

雅思大作文

论证思路与词汇积累

IELTS Writing Task 2
Argumentation Strategies & Vocabulary Collection

涵盖 13 大话题 | 论证语料 + 话题短语

犯罪 | 工作 | 环境 | 交通 | 教育 | 科技 | 食物与生活 | 文化 | 消费 | 政府 | 健康 | 媒体 | 艺术

目录

-
- 01 犯罪 CRIME 论证语料 话题短语
 - 02 工作 CAREER 论证语料 话题短语
 - 03 环境 ENVIRONMENT 论证语料 话题短语
 - 04 交通 TRANSPORTATION 论证语料 话题短语
 - 05 教育 EDUCATION 论证语料 话题短语
 - 06 科技 INTERNET & TECHNOLOGY 论证语料 话题短语
 - 07 食物与生活 FOOD & LIFE 论证语料
 - 08 文化 CULTURE 论证语料 话题短语
 - 09 消费 CONSUMPTION 论证语料 话题短语
 - 10 政府 GOVERNMENT 论证语料
 - 11 健康 HEALTH 话题短语
 - 12 媒体 MEDIA 话题短语
 - 13 艺术 ART 话题短语
-

01 犯罪 CRIME

Part 1 论证语料

犯罪的原因

缺少教育及工作

- lack of education and jobs
- lack of financial resources and a sense of belonging
- have limited education and job prospects

遭遇不公 inequality

- commit crimes motivated by hatred or conflict
- exposure to discrimination

冲动及缺乏自控 impulsivity and lack of self-control

- engage in criminal behavior without fully considering the consequences of the actions
- immature / lack self-control / impulsive and aggressive
- do not have strong moral values
- do not have decision-making skills

Part 2 话题短语

中文	English
来自（有多种问题的）家庭的孩子	children from dysfunctional families
犯罪小说	crime fiction / novels
青少年(青春期/叛逆期)	adolescents
单亲家庭	a single-parent household
行为准则	a code of conduct
育儿技能	parenting skills
严格纪律	strict disciplines
家庭暴力	domestic violence
体罚	physical punishment
被学校开除	be expelled from school
被宠溺的孩子	spoiled children

中文	English
自尊心	self-esteem
身体上和心理上	physically and psychologically
武警	armed police
增派警察巡逻	increase police patrol
网上犯罪大量出现	online crimes have proliferated in society
受害者	victim
惯犯	repeat offenders ; habitual criminals
改造罪犯	reform offenders into contributing members of society
改造犯人的动词	educate / rehabilitate / reform
中文	English
遵纪守法的公民	law-abiding citizens
更好的执法	better law enforcement
从根本上解决犯罪问题	address the root causes of crimes
社会不公平	social inequality
对公共安全造成威胁	pose a threat to public security ; endanger public security
安装摄像头	install security cameras
青少年犯罪	juvenile delinquency
犯罪	commit crimes ; violate/break laws ; commit offenses ; commit criminal beh
犯人	criminals / offenders / violator
不严重的犯罪行为	minor / petty crime
不严重的犯罪行为举例	drunk driving ; vandalism ; shoplifting
严重的犯罪行为	serious / major crime
严重的犯罪行为举例	premeditated murder ; robbery ; assault
商店窃贼	shoplifter
无期徒刑	life imprisonment
死刑	capital punishment
犯罪动机	motive for the crime
社区服务	community services
服牢刑	serve/receive a prison sentence/imprisonment ; be sent to prison
遏制犯罪	deter/curb crime

中文	English
威慑作用	a deterrent
预防犯罪	prevent crime
降低犯罪率	reduce crime rates
逃避惩罚	escape punishment

02 工作 CAREER

Part 1 论证语料

| 工作的意义

为自己 — 金钱

- support themselves and their families
- provides individuals with a source of income

为自己 — 社交

- improve mental well-being and build lifelong friendship outside of work
- provide individuals with opportunities to socialize and connect with others
 - e.g. collaborating with team members
 - e.g. establishing contacts with customers
 - e.g. building cooperation with upstream and downstream partners

为自己 — 自我成长

- lead to a greater sense of self-worth and fulfillment
- provide individuals with opportunities to grow professionally/skillfully
 - e.g. develop new skills
 - e.g. drive more innovations
 - e.g. tackle more intricate challenges

为社会 — 经济

- contributes to the overall economy of a society
- produce goods and services for the public
- create a positive cycle of economic growth
- promote/stimulate consumption

为社会 — 社会稳定

- contribute to public security
- be less likely to engage in criminal activities

为社会 — 创新

- help a country become more competitive globally
- help to build a positive reputation for a country on the global stage

| 实习的意义

上大学之后

- real-world experience
- gain insight into the day-to-day operations of an organization or industry
- provide practical, hands-on experience in a professional environment
- networking opportunities
- lead to valuable connections and potential job opportunities
- provide opportunities to connect with professionals in the industry
- academic credit
- apply the internship experience toward the degree requirement
- offer academic credit

