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心情和感受



1 reduce stress 减轻压力, “减压”

Listening to music is a good way to **reduce stress**.

[扩展例句]

Chatting on social media can help people **reduce stress**.

在社交媒体上聊天可以帮助人们减压。

Playing video games can **reduce stress** and improve teamwork skills.

玩电子游戏可以减压并且提高团队合作的技能。

[近义短语] relieve stress (减轻压力) / release stress (释放压力)

2 improve our moods / boost our moods 改善我们的情绪

Outdoor activities can **improve our moods / boost our moods**.

用法 如果在 Part 1 里说“……可以改善我的情绪”，则是 ... can improve my mood

3 feel motivated 感觉很有动力, “动力十足”

A friendly working environment makes employees **feel motivated**.

[扩展例句]

A friendly learning environment makes students **feel motivated**.

友好的学习环境让学生们感觉很有动力。

a friendly working environment 友好的工作环境

a friendly learning environment 友好的学习环境

4 give... a sense of achievement 给……一种成就感

Career success (事业成功) can **give people a sense of achievement**.

[扩展例句]

Looking after their pets can **give children a sense of achievement**.

照看他们的宠物可以给儿童们一种成就感。

5 a sense of belonging 归属感

Employees who have a sense of belonging tend to feel motivated. (使用了 who 引导的定语从句)

[扩展例句]

Some employees who work from home **lack a sense of belonging**.

一些在家远程上班的员工缺少归属感。

Nowadays, elderly people tend to **lack a sense of belonging**. As a result (因此), many of them feel lonely and unhappy.

现在, 老年人往往缺少归属感。因此, 他们当中的很多人感觉孤独而且不快乐。

【衔接】As a result, ... (因此) 是 Part 3 里的高频连接词

英国人在口语对话时很爱用 **tend to** (往往, 通常) 这个句型:

Online shops **tend to** offer lower prices.

网店往往提供更低的价格。

Young people **tend to be** more creative than elderly people.

年轻人往往比老年人更有创造力。

6 match their interests 符合他们的兴趣爱好

Some people choose jobs that offer higher salaries. Others choose jobs that match their interests.

[扩展例句]

We should try to find presents that match our friends' interests. (使用了 that 引导的定语从句) 我们应该努力找到符合朋友的兴趣爱好的礼物。

7 interesting and enjoyable 有趣而且令人愉快的

Some TV programmes are **interesting and enjoyable**, while others are **dull and boring**. / Some TV programmes are **fun and enjoyable**, while others are **dull and boring**.

fun 作形容词时也表示“有趣的”, 但请注意: 它和 funny (搞笑的) 不是同义词。

【衔接】while 在同一个句子里的前后两个部分之间对比, 它的作用相当于中文里的“而”

8 interesting and educational 有趣而且有知识性的, “寓教于乐的”

Museums are **interesting and educational**.

[扩展例句]

Some TV programmes are **fun and educational**.

一些电视节目有趣而且有知识性。

9 very inspiring 很励志的

Some films are **well-acted** (表演精彩的) and **very inspiring**. By contrast, other films **lack depth** (缺乏深度).

> very meaningful (电影、音乐) 很有内涵的

【衔接】By contrast, ... 常用来在两句话之间对比, 它的作用相当于中文里的“相比起来, ……”

[扩展例句]

These athletes' achievements are **very inspiring**. 这些运动员们的成就很励志。

inspiring 的动词形式 **inspire** (激励) 也很常用。

[BBC 例句] Good leaders can **inspire people** (激励人们) to achieve their common goal.

10 boost confidence 提升自信

Individual sports can **boost confidence**, while team sports can help people **develop communication skills** (发展沟通技能).

> team spirit (团队精神)

[扩展例句]

Doing volunteer work can **boost confidence** and develop problem-solving skills.

做志愿者服务可以提升自信并且发展解决问题的技能。

11 boost national pride 提升民族自豪感

Celebrating traditional festivals can **boost national pride**.

[扩展例句]

Hosting international sports events, such as the Olympic Games or the FIFA World Cup, can **boost national pride**.

举办国际体育事件, 例如奥运会或者世界杯, 可以提升民族自豪感。

> boost cohesion (增强凝聚力)

[衔接] such as (例如) 后面的例子一般是名词或者名词短语, 注意: such as 不能用在句子开头

[BBC 例句]

More than 3 million Londoners use public transport, **such as** buses or the underground, every day.

12 suffer from stress 受到压力的困扰, “压力山大”

These days, many city dwellers **suffer from stress**.

> native speakers 在口语里常把 **these days**, **nowadays** 和 **today** 互换使用, 它们都是“现在”的地道说法

city dwellers 是英文里的一个固定短语, 意思是“城市居民”, 也可以说 **urban residents**

13 feel lonely and unhappy 感到孤独而且不快乐

Elderly people who live alone tend to **feel lonely and unhappy**.

[近义短语] feel isolated 感到孤立

native speakers 通常认为 **elderly people** 听起来比 old people 更有礼貌

14 feel frustrated 有挫败感, 感到灰心

If employees can't **keep a work-life balance** (在工作和生活之间保持平衡), they tend to **feel frustrated**.

[扩展例句]

Students tend to **feel frustrated** when they are not treated fairly.

当学生们没有被公平地对待时, 他们往往会有挫败感。

[衔接] 口试里表示假设的常用连接词有 If ... , ... (如果……, ……) 和 Without ... , ... would ... (如果没有……, ……将会……它是假设相反的情况)

[Daily Mail 例句]

Without old buildings, cities **would** become less interesting and enjoyable.

如果没有老建筑, 城市将会变得不那么有趣并且令人愉快。

交流和沟通



1 keep in touch with ... 和……保持联系

We can use the Internet to **keep in touch with** family and friends.

