

## 社区话题 1: 政府类: 政府职能

1. 促进经济发展, 减少失业: 投资教育, 投资科技, 投资基础设施来提供就业机会, 鼓励创新, 鼓励年轻人创业, 减税, 奖励优秀个人

### ▼词伙

grow the economy, reduce unemployment, free tuition, devote cash to scientific projects, invest in infrastructure projects, provide employment, encourage innovation, set up a company, tax reduction/tax cuts, reward individuals/provide commercial incentives

### ▼翻译

The main function of the government is to improve social welfare. To achieve this target, the government normally has to formulate policies to grow the economy and reduce unemployment. Job creation determines whether people have money to buy what they need, and consumer spending provides the money required for economic growth. Free tuition can be provided to improve the employability of the younger generation. The government can also devote cash to scientific projects to build an innovation-based economy. The investment in infrastructure projects can provide employment. Financial support can be provided for young people who want to set up a company. This includes tax reduction, cash rewards and commercial incentives

2. 社会稳定: 打击犯罪, 减少贫富差距, 宣传美德, 投资学校和图书馆, 提倡礼貌和文明

### ▼词伙

create a peaceful society, combat crime, close the income gap, promote virtues, invest in educational facilities, promote politeness and courtesy

### ▼翻译

Another responsibility of the government is to create a peaceful society, possibly by implementing measures to combat crime. It is also important to close the income gap to tackle social division. The government can also launch campaigns to promote virtues and to teach young people how to be polite and show kindness. The spending on schools and libraries helps people receive a good education. Well-educated people are friendly to others.

3. 促进平等公平: 立法保障弱势群体的权利, 鼓励大家尊重移民, 减少贫富差距

### ▼词伙

promote equality, the rights of vulnerable populations, respect migrants, address income disparity

### ▼翻译

It is also the government's responsibility to promote equality, and to protect the rights of vulnerable populations. All citizens are taught to respect migrants, ethnic minorities and every member of society regardless of social status. It is also important to address income disparity.

4. 促进健康: 投资医疗设施, 推广健康生活方式, 立法减少不健康的行为, 提供体育设施

### ▼词伙

Pour money in medical facilities, promote healthy living, curb unhealthy habits, provide sports facilities

### ▼翻译

Another task falling to the government is to address public health issues. This can be achieved by pouring money in medical facilities to ensure people have access to medical care. Promoting healthy living is also important. This involves imposing laws to curb unhealthy habits, and providing sports facilities to promote an active lifestyle.

5. 生活便利: 投资各种公共设施, 包括交通、医疗、学校等

### ▼词伙

Upgrade and build public facilities

### ▼翻译

The government should also allocate resources to upgrading facilities, such as transport, which can help

citizens handle demands of modern life.

6. 精神和文化生活：投资各种文化设施，包括博物馆，音乐厅等

▼词伙

invest in recreational facilities

▼翻译

The investment in recreational facilities such as theatres and opera houses can benefit the public.

7. 环境保护：立法减少不环保的行为，推广环保行为，投资环保科技

▼词伙

environmental protection, promote environmentally friendly behaviour, invest in green technology

▼翻译

Environmental protection is also an important consideration. The government should have policies in place to promote environmentally friendly behaviour. The research on green technology should also be partially or entirely funded by the state.

## 话题 2: 政府类：预防犯罪的方法（主要是刑罚）

### 犯罪的原因：

1. 基因问题，有些人比较暴力

▼词伙

genetic factors, genetically predisposed to be violent

▼翻译

Genetics may account for criminality. Some people are genetically predisposed to be violent. They are prone to show aggression and engage in physical fighting.

2. 教育问题，有些人没有社会责任感，也不知道法律的责任

▼词伙

do not have a sense of responsibility, be not aware of legal responsibilities

▼翻译

Many people do not have a sense of responsibility. They are not aware of legal responsibilities.

3. 技能问题，工作技能不够，特别是经济不景气容易失去工作

▼词伙

do not have job skills, economic slowdown, lose their jobs

▼翻译

Many people do not have job skills, so they are likely to lose their jobs in tough economic times. They may do something against laws to make money.

4. 社会问题，媒体和社区的犯罪让人们觉得犯罪是一种常见现象

▼词伙

crimes on media or in the community, crime is rampant

▼翻译

Crime is rampant and the coverage of violent crime and anti-social behaviour such as rioting is extensive. Many young people may see such behaviour as acceptable.

### 预防犯罪的方法：

1. 增加教育和工作培训，年轻人有工作就不会犯罪

▼词伙

education and job training, young people, find employment, will not commit crimes

▼翻译

Education and job training can be a solution to crime. If young people find employment, they will not

commit crimes.

2. 增加法律宣传，人们知道法律责任，就不会犯罪

▼词伙

increase legal awareness, be less likely to commit crimes

▼翻译

It is important to increase legal awareness because people who are informed about the consequences of breaking the law are less likely to commit crimes.

3. 增加监控和警察巡逻，震慑罪犯

▼词伙

increase surveillance cameras and police officers on patrol, have a deterrent effect on criminals

▼翻译

Another method is to increase surveillance cameras and the visibility of police officers on patrol, which can have a deterrent effect on criminals.

4. 增加刑罚，震慑罪犯

▼词伙

impose stiff penalty, deter potential criminals from breaking the law

▼翻译

Imposing stiff penalty is another option, which can deter potential criminals from breaking the law.

5. 提高福利，减少贫困，社会稳定

▼词伙

provide people with a safety net, reduce poverty, build a stable society

▼翻译

The government can also use resources to provide people with a safety net. Poverty reduction is the key in building a stable society.

6. 社区服务，提高罪犯社会责任感，改造罪犯

▼词伙

community service, enhance their social responsibility, reform criminal

▼翻译

Community service can enhance their social responsibility and reform criminals.

**刑罚的好处：**

1. 震慑犯罪，减少犯罪率

▼词伙

have a deterrent effect on potential criminals, reduce crime

▼翻译

Imprisonment has a deterrent effect on potential criminals. It is an effective method to reduce crime.

2. 保护守法的公民，不会受到犯人的侵害，特别是那些累犯（很难改变他们的行为）

▼词伙

protect law-abiding citizens, recidivist（惯犯）, reform their behaviour

▼翻译

Keeping criminals in prison can help protect law-abiding citizens from crime, especially the harm inflicted（使遭受） by recidivists, who cannot be reformed easily.

**教育和培训(或者只是做社工)的好处：**

1. 提高技能，他们可以找工作，重复犯罪的可能性减少，特别是对于年轻人

▼词伙

improve job skills, find jobs, be less likely to reoffend, the younger generation

▼翻译

Young offenders who have opportunities to improve job skills can find jobs despite having a history of bad behaviour. They are less likely to reoffend.

2. 减少和一些累犯的接触，年轻人

▼词伙

avoid contact with repeat offenders

▼翻译

This can prevent their contact with repeat offenders.

3. 让罪犯懂得法律责任和社会责任，以后重复犯罪的机会下降

▼词伙

be aware of legal and social responsibility, violate laws

▼翻译

People who know legal and social responsibilities are less likely to violate laws.

4. 避免犯罪记录对年轻人以后重入社会产生影响

▼词伙

reduce the impact of the criminal record on young people, reintegrate into society

▼翻译

Another advantage of education and training is that it can reduce the impact of the criminal record on young people when they attempt to reintegrate into society.

### 话题 3: 政府类：政府如何影响行为

#### A 政府可以影响人行为的方式：

1. 提高某东西的费用，譬如说对快餐、烟酒加税，去抑制人们的消费；譬如说提高汽油税，从而抑制人们开车；对塑料袋收税，从而鼓励人们自己带购物袋

▼词伙

increase the cost, impose a tax on, curb consumption, raise the petrol tax, discourage people from driving, tax plastic bags, bring their own shopping bags

▼翻译

The government can also increase the cost of some products. For example, by imposing a tax on fast food, alcohol and tobacco, the government can successfully curb consumption of these products. The government can also raise the petrol tax to discourage people from driving. It is also possible to tax plastic bags to encourage people to bring their own shopping bags when shopping.

2. 加强教育，做一些公益宣传

▼词伙

educate the public, awareness campaigns

▼翻译

The government can educate the public to change their behaviour by launching awareness campaigns.

3. 提高经济的刺激，譬如说公车的价格下降，鼓励人们搭乘；譬如说给太阳能补贴，鼓励人们使用

▼词伙

provide incentives, cut bus fares, provide subsidies, use solar energy

▼翻译

The government can provide incentives, such as cutting bus fares, to encourage people to use public transport. they can also provide subsidies for people who use solar energy.

4. 对设施的建设，譬如说体育设施鼓励健身，公园鼓励休闲，公共交通的投资鼓励人们不要开私家车

▼词伙

invest in facilities, sports facilities, public transport

▼翻译

The government can also invest in facilities, such as sports facilities to encourage people to play sport, and public transport to discourage people from driving cars.

5. 对科技的投资，比如说环保科技

▼词伙

spending on technology, green technology

▼翻译

The spending on technology is also a method, such as the investment in green technology to encourage people to go green.

为什么政府要干预人的行为：

1. 人们自私，为了自己的利益去伤害别人，比如说网络诈骗，快餐广告去吸引小孩，开车图方便但是会造成环境问题等

▼词伙

self-interest, cyber frauds, aimed at children, environmental problems

▼翻译

People may act to harm others out of their self-interest. They may engage in online frauds to earn money. There are food advertisements aimed at children. They travel by car although it is not environmentally friendly.

2. 费用问题。人们也想环保、吃健康的食物、去健身等，但是这些消费不少，他们有时候未必能负担

▼词伙

healthy food, go to the gym, afford expenses

▼翻译

The cost can be a problem. People want to go green, eat healthy food and go to the gym, but they cannot afford expenses.

3. 经济原因。人们不好的行为，比如说醉驾、不健康的生活方式都会增加医疗系统的负担，减少人们的工作效率和劳动产出，影响社会的经济

▼词伙

poor behaviour, drink driving, unhealthy lifestyles, increase the medical cost, undermine performance, damage the economy.

▼翻译

The economic consequence should be considered. Some of their poor behaviours, such as drinking driving and unhealthy lifestyles can increase the medical cost and undermine workplace performance, thereby damaging the economy.

4. 人们没有自控能力，抽烟喝酒不运动，需要政府的约束

▼词伙

self-control, government regulation/intervention

▼翻译

Government intervention is also required when people lack self-control. A lack of self-discipline is the main reason why drinking, smoking and inactivity are pervasive.

反对政府干预的观点：

1. 限制人的自由，不考虑个人特殊性，政府控制更多

▼词伙

restrict people's freedom, consider the needs and situations of individuals

▼翻译

Government intervention can restrict people's freedom. The government may fail to consider the needs and situations of individuals.

2. 政府干预导致成本上升（譬如说商业成本）我们不得不花费额外的时间和金钱来遵守法律，申请执照和准备各种资料。

▼词伙

government interference, increase the cost

▼翻译

Government interference can increase the cost of running a company or the cost of living, as we have to spend extra time and money obeying laws, applying for licenses and dealing with paperwork.

3. 政府干预破坏市场供求关系

▼词伙

distort the market

▼翻译

Government intervention can distort the market.

#### 话题 4: 政府类：男女平等

女性在教育受到的歧视：

1. 获得教育的机会比较少，在某些国家

▼词伙

educational opportunities, educational inequality

同学，想查看翻译吗？

Women have to face gender discrimination in some societies, where they do not have the same educational opportunities as men.

2. 学习的专业比较特别，包括护士、秘书等

▼词伙

over or under represented in some subjects

▼翻译

They are either over- represented or under represented in some subjects. In nursing and early childhood education, for example, a disproportionate number of students are female.

女性在工作受到的歧视：

1. 很难升迁

▼词伙

break the glass ceiling, face barriers to promotion

▼翻译

Gender inequality is also obvious in the world of work, as women have found it difficult to break the glass ceiling.

2. 收入不平等

▼词伙

wage gap, gender pay gap

▼翻译

The wage gap remains in many occupations, where women are not able to earn as much money as men do in the same positions.

3. 某些职业女性比例很低，譬如说管理、政治、军事等

▼词伙

underrepresented, male-dominated industries

▼翻译

Women are underrepresented in male-dominated occupations.

女性在家庭的问题:

1. 负责大部分家务, 照顾小孩

▼词伙

gender division of labour, traditional gender roles, fit into society's expectations

▼翻译

Women are still trapped in traditional gender roles in many cultures. They are responsible for the majority of housework. They are anticipated to fit into society's expectations, whether or not they have talent in any lucrative occupation.

2. 遭受家庭暴力

▼词伙

subject to domestic violence

▼翻译

Even worse, many women are expected to assume submissive roles. They are subject to domestic violence.

女性可能的一些特点:

1. 社会角色, 女性操持家务

▼词伙

trapped in domestic roles, do household chores/housework

▼翻译

Many women are trapped in domestic roles. They devote all their time to household chores/housework.

2. 女性体力不够, 可能做不了体力活, 或者加入军队

▼词伙

physically demanding work/manual work, join the army/serve the army

▼翻译

Women have to overcome their biological weaknesses. They are not able to complete physically demanding work as well as men do. Only a fraction of women have chosen to join the army.

3. 女性生育, 产假, 母性导致承担更多照顾孩子的责任

▼词伙

take maternity leave/conceive a child, maternal instinct, take greater responsibility in rearing children

▼翻译

Women have to take maternity leave, which can affect their career progression. Due to their maternal instinct, they have to take greater responsibility in rearing children.

4. 女性有些有可能缺乏野心, 不是那么的争强好胜, 比较少做那些很花时间很需要投入的工作

▼词伙

Ambitious, competitive, achieve ambitions, require commitment and an investment of time

▼翻译

Women may not choose those jobs which require commitment and an investment of time, such as engineering jobs, because they may not be as competitive and ambitious as male counterparts.

5. 女性交流能力比较强, 通情达理, 对别人的情感敏感, 关注细节, 比较耐心, 可能适合做重复性的工作和服务型的行业

▼词伙

adept/competent at communication, show empathy, empathise with others, sensitive/responsive to other people's feeling, attention to detail, show patience, do repetitive tasks or work in the service sector

▼翻译

Women are adept at communication. They are more likely to show empathy. They tend to be sensitive to other people's feeling. They have other qualities such as attention to detail and patience. This is why they are possibly suitable for repetitive tasks or working in the service sector.

6. 有时候比较情绪化，很难做决定，可能很难做领导

▼词伙

sentimental, assume leadership roles

▼翻译

Women are sometimes emotional. They are not as assertive as men. It is difficult for them to assume leadership roles.

社会的改变：

1. 女性接受教育机会增多，很多工作也可以做

▼词伙

more opportunities to receive a good education, do clerical work/intellectual work

▼翻译

They have more opportunities to receive a good education, and do clerical work/intellectual work.

2. 科技发展，体力活减少，譬如说战场上近身格斗减少，女性有更多工作机会

▼词伙

reduce menial work, hand-to-hand combats, job opportunities

▼翻译

Advances in technology have reduced menial work. in military services, hand-to-hand combats have dropped, meaning that women have more opportunities to join the army and work in intelligence and other departments.

3. 社会强调性别平等，女性获得更多工作机会，家务男女分担变得普遍

▼词伙

gender equality, enter the workforce, sharing/dividing housework

▼翻译

Gender equality has been promoted in society, and more women have chosen to enter the workforce. Sharing/dividing housework has become commonplace.

## 话题 5: 政府类：老人

老龄化积极的影响：

1. 经济：老年人可以推迟退休，为社会提供劳动力和智慧，劳动力成本也比较低

▼词伙

postpone retirement, contribute wisdom, labour cost

▼翻译

People tend to postpone retirement, contributing wisdom and labour to society. The labour cost can be reduced if companies retain older employees.

2. 科技：推迟退休让老年人可以有更加多的机会和时间给年轻人灌输知识； 延长工作寿命可能会让人们职业有更多成就

▼词伙

impart knowledge to young people, share experience, improved life expectancy, achieve more success

▼翻译

If senior citizens remain in the workforce, they can impart knowledge to young people and share experience. Thanks to improved life expectancy, people can achieve more success in their careers.



### 老龄化消极的影响:

1. 经济: 老年人对医疗服务、养老设施、养老金的依赖更大, 国家要付出更加多的钱

#### ▼词伙

medical care, elderly-care facilities, pensions, increase spending, add a burden

#### ▼翻译

Elderly people rely on medical care, elderly-care facilities and pensions. This means that the government has to increase spending on supporting elderly people. This can add a burden on taxpayers.

2. 社会: 年轻人要照顾老人, 生活压力大, 对老年人有意见, 会有家庭的矛盾

#### ▼词伙

Look after elderly members of family, live under pressure, have arguments, increase friction at home

#### ▼翻译

Young people have to Look after elderly members of family. therefore, they may live under pressure. They sometimes have arguments with each other. This can increase friction at home.

3. 经济: 劳动力的减少会对经济造成压力

#### ▼词伙

the labour shortage, damage the economy

#### ▼翻译

Population ageing is normally accompanied by a lower birth rate. The labour shortage can damage the economy.

4. 经济: 老年人倾向于存钱, 而不是花钱, 消费力下降, 阻碍经济发展

#### ▼词伙

set aside money, public consumption, a negative effect on the economy

#### ▼翻译

Senior citizens tend to set aside money. A drop in public consumption can have a negative effect on the economy.

5. 科技: 老年人接受科技的速度比较慢, 影响社会革新和发展

#### ▼词伙

adopt technology, social progress, inhibit innovation

#### ▼翻译

The elderly are slow to adopt technology, which can hold back social progress and inhibit innovation,

### 老龄化的解决方法:

1. 老人可以参加社区活动和做义工, 保持身体的活动, 也可以为社会做贡献

#### ▼词伙

community service, charity work, stay physically active, contribute to community

#### ▼翻译

The older generation can be involved in community service and charity work to contribute to community. They can stay physically and socially active.