上大学之前

- career exploration
- make informed decisions about their future career paths
- provide individuals with a glimpse into different industries, job roles, and work environments

| 领导和员工的职责

领导工作

- setting team goals and objectives
- assigning tasks and responsibilities to team members
- facilitating communication and collaboration within the team
- managing and allocating resources for the team

员工工作

- utilize specialized knowledge and skills to execute their job
- fit in with the team and contribute effort and talent

| 工作环境

正式 formality

- enhance the reputation of the organization
- convey a sense of professionalism
- prevent conflicts
- conduct communication in a formal and structured manner
- increase productivity and efficiency
- ensure that deadlines are met
- ensure that work is completed to a high standard
- create a sense of structure and order

轻松及包容 casualness and inclusiveness

- lead to more creative and innovative work environment
- feel comfortable and included
- feel free to share ideas and opinions
- be engaged and dedicated/committed to the work
- feel valued and included
- lead to better problem-solving and conflict resolution
- be more open and honest
- inclusiveness and diversity are prioritized
- less discrimination and bias

| 机器人取代人工

优势 — 增加效率并省钱

- lead to increased efficiency and productivity in various industries
- perform tasks faster and more accurately than humans
- work 24/7 and do not require breaks, vacations, or benefits
 - e.g. process and analyze a large amount of data
 - e.g. assist with surgery (medical procedures)

优势 — 干重复或危险工作

- perform dangerous and repetitive tasks
 - e.g. assemble products
 - e.g. clean and maintain office, hospitals, and schools

劣势 — 导致失业

- lead to a decrease in employment opportunities and an increased economic instability
- lead to job loss for humans
- perform tasks more efficiently and at a lower cost

劣势 — 增加安全和道德风险

- raises security and ethical concern
- can be programmed to make decisions that may result in harm to humans
- cause harm to innocent individuals
 - e.g. robots are used in law enforcement and military operations
- generate fake news
 - e.g. robots are used in content generation

Part 2 话题短语

中文	English
成就感	a sense of fulfillment

中文	English
经济压力	economic pressure
(努力) 得到优厚的回报	be well rewarded
奖金	bonus
薪酬优厚的工作	a lucrative job
抵触改变	be resistant to change
过时的观念	old-fashioned ideas
老一辈	the older generation
老人	the elderly ; the aged ; old people
年长者	senior citizens
明智的意见	make a sensible decision
轻率地做决定	make a rash decision
冒险	take risks
缺乏责任感	lack a sense of responsibility
实践技能	practical skills
解决问题的能力	problem-solving ability
运营成本	running/operating costs
人工成本	labour(英式)/labor(美式) costs
竞争优势	competitive advantages
建筑行业	construction ; building industry
中文	English
跨国公司	a multinational company
职位空缺	vacancy
适应职场/新环境	adapt to the workplace/the new surroundings
为工作做准备	prepare for working life
工作表现	job performance
清晰的职业道路	a definite career path
体力劳动	manual work ; physical work ; manual jobs
脑力劳动	non-manual work ; mental work
光鲜的工作	glamorous jobs
久坐不动的生活方式	a sedentary lifestyle
加班	work overtime
做有氧运动	do aerobic exercise

中文	English
疲倦和食欲不振	tiredness and loss of appetite
失眠	suffer from insomnia
亚健康	poor health ; sub-health
与工作相关的压力	job/work-related stress
压力过大导致的疾病	stress-related illnesses
职业病	occupationally induced disease
实现工作和生活的平衡	achieve a work-life balance
荣誉感和归属感	a sense of pride and belonging
中文	English
工作满意度	job satisfaction
提高员工积极性	improve employees' motivation ; keep them motivated
主动做	take initiative to
有效率的员工	productive employees
商业领袖	business leaders
（对某种技能）很精通	be proficient in sth.
专业经验	professional experience

03 环境 ENVIRONMENT

Part 1 论证语料

| 自然环境恶化

影响环境的人类行为 human activities

- production/manufacture
- production/manufacture procedures/practices that place undue stress on the environment / leave environment footprint
- burning fossil fuels
- release pollutants into the atmosphere
- cutting down forests
- reduce the natural habitat available for wildlife
- lead to soil erosion
- using chemicals
- lead to water pollution
- transportation
- transportation place undue stress on the environment
- emit/produce greenhouse gases
- spills and leaks of toxic substances into soil or water
- deforestation and habitat destruction caused by the construction of roads and transportation infrastructure
- consumption/disposal
- consumption place undue stress on the environment
- overconsumption of natural resources
- generate/produce significant amounts of waste (plastic, hazardous materials, electronic waste) / not properly recycled
- burning of fossil fuels releases greenhouse gases

