# 常用四字短语

1. 挨家挨户 from door to door

例题：医生挨家挨户上门巡访，省去了很多老年人去医院的麻烦.(save) Doctors’ door-to-door visits save many old people’s trouble of going to hospital.

1. 爱不释手

can’t bear standing part with/putting it down /leaving it aside

例题：这部相关第一次世界大战的历史小说引人入胜，我简直爱不释手。（so…that）

The historical novel about/describing World War I / the First World War is so attractive that I can’t bear (to do …)/stand parting with it / putting it down (back ,aside )/ leaving it aside .

1. 安于现状

be satisfied with reality/ present situation

例题：我们高中生应该有远大的志向，不应该只满足于现状。（satisfy）

We senior high students should have great ambition and (should) not be satisfied with reality/present situation.

1. 摆脱烦恼

get rid of/ to be free from worries

例题：得知他心情不好，我建议他与朋友聊聊天，以去除烦恼。(suggest)

Knowing (that) he is in a bad mood, I suggest his chatting with friends to get rid of /to be free from worries.

1. 彼此埋怨be to blame each other

例题：遇到困难的时候，我们需要的不是彼此埋怨，而是相互协助。(not…but)

When (we are) in difficulty / When we meet with difficulties, what we need is not to blame each other but to help each other.

1. 别无选择have no choice but to do

例题：当时，那位出租车司机别无选择，只能求助于游客。（choice）

At that time the taxi driver had no choice but to turn to the tourist/traveler (for help).

1. 不得而知 remain unknown

例题：玛丽是否参加这次英语晚会尚不得而知。（remain）

It remains unknown whether Mary will attend the English Evening.

1. 不辞而别 leave without saying good-bye

例题：我们对他的不辞而别感到很惊讶。（without）

We were greatly surprised that he has left without saying goodbye.

1. 不可估量beyond measure

例题：即使付出的努力不可估量，但那些偏远山城都已通车，这让全国人民感到无比自豪。(accessible) Although the efforts made are beyond measure, those remote mountainous cities have been accessible to cars, which makes all the Chinese people / the whole nation feel very proud/full of pride.

1. 不甚感激appreciate it very much

例题：如果你一收到消息就能给我答复的话，我将不胜感激。(the moment)

I would appreciate it very much if you could reply to me/give me a reply the moment you receive the message.

1. 不懈努力great effort

例题：即使各国政府已做出了不懈的努力，但要应对日益严重的世界性气候变暖问题还需制定更有效的措施。

(despite)

Despite the great effort made by governments, more effective measures should be made to deal with the ever worsening problem of global warming.

1. 不假思索 without hesitation

例题：吉姆不假思索地回答了老师的问题。(hesitation)

Jim answered his teacher’s question(s) without (any) hesitation. Jim answered the question(s) asked by his teacher with no hesitation.

1. 不尽如人意be far from satisfactory

例题：这个地区的经济发展得很快，可使某些市民的素质还不尽如人意。(quality)

The economy of this area develops very fast but some citizens’ qualities are far from satisfactory.

1. 不容忽视should not be ignored/ neglected

例题：这个事故使我们意识到安全问题不容忽视。(realize)

This accident made us realize that safety problems should not be ignored.

例题：防火意识不容忽视，不然的话会对生命和财产造成不可估量的损失。(neglect)

(The sense of) Fire protection should not be neglected (We should not neglect fire protection), or great damage might be caused to the lives and property.

1. 不知所措be/ feel at a loss

例题：网络在我们日常生活中起了举足轻重的作用，以至于当不能上网时人们感到无所适从。（loss）

Internet plays such an important role in our daily life that people feel at a loss when they can’t go online/ surf the Internet/ don’t have access to the Internet.

例题：消费者对冷冻食品失去信心的事实令生产厂家一筹莫展。（loss)

The fact that consumers have lost confidence in frozen food makes the manufacturers at a loss.

1. 彻夜未眠

didn’t fall asleep last night/ be awake all night

例题：只喝一杯咖啡就会使我整晚睡不着。（keep）

Drinking only a cup of coffee will keep me awake all night.