2. 老人可以继续工作上班, 获得收入, 保持好的生活水准

#### ▼词伙

continue a productive working life, earn income, maintain a decent standard of living

#### ▼翻译

People are encouraged to continue a productive working life beyond the retirement age. They can earn income to maintain a decent standard of living.

3. 人们注意储蓄, 年老的时候生活标准不下降

#### ▼词伙

save money for retirement

▼翻译

If people save money for retirement, they can maintain the standard of living after they retire.

4. 老人可以以顾问性质继续工作，给年轻人建议，但是同时不阻碍年轻人的发展

▼词伙

give advice, present obstacles to

▼翻译

Older people can give advice to young colleagues as consultants without filling positions to present obstacles to the career advancement of the younger generation.

5. 老人和家人住在一起，享受快乐的家庭生活，有归属感，并且可以照顾孙子孙女，体现了人和人相互依赖相互帮助的美德

▼词伙

impart knowledge to young people, share experience, improved life expectancy, achieve more success

▼翻译

If senior citizens remain in the workforce, they can impart knowledge to young people and share experience. Thanks to improved life expectancy, people can achieve more success in their careers.

### 老年人和年轻人的区别：

1. 健康：疾病增加，精力下降，不能应付高强度的工作；年轻人精力充沛，劳动力产出很高

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▼词伙

Prone to health problems, a loss of energy, demanding jobs; energetic, productive

▼翻译

As people age, they are Prone to health problems. Due to a loss of energy, they have difficulty in handling demanding jobs. Young people are energetic and productive.

2. 知识和教育：经验丰富，见多识广，思考比较全面的决定；年轻人有时候比较草率

▼词伙

Decades' experience, well-informed decisions; make rash decisions.

▼翻译

With Decades' experience, people are more capable of making well-informed decisions as they get older; in contrast, young people tend to make rash decisions.

3. 社会：保守，避免风险；年轻人喜欢冒险，想法付诸实践，接受失败

▼词伙

Conservative, risk averse; take risks, put ideas into practice, accept failures

▼翻译

Older people have a Conservative attitude towards new ideas, and they are risk averse, while young people are willing to take risks, put ideas into practice and accept failures.

4. 经济：老年人比较节约；年轻人喜欢追求时尚，喜欢消费

▼词伙

Lead a frugal life, follow fashion

▼翻译

Retirees tend to Lead a frugal life, while young people like shopping to follow fashion.

5. 科技：老年人比较抗拒学习新的科技；年轻人喜欢接受新的思想，采用科技，与时俱进

▼词伙

Shy away from new technology; embrace new ideas, adopt new technology, stay abreast of changes

▼翻译

Old people tend to Shy away from new technology. Young people are known for their willingness to

embrace new ideas, adopt new technology and stay abreast of changes.

6. 社会: 老年人更加注意和别人的沟通, 注意团结 ; 年轻人可能更加注意自己表达意见, 不一定会听取别人的意见

▼词伙

Pay attention to communication, interpersonal relationships: express opinions, listen to others

▼翻译

The elderly Pay attention to communication and interpersonal relationships. By comparison, young people are keen to express opinions, instead of listening to others.

## 话题 6: 教育类: 教育的重要性, 选课和专业

教育的作用:

1. 提高学习能力的课程: 基础科目 (包括数学、语文等)

▼词伙

academic skills, cognitive skills,

▼翻译

Some courses such as maths and literature aim to improve the academic skills of the young generation. They can sharpen cognitive skills and process information more effectively.

2. 增加知识, 以后方便找工作, 提高生活水准 (脱离贫困): 读技术类的课程 (修车、厨师等), 实用型的专业 (图片设计、会计等), 或者是专业型的专业 (譬如说医学、律师、教师、护士等)

▼词伙

increase/gain knowledge, improve employment prospects, improve the standard of living, get rid of poverty, technical courses/ degrees, practical skills

▼翻译

People who attend courses can increase/gain knowledge, which can improve employment prospects and the standard of living. Technical courses/ degrees can assist learners getting rid of poverty by acquiring practical skills in a trade, such as car mechanics. People can also choose university subjects such as graphic design and accounting, which place importance on job skills, and law, medicine and nursing, which impart professional skills.

3. 就业能力: 实习的课程, 技能专业, 做义工、参加大学各种 workshop (譬如说情商、写 CV、如何 Interview 等)、课程设计注意学生的各种能力

▼词伙

job skills, technical qualifications, volunteering, internship programmes/work experiences

▼翻译

Job skills can also be improved in the education system. Young people can do work experiences to know how to work in a company. Volunteering can help young people learn how to interact with people from all walks of life. University workshops can pass on skills, such as emotional skills, CV writing and attending a job interview, to young people.

4. 懂得道德和社会规范: 道德课, 老师的监督, 校规

▼词伙

learn moral principles and social norms, teachers enforce discipline, school rules

▼翻译

Young people can also learn moral principles and social norms at school. School rules dictate how they behave. If they do not behave well, teachers will enforce discipline.

5. 塑造好的品质: 学习历史、实习、各种比赛

▼词伙

build good character

▼翻译

They can also build good character by internship programmes, in which they learn the importance of respecting others and recognising their own weaknesses. They also participate in games and competitions, in which they need to understand if they do not practise, they will not win prizes. If they lose a game, they need to persevere until they can win the next.

6. 学会如何和人交流：只要有团队工作的课程，校外活动

▼词伙

improve communication/social skills, team assignments, extra-curricula activities

▼翻译

They can also improve communication/social skills at school. Team assignments and extra-curricula activities provide them with opportunities to express views, listen to others and show empathy.

7. 大学做研究，产品创新、提高社会生产力和竞争力：工程类课程，科学类课程、学习电脑和自动化提高效率

▼词伙

do research, improve productivity; engineering courses, science courses, improve computer literacy, automation

▼翻译

University students do research. Their innovations can improve productivity. In engineering courses and science courses, they can improve computer literacy and gain insight into the application of advanced technology such as automation

8. 创业：商科

▼词伙

set up a company, start a business, business subjects

▼翻译

With skills and knowledge gained at university, young people have courage to set up a company or run a business.

9. 提高效率：电脑课，编程课

▼词伙

computer programming, increase productivity

▼翻译

Computer programming can increase productivity because all tasks and duties can be finished by computers automatically.

10. 写作能力：写作课，文学课，大学作业等

▼词伙

writing skills, writing classes, literature pursuits

▼翻译

Schools can also impart writing skills to students by running writing classes and encouraging the younger generation to read classical literature and learn how to use language skilfully to convey emotions and ideas.

11. 分析能力和解决问题能力、思辨能力：历史、哲学、数学、项目管理、大学作业、实习

▼词伙

analytical skills, problem solving skills, critical thinking skills

▼翻译

Young people can also acquire analytical skills, problem solving skills and critical thinking skills in many courses, such as history, philosophy and maths, in which they need to compare solutions and weigh up pros and cons of different approaches, ideas and theories until they arrive at a good decision.

12. 培养健康的爱好，解压：体育，音乐，艺术

▼词伙

develop hobbies to reduce stress

▼翻译

Schools can design activities which bring enjoyment to children, so they can develop hobbies from an early age and learn how to combine work with pleasure to reduce stress.

13. 理财能力和计划能力：数学、经济学、会计和金融

▼词伙

financial skills, financial planning skills

▼翻译

Financial courses and accounting courses can improve the financial skills, as well as financial planning skills of students.

14. 思维开阔，更加包容：学习历史，文化学，语言学等

▼词伙

broaden one's mind and become tolerating

▼翻译

History, linguistics and other subjects broaden one's mind and students will become tolerating because in these courses, they can learn cultural differences and accept the diversity in the ways to see and experience lives.

15. 教育学：研究教学方法，教学手段，如何激发学生的积极性，提高学习效果

▼词伙

teaching methods, fire students' enthusiasm, keep students interested, improve learning outcomes.

▼翻译

Teaching methods can fire students' enthusiasm for different subjects and keep students interested, thereby improving learning outcomes.

16. 社会学：主要研究社会不同形态，譬如所资本主义和社会主义，对于经济、社会影响的区别

▼词伙

show the distinctions between different societies.

▼翻译

sociology can inspire young people to evaluate different government policies by showing the distinctions between different societies.

17. 心理学：主要解释人的行为的原因，还有如何调节情绪、减少心理疾病等。

▼词伙

Uncover the root causes of human behaviour, manage emotions, deal with emotional disorders.

▼翻译

Psychology can Uncover the root causes of human behaviour, such as violence, anger, depression and politeness. People can learn how to manage emotions and deal with emotional disorders.

## 话题 7：教育类：影响成长的因素

家庭（包括父母和家人）的影响：

1. 行为规范：父母的管教让孩子形成好的行为；父母是孩子行为的榜样（包括阅读、身体锻炼等）

▼词伙

form positive habits, show good manners, role models

▼翻译

Upbringing can form the habits of children, and children who are raised by well-educated parents tend to show good manners. Adults are role models for their children, and some hobbies such as reading and sport are possibly shared by family members.

2. 社会技能：学习基本的交流方式，基本词汇，情绪交流

▼词伙

communication skills, improve vocabulary, express emotions

▼翻译

Parents also play a significant role in imparting communication skills to children. Reading stories before bedtime can help children improve vocabulary. Effective interactions increase children's experience and confidence in expressing their emotions.

3. 知识：父母有针对性地教小孩知识；没有受过教育的父母可能不能传授知识

▼词伙

home education/schooling impart knowledge

▼翻译

Home education can prepare children for school life, with parents passing on knowledge and academic skills to children before the school age.

4. 身体发展：父母的起居饮食对小孩的健康有影响，父母的经济条件决定了小孩的营养

▼词伙

ways of life, financial situations, nourishing food

▼翻译

Parents also decide what children do every day, so the ways of life developed during childhood last into adulthood. The socio-economic status of parents can have a direct impact on whether children have a nutritionally balanced diet.

5. 智力：如何和小孩玩，选择玩具，如何互动

▼词伙

interact with children, improve intelligence

▼翻译

Even buying gifts for children, playing games and other activities or decisions can affect the brain development of children. The increase in brain activity can improve intelligence.

### 学校、老师、同龄人的影响：

1. 行为规范：校规约束孩子，让他们知道遵守规则

▼词伙

school rules, discipline children, obey rules, follow behavioural norms

▼翻译

School rules can discipline children, and show them boundaries of behaviour. Children will learn the importance of obeying rules and following behavioural norms

2. 社会技能：学习和不同的人交流

▼词伙

communicate with people from diverse backgrounds

▼翻译

Children need to communicate with peers from diverse backgrounds at school, and in this regard, a school is like a microcosm.

3. 知识：帮助小孩提高知识和技能，以后上大学和就业；学霸可以树立好的榜样

▼词伙

improve skills, high-achieving students.

▼翻译

Children can also improve skills and knowledge they need for future careers. They admire high-achieving students and establish positive habits.

4. 身体发展：学校纪律，同龄人的习惯会影响孩子的行为，譬如说是否爱吃水果和爱运动

▼词伙

peer groups, peer pressure

▼翻译

School discipline and peer groups can shape the behaviour of children and affect what they eat and what sport they like.

5. 兴趣和爱好：学校和同龄人对孩子的兴趣爱好有一定影响

▼词伙

interests and hobbies

▼翻译

Classroom activities and extra-curricula activities are responsible for the interests and hobbies children develop from an early age.

**媒体的影响：**

1. 行为规范：媒体导致很多小孩的行为问题，小孩会觉得媒体上的一些行为是普遍的，甚至是好的，譬如说暴力、消费等

▼词伙

behavioural problems, acts of violence

▼翻译

Media are responsible for many behavioural problems which have become widespread among children. children may copy those ways of life or behaviour patterns which are frequently shown in the media, such as acts of violence and overspending.

2. 社会技能：媒体会让小孩孤僻

▼词伙

antisocial and rude

▼翻译

Media may make children antisocial and rude by showing that crime and violence can bring a sense of excitement.

3. 知识：网络和电视可能让孩子知识变得更加渊博，开拓视野

▼词伙

knowledgeable, open a window to the world

▼翻译

Television programmes can make children knowledgeable. Documentaries and TV shows open a window to the world

4. 身体发展：媒体让孩子缺乏运动

▼词伙

lead an inactive life

▼翻译

Watching TV every day is unhealthy, discouraging children from playing sport. they tend to lead an inactive life

**社会，社区，政府的政策等的影响：**

1. 行为规范：政府的宣传会影响孩子的行为

▼词伙

awareness campaigns

▼翻译

The government's awareness campaigns can also affect the ways children behave. For example, children learn how to protect the environment after reading pamphlets issued by the government.

2. 社会技能：决定小孩是否愿意参与社区活动

▼词伙

community activities

▼翻译

Children living in close-knit communities are more willing to attend community activities.

3. 知识：免费教育和培训，提高素质和就业能力

▼词伙

free training and tuition, develop positive qualities

▼翻译

Free training and tuition allow children to develop positive qualities, such as loyalty, compassion and perseverance, from a young age.

4. 身体发展：社区的设施和政府的宣传决定孩子是否养成健康的生活方式

▼词伙

fitness equipment, sports facilities, live a healthy life

▼翻译

Fitness equipment and sports facilities available in communities can encourage children to live a healthy life

父母对孩子健康的影响：

1. 父母如果饮食健康，小孩也会少吃快餐

▼词伙

healthy eating

▼翻译

Parents have a key role to play in the physical development of children. If parents are conscious of healthy eating, their children will be less likely to eat fast food.

2. 父母如果少看电视和上网，他们会更加多参加室外运动

▼词伙

outdoor activities

▼翻译

If parents spend less time watching TV and surfing the web, children will be more passionate about outdoor activities.

3. 有时候，父母比较高的期望会增加孩子的压力

▼词伙

high expectations

▼翻译

The high expectations of parents can, however, put children under enormous pressure.

父母对孩子社会技能的影响：

1. 父母增加和孩子的交流，包括一起看书，可以提高孩子的表达能力

interpersonal skills, language skills

▼翻译

Some activities can also help children improve language skills. for example, reading storybooks every day can help children expand vocabulary, and children who read poems or retell stories are good at expressing their ideas.

2. 父母和孩子的交流也可以让孩子知道怎么懂得体会别人的感受，怎么去和别人建立情感的联系

▼词伙

feel empathy for, strong connections

▼翻译

If parents communicate with children patiently, children will gradually learn how to feel empathy for others



and build strong connections with friends and family.

3. 父母和孩子参加一些社会活动和家庭活动，也会提高孩子的交流技能

▼词伙

family events

▼翻译

The experience in socialising with others and celebrating big family events can also make children more sociable and improve social skills.

**父母对孩子行为的影响：**

1. 父母的奖励可能让孩子知道什么是好的行为，什么是成年人认可的行为

▼词伙

good behaviour, acceptable behaviour

▼翻译

The rewards provided by parents will reinforce good behaviour and tell children what is acceptable behaviour.

2. 父母的惩罚和规则可能让孩子减少不好的行为，不接触不好的朋友

▼词伙

reduce poor behaviour, cease contact with delinquent peers

▼翻译

Punishment and discipline, on the other hand, reduce poor behaviour. Parents should also keep a close eye on the friends of their children, and teenagers are required to cease contact with delinquent peers.

**父母对孩子学习的影响：**

1. 父母参与孩子的学习，可能会提高孩子的学习信心；父母的教育程度决定了孩子在家里获得的学习支持

▼词伙

boost the confidence, the level of education, academic support

▼翻译

If parents are actively involved in children's schooling, it can boost children's confidence. The level of education of adults can determine the academic support available for children.

2. 父母的财富可能决定了孩子是否可以上好的学校

▼词伙

attend a prestigious school, good school

▼翻译

Wealthy parents are more likely to send their children to prestigious schools.

3. 去图书馆、家里阅读的气氛都可以影响孩子对学习的兴趣

▼词伙

enthusiasm for studies, the academic atmosphere

▼翻译

Reading at home or in the library can fuel children's enthusiasm for studies. It can cultivate a positive attitude towards reading in the academic atmosphere.

4. 父母的建议可能会影响孩子专业和职业的选择

▼词伙

career choices

▼翻译

The advice given by parents can affect the career choices of children.

## 话题 8：教育类：学习的热情

### 学生厌学的原因：

1. 教学方法陈旧，老师不注意互动，课堂烦闷

old-fashioned teaching methods, interaction

Students are not interested in education because they are tired of old-fashioned teaching methods. Teachers do not pay attention to the interaction with students, and lessons are all boring and fail to engage students.

2. 理论和实际有差距，毕业很难找工作，学生觉得接受教育没用

The gap between theory and practice, find work, attend school

Schools are not able to bridge the gap between theory and practice. Students cannot find jobs easily, so they do not see the value of attending school.

3. 功课太多，考试为主，注重高分，学生压力大，喜欢玩游戏和手机

excessive homework, exam factories, exam grades, excessive pressure, play games and play smartphones

Students have to do excessive homework. Schools have become exam factories which value exam grades only. This can put excessive pressure on students, who may turn to games and smartphones as a form of escapism.

4. 老师和家长没有给与足够支持，学生提升不了，没有信心

Give support, improve grades, lose confidence

Teachers and parents fail to Give support, and children cannot improve grades. So they lose confidence.

5. 在学校里被欺负，被忽视，没有自尊心和自信

Bully, ignore needs, low self-esteem

Some children may face problems such as bullying. Their needs are ignored, and this can lead to low self-esteem.

### 提高学生兴趣的方法：

1. 使用高科技和现代教学方式，譬如说电脑，增加课堂趣味

teaching aids, make every class interesting and engaging

teachers can adopt hi-tech teaching aids, such as computers and projectors, which make every class interesting and engaging

2. 因材施教，学生对学习更加有信心和兴趣

tailor courses to the levels and needs of students, build confidence

Teachers can tailor courses to the levels and needs of students, helping students build confidence.

3. 学生有实习和提高动手能力的机会，增加就业能力

improve practical skills, improve job prospects

At school, students should have opportunities to improve practical skills, which can improve job prospects.