气候方面

- climate change
- sea level change/rise
- extreme weather events (hurricanes, wildfires, droughts, snowstorms)
- global warming

生物方面

- disruption of food chains and declines in biodiversity / extinction and loss of ecosystem services
- reduction in the number of species
- reduce crop/food yields

- soil erosion
- deforestation

| 城市环境恶化

空气污染

- long-term exposure to air pollution
- lead to a range of illnesses and conditions, such as respiratory illnesses

噪声污染

- have a huge impact on work performance/academic achievements
- make it difficult for people to concentrate/focus on tasks
- disrupt sleep patterns/cause sleep deprivation

| 人与动物

人不应该（过度）保护动物

- increased competition for food and territory / cause extinction
- disrupt existing balance and cause breakdown in food chain
- overpopulate an area with a particular animal species
- introduce non-native species

人应该保护对自己没有直接好处的动物

- maintain healthy ecosystems and supporting biodiversity
- provide important ecosystem services
 - e.g. bees play a vital role in pollinating crops and wildflowers
- preserve cultural traditions
- protect animals that have no practical value but cultural meanings/significance

人应该保护对自己有直接好处的动物

- raised for meat, milk, and eggs
- domesticated animals (cows, pigs, chickens)
- plow fields and carry heavy loads
- horse, oxen, water buffalo
- develop new treatments and cures for disease
- test the safety of new drugs
- study human biology and behavior

| 利用动物的注意事项

- minimize harm and suffering to animals
- should be raised in conditions that meet their basic needs

- reduce the stress and pain of animals
- use alternatives to animal use whenever possible
- eat plant-based foods
- reduce the need for animal agriculture
- use non-animal testing methods (computer models) in scientific research

Part 2 话题短语

中文	English
林荫社区/街道	tree-lined communities/streets
生态平衡	ecological balance ; ecological equilibrium
环保主义者	environmentalists ; conservationists
开采自然资源	exploit natural resources
保护自然资源	preserve/conserve natural resources
缓解问题	mitigate problems ; alleviate problems
处以大额罚款	impose heavy fines
环保意识	environmental awareness
开展大规模的宣传活动	launch massive campaigns
垃圾箱	a dustbin(英式) ; garbage can(美式), trash can(美式)
一次性的筷子	disposable chopsticks
工业废水	industrial waste water
污染过的水	contaminated water
自来水	tap water
水净化	water purification
进行实验	conduct/carry out an experiment
研究方法	methods of research ; research methods
用动物做药物试验	test drugs on animals
气候变化	climate change
全球变暖	global warming
中文	English
濒临灭绝的物种	endangered species
栖息地破坏	habitat destruction
过度猎杀	over-hunting
将物种放归自然栖息地	reintroduce ... (a type of animal or bird)

中文	English
失去自由	lose freedom
保护生物多样性	preserve/conserve biodiversity
生态系统	an ecosystem
土地退化	land degradation
可回收的	recyclable
不可生物降解的材料	non-biodegradable materials/waste
减少碳排放来自	reduce carbon emissions from (private cars/domestic appliances/heating)
患哮喘、支气管炎与肺癌风险上升	increase the risk of asthma, bronchitis and lung cancer
汽车尾气	automobile exhaust ; car exhaust fumes ; car exhaust emissions
温室气体	greenhouse gas
破坏臭氧层	damage the ozone layer
酸雨	acid rain
塑胶垃圾	plastic waste
填埋场	landfill sites
太阳能板	solar panels
化石燃料	fossil fuels
中文	English
可持续发展的材料	sustainable materials
可替代能源来源	alternative energy sources
可再生资源	renewable resources

04 交通 TRANSPORTATION

Part 1 论证语料

| 交通改善的方式和目的

最终目的

- ensure safe/orderly/organized/structured traffic flow
- reduce the number of vehicles on the road
- ensure adherence to traffic rules

传统方式

- encouraging use of public transport, walking or biking instead of personal cars
- educating drivers, pedestrians, and bicyclists about safe practices
- improving road design/widening the road

创新方式（高科技）

- encourage the use of vehicles with advanced features
 - e.g. advanced navigation systems (不绕道)
 - e.g. sensitive sensors (避让行人)
 - e.g. autonomous driving/self-driving/driverless technology (遵守交通规则)

| 公共交通好处

省钱

- cost saving
- cheaper than driving a personal car or taking a taxi

对环境影响小

- low environmental impact
- less carbon emissions/air pollution
- less noises

减少交通

- less traffic congestion and a more efficient flow of traffic
- reduce the number of cars on the road

