

## 一、描述变化

序号	中文意思	动词	名词
1	上升	rise	a rise
		increase	an increase
		grow	a growth
		climb	an upward trend
		mount	a boom
		ascend	a dramatic rise
		advance	
		go up	
		boom* (剧增)	
		rocket* (剧增)	
		surge* (剧增)	
		soar* (剧增)	
2	下降	reduce	a decrease
		decline	a decline
		decrease	a fall
		descend	a drop
		fall	a reduction
		drop	a downward trend
		go down	a slump
		slump* (大幅度下降)	a dramatic fall
		plummet* (骤降)	
		plunge* (骤降)	
3	维稳	stabilize	no change
		remain stable / steady	a levelling out
		maintain the same level	
		stay constant	
		flatten out	
		level out / off	
		reach a plateau	
4	波动	fluctuate	a fluctuation
		wave	undulation
		undulate	peak
		rebound* (反弹)	summit
		peak at* (最高点为...)	maximum
		bottom out* (降到最低点)	high point
			minimum
			bottom

## 二、描述变化的程度/速度

序号	中文意思	形容词	副词
1	剧烈/迅速 (的/地)	dramatic	dramatically
		sharp	sharply
		huge	hugely
		enormous	enormously
		steep	steeply
		substantial	substantially
		considerable	considerably
		significant	significantly
		marked	markedly
		noticeable	noticeably
		remarkable	remarkably
		rapid	rapidly
		quick	quickly
		swift	swiftly
		sudden	distinctly
2	缓和/轻微 (的/地)	small	small
		slow	slowly
		slight	slightly
		gradual	gradually
		smooth	smoothly
		minimal	minimally
		mild	mildly
		modest	modestly
		moderate	moderately
		marginal	marginally

### 三、进行“比较”

序号	中文	英文
1	对比	but
		however
		while
		whereas
		nevertheless
		nonetheless
		rather
		unlike
		conversely
		inversely
		though
		rather

		even so
		be different from
		be opposed to
		in contrast to
		by contrast
		on the contrary
2	类比	similarly
		in the same way
		likewise
		like
		alike
		just as
		as...as
		have...in common
		be analogous to
		be parallel to

#### 四、表达“大约”

中文	英文
大约	about
	around
	nearly
	roughly
	thereabout
	approximately
	in the rough
	or so
	just under/over
	well under/over
	in the neighborhood of

#### 五、其它表达

序号	中文意思	常用词	亮点词
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1	认为	think	believe, hold, insist, maintain, assume, argue, perceive, emphasize; in my opinion/eyes/mind, for my part, as for me, as far as I am concerned, in my point of view, from my perspective/standpoint/viewpoint, according to me, the way I see it; when it comes to me, hold the view/opinion that..., harbor the idea that..., take the attitude that..., it is universally acknowledged that..., it is widely shared/believed that..., I am convinced that..., it is a well-known fact that..., it is a widely-held belief that..., there is no denying that...;
2	重要	important	vital, significant, critical, essential, crucial, indispensable, irreplaceable; play a decisive role, be of great/utmost importance;
3	一些	some	quite a few, a slice of;
	许多	many	numerous; countless, innumerable, considerable; a large/great number of; an army of; a sea of; a host of; a multitude of, a wide range of, the vast majority of, a considerable proportion of, an enormous number of;
	足够	enough	abundant, adequate, sufficient;
	太多	too much	excessive, rampant, immoderate;
4	多样的	many kinds of	various, diverse; various/diverse kinds of, all sorts of, a variety of, a wide range of;
5	巨大	big	huge, tremendous, enormous, massive, vast, tremendous, enormous;
6	越来越	more and more	increasing, growing; increasingly, progressively ;
7	非常	very	badly, highly, totally, greatly, considerably, distinctly, exceedingly, extremely, intensely, overwhelmingly;
8	一直	always	frequently, consistently, invariably; more often than not;
9	关于	about	regarding, concerning, in terms of, with regard/respect/reference to, as regards, in the case of, when it comes to...;
10	为了	to do	in order to do, for the purpose of doing, for the sake of doing; with a goal/view to do, with an aim to do, be designed / oriented / calculated to;
11	因为	because	since, as, in that, now that, considering, seeing+句子 because of, owing to, due to, as a result of, by virtue of, on the grounds of, on account of, given+名词
12	尽管	though	while, however, no matter how, even if/even though+句子 despite, in spite of, regardless of, irrespective of, without regard to, for all+名词;
13	好	good	excellent, perfect, rosy, promising, favorable, positive, impressive, glorious, amazing, brilliant, pleasurable, outstanding, superior, wholesome, beneficial, rewarding;
	坏的	bad	poor, dreadful, unfavorable, adverse, ill, frightful, discouraging, depressing, harmful, detrimental, hazardous;