4. 注意学生的兴趣、特长和个性，还有对社会生活的需要，不要只是关注成绩

personality traits, social needs, exam results

Teachers should pay attention to the interests, strengths, talents and personality traits of students, as well as their social needs, instead of paying attention to exam results.

5. 给孩子娱乐和玩耍的时间，学习不至于压力很大

reduce pressure

Children should have time for play. This can reduce pressure.

6. 给学生一定的奖励，认可学生的进步和出色，让学生不断进步

recognise progress

Students are given rewards. It is important to recognise their progress and effort, so they will continue to study hard.

7. 让学生知道学习的重要性，学生更加努力，自主地找材料学习

learning materials

children should realise the importance of formal education to their careers, so they will study hard and search for learning materials proactively.

8. 学生觉得教育系统非常公平，能够择优录取

based on merit

students will think the education system is fair, and they should be chosen based on merit.

9. 学生接受全面的教育，学习不同的技能，接触不同的科目，兴趣更高

well-rounded education, acquire diverse skills, learn different subjects,

Children should have the opportunity to receive well-rounded education to acquire diverse skills and learn different subjects. This can keep them interested.

### 话题 9：教育类：成功的因素

1. 天赋，在某个学科或者职业有很好的学习能力

excel at, fields of work

People are more likely to succeed in the fields where they show their talents and learn skills faster than others.

2. 容貌漂亮（更容易给人留下印象，特别是娱乐行业）

physically attractive, make a positive impression

Physically attractive people are at an advantage in some industries, especially the entertainment industry, where they can make a favourable impression on others.

3. 受过好的教育，知识更多，可以解决复杂的问题

well-educated, a strong academic background, tackle complex problems

Well-educated people stand a good chance of having a successful career because they are more capable of tackling complex problems with knowledge.

4. 勤奋和努力，是否敬业，不断提高技能

a good work ethic, upgrade skills

People who have a good work ethic will work hard continuously and upgrade skills to meet challenges.

5. 坚持，遇到困难不放弃

persist with the course of action, show perseverance

Successful people tend to show perseverance in the face of adversity. They persist with the course of action, until they make meaningful progress and succeed.

6. 敢于创新，打破常规

embrace innovation, break the mould

To achieve something in one's career, people need to have the brave to break the mould and embrace innovation.

7. 有计划，有目标，自律，朝着目标不断努力

set plans, clear objectives, show self-discipline

Successful people are good at setting plans and clear objectives. They show-discipline and the determination to attain their objectives.

8. 应变能力，适应环境的能力

show resilience, adapt to the changing world

One hallmark of successful people is the ability to show resilience. They can adapt to the changing world and react quickly to different situations.

9. 情商比较高，可以体谅别人，交流能力，设身处地给别人想，人脉比较广

emotional skills, feel empathy for others, a large network of friends, put yourself in other people's shoes

Emotional skills have an important role to play in one's career achievements. People who are able to feel empathy for others are more likely to have a large network of friends.

10. 领导力，能够领导团队，是否能够很好地和别人在一起工作

lead a team, show exceptional leadership skills, work closely with others

People who achieve success in their professional life normally have leadership skills. they can lead a productive team and work closely with others to attain objectives.

11. 很有责任感，很有爱心

a sense of responsibility, compassionate for

Successful people have a strong sense of responsibility and feel compelled to help others live a happy life. they feel compassionate for people who suffer distress, experience financial difficulties or feel helpless in dealing with problems.

12. 乐观，积极的态度

a positive attitude, a positive outlook on life, show optimism

People who have a distinguished career show optimism. They are confident in changing the world for better. They believe that their creative ideas, if realised, can make a positive difference to other people's lives.

**话题 10: 文化类: 音乐**

音乐的用处

1、音乐可以减少压力，消除紧张

reduce stress      alleviate anxiety

Music can reduce stress and alleviate anxiety

2、音乐是休闲手段，减少生活的烦闷，甚至有时候工作听音乐也会让工作有趣

A form of entertainment, alleviate boredom, listen to music

It is also a form of entertainment, which can alleviate boredom. Even listen to music can make work less boring

3、音乐是文化的一部分，体现文化差异

Part of cultural heritage      distinguish one culture from another

Music is part of cultural heritage and can distinguish one culture from another

4、音乐可以让人们在一起，组织乐队和合唱团，促进人和人之间的交流

Form bands, join a choir, promote bonding

Music and promote bonding and bring people together, they can form bands and join a choir to enjoy music

5、音乐可以丰富学校的课程，玩乐器增加大脑活动，对学生的智力发展有一定的帮助

Enrich curriculum, play musical instruments, increase brain activity, improve intelligence

Music can enrich curriculum, playing musical instrument can increase brain activity and improve intelligence

6、音乐是创意产业，经济有一定意义

Creative industry, benefit the economy

Music is also a creative industry. Many music fans are willing to pay for music and attend concerts. Its revenue can benefit the economy

### 听到音乐的地点

1、各种社会场合（宴会，party。毕业典礼，庆祝仪式）

We can listen to music in public places such as parties, ceremonies and celebrations.

2、各种媒体（手机、电脑、广告、电影）

We can also listen to songs on the phone, on the computer, in advertisements and in films

3、各种地点（家。。。。）

They can listen to music at home, when driving, in the elevator, on public transport, in the gym and in shops

**话题 11: 文化类：艺术是否值得投资**  
**好处**

1、艺术让我们的环境更加漂亮，漂亮的艺术品、建筑和景观让城市更有特点，人们开心，吸引游客  
Public art can improve the built environment and give character to cities. Beautiful artworks, spectacular architecture and cityscapes can attract tourists and boost well-being of residents

2、艺术活动让人们走到一起，增加人和人的交流  
Artistic activities such as attending art exhibitions can bring people together and strengthen their connections

3、人们参加艺术活动可以变现自我，释放压力，调节情绪  
People can show individuality by creating artworks, release stress and manage emotions

4、艺术强调人的自我表达，体现不同的视角，激发想象力，影响年轻人的思维  
Art pays attention to self-expression and encourages people to show their perspectives. Creative works can capture imagination and affect the ways of thinking of people

5、保护文化传统，保持文化多样性  
The spending on the arts can also help preserve traditions. It contributes to cultural diversity if different art forms are alive

6、艺术产业的发展，可以增加收入  
If the cultural industry thrives, it can generate enormous revenue

## 坏处

1、花费很大，政府经费不够，而艺术家本身可以通过卖作品去赚钱，也可由私人投资者赞助，或者由艺术馆收取门票  
Art projects can cost a fortune, and the lack of funding is a big problem for the government. Artists can sell works to make a living, and private sponsors like to collect artworks. Art galleries can organize exhibitions and charge entrance fees

2、有些公共艺术如果不好看，反而影响市容  
Public art may be the eyesore of the city, if not artistically beautiful

## 艺术活动的例子

绘画、雕塑、陶艺、瓷艺、手工艺品（编织品、刺绣），书法  
Artistic activities include painting, making sculptures, pottery, porcelain art, calligraphy, making handicrafts (such as embroidery and stitching)

## 话题 12: 文化类：博物馆是否值得保留

### 博物馆的好处

1、展示文物，让人们知道历史，知道世界发展的规律，有助于预测事情的结果，作出恰当的决定  
Show historical objects, study history, timeless rules, make good judgment

Museums can show historical objects, allowing people to study history can learn about timeless rules,永恒的法则 they can make good judgment if they understand what each option leads

2、开拓视野，给予启示，激发想象力  
Capture imagination, offer lessons about

A museum trip can also broaden people's horizons and capture imagination. They can draw inspiration from achievements of famous scientists, politicians, scholars and poets

3、博物馆很多时候是地标建筑，让城市更漂亮，有观光价值  
Landmarks, popular attractions, tourism hotspots

Museums are sometimes landmarks of a city, drawing visitors at home and abroad. Many museums are tourism hotspots of cities

4、组织文化活动，让人们休闲，很多博物馆有很多娱乐，如：歌舞、电影、游戏等  
Museums can sometimes organize events and seminars 研讨会, which can enrich cultural life. They also provide different forms of entertainment, such as musical shows, dancing performances, movies and simulation games, in order to make every museum trip enjoyable

5、博物馆让不同背景的人（包括移民）熟悉各种文化，最后可以更好的相处，提升社会凝聚力  
By visiting museums, people from diverse backgrounds can learn more about different cultures, such as the beliefs, customs and ways of life of ethnic minorities 少数民族. They are more capable of accepting cultural differences. This can contribute to social unity

6、博物馆让大家看到陈列品的细节，维度、纹理、型号，这些都是网络看不到的  
Museums allow people to look closely at historically interesting items, such as dimensions, features, textile and sizes of valuable items. This cannot be achieved online

7、博物馆对一些人是宝贵的经历，不远千里去看，排队买票，去听讲解和看演出  
Visiting a museum can be a valuable experience, in which people can listen to commentaries and watch shows

8、展示文物，知道国家 and 地区的发展，近距离专心致志欣赏陈列品，其他地方的人欣赏他们的文化，本地人有认同感  
By viewing artefacts on display in museums, people can figure out how a region or country developed. Looking closely at exhibits, they can appreciate the artistic achievements of a region and admire the local culture. Local visitors will have a sense of identity

### 博物馆的争议

1、开放时间有限，不方便游客，特别是海外游客观看，还不如开设电子博物馆  
Visiting a bricks and mortar museum is inconvenient, especially for people living abroad, due to limited opening hours, people prefer to browse 浏览 webpages of a museum to view exhibits

2、失窃事件，游客过多，文物容易受到损害  
Some museums are overrun by tourists, and a lack of security measures can increase the risk of theft and damage to precious exhibits

3、收取门票，穷人去不了  
People from less well-off backgrounds may not visit museums which charge entrance fees

4、维修和养护都要钱，给政府增加负担，还不如开设电子博物馆（科技发展让网络看 exhibit 的体验



差不多)

The cost of running museums and the maintenance of artefacts and cultural treasures can add a burden on the government, technological advances make it possible for people to check digital exhibits on the web

5、博物馆的展览无法吸引不同群体的游客，比如说年轻人觉得博物馆的展览太无聊

The exhibitions of museums are poorly managed, failing to attract a wide spectrum of visitors, such as young people who think museum trips are boring

6、世界不断改变，包括科技和文化，有些历史知识，未必适用于现在

Knowledge of history may not be applicable in the modern world, as the world is changing constantly in terms of technology and cultures

### 话题 13：科技类：医疗科技和服务

#### 资助医疗服务的好处

1. 人们可以更加健康，工作表现更好

| 同学，想查看词伙吗? ▼

stay healthy, quality of work

| 同学，想查看翻译吗? ▼

With the access to medical care, people can stay healthy and recover quickly when they fall ill. It is essential to the quality of work.

2. 解决穷人看不起病的问题，消除社会不平等

| 同学，想查看词伙吗? ▼

reduce medical inequality, afford medical costs

| 同学，想查看翻译吗? ▼

It can also reduce medical inequality as the disadvantaged had difficulty in affording medical costs.

#### 资助医疗服务的坏处

1. 赤字增加，政府很难维持大的医疗费用

| 同学，想查看词伙吗? ▼

budget deficits, afford a medical system

| 同学，想查看翻译吗? ▼

The provision of free medical care can lead to budget deficits as the government does not have resources to support an oversized medical system.

2. 公立医院人满为患，排长队，医疗设施不好，人手不足

| 同学，想查看词伙吗？ ▼

a long waiting list, ill-equipped and understaffed

| 同学，想查看翻译吗？ ▼

If medical services are subsidized by the government, there will be a long waiting list. Without the contribution from patients, hospitals are ill-equipped and understaffed.

3. 人们依赖免费的医疗服务，不注意健康，不注意预防

| 同学，想查看词伙吗？ ▼

free healthcare, healthy living, prevention

| 同学，想查看翻译吗？ ▼

People can rely on free healthcare. They would not pay attention to healthy living and prevention.

4. 对私人医疗服务是个冲击，影响市场竞争的健康

| 同学，想查看词伙吗？ ▼

crowd out private investment, distort the market

| 同学，想查看翻译吗？ ▼

Public funding can crowd out private investment and distort the market.

#### 话题 14：科技类：农业技术

农业科技的好处：

1. 化肥促进农作物生产，工厂养殖可以加速动物成长，减少粮食紧缺  
boost crop yields, factory farming, grow faster, tackle the food shortage

Fertilisers can boost crop yields. Factory farming has practices to make sure animals grow faster. These methods can tackle the food shortage.

2. 减少人力，降低食品成本，消费者花钱更少  
reduce the labour cost, food is more affordable, cut the spending

Modern farming techniques rely on the use of machines, which can reduce the labour cost and make food more affordable. Consumers can cut the spending on food.

3. 基因食品抗虫抗灾，保证产量  
GM food, resistance to pests, food production

Some GM food varieties are pest-resistant. Some crops are also capable of withstanding extreme weather

conditions. This can increase food production significantly.

4. 有机种植比较健康，对人体没有伤害，对环境没有影响  
organic farming, harmless to eaters, environmentally sound

Organic farming is beneficial to consumers. Crops which are grown without the use of chemicals are harmless to eaters. These practices are also environmentally sound.

**农业科技的坏处：**

1. 化学物有毒，使用抗生素等，导致食物中毒  
contain toxins, food poisoning

Chemicals normally contain toxic substances. Factory farms use anti-biotics, which can cause food poisoning, if not removed from food effectively.

2. 化学物产生土地退化，破坏农作物的营养，影响收成  
land degradation, nutritional value, crop failures

The overuse of fertilisers, pesticides and herbicides can also cause land degradation, damage the nutritional value of food and give rise to crop failures.

3. 基因食品和密度种植可能造成农场品种单一，营养单一，也会对生物链影响  
monoculture, food chain

The production of GE food can cause monoculture. The drop in the varieties of crops can have a negative effect on the food chain.

### **话题 15：科技类：机械化和家用电器使用对我们的影响**

**机械化的好处：**

1. 节省时间和精力，人们可以做其他有创造性的事情  
save time and energy, creative works

Machines can help people save lots of time and energy, and then they will have more time to do creative works.

2. 家用电器和机器人让家务变得简单，人们可以多点娱乐和休闲，减少压力；女性也可以有自己的时间去做其他事情  
household chores, reduce stress

Home appliances can make household chores easier because machines and robots can relieve people of menial tasks and reduce stress.

3. 农业和工业效率提高，产出增加，经济发展  
improve productivity, benefit the economy

The use of machines for agriculture can improve productivity, which may benefit the economy.

4. 产品质量更好，可以用更长的时间，也更加便宜  
improve quality, last longer

Mass production can be achieved with the use of modern machines. This can help improve the quality of products, and products made by machines normally last longer than those made by hand.

5. 机器人的出现可以减少劳动力不足的问题  
the labour shortage

The invention of robots can help alleviate the labour shortage.

6. 机器人帮助我们在极端环境下工作，做研究  
In extreme/adverse/harsh conditions/environment, carry out research

Robots can help us carry out research in extreme conditions.

#### 机械化的坏处：

1. 人们变得懒惰，技能退化，不愿意思考，依赖机器和家庭电器  
indolent, idle time, skills are eroded

Relying heavily on machines has a negative impact on people's well-being. They will become indolent, and their skills will be eroded.

2. 产品批量生产，传统手工业制品减少  
mass produced, traditional handicrafts

It is also true that traditional handicrafts will become obsolete owing to mass production of products.

3. 农业和工业使用机器，消耗能源和电力，产生温室效应  
consume energy and electricity, global warming

The excessive use of equipment in agriculture will pose a threat to the environment. This is mainly because using these machines will consume energy and electricity. The greenhouse gases emitted by power plants may cause global warming.

4. 机械化、机器人会导致劳动力多余，低技术人员很难找到工作，造成社会的不稳定  
make people redundant, low-skilled jobs, destabilise communities

Machines can replace labour, which may make people redundant, and they will lose jobs, especially for those people who do low-skilled jobs. This may pose a threat to community stability.

## 5. 机器人控制武器，可能会毁灭人类

control weapons, wipe out the human race

If robots, such as those controlling weapons, are not managed well, they are more likely to wipe out the human race.

## 话题 16：科技类：太空科技

### 太空科技的好处

#### 1. 带来就业机会（特别是太空旅游）

同学，想查看词伙吗？ ▼

generate employment, space travel

同学，想查看翻译吗？ ▼

The advancement in space science can generate employment, especially when space tourism has the potential to become an industry.

#### 2. 推动技术革新，很多科技可以用在我们生活里

同学，想查看词伙吗？ ▼

promote innovations, used commercially

同学，想查看翻译吗？ ▼

Space science can promote innovations, many of which can be used commercially in our lives.

#### 3. 可以启发年轻人去从事科学研究，探索太空

同学，想查看词伙吗？ ▼

provide inspiration, space exploration

同学，想查看翻译吗？ ▼

Space science can provide inspiration for young people and encourage them to engage in scientific research and explore the outer space.

4. 探索地球外生命，增加宇宙的知识，可以规避一些危险（比如说陨星撞地球），理解星球对我们的影响（比如说太阳风）

同学，想查看词伙吗？ ▼

search for life on another planet, avoid risks, meteorites crash into the earth, push the frontier of knowledge, solar wind

同学，想查看翻译吗？ ▼

The search for another planet can give us deep insight into the universe and help us avoid some risks, such as the crashing of meteorites into the earth. Space research projects can also deepen our understanding of the impact of celestial bodies on us, such as the solar wind.

5. 有助于我们找到宜居的星球，远离污染，在宇宙找到能源和资源

同学，想查看词伙吗？ ▼

habitable planet, find resources in the universe

同学，想查看翻译吗？ ▼

If we find habitable planets, we can relocate to get away from pollution and use resources available in the universe.

6. 一些太空项目可能多个国家合作去做，有助于促进国际合作

同学，想查看词伙吗？ ▼

promote global cooperation

同学，想查看翻译吗？ ▼

Some space projects require the collaboration of different countries. This can promote global cooperation.