安全可靠 / 可达

- safe and reliable
- operated by well-trained staff

- accessibility
- provide access to people who do not have a personal car, such as those with disabilities or low incomes

| 私人交通好处

灵活 / 隐私 / 更快

- have the freedom to travel on one's own schedule
- make stops at any location they choose
- enjoy their own space and privacy
- have/hold a private conversation
- have a meal in the car
- get dressed in the car
- take the direct/shortest route/avoid unnecessary diversions/detours

可达 / 舒适

- access remote areas that may not be accessible through public transportation
- allows for a more comfortable travel experience
- air conditioning
- comfortable seats
- music systems

| 步行或骑车的好处

省钱 / 健康 / 环保 / 减压

- eliminates the need to pay for gas, maintenance, or public transportation costs
- improve cardiovascular health
- help maintain a healthy weight
- boost mental health
- emit no pollutants and do not contribute to greenhouse gas emissions
- a more calming experience compared to sitting in traffic or on crowded public transportation

Part 2 话题短语

中文	English
违章驾驶	driving offence
交通事故	traffic accidents
开车时提高警惕	be alert when driving

中文	English
道路安全	road safety
酒驾处罚	the drink-driving penalty
罚金	finest
吊销驾照	be banned/disqualified from driving ; loss of driver's license
遵守规则	follow the rules
遵守规则的司机	disciplined drivers
测速摄像机	speed cameras
交通信号灯	traffic lights
闯红灯	run a red light
超速	exceed the speed limit (动词) ; speeding (名词)
交通拥堵	traffic congestion ; traffic jams
扩宽道路	broaden roads
对私家车主征税	impose taxes on private car drivers
进行非必要的旅行	make non-essential trips
上班族	commuters
通勤于...和...之间	commute between ... and ... ; commute from ... to ...
交通设施	transport infrastructure
中文	English
公路网	road networks

05 教育 EDUCATION

Part 1 论证语料

| (学校教育) 社交与协作

社交 socializing/networking

- enrich life and promote emotional well-being
- building friendship
- promoting employment prospect
- enhancing teamwork skills
- maintaining connections with classmates
- cultivate the ability to understand and appreciate different viewpoints
- exposure to individuals from different background, cultures, and perspectives
- live and study with our classmates on university campus/residence life
- establishing professional connections with experts in the field/industry leaders
 - e.g. professor and faculty members
 - e.g. guest speaker series

协作 collaborating

- communicate and collaborate effectively with others
- work together toward a common/shared goal

| (学校教育) 批判思维

培养批判思维

- make informed decisions
- develop problem-solving skills
- learn critical thinking skills
- exposes students to a variety of subjects, ideas, and way of thinking
- encourage students to ask questions and challenge assumptions
- express ideas and listen to others through class discussions, debates and group projects

| (学校及家庭教育) 道德

学科对道德的培养

- become a responsible/engaged citizen/take social responsibility
- prevent one from turning to crime
- learn values of a culture

-
- literature, history, social studies...

老师或家长对道德的培养

- instill in students moral values and ethics/code of ethics
- being a role model of/embody positive values and morals (榜样)
- provide guidance on how to behave/distinguish right from wrong (指导)
 - e.g. tolerance and humility
- accepting and appreciating differences in beliefs, opinions, and lifestyles
- recognizing one's own limitations and seeking to learn from others
 - e.g. perseverance
- demonstrating determination and resilience in the face of obstacles or challenges

| 学生及老师的特点及关系

学生的优点

- creative/open-minded
- pose diverse questions/inquiries
- coming up with new and unique ideas and solutions
- willing to consider different perspectives and ideas
- have fondness for novel things or experiences

学生的缺点

- lack motivation for studying/not interested in learning
- lack focus in class/be distracted in class
- neglect to finish assigned tasks
- inactive in class participation
- likely to interrupt class or cause distractions
- (exhibit) impulsive/aggressive and insubordinate personality
- lack self-control

老师的优点

- accurate and informative
- have deep/rich knowledge of their subject matter
 - e.g. maths teachers can explain mathematical concepts and formulas clearly
 - e.g. literature teachers can analyse novels or poems thoroughly
 - e.g. history teachers can present historical events comprehensively
- manage various students and classroom scenarios
- adjust the speed and pace of teaching and learning
- uphold classroom discipline
- provide immediate guidance and solutions
- provide emotional support

老师的缺点

- become impatient and make mistakes
- experience burnout
- be overwhelmed or exhausted

| 家庭教育

优点 — 个性化及灵活

- personalized and flexible educational experience
- tailored to a child's unique learning style, interests, and pace

