<https://www.cambly.com/en/student/courses/62cdf57ec3dbcad11563a640/62cdfd05cbd0676f1fd5ab1e>



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| To get up to speed |  | To inform someone on the latest news about  Something  为了跟上进度 |
| Update |  | The most recent news about something |
| Progress |  | The process of something in development |
| On the right track |  | Thinking or doing something that is right or will likely have success |
| To report |  | To give people information about something |
| To keep posted |  | To help someone stay informed of the lasted news or developments  保持最新消息 |



