学习新思维并掌握解决问题的能力 learn new ways of thinking and acquire problem-solving skills
37. 帮助我们更有效地影响和说服他人 help us to influence and persuade others more effectively
38. 帮助我们建立新的社交关系 help us make new social connections
39. 进行批判式思考 engage in critical thinking
40. 书面作业 written assignments
41. 体育锻炼 physical exercises/physical activities
42. 运动对身体的好处 the physical benefits of exercise
43. 参与课外活动 participate in extracurricular activities/after-school activities
44. 选修课 optional/elective courses
45. 必修课 a compulsory subject/a mandatory course
46. 同辈压力 peer pressure
47. 与同龄人融洽相处 get on well with peers
48. 走出舒适区 get out of their comfort zone
49. 间隔年的价值 the value of taking a gap year
50. 出国留学的好处和坏处 pros and cons of studying abroad

Schooling 加分词组

51. 拥有丰富的教学经验 have a wealth of teaching experience
52. 知识积累与运用 knowledge accumulation and application
53. 信息获取与交换 information access and exchange
54. 超出能力范围 beyond one's capability/capacity/ability/competence
55. 面对严峻的资金减少问题 face grave problems of diminishing funds
56. 传授知识并赢得尊敬的能力 the ability to impart knowledge and command respect
57. 展现出非凡的解决问题能力 show exceptional competence in solving problems
58. 沉浸式和体验式学习机会 immersive and experiential learning opportunities
59. 抱怨大学学费 complain/groan about the price of college tuition fees
60. 道德观念 moral sense/moral value/morality
61. 发挥想象力 stretch their imagination
62. 激发学生潜能 bring out the best in students
63. 求知欲 desire for knowledge/intellectual curiosity
64. 激发学生的求知欲 stimulate students' intellectual curiosity
65. 培养学生的自信心 foster students' self-confidence
66. 努力 make efforts to do nth./make every effort to do nth./endeavor to do sth.
67. 教学方法 teaching approaches/teaching methods/pedagogical methodology
68. 培养良好的学习技能 develop good study skills
69. 研究领域 research field/research domain
70. 生理发展 physical development/physiological growth
71. 心理发展 mental development/mental growth/mental maturity
72. 适应力 adaptability to sth.
73. 做好准备以适应变化 be prepared to adapt to the changing world
74. 能够 be able to do sth./be capable of doing sth.
75. 新信息 new information/updated information/up-to-date information

- 76. 辍学率 drop-out rates of students
- 77. 源于 stem from/originate from/result from
- 78. 校园暴力 campus violence
- 79. 学校体育馆 a school gymnasium
- 80. 团队运动 team sports
- 81. 参与竞技体育 partake in competitive sport
- 82. 耽误了学生的学习 distract students from their studies
- 83. 良性竞争 healthy competition
- 84. 恶性竞争 malicious competition
- 85. 精神崩溃 mental breakdown
- 86. 压力 pressure/stress/mental pressure
- 87. 盲从 blindly follow
- 88. 不愿思考 be reluctant to think
- 89. 职业定位 career orientation
- 90. 缺乏实践经验 lack practical experience
- 91. 为期一天的迎新会 a one-day orientation session.
- 92. 缺乏自律 lack self-discipline/self-control
- 93. 重视 give priority to/attach importance to/lay accent on/place emphasis on/place significant emphasis on
- 94. 全面发展的 well-rounded/all-rounded
- 95. 有较低的失业可能 have a lower probability of unemployment
- 96. 初级教育 primary education/elementary education
- 97. 大学教育 college education/university education/higher education
- 98. 职业教育 vocational education
- 99. 劳动力市场所需的高级技能 the high-level skills necessary for the labor market
- 100. 大学在校生 undergraduates
- 101. 大学毕业生 college graduates/university graduates

102. 大学学位的效力 the efficacy of a college degree

103. 有学位和没学位的人之间巨大的工资差距 a serious wage gap between those with and without a degree

104. 有效传达你的想法 communicate your ideas effectively

105. 提高效率 increase efficiency/raise efficiency

106. 获得工作经验 obtain/gain/acquire work experience

107. 留学 study abroad/study overseas/go abroad for further study

108. 出国留学的机会 the opportunity to study abroad

109. 外语水平 foreign language proficiency

110. 获得全球认可和尊重的专业资格 gain professional qualifications that are recognized and respected worldwide

111. 建立自己喜欢的事业 establish an enjoyable career of your choice

112. 需要特殊教育的学生 pupils with special educational needs

113. 一位学业成就斐然的年轻女子 a young woman of impressive educational attainments

114. 拥有最高的教育水平 have the highest level of educational attainment

115. 改革教育体制 reform the educational system

116. 平等教育机会 equal educational opportunity

117. 教师的短缺 the shortage of teachers

118. 互动式教学方法 interactive teaching methods

119. 死记硬背 learn by rote

120. 没受过什么正规教育 have little formal schooling

121. 激励学生寻求更多的知识 motivate students to seek more knowledge

122. 鼓励学生充分发展自己的才能 encourage the full development of a student's talents

123. 激励学生努力学习 galvanize the students into studying hard

124. 不够重视某事 pay insufficient attention to sth

125. 特别重视某事 pay particular attention to sth

List 2 Parenting

1. 限制孩子的屏幕使用时间 limit children's screen time
2. 远离电视或电脑屏幕 get away from the television or computer screen
3. 电脑游戏 computer games
4. 久坐不动的生活方式 a sedentary lifestyle
5. 越来越多的儿童超重 a growing number of children are overweight
6. 导致肥胖 lead to obesity
7. 减少学龄儿童的肥胖症 reduce obesity in school children
8. 电视迷 couch potatoes
9. 暴力场面 scenes of violence
10. 影片里的暴力 the violence in films
11. 鼓励儿童的攻击性 encourage aggression in children
12. 大部分家长 the majority of parents
13. 忙碌的工作日程 hectic work schedules
14. 忙于工作 be fully occupied with work
15. 职场妈妈 working mothers
16. 溺爱的父母 indulgent parents
17. 娇生惯养的孩子 a spoiled child
18. 严格管教子女 keep a strict hand over the children
19. 儿童 children/kids/youngsters/little kids
20. 青少年 teenagers/adolescents/the teens/the youth
21. 青春期 the adolescent period
22. 青春期的男孩女孩 adolescent girls and boys
23. 防止青少年犯错 prevent the adolescent from making mistakes
24. 育儿课程 parenting classes/parenting courses

25. 向年轻人传授育儿技能 teach young people parenting skills
26. 育儿责任 child care responsibilities
27. 鼓励家长的参与 encourage parental involvement
28. 对青少年非常有帮助 be extremely helpful for teenagers
29. 养成做某事的习惯 get into the habit of doing sth.
30. 让情况变得更糟 make the situation worse
31. 睡眠不足的青少年 sleep-deprived teenagers/sleep-deprived adolescents
32. 对孩子的睡眠有负面影响 have a negative impact on a child's sleep
33. 不利于小孩子的大脑发育 adversely affect brain development in young children
34. 成为健康成熟的成年人 become healthy and mature adults
35. 户外玩耍 outdoor play
36. 在外面玩耍 play outside
37. 观摩人们如何进行社会交往 see how people interact socially
38. 为未来做更好的准备 be better prepared for the future
39. 参加一些有趣的户外活动 participate in a number of interesting outdoor activities
40. 成长的重要环节 a vital part of growing up
41. 家务 household duties/household chores/housework
42. 帮助做家务 help with household chores
43. 给孩子安排一些日常杂务 assign children some regular chores
44. 享受充足的玩耍时间 enjoy plenty of playtime
45. 帮助孩子更加自立 help children become more self-reliant
46. 财商教育 financial education
47. 教孩子们理财技巧 teach children money management skills
48. 培养更强的理财意识 develop a greater sense of money management
49. 树立榜样 set a good example
50. 误导青少年 lead teenagers astray

Parenting 加分词组

51. 向青少年出售香烟 sell cigarettes to teenagers
52. 因为同伴压力而开始吸烟 start smoking because of peer pressure
53. 青春期的叛逆 adolescent rebellion
54. 促使孩子反抗 foster rebellion in children
55. 缺少家教 lack of parental control
56. 对儿童的体罚 physical punishment to children
57. 不尊重老师和家长 disrespect teachers and parents
58. 辜负父母的期望 fail parental expectations
59. 父母对重要问题的指导 parental guidance about important matters
60. 提高孩子对重要社会问题的认识 raise children's awareness of important social issues
61. 鼓励儿童进行分析性思考 encourage children to think analytically
62. 建立自我调节的技能 build self-regulation skills
63. 限制孩子发展适合年龄的技能的机会 limit a child's opportunity to develop age-appropriate skills
64. 有很强的语言表达能力 have great verbal dexterity
65. 战胜疾病的能力 the ability to fight off illness
66. 学习高级的运动技能 learn advanced motor skills
67. 儿童肥胖症急剧增加的罪魁祸首 the culprit of the dramatic rise in childhood obesity
68. 比久坐不动的孩子燃烧更多的卡路里 burn more calories than sedentary children
69. 儿童社会情感发展的重要部分 an essential component of children's social and emotional development
70. 社交能力、利他、自尊和自信等特质 attributes such as social competence, altruism, self-esteem, and self-confidence
71. 与某事呈正相关 be positively correlated to
72. 与某事呈负相关 be negatively correlated to
73. 诚实的好处和不诚实的后果 the advantages of being honest and the consequences of being dishonest
74. 通过说谎来摆脱麻烦 get away from trouble by telling lies