缺点 — 父母疲惫

- experience burnout for parents
- parents acting as both primary caregiver and teacher

| 家长与儿童的关系（补充）

教授基本生活技能 / 养成习惯

- teaching children basic life skills
- cooking, cleaning, taking care of oneself or others
- help children develop good habits
 - e.g. take care of their own belongings and responsibilities
 - e.g. develop a routine for getting ready in the morning, completing homework, and going to bed at night
 - e.g. understand the importance of managing their time effectively

| 在线教育

灵活性 flexible

- flexible scheduling/be accessed at any time（时间灵活）
- fit the education around their work, family, and other commitments
- self-paced learning/move through the material at one's own pace（进度灵活）
- spend more time on challenging topics if needed
- access to wider range of course options（内容灵活）
- take courses from institutions all over the world

| 职业教育

优点

- find employment more quickly and start earning a living sooner
- focuses on teaching practical/trade skills
- reduce the burden of student debt (more accessible)

- shorter and less expensive than traditional academic programs

缺点

- narrow focus
- unable to provide critical thinking and problem-solving skills
- limited career options
- unable to provide a well-rounded education/transferrable skills

| 体育教育

体育的好处

- helps children maintain good physical health and overall fitness
- develops one's coordination, agility, and endurance
- learn how to work together with their team
- develop leadership skills
- can be very lucrative and provide a stable source of income

Part 2 话题短语

中文	English
平等的机会接受教育	equal access to education
贫困的学生	disadvantaged students
来自贫穷家庭	from deprived backgrounds ; from disadvantaged backgrounds ; from poor backgrounds
教育经费	funds for education
助学金	financial aid
奖学金	a scholarship
学费	tuition fees
辍学	drop out of school
逃课	skip/cut class/school
上大学	attend university
高等教育	higher education(美式) ; tertiary education(英式)
接受教育	receive education ; have access to education
免费教育	free education
图书馆设施	library facilities
受过很好教育的劳动力	a well-educated workforce
动手经验	hands-on experience

中文	English
待遇优厚的工作	well-paid jobs
教育的基本目标	a fundamental goal of education
知识型经济	knowledge economy
求知欲	inquisitiveness
中文	English
丰富有趣的课堂活动	lively and stimulating classroom activities
传授知识	impart knowledge (to someone)
塑造人的性格	mold one's personality
对社会进步做贡献	make contributions to social progress
实现人生价值	realise(英式) / realize(美式) the life value
有...的才能	have an aptitude for ; have a talent for
专才/通才	a specialist / generalist
思维模式	thinking models
逻辑思维	logical thinking
创新思维	creative thinking
批判性思维	critical thinking
独立思考	think independently(动词短语) ; independent thinking(名词短语)
沟通和社交技巧	communication and social skills
团队精神	team spirit
分工	divide the work
和.....密切合作	work closely with
参与项目（或课题）	be involved in a project
完成项目（或课题）	complete a project
合作的项目/研究	collaborative projects/research/studies
摆脱贫困	break the cycle of poverty
中文	English
学校课程	the school curriculum
必修课	compulsory subjects
主修课	core subjects
辅修课	optional subjects
变得见多识广的	become well-informed

中文	English
获得知识	gain/acquire knowledge
更开阔的人生的视野	a broader view of life

06 科技 INTERNET & TECHNOLOGY

Part 1 论证语料

| 互联网交流

优点（朋友及家人）

- communicate/stay in touch/keep connected with friends and family members (loved ones)
- share important news, events, and updates
- send care/blessings/comfort to loved ones in times of crisis

优点（同事或商业伙伴）

- eliminate the need for travel and other expenses associated with in-person meetings
- provides tools and platforms for collaboration

缺点 — 缺乏面对面交流

- feeling of loneliness and disconnection from the real world
- lack face-to-face/in-person communication
- miss out facial expressions, body language, and eye contact
- a smiley face conveys happiness
- a frown conveys sadness
- raised eyebrows convey surprise

缺点 — 变得虚荣

- feelings of inadequacy and negative comparison of one's own life
- social media often presents a distorted view of reality
- people only post the highlights of their lives
- post pictures of their vacations, new purchases, and other happy moments
- neglect to share the struggles and hardships

| 互联网的优点

信息的可达 accessibility

- make services and information more accessible
- an older adult with restricted mobility
- a young man residing in big city
- a middle-aged man travelling for business

方便 convenience / 即时性 immediacy

- with a few clicks, we can: purchase products, find directions, consult health-related issues

-
- stay up-to-date on current events
 - immediate access to information, news, and updates

沉浸性 / 互动性 / 个性化

- create a sense of presence and involvement
- share/express our thoughts and emotions to our loved ones
- interact with each other through sharing, commenting, and liking
- absorb and master knowledge more efficiently
- multimedia content (images, video and audio clips)
- personalized and customizable content
- use personalized algorithms to present information flow
- tailor content and experiences to an individual's preferences and needs

| 互联网的缺点

有限的可达 / 假新闻 / 有害信息

- access to news becomes limited for the elderly and people in underdeveloped areas
- require internet connection/connectivity
- result in fruitless debates and cause unnecessary anxiety or fear/panic
- source of misinformation/misleading information and fake news
- allows for anyone to publish information
- lack of professional editing review
- expose users to harmful content
- hate speech and discrimination / violent content / gambling and addiction-related content