例题：昨晚听到他喜欢的足球获胜的消息，他兴奋得彻夜未眠。（too…to…）

Hearing the news that his favorite team won the match, he was too excited to fall asleep last night.

1. 催人泪下people are moved to tears

例题：昨晚残疾人的演出非常成功，让观众们感动得流下了眼泪。(so…that…)

The performance put up by the disabled/ The disabled people’s performance last night was so successful that many people were moved to tears.

1. 寸步难行can do nothing without

例题：电脑已触及到每个人的日常生活，难怪有人说当今世界不懂电脑，就寸步难行。（no wonder）

The computer has touched on everyone’s daily life. No wonder someone says that you can do nothing without the

knowledge of computer / its knowledge.

1. 大为惊叹be greatly amazed/ impressed

例题：这些十八世纪的油画保存得这样好, 使参观者大为惊叹。(so …that)

These eighteenth-century oil paintings have been/are preserved so well that the visitors are greatly amazed/ impressed.

1. 放任自流let him be

例题：父母经常面对这样的选择：要么做他们认为有利于孩子发展的事情，要么对其放任自流。（either） Parents often faced the choice that either they did what they felt was good for the development of the child or they just let him be.

1. 孤身一人，无亲无故

be single and has no friends or relatives

例题：虽然她孤身一人，无亲无故，但邻居们都向她伸出了援助之手。(offer) Though she is single and has no friends or relatives, all the neighbors offer her help/ a helping hand /to help her.

1. 固执己见always stick to one’s own opinion

例题：我发现很难与那些一贯固执已知的人合作。(…it…)

I find it (is) hard to cooperate with those who always stick to their own opinions.

1. 刮目相看look at sb. differently/ with new eyes/ regard sb. in a totally different light

例题：他进公司后不久就独立完成了一项艰巨的任务，同事们对他刮目相看。（so）

He finished a difficult task on his own/independently soon/ shortly after he entered the company, so his colleagues looked at him differently/ with new eyes/regarded him in a totally different light.

1. 毫不费力

have no difficulty/ trouble (in) doing sth.

例题：他们毫不费力第就找到了那位好心人。(difficulty) They had no difficulty finding the warm-hearted man/person. 25.毫无疑问，不容置疑

There is no doubt that.../ It cannot be doubted that

例题：毫无疑问，旅行使人开阔眼界，增长知识。(doubt)

There is no doubt/ It can’t be doubted that travelling broadens one’s mind and enlarge/ improve/ increase one’s knowledge.

26.后悔莫及 regret doing

例题：他很后悔失去了获得奖学金的机会。（regret）

He regretted losing/having lost the chance to win a scholarship. 27.后来居上catch up with sb.

例题：上周因为生病我缺了一些课，但是我会努力赶上大家的。(miss)

Because of illness/Being ill last week, I missed some lessons, but I will try to catch up with others. 27.增强合作

strengthen/ enhance one’s cooperation

例题：如果队员之间不增强配合，我校篮球队就不可能在决赛中战胜对手。（unless）

Our school basketball team will not beat the opponents in the final match/final(s) unless the team members strengthen

their cooperation / cooperate well with each other. 28.家喻户晓/众所周知

As is known to all, …/ It is known to all that

例题：众所周知，成功来自于勤奋，不努力则一事无成。(without)

As is known to all, success comes from hard work/diligence, and nothing can be achieved without efforts/hard work.

例题：众所周知，他的成功完全是努力的结果。(due to)

It is known to all that his success is entirely/totally/completely due to his hard work. 29.坚守岗位keep to one’s post

例题：无论风多大、雨多急，警察一直坚守在岗位上。(no matter …)

No matter how hard the rain falls and the wind blows, the police keep to their posts. 30.竭尽所能do/ try ones best to do

例题：我们应该竭尽所能是城市变得更美丽.（try）

We should try our best to make the city more beautiful. 31.截然不同观点

have totally different opinion with us

例题：交流时，我们可能会遇到与自己观点截然不同的人。（likely）

When communicating, we are likely to meet people who have totally different opinions with us.

