

交通类

缓解交通拥挤: ease traffic jams (congestion) ; alleviate traffic jams (congestion)

通勤者来往上班: commuters travel to and from work

高峰时期的交通: rush-hour traffic

限制私人汽车的使用: curb private car use

减少对汽车的依赖: reduce dependence on cars

设计良好的交通系统: well-designed public systems

酒驾: drunk driving

疲劳驾驶: fatigue driving

分散注意力: distraction / get distracted

测速仪: speed camera

减速带: speed bumps / rumble strips

弯道: road bends

无人车: driverless cars

吊销驾照: license suspension

驾照考试: driving test

汽油税: fuel tax

步行街: pedestrian street

步行就可以到: within walking distance

扩宽道路: broaden roads

汽车尾气排放: motor vehicle exhaust ; car emission

减少汽车尾气: reduce car emissions

尾气净化器: exhaust purifier

无铅汽油: lead-free gasoline

天然气汽车: gas-fueled vehicles

电动汽车: electric cars, cell-driven vehicles, battery cars

节约能源: conserve energy

限制使用私家车: curb the use of private vehicles

减少化石燃料的消耗: cut down on consumption of fossil fuels



global crude consumption

投资可再生能源的生产: invest in renewable energy production

完善城市基础设施建设: perfect the construction of urban infrastructure

制定严格的汽车排放标准: implement strict vehicle emission standards

发展公共交通: public transport expansion *stringent*

道路安全: road safety

低价飞行: cheap flight *budget airline*

长途飞行: long-haul flight

gas-guzzling vehicle

long-haul transportation

reckless driving

建筑类

高层建筑: skyscrapers ; **high-rise buildings**

垂直城市: vertical city

水平城市: horizontal city

住房短缺: **the shortage of housing**

城市规划: urban planning

人口很多的城市: **densely-populated cities** ; **populous cities**

住宅楼: residential buildings / apartment blocks

公租房: **state housing**

房产开发商: housing developer ; **real estate company**

拆除老房子: demolish old buildings

为...腾出空间: make room for...

重新开发破旧城区: **redevelop run-down urban areas**

run-down

优化土地使用: achieve efficient land use

地标性建筑: the landmark of the city

给游客展示独特的建筑风格和当地传统文化: show tourists the architectural style and traditional culture of this city

保护本土文化: protect the indigenous culture

大城市的象征: a feature of metropolis *megacity*

吸引投资: attract investor's attention

需要维护和修复: **need repairs and maintenance**

文化遗产: historic heritage ; historic relics

古老的历史遗址: ancient historic site

文物保护: **preservation of cultural relics**

具有艺术和历史价值: be of artistic and historical value

艺术品: work of art

展示了过去人们的生活: show us how people lived in the past

记录历史: record history



审美: aesthetic appreciation 

牺牲了现代的便利: sacrifice modern convenience

保护传统文化: preserve traditional culture

有教育功能: have educational functions

城市布局: city plan

企业搬迁: relocation of enterprises

城市建设: urban construction

城市扩张: urban sprawl

科技类

尖端的技术: cutting-edge technology

最新技术: state-of-the-art technology

信息爆炸: information explosion

a constant bombardment of information

信息时代: the information age

科技创新: technological innovations

提高效率: enhance/boost efficiency/productivity

面对面交流: face-to-face communication

远程办公: teleworking ; telecommuting ; work from home

避开交通高峰时段: avoid rush-hour traffic

解释信息: interpret messages

孤立感: a sense of isolation

生物技术: biotechnology

避免误解: avoid misunderstanding

远程通讯: tele-communications

克隆: cloning

太空探索: space exploration/research

登月: moon landing

受到普遍欢迎: gain widespread popularity

在恶劣的环境里: in the hostile environment

适合居住的星球: habitable planet

国家安全: national security

综合国力: overall national strength

核武器: nuclear weapon

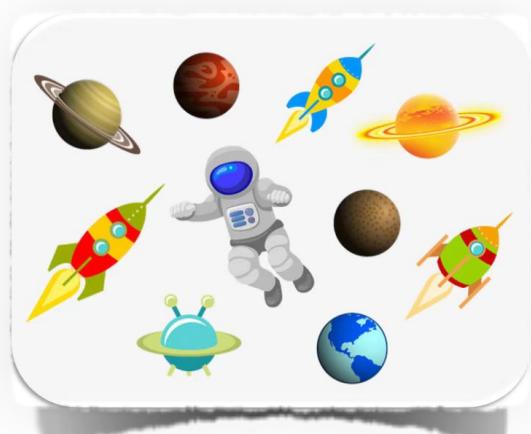
科学成就: scientific achievement

可再生资源: renewable energy sources

能源危机: energy crisis

人工智能: artificial intelligence

对..产生一种深远的影响: exert a far-reaching impact on...