> video-chat with them (和他们视频通话)

2 make communication faster and easier 让沟通更快速而且更轻松

The Internet and mobile phones **make communication faster and easier**.
互联网和手机让交流更快速而且更轻松。

3 share photos and videos 分享照片和视频

We often **share photos and videos** online. /

We often **share photos and videos** on the Internet.

我们经常在网上分享照片和视频。

4 catch up with friends 和朋友们聊近况

We **catch up with friends** on social media.

catch up with friends 不是“追上朋友”, 而是“和朋友们聊近况”的意思, 它可以指和朋友们见面聊近况, 也可以指打电话聊近况或者在网上聊近况

5 build family bonds 增进亲情

Travelling as a family is a good way to **build family bonds**.

[扩展例句]

Watching TV as a family is a good way to **build family bonds**.

全家一起看电视是增进亲情的好方法。

6 respect their feelings 尊重他们的感受

Being patient shows that we **respect others' feelings**. /

Having patience shows that we **respect others' feelings**.

[扩展例句]

Being punctual shows that we **respect others' feelings**.

守时说明我们尊重别人的感受。

> kind and patient (友善而且耐心的)

7 a close-knit community 一个有凝聚力的社区，一个联系紧密的社区 (名词短语)

A close-knit community can give people a sense of belonging (归属感)。

> boost cohesion (增强凝聚力)

8 build trust and respect 建立信任和尊重

It's important to build trust and respect among team members. Without trust and respect, team members would find it hard to achieve their common goal. (这句话里用了虚拟语气 Without ... , ... would ... “如果没有……，……将会……”)

[扩展例句]

It's important to build trust and respect with our neighbours. 和邻居们建立信任和尊重很重要。

build trust and respect (建立信任和尊重) 可以用来回答很多 Part 3 考题，例如：邻居之间，同事之间，老年人和年轻人之间，游客和当地人之间，参加体育比赛的运动员之间，直到国家之间，都需要 build trust and respect (建立信任和尊重)

9 promote peace and understanding 促进和平与理解

International sports events, such as the Olympic Games or the FIFA World Cup, can promote peace and understanding.

国际体育事件，例如奥运会或者世界杯，可以促进和平与理解。

10 are interconnected 是相互联系的

Globalisation means countries are interconnected.

全球化意味着各国之间是相互联系的。

11 exchange ideas 交换想法

We can use the Internet to exchange ideas with people from other cities or

even other countries.

[扩展例句]

Teachers should encourage students to exchange ideas with their classmates. 老师应该鼓励学生与他们的同学们交换想法。

12 exchange presents 交换礼物

On New Year's Day, people exchange presents and have a good time together.

[扩展例句]

People exchange presents on special occasions (特殊的场合), like Valentine's Day (情人节) or graduation parties (毕业派对)。

人们在特殊的场合交换礼物，例如情人节或者毕业派对。

[衔接] like 在口试里也常用来举例，用法相当于 such as

> Presents can help people express their feelings. (礼物可以帮助人们表达他们的感受)

关于选择礼物，native speakers 极为常用的一句话是 It's the thought that counts. (真正重要的是心意)

一件“贴心”的礼物叫 a thoughtful present

13 make new friends 结识新的朋友

These days, many people prefer to socialise (社交) and make new friends on the Internet rather than (而不是) in real life.

[衔接] rather than “而不是”在 Part 3 里尤其常用

[剑桥例句]

Many people today prefer to watch foreign films rather than locally produced films.

[扩展例句]

Taking part in team sports is a good way to socialise and make new friends. 参加团队运动是社交并且结识新朋友的好方法。

Travelling can open our minds and help us make new friends.

旅行可以开阔我们的思维并帮助我们结识新的朋友。

socialise with ... 的意思是“和……社交”:

[BBC 例句] These days, we don't **socialise with** our neighbours as often as we used to.

[Daily Mail 例句] Social media apps have changed the way we **socialise with** others.

14 **rely too much on technology** 过度地依赖科技

Some people **rely too much on technology**, such as the Internet and mobile phones.

[扩展例句]

Some people **rely too much on cars**, which leads to an inactive lifestyle. (这句话用了 which 引导的定语从句)

有些人过度地依赖汽车, 这导致缺少运动的生活方式。

Some people **rely too much on fast food**, which increases the risk of heart disease and high blood pressure.

有些人过度地依赖快餐, 这增加患心脏病和高血压的风险。

15 **in a virtual world** 在一个虚拟的世界里

Nowadays, many people prefer to socialise **in a virtual world** rather than in the real world.

现在, 很多人更愿意在一个虚拟的世界里而不是在真实的世界里社交。

16 **have less face-to-face interaction** 面对面的交流更少了

These days, people **have less face-to-face interaction**.

[扩展例句]

Employers who work from home **have less face-to-face interaction with their colleagues** (同事们).

在家上班的员工们与他们的同事们面对面的交流更少。

17 **spend too much time on social media**

在社交媒体上花费过多的时间

Some parents **spend too much time on social media**. As a result (因此), they are not as **close to their children** as they used to be.

used to do sth. 的意思是“曾经做某事”(但是现在已经不再做了)

[BBC 例句] Children **used to** spend a lot of time playing outdoor sports or outdoor games. **But nowadays**, they tend to spend too much time indoors playing video games, texting friends or chatting on social media.

18 **the generation gap** 代沟 (名词短语)

lead to misunderstanding 导致误解

The generation gap between elderly people and young people often **leads to misunderstanding**.

> have traditional ideas about life (老年人) 对待生活有传统的观念

19 **promote violence** 宣扬暴力

Many video games **promote violence**.

[扩展例句]

Some TV programmes **promote violence**. 有些电视节目宣扬暴力。

20 **copy what they see in video games**

模仿他们在电子游戏里看到的行为

Children tend to **copy what they see in video games**.

[扩展例句]

Children tend to **copy what they see on TV**.