1. 惊人速度incredible rate/ speed

例题：我国到处都是高楼大厦，其发展速度真是惊人。（spring up / incredible） High-rise apartment buildings have sprung up everywhere in China at an incredible rate / speed.

1. 聚精会神be absorbed in

例题：我在全神贯注地看书，没有听到手机在响。（absorb）

I was so absorbed in reading that I didn’t hear my cell phone ringing. 34.困难重重has great difficulty/ be very difficult

例题：虽然困难重重，但他父母还是设法即时赶到了上海。( despite )

Despite / In spite of the great difficulty, his parents managed to get to/ arrive in/ reach Shanghai in time. 35.屡见不鲜appear so frequently

例题：这类事故在媒体上屡见不鲜，应该制定有效措施防止这类事故再次发生。（prevent）

This kind of accident appears on media so frequently that effective measures are being made to prevent it (from ) happening again.

36.抵制\*resist the temptation of

例题：在招待会上，他没能抵抗住那些美食的\*，吃了很多。（fail）

He failed to resist the temptation of the delicious food in the reception and ate a lot. 37.旗鼓相当be equal to sb. in sth.

例题：虽然他在技巧和经验上都与我旗鼓相当，但是谁都有可能夺冠。（equal）

Though he is equal to me in skill and experience, either of us is likely to win the

Championship. 38.齐心协力

work cooperatively/ with combined efforts

例题：只要我们齐心协力，就能很快解决这个技术难题．

So long as / If we work cooperatively / with combined efforts, we will be able to solve/ work out the technical problems.

1. 千载难逢a rare/ golden chance

例题：既然经济舱位的票很畅销，我们应尽快打电话到售票处询问一下，以免坐失良机。(now that)

Now that the tickets for economy class are popular, we should call the booking/ticket office to inquires soon as possible， making sure that we won't miss/lose the golden Chance.

1. 日益增长ever increasing

例题：孩子们从小就不得不在学业上竞争，这就给他们带来了日益增加的精神压力。(which)

Children had to compete with each other since they were very young, which brought them increasing psychological pressure.

1. 日益恶化

be getting worse/ become worse and worse

例题：异常的天气表明我们的生存环境正日益恶化，而这正是大自然给予我们的警告。（which） Unusual weather indicates that our living environment is getting worse, which is the warning to us from nature. 41.日益紧张increasingly intense

例题：日益紧张的医患关系有待解决。（remain）

The increasingly tense doctor-patient relationship remains to be solved. 42.三言两语in a few words

例题：这个游戏的规则太复杂，三言两语解释不清。(too….to)

The rules of the game are too complicated to explain/be explained in a few words. 43.司空见惯be so used to

例题：人们对像手机和电脑这样的电子产品早已司空见惯，以致于很难想象没有它们生活会变成什么样。

（such…as…）

People are so used to such electronic products as mobile phones and computers that it is hard to imagine what life would be like without them.

1. 受到认可be recognized/ received by

例题：就实际效果来看，新的规则极大地改善了交通状况，受到了广大群众的认可。（recognize）

In terms of practical effect, the new regulation greatly improved the traffic condition and was recognized by the public.

例题：虽然不被公众看好，但这位歌手仍然坚持自己的演唱风格。(stick)

Although the singer is not well recognized/received by the audience (popular with the audience), he sticks to his own singing style.

1. 受用一生

sb. benefit from sth. / sth. benefits sb. all your life

例题：良好的教育史你今后能够受用终身的。（benefit）

A good education benefits you/ is what you can benefit from all your life in your whole life.

1. 特长、强项/弱点strong point/ weak point

例题：应该鼓励年轻人按照自己的特长选择职业。(encourage)

Young people should be encouraged to choose their careers according to their own strong points.