分心和沉迷 / 信息泄露

- distraction and addiction
- difficult to disengage
- check for updates, notifications, and new information
- information leak
- lead to financial loss
- unauthorized access to bank accounts
- harm the reputation of individuals
- release of negative or embarrassing information

| 纸笔（对比电子）的优点

隐私 / 个性化 / 怀旧体验

- can be more candid/honest and open/transparent about their emotions and issues
- provide a more personal and intimate space
- a creative outlet for individuals to express themselves
- adding a personal touch to each album

- decorating with notes/writing and stickers/drawing
- often elicits feelings of nostalgia
- bring memories of people and moments that have long passed back to life
- providing a physical record of one's life/tangible

Part 2 话题短语

中文	English
减少运营成本	cut down operating costs
沟通/互动	communication/interaction
过时的/传统的沟通方式	outdated/traditional forms of communication
传统沟通方式举例	writing letters ; a face-to-face conversation
时兴的沟通方式举例	social networking sites ; online communities/forums
和真人/线下 (沟通)	with real human beings ; in the real world
接触...	have access to ; be exposed to
亲自	in person
网络带来的情感问题	isolation ; loneliness ; depression
社交软件	social media ; YouTube ; Instagram ; WeChat
尖端技术	cutting-edge technology
生物技术	biotechnology
克隆	a clone
增加产量	increase production
基因工程	genetic engineering
转基因食品	genetically modified food
抗虫害	be resistant to pests and diseases
使用杀虫药/化肥	apply pesticides/ fertilizers
减少人力的机器	labor-saving machinery
机械化务农	mechanized farming
中文	English
机械化装配线	mechanized assembly lines
减少劳动力	reduce the workforce
取代人工	replace human labor
提高生产力	improve productivity

中文	English
提高效率	improve efficiency
摆脱重复任务	be freed from repetitive tasks
国防技术	defense(美式) / defence(英式) technology
办公自动化	office automation
工业自动化	industrial automation
云计算	cloud computing
云存储	cloud storage
数字图书馆	the digital library
虚拟现实技术	virtual reality technology
垃圾邮件	junk mail
统计数据	statistics ; statistical results

07 食物与生活 FOOD & LIFE

Part 1 论证语料

| 食品安全

保证食品安全措施

- guarantee the health and safety of ingredients
- require product labeling to inform consumers about the content of food products
- guaranteed transportation and storage safety
- prevent food from becoming contaminated
- prevent food from becoming spoiled

| 垃圾食品

缺点

- high in calories/saturated fat/sugar/salt
- which can lead to weight gain and obesity
- which contribute to heart disease, diabetes, and high blood pressure
- low in essential nutrients such as vitamins, minerals, and fiber
- processed and made with artificial ingredients

优点

- a convenient option for the people on the go
- easy to find and easy to consume
- does not require any cooking or preparation
- affordable for many people
- cheaper than healthier options

| 家用电器

家用电器的目的

- provide greater convenience
- reduce the need for physical efforts
- increase independence
- reduce the reliance on caregivers
- improve safety
- reduce the potential risks/hazards during household tasks/chores

| 电视的优缺点

优点 / 缺点

- provide educational forms of media
- news programs: information on current events and developments
- documentaries: in-depth insights into different topics
- increase the risk of obesity and related health problems
- sedentary lifestyle/lack of physical activity
- limit daily TV viewing time/screen time

| 旅游的优缺点

给目的地带来的好处 (经济/就业/设施)

- boost/spur the local economy
- increased spending/consumption by visitors
- create jobs in a variety of sectors
- lead to the development of new infrastructures
- requires a greater number of supportive amenities

给目的地带来的坏处 (环境/文化)

- put a strain on local ecosystems
- daily activities produce waste
- transportation results in increased carbon dioxide emissions
- erosion of traditional customs and practices
- adopt modern ways to cater to travelers

给自己的好处 (学习/放松/交友)

- become more independent and self-sufficient
- learn to adapt to a new environment
- broaden perspectives
- learning about the local customs/a new language
- reduce stress and improve overall mental and emotional well-being
- break routine and monotony
- meet new people and make new friends