太空科技的坏处

1. 使用大量金钱，政府缺乏资金去满足其他的公众需要; 太空项目的进展缓慢

同学，想查看词伙吗? ▼

require huge investment, run out of cash to meet other needs; slow progress, no immediate payoff

同学，想查看翻译吗? ▼

Space projects require huge investment, so the government is likely to run out of cash to meet other needs for public money; space missions normally show slow progress and fail to provide any immediate payoff

2. 太空飞行需要消耗大量能源，宇宙飞船很难回收，产生垃圾等

同学，想查看词伙吗? ▼

consumption of energy, spacecraft, create waste

同学，想查看翻译吗? ▼

Space travel requires the consumption of energy. Dysfunctional spacecraft cannot be recycled easily. It can create waste.

3. 太空探索可能带来一些外太空的生物，外星人入侵地球

同学，想查看词伙吗? ▼

Space exploration, introduce invasive, alien species, conquer/colonise the earth

同学，想查看翻译吗? ▼

There are some potential problems of space exploration, such as introducing invasive, alien species. Extraterrestrial life may conquer/colonise the earth.

## 话题 17: 科技类: 资助科学研究和科技的影响

### 资助的好处

1、健康: 医疗出现新药，价格比私人投资的新药要便宜，人们更健康，生活更快乐，抗衰老，延长寿命

Develop new drugs, public well-being, invent medicine, privately-owned, anti-aging drugs, recover from illness, live a longer, healthier life

The funding for scientific projects, especially those in developing new drugs, is important to public well-being, as medicine invented by state-funded institutions is more affordable than drugs developed by privately-owned projects. The access to medicine, including anti-aging drugs, can help people recover from different illnesses and live a longer, healthier life

2、环境: 环境科技让我们的经济持续发展，环境质量保持

Environmental friendly technology, sustainable economic growth, preserve the environment

The research on environmentally friendly technology can assist us achieving sustainable economic growth and preserving the environment while producing what we need in daily lives

3 经济：机器、电脑，机器人的发展可以提高劳动产出，减少劳动力成本，促进经济发展  
Artificial intelligence, improve productivity, lower the labor cost

Advances in machines, computers and artificial intelligence can drive economic growth by improving productivity and lowering the labor cost

4 生活标准：农业科技可以增加粮食产量，减少饥荒的影响  
Technological progress, improve crop yields(出产), prevent famine

Technological progress can improve crop yields and prevent famine

5 生活标准：电脑手机网络等可以让信息和知识传播更快，让更多人可以接受教育  
The advent of computers, smartphones and the internet can facilitate 加快 the diffusion of knowledge, offering more people the opportunities to attend school

6 生活标准：交通工具，无人驾驶汽车，新能源汽车  
Another improvement is the development in different means of transport, which has empowered 授权 us to travel more easily, innovations such as driverless cars, autonomous cars and hybrid cars/ electric cars have reduced the emissions of conventional cars

7 科技：产品和服务创新，占领国际市场  
research and development can increase competitiveness of our products, which can conquer the international market. Companies with new products can achieve overseas expansion

8 教育：鼓励年轻人学习科学，做科学研究，提高对科学的兴趣  
government funding can encourage young people to conduct scientific research and study science subjects. The increase in science labs at school can boost the interest in science, since many children can find joy in scientific experiments

### 资助的坏处

1、经济：政府预算赤字，影响经济发展，可以改由私人企业投资（更加注重盈利，市场的需求，成本的控制）

due to budget deficits, the government does not have sufficient funding for scientific projects. The slow progress in technological innovations can undermine economic growth, if the government can relax rules on privately funded projects, those profit-oriented research institutions can possibly commercialize their discoveries more promptly, due to their sensitivity to market demands and cost control

2、文化：政府可能忽视了人文学科的研究  
Also due to budget constraints, the government may allocate less funding to projects in humanities such as language, anthropology

### 话题 18：城市类：舒缓交通压力



### 开车的原因：

1. 汽车越来越便宜，人们越来越有钱  
car ownership

Car ownership has become more affordable and people have earned higher income.

2. 人们在乎效率，而公共交通工具不够完善

public transport services

People are conscious of the time they spend travelling to and from work, but public transport services are not satisfying.

3. 城市越来越大，步行和踩单车很难去到目的地

travel on foot or by bike

Cities are becoming bigger, and it is not easy to travel on foot or by bike to get around

4. 在某些国家，车是一种身份的象征  
status symbol

Cars, especially some makes of car, have become a status symbol.

### 开车的后果：

1. 空气污染增加，人们呼吸道疾病变多，城市医疗费用提高  
air pollution, respiratory diseases, medical costs

Air pollution has led to an increase in respiratory diseases and driven up medical costs.

2. 噪音，影响居住者的睡眠  
traffic noise, disturb sleep

Traffic noise can disturb sleep of city dwellers.

3. 油价上升，增加生活和工业成本

fuel costs, the cost of living

The rising fuel costs can increase the cost of living.

4. 人们不运动，健康问题增加  
pose health risks

Over-reliance on cars can reduce physical activity and pose health risks.

5. 城市交通堵塞，出行不方便，对经济有影响

traffic congestion, get around

Traffic congestion makes it difficult to get around, which can damage the economy.

6. 政府要花费大量金钱在基础设施上  
transport infrastructure

The government has to increase the spending on transport infrastructure.

7. 事故增加，死亡率上升  
car accidents, death toll

Car accidents and the death toll will increase as more cars are on the road.

如何抑制开车和解决交通堵塞：

1. 对进入市区的车辆收钱  
impose a congestion tax

Imposing a congestion tax on vehicles entering the city centre can also deter people from using private transportation.

2. 建立步行街  
traffic-free zones

Designating traffic-free zones can discourage people from driving to some parts of the city

3. 建立好的公共交通系统，人们因此不开车

convenient public transport access

convenient public transport access can encourage people to try different means of transport, rather than rely on cars.

4. 提高人们意识，知道减少开车的重要性  
raise awareness

It is important to raise awareness of the perceived benefits of driving less frequently.

5. 加税，汽油税，和路税  
increase tax

Increasing tax can increase the cost of driving cars, thereby curbing car use.

6. 提高驾龄，提高路考的标准  
raise the driving age, tough licence tests

Raising the driving age and tougher licence tests make it difficult for people to obtain a driving license.

### 话题 19: 城市类: 房屋问题

#### 保护老建筑的好处:

1. 地标建筑, 有经济价值 (特别是收取游客费用), 人们可以游玩和减压

##### ▼词伙

landmarks, economic value, charge entrance fees, visit cultural sites/  
attractions, wind down

##### ▼翻译

The main reason why the restoration of old buildings is important is that many of them are landmarks and valuable to the economy of communities. Tourists who visit these buildings, especially cultural attractions have to pay entrance fees.

2. 建筑艺术, 有文化价值, 是文化遗产的一部分, 让城市具有自己的特点

##### ▼词伙

architectural heritage, of cultural interest, give character to cities

##### ▼翻译

Some century-old buildings are of cultural interest and noted for some unique features. They are part of architectural heritage of a city or country, and visitors can identify cities easily with these constructions.

3. 纪念历史事件, 提醒人们记住历史

##### ▼词伙

commemorate some significant events in history, a connection to the past

##### ▼翻译

Old buildings are sometimes protected for they have been built to commemorate some significant events in history. They represent a connection to the past and affect our values and ideas as a constant reminder of what happened in the past.

4. 有时候是一些宗教活动的场所, 让人们熟悉当地文化

##### ▼词伙

places for religious practices

##### ▼翻译

Some old buildings are places for religious practices

5. 老建筑翻修省钱

##### ▼词伙

restoration of old buildings

##### ▼翻译

Renovation of some old buildings for modern use is economical compared with the construction of new buildings.

#### 保护老建筑的坏处:

1. 材料比较特殊, 建筑工艺比较复杂, 请技术工人维修费用高

##### ▼词伙

Building material, building techniques, hire technicians, the cost of restoring buildings

##### ▼翻译

Old buildings are difficult to maintain and repair because it involves the use of special building materials and unusual building techniques. The cost of restoring buildings is extremely high because the government has to pay for the

services of technicians.

2. 占地，阻碍城市发展，城市适合高层建筑，容纳更多人，设施也更好，解决房屋紧缺

▼词伙

present obstacles, city expansion, high-rise buildings, accommodate people,  
tackle the housing shortage/ deficit

▼翻译

Valuable land is underused because of old buildings, which present obstacles to city expansion. High-rise buildings can be constructed to accommodate more people to address the housing shortage, while these buildings are also well-equipped to satisfy diverse needs, such as heating and the Internet access.

3. 影响城市的形象，城市老建筑比较多有一种过时的感觉，不接受新科技的感觉

▼词伙

image of the city, fall into disuse, behind the times

▼翻译

Knocking down old buildings can help reshape the image of a city, and cities with numerous buildings which fall into disuse are behind the times.

4. 维修不好,危险

▼词伙

safe to use

▼翻译

If not maintained well, old buildings are not safe to use.

5. 有些老建筑参观需要收门票,有争议

▼词伙

charge entry fees

▼翻译

Visiting some buildings, either monuments or museums, is expensive, as these locations normally charge entry fees.

**房屋紧缺的原因:**

1. 城市化，城乡转移，很多人住在城市

▼词伙

urbanisation, rural-to-urban shift

▼翻译

The housing shortage in cities arises from the fact that many people have chosen to leave their hometown and live in urban areas. ‘

2. 人口增长

▼词伙

population expansion, growth

▼翻译

The explosive growth of urban population is another reason.

3. 房地产市场投机，房价飙升

▼词伙

speculative, housing/property prices surge

▼翻译

Housing prices have soared as a result of speculative investment in the housing market.

### 解决房屋紧缺的方法:

#### 1. 公屋

##### ▼词伙

state housing, public housing

##### ▼翻译

To meet the demand for housing, the government should increase the provision of state housing.

#### 2. 房屋补贴

##### ▼词伙

housing subsidies, allowance

##### ▼翻译

Housing subsidies and allowance should be provided for people who strive to buy their own homes.

#### 3. 发展中小城市，鼓励人们移居人口比较少的城市

##### ▼词伙

less populated/underpopulated cities

##### ▼翻译

Policies can be implemented to encourage people to settle in less populated cities.

#### 4. 盖高一点的楼，拆除旧楼，容纳更多人

##### ▼词伙

skyscrapers, demolish old buildings

##### ▼翻译

Demolishing old, low-rise buildings for the construction of taller buildings is another solution, increasing the capacity of a city for supporting more people.

### 住房子和住单元（flat/department）的区别:

1. 住房子空间大，有后院等，可以有更多的活动，譬如说园艺和举行 PARTY，而单元比较拥挤，居住条件不是很好

##### ▼词伙

spacious, living conditions

##### ▼翻译

Houses are normally more spacious. With backyards, owners can throw parties and plant their gardens. In contrast, flats are normally crowded and people have to accept cramped living conditions.

2. 房子一般不在市中心，比较安静，而单元楼在市中心，比较吵

##### ▼词伙

quiet suburbs, city centre

##### ▼翻译

Houses are normally in quiet suburbs, while apartment buildings are normally in the city centre, where noise is consistently a problem.

3. 房子贵，装修，按揭等，单元比较便宜，适合单身人士

##### ▼词伙

furnish, mortgage, young professionals/one-person households

##### ▼翻译

The ownership of a house is expensive as owners have to furnish the home and pay mortgage. By comparison, living in flats is cost-effective and suitable for

one-person households.

4. 单元一般在市中心，离各种设施都比较近，上班也方便

▼词伙

in the urban centre, access to amenities, travel to and from work

▼翻译

Blocks of flat are normally in the central area, and the access to amenities is an advantage. People can travel to and from work more easily.

## 话题 20：城市类：城市化

### 城市和农村的区别

1、城市的基础设施（医疗、道路、学校、商店、工厂）更好

access to facilities and amenities 便利设施

Cities also provide convenient access to facilities and amenities such as hospitals, transport networks, schools, shops and factories.

2、城市就业机会多，生活水准改

job opportunities, a higher standard of living

People move to cities in search of job opportunities and a higher standard of living

3、城市的生活繁忙

Urban dwellers lead a busy life

4、城市人比较物质、自私，农村比较单纯一点

It is sometimes argued that inhabitants of cities are materialistic and selfish, while people tend to live a simple life in the countryside.

5、城市的人口比较多，房子比较密集，高层建筑多

Cities are overpopulated. There are many high-rise buildings in built-up areas.

### 城市化的问题

1、人口变多，环境恶化（垃圾增加），噪音增加

population growth, environmental degradation

Population growth can cause environmental degradation, increase waste and create noise

2、房价提高，人们买不起房子，很多人住在很拥挤的地方

housing prices, afford home ownership, live in cramped conditions

Higher housing prices mean that many people cannot afford home ownership. They have to live in cramped conditions.

3、汽车增加，交通堵塞

Traffic problems have become severe as there are more vehicles on the road.

4、人口流动，人们找不到工作，犯罪率提高，人们缺乏信任，社区凝聚力减少

the soaring crime rate , population mobility, lack mutual trust, community cohesion

Population mobility can lead to an increase in shoplifting, burglaries and robberies. The crime rate can soar if people cannot find a job. The lack of mutual trust among residents can undermine community cohesion.

5、设施压力增加，污染严重  
pressure on infrastructure

Urbanisation can increase pressure on infrastructure and cause pollution.

6、外来人口的商业影响当地的传统、文化、生活方式  
the arrival of newcomers and businesses

The arrival of newcomers and businesses can affect traditions, cultural norms and ways of life of some communities.

### 解决的方法

1、发展乡村经济，减少贫富差距，提高当地的生活水平  
rural economy, close the gap between rich and poor, improve the standard of living

It' s important to revive the rural economy and close the gap between rich and poor by reducing regional discrepancies. If people in small towns or rural areas improve the standard of living, they would not have the incentive to migrate to big cities.

2、城市扩大，增加基础设施  
cities develop, increase the expenditure on infrastructure

Cities can develop to meet the needs of a growing population and increase the expenditure on infrastructure.

### 话题 21：城市类：绿化和公园 花园和绿地的重要：

1. 减少压力，让心情更好，更健康

reduce stress, put you in a better mood, boost well-being

Taking a stroll in green spaces can reduce stress and put people in a better mood. It can boost well-being

2. 绿地提供运动和户外活动的场所，更加健康

green spaces, outdoor activities

Natural spaces are ideal places for outdoor activities and physical exercise, which are beneficial to health.

3. 绿地和花园可以举办各种社区活动，增加人和人之间的联系

community activities, promote bonding

Gardens and parks are also home to numerous community activities, which can promote bonding among people living in the same neighbourhood.

4. 城市的绿地和花园吸尘、降温、提供乘凉的地方，让城市生活更加舒服  
absorb dirt, has a calming and cooling effect, provide shade, make cities more livable

Trees and plants in green spaces can absorb dirt and have a cooling effect on cities. Trees provide shade and make cities more livable.

5. 花园和绿地占地，阻碍城市的发展

present obstacles

Parks and open spaces are present obstacles to the development of a city if housing development is affected.

#### 种花和种植物的好处:

1. 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

a healthy hobby, modern entertainment

Growing flowers is a healthy hobby, compared with modern entertainment, such as surfing the web.

2. 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 gardeners a sense of fulfillment.

3. 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

4. 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.

5. 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.



6. 花代表爱情，友谊等，是人们表达情感的方式  
a symbol of love, express feelings

Flowers are used to express feelings and affection. Some flowers symbolize love or commitment.

7. 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

Flowers also have cultural connotations and have links to some traditional virtues.

**种花和种植物的坏处：**

1. 比较花钱，喜欢买肥料、工具等  
require investment

Growing plants requires investment as people need to spend money on fertilisers and tools.

2. 挫败感，如果花死了，或者植物长不大

feel frustrated, flowers wither

People may feel frustrated if flowers wither or plants do not mature appropriately.

## **话题 22：生活价值观：自私和物质 VS 无私和社会责任**

**社会责任体现的地方：**

1. 做义工帮助社会有需要的人，或者捐钱

▼词伙

needy people, donate money

▼翻译

People may exhibit social responsibilities by working as volunteers to help needy people, and by donating money to charities.

2. 和别人（譬如说邻居、朋友、家人、同事、）相互尊重，避免一些争执和冲突，或者一些不诚信的行为

▼词伙

show respect for, avoid arguments and conflicts

▼翻译

People who have integrity show respect to their friends, neighbours, family and colleagues, and try to avoid arguments and conflicts. They disapprove of dishonest behaviour.

3. 保护环境，动植物，让环境可以维护

▼词伙

protect the environment, conserve wildlife

▼翻译

People are also responsible for preserving the environment of the community they live in, and protecting plant and animal species.

4. 遵守一些社会规范，行为规范，遵守社会美德

▼词伙

conform to norms, uphold virtues

▼翻译

People who are conscious of their social responsibilities know how to conform to social norms and uphold virtues.

社会责任的好处:

1. 社会团结, 注重合作, 人们相互信任, 有归属感

▼词伙

social cohesion, mutual trust, feel connected

▼翻译

social cohesion can be enhanced if people are all conscious of their responsibilities as members of society. They feel connected to a broad society if people trust each other and value collaboration.

2. 得到别人的认同和别人的支持, 职业更加容易成功

▼词伙

gain recognition and support, achieve career success

▼翻译

People who have a sense of responsibility can achieve career success easily since they can gain recognition and support from others.

3. 帮助别人, 有成就感, 获得快乐

▼词伙

a sense of achievement, experience happiness

▼翻译

By assuming the responsibility to help others, people can gain a sense of achievement and experience happiness.

4. 大家现在生活越来越好, 一般不会为了私利伤害别人, 每个人都有安全感

▼词伙

self-interest, a sense of safety

▼翻译

People today have become better-off. They would not be motivated by their self-interest to do something to the detriment of others. They all have a sense of safety if they have conscience.