75. 嬉戏的打闹 a playful fight
76. 对孩子行为不端的标准反应 a standard response to a child's misbehavior
77. 禁止体罚 ban corporal punishment
78. 营造人人有归属感 create a sense of belonging for everyone
79. 包括理财, 学习方法, 沟通技巧和正确的个人卫生等基本习惯 essential habits including managing money, how to learn and study, communication skills and correct hygiene
80. 增加独立性并培养责任感 increase independence and develop a sense of responsibility
81. 灵活的动手能力 manual dexterity
82. 让孩子循规蹈矩 discourage children's bad behaviour
83. 打消孩子对音乐的兴趣 discourage children's interest in music
84. 发挥孩子的特长和兴趣 harness children's unique qualities and interests
85. 在家接受教育的好处 the benefits of homeschooling
86. 在家接受教育的孩子 homeschooled kids
87. 在标准化测试中表现出色 do well on standardized tests
88. 看纪录片 watch documentaries
89. 培养孩子的责任感 instill a sense of responsibility in children
90. 鼓励孩子自己做决定 encourage children to make their own decisions
91. 塑造孩子的个性 shape children's personality
92. 经常性地省钱 save money on a regular basis
93. 帮助你的孩子成为优秀的决策者 help your children become good decision makers
94. 一步步教授决策技巧 teach decision-making skills in small doses
95. 对他们的决定的后果负责 be responsible for the consequences of their decisions
96. 从经验中学习并在将来做出更好的决定 learn from the experience and make better decisions in the future
97. 他们走向成熟之路的重要组成部分 an essential part of their road to maturity
98. 让他们为自己的错误决定负责 hold them responsible for their poor decisions

99. 帮他们摆脱困境 bail them out of the trouble
100. 继续做愚蠢的事情而不担心后果 continue to do stupid things without fear of consequences
101. 缺乏经验和见识 lack experience and perspective
102. 倾向于做出冲动的决定 tend to make impulsive decisions
103. 专注于即时满足 focus on immediate gratification
104. 更为民主的育儿方式 a more democratic style of parenting
105. 性格的形成 the formation of character
106. 反叛父母的管教 revolt against parental disciplines
107. 激起孩子的叛逆感 rouse a feeling of rebellion in children
108. 叛逆的儿童 rebellious children
109. 厌学 be weary of studying
110. 厌学的儿童 children who are bored with school

List 3 Technology

1. 电子设备 electronic devices
2. 智能设备 smart devices/intelligent devices
3. 与全世界相连接 be connected to the world
4. 在电脑的帮助下 with the help of computers
5. 网络连接 internet access
6. 搜索引擎 search engines such as Google
7. 上网 surf the internet
8. 互联网的广泛使用 the extensive use of the Internet
9. 在高科技行业工作 work in high-tech industries
10. 网游 online gaming
11. 网购的流行 the popularity of online shopping
12. 网店 online stores
13. 实体店 physical stores
14. 完全浪费时间 a complete waste of time
15. 过多的屏幕时间 excessive screen time
16. 信息时代 information age/information era
17. 可在互联网上随时查阅 be readily accessible on the internet
18. 通过互联网举行的视频会议 videoconferencing over the internet
19. 脱离现实 be disconnected from reality
20. 即时通讯工具 instant messenger
21. 社交网络用户 social media users
22. 社交网站 social networking websites
23. 拍一张自拍 take a selfie
24. 发布在社交网站上 post sth on social networking sites

- 25. 高科技犯罪 high-tech crime
- 26. 网络欺诈 online fraud
- 27. 科技进步 technological progress/advance/development
- 28. 高科技产品 high-tech products
- 29. 创新产品 innovative products
- 30. 小家电 small home appliances
- 31. 智能家电 smart household appliances
- 32. 扫地机器人 smart floor cleaning robot
- 33. 新的科学发现 new scientific discoveries
- 34. 投资于科研 invest in scientific research
- 35. 科技革新的时代 an age of technological innovation
- 36. 跟上时代步伐 keep up with the pace of the age
- 37. 生活在一个技术飞速发展的时代 live in an age of rapid technological advance
- 38. 科技发生迅猛变化的时代 an era of very rapid technological change
- 39. 跟上技术变革的步伐 keep up with the pace of technological change
- 40. 应付巨大的技术变革 cope with massive technological change
- 41. 工作效率 work efficiency
- 42. 力求更高的效率 strive for greater efficiency
- 43. 实现更高的效率水平 achieve higher levels of efficiency
- 44. 新的数字技术 the new digital technology
- 45. 有害的 be detrimental to/be harmful to/be adverse to
- 46. 对环境有不利影响 have a detrimental impact on the environment
- 47. 有不利影响 have an adverse effect on sth./adversely affect sth.
- 48. 冷漠的 be indifferent to
- 49. 专注于 devote oneself to/dedicate oneself to/commit oneself to
- 50. 导致 lead to/give rise to/result in/cause/trigger/contribute to

Technology 加分词组

- 51. 虚拟世界 virtual world
- 52. 社会生活 social life
- 53. 驱动力 driving force
- 54. 经济增长的驱动力 the driving force behind the economic growth
- 55. 人类文明 human civilization
- 56. 信息爆炸 information explosion
- 57. 信息过载 information overload
- 58. 消极影响 negative effects on/negative impacts on/negative influences on
- 59. 只需按几个按钮即可获取信息 get information at the press of a few buttons
- 60. 网络与现实的差距 the difference between internet and reality
- 61. 尖端科技 cutting-edge technology/sophisticated technology/state-of-the-art technology
- 62. 提高燃料效率 increase fuel efficiency
- 63. 一个国家在全球经济中的竞争优势 a country's competitive advantage in the global economy
- 64. 分工 division of labor
- 65. 廉价劳动力 cheap labor
- 66. 熟练工 skilled labor/skilled worker
- 67. 装配线 assembly line/production line
- 68. 大规模生产 mass production
- 69. 大规模生产的商品 mass-produced goods
- 70. 制成品 manufactured goods
- 71. 不合理地侵犯人们的隐私 invade people's privacy unjustifiably
- 72. 基因工程 genetic engineering
- 73. 转基因食品 genetically modified food
- 74. 化肥 chemical fertilizer
- 75. 使用农药喷剂 use pesticide sprays

- 76. 减少杀虫剂的使用 reduce pesticide use
- 77. 定期喷洒杀虫剂 be regularly sprayed with pesticide
- 78. 杀虫剂的大规模应用 widespread application of pesticide/insecticide
- 79. 对公共健康构成威胁 pose a threat to public health
- 80. 造成健康隐患 pose health hazards
- 81. 对人类健康几乎没有风险 pose little risk to human health
- 82. 抗农药 be resistant to pesticide
- 83. 人工智能 artificial intelligence
- 84. an increased demand for jobs that require an advanced understanding of AI technologies 需要对 AI 技术有深入了解的工作需求增加
- 85. 语音识别技术 speech recognition technique
- 86. 太空探索 space exploration
- 87. 气象卫星 meteorological satellite
- 88. 满足人类好奇心 satisfy human curiosity
- 89. 无穷的好处 innumerable/countless/infinite benefits
- 90. 多任务处理 multi-tasking
- 91. 电子图书馆 digital library
- 92. 做出突破 make breakthroughs in
- 93. 加工食品 processed food
- 94. 实时交流 real-time communication/instant messaging
- 95. 开辟新道路 break new ground in
- 96. 天气预报 weather forecast
- 97. 过度使用 excessive use of sth./use sth. excessively
- 98. 产生远超人类范围的影响 have repercussions far beyond the frontiers of the human world
- 99. 家里有高速网络 have high-speed internet at home
- 100. 家里有宽带连接 have a broadband connection at home

101. 拥有一台台式电脑或笔记本电脑 own a desktop or laptop computer
102. 移动设备 mobile devices
103. 每两年买一个新的移动设备 buy a new mobile device every two years
104. 现代武器的毁灭性力量 the destructive power of modern weapons
105. 对技术变化反应迟缓 respond sluggishly to the changes in technology
106. 处于技术发展领域的最前沿 at the leading edge of technological development
107. 电信技术的发展 technological developments in telecommunications
108. 日新月异的科技发展 the relentless march of technology
109. 以空前的速度发展 develop at an unprecedented rate
110. 弥合学界和企业之间的技术差距 bridge the technology gap between academia and industry
111. 带来无穷的好处 bring innumerable benefits
112. 曾经被重视的技术 the once-valued skills
113. 新科学发现的应用 the application of new scientific discoveries
114. 科技的突飞猛进 the exponential rise of technology
115. 以指数级速度增长 grow at an exponential rate
116. 遥控技术 remote-control technique
117. 对社会产生不可逆转的影响 have an irreversible impact on society
118. 使某物被淘汰 render sth obsolete
119. 革新整个世界 revolutionize the whole world
120. 彻底改变汽车业 revolutionize the auto industry

List 4 Government

1. 政府官员 government officials/policy-makers/law-makers/the authorities
2. 政府权力 governmental power
3. 政府机构 governmental agencies
4. 政府开支 government spending/government expenditures
5. 做出影响整个社会的重要决定 make important decisions that affect entire societies
6. 财政支持 financial support/financial assistance
7. 福利制度 the welfare system
8. 低收入家庭 low-income families
9. 促进所有公民的福祉 promote the welfare of all citizens
10. 领取福利的人 people on welfare
11. 退休金 retirement pension
12. 退休年龄 retirement age
13. 提前退休 take early retirement
14. 为舒适的退休生活而储蓄 save for a comfortable retirement
15. 为他们的退休生活做好充分准备 make adequate provision for their retirement
16. 无忧无虑地享受退休生活 enjoy one's retirement without financial worries
17. 让退休人员有时间追求自己的爱好 give retirees the time to pursue their hobbies
18. 政府开支 government spending expense/investment/expenditure
19. 提供就业 provide employment/provide job opportunities
20. 强调增加就业机会的必要性 stress the need for improved employment opportunities
21. 失业率 unemployment rates
22. 失业率与犯罪之间的直接联系 the direct linkage between the unemployment rate and crime
23. 应对高升的失业 combat rising unemployment
24. 领取失业救济金 receive unemployment benefit