给自己的坏处

- planning and preparation (stressful)
- fatigue and sleep disturbances
- long journeys, jet lag and time zone changes
- put a financial strain on an individual or family
- difficult to maintain productivity and focus at work or school

| 其他休闲活动

听音乐 / 运动 / 看电影 / 读书

- evoke a wide range of emotions
- serve as a form of self-expression
- express one's opinions, beliefs, and values (a powerful tool for activism and social change)
- improve both mental and physical health
- improve cardiovascular health, increase strength and flexibility
- provide a healthy outlet for stress
- learn to overcome challenges and handle setbacks
- create shared experience and bring people closer together
- source of enjoyment and relaxation
- teach or inform people about different cultures, historical events, and social issues
- broaden our perspectives and challenge our beliefs
- encourage people to analyze and interpret information (critical thinking skills)

| 生孩子

生孩子晚的原因

- prioritize their careers and professional growth
- greater drive and vitality for work at a young age
- superior learning capability and retention in youth
- wait until one can have a steady income and enough savings
- wait until one feels he/she achieve the goals before starting a family
- focus on other priorities such as travel, personal growth, or pursuing hobbies

08 文化 CULTURE

Part 1 论证语料

| 保护文化的作用

认同与归属 / 经济 / 多元社会 / 环境

- create a sense of pride and identity
- support community cohesion
- feel a sense of belonging and connection to the community
- feel a sense of disconnection and isolation
- bring economic benefits
- attract more visitors/consumptions
- help to increase the value of the artwork on display
- foster a tolerant and cosmopolitan society
- promote understanding and appreciation of other cultures
- minimize the impact on the environment
- preserve biodiversity
- protect natural resources

| 文化遗产

传统行为 Traditional Practices

- maintain the traditional lifestyle/practices
- celebrating religious holidays and festivals
- eating traditional food and preparing meals in traditional way
- wearing traditional clothing and adornments
- live on farming, fishing or hunting

传统艺术 Traditional art forms

- reflect the essence and qualities that define a culture and its people
- masterpieces of the past
 - e.g. traditional/folk music/dances/art crafts (observe)
 - e.g. historical and cultural landmarks, buildings, and monuments (visit)

Part 2 话题短语

中文	English
保护历史建筑	protect heritage/historic buildings
建筑风格/特色	architectural features
建筑瑰宝	architectural treasures
文化遗产	cultural heritage
著名历史遗址	historically-significant sites
修复老建筑	restore/renovate old buildings
地标	a landmark
现代建筑风格	modern architecture
当地习俗	local customs
传统服装	traditional dress
语言多样性	language diversity
母语	the first language ; mother tongue
母语者	native speakers
濒临消失的语言	endangered languages
语言障碍	language barriers
全球性的语言	a global language
少数民族语言/小语种	a minority language
文化传统	cultural traditions
传统文化	traditional cultures
文化传播	cultural diffusion
中文	English
文化同化	cultural assimilation
文化多样性	cultural diversity
文化的丰富多彩	richness of culture
丰富文化生活	enrich cultural life
文化认同	cultural identity
资助一场艺术展览	fund an art exhibition
艺术博物馆	art museums
展览文物	exhibit artifacts
记录成败	record success and failure
免费进入	free entry/admission
对公众开放	be open to the public

中文	English
收取门票	charge admission fees
融入当地社会	integrate into the local community
文化差异	cultural differences
文化偏见	a cultural bias
主流文化	mainstream culture
归属感	a sense of roots and belonging
独特的景观	distinctive landscapes
壮观的	spectacular
冒犯的举止	offensive behavior
中文	English
当地人和游客的冲突	friction between locals and tourists
宗教信仰	religious belief
加强互相了解	deepen mutual understanding
能接受外来文化的	be tolerant and open-minded to foreign culture

09 消费 CONSUMPTION

Part 1 论证语料

消费主义的优缺点

优点 — 促进经济 / 创新 / 生活质量

- drive economic growth and job creation
- increased consumption leads to increased demand for goods and services
- lead to technological advancements and increased efficiency
- produce attractive and useful products
- bring greater comfort and convenience to people's lives
- access to new and improved products and services

缺点 — 环境污染 / 幸福下降 / 压力增加

- pollution, resource depletion, and climate change
- production and disposal of consumer goods can have a significant impact on the environment
- decrease in overall happiness and well-being
- focus on acquiring more goods rather than experiences and relationships
- leading to feelings of inadequacy, anxiety, and a distorted sense of self-worth
- create pressure to conform to societal expectations

Part 2 话题短语

中文	English
广告	advertisements ; advertising (不可数)
广告公司	advertising agencies ; advertising companies
电视里的广告	TV commercials
插播广告的时间段	commercial breaks
产品植入	product placements
网页上弹出的广告	pop-up advertisements
名人代言产品	celebrities endorse products
盲目崇拜偶像	blind worship of an idol
忠实粉丝	devoted fans
冲动消费	buy products on impulse

中文	English
名牌衣服	designer clothes
刷信用卡购买	be bought on credit
高额债务	high levels of personal debt
以...为目标客户的广告	advertising targeted/aimed at
展示警告标签	display warning labels
产品的促销活动	a promotion of sth
打折	offer a discount
有说服性的	persuasive
误导的	misleading
过奢侈的生活	live a life of luxury

