

雅思写作句子翻译练习 200 句

IELTS Writing Sentence Translation Workbook

练习方向	中文句子翻译成英文，训练大作文常用论证句式、因果句、让步句、比较句和政策建议句。
使用方法	先独立翻译，再对照参考译文；建议重点比较逻辑连接、动词选择、从句结构和抽象名词表达。
话题范围	教育、科技、环境、城市交通、工作经济、健康社会、犯罪法律、文化旅游。

2026 练习资料 - 原创编写

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第一部分：翻译练习

请将每个中文句子翻译成自然、准确、适合雅思大作文的英文。空行可用于手写草稿。

教育与学习

1. 越来越多的家长把孩子送去私立学校，但这并不意味着他们能接受更好的教育。

2. 学校不应只关注考试成绩，还应培养学生解决现实问题的能力。

3. 如果大学课程过于强调理论，毕业生可能会发现自己难以适应工作环境。

4. 在线学习为偏远地区的学生提供了更多机会，但它无法完全取代面对面的互动。

5. 一些人认为艺术课程浪费时间，然而创造力在现代社会中变得越来越重要。

6. 政府应该投入更多资金改善公立学校，而不是仅仅资助少数重点学校。

7. 学生在年轻时接触不同文化，有助于他们形成更开放的世界观。

8. 过多的家庭作业可能会削弱孩子对学习的兴趣，甚至影响他们的身心健康。

9. 教师的作用不仅是传授知识，还包括激励学生独立思考。

10. 职业教育不应该被视为低于学术教育，因为社会同样需要熟练的技术人才。

11. 当学校把竞争放在合作之上时，学生可能会变得更加焦虑和自私。

12. 免费大学教育可以减轻家庭负担，但也可能给公共财政带来压力。

13. 学习外语不仅能提高就业机会，还能帮助人们理解其他国家的价值观。

14. 在课堂上使用科技工具之前，教师应接受充分培训。

15. 如果教育体系忽视个体差异，许多有天赋的学生可能无法发挥潜力。

16. 寄宿学校可以培养独立性，但年轻学生也可能因此缺少家庭支持。

17. 考试可以衡量某些学术能力，却很难评估学生的品格和创造力。

18. 大学不应只为劳动力市场服务，还应鼓励学生追求知识本身。

19. 让学生参与社区服务能够增强他们的社会责任感。

20. 早期教育质量往往会对一个人的长期发展产生深远影响。

21. 虽然小班教学成本更高，但它能让教师更好地关注每个学生。

22. 学校应帮助学生识别网络信息的可靠性，而不是假设他们天生懂得如何使用互联网。

23. 过早地要求孩子选择职业方向，可能会限制他们探索兴趣的空间。

24. 教育公平并不意味着所有学生获得完全相同的资源，而是每个人都能得到适合自己的支持。

25. 阅读纸质书也许不如使用电子设备方便，但它能帮助学生更专注。

科技与媒体

26. 社交媒体让人们更容易保持联系，但也可能让面对面交流变得更少。

27. 人工智能可以提高工作效率，然而它也引发了关于就业安全的担忧。

28. 如果个人数据没有得到妥善保护，消费者对数字服务的信任将会下降。

29. 新闻机构在追求点击率时，可能会牺牲报道的准确性和深度。

30. 孩子们在使用智能手机时需要指导，而不是被完全禁止接触科技。

31. 远程办公减少了通勤时间，但它也模糊了工作与生活之间的界限。

32. 科技进步本身并不能解决社会问题，除非它与合理的政策相结合。

33. 许多应用程序通过收集用户行为数据来提供个性化服务。

34. 网络谣言传播得如此之快，以至于官方解释有时很难及时发挥作用。

35. 数字支付非常便利，但过度依赖它可能会排斥不熟悉科技的老年人。

36. 自动化可能会取代重复性工作，同时也会创造需要更高技能的新岗位。

37. 政府监管互联网平台时，需要在公共安全和言论自由之间取得平衡。

38. 过度使用屏幕可能会影响睡眠质量，尤其是在青少年群体中。

39. 科技公司应对其算法造成的社会影响承担更多责任。

40. 虚拟现实技术可以丰富学习体验，但目前的成本仍然较高。

41. 在信息爆炸的时代，判断信息价值比获取信息更加困难。

42. 网络购物促进了消费便利，却也增加了包装浪费。

43. 科技让跨国合作更加容易，从而改变了许多企业的运营方式。

44. 如果人们把所有记忆都交给设备，他们的基本认知能力可能会退化。

45. 数字鸿沟并不只是设备不足的问题，也涉及技能、语言和网络覆盖。

46. 网络平台应该更透明地说明它们如何推荐内容。

47. 机器人可以承担危险任务，从而减少人类工人的受伤风险。

48. 媒体素养教育能帮助公众识别偏见和误导性信息。

49. 智能城市收集大量数据，因此必须建立严格的隐私保护机制。

50. 虽然科技让生活更加高效，但它并不一定让人们更幸福。

环境与能源

51. 气候变化不只是环境问题，也是经济和社会公平问题。

52. 如果各国继续依赖化石燃料，减少温室气体排放的目标将很难实现。

53. 个人可以通过改变生活方式保护环境，但企业和政府的作用更加关键。