儿童们往往会模仿他们在电视上看到的行为。

21 **are addicted to ...** 对……上瘾

Some people **are addicted to** social media or video games.

[扩展例句]

Some people **are addicted to** taking selfies. 有些人对玩自拍上瘾。

take selfies 给自己拍照, “玩自拍”

22 are good for all ages 适合各个年龄段 / 老少皆宜

Some films **are good for all ages**, while others have a negative influence on young people.

is / are good for ages 完全等于中文的“老少皆宜”:

[BBC 例句] Swimming is a sport that is **good for all ages**.

> an interesting plot / an interesting storyline 有趣的情节 (“电影情节”叫 plot 或者 storyline 都可以)

23 special effects (电影的) 特效

The **special effects** look more **spectacular** (壮观的) on a cinema screen.

> gripping action scenes (扣人心弦的动作场景)

关于看电影, native speakers 经常说的一句话是 **Films offer an escape from reality**. (电影让人暂时离开现实的生活)

24 the latest news 最及时的新闻

News websites and **news apps** (新闻应用) offer **the latest news**.

[扩展例句]

Some people prefer to get **the latest news** from social media.

有些人更喜欢从社交媒体获得最及时的新闻。

25 offer more details 提供更多的细节

Articles in newspapers tend to **offer more details** than articles on the Internet.

报纸上的文章往往比互联网上的文章提供更多的细节。

知识和技能



1 the knowledge-based economy 知识经济

Universities help students prepare for **the knowledge-based economy**.

[TED 例句]

The knowledge-based economy means that the demand for **highly-skilled workers**, such as scientists, IT engineers and UX designers, is increasing. 知识经济意味着对于高级技术工作者, 比如科学家, 信息技术工程师和用户体验设计师的需求在上升。

> academic qualifications (学历)

> practical experience (实践经验)

2 gain knowledge 获取知识

Children can **gain knowledge** and **develop skills** at school. For example, they learn to read, write and communicate at school.

[衔接] For example, ... 和 For instance, ... 都是举例的常用连接词

提示 native speakers 不说 learn knowledge X, 因为按英文习惯 learn 和 knowledge 不能搭配到一起

> gain knowledge about ... (获取关于……的知识)

[扩展例句]

The Internet **enables people to gain knowledge about** technology, history, education and many other topics.

互联网让人们可以获取关于科技, 历史, 教育和其它多种话题的知识。

enable sb. to do sth. (让某人可以做某事) 是 Part 3 里的常用句型:

[剑桥例句] The app **enables people to** create their own designs.

3 help ... better understand ... 帮助……更好地了解……

Maths can **help students better understand** science and technology.

[扩展例句]

Traditional festivals can **help us better understand** our heritage.

传统节日可以帮助我们更好地了解我们的文化遗产。

> heritage (文化遗产) 是不可数名词, 不能加 s

Zoos **help people better understand** wild animals.
动物园帮助人们更好地了解野生动物。

英语基础好的同学也可以用 **deepen their understanding of ...** (加深他们对于……的了解) 表达同样的意思:

[Telegraph 例句]

Studying history can help students **deepen their understanding of** their heritage. 学习历史可以帮助学生们加深他们对于文化遗产的了解。

4 **open our minds** 开阔我们的思维

Reading can **open our minds**.

[扩展例句]

Travelling abroad can **open our minds**. 出国旅行可以开阔我们的思维。

根据句子的实际意思需要, 也可以把 our 换成别的代词, 比如:
open their minds

[Telegraph 例句] Learning a foreign language (学习外语) can help children better understand another culture and **open their minds**.

> 形容词 open-minded (思维开阔的, 愿意接受不同事物的) 也很常用:

[剑桥例句]

People with multicultural experiences are more **creative and open-minded** (有创意而且思维开阔的).

5 **expand our horizons** 扩展我们的眼界

Visiting museums can **expand our horizons**.

参观博物馆可以扩展我们的眼界。

[扩展例句]

Many people travel to **expand their horizons** and **make new friends**.

很多人旅行来扩展他们的眼界并且结识新的朋友。

> a good source of knowledge (很好的知识来源) (名词短语)

Books are **a good source of knowledge**. 书籍是很好的知识来源。

Newspapers are **a good source of knowledge**. 报纸是很好的知识来源。

6 **white-collar jobs** 白领工作, 脑力工作 (名词短语)

Nowadays, people who have **white-collar jobs** tend to earn higher salaries than people who have **blue-collar jobs** (蓝领工作, 体力工作).

> manual jobs (体力工作)

知识经济时代的 6 种重要技能

解决问题的技能 problem-solving skills

独立思考的技能 independent thinking skills

沟通技能 communication skills

团队合作的技能 teamwork skills

计算机技能 computer skills

外语技能 foreign language skills

7 **develop their problem-solving skills**

发展他们解决问题的技能

Studying science can help children **develop their problem-solving skills**.

problem-solving skills 是 native speakers 最常用的教育相关短语之一, 它既可以指解决学习问题的技能, 也可以指解决实际生活问题的技能。

[BBC 例句] Playing video games can help children **develop their problem-solving skills**.

玩电子游戏可以帮助儿童发展他们解决问题的技能。(BBC 都说了: 玩电子游戏其实也不是只有坏处 😊)

8 **improve their communication skills**

增强他们的沟通技能

Group discussions (小组讨论) can help students **improve their communication skills**.

口语里最常和 **skills** (技能) 搭配的 3 个动词是 **improve**, **develop** 和 **boost**

9 **boost their teamwork skills** 提高他们的团队合作技能

Team sports can help people **boost their teamwork skills**.

> team spirit (团队精神)

10 **encourage imagination** 激发想象力

Art activities, such as drawing and painting, can **encourage imagination** and **make people more creative** (让人们更有创意).