5. 专注社会平等, 不炫富, 不浪费资源

▼词伙

social equality, show off wealth

▼翻译

If people are aware of their responsibility as a meaningful member of society, they will pay attention to social equality, rather than show off wealth.

自私, 有野心, 好强和物质主义的好处:

1. 专注自己的学习和工作, 不断提高自己的竞争力, 收入增加, 生活更好

▼词伙

focus on studies, gain competitive advantages, increase income, live a comfortable life

▼翻译

They focus on studies in order to achieve ambitions. They work hard to gain

competitive advantages and increase income to live a comfortable life.

2. 争强好胜，非常有野心，不断前进，不断坚持，永不言败，直到成功

▼词伙

competitive and ambitious, admit failures, achieve success

▼翻译

Competitive and ambitious individuals hardly admit failures. They persevere and strive against all odds to achieve success.

3. 人们有好的 idea，不追求其他人的认同，这些好的 idea 会推动社会的进步

▼词伙

promote social progress

▼翻译

Instead of agreeing on other people's views, people may pay attention to the expression their own opinions, which can help promote social progress.

4. 商业如果自私，可以减少不必要的成本，追求利润最大化

▼词伙

avoid expenses, maximise the profit

▼翻译

Selfish business people may try to avoid expenses and maximise the profit at all costs.

自私，有野心，好强和物质主义的坏处：

1. 压力太大， 太过紧张

▼词伙

stressed and anxious

▼翻译

People who seek to achieve ambitions may feel stressed and anxious if their objectives are unattainable.

2. 犯罪或者不道德的事情，对社会产生不好的影响

▼词伙

commit crimes and break the code of ethics

▼翻译

Greedy people may commit crimes and break the code of ethics. Their selfish acts pose a threat to society.

3. 处理不好和别人的关系，不重视团队的力量

▼词伙

relationship problems, underestimate teamwork

▼翻译

Self-centred people may have relationship problems with others and undervalue teamwork.

## 话题 23：生活价值观：社会规范和行为规则

体现礼貌的地方：

1. 打招呼，道歉和感谢，不中断别人说话，以及其他交流技能

▼词伙

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

▼翻译

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.

2. 就餐礼仪，包括如何敬酒，如何分菜等

▼词伙

table manners, make a toast, distribute dishes

▼翻译

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

3. 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）

▼词伙

give up your seat, make noise, drop litter, wait in line, disturb others

▼翻译

There are social norms in public places, such as giving up your seat to the elderly on public transport, trying not to make noise, wait in line and use electronic devices without disturbing others. Spitting and dropping litter are examples of impolite and anti-social behaviour.

4. 专业礼仪

▼词伙

rules of etiquette

▼翻译

There are rules of etiquette people need to follow in different professions.

5. 穿衣习惯，正式场合穿着正式，学校要穿校服

▼词伙

dress code, dress formally, wear uniforms

▼翻译

People can show respect to a company, a ceremony or an event by following the dress code. They need to dress formally on some occasions. Students are expected to wear uniforms at school.

6. 工作地点的礼貌（握手，交换名片，称呼，使用礼貌语言等）

▼词伙

shake hands, exchange business cards, in polite ways

▼翻译

Being polite in work contexts includes shaking hands in meetings, exchanging business cards and communicating with others in polite ways.

7. 送礼来表示谢意，或者是代表友谊

▼词伙

prepare gifts, a gesture of friendship

▼翻译

We prepare gifts to show gratitude or as a gesture of friendship.

为什么现在人们越来越不注意礼貌：

1. 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

▼词伙

moral principles, rules of behaviour, exam performance, behavioural problems

▼翻译

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

2. 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

▼词伙

technological advances, less interested in social life, self-centred, interaction with others

▼翻译

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

3. 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

▼词伙

spoil children, maintain strong discipline, social norms

▼翻译

Parents spoil children and hardly discipline misbehaved children. Selfish children do not pay attention to social norms and the feelings of others.

4. 接触媒体暴力，不好行为，小孩模仿

▼词伙

televised violence, poor behaviour

▼翻译

Exposure to televised violence is a big problem. People tend to copy poor behaviour they see on TV.

5. 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

▼词伙

income disparity, social division, disadvantaged people, resentment against

▼翻译

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.

6. 竞争激烈，大家不够耐心，希望尽快获得优势，说话不够礼貌

▼词伙

show patience, gain advantages, in polite ways

▼翻译

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.

7. 强调自我的表达，强调个性，生活更加自由，快乐

▼词伙

self-expression, show individuality, enjoy more freedom

▼翻译

People today pay attention to self-expression. They want to show individuality and enjoy more freedom, so the code of conduct is sometimes too complex and unnecessary to them.

为什么要重视社会规范：

1. 社会：体贴和尊重别人，建立好的社会和工作关系

▼词伙

considerate of others, build a network of contacts

▼翻译

Polite people are considerate of others. This can help them build a network of contacts easily.

2. 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

▼词伙

educational level/academic background, social standing/economic-social status, make a good impression, career advancement

▼翻译

The ways people talk to others can show their educational level and social standing. Communicating in a friendly way can make a good impression on others and contribute to career advancement.

3. 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

▼词伙

conform to social norms, reduce interference with...concentrate on work and studies

▼翻译

Everybody can concentrate on work and studies if they all conform to social norms and do not do anything that disturbs others.

4. 健康：礼貌可以让人更好处理矛盾，解决问题，生活也更愉快

▼词伙

resolve/ settle conflicts, handle problems, live a happy life.

▼翻译

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

为什么要我行我素：

1. 科技：限制个性发展，人们有独特的想法不敢表现，不敢创新

▼词伙

hinder career advancement, express their ideas, inhibit innovation

▼翻译

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

2. 健康：表达自己的情绪，享受自由，对健康有帮助

▼词伙

express feelings, enjoy freedom

▼翻译

People who are less conscious of social rules are inclined to express feelings freely and enjoy freedom to live their lives as they please. This is beneficial to their health.

3. 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

▼词伙

Preserve traditions, exchange gifts, wear formal dress, speak in a subtle way

▼翻译

Preserving traditions such as exchanging gifts, wearing formal dress and speaking in a subtle way can be costly and time-consuming. It can affect the efficiency we need in the modern world.

4. 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。

▼词伙

Social roles, value equality

▼翻译

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

▼词伙

hide feelings, express views openly

▼翻译

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

**话题 24：生活价值观：事业抑或家庭**

对家庭生活不够重视的体现：

1. 年轻人离开家人去外地工作，到处搬家

▼词伙

leave parental home, leave hometown, move around a lot

▼翻译

Family life is not as important as before as young people today choose to leave parental home and move around a lot in search of job or educational opportunities.

2. 年轻人自己租房子住

▼词伙

live in a rented house

▼翻译

They live in a rented house, rather than live with parents or extended family.

3. 年轻人推迟结婚和生孩子

▼词伙

defer parenthood, start a family

▼翻译

It is not unusual for many people to defer parenthood and start a family in their late 20s or even 30s.

4. 只记得赚钱，很少和家人联系，很少参加家庭活动

▼词伙

earn a living, maintain contact with family, absent from family events

▼翻译

The main concern for most people is how to earn a living, so they hardly maintain close contact with family. They do not attend family events.

主要的原因：

1. 年轻人喜欢独立和自由，希望有自己的朋友圈子

▼词伙

their own circle of friends

▼翻译

Today's young people appreciate freedom and privacy, so they hope they have their own circle of friends.

2. 他们更加自私和贪婪，也更加在乎事业的成功和财富的积累，而将家庭看作是羁绊

▼词伙

ambitious, career achievements, increase wealth, family commitments as a liability

▼翻译

they have become ambitious and greedy. They are concerned about their career achievements, trying hard to increase wealth. They sometimes regard family commitments as a liability.

3. 城市化和全球化，去到大城市才有更多的机会

▼词伙

more career opportunities

▼翻译

Urbanisation and globalisation have presented more career opportunities for young people who have professional skills.

4. 竞争压力变大，生活成本增加，科技迅速发展，年轻人专注工作

▼词伙

devote more time to work

▼翻译

The job market has become intensely competitive, and the cost of living has been on the rise. Technological change has reshaped work patterns, pushing young people to devote more time to work

5. 经济发展，年轻人经济独立，不需要父母的帮助，不需要和父母住，喜欢自己生活

▼词伙

Economic development, financial independence, financial support

▼翻译

Economic development has enabled young people to achieve financial independence.

They can live comfortably with the support of parents, so they pay less attention to family life.

**不好的影响：**

1. 家庭的关系变得脆弱，年迈的父母觉得孤独，年轻人觉得压力大

▼词伙

weak bonds, ageing parents, experience a sense of loneliness, feel stressed

▼翻译

Young people have weak bonds with family members and elderly parents experience a sense of loneliness. Working alone in large cities, young workers feel stressed and homesick.

2. 缺乏亲人和朋友的支持和照顾，身体不好

▼词伙

moral support, suffer poor health

▼翻译



Without the moral support given by family, many working people suffer poor health

3. 分开住可能生活成本会增加，特别是对于还没找到工作的年轻人

▼词伙

live apart from parent, the cost of living

▼翻译

young people, especially those who have not yet found employment, may struggle to cover basic living expenses, as living apart from parents means that they cannot rely on parents financially.

4. 晚婚，独居，出生率下降，影响社会经济

▼词伙

low birth rate, solo dwellers, a negative effect on the economy

▼翻译

This social change can have a negative effect on the economy because of a low birth rate.

**解决的方法：**

1. 调整心态，思考什么是生活中最重要的

▼词伙

adjust the mindset/expectations, what matters most in life

▼翻译

To strengthen family ties, the government should advise people to adjust the mindset and guide them to figure out what matters most in life.

2. 时间管理，更好平衡各方面的生活

▼词伙

manage time, balance professional and family life.

▼翻译

Young people should learn how to manage time effectively. This can help them balance professional and family life effectively.

## **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：**

1. 很多娱乐，譬如说电脑、电视、手机，都是比较个人化，人们不需要去交朋友

▼词伙

in isolation, make friends

▼翻译

People today enjoy different forms of entertainment by using mobile phones, computers and other technologies. They enjoy their free time in isolation, instead of making friends.

2. 各种科技让人们可以独立工作，完成事情，对关系网的依赖减少

▼词伙

work independently, perform tasks, social network

▼翻译

Technology enables people to work independently, and perform tasks without using social networks.

3. 生活忙，没有时间交友

▼词伙

lead a busy life

▼翻译

People lead a busy life and spend less time socialising with others.

4. 城市拥挤，室外的地方小，人们参加社会活动认识新朋友的地方少

▼词伙

overcrowded, open spaces, social activities, meet new people

▼翻译

Cities are overcrowded, and open spaces available for social activities are limited. City dwellers do not have opportunities to meet new people.

5. 城市的人经常搬家，人们经常换工作，很难保持稳固的关系

▼词伙

move around a lot, change jobs, make lifetime friends

▼翻译

People move around a lot or change jobs frequently. It is impossible for them to make lifetime friends.

人们不喜欢社交的影响：

1. 健康：忽视社会关系，觉得孤独和无助，压力大

▼词伙

social relationships, social life, feel isolated and helpless,

▼翻译

People may ignore social relationships and social life. They feel isolated and helpless when they cannot cope with stress or problems themselves.

2. 经济：没有人脉，不能从别人那里借鉴观点，获得资源，事业少一些机会

▼词伙

use connections, draw inspiration from, gain access to resources, advance career

▼翻译

People cannot use connections to solve problems, or draw inspiration from close friends when they need advice. As they cannot gain access to resources, they may not be able to advance career.

3. 经济：可能关注自己的工作和学业，提高专注度，更容易成功

▼词伙

a rich social life, stay focused, achieve success

▼翻译

People who do not have a rich social life may stay focused on their own ambitions and achieve success effectively.

团队工作的好处：

1. 分享信息，提高知识，提高自己的技能

▼词伙

share information, increase knowledge, upgrade skills

▼翻译

Working in teams means that people can share information with others, increase knowledge by listening to teammates and upgrade skills in team projects.

2. 合作解决复杂的问题，更有信心和效率

▼词伙

solve complex problems, build confidence

▼翻译

By working as a team, people can solve complex problems effectively. This can help build confidence.

3. 看问题的角度不同，促进革新

▼词伙

take a broad perspective, promote innovation

▼翻译

Team meetings allow people to brainstorm, and take a broad perspective in approaching problems. This can promote innovation.

4. 建立好的关系，减少工作的压力

▼词伙

build rapport, reduce stress

▼翻译

People can build rapport by working closely together, which can reduce stress in the workplace.

**团队工作的坏处：**

1. 决策过程太慢，讨论太多

▼词伙

a slow decision making process, endless debate

▼翻译

One disadvantage of teamwork is that decision making is slow, and people engage in endless debate.

2. 目标不统一，有些成员会蓄意影响团队的进度

▼词伙

set shared objectives, hinder progress

▼翻译

It is difficult to set shared objectives, and some people deliberately act to hinder progress of the whole team.

3. 有些队员比较强势，影响其他人的积极性

▼词伙

dominate team meetings, motivation

▼翻译

People who have a dominant personality tend to dominate team meetings, which can affect the motivation of other members.

4. 能力不一，有些成员的技能太低会影响效率

▼词伙

of different abilities, poor skills, undermine productivity

▼翻译

A team may be composed of people of different abilities. Poor skills of some members can undermine productivity.

**话题 26：生活价值观：快乐、压力、工作**

**决定快乐的因素：**

1. 收入好，解决基本的需要

high income, cover basic survival needs

One key to happiness is the ability to earn high income, which can cover basic survival needs.

2. 工作稳定，社会保障好，有安全感

a steady income, provide a safety net, a sense of security

People live a happy life when they have a steady income or if the government's welfare scheme provides a safety net.

3. 社会关系好，家庭好，有归属感

good interpersonal relationships, good social connections

Another factor which has an enormous impact on the feeling of happiness is the relationship with friends and family. People can take pleasure from shared experiences with others. Good social connections can combat a sense of isolation which can be experienced in large cities.

4. 有职业发展的机会，不断提升自己

opportunities for career advancement/progression

Another ingredient of happiness is the opportunity for career advancement.

5. 帮助他人，履行社会责任

give a helping hand to others, fulfill social responsibility

Some people find enjoyment in giving a helping hand to others and in fulfilling social responsibility.

6. 实现自我价值，发挥自己的强项

show their talents, realise their vision/achieve your dreams

Those career oriented people will feel fulfilled if they are able to show talents and realise dreams.

**压力的原因：**

1. 失业率高，经济不好，生活困难，经济压力大

tough economic times, live in poverty

Unemployment and financial difficulties can put strain on people, especially in tough economic times.

2. 科技发展很快，需要不断学东西

technology is changing rapidly, increase new knowledge

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

modern world.

3. 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 long hours. This can put them under pressure.

4. 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 complete work.

5. 家庭关系不好，社会生活不好，孤独和压抑

poor family relationships, weak social connections, experience a sense of loneliness

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

6. 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 on life

Some people are prone to health problems due to a lack of physical activity and a nutritionally balanced diet. This is a source of stress because they do not have a positive outlook on life.

### 解决压力的方法：

1. 调节对生活的期望值，制定比较现实的目标，不空想

adjust expectations, set actionable objectives,

People should adjust expectations and set actionable objectives to avoid stress caused by unattainable ambitions.

2. 时间管理好，工作效率提高，对工作更自信

manage time effectively, increase productivity, improve confidence

It is important to manage time effectively, which can increase productivity and improve confidence in tackling stress.

3. 注意度假\社会活动、工作和家庭的平衡，更有归属感，遇到问题也可以一起解决

the balance between social and professional life, family being part of your support system, solve problems together

Another way to reduce stress is to achieve a balance between social and professional life. A family holiday can strengthen connections with family. Family is part of your support system. It is important solve problems together.

#### 影响工作满意度的因素:

1. 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

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

2. 是不是有提升工作，职位提升的机会

job promotions

People are satisfied with a job if they see the prospect of job promotions.

3. 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 can maintain a good mood when working in a well-furnished workplace.

4. 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, enjoy the company of family, have a rich social 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.

5. 工作关系，是否可以获得同事和上司的支持

work relationships, colleagues are supportive

Work relationships also affect people's satisfaction with a job. They want to have supportive colleagues and a good atmosphere in the workplace.

6. 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, progress one's career, play a 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 role in decision making at some point in the future and perform more duties.

7. 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

develop one's talents, realise one's ambitions

People are happy with accepting a job in which they can develop talents and realise their ambitions.

**经常换工作的缺点：**

1. 不够专注，很难专业

fail to develop expertise

People who change jobs frequently fail to develop expertise because it requires commitment.

2. 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 corporate ladder

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：**

1. 不用通勤

reduce the need for commuting

Working remotely can reduce the need for commuting.

2. 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 a child, move to a new home, look after ageing members of family

Without travelling to work every day, people are less likely to quit jobs for personal reasons, such as conceiving a child, moving to a new home and looking after ageing members of family.

3. 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：**

1. 和同事缺乏交流，合作

lack communication, cannot work collaboratively

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

## 2. 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.

## 3. 家庭会影响工作

interfere with performance in the workplace

Families can interfere with performance of people who work remotely as they are distracted from time to time.

## 话题 27：生活价值观：名人

名人对人们的好影响：

### 1. 人们平时可以聊聊名人，也是个话题，对社会生活有帮助

▼词伙

talking point, social life, break the ice

▼翻译

Celebrities are talking points. People like to talk about movies starring famous actors to break the ice when they first meet each other.

### 2. 名人的成功事迹可以激励年轻人，人们知道，只要勤奋，就可以改变自己的人生，让家人生活更好

▼词伙

achievements, inspire and motivate young people, transform one's life, live a better life

▼翻译

The achievements of celebrities can inspire and motivate young people to work hard. They know if they work hard, they can transform their own lives and give their parents a better quality of life.

### 3. 名人做广告，代言产品，粉丝也去购买

▼词伙

endorse products

▼翻译

Celebrities are invited by companies to endorse products, convincing the public that these products are of high quality.