1. 玩火\*

those who play with fire will surely get burnt

例题：他们应该从这件事中得出教训，玩火者必\*。(burn)

They should learn a lesson from this accident that those who play with fire will surely get burnt. 48.无懈可击perfect 哈哈这个超简单吧！

例题：那里的服务无懈可击，还免费出借雨伞。(borrow)

The service there is perfect and umbrellas are borrowed free of charge. 49.一步之遥be just one step away from success

例题：很多失败者往往没意识到，其实他们离成功只有一步之遥。(realize)

Many losers don’t realize that they are just one step away from success. 50.一无所知be ignorant of sth.

例题：我对学生所谈的电子产品一无所知, 我发现自己落伍了。(ignorant)

Being ignorant of the electronic products the students are talking about, I find myself left behind. 51.以备不时只需in case of unexpected needs/ that they are needed some day

例题：年轻时多学点技能是明智的，以备不时之需。（in case）

It is sensible/ wise to learn more skills when young in case of unexpected needs/ (that) they are needed in the future. 52.引人注意、吸引眼球catch one’s attention/ eye

例题：这些彩色果盆当时引起了我的注意，使我想起了快乐的童年。(remind)

These colorful fruit bowls caught my eye at that time, reminding me of the happy childhood. 53.有求必应be always ready to help

例题：我向她请教，她总是有求必应，而且解释得令我十分满意。(satisfaction)

Every time I ask her for advice, she is always ready to help, and explains to my full satisfaction. 54.有所转变have changed to some extent

例题：虽然大家对整容的看法在某种水准上已有所转变，但必须承认它带来的风险。（Although）

Although people’s view on cosmetic surgery has changed to some extent, we must acknowledge that risk goes with it/ there is risk.

55.与时俱进keep pace with the times/change with the times

例题：老人们发现越来越难跟上现代科学的发展。（keep up）

The old find it harder and harder to keep up with the development of modern science. 56.与世隔绝be isolated from the outside world

例题：这个村庄几乎与世隔绝，很多民间习俗得以很好地保留。(preserve)

The village is almost isolated from the outside world, thus lots of local customs are well preserved there. 57.援助之手 reach out your hands in aid of sb./ give sb. a helping hand

例题：伸出援手去协助那些身处困境的人们，你就会发现你的人生更有意义。（aid n.）

Reach out your hands in aid of those（who are）in trouble and you’ll find your life more meaningful.

秋考：虽然她孤身一人，无亲无故，但邻居们都向她伸出了援助之手。(offer)

Though she is single and has no friends or relatives, all the neighbors offer her help/ a helping hand /to help her. 58.乍一看at the first sight/ glance of sth.

例题：乍一看，这块手表没有什么特别之处，但实际上它是一部手机。（there be）

At the first sight, there is nothing special about the watch, but in fact it is a mobile phone. 59.志同道合have a common goal/ similar ideals and beliefs

例题：我和他志同道合，而且年龄和家庭背景相似，我想这就是为什么我们成

为好朋友的原因。(which)

He and I have a common goal/ have similar ideals and beliefs/ share the same views

and are similar in age and family background, which I think is the reason why we have become good friends. 60.山高林密 the high mountains and thick forests

例题：即使山高林密，医护人员还是迅速地赶到出事地点，实施援救。（despite）

Despite the high mountains and thick forests, the doctors and nurses rushed to the scene of the accident for the rescue/to carry out the rescue.

# 常用名词短语

## A

by accident 偶然

have access to 可接近，可进入， 享有…机会

take action 采取措施

in addition to 除….之外

in advance 事先

take advantage of 利用

take/ follow one’s advice 听从建议

make an appointment 约会

make an attempt 试图

pay attention to 注意，在意

B

on the basis of 在….的基础上

C

take care of 照顾，照料

make choices 做选择under no circumstance 绝不have a good command of 精通make comments 评论

draw/ reach/ arrive at/ get to a conclusion 得出结论

have confidence in 对…有信心

have a clear/ guilty conscience 问心无愧/ 有愧

keep contact with 与…保持联系

on the contrary 相反

D

make a decision 做出决定

on the decrease 在下降

E

have an effect on 对….产生影响

lay/ put/ place emphasis on 强调

come to an end 走到尽头

come into existence 形成，产生

to an extent 在…..程度上

F

|  |  |  |
| --- | --- | --- |
| • | in/out of fashion | 流行的、过时的 |
| • | find fault with | 找茬，吹毛求疵 |
| • | make a film | 拍电影 |
| • | make a fire/on fire | 生火/ 着火 |
| H |  |  |