[衔接] such as (例如) 后面的例子一般是名词或者名词短语, 注意: such as 不能用在句子开头

encourage 一般是“鼓励”的意思, 但是当 encourage 后面是心理活动的时候, 它是“激发”的意思:

[BBC 例句] Fairy tales (童话) **encourage imagination** and **make children more creative**.

11 **think creatively / think out of the box** 有创意地思考

People who can **think creatively** are more likely to be successful. / People who can **think out of the box** are more likely to be successful.

> are more likely to ... (更可能会……)

think out of the box 的意思是“有创意地思考, 不受条条框框限制地思考”

[BBC 例句] Employers today look for people who can **think out of the box**.

12 **achieve success** 获得成功

People who are dedicated to their work are more likely to **achieve success**.

are more likely to ... 是口试里的常用句型, 意思是“更可能会……”

13 **have a competitive edge** 拥有竞争优势

People who have good **foreign language skills** (外语技能) **have a competitive edge** in the job market.

[扩展例句]

Companies that can adapt to the latest trends **have a competitive edge**.
能适应最新趋势的公司拥有竞争优势。

提示 这个短语在英语国家里极为常用, 请注意它的正确形式是 have a competitive edge ✓, 不是 have a competition edge ✗

[词性] compete (v.), competition (n.), competitive (adj.)

14 **reach their potential** 充分地发挥出自己的潜力

Their careers can enable them to **reach their potential**.

[扩展例句]

Teachers should help students **reach their potential**.
教师们应该帮助学生们充分地发挥出自己的潜力。

> potential 是不可数名词, 不能加 s

15 **an important life skill** 一种重要的生活技能

Cooking is **an important life skill**.

[扩展例句]

Time management is **an important life skill**.
时间管理是一种重要的生活技能。

提示 “生活技能” 是 life skill ✓, native speakers 不说 living skill ✗

16 **make them more independent** 让他们更加独立

Learning to cook can **make children more independent**.

[扩展例句]

Living alone can **make young people more independent**.
独自生活可以让年轻人更加独立。

17 **think independently** 独立地思考

Teachers should encourage their students to **think independently**.

> think critically (辩证地思考, 不盲从)

效率和方便



1 **save time and energy** 节省时间和精力

Online shopping can **save time and energy**.

[扩展例句]

Floor-cleaning robots can help us **save time and energy**.

清洁地板的机器人可以帮助我们节省时间和精力。

2 **boost efficiency** 提高效率

reduce mistakes 减少错误

Artificial intelligence (AI) can help us **boost efficiency** and **reduce mistakes**.

> boost productivity (提高生产率)

3 **find information quickly** 快速地找到信息

The Internet can help us **find information quickly**.

> the information age (信息时代)

4 **cutting-edge technology** 尖端科技, 前沿科技 (名词短语)

make life more convenient 让生活变得更加方便

Cutting-edge technology, like self-driving cars and blockchain technology, will **make life more convenient**.

人工智能 (artificial intelligence / AI) 举例

self-driving cars 无人驾驶的汽车 (英国人也经常说 **driverless cars**)

floor-cleaning robots 会清洁地板的机器人, 扫地机器人

window-cleaning robots 会清洁窗户的机器人

nano-robots 纳米机器人, 可以在人体内做手术 (perform surgery)

police robots 警用机器人, 可以从事危险的任务 (perform dangerous tasks)

> make life easier and more comfortable (让生活变得更轻松而且更舒适)

5 **easy to carry around** 方便携带的

Electronic dictionaries are **easier to carry around** than paper dictionaries.

[扩展例句]

Electronic maps are **easier to carry around** than paper maps.

电子地图比纸质地图更方便携带。

6 **simple but practical** 简单但是实用的

Some people prefer products that are **simple but practical**. (这句话用了 that 引导的定语从句)

[扩展例句]

Some people prefer buildings that are **simple but practical**.

有些人更喜欢简单但是实用的建筑。

7 **improve concentration** 增强注意力

Learning to play a musical instrument can **improve concentration**.

[扩展例句]

Individual sports, like swimming and skiing, can **improve concentration**.

个人运动, 例如游泳和滑雪, 可以增强注意力。

[衔接] like 在口语里也常用来举例, 用法相当于 such as

8 **are dedicated to their work** 敬业

People who **are dedicated to their work** tend to be more successful.
敬业的人们往往更加成功。

9 **work closely together** 紧密地合作

achieve their common goal 实现他们的共同目标

Team members **work closely together** to **achieve their common goal**.

work closely together 的意思是“紧密地合作”, 这个 work 不仅可以指工作, 也可以指学习、运动、国际合作等任何需要努力的事情。

[BBC 例句] Countries need to **work closely together** to address global warming (全球变暖).

10 **use land more efficiently** 更高效地利用土地

High-rise buildings (高层建筑) can **use land more efficiently**.

高层建筑可以更高效地利用土地。

11 **time-consuming** 需要很多时间的, 很耗时的

Emails arrive immediately. **By contrast** (相比起来), hand-written letters **are time-consuming**.

在英国, 常规的书信也叫作 snail mail (蜗牛信), 因为它跟 email 比起来实在太耗时间了 (**time-consuming**)

12 **very distracting** 很干扰注意力的

Traffic noise is **very distracting**.

[扩展例句]

Making phone calls in the library is **very distracting** to others.

在图书馆里打电话很干扰别人的注意力。



权利和责任

1 **enjoy more freedom** 享有更多的自由

Employees who work from home **enjoy more freedom**.

[扩展例句]

More and more people live alone because they want to **enjoy more freedom and privacy**. 越来越多的人自己生活, 因为他们希望享有更多的自由和隐私。

2 **respect their privacy** 尊重他们的隐私

We should **respect our neighbours' privacy**.