25. 失业人数 the number of jobless people
26. 既没工作又没钱 jobless and penniless
27. 加入失业者的行列 join the ranks of the jobless
28. 一些无业游民 some jobless vagrants
29. 为年轻人创造更多的就业机会 create more jobs for young people
30. 创造大量的新工作 generate a lot of new jobs
31. 使用公共交通工具而不是私家车 use public transport instead of private cars
32. 公共交通治理 administration of public transport
33. 投资基建 invest in infrastructure
34. 大力投资于公共交通 invest heavily in public transport
35. 缺乏合适的经济基础设施 lack a suitable economic infrastructure
36. 升级基础设施 upgrade the infrastructure
37. 大型基建项目 large infrastructure projects
38. 建设新的公共设施 build new public facilities
39. 改善公共服务 improve public services
40. 来自于纳税人 come from taxpayers
41. 抱怨政府浪费钱 complain about the waste of government money
42. 保护纳税人的利益 protect the interests of the taxpayers
43. 有立法权 have the power to legislate
44. 立法禁止 legislate against sth.
45. 立法禁止香烟广告 legislate against cigarette advertising
46. 立法禁止工作场所的歧视行为 legislate against discrimination in the workplace
47. 立法规定同工同酬 legislate for equal pay
48. 立法保护人们的隐私权 legislate to protect people's right to privacy
49. 人均 GDP per capita gross domestic product (GDP)
50. 一把双刃剑 a double-edged sword

Government 加分词组

51. 发展国防尖端科技 develop sophisticated technology in national defence
52. 与教育部联合工作 work in association with Department of Education
53. 明显放缓的经济增长速度 a sharp slowdown in economic growth
54. 知识作为增长的主要动力越来越高的重要性 the increasing importance of knowledge as a main driver of growth
55. 公众财政的彻底改革 an overhaul of public finances
56. 呼吁降低利率 call for lower interest rates
57. 严重侵犯言论自由的行为 a serious encroachment on freedom of expression
58. 严格的审查制度 strict censorship
59. 对所有全国性报纸进行审查 place all national newspapers under censorship
60. 放宽审查制度 relax censorship regulations
61. 合理的政策 sensible policies
62. 促进社会凝聚力 promote social cohesion
63. 拨款 allocate/grant money for sth.
64. 税收 tax revenue
65. 税收不足 a shortfall in tax revenue
66. 产生更多的税收收入 generate more tax revenue
67. 充足的劳动力 abundant supply of workforce
68. 完善的医疗体系 sound health care system
69. 优先做 give priority to sth.
70. 民主的政府 democratic administration
71. 发展经济 promote economic growth/develop the economy
72. 经济的命脉 the lifeblood of the economy
73. 对经济的严重损害 a serious damage on the economy
74. 公众对经济的不满情绪 public discontent with the economy

- 75. 大学扩招 expand university admissions
- 76. 保护环境 preserve the environment/protect the environment
- 77. 保障就业 guarantee employment
- 78. 旅游业 tourist industry/tourism
- 79. 旅游景点 tourist attractions/sightseeing spots/scenic spots/tourist spots/tourist destinations
- 80. 社会信任感 social trust
- 81. 财政负担 financial burden
- 82. 老龄化问题 aging problem/population aging
- 83. 经历惊人的人口增长 experience a phenomenal growth in population
- 84. 面临人口爆炸的问题 face a problem of population explosion
- 85. 面对 in the face of/facing/confronted with
- 86. 财政赤字 financial deficit
- 87. 非政府组织 non-governmental organization
- 88. 根据官方数字 according to official figures
- 89. 经济改革 economic reform
- 90. 城市人口 urban population
- 91. 农村居民 rural residents
- 92. 共同努力 make cooperative efforts to do sth.
- 93. 国家调控的计划经济 a planned state-regulated economy
- 94. 对一些产品实行出口限制 impose export restraints on some products
- 95. 军事干涉 military intervention
- 96. 干涉其他国家的内政 interfere in the internal affairs of other countries
- 97. 紧密的合作 close collaboration/close cooperation
- 98. 政治问题 political issues
- 99. 社会所接受的 socially acceptable
- 100. 财富分配 distribution of wealth

101. 贫富悬殊 the wide disparity between the rich and the poor
102. 司法制度 justice system
103. 传统的农耕社会 a traditional agricultural society
104. 经济萧条 economic recession/economic crisis
105. 陷入财务困境 in financial difficulties
106. 有责任 be obligated to do sth./be responsible for sth.
107. 关税 customs duty
108. 给经济带来灾难性后果 have disastrous consequences for the economy
109. 有极坏的负面影响 have painful repercussions
110. 为学生提供经济援助 offer financial assistance to students
111. 给许多人带来了额外的经济负担 imposes additional financial burdens on many people
112. 消耗我们的财政资源 a drain on our financial resources
113. 遭受了严重的财政损失 endure heavy financial losses
114. 对私营公司实行财务限制 impose financial restrictions on private companies
115. 最有效地利用现有的财政资源 make the most efficient use of the available financial resources
116. 将贫困率降低一半 cut the poverty rate in half
117. 暗淡的经济前景 bleak economic outlook
118. 生活在贫困中 live in poverty
119. 基本医疗服务 basic medical services/basic health care services
120. 吸烟与疾病的联系 the correlation between smoking and disease
121. 靠养老金苦苦支撑 struggle by on a pension.
122. 呼吁对福利制度进行重大改革 call for major changes to the welfare system
123. 税收收入不足 a shortfall in tax revenue
124. 给公众预算造成压力 put more stress on public budgets
125. 依靠社会救济生活的家庭 families on social security
126. 福利制度的彻底改革 complete reform of the welfare system

List 5 Media

1. 新闻媒体 news media
2. 社交网站 social networking sites
3. 被媒体夸大 be exaggerated by the media
4. 媒体报道 media coverage/press reports
5. 大众媒体 mass media
6. 引起全国关注 garner national attention
7. 被大众媒体广泛报道 be widely covered by the mass media
8. 传统媒体（例如印刷杂志和报纸以及电视和广播） traditional media (e.g., print magazines and newspapers, and TV and radio broadcasting)
9. 假新闻 fake news
10. 传播错误信息 spread misinformation
11. 耸人听闻的新闻报道 sensational news reports
12. 夸张的文章标题 exaggerated article titles
13. 头条新闻 headline news
14. 得到媒体的广泛报道 receive widespread media coverage
15. 给予某事大量的媒体报道 give sth a lot of media coverage
16. 完全基于事实 be based entirely on fact
17. 基于错误的信息 be based on misinformation
18. 一个真实的新闻报道 an authentic news report
19. 传播科学知识 diffuse scientific knowledge
20. 尽可能广泛地传播信息 disseminate messages as widely as possible
21. 关心名人的新闻 be interested in news about celebrities
22. 时事 current affairs
23. 保护隐私 maintain one's privacy
24. 侵犯隐私 invade one's privacy

25. 私生活不被媒体曝光 keep one's private life out of the media
26. 普遍的偏见 a widespread prejudice against sth.
27. 对……抱有强烈的偏见 be strongly biased against sth.
28. 偏颇的观点 biased views
29. 根深蒂固的偏见 a deep-rooted prejudice against sth.
30. 一个严重且普遍的问题 a serious and pervasive problem
31. 造谣惑众 spread lies and misinformation
32. 广告商 an advertising agency
33. 广告公司 advertising companies
34. 削减广告成本 cut advertising costs
35. 广告宣传活动 advertising campaigns
36. 骗人的广告 misleading advertisements
37. 想出新方法推广产品 think up new ways to promote products
38. 对销售有明显影响 have a marked effect on sales
39. 插播广告 insert an advertisement
40. 在广告中使用名人 use celebrities in advertising
41. 高知名度的名人 high-profile celebrities
42. 全国性的明星 a national celebrity
43. 一夜成名 become a celebrity overnight
44. 培养客户忠诚度 cultivate customer loyalty
45. 促进信息和思想的创造和交流 facilitate the creation and exchange of information and ideas
46. 沉迷于社交媒体 be addicted to social media
47. 对身心健康有严重影响 have dire effects on physical and mental health
48. 提高品牌知名度 enhance brand awareness
49. 信息获取 information acquisition
50. 娱乐业 the entertainment industry

Media 加分词组

51. 推动科学观念的传播 promote the dissemination of scientific ideas
52. 政治宣传活动 propaganda campaign
53. 对流行音乐有偏见 be biased against popular music
54. 扩大市场份额 gain/increase/expand market share
55. 收到了非常好的市场反响 receive very good market repercussion
56. 毫无偏见的 be completely objective/unprejudiced/unbiased
57. 摆脱 get rid of
58. 无处不在的狗仔队 the ubiquitous paparazzi
59. 国际声望 international fame
60. 名利 fame and fortune
61. 时装业的领军者之一 one of the market leaders in the fashion industry
62. 禁止香烟广告 ban cigarette advertising
63. 努力争取取缔任何形式的香烟广告 push for a ban on all cigarette advertising
64. 对新闻出版实行严格审查 impose strict censorship on the press
65. 做为宣传的工具 be used as a vehicle for propaganda
66. 政治宣传 political propaganda
67. 有信息量的报道 an informative report
68. 一部很具娱乐性的电影 an entertaining film
69. 电视记者 TV reporter
70. 政治新闻记者 political correspondent
71. 在广告中对其产品进行虚假宣传 misrepresent its products in the advertisement
72. 提高公司在市场上的知名度 increase the company's visibility in the marketplace
73. 几乎不可信 sth is hardly credible
74. 有意误导 be intentionally/deliberately misleading
75. 被媒体完全歪曲 be completely distorted by the media