双刃剑: double-edged sword

翻天覆地的改变: earth-shaking changes *game-changing, groundbreaking*

为未来的发展铺平道路: pave the way for the future development

为..打下良好的基础: lay a solid foundation for...

能源消耗: depletion of resources *snap up resources*

里程碑: milestone

致命故障: a fatal breakdown

潜在危险: potential hazards

飞跃地, 突飞猛进地: by leaps and bounds

广告类 (媒体类)

新闻界: the press

时事: current affairs ✓

无处不在的: prevalent

充斥着: be saturated with sth.

收集第一手的资料: gather first-hand information

新闻机构: news outlets

恰当的监管: proper supervision and guidance

杜绝暴力和色情内容: eliminate violent and pornographic contents

建立和实施针对所有媒体的严格的审查制度: establish and impose a strict censorship on all mass media

夸大事情: exaggerate/sensationalize things

提高收视率: increase ratings ↔ jump the shark

扩展读者群体: expand the readership

误导观众: mislead the public

带有主观看法: in an opinionated way

客观公正的: objective

揭露: expose/reveal

侵犯隐私: violate sb. privacy

破坏某人名誉: tarnish one's reputation blemish / assassinate

狗仔: paparazzi(n)s

名人: celebrity

丑闻: scandals

谣言: rumor

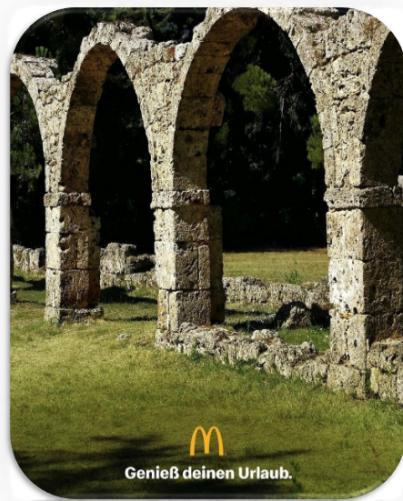
道德准则: code of ethics

随着因特网技术的出现: with the advent of the Internet

technology

在这个日益电脑化的世界中: in this increasingly computerized world

更快了解到实时新闻: have faster access to news in real life



了解最近发生的事情: **keep up to date with what is happening**

新闻自由: freedom of the Press

press barons

独家新闻: **exclusive news**

实效性: **timeliness**

消息来源: source of information

大众媒体: mass media; social media

新闻报道: coverage

欺骗性: cheating

bizarre

生活在一个虚拟的世界里: live in a virtual world

知情权: right to know

打着.....的幌子: **in the disguise of**



政府类

规范, 管理: regulate; administer; oversee

~~监督~~: scrutinize; monitor

政府、企业等的收入: tax revenue

对...收税: impose tax on

提供经济援助: provide financial assistance

缓解贫困: alleviate poverty; poverty alleviation

为...拨款: allocate money to sth.; invest in sth.; fund sth.; dedicate money to sth.

实施措施: implement measures

当局: authorities (替换government)

政府开支: government spending / expenditure on sth.

加强社会福利保障体系: enhance social welfare system

提升人们...的意识: raise / arouse people's awareness of ...

富裕的: wealthy; affluent; well-off

把...当作当务之急: give priority to sth. / prioritize sth.

增加就业机会: increase employment opportunities

失业: unemployment; joblessness

完善基础设施: perfect infrastructure; perfect public facilities

大众: the masses; the public

严禁: strictly prohibit (vp.); strict prohibition on / against sth. (n.)

严格的法律: stringent laws / legislation *tough, harsh, strict*

缺乏远见的政策: a short-sighted policy

恶性循环: a vicious circle *→ a virtuous cycle*

下岗工人: laid-off workers; downsized workers

制定规章制度: make rules and regulations

go-slow 忙工

*争取
enlist financial assistance from*

appropriate

enlist financial assistance from appropriate

enlist financial assistance from appropriate</

教育类

培养: develop/cultivate/foster/nurture

心理健康: psychological soundness

促进学生身心发展: promote the students' physical, mental/intellectual and emotional development

教学法: teaching methodology

适应: adapt to sth.; adjust oneself to sth; become accustomed to sth.

鼓励学生做某事: encourage/motivate students to do sth.; give students motivation to do sth.