[扩展例句]

The media should **respect celebrities' privacy**. 媒体应该尊重名人的隐私。

respect their privacy (尊重他们的隐私) 在很多话题都可以用到, 例如: 尊重邻居的隐私, 尊重名人的隐私, 家长尊重孩子的隐私

[反义词] lose their privacy (名人) 失去他们的隐私

[BBC 例句]

They **have lost their privacy** and have paparazzi (狗仔队) following them around.

3 **have equal opportunities** 应该有平等的机会

Men and women should **have equal opportunities** to achieve success.

男性和女性应该有平等的机会去获得成功。

4 **good role model** 好的榜样

Parents are supposed to be **good role models** for their children.

[扩展例句]

Some celebrities are **good role models for young people**, while others have a negative influence on them.

一些名人是年轻人的好榜样, 而另一些名人对年轻人有负面的影响。

5 **have more life experience** 更多的人生经验

Elderly people **have more life experience** than young people.

[扩展例句]

They can **share their life experience** with young people.
他们可以和年轻人分享他们的人生经验。

> kind and patient (友善而且耐心的)

6 **give us sound advice / give us good advice** 给我们合理的建议

Our parents can **give us sound advice** because they **care about us** (关心我们) and they have more life experience than us.

sound advice 不是“出声音的建议”，而是“合理的建议、中肯的建议”

advice 是不可数名词，不能加 s

7 **guide their children** 指导他们的孩子

Parents should **guide their children** to use technology, such as the Internet and mobile phones, appropriately.

> guide their students (教师) 指导他们的学生

8 **look after ...** 照看……

develop a sense of responsibility 形成一种责任感

Looking after their pets can help children **develop a sense of responsibility**.

[扩展例句]

Many grandparents enjoy **looking after** their grandchildren.
很多祖父母喜欢照看他们的孙辈。

Adult children have the responsibility to **look after** their parents.
成年子女有责任照看他们的父母。

develop a sense of responsibility 形成一种责任感

[Daily Mail 例句]

Doing housework helps children **develop a sense of responsibility**.

9 **nuclear families** 只有父母和孩子一起居住的小家庭

Nowadays, **nuclear families** are very common in cities.

[对比] **extended families** 三代或者四代人一起居住的大家庭

a family get-together / a family gathering 是指“很轻松的家庭聚会”
(如果说 a family meeting 则是家人聚到一起讨论很严肃的事情)

10 **have busy careers** 有忙碌的事业
often work overtime 经常加班

These days, many parents **have busy careers** and **often work overtime**.

> suffer from stress (受到压力的困扰)

11 **contribute to society** 对社会做贡献

Celebrities should encourage young people to **contribute to society**.

[扩展例句]

Doing volunteer work is a good way to **contribute to society**.
从事志愿者服务是对社会做贡献的好方法。

12 **responsible and reliable** 有责任感而且可靠的

Employers prefer to hire people who are **responsible and reliable**.

在 IELTS 考试里, candidate 是指考生;
在公司招聘的时候, candidate 是指求职者

[扩展例句]

Older employees tend to be more **responsible and reliable** than younger employees.

年长的员工往往比年轻的员工更有责任感而且可靠。

> kind and patient (友善而且耐心的)

13 **play a key role in ...** 在……当中起重要的作用

Parents **play a key role in** their children's education.

[扩展例句]

Individuals **play a key role in** protecting the environment. For example, we can take public transport more often.

个人在保护环境当中起重要的作用。例如,我们可以更经常地乘坐公共交通。

Governments **play a key role in** protecting our heritage (文化遗产).
政府在保护我们的文化传承当中起重要的作用。

用法 在英式英语里, government 的复数 governments 泛指各级政府、各地政府或各国政府

14 **take steps to ... / take measure to ...** 采取措施去 ……

Governments should **take steps to** raise health awareness (提高人们的健康意识).

提高健康意识的措施

increase funding for health education programmes in schools

增加对学校健康教育项目的资助

put high taxes on cigarettes and junk food 对烟和垃圾食品收很高的税

[扩展例句]

Governments should **take measures to** raise environmental awareness (提高人们的环境意识). 政府应该采取措施去提高人们的环境意识。

提高环境意识的措施

encourage people to take public transport 鼓励人们使用公共交通

encourage people to recycle waste 鼓励人们循环利用废旧物品



环境和交通

1 **take public transport** 乘坐公共交通

Governments need to encourage people to **take public transport**.
政府需要鼓励人们乘坐公共交通。

2 **more convenient and comfortable** 更加方便舒适

Governments should make public transport **more convenient and comfortable**. 政府应该让公共交通变得更加方便舒适。

3 **are overcrowded** 过于拥挤

Nowadays, many cities **are overcrowded**.

What's the difference?

traffic congestion 和 traffic jam 都是“交通堵塞”，它们的区别在于：**traffic jam** 是可数的，而 **traffic congestion** 是不可数的，所以不能说 a traffic congestion ✗，而且 traffic congestion 也不能加 s

4 **electric cars** 电动汽车

reduce carbon emissions 减少碳排放

Electric cars can help to us **reduce carbon emissions** (减少碳排放).

英国人还常说 **reduce our carbon footprint** (减少我们的“碳足迹”)

[BBC 例句] Cycling to work (骑自行车上班) can help us **reduce our carbon footprint**.

5 **clean energy** 清洁能源

Governments should increase funding for **clean energy** research.

> solar energy (太阳能), wind energy (风能)

[反义] fossil fuels 化石燃料, 比如 oil, natural gas and coal 石油、天然气、煤等产生污染的燃料

6 green space 绿化空间

Cities need more **green space**.

native speakers 说城市里的公园或者花园时常用的一句话是 It's **an oasis in the city**. (它是城市里的一片“绿洲”, oasis 的发音是/ou'eisis/)

[扩展例句]

Trees can **reduce pollution, clean the air** (净化空气) and **improve our health**. 树木可以减少污染, 净化空气并且增进我们的健康。

7 get closer to nature 更加接近自然界

We can **enjoy fresh air** and **get closer to nature** in parks.