76. 被指责为屈从于政府 be accused of being subservient to the government
77. 国际事务 international affairs
78. 根据民意测验 according to opinion polls
79. 一天 24 小时最新消息即时播报 ..24 hours a day up-to-the-minute instant news...
80. 少有媒体关注 receive scant attention in the press
81. 被媒体广泛抨击 be widely criticized in the press
82. 最近的新闻报道 recent reports in the press
83. 被媒体误读 be misinterpreted by the press
84. 在年轻女性中变得越来越常见 increasingly prevalent among younger women.
85. 反对在公共场所吸烟的运动 the campaign against public smoking.
86. 主要针对年轻人 be aimed primarily at young people
87. 对……着迷 be fascinated by...
88. 夸大事实 exaggerate the situation
89. 如实的报道 factual account of sth.
90. 不公正的报道 unfair reporting
91. 欺诈性的信息 deceptive information/fraudulent information
92. 美化暴力 glamorize violence
93. 家庭暴力 domestic violence
94. 批评娱乐业对暴力的美化 criticize the entertainment industry for the glorification of violence
95. 娱乐业从业人员 people working in the entertainment industry
96. 娱乐业的扩张 expansion of the entertainment industry
97. 警示消费者吸烟的危害 warn consumers about the dangers of smoking
98. 把吸烟描绘成有魅力和吸引力 depict smoking as glamorous and attractive
99. 接受西方的消费主义观念 embrace Western consumerism
100. 花钱买奢侈品 spend money on luxuries
101. 社交媒体对消费主义的影响 the effects of social media on consumerism

- 102. 诱导人们消费 entice people into spending money
- 103. 毒害年轻人的思想 poison the minds of young people
- 104. 易被虚假广告所迷惑 be easily misled by false advertisements
- 105. 抱怨产品质量差 complain about the poor quality of the products
- 106. 潜移默化地发挥作用 work at a subconscious level
- 107. 饱受广告轰炸 be constantly bombarded with advertisements
- 108. 在电视广告中受到信息的轰炸 be bombarded with information in the form of TV advertising
- 109. 一个不问是非、甘为政府搞宣传的哈巴狗一样的新闻媒体 a lap-dog press which will uncritically

report their propaganda

- 110. 维持发行量 maintain the circulation figures
- 111. 新闻自由 freedom of the press
- 112. 新闻发布会 press conference
- 113. 违反保护隐私的行为准则 breach the code of conduct on privacy
- 114. 电影制片人 film producer
- 115. 有发言权 have a say in sth.

List 6 Life

1. 对现代生活是不可或缺的 be indispensable to modern life
2. 现代生活的一个重要组成部分 an essential part of modern life
3. 现代生活节奏 the pace of modern life
4. 城市生活的节奏 the pace of city life
5. 高升的房价 soaring housing prices
6. 乡村生活的悠闲节奏 the relaxed pace of life in the country
7. 快节奏生活的利弊 the pros and cons of living a fast paced lifestyle
8. 过着极快节奏的生活 live incredibly fast paced lives
9. 生活节奏快 live a fast-paced life
10. 闲暇时间有限 have a limited amount of leisure time
11. 享受更短的工作时间和更多的休闲时间 enjoy shorter working hours and more leisure time
12. 现代生活的一个主要问题 a major problem of modern life
13. 逃避现代生活的压力 escape the pressures of modern life
14. 在压力下工作 work under pressure
15. 巨大的压力 immense/tremendous/huge pressure
16. 与家人一起度假 take a vacation with family
17. 保持乐观心态 keep a positive attitude
18. 抱持积极的人生观 adopt a positive outlook on life
19. 人际关系 interpersonal relationship
20. 人际交往能力 interpersonal skills/interpersonal competence
21. 具有很强的人际交往能力 have strong interpersonal skills
22. 保持有意义的人际关系 maintain meaningful interpersonal relationships
23. 扩大社交圈 enlarge one's social circle
24. 生活必需品 a basic necessity of life/daily necessity

25. 缓解压力 relieve pressure/relieve stress
26. 提升城市的休闲设施 upgrade the city's leisure facilities
27. 种类繁多的体育和休闲设施 a wide variety of sports and leisure facilities
28. 提供广泛的体育活动 offer a wide range of sporting activities
29. 同等重要 equally important
30. 产生许多健康益处 produce many health benefits
31. 交友广泛 have a wide circle of friends
32. 一个身份的象征 a status symbol
33. 融入周围环境 blend into your surroundings
34. 和大家相处得很好 get along with everyone
35. 成年生活 adult life
36. 面对困难 face hardship
37. 应付如山的问题 cope with a mountain of problems
38. 应付繁重的工作 cope with the heavy workload
39. 不利情况 adverse conditions
40. 承受压力 cope with stress/tolerate stress/deal with stress
41. 有心理健康问题的人 people with mental health problems
42. 增加健康 conduce to one's health
43. 有害健康 be detrimental to health
44. 快餐店 fast food restaurants/fast food outlets
45. 有不利影响 have an adverse effect on/have a detrimental effect on
46. 导致疾病 give rise to disease
47. 生活水准 living standards
48. 大大提高 increase considerably/substantially/enormously/tremendously
49. 改善老百姓的生活水平 improve the living standards of ordinary people
50. 幸福的秘诀 the secret to happiness

Life 加分词组

51. 享有让很多人羡慕不已的收入和生活方式 enjoy an income and lifestyle that many people would envy
52. 由于孩子的降生而引起的生活方式的改变 the change of lifestyle occasioned by the baby's arrival
53. 降低压力激素的水平 reduce the levels of stress hormones
54. 对人生观产生深刻影响 have a profound effect on one's outlook
55. 理解思维模式 understand one's mindset
56. 精神医病 mental illness
57. 慢性疲劳 chronic fatigue
58. 导致许多疾病的原因 a contributory cause of many diseases
59. 降低人对疾病的抵抗力 lower people's ability to cope with disease
60. 导致抑郁和疲劳 lead to feelings of depression and exhaustion
61. 舒缓压力的一剂妙方 a wonderful antidote to stress
62. 适度的压力 a moderate amount of stress
63. 抑郁症的有效解药 an effective antidote to depression
64. 患有严重的抑郁症 suffer from acute depression
65. 表现出焦虑的症状 exhibit symptoms of anxiety
66. 感到高度焦虑 experience high levels of anxiety
67. 降低压力水平 reduce stress levels
68. 增强你的幸福感 enhances your sense of well-being
69. 表现出焦躁不安和过度忧虑的症状 exhibit symptoms of anxiety and overwhelming worry
70. 缓解焦虑所带来的不安症状 alleviate the distressing symptoms of anxiety
71. 导致长期的心理影响 cause long-lasting psychological effects
72. 更低廉的房价 cheaper housing
73. 导致生活水准下降 cause the fall in living standards
74. 缺乏如游泳池或网球场的休闲设施 lack leisure facilities such as a swimming pool or tennis courts
75. 体育竞赛 sporting contest/sports competition

- 76. 优越感 sense of superiority
- 77. 自卑感 sense of inferiority
- 78. 自然历史博物馆 natural history museum
- 79. 度过一个安静而放松的假期 spend a quiet and relaxing holiday
- 80. 组织社交活动 organize social events
- 81. 与……来往 socialize with...
- 82. 参与决策 be involved in the decision making/participate in the decision making
- 83. 渴望 long for/thirst for/hunger for
- 84. 靠吃垃圾食品过活 live on a diet of junk food
- 85. 让孩子远离垃圾食品 wean children off junk food
- 86. 控制孩子对含脂肪的垃圾食品的渴望 control kid's cravings for fat-laden junk food
- 87. 越来越依赖西方快餐 increasing reliance on Western fast food
- 88. 分担家务 share the domestic chores/share the housework
- 89. 应付 cope with/deal with/handle
- 90. 抱怨工作负担过重 complain of work overload
- 91. 年龄限制 age limit
- 92. 对 ... 实行限制 impose/place restrictions on
- 93. 神经疲惫不堪 nervous exhaustion
- 94. 一个艰巨的任务 an arduous task
- 95. 单亲妈妈 single mother
- 96. 面对困难 in the face of difficulty/in the face of adversity
- 97. 宝贵的经验 valuable experience
- 98. 体力的衰退 physical deterioration
- 99. 有损事业 jeopardize one's career
- 100. 现代生活的一个特征 a characteristic feature of modern life
- 101. 现代生活的干扰和诱惑 the distractions and seductions of modern life

- 102. 现代生活的喧嚣 the hustle and bustle of modern life
- 103. 现代生活压力的完美解药 the perfect antidote to the pressures of modern life
- 104. 从现代生活的压力中提供一个舒适的解脱 offer a comforting relief from the stress of modern life
- 105. 逃离城市生活的烦扰 escape the hassles of urban life
- 106. 帮助我们显著提升个人关系 help us to significantly enhance our personal relationships
- 107. 与某人建立亲密的友谊 strike up a close friendship with sb.
- 108. 把友谊看得比其它东西都重要 value friendship more than anything else
- 109. 现代生活的副作用 one side effect of modern life
- 110. 劳心劳力的工作 a tiring and stressful job
- 111. 模糊了工作日和周末之间的界限 blur the line between workdays and weekends
- 112. 破坏免疫系统 wreak havoc on the immune system
- 113. 提高身体的免疫力 boost the body's immune system
- 114. 抵抗压力与紧张的影响 counteract the effects of stress and tension
- 115. 给某人造成无法承受的压力 put intolerable pressure on sb
- 116. 面对逆境的勇气 courage in the face of adversity
- 117. 将最终战胜逆境 will ultimately triumph over adversity
- 118. 生活在恶劣的住房条件下 live in bad housing conditions
- 119. 居住在不符合标准的住房中 live in substandard housing
- 120. 为穷人提供体面的住房 provide decent housing for the poor
- 121. 为城市的无家可归者提供临时住所 provide temporary housing for the city's homeless
- 122. 发达国家的人类平均寿命 the average human lifespan in the developed countries
- 123. 减少儿童肥胖 reduce obesity among children
- 124. 健康教育和营养信息 health education and nutritional information
- 125. 精加工的食品 highly processed foods