就业技能: employable skills ; job-related skills ; expertise / i:/

改善就业前景: improve job prospects



强迫学生学习: force students to learn; force-feed the students

责任感: a sense of responsibility/obligation

盲从: follow sth. indiscriminately/blindly;

限制创造力的发展: constrain/stifle creativity

打击学生积极性: dampen the students' enthusiasm; frustrate the students

激励孩子们: engage children

interesting / engaging

塑造性格: mould one's character

逆境: adverse circumstances; adversity

独立思考: think independently

在理解的基础上学习: learn things through understanding

鼓励学生用辩证的眼光看问题: encourage

students to think critically

解决问题的能力: problem-solving skills

理论和实践相结合: integrate theory with practice

培养独立性: cultivate one's independence

学生的反馈: students' feedback

各门功课总称: curriculum

课外活动: extra-curricular activities



不遵守纪律: indiscipline; misbehavior

理论知识: theoretical knowledge

全面发展: well-rounded; versatile

通才: generalist

专才: specialist

人文科学: humanities

社会科学: social sciences

文科: arts; liberal studies

理科: sciences

工科: engineering

职业教育: vocational education

明辨是非: distinguish right from wrong *discern / discriminate*

帮助年轻人树立正确的价值观, 世界观, 人生观: help foster in the young the morally sound values and outlook on the world and life

提高道德标准: improve moral standards

使孩子成为一个合格的社会成员: prepare valuable members for the society=behave in a socially acceptable way=become an active and able members

提高自我修养: self-cultivation

对文学艺术的欣赏水平: an appreciation of art and literature

知识型社会: knowledge-based society

体力劳动者: manual workers

体罚: corporal punishment/physical punishment

按成绩分班: streaming

为...打下坚实的基础: form the basis of sth.

重复记忆, 死记硬背: rote memorisation 

代沟: generation gap

教育设施: educational facilities

学校科目: academic subject

身心成长: mental and physical growth

知识面: scope of knowledge *has no scope for his ability*

减轻负担: lighten the burden

线上教学: online teaching

学校教育: schooling

家庭教育: parenting、upbringing *inculcate / instil / indoctrinate*

传授知识: impart knowledge ; inculcate knowledge

应试教育: exam-oriented education

误入歧途: go astray

跨文化交流: cross-cultural communication

应用学科: applied sciences

文化类 (语言/传统/旅游)

面对面交流: face-to-face communication

互动: interaction

刻板印象: stereotype; bias

酒店业: hospitality industry; hotels and resorts

服务业: service sector

休闲娱乐: leisure and relaxation

保护文化遗产: preserve cultural heritage

独特文化身份: unique cultural identity

审美观: aesthetic conception

艺术修养: artistic culture

营造氛围: foster an atmosphere

艺术杰作: masterpiece artworks

艺术欣赏: artistic appreciation

前人智慧: gems of past wisdom

文物: historical artifacts

非物质遗产: intangible heritage 

土著语言: aboriginal languages

文化载体: vehicle of culture

思想和想象自由: freedom of thought and imagination

保护本土文化: protect indigenous culture

语言多样性: linguistic diversity

跨文化交流: cross-cultural communication

多种文化背景: diverse cultural backgrounds



环境类

增强公众的.....意识: enhance / elevate / raise the public awareness of ...

采取环保措施: adopt environmental protection technique *measure*

浪费型社会: throw-away society

农业与生态: agriculture and ecology

可持续发展: sustainable development

生物多样性: biodiversity

濒危动物: endangered species

淡水资源短缺: fresh water scarcity / shortage

动物权益保护主义者: animal right activists

一次性筷子: disposable chopsticks

disposable income

排放污水: discharge effluent / sewage 

贫瘠的土壤: infertile soil

破坏了生态的平衡: break the ecological balance

城市规划: urban planning

Contamination

加强污染控制: strengthen pollution control

防治荒漠化: combat desertification

减轻动物的痛苦: ease / alleviate / relieve animals' pain

开发可再生资源: develop renewable resources

降低资源消耗率: slow down the rate of resource degradation

depletion

电动汽车: cell-driven vehicles; electric cars; battery cars

加强水土保护: reinforce the conservation of water and soil

制定严格的汽车排放标准: implement strict vehicle emission standards

建立自然保护区: establish nature reserve

沙尘暴: dust-storm

尾气净化器: exhaust purifier



犯罪类

犯罪: commit crimes; conduct crimes; perpetrate crimes

罪犯: criminal; offender; prisoner; culprit; inmate

初犯: first-time offender

惯犯: repeat offender; recidivist

罪行: offences

控制犯罪率: reduce crime rates; bring crime rates down

遏制犯罪: curb crimes; combat crimes

憎恨社会: resent society

受害者: victim

司法系统: the criminal justice system

重罚: heavy/strict penalties; harsh punishment; harsh treatment

监禁: imprison sb.; be sentenced to prison

改造: rehabilitation

执法部门: law enforcement agencies

触犯法律: break/violate/disobey the law

遵守法律: abide by/comply with/obey the law

犯罪倾向: criminal tendency

震慑作用: act as a deterrent; deter crime

被控有罪: be found guilty (of crime)