[扩展例句]

Outdoor activities, such as outdoor sports, camping and fishing, can help children **get closer to nature**.

户外活动, 比如户外运动, 野营和钓鱼, 可以帮助儿童们更加接近自然界。

native speakers 在谈野营 (camping), 去公园, 去海滩 (go to the beach) 等活动时经常用到 **get closer to nature** 这个短语

8 more eco-friendly 更加环保

Taking public transport is **more eco-friendly** than driving.

[扩展例句]

Cycling is **more eco-friendly** than driving.

骑自行车比开车更加环保。

> eco-friendly buildings (环保的建筑)

9 recycle waste 循环利用废旧物品

We should **recycle waste**. 我们应该循环利用废旧物品。

10 contribute to global warming 加剧全球变暖 damage the environment 破坏环境

Carbon emissions from factories, cars and planes **damage the environment** and **contribute to global warming**.

[扩展例句]

Car fumes (汽车尾气) **damage the environment** and **contribute to global warming**.

汽车尾气破坏环境而且加剧全球变暖。

contribute to 的后面是积极的事物时, 它是“对……做出贡献”的意思:

contribute to the economy (广告业、旅游业等) 对经济做出贡献

contribute to society 对社会做出贡献

当 **contribute to** 的后面是负面含义的名词时, 它则是“加剧”的意思:

contribute to global warming 加剧全球变暖

11 It's short-sighted to 是短视的

It's short-sighted to damage the environment for profit.

[扩展例句]

It's short-sighted to over-exploit natural resources.

过度开采自然资源是短视的。

> over-exploit natural resources (过度开采自然资源)

12 are under threat 受到威胁

Nowadays, many wild animals and plants **are under threat**.

> endangered species (濒危物种)

[扩展例句]

Nowadays, many traditions **are under threat**. 现在, 有很多传统受到威胁。

13 a key part of the ecosystem 生态系统里的一个重要部分

Wild animals are **a key part of the ecosystem** that we live in.

野生动物是我们生存的生态系统里的一个重要部分。

14 create more nature reserves 建立更多的自然保护区

Governments need to **create more nature reserves**.

[扩展例句]

In some areas, people cut down forests to build new cities. As a result, many wild animals will **lose their habitats**.

在一些地区，人们砍伐森林来建立新的城市。因此，很多野生动物将会失去它们的栖息地。

habitat (栖息地) /'hæbitæt/ 的拼写和发音与 habits (习惯) 的拼写和发音都不一样

健康和运动



1 improve our health 增进我们的健康

A healthy diet can **improve our health**.

[扩展例句]

Playing outdoor games can **improve children's health**.

玩室外游戏可以增进儿童们的健康。

[反义短语] damage our health 破坏我们的健康

2 very nutritious 很有营养的 are rich in ... 富含……

Vegetables are **very nutritious** because they **are rich in** (富含) vitamins and fiber.

蔬菜很有营养，因为它们富含维生素和纤维。

3 noisy and overcrowded 吵闹而且过度拥挤的

Some restaurants **offer a relaxing atmosphere**, while others are **noisy and overcrowded**.

> socialise in restaurants (在餐馆里社交)

> atmosphere (气氛, 氛围) 的发音是 /'ætməsfiə/，它的重音在第1个音节，没把握的同学请听音频跟读

What's the difference?

relaxed 是形容词“(人)感到放松的”:

Ed Sheeran's music makes me feel calm and **relaxed**.

relaxing 也是形容词，但它是“(事物)让人放松的”:

The café offers a **relaxing** atmosphere.

4 contain too much fat, salt or sugar 含有过多的脂肪、盐或者糖

Food from restaurants is not as healthy as home-cooked food because it **contains too much fat, salt or sugar**.

餐馆的食品不如在家里做的食品健康，因为它含有过多的脂肪、盐或者糖。

5 **rely on fast food** 依赖于快餐
damage their health 破坏他们的健康

These days, many people **have a fast-paced lifestyle** (生活节奏很快) and **rely on fast food**, which **damages their health**.
现在, 很多人的生活节奏很快并且依赖于快餐, 这会破坏他们的健康。

6 **increase food supply** 增加食品供应
offer a wide variety of food choices 提供多种多样的食品选择

Genetically-modified food can **increase food supply** and **offer a wide variety of food choices**. On the other hand, some scientists are concerned that genetically-modified food may **damage our health** (破坏我们的健康).

are concerned that ... 是“担心……”的意思, 在 Part 3 里 **are concerned that ...** 和 **are worried that ...** 可以互换使用

7 **a good way to relax / a good way to unwind** 很好的放松方式

Taking a stroll is **a good way to relax**. /
Taking a stroll is **a good way to unwind**. /
Taking a stroll is **a good way to chill out**.

> take a stroll (散步, 遛弯儿)

> unwind (放松) 的正确发音是 /ˌʌnˈwaɪnd/

纠错 native speakers 说“放松”都是直接说 **relax** ✓, **unwind** ✓ 或者 **chill out** ✓, 不说 relax myself ✗, unwind myself ✗, chill out myself ✗

8 **feel energetic** 感觉很有活力

Outdoor activities, such as jogging, cycling and hiking, make people **feel energetic**.

> hiking (徒步旅行, 远足)

9 **boost the immune system** 提高身体的免疫机能

Outdoor activities can **boost the immune system**.

[扩展例句]

Sleeping well can **boost the immune system**.
睡眠好可以提高身体的免疫机能。

10 **boost endurance** 提高耐力

Swimming is a good way to **boost endurance**.
游泳是提高耐力的好方法。

11 **burn calories** 消耗热量, “燃烧卡路里”
lose weight 减肥

Running can help people **burn calories** quickly. In other words, it's a good way to **lose weight**.