### 4. 名人可以参加公益，捐款，这样可以鼓励人们做好事

▼词伙

involved in charity work, raise funds, for worthy causes

▼翻译

Many high-profile figures are also involved in charity work and campaigns to raise funds for worthy causes. The coverage of these celebrities can encourage



more people to do something for communities.

### 名人对人们的不好影响:

1. 名人奢华的生活方式, 导致人们不断消费

#### ▼词伙

live an extravagant life

#### ▼翻译

celebrities live an extravagant life. They show up wearing stylish clothes and driving luxury cars. People are increasingly obsessed with these ways of life.

2. 名人可能会有坏习惯, 譬如说吸毒, 影响年轻人

#### ▼词伙

drug abuse, set a bad example

#### ▼翻译

The behavioural problems of celebrities, such as drug abuse, can set a bad example for young people. Many people would consider the use of illegal substances to be cool and fashionable.

3. 名人的成功可能会误导年轻人, 以为很容易出名, 而不踏实学习

#### ▼词伙

make a false impression, achieve fame easily, study hard

#### ▼翻译

The fame of celebrities may make a false impression that they can achieve fame easily without studying hard and having good character.

4. 名人的高收入和普通专业人士的收入形成对比, 有些年轻人为了出名不惜一切去吸引媒体的注意

#### ▼词伙

attract media attention, increase media exposure

#### ▼翻译

Internet celebrities, famous singers and movie stars can earn much more money than professionals do. Young people may do whatever they think can attract media attention.

5. 名人一般都没有隐私, 这样人们可能每天都关注绯闻和丑闻, 而不在意社会的其他更加重要的事情

#### ▼词伙

limited freedom, private life is invaded, affairs and gossips

#### ▼翻译

Public figures normally have limited freedom. Their private life is invaded.

Affairs and gossips of celebrities will become a common topic of conversation, drawing attention from issues which are much more important to the society at large.

### 话题 28: 生活方式: 运动

#### 参加运动的好处:

1. 保持健康

stay healthy

Sport can help people stay healthy.

## 2. 认识朋友，提高社会技能

make new friends, improve social skills

By playing sport, people can make new friends. They can improve social skills when talking about game tactics and giving each other encouragement.

## 3. 减少压力

reduce stress

Sport can release aggression and reduce stress.

## 4. 提高团队意识

a sense of teamwork

Team sport can foster a sense of teamwork.

## 5. 提高意志力， 增加信心

build good character, improve confidence

Sport can help people build good character and improve their confidence in dealing with problems.

### 参加运动的坏处：

#### 1. 受伤， 甚至死亡（在极限体育）

injuries or deaths, extreme sport

Extreme sport can cause injuries or even deaths.

#### 2. 有时候会增加压力（因为自己体力适应不了）

increase stress

It can increase stress if people do not have stamina to handle it.

#### 3. 好胜， 战胜对方

competitive, beat other contestants

People will become competitive and aggressive, trying to beat other contestants.

### 举办运动会的好处：

1. 职业体育的发展，吸引游客，带动很多行业发展，增加收入

attract tourists, generate income

Professional sport has attracted tourists and many industries are developing and generating income for different cities and countries.

2. 增加对基础设施(比如说交通工具)的投资，创造就业机会

generate employment

Investment in stadiums and sports facilities generate employment.

3. 增加对体育设施的投资，鼓励人们参加运动

promote an active lifestyle

Holding sports events can increase the availability of sports facilities for people, thereby promoting an active lifestyle.

4. 运动员出名，获得荣誉，成为年轻人的榜样

win medals, championships, role models

Sports celebrities who win medals and championships can become role models for young people.

5. 促进和平，各国增加了解

promote peace, political conflicts

International events can promote peace as countries would ignore political conflicts during events.

6. 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

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

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：**

1. 费用很高，甚至亏损，很多场馆不用

cause a loss, white elephants

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

2. 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 a headache. The government should tighten security to prevent terrorist attacks.

3. 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

Athletes use drugs and banned substances to improve performance. They train hard but get injured.

4. 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, copy behaviour

Extravagant lifestyles can set a bad example to young people, who can copy behaviour of athletes.

5. 造成政治的问题

political boycotts

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

## 话题 29：生活方式：饮食

快餐和出外就餐风靡的背景：

1. 大家忙，省时间，没时间做饭

▼词伙

lead a busy life, save time, cook a meal

▼翻译

People lead a busy life and have no time to cook a meal. Instant food can save time.

2. 单身的人多，都在大城市，没有家人做饭

▼词伙

live alone, big cities

▼翻译

There is a trend towards living alone in big cities, and people cannot eat a meal prepared by family.

3. 广告，人们觉得吃快餐便宜好吃

▼词伙

affordable and delicious

▼翻译

People are bombarded with advertisements which promote the message that fast food is affordable and delicious.

4. 没有健康意识

▼词伙

health conscious

▼翻译

Few people are health conscious.

5. 大家没有烹饪的技能，而且城市的居住空间很小，只能在饭店聚会

▼词伙

cooking skills, small flats, dine out

▼翻译

Few people master cooking skills. They live in small flats and cannot invite friends to have a dinner party at home. Dining out is the only option.

**快餐的影响：**

1. 快餐导致肥胖症，和其他健康疾病

▼词伙

obesity epidemic, health issues

▼翻译

Obesity epidemic and some health issues are linked to fast food consumption.

2. 对传统的食品文化也有冲击，一些传统的食物因为没有人去做，会消失

▼词伙

traditional food

▼翻译

The growing popularity of fast food can pose a threat to traditional food. Some traditional recipes vanish if cooking skills are not passed on to the next generation.

3. 快餐包装产生垃圾和污染

▼词伙

fast food packaging

▼翻译

Fast food packaging can create pollution and waste.

4. 大家都吃快餐，不做饭，家庭聚会减少，对家庭关系也有影响

▼词伙

family gatherings, family ties

▼翻译

As people frequent fast food outlets, they are less interested in family gatherings. This can damage family ties.

**快餐的好处：**

1. 快餐店，提供方便，节省时间，工作更有效率

▼词伙

save time

▼翻译

Fast food restaurants are popular with working people as it saves time.

2. 快餐业不断发展，提供很多就业机会

▼词伙

fast food restaurants, generate employment

▼翻译

The proliferation of fast food restaurants can generate employment.

**推广健康饮食的方法：**

1. 政府宣传，提高意识

▼词伙

raise awareness, healthy eating

▼翻译

The government should have campaigns to raise awareness of healthy eating.

2. 政府立法减少针对儿童的快餐广告，不准快餐广告进入小学

▼词伙

ban or regulate advertisements

▼翻译

Laws should be made to ban or regulate fast food advertisements aimed at children, especially on campus.

3. 可以考虑对快餐收税

▼词伙

impose a tax

▼翻译

Imposing a tax on fast food can curb consumption.

**家庭聚餐的好处：**

1. 保持好的家庭关系

▼词伙

strengthen connections with family

▼翻译

Having a family dinner can strengthen connections with family.

2. 健康饮食，食材新鲜，分量控制，营养搭配

▼词伙

fresh ingredients, control portion, a nutritionally balanced diet

▼翻译

It is healthier to eat at home as a home-cooked meal normally uses fresh ingredients. We can control portion and adopt a nutritionally balanced diet easily.

3. 饮食的文化可以流传

▼词伙

home recipes

▼翻译

Home recipes can survive for future generations.

**话题 30：生活方式：购物、节约、赶时尚**

**消费和冲动购物的原因：**

1. 广告让人们觉得买东西可以带来快乐，商家注意商品的包装，鼓励大家消费  
bring enjoyment, packaging, impulse buys

Advertisements suggest that buying advertised products can bring enjoyment. Companies have tried to make packaging of their products attractive, thereby encouraging impulse buys.

2. 社会崇尚财富，名人穿着光鲜，人们变得物质，喜欢购物去展示自己的社会地位  
material wealth, glamorous celebrities, show social status

Material wealth has been attached with importance. (物质财富受到重视) Celebrities have impressed the public for their glamour when they appear in the media. They purchase luxuries to show social status.

3. 网络购物普遍，信用卡付费，借钱越来越容易，大家消费没有节制  
online shopping, on credit, access to money, overspend, compulsive shopping

Online shopping has become popular. People can make purchases on credit. The easy access to money can contribute to (有助于、促成) compulsive shopping.

4. 科技日新月异，人们愿意买新的东西 (功能更多，而且价格也更便宜)，不喜欢使用旧的东西  
technological advances, up-to-date features, obsolete (老式的) items

Technological advances have encouraged people to buy products with up-to-date features and throw away obsolete items.

5. 生活节奏加快，贪图方便，买一次性产品  
fast pace of life, disposable products

The fast pace of life has increased the consumption of disposable products, such as the package used for packing takeaways.

#### 消费和冲动购物的后果:

1. 浪费钱，生活费用增加，经济压力  
the cost of living, economic pressure

Compulsive shopping can increase the cost of living and put people under economic pressure.

2. 没有钱还贷，对经济有影响  
pay off debt, devastate (摧毁) the economy

If people cannot pay off debt, it may devastate the economy.

3. 人们想努力工作多赚钱，工作压力增加  
earn money, work-related stress

People have to work hard to earn money. This can increase work-related stress.

4. 垃圾增加，污染环境  
create waste, cause pollution

It can create waste and cause pollution.

5. 人们越来越物质，有些人为了买东西，不惜犯罪  
social stability, break laws

People have become materialistic 物质主义的, and sometimes break laws to gain wealth to buy what they want.

### 网络购物的好处:

1. 方便, 节省时间, 适合白天不能购物的人  
save time

Online shopping is convenient and saves time. it is suitable for people who cannot spend workdays shopping

2. 减少污染, 因为大家不用去商店买东西, 减少交通工具的依赖  
reduce pollution, means of transport

Online shopping can reduce pollution as people do not need to use means of transport to reach shopping malls.

3. 商店直接在网络上卖东西, 减少办公费用, 网络上的商品也就更便宜  
cut overheads, at a competitive price

Shop owners can cut overheads if they sell their products online. They can thus offer products at a competitive price.

4. 更多创业者利用网络平台开店, 获得收入  
online shops, earn income

E-commerce can promote entrepreneurship by allowing people to run online shops to earn income.

### 网络购物的坏处:

1. 物品在邮寄过程中可能破坏  
delivery companies

Products can be damaged or lost when delivered to consumers.

2. 网络诈骗, 造成损失  
online frauds, cause a loss

Buyers can become victims of online frauds, which can cause a loss.

3. 对传统商店产生威胁  
traditional stores

Online shopping can pose a threat to traditional stores.

### 垃圾增多的原因:

1. 消费文化, 广告鼓励大家买很多东西, 哪怕是不必要的物品  
in a consumer society

People are convinced by advertising to spend their money buying a great variety of products, including those goods which are not essential to their lives. They live in a consumer society.



2. 人们没有环保意识，随便扔垃圾  
not environmentally conscious, throw away

People are not environmentally conscious. They tend to throw away whatever products they do not need.

3. 公司没有社会责任感，不鼓励人们维修和维护产品  
not socially responsible, repair products

Companies chase profit. They are not socially responsible. They never encourage consumers to repair products.

#### 垃圾增多的结果：

1. 造成水污染，土地污染、空气污染  
water pollution, land degradation, air pollution

Overconsumption of different products can create waste, which is responsible for problems such as water pollution, land degradation and air pollution.

2. 毒素的增加会进入我们的食物系统，影响我们的健康  
food chain

Waste can secrete toxins 毒素 which can enter the food chain 食物链 to endanger our health.

3. 我们没有空间去放垃圾  
run out of space, manage waste

We are running out of space to dispose of waste and manage waste.

#### 超市的好处：

1. 大，货品多，便宜，售后服务好， 一站购物  
one-stop shopping, after-sales service

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：

1. 方便，离人们近，节省时间  
within walking distance

Small shops are normally within walking distance. It saves time.

2. 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.

3. 食品，蔬菜比较新鲜  
fresh ingredients

People can also buy fresh ingredients in small fruit and vegetable shops.

4. 小商店店主和客户交流，这本身是一种文化和生活方式  
a way of life

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：

1. 专业形象

project a professional image

Uniforms can protect a professional image.

2. 省钱

save money

It can save money as uniforms are relatively cheap compared with fashion.

3. 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 colleagues in terms of what they wear.

4. 某些功能衣服适合某些特殊行业，比如说水管工，体现了行业的特点

unique requirements

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

制服的坏处：

1. 人们不能突出个性

show individuality

Uniforms do not show people's individuality.

2. 过分注重规则，抑制人的创造力

conform to rules, stifle innovation

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

3. 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:**

1. 时装贵，是地位的象征

stylish outfits, a symbol of status

Stylish outfits are a symbol of status for they are normally expensive.

2. 时装未必耐穿，只是满足人们的虚荣心

durable, out of vanity

Fashion may not be durable and people buy fashion out of vanity.

**传统衣服的好处:**

1. 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 of a country.

**西方服装的好处:**

1. 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:**

1. 人口增长，农业产量增加，能源消耗增加

▼词伙

population expansion, population growth, energy consumption

▼翻译

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

2. 人们追求好的生活，使用各种电器和交通工具

▼词伙

household equipment, different means of transport

▼翻译

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

3. 企业没有兴趣发展可替代资源

▼词伙

alternative, renewable energy sources

▼翻译

Companies in the energy sector have no interest in the development of renewable energy sources.

4. 人们收入提高，支付得起电费，还有汽油费，不注意节约资源

▼词伙

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

▼翻译

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.

**能源危机和资源缺乏的结果：**

1. 水资源减少，疾病增加

▼词伙

depletion of water, spread of diseases

▼翻译

The depletion of water resources leads to a lack of water for sanitation, and water-borne diseases can spread rapidly.

2. 能源价格上涨，人们生活变坏

▼词伙

energy prices soar, reduce the quality of life

▼翻译

Energy prices soar, and people cannot maintain a decent standard of living.

3. 原材料价格上涨，生产成本增加，对经济有影响

▼词伙

raw materials, the manufacturing cost is higher, damage the economy,

▼翻译

Increasingly expensive raw materials can lead to a higher manufacturing cost and damage the economy.

4. 开采石油、天然气、采煤等都要破坏自然环境，造成污染

▼词伙

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

▼翻译

Oil exploration and coal mining can damage the environment and cause pollution.

**能源危机的解决方法：**

1. 教育：提高意识，人们学会节能和减少浪费

▼词伙

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

▼翻译

One effective way to prevent an energy crisis is to raise environmental awareness, teaching people how to save energy and reduce consumption.

2. 法律：政府加税，抑制能源消耗

▼词伙

impose a tax, curb energy use

▼翻译

Another solution is to impose a tax to curb energy use.

3. 科技：科技革新，开发替代资源

▼词伙

technological innovations/advances, alternative energy

▼翻译

Technology can also help fix the power shortage, if alternative energy sources can be used extensively.

**替代能源的缺陷：**

1. 核能有核事故的危险，核垃圾很难处理

▼词伙

nuclear accidents, nuclear waste, radioactive waste

▼翻译

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

2. 大部分的替代资源，包括太阳能价格和成本很高，很难推广

▼词伙

solar power, promoted on a large scale/used commercially

▼翻译

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

3. 风能的风塔会伤害鸟类，也会影响自然环境

▼词伙

windmills, hurt birds, reshape landscape, destroy the environment

▼翻译

Massive windmills can hurt birds and destroy the environment.

4. 科技不够发达，经济开发的可能性不高

▼词伙

financially viable, financially feasible

▼翻译

Progress is limited in making the development of clean energy financially feasible.

**全球变暖的影响（解决全球变暖的原因或者是优点）：**

1. 冰川融化，海平面上升，海洋环境，沿海城市破坏

▼词伙

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

▼翻译

As iceberg melts, the sea level rises. This can affect the marine environment and coastal cities.

2. 极端天气，旱灾和水灾增加，影响丰收

▼词伙

extreme weather, crop failures

▼翻译

Extreme weather events have become frequent, which can cause crop failures.

3. 动植物适应不了高温，灭绝

▼词伙

die out, adapt to high temperature

▼翻译

Some animal and plant species can die out, as they fail to adapt to a high temperature.

4. 疾病蔓延，蚊子携带

▼词伙

diseases are carried by mosquitoes

▼翻译

Diseases can spread with viruses carried by mosquitoes.

5. 需要空调，增加用电量

▼词伙

electricity consumption

▼翻译

A higher temperature increases the need for air-conditioning and electricity consumption.

**适应全球变暖，而不是阻碍全球变暖的原因：**

1. 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

▼词伙

impose a tax, a drop in profit, damage the economy, green technology

▼翻译

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 developing green technology.

2. 为了适应全球变暖，开发科技

▼词伙

develop technology to adapt to a warmer planet

▼翻译

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：**

1. 人口增加，需求增加

▼词伙

population growth, demand increase

▼翻译

Population growth has driven the demand for water.

2. 人们不喜欢节水

▼词伙

efficient use of water

▼翻译

Many people do not feel the need to achieve the efficient use of water.

3. 污水、海平面上升导致清洁用水减少

▼词伙

rising sea levels, clean water

▼翻译

Water pollution and rising sea levels have reduced the amount of clean water available.

4. 水土流失导致河流淤泥增加

▼词伙

soil erosion, silt

▼翻译

Soil erosion has increased silt in rivers and contaminated water sources.

**水的重要:**

1. 个人卫生，包括洗澡、刷牙等

▼词伙

personal hygiene, taking a shower, brush teeth

▼翻译

Water is important to personal hygiene. Without water, we cannot take a shower and brush teeth.

2. 个人健康，包括食物的清洗等

▼词伙

wash food

▼翻译

Water is also important to our health. The access to tap water ensures we can wash food.

**节水的办法:**

1. 增加水费，抑制用水

▼词伙

increase water charges, curb water consumption

▼翻译

Increasing water charges, can curb water consumption.