* get into/form/develop/get out of/get rid of/a habit of doing养成/改掉习惯 I

make an impact on 对…..产生影响

leave an impression on 对…留下印象

have no intention of doing 没有做….的打算

L

* for lack of 由于缺乏
* ask for leave 请假
* loyalty to 忠于

P

* take pride in 骄傲，自豪
* make progress 取得进步

|  |  |  |
| --- | --- | --- |
| •  •  • | with reference to in response to  as a result | 关于  作为回答结果 |
| S |  |  |
| • | for sake of | 由于，为了 |
| • | on sale | 出售 |

# 常用动词短语

adapt ... for 改编adapt ... to 使 适应add to 增添了

add ... to 把 加到

add up 累计

add up to 累计达

agree on sth.就 达成一致

agree to sth.同意某事agree to do sth.同意做某事

agree with sb.同意某人的意见

apply . to 把……运用到;把……涂抹到apply to sb. for sth.向某人申请某事ask for sth.请求

ask sb. for help 向某人求助

ask sb. for sth.向某人请求得到某物ask sb. to do sth.要求某人做某事break away from 脱离;打破

break down 出毛病，不运转

break into 闯人

break out 爆发，突然发生

break the law 犯法

break through 突破，冲破

break up 打碎;关系破裂

bring about 导致bring back 带回;想起bring forward 提出bring up 养育，培养

C

* call call at some place 拜访某个地方

call for 请求，要求;为 而喊出；接;叫某人

call on/upon 号召；拜访

call up 召唤，召集;想起;打电话

carry carry on 继续；开展

carry out 进行，开展;执行

* catch catch the cold 着凉，伤风

catch up 很快拾起;跟上，赶上

* combine combine ... with 把和 结合起来
* come come about 发生;实现;产生

come across 走过;偶然遇到come out 出来；出版come to 来到;达到;结果是

* communicate communicate ... to 把 传达给

communicate with 和 交流

* compare compare ... to 把 比作

compare ... with 把与 相比较

* concentrate concentrate on 全神贯注于
* congratulate congratulate sb. on sth.为某事祝贺某人