10 政府 GOVERNMENT

Part 1 论证语料

| 法律、教育

收税/费 / 开展教育

- impose/collect taxes
- applying charges
- launch campaigns or educational programs to raise awareness/inform citizens of important issues
- use television, radio, and print media, or billboards, posters, flyers and other forms of advertising, to disseminate announcements

| 保证自由、平等

最终目的

- have access to the same resources, opportunities, and chances to succeed, regardless of their background or circumstances
- education / employment / healthcare
- everyone is treated with respect, dignity, and without discrimination
- implementing laws and policies that protect against discrimination
- promoting diversity and inclusivity/the importance of tolerance and respect

| 国家关系

正向 — 帮助 / 贸易 / 投资

- helping address pressing social and economic issues
- provide practical resources to developing and undeveloped countries
- share their technological expertise and innovations with developing and undeveloped countries
- helping to spur economic growth
- exporting finished products
- importing goods and resources
- creating new jobs and boosting economic growth
- providing capital for infrastructure projects and supporting local businesses

负向 — 剥削 / 环境 / 文化

- leading to a widening wealth gap between rich and poor countries

-
- exploit the resources, labor, and markets of developing and undeveloped countries
 - having a negative impact on the local environment
 - engage in activities that cause environmental damage
 - leading to the loss of cultural heritage and identity
 - influx of goods, services, and ideas from developed countries can impact local cultures and traditions

11 健康 HEALTH

Part 2 话题短语

中文	English
长寿	longevity ; live a longer life
人口的预期寿命	life expectancy
寿命	life span
缺乏自制力	be lack of self-discipline
眼睛疲劳	eye strain
视力差	poor eye sight
患上心脏病	suffer from heart disease
慢性疾病	chronic diseases
不喜欢运动	live an inactive life
健身设备	exercise equipment
经常运动	exercise regularly ; take regular exercise
锻炼身体	do physical activities ; take exercise
健步走、快走	a brisk walk ; brisk walking
提高身体素质	improve fitness
促进血液循环	promote blood circulation
燃烧卡路里	burn calories
放松大脑	relax one's mind
受伤	suffer injuries
专业的教练	professional trainers
对抗肥胖问题	combat obesity
中文	English
高糖/盐/脂肪	be high in sugar, salt and fat
快餐	fast food
营养的食物	nutritious food
水果和蔬菜	fruit and vegetables
(食物等) 缺乏某种营养	be deficient in...
膳食纤维	dietary fibre(英式)/fiber(美式)
维他命	vitamins

中文	English
均衡的饮食	a healthy/balanced diet
低脂肪、低糖、低卡路里的饮食	a low-fat, low-sugar and low-calorie diet
垃圾食品和甜食	junk food and sugary snacks
高血压	high blood pressure
糖尿病	diabetes
(不健康的食品) 在外包装上明示健康风险	display health warnings on the packaging
睡眠问题	sleep problems
传染病	infectious diseases
接受治疗	receive medical treatment
医疗设备	medical equipment
高昂医疗费用	high medical expenses/costs
更加容易接受医疗服务	have easier access to medical services
私立养老院	nursing home
中文	English
临床实验	clinical trials
制药业	the pharmaceutical industry ; the drug industry
制药公司	pharmaceutical companies ; drug companies
以前不可治愈的疾病	previously incurable diseases
治愈疾病	cure diseases
提高免疫机能	boost the immune system

12 媒体 MEDIA

Part 2 话题短语

中文	English
电影类型	movie genres
特效	special effects
剧本	screenplay
导演	director
大片	blockbuster
电子游戏	video games
游戏设计师	game designer
游戏类型	game genres
虚拟现实	virtual reality
多人在线游戏	multiplayer online games
游戏机制	game mechanics
游戏成瘾	game addiction
社交媒体平台	social media platforms
网红 / 影响者	influencers
在线社区	online communities
数字营销	digital marketing
网络欺凌	cyberbullying
隐私设置	privacy settings
数据保护	data protection
假账户	fake profiles

13 艺术 ART

Part 2 话题短语

中文	English
旋律	melody
歌词	lyrics
节奏	rhythm
演唱会	concert
唱片	record / album
歌手	singer / vocalist
古典音乐	classical music
舒缓情绪	soothe emotions / alleviate stress
流行音乐	pop music
现场演出	live performance
情感表达	emotional expression
文化融合	cultural fusion
当代艺术	contemporary art
视觉叙事	visual storytelling
雕塑	sculpture
绘画	painting
画笔	paintbrush
画纸	drawing paper / art paper
色彩搭配	color combination / color scheme
传统艺术	traditional art
中文	English
刺绣	embroidery
剪纸	paper cutting
传统文化	traditional culture