List 7 Society

1. 社会进步 social progress/advancement
2. 经济的快速发展 economic boom/growth/prosperity
3. 经济增长的速度 the pace of economic growth
4. 生活节奏加快 the tempo/pace/rhythm of life is accelerating
5. 改善公共交通系统 improve public transport
6. 交通运输方式 modes/means of transport
7. 交通堵塞 traffic jam/traffic congestion
8. 繁忙时段的交通拥堵 traffic congestion in rush hours
9. 造成严重的交通拥堵 cause severe traffic congestion
10. 缓解交通拥堵 relieve traffic congestion
11. 塞车 be choked with traffic
12. 停车问题 parking problems
13. 应付交通的增加 cope with the increase in traffic
14. 减少高峰期的交通量 reduce traffic at peak periods
15. 最流行的交通工具 the most popular mode of transport
16. 通勤时间的交通问题 traffic problems during commuting hours
17. 远距离通勤 long-distance commuting
18. 可支配收入 disposable income
19. 低收入家庭 families on low incomes
20. 习惯于 be accustomed/used to doing sth.
21. 独居 live alone
22. 习惯一个人生活 get used to living alone
23. 独居的老人 old people living alone
24. 独居的好处和坏处 the advantages and disadvantages of living alone

25. 独自生活的人数 the number of people living alone
26. 组织更多的社交活动 organize more social events
27. 远程办公 telecommuting/teleworking
28. 在家办公的好和坏 the pros and cons of working from home
29. 合格年轻人才的短缺 a shortfall in supply of qualified young people
30. 老年人 the old/the elderly/seniors/retirees/senior citizens/old people
31. 为老年人提供经济支持 financial support for the elderly
32. 预期平均寿命 average life expectancy
33. 正在下降的出生率 a falling birth rate
34. 发达国家的生育率 birthrates in developed countries
35. 职业女性的生育率 the birth rate among professional women
36. 视金钱为一切 place money above everything else
37. 经济压力 financial stress
38. 高利率 high interest rates
39. 油价猛涨 a sharp increase in the price of petrol
40. 阻碍经济增长 hinder/impede/stunt economic growth
41. 确保充分就业 secure full employment
42. 就业的必备先决条件 an essential prerequisite for employment
43. 城市扩张 urban sprawl/urban expansion
44. 提高修养 elevate one's mind
45. 禁止吸烟 ban smoking/prohibit smoking/make smoking illegal/forbid smoking
46. 新冠疫情爆发期间 during the coronavirus outbreak
47. 随着新冠肺炎爆发进入第三个年头 As the coronavirus outbreak enters its second year
48. 在公共场合戴口罩 wear masks in public
49. 新冠大流行的经济影响 the economic implications of the pandemic
50. 在处理冠状病毒方面做得很好 has/have done a good job dealing with the coronavirus

Society 加分词组

51. 贫富国家间的财富鸿沟 the great disparity/huge gap of wealth between rich and poor countries
52. 追求最大限度的利润 pursue maximum profit
53. 炫耀性消费 conspicuous consumption
54. 展示社会地位 show/display one's social status
55. 获得医疗服务 access to medical care
56. 社会地位高的人 people of higher status
57. 有钱有势的男男女女 women and men of wealth and status
58. 维持现状 maintain the status quo
59. 劳动力 labor force
60. 通过教育和培训计划提高劳动力的质量 improve the quality of the labor force through education and

training programs

61. 在社会阶层中不均衡分布 be unequally distributed across social classes
62. 长期的社会变革 long-term social change
63. 来自于各个社会阶层 come from all social backgrounds
64. 直到最近 until comparatively recently/until relatively recently
116. 受到监控 under surveillance
65. 监控摄像头 surveillance camera
66. 安装监控摄像头 install surveillance cameras
67. 对居民造成严重干扰 cause serious disturbance to residents
68. 建筑业的衰败 the downturn in the construction industry
69. 投入不足 insufficient investment in sth.
70. 急需 there is an urgent need for sth.
71. 赡养 make provision for someone
72. 低于最低生活水平 below the subsistence level
73. 贫困的主要原因 a major cause of poverty

74. 城市中最穷困的地方 the most poverty-stricken areas of the city
75. 繁荣东部和贫穷西部之间的差距 the division between the prosperous east and the impoverished west
76. 与贫困有关的问题 the problems associated with poverty
77. 资金短缺 a shortfall in funding
78. 欺骗行为 deceptive practice/deceptive behavior
79. 提高富有阶层所得税 raise income taxes on the wealthy
80. 以牺牲…的利益为代价 at the expense of/at the cost of
81. 从过去的错误中吸取教训 learn from the mistakes of the past
82. 传统的农耕社会 traditional agricultural societies
83. 农业从业人数 the number of people employed in agriculture
84. 国家经济的主要支柱 the mainstay of the country's economy
85. 进入劳动力市场的人 people entering the labor market
86. 与父母同住的年轻人比例 the share of young adults living with their parents
87. 年收入 annual income
88. 经济危机 economic crisis
89. 使经济走出衰退 pull the economy out of recession
90. 下调利率 reduce interest rates
91. 投身政治 go into politics
92. 潜在的问题 potential problems
93. 聪明的理财手法 intelligent money management
94. 一个复杂的局面 a complicated situation
95. 如何平衡工作和家庭责任 how to balance work and family responsibilities
96. 使人们处于重大不利地位 put people at a major disadvantage
97. 贫困儿童的教育问题 the educational problems of disadvantaged children
98. 帮助贫困地区扶持新型商业 help disadvantaged foster new businesses
99. 弱势群体 members of disadvantaged groups

- 100. 少数民族 people from ethnic minorities
- 101. 扶贫 help the disadvantaged
- 102. 缺乏对弱势群体的同情 lack sympathy for those in disadvantaged circumstances
- 103. 经济上处于弱势的儿童 economically disadvantaged children
- 104. 社会的一个缩影 a microcosm of society
- 105. 社会的基石 the cornerstone of society
- 106. 适应你所处社会的规范 adapt to the norms of the society you live in
- 107. 工作场合中的性别失衡 gender imbalance in the workplace
- 108. 性别歧视 gender discrimination
- 109. 普遍存在的歧视 widespread discrimination
- 110. 对女性的歧视 discrimination against women
- 111. 就业中的年龄歧视 age discrimination in employment
- 112. 对歧视的补救措施 a remedy for discrimination
- 113. 经济增长急剧放缓 a sharp slowdown in economic growth
- 114. 和平繁荣的新时代 a new era/age of peace and prosperity
- 115. 一个充满活力和繁荣的城市 a vibrant and prosperous city

List 8 Environment

1. 保护环境 preserve the environment
2. 环境问题 environmental issues/problems
3. 野生动物 wildlife/wild animals
4. 动植物 flora and fauna/plants and animals
5. 食物链 food chain
6. 灭绝动物 extinct animals
7. 走向灭绝 go extinct/die out
8. 濒危物种 endangered species
9. 全球变暖 global warming
10. 温室效应 greenhouse effect
11. 温室气体 greenhouse gas
12. 二氧化碳 carbon dioxide
13. 极端天气 extreme weather
14. 气候变化 climatic changes
15. 处于灭绝的边缘 on the verge of extinction
16. 保持物种多样性 preserve diversity in nature
17. 环境保护法规 environmental legislation
18. 环保产品 environmentally friendly goods/products
19. 有机农业 organic farming
20. 农业 agriculture/farming industry
21. 有机水果和蔬菜 organic fruit and vegetables
22. 农业中过度使用化学品 the over-use of chemicals in agriculture
23. 传统耕作方法 traditional farming methods
24. 对农业造成威胁 pose threats to agriculture

25. 对农业和食物链构成威胁 pose a threat to agriculture and the food chain
26. 集约化农业 intensive farming
27. 生态灾难 an ecological disaster/an ecological catastrophe
28. 对自然环境的破坏 damage to the natural environment
29. 对环境友好的 be ecologically/environmentally friendly/eco-friendly
30. 有环保意识的人 ecologically-minded people
31. 更具环保意识 become more environmentally aware
32. 对环境更负责任 become more environmentally responsible
33. 有损环境的 be environmentally damaging
34. 对环境的影响是灾难性的 be environmentally disastrous
35. 能源消耗 energy consumption
36. 替换能源 alternative energy
37. 太阳能 solar energy
38. 水电 hydropower/hydroelectricity
39. 不可再生资源 nonrenewable resource
40. 化石燃料 fossil fuel
41. 煤炭和石油等化石燃料 fossil fuels such as coal and petroleum
42. 可再生能源 renewable energy sources
43. 由可再生能源提供动力 be powered by renewable energy
44. 政府在可再生能源研究方面的支出 government spending on renewable energy research
45. 开发更环保的能源形式 develop more environmentally friendly forms of energy
46. 减少我们的碳足迹 reduce our carbon footprint
47. 保持生态平衡 keep ecology in balance
48. 生活垃圾 domestic waste/household waste
49. 减少碳排放 reduce carbon emissions
50. 环保组织 ecological groups/environmental organizations

Environment 加分词组

51. 采煤 coal mining
52. 最具环境破坏性的活动之一 one of the most environmentally destructive activities
53. 一个环境脆弱的区域 an environmentally fragile area
54. 破坏该地区的生态平衡 upset the ecological balance of the area
55. 森林的保护和可持续发展 the conservation and sustainable development of forests
56. 从生态学的角度来看 from an ecological viewpoint
57. 像雨林破坏等生态灾难 ecological disasters such as the destruction of rainforest
58. 一种对生态无害的方法 an ecologically sound approach
59. 对环境最有利的方案 the most environmentally sound option
60. 严重损害环境 be environmentally disastrous/damaging
61. 最环保的能源 the most environmentally safe form of energy
62. 保护自然环境和资源 conserve the natural environment and resources
63. 促进资源的可持续管理 promote sustainable management of resources
64. 遏制人类活动的负面影响 curb the negative impacts of human activities
65. 土壤的贫瘠化 soil degeneration
66. 雨林的破坏 destruction of rainforest
67. 使我们的食物链失衡 make our food chain unbalanced
68. 环境危害 environmental hazards
69. 对环境问题负有很大的责任 bear much of the responsibility for environmental problems
70. 劝告人们保护环境 persuade people to respect the environment
71. 我们这个丢弃式社会 our throwaway society
72. 被鼓励回收 be encouraged to recycle
73. 回收利用玻璃瓶 recycle glass bottles
74. 回收 90%的生活垃圾 recycle 90% of domestic waste
75. 促进节约能源 promote energy conservation