2. 使用节水措施（回收废水，收集雨水）

▼词伙

water saving, recycle water, collect rainwater

▼翻译

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  
物种灭绝的背景：**

1. 偷猎很猖獗，有些动物被认为是 美味佳肴（delicacy）；也被用于制药、制造衣服和鞋  
produce drugs, make clothing and footwear  
Poaching is rampant. Animals are regarded as a delicacy and animal organs are used to produce drugs.  
Animal fur is used to make clothing and footwear.

2. 动物有些地方是一种食物的来源，特别是对于本土人、还有偏僻地区  
a source of food, aboriginals, remote areas  
Animals are a source of food in some remote areas. It is legal for aboriginals to hunt animals.

3. 人口增加，污染增加，温室效应，破坏动植物的栖息地  
cause habitat destruction  
Population expansion, pollution and global warming have also caused habitat destruction.

4. 农业用地增加、城市拓展、开采能源破坏动植物的栖息地  
clear land for farming, urban expansion, mining  
Land clearance for farming, urban expansion and mining have all encroached on the habitat of animals.

#### 动物的重要性：

1. 动物是生物链重要的部分，影响植物的生长，自然环境  
the food chain, natural plants  
Animals are an important part of the food chain. The presence of animals can affect the growth of natural plants.

2. 动物是一种重要的资源，可以用于制药  
pharmaceutical industry  
Animals are an important resource, which can be used in the pharmaceutical industry.

3. 分析动物的基因，知道物种的起源，知道生态系统运行的机制，对于人类文明的延续有更加多的理解  
genetic structure, origin of species, sustain civilization  
The analysis of the genetic structure of animals can give insight into the origin of species and possibly shed light on the methods to sustain our civilization.

4. 动物也是人类的伙伴，比如说宠物、马戏团的表演、导盲犬、交通工具等  
keep pets, circus shows, guide dog  
Animals are also the best friends of humanity. People keep pets, use animals for entertainment in circus shows and raise guide dogs.

#### 针对动物权益的主要争论：

1. 动物实验太残忍，鼓励人们为了自己私利去伤害生物  
animal testing  
Animal testing is cruel, and people are sometimes motivated by self-interest to kill animals.

2. 动物园的动物因为活动空间小，缺乏自由，失去了本性，近亲繁殖，影响它们的繁衍  
kept in small enclosures, lose natural instinct, in-breeding  
Animals in zoos are kept in small enclosures. These animals may lose natural instinct. In-breeding can threaten the survival of these animals.



3. 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

lab animals, subject to maltreatment, poor living conditions

Lab animals are subject to maltreatment. Poor living conditions are also a problem.

4. 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 factory farms.

#### 动物实验的重要性:

1. 科技发展，特别是新药开发，有助于治愈疾病

develop new drugs, cure diseases

Animal-based testing is necessary for the development of new drugs to cure diseases.

2. 研究动物的生活习惯和特征，可以有助于一些新产品的发明，譬如说雷达、鲨鱼装等

habits and features, new products

Scientists analyse the habits and features of animals. This has led to the invention of radar and water-proof material.

#### 动物园的好处:

1. 专业人员照顾，保护动物，特别是濒临灭绝的动物，有助于种群恢复

endangered species, restore the population

Zookeepers and other experts protect endangered species to restore the population of these creatures.

2. 帮助孩子了解动物，提高环境意识

raise environmental awareness

Zoos can raise environmental awareness and help children learn about animals.

#### 吃动物的优点:

1. 补充蛋白质和能量，是人类的天性

a source of protein, part of human nature

Animal meat is a source of protein. It is part of human nature to eat meat.

2. 吃肉在很多文化里也是一个很久的传统，是庆祝仪式和节日的必备食品

time-honoured tradition, traditional celebrations

Eating meat is a time-honoured tradition in many cultures. It is indispensable in ceremonies and traditional festivals.

#### 吃动物的缺点:

1. 吃肉会引起一些疾病，譬如说肥胖、心脏病等

heart attack

Eating meat can increase the risk of obesity and heart attack.

2. 肉类生产需要大量资源，对环境有影响

consumption of resources

Meat production requires consumption of resources, which is damaging to the environment.

3. 肉类可能会传播病毒，比如说 bird flu  
spread viruses

Meat consumption can spread viruses, such as bird flu.

4. 猎杀动物会影响生物多样性  
species loss

Hunting can lead to species loss.

**养宠物的原因：**

1. 人类的伙伴，消除寂寞

provide companionship, combat the sense of loneliness

animals can provide companionship to combat the sense of loneliness.

**养宠物的原因：**

1. 人类的伙伴，消除寂寞

2. 给小孩培养责任感，知道如何照顾小动物

foster a sense of responsibility

It can foster a sense of responsibility among children, as they learn how to take care of animals.

### 话题 35：环境类：保护环境的方法

**解决环境问题的主要方法：**

1. 加税和制定严厉的法律，污染行为会被惩罚

▼词伙

impose a tax, enforce strict laws

▼翻译

Solutions to environmental problems including imposing a tax on energy intensive industries and enforcing strict laws to punish those heavy polluters.

2. 经济刺激，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

▼词伙

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

▼翻译

Financial incentive can be provided to encourage companies to develop eco-friendly technology. People who purchase eco-labelled products can be given subsidies.

3. 宣传，提高意识，主动改变生活方式，减少能源消耗和污染

▼词伙

raise environmental awareness, change lifestyles, reduce energy consumption

▼翻译

Another method is to raise environmental awareness. People who are environmentally conscious will attempt to change lifestyles and reduce energy consumption

4. 投资环保科技，促进环保科技的发展

▼词伙

environmentally benign technology

▼翻译

The investment in environmentally benign technology is also important since

technology can offer a permanent solution to some problems.

### 主要环境问题:

1. 汽车增加, 工业发展, 发电增加, 温室气体排放和全球变暖

#### ▼词伙

power generation, greenhouse gases, global warming

#### ▼翻译

The increase in car ownership, industrialisation and power generation have continued to increase the greenhouse gases pumped into the atmosphere, causing global warming

2. 能源消耗和价格上涨

#### ▼词伙

energy consumption, prices surge

#### ▼翻译

Excessive energy consumption has caused fuel prices to surge.

3. 人类行为导致动物栖息地破坏, 动物灭绝

#### ▼词伙

habitat destruction, extinction of animals

#### ▼翻译

Human activity has been responsible for alarming levels of habitat destruction.

The extinction of animals can have a disastrous effect on the ecosystem.

4. 农业、畜牧业、建筑业、旅游业导致森林和绿地破坏

#### ▼词伙

cut down trees, vegetation erosion

#### ▼翻译

Agriculture, livestock farming, housing development and tourism have increased the need for the cutting down of trees. Vegetation erosion has damaged the environment.

5. 垃圾、农药、工业导致泥土污染和水污染

#### ▼词伙

land degradation, water pollution

#### ▼翻译

Waste, pesticides and chemical run-off from factories have contributed to land degradation and water pollution.

### 话题 36: 媒体类: 获得知识的途径

传统知识途径(书、教育、图书馆、杂志、报纸)的优势:

1. 知识和内容由专家审核, 比较可信

a reliable source of information

Books, newspapers and magazines are considered to be a reliable source of information for the simple reason that they are all edited and proofread by senior editors.

2. 读书获得知识, 增加词汇量, 提高阅读能力

acquire knowledge, grow the vocabulary, improve reading skills/reading abilities

Reading enables people to acquire knowledge, grow the vocabulary and improve reading skills.

3. 老师灌输知识有问必答，因材施教，学生更加容易吸收

customize courses, tailor courses to students' needs

Teachers are able to customize courses as they talk to students face to face. They can tailor courses to students' needs to ensure all knowledge can be acquired effectively.

4. 图书馆看书，环境好，更加容易专注

a quiet atmosphere, stay focused on

Libraries have a quiet atmosphere, so visitors can stay focused on books without being affected by distractions.

5. 书比较容易做记录，可以 highlight，也特别适合深度阅读，反复阅读

take notes, deep reading

People can take notes easily when reading books, and highlight key points and concepts. This can allow for deep reading.

6. 纸质书和一些报纸杂志有些时候作为一种礼物和有情感价值的物品收藏

sentimental value

Print books and magazines are sometimes chosen as gifts and kept for many years for the sentimental value

7. 很多人喜欢手里拿着书的感觉

hold... in hands

Many people love holding books in hands

8. 读书是一种社会活动，促进人和人的交流（父母和孩子的交流）

social activity, strong connections.

Reading is a social activity which can help people connect to others. Books can strengthen emotional ties between adults and children.

9. 阅读是一种消磨时间的方法，从书中获得启发，更大的角度看世界，让人放松，而手机和电脑等比较容易分神

a way to pass the time, draw inspiration, take a broad perspective, get distracted

Reading is also a way to pass the time. People can draw inspiration from books, take a broad perspective. This can help them relax. They can, however, get distracted, when reading on the phone or computer.

**新途径（电子书、电脑、手机）的优势：**

1. 信息比较新

update frequently

Social networking websites and blogs can update information frequently to ensure everybody can keep up to date with what is happening around the world.

2. 获得信息比较方便，到处都可以看，而且搜索信息也比较快；不象报纸和书，要翻来翻去

readily available, gather information more easily, flip through

The internet has made information and knowledge readily accessible, and we can do internet searches to gain information easily. Flipping through the newspaper or the book is time-consuming.

3. 表现方式比较多样，包括音频、视频等，更加容易吸引人的兴趣，也能够满足不同人的需要  
presented in diverse forms, attract attention, cater for different people  
Digital technology has diversified the ways information is delivered to the audience. Recordings, audios and clips can attract the attention of readers and cater for their needs.

4. 节省资源，环保，减少印刷行业的油墨和树木消耗  
environmentally friendly, energy-saving, consumption of ink, timber  
Digitalisation of books and materials can also reduce the environmental impact of reading by reducing the consumption of ink and timer used by print media.

5. 省钱，电脑信息很多时候是免费的，而买书上学都要花钱  
cost effective  
Information is available for free on the Internet, and gaining knowledge has become cost effective compared with reading print books.

6. 虚拟社区和社交媒体相互之间可以交流，思维更加宽一点，对信息了解更加深刻  
broaden minds, deepen your understanding of..  
Social media and virtual communities allow people to communicate easily and exchange views, thereby deepening their understanding of content of every book they read.

### 话题 37：媒体类：广告对我们生活和消费的影响

#### 广告的好处：

1. 广告让我们知道信息，对比产品，买恰当的产品

keep us well-informed about.. compare brands/ products

Advertisements keep us well-informed about products.. We can compare brands/ products by checking advertisements, which normally highlight the distinctive functions of different products.

2. 广告的制作特别，可以激发人想象力，也给人们带来欢笑，是一种调味品

capture imagination, bring excitement, moderate moods

Well-designed advertisements can capture our imagination. Some advertisements, such as those promoting energy drink, sportswear and lavish holidays, bring excitement to the audience. Some advertisements may present images and videos which can moderate moods.

3. 广告有时候在城市里象个艺术品

a work of art

advertisements sometimes act like a work of art.

4. 鼓励人们消费，促进经济

promote economic growth, promote consumption of goods and services

Advertisements can promote economic growth by encouraging people to purchase goods and services.9

5. 公益广告能够传播知识，鼓励好的行为

infomercials, awareness campaigns, impart knowledge to others, promote good behaviour

Awareness campaigns or infomercials released by the government can impart knowledge to others and promote good behaviour.

6. 广告可以宣传品牌，提高品牌知名度，让好的产品与普通产品有区分

promote brands, increase brand awareness, unbranded products

Advertising can promote brands and increase brand awareness. Advertisements can help distinguish famous brands from unbranded products

广告的坏处：

1. 广告经常将消费和快乐联系在一起，鼓励人们消费，浪费钱

associate shopping with happiness, overspend/buy more than they need

Advertising tends to associate shopping with happiness, so people tend to think buying something is a reward for their hard work. They will overspend/buy more than they need.

2. 促使小孩和年轻消费者追潮流，攀比

follow fashion, foster a culture of social comparison.

advertising also persuades young consumers to follow fashion. This can foster a culture of social comparison.

3. 发假信息，误导消费者

misrepresent products, misleading information, make false claims

Some advertisements tend to misrepresent products. They present misleading information to induce consumers to make wrong purchasing decisions. The government should punish advertisers who make false claims.

4. 对不好的东西轻描淡写，鼓励一些不好的生活方式，譬如说吃快餐、打游戏、依赖各种电器

promote unhealthy lifestyles

they sometimes market products which promote unhealthy lifestyles, such as video games and fast food, while not providing sufficient information about the negative outcomes of using these products.

5. 广告分散我们的注意力，浪费时间和精力

get distracted, waste of our time

we can also get distracted when watching advertisements. It can lead to a waste of our time.

### 话题 38: 媒体类: 新闻的可靠性和新闻的作用

传统新闻媒体(报纸, 杂志, 电视)不可信的原因:

1. 为了吸引大家注意, 喜欢夸大一些问题, 譬如说犯罪和灾害

grab attention, increase ratings, give an exaggerated account of

People do not trust in newspapers, TV news and other news media because these news organisations sometimes have the inclination to exaggerate some problems such as crime and natural disasters to grab the attention of the public.

2. 新闻因为资源不够, 不能实地报道, 可能会加上自己的臆断

report on the spot, personal opinions or assumptions

Due to a lack of resources, news organisations do not have correspondents who can report news on the spot. They may rely on personal assumptions when preparing news reports.

3. 新闻工作者可能有自己的政治立场, 宗教信仰, 文化偏见等, 不够客观

give an objective account of, political stance, religious beliefs, preferences and bias

Journalists have their own political stance, religious beliefs and cultural bias. It is not easy for them to give an objective account of a news event.

4. 新闻机构可能有政治色彩, 有宣传作用

political propaganda, politically controlled

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

新媒体(社交网络)不可信的原因:

1. 很多发帖的人不专业, 只是随便给自己的看法

express views freely

Many companies use social networking platforms to make up fake news to market their products. This is known as hyping. To bypass censorship, they sometimes use false identities to send messages.

2. 网络监管不严, 很多商业机构使用社交媒体炒作, 伪造身份

strict censorship, social media, hype

Many companies use social networking platforms to make up fake news to market their products.

社交网络的优势:

1. 利用监管的漏洞, 发很多信息, 反而更加知道真相, 很多新闻播放

discover truth, bypass censorship, news spreads

People can bypass censorship easily in the social media, and news can spread quickly, giving people more opportunities to discover truth.

2. 匿名发信息, 揭发丑闻, 不用担心被迫害

use anonymity, disclose scandals, face prosecution.

People can use anonymity in social networking websites to disclose scandals without fearing that they could face prosecutions.

3. 大家可以一起讨论，人们可以接触不同看法，理解更加透彻

gain an insight into some issues

People can engage in online discussions. The Internet can expose them to different ideas and gain an insight into some issues.

4. 视频、图片、证据呈现，有些时候更加可信

present evidence, a credible source of information

Websites allow people to present different forms of evidence, such as videos, clips and photos, to support their claims. It is not easy to manipulate readers. The internet has thus become a credible source of information.

**新闻媒体的重要性：**

1. 传统媒体由专业人士收集信息，尊重传媒界的核心价值，报道真相和事实

gather information, the freedom of speech, report truth and facts

News outlets have well-trained journalists who gather information. They all respect the core values of journalism, such as the freedom of speech, and feel obliged to report truth and facts.

2. 社交媒体政府有审核制度，假新闻会删除

censorship, false news

The government has a system to censor false news.

3. 社交媒体大家可以不断贡献信息，让大家更加了解一些事件的真相

reveal the truth

People can contribute knowledge and information in social media, and increase new possibilities for revealing truth.

4. 帮助我们增加知识，与时俱进，对世界了解更多，帮助我们做很多决策

expand the knowledge base, keep up with news, learn more about the world, make well-informed decisions

Reading or watching news enables us to expand knowledge base, keep up with news, learn more about the world and make well-informed decisions.

5. 我们接触不同的观点和看法，提高批判思维。

Exposed to diverse views, improve critical thinking

Exposed to diverse views online, we can improve critical thinking skills and make sensible judgement about whether what we read is reliable.

**话题 39：媒体类：电视和电影的影响**

**看电视和电影的好处：**

1. 电视、手机和网络都可以给予很新的信息，增加知识，开拓视野，激发想象力；而老师和书本的信息更新不是很快

keep up to date with, increase knowledge, broaden your mind, encourage imagination

Watching TV allows people to keep up to date with what is happening throughout the world, increase knowledge, broaden their minds and use imagination.



2. 有时候看电视也是一种家庭活动，大家可以聊天看一些娱乐节目

bond as a family, TV shows

Watching TV shows can help people bond as a family and talk about storylines and TV personalities.

3. 看电影是种社会活动，或者休闲活动，电影院的感官刺激被人们带来一种享受，减少生活的压力

social activity, leisure activity, sensory experience, reduce stress

Watching films is a social activity, or leisure activity. Watching a blockbuster is a sensory experience which can reduce stress.

**看电视的坏处：**

1. 模仿电视和网站上的行为，包括暴力行为，特别是小孩的影响很大

copy behaviour, acts of violence, impressionable

TV viewers may copy behaviour shown on TV, including acts of violence, especially those impressionable children.

2. 看电视和上网上瘾，人们忘记运动，肥胖，而且对视力也不好

screen time, lead an inactive life, poor vision

Long screen time can be harmful to health, as people lead an inactive life and suffer poor vision.

3. 电视和上网取代其他娱乐，人们忘记社会活动和家庭生活，其他的一些消遣

forms of entertainment, family life, social life

TV can take the place of other forms of entertainment, such as playing chess and outdoor activities. The effect on family life and social life is negative.

4. 人们看太多电视广告和明星的新闻，会慢慢喜欢消费

TV advertisements, consumer culture

The consumer culture develops as people are exposed to TV advertisements and fashion shows every day.

5. 小孩被动接受信息，影响大脑发展和语言能力，也没有思考和想象的空间

receive information passively, brain development, language development, no room for imagination

Receiving information passively can hinder children's brain development and language development, leaving them no room for imagination.