## D

* drop drop in at some place 顺便拜访某地

drop in on sb.顺便拜访某人

## E

* engage engage in 从事

engage to 订婚

* entertain entertain sb. with sth.使某人快乐;用某物招待某人F
* fight fght against 为反对而战斗

fight for 为 而战fight with 同 战 斗figure out 理解;计算出

G

get get across 横过，穿过

get down to doing 开始做某事

get in 进入， 收割

get in one’s way 妨碍某人，挡住去路

get into 进入， 陷入

get along/on with 与某人相处

get on 上车

get over 爬过，克服

get off 下车，脱下

get together 聚集，开联欢会

give give in 屈服，让步，投降

give off 发出

give out 分发， 用完，耗尽

give up 放弃

go go against 反对，不利于

go all out 全力以赴go down 下去，下沉go into 进入 参加

go on 继续

go over 复习，检查

go wrong 出故障

H

hand hand in 上交

hand on 传下去

hand out 分发， 施舍

hand over 移交，让与

K

keep keep from 忍住，阻止

keep in touch with 与某人保持联系

keep ….out of 不让…..进入

keep up 坚持，维持

keep up with 跟上，不落在后面

L

* leave leave a message 留话

leave alone 更不用说

leave ... alone 不理会，不管leave ... behind 留下，忘带;放弃leave for 到 去

leave out 遗漏;排除;忽视

* let let down 使 失望

let out 发出，放出；泄漏

* look look about 环顾；察看

look after 照料，照顾

look back 回顾

look down upon 轻视，看不起

look for 寻找

look forward to 盼望

look into 观察;调查；向里看

look on 看待；旁观

look out 当心

|  |  |  |
| --- | --- | --- |
|  | | look round 四处看看  look through 仔细查看 |
| look up 查阅；仰视 |
|  | lose | lose heart 灰心，失去信心 |
|  |  | lose one’s heart to 倾心于  lose one’s way 迷路 lose weight 减肥 |
| M |  |  |
| • | make | be made from 由 制 造 |
|  |  | be made in 在 地方制造  be made of 用制造 |
|  |  | be made up of 由 组成，构成 |
|  |  | make a living 谋生 |
|  |  | make an apology to 向….道歉  make out 假装，辨认出 |
|  |  | make up 构成，配置， 化妆， 打扮 |
|  |  | make up for 弥补 |
|  |  | make up one’s mind 下定决心  make use of 利用 |
| meet |  | meet with 遇到, 符合 |
| P  pass |  | pass away 消失，去世，过去 |
|  |  | pass by 经过 |
|  |  | pass down 传下去 |
| pay |  | pass on 传递  pay a visit to 参观， 访问 |
|  |  | pay attention to 注意 |

pay for sth. 付钱， 支付， 付出代价

pay off 还清

put put away 放好， 收起来

put forward 提出

put into 输入， 使进入

put off 延期， 推迟，拖延

put on 穿上， 带上，上演

put one’s heart into 全神贯注于….之中

put out 生产， 扑灭，伸出

put up 挂起， 举起， 张贴， 建立

put up with 忍受

R

run run across 跑过， 不期而遇

run after 追赶

run away 逃走，逃脱run down 撞到，耗尽run out 用完

run over 撞到，粗略地看一下

## S

* see see…off 送别

see through 看穿，看透

see to 注意；办理

* set set about doing sth.开始，着手，试图set down 放下;记下;写下，让……下车set free 释放

set off 出发，动身

set out to do sth.开始，着手set up 建立，创立;竖立

* stand stand by 站在 旁边，和……站在一起

stand for 代表，象征；主张

stand up 起立

## T

* take take away 拿走，移去take for 认为，误以为take in 接纳;吸入;包括take off 脱掉，起飞take place 发生

take the place of 代替

take up 举起;从事；占用

* turn turn against 背叛

turn down 翻下；关小

turn into 变成

turn out 证明是;结果是

turn over 把 翻过来;移交

turn up 向上翻;拧亮;开大;出现

# 常用形容词短语

|  |  |  |
| --- | --- | --- |
| A |  | |
| • | absent from | 缺席 |
| • | be active in  be available to/ for | 积极参加  可获得的；可利用的 |
| • | be aware of | 可获得的;可利用的 意识到 |
| B |  |  |
| * be   c | beneficial to 对……有利 |  |
| • | be close to | 靠近，接近 |
| • | be confident of | 对…..有信心 |
| •  D | be crazy about | 热衷于 |

* turn a deaf ear to 对……置若罔闻
* be different from 和 不问
* due to 由于，因为

E

* be equal to 与……相等;能胜任

F

* sb. be familiar with/sth. be familiar to 某人对……很熟悉
* be fond of 喜欢

H

* be happy with/about 对……很满意/很高兴
* be harmful to对……有害 I
* be ignorant of 对…无知
* be independent of 独立的
* be inferior to 不如，次于

K

* be keen on 热衷于

P

* in particular 尤其
* be proud of 骄傲，自豪
* in public 当众

R

* get ready for 为……做好准备

be resistant to 防止;抵抗

S

* far from satisfactory 不尽如人意
* be senior to 比……年长；比……高级
* be sensitive to 对 敏感
* be short of 缺少

|  |  |  |
| --- | --- | --- |
| •  • | be similar to  be superior to | 相似的  是……的上级；比……高级;优于 |
| W |  |  |

* be wild with 热衷于