76. 重工业 heavy industry
77. 对环境的破坏性影响 the damaging effect on the environment
78. 有毒化学品 toxic/noxious/poisonous chemicals
79. 控制环境污染 control environmental pollution
80. 污染水平 the level of pollution
81. 减轻河流污染 reduce pollution of the rivers
82. 化学反应 chemical reaction
83. 臭氧的破坏 ozone destruction
84. 农业中化学品的过度使用 the overuse of chemicals in agriculture
85. 食品安全 food safety
86. 核电站 nuclear power station
87. 砍伐森林引起的生态危机 the ecological crisis of deforestation
88. 造成水旱灾害 cause floods and drought
89. 破坏大面积的热带雨林 destroy large areas of tropical rain forest
90. 大范围的森林砍伐 widespread deforestation
91. 加速水土流失 accelerate soil erosion
92. 纸质书 printed books/paper books
93. 适应环境 accommodate to the environment
94. 不能适应迅速变化的环境 cannot accommodate to the rapidly changing conditions
95. 世界石油供应短缺 a shortfall in world oil supplies
96. 天然气田 natural gas field
97. 维持生态系统的完整 maintain the integrity of the ecosystem
98. 地下水源的枯竭 the depletion of underground water supplies
99. 满足当代人的需要同时又不损害后代人满足自身需要的能力 meets the needs of the present without compromising the ability of future generations to meet their own needs
100. 环境退化 environmental degradation

101. 应对全球挑战 address the global challenges
102. 世界上污染最严重的水域 the most polluted body of water in the world
103. 供水系统污染的潜在恶果 the insidious effects of polluted water supplies
104. 被严重污染 be seriously polluted
105. 居住在重度污染区 live in highly polluted areas
106. 饮用受污染的水 drink contaminated water
107. 作为这个伟大星球上的居民 As inhabitants of this great planet
108. 更加环保的包装材料 more environmentally friendly packaging materials
109. 选择可重复使用的购物袋 opt for reusable shopping bags
110. 用可重复使用的购物袋去买东西 shop with reusable bags
111. 可生物降解的包装 biodegradable packaging
112. 向海洋倾倒危险废料 dump hazardous waste into the ocean
113. 向大气中排放有害污染物 emit harmful pollutants into the atmosphere
114. 在餐馆和酒吧减少使用吸管 reduce the use of straws at restaurants and bars
115. 节能灯泡 energy-efficient light bulbs
116. 当今环境问题的最大原因之一 one of the biggest causes of today's environmental issues
117. 保护地球的未来 preserve the future of our planet
118. 避免环境灾难 avoid environmental catastrophe
119. 被污染的水源 polluted water sources
120. 颁布更严格的法律来应对空气污染 issue stricter laws to combat air pollution
121. 像电动汽车这样的零排放车辆 zero-emission vehicles such as electric cars
122. 节约能源 conserve energy
123. 一次性产品的使用 the use of disposable products
124. 少用一次性物品 use fewer disposable items
125. 大规模生产的一次性用品 mass-produced disposable goods

List 9 Culture

1. 文化传统 cultural tradition
2. 传统的生活方式 traditional way of life
3. 传统的家庭观念 traditional family values
4. 传统的家庭教养 a conventional family upbringing
5. 生活在传统的核心家庭 live in the conventional nuclear family
6. 捍卫传统价值观 defend traditional values
7. 少数民族文化 minority culture
8. 文化遗传 cultural heritage
9. 文化交流 cultural exchange
10. 文化景点 culturally significant sites
11. 适应当地风俗习惯 adapt to local customs
12. 语言不通 have no common language
13. 克服语言障碍 overcome/get over/surmount the language barrier
14. 文化多元性 cultural diversity
15. 鼓励文化多样性 encourage cultural diversity
16. 社会习俗 social convention/social custom
17. 穿传统服饰 dress conventionally/dress conservatively
18. 当地居民 local residents
19. 历史遗迹 historical monuments
20. 外国游客 foreign tourists/foreign visitors
21. 观光季节 the tourist season
22. 观光旅行 a sightseeing tour
23. 使生活更加丰富 enrich one's life
24. 周游世界 travel around the world

25. 公园和其它休闲设施 parks and other recreational facilities
26. 政府对艺术的资助 government funding for the arts
27. 艺术方面的公共开支 public expenditure on the arts
28. 美术馆 an art gallery
29. 年度艺术节 the annual arts festival
30. 近现代艺术 contemporary and modern art
31. 当今社会 the contemporary society
32. 用音乐陶冶儿童 edify children with music
33. 热衷于流行音乐 be enthusiastic about pop music
34. 不懂艺术 have little appreciation of the arts
35. 对艺术感兴趣 take an interest in the arts
36. 表达自己的世界观 express one's world view
37. 艺术自由 artistic freedom
38. 有艺术天分的人 artistically gifted people
39. 电影行业 movie industry/movie business/film industry/film business
40. 古典音乐 classical music
41. 乐器 musical instruments
42. 现场表演 live performance
43. 时尚界 the fashion world
44. 时尚行业 the fashion industry
45. 过时 go out of fashion
46. 有时尚品味 have a taste in fashion
47. 跟上最新的时尚 keep up with the latest fashions
48. 双语教育 bilingual education
49. 建议在学校进行双语教育 propose bilingual education in schools
50. 反对在学校进行双语教育 oppose bilingual education in schools

Culture 加分词组

51. 语言技能 linguistic skills
52. 民族单一的国家 an ethnically homogeneous nation
53. 跨文化交流 cross-cultural communication
54. 世界语 universal language/global language
55. 小语种 minority language
56. 少数民族 ethnic minorities
57. 语言习得 language acquisition
58. 全球化的趋势 the trend towards globalization
59. 我们祖先的生活 the daily lives of our ancestors
60. 美术 fine arts
61. 审美标准 one's aesthetic standards
62. 审美观念 one's aesthetic sense
63. 审美方面的考虑 aesthetic considerations
64. 从美学观点来看 from an aesthetic point of view
65. 没有什么审美价值 have little aesthetic value
66. 保守的观念 old-fashioned values/conservative values
67. 狭隘过时的看法 a narrow and outdated view
68. 引导女生学习艺术科目 steer girls towards arts subjects
69. 人文和社会科学毕业生 arts and social science graduates
70. 好莱坞影星 Hollywood film stars
71. 反映出……的观点 reflect one's opinions
72. 举足轻重的地位 play a dominant role/achieve a dominant position
73. 虚构与现实 fiction and reality
74. 虚构的人物 fictional characters
75. 在音乐上天赋异禀 be endowed with great musical ability

76. 艺术的社会效用 the social utility of arts
77. 满足精神上对美的需求 meet a spiritual need for beauty
78. 启迪大众 edify the masses
79. 文化同质化 the homogenization of culture
80. 谴责这个国家缺乏对艺术的支持 decry the lack of support for the arts in this country
81. 关注政府对艺术拨款的削减 be concerned about cuts in government grants to the arts
82. 当代的消费文化 contemporary consumer culture
83. 一个充满文化和历史的美丽城市 a beautiful city full of culture and history
84. 新旧建筑的混合 a mixture of old and new buildings
85. 拥有大量美丽的古建筑 have an enormous wealth of beautiful old buildings
86. 翻新旧建筑的费用 the cost of renovating the old buildings
87. 拆毁旧建筑 demolish/tear down the old buildings
88. 旧建筑的拆除 the demolition of the old buildings
89. 保存完好 be well preserved
90. 维护古建筑 maintain/preserve the ancient buildings
91. 宏伟的古建筑 magnificent old buildings
92. 翻修和重新装修 be renovated and redecorated
93. 现代建筑 modern architecture/modern buildings
94. 高楼大厦 high-rise buildings/skyscrapers/tall buildings
95. 建筑风格 the style of architecture
96. 代表着文化遗产 represent a cultural heritage
97. 传承我们的文化遗产 pass on our cultural heritage
98. 一个受欢迎的历史地标 a popular historical landmark
99. 改造为博物馆 be converted into a museum
100. 易于乘坐公共交通到达 be easily accessible by public transport

List 10 Attitude

1. 对人有礼貌 be polite to sb.
2. 对人不礼貌 be impolite to sb./be rude to sb.
3. 有礼貌 have good manners
4. 没礼貌 have bad manners
5. 对陌生人友善 be friendly to strangers
6. 一个文明的社会 a civilized society
7. 一个有教养的人 a cultured person/a cultivated person
8. 培养一种积极的态度 cultivate a positive mental attitude
9. 建立友谊 cultivate a friendship with sb.
10. 培养团结精神 foster a sense of unity
11. 对……充满信心 be confident about sth.
12. 不依赖父母 be independent of one's parents
13. 人们对某事的态度 people's attitude towards sth.
14. 乐观的情绪 be in an optimistic mood
15. 对……过度悲观 be excessively pessimistic about sth.
16. 对新思想保持开放 take an open-minded approach to new ideas
17. 第一印象 first impression
18. 留下很好的第一印象 make a good first impression
19. 酷爱…… have a passion for sth.
20. 满足感 a feeling of satisfaction
21. 从做某事中得到极大的满足 get immense satisfaction from doing sth
22. 从帮助他人中获得巨大的满足感 obtain great satisfaction from helping other people
23. 表达对某事的不满 express one's dissatisfaction with sth
24. 对别人的痛苦无动于衷 become indifferent to the suffering of others

