

Advanced Vocabulary S03

1	foster	v	促进；助长；培养；鼓励；抚育，照料；
2	refrain	v	抑制，避免，克制，节制；
3	encounter	v	遭遇，遇到；偶然碰到，意外地遇见，与...邂逅；
4	elaborate	v	详尽阐述，详细描述；详细制订，精心制作；
5	formulate	v	制定，制订，规划，构想；确切表达，认真阐述；
6	integrate	v	整合，合并，成为一体；加入，融入群体；
7	commute	v	上下班往返，经常往返；
8	fulfil	v	履行，实现；实行，完成；满足，使有成就感；
9	contradict	v	反驳，批驳；相矛盾；违背，与...背道而驰；
10	conform	v	顺从，顺应；遵守，遵从；相一致，相吻合；
11	contaminate	v	污染，弄脏；玷污，毒害，腐蚀；
12	denounce	v	谴责，指责，斥责；
13	perish	v	死亡，暴死；丧失，湮灭，毁灭；
14	commence	v	开始发生，开始，着手；
15	affiliate	v	使隶属，使并入；加入，与...有关，为...工作；
16	invade	v	侵略，侵犯；涌入，侵袭；侵扰，干扰；
17	confront	v	发生，降临于；处理，解决；面对，对抗；对峙；
18	attain	v	获得，得到；达到；
19	combat	v	战斗，与...搏斗，打击；防止，减轻；
20	enforce	v	强制执行，强行实施；强迫，迫使；

▲ **foster** ['fɒstə]

v. 促进，助长，培养；鼓励；抚育，照料；

eg. The club's aim is to **foster** better relations within the community.

俱乐部的宗旨是促进团体内部的关系。

eg. They have **fostered** over 60 children during the past ten years.

在过去十年间，他们抚育了 60 多个儿童。

▲ **refrain** [rɪ'freɪn]

vi. 抑制，避免，克制，节制；+ from + sth/doing

eg. Please **refrain** from smoking. 请勿吸烟。

eg. He has **refrained** from criticizing the government in public.

他克制住了自己，没有在公开场合批评政府。

▲ **encounter** [ɪn'kaʊntə(r)]

vt. 遭遇，遇到(尤指令人不快或困难的事)；偶然碰到，与...邂逅；

n. 遭遇，冲突；(体育)比赛，交锋；相遇，邂逅；

eg. I had never **encountered** such resistance before.

我以前从未遇到过这么大的阻力。

eg. She was the most remarkable woman he had ever **encountered**.

他是他所见到过的最出色的女性。

eg. It was his first sexual **encounter** (= first experience of sex).

那是他的第一次性经历

eg. She has beaten her opponent in all of their previous **encounters**.

她在以前的所有交锋中都击败了这个对手

▲ **elaborate** [ɪ'læbəreɪt]

v. 详尽阐述，详细描述 + on/upon；详细制订，精心制作；

eg. He refused to **elaborate** on the event.

他拒绝就那一事件详谈。

eg. He said he was resigning but did not **elaborate** on his reasons.

他说他准备辞职但未详细说明原因。

eg. In his plays he takes simple traditional tales and **elaborates** them.

他在剧本里采用了一些简单的传统故事并进行了发挥。

▷ adj. /ɪ'læbəreɪt/ 复杂的，详尽的，精心制作的；

eg. She had prepared a very **elaborate** meal. 她做了一顿精美的饭菜。

▲ **formulate** ['fɔ:mjuleɪt]

vt. 制定，制订，规划，构想，准备；确切表达，认真阐述 express；

eg. to **formulate** a policy/theory/plan/proposal

制订政策/创立理论/构想计划/准备建议

eg. She has lots of good ideas, but she has difficulty **formulating** them.

她有很多好的想法，但就是不善于表达。

▲ **integrate** ['ɪntɪɡreɪt]

v. 整合，(使)合并，成为一体；(使)加入，融入群体；

eg. **Integrating** the pound with other European currencies could cause difficulties.

把英镑与欧洲其他货币合并会引发许多难题。

eg. They have not made any effort to **integrate** with the local community.

他们完全没有尝试融入本地社区。

▲ **commute** [kə'mju:t]

v. 上下班往返，经常往返（于两地）

eg. She **commutes** from Oxford to London every day.

她每天上下班往返于牛津与伦敦之间。

▷ n. 上下班路程

eg. I have only a short **commute** to work. 我上班的路程很近。

▲ **fulfil** [fʊl'fɪl]

vt. 履行，执行，实现；实行，完成；满足，使满意，使有成就感；

eg. to **fulfil** a duty/an obligation/a promise.

履行职责/义务/诺言

eg. Without them you will not be able to **fulfil** the tasks you have before you.

没有他们你将无法完成面临的任务。

eg. He was able to **fulfil** himself through his painting.

他通过绘画充分发挥了自己的才能。

▲ **contradict** [ˌkɒntrə'dɪkt]

v. 反驳，驳斥，批驳；(陈述或证据)相抵触，相矛盾；违背，与...背道而驰；

eg. All evening her husband **contradicted** everything she said.

