

同学们要先分别学习它们的英文释义和相对的中文释义以及例句，再来作对比和分析它们各自适合使用的语境。

希望大家可以在过程中感受中英文之间的差别，学习如何更加自如地运用词语和更恰当的中英文转换。快打起精神学起来吧！

benefit / advantage

这两个词都有“好处”之意，这里我们讲的是名词的辨析。

benefit /'benəfit/

1. Something that promotes or enhances well-being (对.....有好处，帮助)

例句：I hope what I have written will be of benefit to someone else who may feel the same way.

我希望我所写的内容能对其他和我有同感的人有所裨益。

2. an advantage you get from a situation (好处，益处，裨益)

例句：For maximum benefit, use your treatment every day.

为了达到最佳效果，你每天都要接受治疗。

3. a payment made to help someone or given by a benefit society, insurance company, or public agency (救济金，保险金，补助金)

例句：In 1986, more than three million were receiving unemployment benefit.

1986 年，有 300 多万人领取失业救济金。

4.a social event or a performance for raising money for an organization, cause, or person (慈善活动)

例句：I am organizing a benefit gig in Bristol to raise these funds.

我要在布里斯托尔组织一场义演来募集这些资金。

advantage /əd'væntɪdʒ/

1. A beneficial factor or combination of factors (有利条件，优势)

例句：A good crowd will be a definite advantage to me and the rest of the team.

大批观众无疑将成为我和其他队员的一大优势。

2. benefit or profit; gain (益处，利益)

例句：It is to your advantage to invest wisely.

明智地投资对你有益。

3. A relatively favorable position; superiority of means (优越性，有利地位)

例句：A better education gave us the advantage.

良好的教育会让我们处在优势地位。

辨析：benefit 是“益处，获益”的意思，比如 for the benefit of 表示为了.....的利益，一般是从精神或物质方面得到利益或好处；而 advantage 侧重表示优势，有利条件，常用于指因在某方面占优势或利用某机会以及对方弱点而获得的优势地位。

proposal / suggestion

这两个词都有“建议”的意思。

proposal /prə'pouz(ə)l/

1. a plan or suggestion, especially a formal one that a group has to consider
[（常为正式的）提议]

例句：The president is to put forward new proposals for resolving the country's constitutional crisis.

总统将提出解决国家宪法危机的新议案。

2. a request to someone to get married to you（求婚）

例句：After a three-weekend courtship, Pam accepted Randy's proposal of marriage.

经过一段为期 3 周的恋爱，帕姆接受了兰迪的求婚。

suggestion /səg'dʒestʃ(ə)n/

1. an idea or plan that you offer for someone to consider (建议, 意见, 方案)

例句: Perhaps he'd followed her suggestion of a stroll to the river.

也许他已听从了她的到河边散步的建议。

2. if there is no suggestion that something is the case, there is no reason to think that it is the case (迹象)

例句: There is no suggestion whatsoever that the two sides are any closer to agreeing.

没有该双方更接近于达成一致的任何迹象。

3. a small sign of something; something that a person says which implies that something is the case (暗示)

例句: We reject any suggestion that the law needs amending.

我们拒绝任何该法律需要修订的暗示。

辨析: 两个词都可以表示建议、提议, 但是 **proposal** 要显得更加严肃和正式一些, 需要大家去谨慎考虑, 它也常常翻译被成“提案”; 而 **suggestion** 多用于比较常态化的对话当中, 比如给对方提个意见或建议, 往往可能是几句话就能说完的。

trouble / difficulty

这两个词都有“困难”的意思。

trouble /'trʌb(ə)l/

1. problems, worries, or difficulties (麻烦, 困难, 问题)

例句: You've caused us a lot of trouble.

你给我们造成了很多麻烦。

2. an aspect or feature of someone or something that causes problems, worries, or difficulties (麻烦, 问题, 引起麻烦的事)

例句: The trouble is that these restrictions have remained while other things have changed.

问题是其他事情都变了, 而这些条条框框还在。

3. a health problem affecting a part of your body (疾病, 不适, 疼痛)

例句: The doctor straightened out her trouble.

医生治好了她的病。

4. additional or special effort that causes your problems or difficulties (费事, 不便)

例句: It's no trouble at all; on the contrary, it will be a great pleasure to help you.

根本不费事, 恰恰相反, 非常荣幸能帮到你。

5. fighting, violence, or bad behavior (骚乱, 动乱)

例句：Fans who make trouble during the World Cup will be severely dealt with.

在世界杯期间闹事的球迷将受到严惩。

difficulty /'dɪfɪkəlti/

1. a problem (难题, 难事)

例句：The country is facing great economic difficulties.

该国正面临巨大的经济难题。

2. if you have difficulty with something, you are not able to do it easily (困难, 艰难)

例句：Do you have difficulty getting up?.

你能站起来吗？

3. a bad situation with a lot of problems (身处困境, 艰难处境)

例句：You have to admit that you are, in fact, in difficulties.

你不得不承认，你事实上是陷入了困境。

辨析：trouble 多用于指麻烦，问题，苦恼，烦恼等，比如身体上的不适，感情上的烦恼等；而 difficulty 主要表示困难，难题，不容易解决的事情，比如经济难题，in difficulties 是一个固定搭配，用于表示陷入困境，身处困境。

circumstance / surroundings

这两个词都有“环境”的意思。

circumstance /'sɜrkəmstəns/

1. a fact or condition that affects a situation (情况, 情形, 形势)

例句: I wish we could have met under happier circumstances.

我真希望我们是在更愉快的情况下相识的。

2. your circumstances are the conditions in which you live, especially how much money you have (生活状况, 境况, 尤指经济状况)

例句: I wouldn't have expected to find you in such comfortable circumstances.

我怎么也没有想到你生活这么优裕。

3. events and situations that cannot be controlled (命运, 机缘, 客观环境)

例句: There are those, you know, who, by circumstance, end up homeless.

您知道, 会有那么一些人, 因为命运捉弄而落得无家可归。

surroundings /sə'raʊndɪŋz/

1. all the things that are present in a place and that form the experience of being there (环境, 周围的事物)

例句：Schumacher adapted effortlessly to his new surroundings.

舒马赫非常轻松地适应了新环境。

辨析：circumstance 可使用的语境相对较多，当“环境”讲时指某事或动作发生时的情況。而 surroundings 主要指周遭的自然环境，从周围事物这一客体着眼，表示这个意思的时候必须要使用复数。

not a little / not a bit

这两个短语虽然长得很像，但是意思可是不同哦。

not a little

指的是“非常，很多，不少”，意思相当于 much。

例句：It tired me not a little to stand for three hours.

就这么站三个小时还不是一般的累。

I'm not a little cold.

我很冷。

not a bit

指的是“一点也不，一点也没有”，意思相当于 not at all。

例句：I'm really not a bit surprised.

我真的一点儿也不觉得惊讶。

Did he give up? Not a bit of it!

他放弃了吗？根本没有！