[反义词] gain weight “长肉”, 体重增加

12 **improve coordination** 增强身体的协调能力

Cycling can **improve coordination**.

[扩展例句]

Swimming can **improve coordination**.
游泳可以增强身体的协调能力。

很多考生喜欢用 biking 表示骑自行车, 但 native speakers 说“骑自行车”的时候更常用的词其实是 **cycling**。而且 cycling 的动词形式 **cycle** 也很常用:

[BBC 例句] Many adults **cycle** to burn calories.

13 **develop an active lifestyle** 形成经常运动的生活方式

Playing outdoor games can help children **develop an active lifestyle**.

[扩展例句]

Physical education can help students **develop an active lifestyle**.
体育课可以帮助学生们形成经常运动的生活方式。

> 在英国的中小学里, 体育课经常被简称为 **PE** /ˌpi: 'i:/class

有……的生活方式可以说 **have a ... lifestyle**, 也可以说 **lead a ... lifestyle**;

have / lead a healthy (健康的) lifestyle

have / lead a stressful (压力很大的) lifestyle

形成……的生活方式, native speakers 则会用 **develop** 这个动词:

develop an active (经常运动的) lifestyle

develop an eco-friendly (环保的) lifestyle

14 **reduce the risk of heart disease and high blood pressure** 减少患心脏病和高血压的风险

Exercise can **reduce the risk of heart disease and high blood pressure**.

[扩展例句]

An inactive lifestyle **increases the risk of heart disease and high blood pressure**.

缺少运动的生活方式增加患心脏病和高血压的风险。

Part 3 最常考的3种病

heart disease 心脏病

high blood pressure 高血压

obesity /əu'bi:siti/ 过度肥胖, 肥胖症

15 **develop an inactive lifestyle** 形成缺少运动的生活方式

People who spend too much time playing video games tend to **develop an inactive lifestyle**.

用过多的时间玩电子游戏的人们往往会形成缺少运动的生活方式。

16 **lead to health problems** 导致健康问题

Car fumes (汽车尾气) **damage the environment** and **lead to health problems**.

汽车尾气破坏环境并且导致健康问题。

17 **recharge our batteries** 放松身心

Travelling is a good way to **recharge our batteries**.

> 根据句子的实际需要, 也可以说 recharge their batteries

recharge our batteries / recharge their batteries 在英文里不是“利用业余时间学习、充电”, 而是“放松身心”

[Daily Mail 例句]

Many British families will go on holiday to **recharge their batteries** this summer.

18 **get away from our daily routine** 暂时离开日常生活的惯例

Travelling enables us to **get away from our daily routine**.

> relax / unwind / chill out (放松, 休闲)

> travel light (轻装旅行) 是英语国家的年轻人旅行时爱用的一个短语

经济和财务



1 earn high salaries 挣高工资

University graduates tend to **earn higher salaries** than people who don't have a university degree.

[扩展例句]

City dwellers (城市居民) **earn higher salaries** than people who live in the countryside, but the cost of living in cities is also higher. 城市居民比乡村居民挣更高的工资, 但城市里的生活开支也更高。

[对比] Doctors, nurses and teachers **contribute more to society** than entertainment stars. However, they **earn much less** than entertainment stars. 医生, 护士和教师比娱乐明星们对社会做出更多的贡献。然而, 他们却比娱乐明星们收入低很多。

2 offer lower prices 提供更低的价格

Online shops tend to **offer lower prices** than **physical shops** (实体店).

[扩展例句]

Supermarkets tend to **offer lower prices** than convenience stores. 超市往往比便利店提供更低的价格。

3 make payments 支付, 付款

Nowadays, many people **make payments** with their mobile phone.

> “现在, ……” Nowadays, ... 如果改用 These days, ... 或者 Today, ... 也可以

native speakers 经常把 **surf the Internet** 和 **browse the Internet** (上网) 互换使用:

[BBC 例句] Most young people in the UK use mobile phones rather than (而不是) computers to **browse the Internet** (如果说 **surf the Internet** 也是可以的).

4 boost the sales of products 提高产品的销量

Advertisements help to **boost the sales of products**. 广告有助于提高产品的销量。

5 often overspend 经常过度消费

Some people **often overspend** because they **don't have good spending habits** (没有好的消费习惯).

[扩展例句] These days, many people **often overspend** and **have debts**. 现在, 很多人经常过度消费而且欠下债务。

6 selfish and greedy 自私而且贪婪

Some people are **selfish and greedy**. In other words, they **only care about money and possessions** (金钱和财产).

> are money-oriented 只关心钱的, “拜金的”

[衔接] In other words, ... (换句话说, 换言之) 常用来引出对前一句话的简单解释, 作用相当于 **This means that ...**

keep up with the Joneses 攀比

[BBC 例句] These days, many people feel the pressure to buy **designer clothes** and expensive mobile phones to **keep up with the Joneses**. (designer clothes 的意思不是“设计师服装”, 而是指“名牌服装”)

show off their wealth 炫富

7 endorse products (名人) 代言产品

Some celebrities don't use the **products that they endorse**. 一些名人并不使用他们代言的产品。

8 fame and wealth 名望和财富 (名词短语)

Many celebrities **have fame and wealth**. On the other hand, they have lost their privacy and find it hard to **keep a work-life balance**. (保持工作和生活之间的平衡)

短语 **make a fortune** 的意思是“挣非常多的钱”

[BBC 例句] Some celebrities (名人) **make a fortune** by endorsing products (代言产品).

9 **do volunteer work** 做志愿者服务

donate money to charity 向慈善事业捐款

Entertainment stars should be good role models for young people. For instance, they should **do volunteer work** and **donate money to charity**.