#### 话题 40: 媒体类: 电脑、因特网 和手机

##### 电脑、网络科技、手机对生活的好处:

1、工作完成更有效率, 人们甚至可以在家工作, 储存信息更容易, 不用通勤, 人们可以有更多时间娱乐和社交, 环保一点

Improve productivity, work at home, work remotely, storage of information. Commute to work/ travel to work, socialize and build up a network of contacts, environmentally-friendly/ cut urban emissions

High-tech devices can improve the productivity for people from work to life.

There is no need for working people to commute to work if they use computers at home, so they can have more time to do other things, such as socializing with friends. It can also cut urban emissions, mainly because it will cut the traffic on the road.

2 信息更加灵通, 减少信息不对称, 人更加多知识分享, 也可以接受网络教学, 减少社会不平等  
reduce information asymmetry, can share more information, receive online education/training, eliminate social inequality

Internet these days can help to eliminate social inequality. This is mainly because the Internet gives everyone access to the same information. For example, people can attend courses online to learn skills, and they may find a better job.

3. 电脑分析信息, 分析规律, 预测趋势, 方便我们做决定  
information analysed by computers, identify patterns, predict trends

It is more likely to arrive at right decisions by using information provided by computers. We can run computer programmes to analyse data to grab valuable information, identify patterns and predict trends.

4. 交友比较容易, 特别是国际上的朋友, 可以通过社交网络交友, 适合在现实生活中比较害羞的人  
Make friends, build a network of friends, social networks, reserved 矜持的, introverted 内向的

Online social networking can provide a platform for people, especially for those who are too shy to socialise in the real world, to make new friends.

5. 打游戏和玩手机丰富我们的生活, 让人们更多共同话题  
play video games, use phones, common interests, share topics

Computer games and mobile devices can enrich our lives. They have common interests, such as the games they play and the apps they use.

6. 手机和网络可以让人们和亲朋好友更好地保持联系, 不用面对面交流, 交流方便和省时  
keep contact with families and friends any time, face-to-face communication, save time

Internet-connected devices allow people to keep in touch with friends and family anytime without talking to each other face to face. It can save time.

7 手机银行和转帐, 方便生活  
mobile banking, make transfers, conduct transactions

It is more convenient for people to use mobile banking services, such as making transfers and conducting transactions.

8. 网络商务的发展，员工在家里工作，有效地减少生意的成本，加大利润，鼓励一些普通人创业  
work at home/ work remotely, cut running costs, increase profits, encourage...to start a business

The advent of e-commerce makes it possible for people, especially for those with small amount of a running capital, to start a business. This is mainly because they can work remotely, which may cut running costs and increase profits.

### 科技对生活的坏处

1. 人们习惯在家里用电脑，运动减少，视力下降  
reduce physical activity, poor sight

Working remotely for a long time may pose a threat to people's well-being. They heavily rely on using computers at home and live a sedentary lifestyle, which will reduce physical activity and cause poor sights and obesity.

2. 人们依赖电脑和手机，会变得懒惰，笨  
heavily rely on computers and mobile phones, indolent, some talents fade

Heavily relying on computers and mobile phones make people inactive and indolent, since they can basically do everything online, such as shopping, attending a course, booking a holiday, ordering takeaways, and so on. Some talents such as the ability to do calculations fade.

### 话题 41：全球化：投资和援助

#### 国际援助和投资的好处：

1. 贫困国家提高生活标准，给与金钱、食物、药物的援助，减少死亡，防止疾病蔓延

financial aid, food aid, basic medicine, reduce the death toll, stop the spread of diseases

#### ▼翻译

poor countries can receive financial aid, food aid and basic medicine provided by rich nations. These kinds of assistance can reduce the death toll, stop the spread of diseases and improve the standard of living.

2. 促进世界和平和合作，减少贫富差距，世界更加稳定，减少内战和恐怖主义

promote world peace, reduce economic divide, prevent civil wars, combat terrorism

Humanitarian aid can promote world peace by reducing economic divide throughout the world. it can prevent civil wars and combat terrorism, if citizens of poor countries have a basic standard of living.

3. 技术援助和大公司投资可以促进当地技术发展，劳动力技能提升，经济不断发展

technological support, technological development, upgrade skills, promote the economy

Technological support provided by large companies can promote technological development. Many people

can upgrade skills and understand how to use advanced technology, which can promote economic growth.

4. 提供教育服务，提高文化水平，减少犯罪和提高经济

the access to education, improve literacy, reduce crime, boost the economy

Some international organisations have volunteers who provide educational services in underdeveloped countries. The access to education can improve literacy of these countries, reduce crime caused by poverty and boost the economy.

5. 大公司雇佣当地人工作，创造就业机会

hire locals, create employment

Multinational companies hire locals. This can create employment.

6. 援助和投资可以用在基础设施上，提高就业机会，有基础去发展经济

investment in infrastructure, create jobs, drive the economic growth

investment in infrastructure can create jobs and drive the economic growth.

7. 国际援助有时候会帮助贫穷国家融入国际社会，遵守国际标准和法律

connect to the world, obey international laws

International aid can deepen the connection between impoverished countries and the rest of the world, pushing these countris to obey international laws.

8. 各国关系更加密切，使用资源达到共同发展的目的

form a strong relationship, share resources, achieve prosperity together

International aid can also pave the way for international cooperation. Countries can form a strong relationship and share resources to achieve prosperity together.

### 缺陷和争议：

1. 贫困国家政府贪污

misuse money

The government officials of underdeveloped countries may misuse money

2. 贫困国家依赖经济援助，不自给自足

not self-contained

Relying on international aid means that poor countries are not self-contained.

3. 有些国家本身就有很多问题，资助他国可能会导致本国的社会动荡和民众不满

social unrest, have resentment

The donor countries may have some problems domestically. International aid may cause social unrest, and many citizens may have resentment against the government.

4. 投资公司在发展中国家开拓市场，导致本地企业倒闭，国家会依赖外国的技术和产品

expand the market, bankruptcy of local businesses

Multinational companies sometimes expand the market worldwide, causing the bankruptcy of local businesses. Poor countries may rely on technology and products of foreign firms.

5. 外资企业不尊重当地环境，还有剥削劳工

foreign companies, observe environmental laws, labour exploitation

Foreign companies sometimes fail to observe environmental laws. There are also numerous instances of labour exploitation.

#### 话题 42：全球化：学习外语

学习外语的好处（国际语言存在的好处）：

1. 更好和不同国家的人交流，适应全球化社会，可以在跨国公司工作

communicate with people from different countries, adapt to a globalised world, multinational enterprises

Bilingual people can communicate with people from different countries and adapt to a globalised world. They are also more likely to work for multinational enterprises.

2. 阅读不同语言的资料，开拓视野

read articles and documents, broaden horizons

People who are familiar with a foreign language can read articles and documents written in this language, and broaden horizons.

国际语言存在的坏处：

1. 小语种消失，文化消失

minority language, cultural diversity is threatened

The dominance of some international languages may pose a threat to some minority languages. The world's cultural diversity is threatened.

2. 很多少数民族群体的权益得不到尊重，没有一种归属感

minority ethnic groups, a sense of identify

If minority ethnic groups are all pressured to learn an international language, rather than their native language, they will fear that a sense of identify is eroded.

#### 小孩学习外语的好处:

1. 不那么害羞，敢于练习，比较容易掌握

not limited by self-consciousness , pick up a language

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

2. 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

3. 早点学习，减少口音，更有自信和兴趣学习

reduce accent, learn with 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:

1. 很多学生没有天赋，学习国际语言会增加负担

a facility for language learning

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

2. 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 acquisition.

#### 学习外语的方式:

1. 在学校学习，提高词汇和语法，但是老师可能是 non native speakers

Expand vocabulary, learn grammar rules

One way to learn a foreign language is to attend some language courses at school, where students can expand vocabulary and learn grammar rules with the guidance of teachers.

2. 去外国旅行，有语言环境，不断使用，更加容易掌握这个语言

the foreign language environment, master a language

Travelling abroad is another option as people can immerse themselves in the foreign language environment and practise whatever they learn to master a language.

3. 出国学习，熟悉文化，知道语言使用的忌讳，还有熟悉一些肢体语言和手势对交流的影响

study abroad, taboo, body language, gesture

Another method is to study abroad. When a learner communicates with locals, he or she will gradually learn about the taboos in the target language. They will also have a good grasp of how body language and gesture are used by the speakers of this language.

4. 看电影，看连续剧，听音乐，学习语言更加有趣味，也知道语言怎么用在现实环境，可以模仿演员的发音

watch films and TV drama, less boring, in the real-life context, imitate the pronunciation.

People can also watch films and TV drama from another country. This can make the language learning process less boring. Viewers will understand how the language is used in the real-life context. They can also imitate the pronunciation of characters.

#### 话题 43：全球化：进出口和空航

长距离进口货物的好处：

1. 从外国进口产品，譬如说食品日用品，这样人们生活中有更加多选择，提高生活水准

importing goods from abroad, consumer goods

Importing goods from abroad, including consumer goods, can give people more choices in their diets, thereby improving the standard of living.

2. 外国产品可以对本地产品造成竞争压力，减低价格

Pressure from competitors, foster competition, intensely competitive Cut prices, drop prices

Once products are imported, it can foster competition. Local producers have to cut prices to survive in an intensely competitive market.

长距离运输货物的坏处：

1. 依赖各种交通工具，产生污染

Different means of transport, cause pollution, pose health risks..

The long-haul transportation of food relies on Different means of transport, which can cause pollution and pose health risks.

2. 长距离运输需要保鲜一些食品，要使用化学物，本地的产品更加好

Long-haul transportation, preserve food, spray chemicals, locally produced, grown food

Long-haul transportation may spray chemicals to preserve food. Eating locally produced, grown food is possibly better for health.

3. 进口蔬菜和食品可能会引入细菌，带来生态灾难

Introducing alien species, bacteria, biological disaster

Importing food from overseas can introduce alien species and bacteria which can cause biological disasters.

**空航的其他好处：**

1. 商人可以出差，考察环境，挖掘商机，普通人也可以出去寻找工作

travel for business, evaluate the business environment, tap business opportunities, seek employment

People can travel by air to exploit business opportunities. They can evaluate the business environment in other countries. People can also fly to other cities to seek employment.

2. 人们出外旅游，开拓视野，更有创造力

go on holiday, unlock creative potential

People can go on holiday in far-off locations to broaden their horizons. Exposure to different ideas and lifestyles can unlock creative potential

3. 促进地区的商品和服务流动（比如说旅游业，进出口业），提高商机

promote the exchange of goods and services, boost business activity

the improvements in air freight can promote the exchange of goods and services. Some industries such as tourism and trade can flourish. Business activity can be given a boost.

**空航增加的其他坏处：**

1. 外来商品对本地商人产生冲击，对经济产生伤害

put local producers under pressure, endanger the economy

Imports can put local producers under pressure and endanger the economy if small companies are out of business.

2. 飞机和汽车燃烧燃油，排放温室气体，产生污染，也是气候变暖的一个原因

release greenhouse gases, cause pollution

Aircraft and cars can emit greenhouse gases into the atmosphere because of the burning of fuel. It can



cause pollution.

3. 机场不断建立，有噪音污染，燃油污染，并且影响生态环境

damage the environment

The construction of airports can create noise, cause fuel pollution and damage the environment.

**减少空航的污染：**

1. 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 to air transport.

2. 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 of capacity

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

3. 添加燃油税，抑制大家坐飞机

impose a fuel tax, curb air travel

Impose a fuel tax can be another approach, as higher air fares can curb air travel.

#### **话题 44：全球化：旅游业发展的影响**

**旅游的好处：**

1. 游客去当地体验文化，熟悉文化，开拓视野，更有想象力

experience a culture, broaden horizons, capture imagination

Visitors can experience a culture and broaden horizons. A different culture can capture imagination.

2. 欣赏风景，放松和休闲，减少日常生活的烦闷，也是独特的体验

take in the view, get away from daily routine, look for unique experiences

By taking in the view, tourists can get away from daily routine. They can look for unique experiences by travelling in different places.

3. 特别是背包客来说，挑战自我，可以让自己更加的努力，有更加多的能力

seek challenges, acquire more skills

Tourists, especially backpackers, can seek challenges by visiting communities unfamiliar to them. They may acquire more skills during a journey.

4. 人们可以去到不同国家考察，挖掘和发现商业和就业机会

discover and explore business and employment opportunities

People can visit different countries, where they can discover and explore business and employment opportunities.

5. 促进文化之间的交流，减少矛盾，促进全球经济发展

promote cultural exchange, prevent tensions and conflicts, drive the world economic growth

Tourism can promote cultural exchange and prevent tensions caused by a lack of knowledge about each other's cultures. It paves the way for business cooperation, which drives the world economic growth.

6. 为一些国家和地区带来收入，带动相关行业的发展，提高当地人的生活

create revenue, industries flourish.

The tourism boom can also create revenue to allow other industries to flourish and improve the standard of living.

7. 旅游收入可以鼓励某些地区保护自己的文化和建筑

preservation of cultural heritage and buildings.

Increased tourism can generate revenue for preservation of cultural heritage and historic buildings.

#### 旅游的坏处：

1. 空航和各种交通工具的使用产生污染

air travel, cause pollution

The surge in tourist numbers leads to the use of transportation services, including air travel, which can cause pollution.

2. 设施和建筑会破坏一些地区的环境

ruin the environment

The construction of facilities and buildings for tourism can ruin the environment.

3. 游客扔垃圾，或者不断去一些生态脆弱的环境，也会对环境造成破坏

drop litter, ecologically fragile areas, environmental destruction

Visitors may drop litter and visit ecologically fragile areas, which can cause environmental destruction.

4. 当地人改变文化和生活习惯，从事旅游业

change cultures and ways of living, tourist industry

Increased tourism can trigger changes in cultures and ways of living, as people find work in the tourist industry.

5. 游客有优越感，不尊重和理解当地的文化和传统，导致矛盾

a sense of superiority, cause conflicts

Foreign visitors have a sense of superiority. Their disrespectful behaviour can cause conflicts.

6. 游客有语言障碍，不能和当地人交流，造成对当地文化的笼统印象

language barriers, develop stereotypes about

▼翻译

Travelers have language barriers and develop stereotypes about the community if they fail to interpret the behaviour and norms of local peoples.

7. 一些广告商和中介不断地塑造某些国家的刻板形象，造成误解

reinforce traditional stereotypes, form a wrong perception

Advertisers and travel agencies may promote holidays which reinforce tourists' traditional stereotypes about host countries. They may form a wrong perception of the countries they visit before the start of the journey.

**话题 45：全球化：留学和移民**

留学的好处：

1. 可能上更好的大学

attend a famous university

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

2. 学习外语，工作机会更好

pick up 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.

3. 眼界更加宽，能够接受不同的看法

broaden horizons, take a broader perspective

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

#### 4. 离开父母生活，更加独立

become self-reliant, live separately from parents

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

#### 5. 外国的朋友圈加大，职业机会更多

enlarge the circle of friends, broaden career horizons

young people can enlarge the circle of friends overseas, and it can broaden career horizons.

#### 留学的坏处：

##### 1. 很难适应外国的环境，思乡病

adapt to an unfamiliar environment, feel homesick

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

#### 移民的好处：

##### 1. 寄钱回家帮助家人，促进祖国的经济

send money, home country

economic migrants may send money to their family in the home country. This is important to the economy of some less developed countries.

#### 移民对输入国的好处：

##### 1. 可以获得技术移民的技术，也解决了劳动力不足

skilled labour, labour shortage

The arrival of skilled labour can alleviate the labour shortage, and the skills of immigrants are also valuable to the host country.

##### 2. 移民的投资，带来收入

a source of revenue

the investment of immigrants in the adopted country is a source of revenue

### 3. 多元文化，不同的新观念，促进创新

cultural diversity, exposed to novel ideas

Cultural diversity can promote innovation as people are exposed to novel ideas brought by immigrants.

### 4. 移民的消费，工作后的交税都为国家带来经济好处

economic benefits

immigrants spend money settling in a new country, and the tax they pay also benefits the country economically.

### 移民对输入国的坏处：

#### 1. 文化差异，融入不了当地社区，和本地人可能有矛盾，导致社会不稳定

integrate into the local community, cultural differences, social unrest

some immigrants cannot integrate into the local community, due to cultural differences. Tension may escalate between immigrants and local residents, when the job market is competitive. This can lead to social unrest

#### 2. 找不到工作，语言不懂，遇到歧视，思乡，犯罪

language barriers, overcome prejudices,

some people fail to overcome language barriers and overcome prejudices in the workplace. They may miss their family or even violate laws to make money

#### 3. 找不到工作，claim benefits，引起当地人的反感

feel resentful

Local residents may feel resentful when they believe that immigrants who are out of work claim benefits.

### 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：

#### 1. 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, corporate culture

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

#### 2. 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

western lifestyles, embrace values of the West

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

3. 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

exposed to 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：

1. 接触不同的文化，思维更加宽，人更加宽容

exposed to different cultures, broaden minds, tolerating

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

2. 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 if cultural diversity is compromised.

我们会在以下方面失去自己的传统和习惯：

1. 衣服（大家都穿西服，而不是自己的传统服饰）

western suits, traditional costumes

People tend to wear western suits, rather than traditional costumes.

2. 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, pop music, 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.

3. 建筑（喜欢西方国家的摩天大楼，石头建筑等）

skyscrapers, stone houses

Western architectural styles such as skyscrapers and stone houses are everywhere in the world.

4. 饮食 （快餐风靡，喜欢吃牛扒）

fast food, eat steak

Eating fast food and western dishes such as steak has gained in popularity.

5. 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）

celebrate traditional festivals

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

6. 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. They value equality and disapprove of social hierarchy.

7. 语言 （喜欢学习外语，有些方言慢慢减少）

a foreign language, speak local dialects

People invest time and effort in picking up a foreign language. The number of people who can speak local dialects has dropped sharply.