25. 无动于衷的态度 sb's indifferent attitude
26. 对……坦诚 be honest with sb.
27. 诚实为上策 honesty is the best policy
28. 积极的心态 a positive frame of mind
29. 士气低落 suffer from low morale
30. 提升员工的士气 boost the morale of employees
31. 激发创造性 encourage creativity
32. 做出理性的决定 make a rational decision/come to a sensible decision
33. 完全不同意 be in complete disagreement with sb.
34. 就……达成共识 reach a consensus on sth.
35. 过度依赖…… be overwhelmingly dependent on...
36. 在……的领导下 under the leadership of sb.
37. 犯同样的错误 make the same mistake
38. 凭冲动行事 act on impulse
39. 误入歧途 go astray
40. 从错误中吸取教训 learn from past mistakes
41. 一个有责任心的成年人 a responsible adult
42. 遵守法律 respect the law/observe the law/comply with the rules
43. 遵守社会行为准则 abide by social norms
44. 有责任做…… have a responsibility to do sth.
45. 榜样 role model
46. 宽容不同的观点 be tolerant of different points of view
47. 课堂纪律问题 discipline problems in the classroom
48. 律己 self-discipline
49. 缺乏自尊心 poor self-esteem
50. 成为均衡的全面发展的个体 emerge as balanced, well-rounded individuals

Attitude 加分词组

51. 提倡建造更多的体育馆 advocate building more gymnasiums
52. 提倡奖励孩子的好行为 advocate rewarding your child for good behavior
53. 衷心拥护这一观点 endorse this opinion wholeheartedly
54. 反对死刑 oppose capital punishment
55. 客气地反驳某人 contradict someone politely
56. 礼貌地对待愤怒的顾客 deal politely with angry customers
57. 粗暴地对人喊话 shout rudely at someone
58. 帮助维持我们的良好关系 help sustain our good relationship
59. 受到强烈批评 under strong criticism
60. 承担错误所造成的结果 accept the responsibility for the consequence of one's mistake
61. 受大孩子欺负的学生 schoolchildren who are victims of bullying
62. 咄咄逼人的态度 have an aggressive manner
63. 吸烟的危害 the harmful effects of smoking
64. 发挥天生的才能 develop one's innate abilities
65. 避免做出草率的决定 avoid making an impulsive decision
66. 不后悔 have no regrets about sth.
67. 不切实际的计划 an impractical plan/an impractical scheme
68. 屡遭强烈批评 repeatedly come under strong criticism
69. 对未来表示乐观 express optimism about the future
70. 谨慎乐观的心态 a mood of cautious optimism
71. 培养一种开放的沟通文化 foster a culture of open communication
72. 培养相互尊重理解支持的精神 cultivate mutual respect, understanding, and support for one another
73. 培养员工的合作精神和友好态度 foster a cooperative spirit and friendly attitude among employees
74. 拥抱他们的差异和相似之处 embrace their differences as well as their similarities
75. 创建一个安全和支持性的环境 create a safe and supportive environment

76. 为建立相互尊重和持久的社会 and 职业关系打下坚实基础 lay a strong foundation for building respectful and enduring social and professional relationships
77. 无法抑制自己的消极情绪 be unable to contain one's own destructive feelings
78. 造成自卑的感觉 cause feelings of low self-esteem
79. 对他人的感受不敏感 be insensitive to others' feelings
80. 郁闷不已 be overwhelmed by feelings of depression
81. 偏爱油腻的食物 have a predilection for rich food
82. 偏爱辣的食物 have a predilection for spicy food
83. 个人偏好问题 a matter of personal preference
84. 没有特别的偏好 do not have any particular preference
85. 一种狭隘的、因循守旧的方法 a narrow and conservative approach
86. 乐于接受建议 be open to suggestions
87. 公民的自豪感 a sense of civil pride
88. 一个高度文明的国家 a highly civilized country
89. 文明对话 have a civilized conversation
90. 思想独立的女性 independently-minded females/women

List 11 Crime

1. 青少年犯罪 juvenile delinquency/youth crime
2. 青少年犯罪率很高 a high rate of juvenile delinquency
3. 青少年犯罪的增加 an increase in juvenile delinquency
4. 虐待儿童 child abuse
5. 青少年犯罪和儿童虐待之间的联系 a link between juvenile delinquency and child abuse
6. 对青少年犯罪给予极大关注 pay enormous attention to youth crime
7. 应对青少年犯罪的新策略 a new strategy to tackle youth crime
8. 通过教育遏制青少年犯罪 curb juvenile delinquency by education
9. 积极参与预防青少年暴力 take an active part in preventing youth violence
10. 了解青少年暴力的原因 understand what causes violence among teens
11. 玩暴力电子游戏 play violent video games
12. 导致青少年采取过激行动 cause teens to act aggressively
13. 直接导致青少年暴力 lead directly to youth violence
14. 年轻的犯罪者 young offenders
15. 从轻判处年轻罪犯 give the young offender a light sentence
16. 将少年犯送进监狱 send young offenders to prison
17. 对社区作出补偿 make reparation to the community
18. 一种该受惩处的违法行为 a punishable offense
19. 犯法 break the law/offend/
20. 再犯 offend again/repeat an offense/recommit
21. 关监狱 be sent to prison/be sent to jail/to imprisoned/be held in captivity
22. 对违法者强有力的威慑作用 a very effective deterrent for offenders
23. 暴力犯罪 violent crimes
24. 非暴力犯罪者 non-violent offenders

25. 罪犯 criminals/lawbreakers/convicts/offenders/convicted offenders
26. 犯罪 commit crimes/commit a crime/commit an offence
27. 犯罪率 crime rate
28. 最新的犯罪数据 the latest crime figures
29. 性犯罪者 sex offenders
30. 死刑 death penalty/capital punishment
31. 在监狱服刑 serve prison sentences
32. 犯罪预防 crime prevention
33. 打击犯罪 tackle crime
34. 违反交通规则 violate traffic rules
35. 高额罚款 large fines
36. 严惩酒驾 severe punishment for drunk driving
37. 犯罪的根源 underlying causes of crime
38. 暴力犯罪的受害者 the victims of violent crime
39. 无辜的受害者 an innocent victim
40. 一个改过自新的前罪犯 a reformed ex-criminal
41. 重蹈覆辙 recommit the same error
42. 生活在赤贫中 live in absolute poverty
43. 摆脱贫困 get rid of poverty
44. 有可能再次犯罪 be likely to reoffend
45. 惯犯 repeat offender/recidivist/habitual offender/habitual criminal/persistent offenders
46. 重蹈覆辙 fall into the same mistake
47. 抓获罪犯 catch the culprit
48. 把罪犯关进监狱 put the culprit in jail
49. 对……起到威慑作用 have a deterrent effect on
50. 起到杀一儆百的作用 act as a deterrent to others

Crime 加分词组

51. 坐牢的可能性 the prospect of imprisonment
52. 面临终身监禁 face life imprisonment
53. 被判处 7 年监禁 be sentenced to seven years' imprisonment
54. 被判处终身监禁 be sentenced to life imprisonment
55. 初次犯轻罪 a first minor offence
56. 死刑的威慑力 the deterrent value of capital punishment
57. 支持废除死刑 support the abolition of the death penalty
58. 4 年徒刑 a four-year sentence
59. 被判处一个月的监禁 be given one month's imprisonment
60. 死不悔改的罪犯 an incorrigible criminal
61. 因指控被关押 18 个月 be imprisoned for 18 months on charges of sth
62. 青少年教养院/少管所 a young offender institution
63. 让人们更有就业能力 make people more employable
64. 就业技能 employable skills
65. 提供就业技能培训 provide training on employable skills
66. 面临多项犯罪指控 face various criminal charges
67. 有小偷小摸的犯罪前科 have a criminal record for petty theft
68. 诱使不法分子进一步犯罪 tempt an offender into further crime
69. 被从拘留所里放出来 be released from custody
70. 打破犯罪的恶性循环 break cycles of offending
71. 铤而走险 engage in risky or violent behaviors
72. 被控鲁莽驾驶 be charged with reckless driving
73. 酗酒 drink excessively/be alcoholic/alcohol abuse
74. 吊销某人驾照 have one's driving license revoked
75. 家暴的主要受害者 the main victims of domestic violence

- 76. 长期使用非法药物/长期吸毒 prolonged use of illicit drugs/long-term drug use
- 77. 采取预防措施 take precautionary measures
- 78. 经济匮乏/贫困 economic deprivation/poverty/impoverishment
- 79. 在人均收入很低的情况下过活 live on a very low per capita income
- 80. 在指定公共场所禁酒 prohibit drinking in designated public places
- 81. 没有任何犯罪/无辜的 be innocent of any crime
- 82. 不能宽恕的行为 an inexcusable conduct
- 83. 犯不可原谅的错 commit an inexcusable blunder
- 84. 家长疏于管教 parental neglect
- 85. 酒精和药物滥用 alcohol and drug abuse
- 86. 自食其果 suffer the consequences
- 87. 受到法律制裁 be subjected to justice
- 88. 被剥夺公民权 be deprived of their civil rights
- 89. 理财产品 financial products
- 90. 信用卡诈骗 credit card fraud

List 12 Work

1. 临时工 temporary workers
2. 办公室职员 office workers
3. 白领工人 white-collar workers
4. 技术工人 skilled workers
5. 工厂职工 factory workers
6. 建筑工人 construction workers
7. 农民工 migrant workers
8. 非全日制工人 part-time workers
9. 体力劳动者 manual workers
10. 高级管理人员 senior managers/senior management/senior executives
11. 职业晋升 promotion/career advancement
12. 升职机会 opportunities for promotion/advancement
13. 取得进步 make progress in sth./make strides in sth./make a breakthrough in sth.
14. 工作稳定性 job stability
15. 工作满意度 job satisfaction
16. 成就感 sense of fulfillment/sense of achievement/sense of accomplishment
17. 高收入工作 high-income jobs/well-paid jobs
18. 低薪水无需特殊技能的工作 low-paid, unskilled jobs
19. 剥削工人 exploit workers
20. 度假 take a vacation
21. 休假的好处 benefits of taking a vacation
22. 四周的带薪假 four weeks' paid holiday
23. 加班 work overtime
24. 立法禁止过度加班 legislate against excessive overtime