娱乐明星们应该为年轻人树立好的榜样。例如，他们应该**做志愿者服务并且向慈善事业捐款**。

10 **increase funding for ...** (政府) 增加对于……的资助

Governments should **increase funding for** clean energy research.

clean energy (清洁能源) 是 Part 3 里的常用短语, 比如 **solar energy** (太阳能) 和 **wind energy** (风能)

[反义] fossil fuels 化石燃料, 比如 oil, natural gas and coal 石油、天然气、煤等产生污染的燃料

11 **pay taxes** 交税

Elderly people used to **pay taxes** when they were younger. Therefore (因此), governments should provide elderly people with the **health care** (医疗) that they need.

[衔接] Therefore, ... (因此) 的语气比较正式, 可以在 Part 3 里适当使用, 但也不要不停地 “Therefore, ... Therefore, ...”, so ... 和 As a result, ... 同样是 Part 3 表示 “因此” 的常用连接词。

在气氛比较轻松的 Part 1 和 Part 2 里, 则可以主要用 so 来表示 “因此”, 听起来会更自然。

used to do sth. 的意思是 “过去曾经做某事” (但现在已经不再做了)

12 **contribute to the economy** 对经济做出贡献

Tourists **contribute to the economy** because they spend money on accommodation (住宿), transport, entertainment and souvenirs (纪念品).

[扩展例句]

Advertisements **contribute to the economy** because they help to **boost the sales of products**. 广告**对经济做出贡献**, 因为它们有助于**提高产品的销量**。

13 **are expensive to maintain** 维护起来很昂贵

Old buildings **are expensive to maintain**. 老建筑**维护起来很昂贵**。

14 **offer more job opportunities** 提供更多的就业机会

Cities **offer more job opportunities** than the countryside. 城市比乡村**提供更多的就业机会**。

15 **lose their jobs** 失去他们的工作

Robots will cause many factory workers to **lose their jobs**.

[扩展例句]

Food that is transported over long distances will cause many local farmers to **lose their jobs**. 远距离运输的食品将会导致很多当地农民**失去他们的工作**。

> face unemployment (面临失业)

国际援助 (international aid) 举例

financial aid 资金援助

technology transfer 技术转让

medical teams 医疗队

school supplies 学校用品

food aid 食品援助

[BBC 例句] **International aid** can help developing countries **improve infrastructure** (改善基础设施), such as roads and bridges. 国际援助可以帮助发展中国家**改善基础设施**, 例如道路和桥梁。

文化和传统



1 **enrich our lives** 让我们的生活更加丰富多彩

Traditional festivals **enrich our lives**.

- > exchange presents (交换礼物)
- > have a good time together (共度美好的时光)
- > enjoy traditional food (享受传统食品)

enrich our lives 里的 lives 是 life 的复数, 正确发音是 /laivz/。

[Daily Mail 例句]

Public art can **enrich our lives**. 公共艺术可以让我们的生活更加丰富多彩。

2 **a key part of our heritage** 我们的文化传承的一个重要部分

Traditional festivals are **a key part of our heritage**.

[扩展例句]

Old buildings are **a key part of our heritage**. They show us how people lived and worked in the past.

老建筑是我们的文化传承的一个重要部分。它们向我们展示人们过去怎样生活和工作。

- > heritage (文化传承) 是不可数名词, 不能加 s

3 **unite people** 把人们团结到一起

Celebrating traditional festivals can **boost national pride** (提升民族自豪感) and **unite people**.

[扩展例句]

A common language can **unite people** because it makes it easier for them to communicate with each other.

共同的语言可以把人们团结到一起, 因为它让人们更容易交流。

- > boost cohesion (增强凝聚力)

4 **attract many tourists** 吸引很多的游客

Some traditional festivals **attract many tourists**.

[扩展例句]

Some old buildings are famous landmarks and **attract many tourists**.
一些老建筑是著名的标志性建筑并且吸引很多的游客。

5 **experience other cultures** 直接地体验其它的文化

Travelling gives us the opportunity (机会) to **experience other cultures first-hand**.

- > 也可以说 Travelling **enables us to** experience other cultures first-hand.

6 **respect local traditions** 尊重当地的传统

International tourists should **respect local traditions**.

[扩展例句]

Some tourists don't **respect local traditions**.

一些游客不尊重当地的传统。

- > rude and noisy (粗鲁而且吵闹的)
- > drop litter (随手乱扔垃圾纸屑)

7 **have similar lifestyles** 有相似的生活方式

Nowadays, people in many different countries **have similar lifestyles**.

- > reduce cultural diversity (减少文化的多样性)

8 **follow the latest trends** 追随最新的潮流

Advertisements encourage people to **follow the latest trends**.

广告鼓励人们去追随最新的潮流。

9 **lack character** 缺少个性特色

Mass-produced products **lack character**.

[扩展例句]

Many old buildings **have character** and **look unique** (看起来很独特). By contrast, many new buildings **lack character** and **look similar** (看起来很相似).

很多老建筑有个性特色而且看起来很独特。相比起来, 很多新建筑缺少个性特色而且看起来很相似。

character 在雅思口语里有两个常用意思：

- 1 电影或者小说里的“人物”，这时它是可数名词；
- 2 建筑或者产品的“个性特色”，这时它是不可数名词

10 **are wrapped in glass** (建筑) 外表面全都是玻璃

Many office buildings (办公楼) **are wrapped in glass**.

[扩展例句]

The outside of the building **looks very attractive**.

建筑的外观看起来很有吸引力。

> 建筑的外观也可以叫 the exterior

High-rise buildings make cities **look more attractive**.

高层建筑让城市看起来更有吸引力。

11 **capture special moments in life** 捕捉生活里的特殊瞬间

People take photos to **capture special moments in life**.

Old photos **bring back fond memories**. /

Old photos **bring back good memories**.

老照片带来美好的回忆。

12 **look more attractive** 看起来更有吸引力

Advertisements make products **look more attractive**.

[扩展例句]

Public art makes cities **look more attractive**.

公共艺术让城市看起来更有吸引力。