**Advanced Vocabulary S03**

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| 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** [ˈfɒstə]

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** [rɪˈfreɪn]

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** [ɪnˈkaʊntə(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.

她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** [ɪˈlæbəreɪt]

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](https://www.dancihu.com/zaoju/e21098.htm)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. /ɪˈlæbərət/ 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** [ˈfɔːmjuleɪt]

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** [ˈɪntɪɡreɪt]

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** [kəˈmjuːt]

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** [fʊlˈfɪl]

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 promis.

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** [ˌkɒntrəˈdɪkt]

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** [kənˈfɔːm]

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** [kənˈtæmɪneɪt]

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** [dɪˈnaʊns]

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** [ˈperɪʃ]

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** [kəˈmens]

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** [əˈfɪlieɪt]

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.

这家医院附属于当地大学。

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. /əˈfɪliət/ 附属机构，分支机构，分公司，分会；

▲ **invade** [ɪnˈveɪd]

**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** [kənˈfrʌnt]

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** [əˈteɪn]

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** [ˈkɒmbæt]

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** [ɪnˈfɔːs]

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。