整个晚上她说什么丈夫都反驳。

eg. Her version **contradicted** the Government's claim that he was shot.

政府声称他是被开枪射杀的，而她的说法却与此相矛盾。

eg. We feel that the cutbacks **contradict** the Government's commitment to better educational standards. 我们感觉这些缩减措施和政府提高教育水平的承诺背道而驰。

▲ **conform** [kən'fɔ:m]

v. 顺从，顺应（大多数人或社会）+ to；遵守，遵从，服从（规则、法律等）+ to/with sth；相一致，相符合，相吻合 + to sth；

eg. He refused to **conform** to the local customs.

他拒绝遵从当地的风俗习惯。

eg. The building does not **conform with** safety regulations.

这座建筑物不符合安全条例。

eg. It did not **conform to** the usual stereotype of an industrial city.

这和一座常规的工业城市那种千篇一律的格局不一样。

▲ **contaminate** [kən'tæmineɪt]

v. 污染，弄脏；玷污，毒害，腐蚀（人的思想或品德）；

eg. The drinking water has become **contaminated** with lead.

饮用水被铅污染了。

eg. They were accused of **contaminating** the minds of our young people.

他们被指控毒害我们青少年的心灵。

▲ **denounce** [di'naʊns]

v. 谴责，指责，斥责；告发（某人从事非法政治活动）；

eg. She publicly **denounced** the government's handling of the crisis.

她公开谴责政府处理这场危机的方式。

eg. Many people **denounced** their neighbours to the secret police.

许多人向秘密警察告发自己的邻居。

▲ **perish** ['perɪʃ]

v. 死亡，暴死；丧失，湮灭，毁灭；

eg. A family of four **perished** in the fire. 一家四口死于此次火灾之中

eg. Early buildings were made of wood and have **perished**.

早期建筑物为木质结构，已经消失殆尽。

▲ **commence** [kə'mens]

v. 开始发生，开始，着手；+ with/on

eg. The day **commenced** with a welcome from the principal.

那天由校长致欢迎词开始。

eg. We **commence** building next week. 我们下周破土动工。

eg. You should **commence** with this book. 你该先读这本书。

▲ **affiliate** [ə'fɪliət]

v. 使隶属，使并入（较大的团体、公司、组织）with/to；加入，与...有关，为...工作；

eg. The hospital is **affiliated** with the local university.

这家医院附属当地大学。

eg. The majority of people questioned **affiliated** themselves with a religious group.

接受询问的人大多数都属于某个宗教团体。

▷ n. /ə'fɪliət/ 附属机构，分支机构，分公司，分会；

▲ **invade** [ɪn'veɪd]

v. 武装入侵，侵略，侵犯；涌入，侵袭；侵扰，干扰；

eg. When did the Romans **invade** Britain?

古罗马人是何时侵略英国的？

eg. Demonstrators **invaded** the government buildings.

大批示威者闯进了政府办公大楼。

eg. Does the press have the right to **invade** her privacy in this way?

新闻界有权以这种方式干扰她的私生活吗

▲ **confront** [kən'frʌnt]

v. 使...无法回避，降临于；处理，解决（问题或困境）；面对，对抗；与（某人）对峙；

eg. The government found itself **confronted** by massive opposition.

政府发现自己遭到了强烈的反对。

eg. She knew that she had to **confront** her fears.

她心里明白自己必须克服恐惧心理。

eg. This was the first time he had **confronted** an armed robber.

这是他第一次面对一个武装劫匪。

▷ ~ sb with sb/sth 使面对，使面临，使对付（令人不快或难处的人、场合）

eg. He **confronted** her with a choice between her career or their relationship.

他要她在事业和他们两人关系之间作出抉择。

▷ be confronted with sth 面对 (某事物)

eg. Most people when **confronted** with a horse will pat it.

大多数人遇见马时都会轻轻地拍拍它。

▲ **attain** [ə'teɪn]

v. (通常经过努力) 获得 , 得到 ; 达到 (某年龄、水平、状况);

eg. Most of our students **attained** five 'A' grades in their exams.

我们多数学生的考试成绩是五个优。

eg. The cheetah can **attain** speeds of up to 97 kph.

猎豹的奔跑速度每小时可达 97 公里。

▲ **combat** ['kɒmbæt]

v. 战斗 , 与...搏斗 , 打击 ; 防止 , 减轻 ;

eg. Congress has criticised new government measures to **combat** crime.

国会对政府打击犯罪的新措施提出了批评。

eg. measures to **combat** crime/inflation/unemployment/disease

防止犯罪 / 通货膨胀 / 失业 / 疾病的措施

▷ n. 搏斗 , 打仗 , 战斗;

eg. He was killed in **combat**. 他在战斗中阵亡。

▲ **enforce** [ɪn'fɔ:s]

v. 强制执行 , 强行实施 (法律或规定); 强迫 , 迫使 ;

eg. United Nations troops **enforced** a ceasefire in the area.

联合国军队在该地区强制执行停火命令。

eg. You can't **enforce** cooperation between the players.

队员间的配合并非强迫命令而成。