青少年犯罪: juvenile delinquency

社区服务: community service

回归社会: integrate back into society

威胁社会安全: pose a threat to public safety

犯罪记录: criminal record

接受职业教育: receive education of vocational training

死刑: capital punishment; death penalty

罚款: pay a hefty fine

reintegrate into society



work unsocial hours live a hectic life

工作类

在工作场所: in the workplace

工作机会: job opportunities; employment opportunities

改善就业前景: improve career prospects

跳槽: job-hopping

换工作: switch jobs; change jobs

工作满意度: job satisfaction

有一份稳定的工作: have a stable and secure occupation; stay in long-term jobs

获得固定收入: get a stable income

Co-workers

与同事建立良好的关系: establish a good relationship with colleagues

运营费用: operating costs; overheads ~~☆~~

提高生产力: boost productivity

家庭办公, 远程办公: telecommute

上下班: commute to and from work; travel to and from work

获得大幅度的加薪: gain a sizeable increase in pay *pay hike, hike the wage*

穿制服或者正式的服装: wear a uniform or formal style of clothes

重新培训员工: retrain staff

报酬优厚的工作: a well-paid job

有前途的工作: a job with promising future

...能诱导一个积极的工作态度: sth. can induce a positive attitude to work

良好的工作氛围: a conducive working atmosphere ~~☆~~

有足够的资金缓冲: have a sufficient financial

buffer

重复或搬运的工作: repetitive work 重复的工作

低技术工作: low-skill work *assembly line work*

提高工作表现水平: increase performance levels

at work

谋生: earn a living */crust*

确保家庭衣食无忧: ensure the family is clothed

and fed

the maintenance of family



吸引新成员: attract new recruits

strike a balance between

平衡工作和生活: juggle one's work and family life

实现特定的职业目标: achieve specific career goals

遇到职业瓶颈: meet a career bottleneck *plateau*

明确自己的职业道路: figure out one's career path

凭业绩晋升: get promoted on merit

凭资历晋升: get promoted by seniority

获得更好的个人资源: reap better personal resources

✓

Social norms

社会类

(一) The old 老人

1. 拥有丰富的生活工作经验: have rich experience in both life and work
2. 良好的咨询者, 导师或者医生: good consultants, coaches, doctors
3. 照看子孙: look after grandchildren
4. 为志愿工作做贡献: devote to volunteer work
5. 医疗保健和退休金: medical care and pension
6. 为政府产生负担: impose financial burden on the government
7. 劳动力缺失: labor shortage

(二) The young 年轻人

parental indulgence

8. 充满好奇心, 善于模仿: be full of curiosity and excel at imitating
9. 缺少自控力: lack of self-control
10. 不能明辨是非: unable to distinguish right from wrong
11. 易受不良影响: be susceptible to negative influences
12. 身心发展关键时期: critical time of physical and psychological development
13. 提供父母指导: provide parental guidance
14. 实施监护权: fulfill guardianship rights

(三) Women 女性

15. 性格温和, 个性温柔, 较少攻击性: gentle/tender/soft manner, less aggressive nature
16. 更耐心, 善解人意: more patient, understanding
17. 善于沟通: better communication skills
18. 身体没有男性强壮: not physically strong
19. 传统上承担抚养孩子、照顾家庭以及料理家务的责任: the traditional role in raising children, taking care of the family and committing to the housework

(四) Family and work 家庭与工作

20. 美好的家庭时间减少的原因: causes for the reduction in quality family time
21. 激烈竞争: fierce competition

Rat race

- 22.让员工频繁加班: makes employees work overtime frequently
- 23.花费更多时间学习新技术并且升级知识: spend more time learning new skills and upgrading knowledge
- 24.信息时代使人们花费更多时间处理信息: spend more time processing all types of information in this information era
- 25.获得幸福: achieve happiness
- 26.找到乐趣: find enjoyment
- 27.改善生活水平: improve living standard
- 28.感到紧张: feel stressed out
- 29.非经济因素: non-financial factors
- 30.家人的陪伴: the company of family

(五) 社会趋势 (生活)

- 31.协调好工作和家庭之间的关系: combine work and family commitment
- 32.依靠自己努力而出名的人: self-made celebrities
- 33.过着奢侈的生活: lead a life of luxury
- 34.正面的榜样: positive role model/set a good model
- 35.过节约的生活: live a frugal life
- 36.名牌的衣服: designer clothes ~~✓~~
- 37.开豪车: drive prestigious cars
- 38.出于贪婪: motivated by greed
- 39.不劳而获: make easy money
- 40.社交礼仪: social etiquette *observance*