25. 出差 on business/on business trips
26. 通勤时长 commuting hours
27. 高强度的脑力劳动 intensive mental effort/labor
28. 心理健康问题 mental health problems
29. 优先考虑健康和幸福 prioritize health and happiness
30. 工作与生活平衡 work-life balance
31. 接受减薪 accept a pay cut
32. 就业市场 the job market/the labor market
33. 几乎没受到就业指导 receive very little career guidance
34. 职业目标 career goals
35. 激烈的竞争 fierce competition
36. 紧密合作 close cooperation/collaboration
37. 开创自己的事业 build your own career
38. 因经济萧条而失去工作 lose jobs because of the economic depression
39. 获得竞争优势 gain a competitive edge
40. 学习知识和技能 acquire knowledge and skills
41. 开阔眼界 broaden one's horizons
42. 职业技能 vocational skills/occupational skills
43. 善于利用一切机会学习新东西 exploit every opportunity to learn new things
44. 提供职业培训 provide vocational training
45. 制造业的蓝领工人 blue-collar workers in manufacturing industry
46. 充分利用 make full use of
47. 保障社会稳定 guarantee the stability of our society
48. 过上稳定和富足的生活 lead a stable and well-off life
49. 绝大部分 an overwhelming majority of/a substantial proportion of
50. 扩大业务 expand the business

Work 加分词组

51. 随着人民生活水平的显著提高 with the remarkable improvement of people's living standard/with people's living standards improving remarkably
52. 对...有着重大影响 have a major influence on...
53. 对...有着正面/负面影响 have a positive/negative impact on...
54. 深刻影响着…… profoundly influence
55. 对...负责 take responsibility for...
56. 家庭责任 family responsibilities
57. 有责任做...have a responsibility to do...
58. 减轻财政负担 relieve financial burden
59. 对社会做出重要贡献 make important contributions to the society
60. 为...打下坚实基础 lay the solid foundation for...
61. 在一定程度上 to some extent
62. 长远利益 long-term interest
63. 长远来看 over/in the long term
64. 短期利益 short-term gains/profits
65. 身心健康 physical and mental health
66. 和...直接相关 be directly related to
67. 缓解工作压力 relieve the pressure from work
68. 手工劳动和脑力劳动的区别 the differences between manual labor and mental labor
69. 在竞争激烈的市场中争夺工作机会 fight for jobs in a highly competitive market
70. 员工流动率 staff turnover/employee turnover
71. 保持一个健康的员工流动率 maintain a healthy employee turnover
72. 年轻人的流动率高 a high turnover of young people
73. 员工流失对企业的影响 the effects of employee turnover on enterprise
74. 对员工流失的有效防御 an effective defense against employee turnover

75. 降低员工流失率 reduce the rate of employee turnover
76. 工作不满的主要原因 the main cause of job dissatisfaction
77. 员工普遍对某事不满 a widespread dissatisfaction among the employees with sth
78. 遭受巨大的工作压力 suffer heavy pressure from work
79. 提供就业机会 provide job opportunities/provide employment opportunities
80. 雇用低薪的兼职工人 employ lower-paid part-time workers
81. 干两份工作以防失业 take second jobs as a safeguard against unemployment
82. 月光族 live from paycheck to paycheck
83. 寻觅新的商业机会 on the lookout for new business opportunities
84. 磨练自己的竞争优势保持领先 hone your competitive edge to remain ahead of others
85. 幸福生活的先决条件 the prerequisite for a happy life
86. 一个物质至上的社会 a highly materialistic society
87. 一个富有挑战性的职业 a challenging career
88. 有意义的职业 a meaningful career/a rewarding career
89. 承担无偿照顾的责任 take on unpaid caregiving responsibilities
90. 增加妇女在高层管理岗位上的人数 increase the number of women in top management jobs
91. 育儿问题对事业的负面影响 the negative impact of child care issues on careers
92. 这个行业的职业性风险 an occupational hazard in this profession
93. 冒一些职业风险 take occupational risks
94. 工人中常见的职业病 common occupational diseases among factory workers
95. 各种各样的职业技术类课程 a variety of vocationally oriented courses
96. 短期收益 short-term profits/interests
97. 社会认知 social recognition
98. 自我实现 self-actualization
99. 实现自我价值 achieve self-worth/realize self-worth
100. 赢得他人尊重 earn the respect of others

List 13 Globalization

1. 地球村 a global village
2. 一个全球性的问题 a global concern
3. 引起全球关注 catch the global attention
4. 从全球范围来看 on a global scale
5. 发展全球化的视野 develop a global vision
6. 对全球变化敏感 be sensitive to global changes
7. 提供很多好处 provides a wealth of benefits
8. 在大规模生产的年代 in the mass production era
9. 进出口 import and export
10. 海外市场 foreign markets/overseas markets
11. 经济全球化 economic globalization
12. 国际竞争 international competition
13. 进口原材料 import raw materials
14. 出口加工品 export manufactured goods
15. 为消费者创造更多的选择 create a larger variety of choices for consumers
16. 保持竞争力 remain competitive
17. 竞争激烈的市场 a fiercely competitive market
18. 发挥其竞争优势 exploit one's competitive advantage
19. 提高其竞争优势 improve one's competitive edge
20. 使公司在竞争中获得优势 give the company a competitive advantage over its rivals
21. 失去竞争优势 lose a competitive advantage
22. 保持其对其他国家的竞争优势 maintain its competitive advantage over other countries
23. 获得国际声望 gain international prestige
24. 国际地位 international prestige/status
25. 全球市场的开拓 the expansion of global markets

26. 开拓国际市场 achieve global reach/expand business globally/exploit market abroad
27. 跨国企业 multinational companies/transnational enterprises
28. 由跨国公司控制 be controlled by multinational corporations
29. 主宰经济 dominate the economy
30. 小企业 small businesses
31. 威胁到小型企业的生计 threaten the livelihood of smaller businesses
32. 小企业的发展令人担忧 a worrying development for small businesses
33. 本土企业 local businesses/domestic businesses
34. 国际旅游业 international tourism
35. 充实国家收入 augment national revenue
36. 享受现代旅游的舒适和便利 enjoy the comfort and convenience of modern tourism
37. 主要依赖旅游业 be largely dependent upon tourism
38. 促进旅游业的发展 facilitate the development of tourism
39. 大型国际组织 large international organizations/agencies
40. 国际援助组织 international aid organizations
41. 呼吁国际援助 appeal for international aid
42. 发达工业国家 developed industrial countries
43. 国家间的相互依存 the interdependence of nations
44. 经济上的相互依赖 economic interdependence
45. 变得越来越相互依赖 become increasingly interdependent
46. 生活在一个越来越相互依赖的世界 live in an increasingly interdependent world
47. 经济差距 economic disparity
48. 不同国家之间的差距 the disparity between different countries
49. 国际合作伙伴 international partner
50. 国际协作 global collaboration

Globalization 加分词组

51. 国际协定 international agreement
52. 全球的生态保护努力 global ecological efforts
53. 全球化的国际贸易 globalized international trade
54. 受益于技术领域的全球化 benefit hugely from globalization in the technology sector
55. 日本电子业巨头索尼公司 Japanese electronics giant Sony
56. 德国工业巨头之一 one of Germany's industrial giants
57. 消除跨境贸易壁垒 remove cross-border trade barriers
58. 发达国家的道德义务 a moral obligation for developed nations
59. 欠发达国家 less developed countries/underdeveloped countries
60. 减轻发展中国家的贫困 alleviate poverty in developing countries
61. 促进与发展中国家的公平贸易 promote fair trade with developing countries
62. 工业化国家和发展中国家之间的鸿沟 the gulf between industrialized and developing countries
63. 强调国际援助和合作的重要性 stress the importance of international aid and cooperation
64. 在国际问题上开展工作 work on international issues
65. 更加迅速和广泛的环境恶化 more rapid and extensive deterioration of the environment
66. 思想和文化的交流 the exchange of ideas and culture
67. 货物和资金的交换 the exchange of goods and funds
68. 国际社会 the international community
69. 由于运输和通讯技术的进步 due to advances in transportation and communication technology
70. 电信基础设施的发展 developments in telecommunication infrastructure
71. 开始在国际范围内运作 start operating on an international scale
72. 工业全球化的趋势 trends toward the globalization of industry
73. 国际贸易谈判 international trading negotiations
74. 关税的减少 a decrease in tariffs
75. 国家之间更大的关联性 a greater interconnection between individual countries

76. 在世界范围扩张商业运作 expand business operations on a worldwide level
77. 使国际交流变得更加便捷 facilitate international communications
78. 导致知识的快速传递 result in a rapid transfer of knowledge
79. 金融全球化 financial globalization
80. 恐怖袭击 terrorist attack
81. 紧急请求国际援助 make an urgent request for international aid
82. 抢占全球市场的新机遇 take over new opportunities in the global marketplace
83. 获得当今科技的利益 reap the benefits of current technology
84. 更大的收入差距 greater income disparities
85. 大型制药公司 large pharmaceutical companies
86. 塑造世界范围内商业和技术的互动 shape worldwide interactions in commerce and technology
87. 一家大型跨国企业的全资子公司 a wholly-owned subsidiary of a large multinational
88. 对国外市场和生产采取全球性方法 takes a global approach to foreign markets and production
89. 开始感受到经济衰退的全面影响 begin to feel the full impact of the recession
90. 减轻小企业的税收负担 lighten the tax burden on small businesses
91. 一些当地企业的财政支持 financial support from several local businesses
92. 大肆宣扬旅游业是一个增长型产业 trumpet tourism as a growth industry
93. 为国家经济贡献了数十亿英镑的资金 contribute billions of pounds to the country's economy
94. 对当地经济造成严重影响 have serious repercussions for the local economy
95. 对该岛的文化产生了深远的影响 have far-reaching effects on the island's culture
96. 该岛的主要收入来源 the island's main source of revenue
97. 如何减轻旅游业对该岛的影响 how to mitigate the effects of tourism on the island
98. 该地区对旅游业的依赖 the region's reliance on tourism
99. 人才流失 brain drain/talent drain
100. 遭受巨大的人才流失 suffer a huge/considerable brain drain