14	伤害	harm	damage, destroy, undermine, threaten, endanger, jeopardize, impair, devastate; do harm to, do more harm than good, be harmful to, pose a threat to, present sb. with a threat, cause/inflict damage to/on;
15	难的	difficult	tough, hard, confusing, arduous, formidable, complicated, intricate;
16	人	person	individual;
	人们	people	individuals, folks, characters;
	人类	human being	mankind, human race, humanity;
17	事情	thing	matter, affair, business;
	问题	problem	issue, case, trouble, headache, dilemma, crisis, disaster;
18	优点	advantage	merit, superiority, virtue, strength;
	缺点	disadvantage	defect, fault, drawback, downside, weakness;
19	打算	want to do	plan to do, desire to do, intend to do, be willing to do, mean to do, try to do, attempt to do;
	决定	decide	be determined to do; make up one's mind to do, be convinced to do;
	努力	try one's best to do	do one's best/utmost to do, try hard to do, strive to do, commit oneself to doing, spare no effort to do, make every effort to, make a pains-taking effort to do, insist on, persist in, adhere to doing, make determined attempts to do;
20	感兴趣	sb. is interested in	sb. is fascinated with sth., sth. appeals to sb., sth. exerts a tremendous fascination on sb.;
21	重视	pay attention to	emphasize; place weight on, put emphasis on, give weight/stress to, attach importance to, devote much attention to, underline the importance of, place an enormous premium on; importance should be attached to, weight should be given to, great attention ought to be devoted to, due attention has to be paid to;
22	记住	remember	bear in mind that, keep in mind;
23	准备	prepare	pave the way for, lay the groundwork for, lay a solid foundation for, lay the root for;
24	解决处理	solve	resolve, settle, tackle, address, approach, combat, overcome, conquer, deal with; 缓和: ease, reduce, alleviate, relieve, lessen;
25	完成实现	realize	accomplish, achieve, complete, obtain, attain, acquire, gain, reach, fulfill;
26	是时候该做...	it is high time that...	it is imperative for us to do, it is about time that we +V-ed;
27	影响	influence	have a far-reaching impact on, exert an overwhelming influence on, wield a great influence over;
28	展示描述	show	describe, depict, present, reveal, reflect, indicate, demonstrate, illustrate
29	图表	chart	diagram, graph, figure, illustration, table (表格) ;
30	导致	cause	trigger, induce, spark, provoke, generate, lead to, bring about, spark off, conduce to, result in, contribute to, give rise to, create, be responsible for;

31	消除	get rid of	clear, eliminate, remove, abolish, take away, smooth away;
32	忽视	ignore	overlook, neglect, lose sight of, turn a blind eye to;
33	与...相关	be related to	be connected/linked/associated with;
34	保护/保持	protect	safeguard, shield, shelter, maintain, sustain, preserve, conserve;
35	措施	measure	action, step, program, counter-measure;
36	只有如此	only in this way	only by doing so, only by this means, It is in this way that...
37	现在	now	currently, nowadays, today, at present;
38	明显	obvious/ obviously	evident, apparent, undoubted, manifest; evidently, apparently, undoubtedly;
39	目的	purpose	aim, goal, object, intention;
40	由...组成	be consisted of	be made up of; be composed of; comprise;
41	占...比例	occupy	account for; take up; make up;
40	例如	for example	like, say, such as, for instance, take sth. for example; ...is a perfect/illustrating example, A case in point is that..., sth. provides us with a good illustration, There's no better example than.....;
41	列举	firstly,..... secondly...	on the one hand, ...on the other hand,...; for one thing,...for another,...at last; to begin with...moreover/what is more... / last but not least/there is one more point I feel I ought to touch upon.;