54. 发展可再生能源需要前期投资，但从长远来看能够降低社会成本。

55. 一次性塑料的便利性无法抵消它对海洋生态系统造成的长期伤害。

56. 城市绿地不仅改善空气质量，还能为居民提供休闲空间。

57. 过度消费是资源枯竭的重要原因之一。

58. 环保政策如果设计不当，可能会给低收入家庭带来不成比例的负担。

59. 保护野生动物栖息地比在物种濒危后再采取行动更有效。

60. 公共交通越方便，市民越可能减少私家车使用。

61. 环境教育应从小学开始，因为习惯往往在早年形成。

62. 许多企业声称自己环保，但消费者需要警惕绿色洗白。

63. 在经济增长和环境保护之间寻找平衡，是发展中国家面临的巨大挑战。

64. 水资源短缺可能会加剧地区冲突，因此需要更有效的国际合作。

65. 垃圾分类只有在配套回收系统完善时才会真正有效。

66. 生态旅游可以为当地社区带来收入，但必须避免破坏自然环境。

67. 污染企业应为其造成的环境损害支付更高成本。

68. 节能建筑可以减少能源消耗，同时提升居民的生活舒适度。

69. 在应对气候变化方面，推迟行动往往会使未来的代价更高。

70. 保护森林不仅有助于吸收二氧化碳，也能维持生物多样性。

71. 农业生产需要更多环保技术，以减少对土壤和水源的污染。

72. 如果清洁能源无法负担，公众对能源转型的支持可能会下降。

73. 政府可以通过税收和补贴引导企业采用更绿色的生产方式。

74. 修复受污染的河流需要长期资金，而不是短期宣传活动。

75. 气候问题的复杂性意味着任何单一措施都不可能独自奏效。

城市、交通与住房

76. 随着城市人口不断增长，住房负担能力已经成为许多年轻人的主要压力来源。

77. 城市规划者应优先考虑行人和骑行者，而不是只为汽车设计道路。

78. 高房价可能迫使低收入居民搬到离工作地点更远的地区。

79. 建设更多地铁线路可以缓解拥堵，但这需要巨额公共投资。

80. 如果城市扩张缺乏规划，农田和自然空间将会被迅速侵占。

81. 共享单车在短途出行中很有用，但乱停乱放会影响公共空间。

82. 在市中心限制私家车使用，可以减少污染并提高道路安全。

83. 老旧社区改造不应只关注外观，也应改善排水、照明和无障碍设施。

84. 廉租房项目如果位置偏远，可能无法真正改善居民的生活机会。

85. 交通拥堵造成的时间浪费会降低城市整体生产力。

86. 现代城市需要兼顾经济活力和居民的生活质量。

87. 过度依赖汽车会使城市变得更加嘈杂、拥挤和污染严重。

88. 城市中的公共图书馆和公园有助于减少社会隔离。

89. 智慧交通系统可以提高道路效率，但不能替代对公共交通的长期投入。

90. 房屋空置税可能促使业主把闲置房源投入市场。

91. 城市夜间经济能创造就业，但也可能带来噪音和治安问题。

92. 为了吸引人才，城市不仅需要高薪工作，也需要可负担的生活成本。

93. 把工业区迁出市中心可以改善空气质量，但也可能延长工人的通勤时间。

94. 无障碍设计体现了城市对老年人和残障人士的尊重。

95. 如果公交服务不可靠，人们很难被说服放弃私家车。

96. 大型购物中心可能带动消费，却会削弱小型本地商店的生存空间。

97. 城市更新应避免把原有居民排挤出他们熟悉的社区。

98. 合理的停车收费可以减少不必要的驾车出行。

99. 在密集城市中，良好的隔音和通风设计对健康至关重要。

100. 一个宜居城市应让不同收入、年龄和背景的人都能共享公共资源。

工作、经济与全球化

101. 全球化为消费者带来了更多选择，但也使本地企业面临更激烈的竞争。

102. 灵活工作安排可以提高员工满意度，但管理者需要明确的沟通机制。

103. 最低工资政策能够保护低收入工人，前提是执行足够严格。

104. 如果企业只追求短期利润，它们可能会忽视员工培训和创新。

105. 跨国公司进入发展中国家时，应尊重当地劳动标准和环境法规。

106. 年轻人频繁换工作并不总是缺乏忠诚度，有时是为了寻找更合适的发展机会。

107. 创业可以促进创新，但失败的经济风险也不应被低估。

108. 随着自动化扩大，终身学习将成为劳动者保持竞争力的必要条件。

109. 工作场所的多样性有助于团队从不同角度解决问题。

110. 过长的工作时间可能暂时提高产出，却会损害长期效率。

111. 经济增长如果不能改善普通人的生活，就很难获得公众支持。

112. 本地制造业的衰退可能导致社区失业和技能流失。

113. 消费者追求低价商品的同时，也应该关注生产过程中的劳动条件。

114. 远程招聘让公司更容易找到人才，但也加剧了全球范围内的竞争。

115. 贫富差距扩大可能削弱社会凝聚力，并引发更多政治不满。

116. 政府不应仅通过税收优惠吸引投资，还应改善教育和基础设施。

117. 在不确定的经济环境中，储蓄和财务规划变得尤为重要。

118. 平台经济提供了灵活收入来源，但许多从业者缺乏基本社会保障。

119. 企业社会责任不应只是宣传口号，而应体现在实际经营决策中。

120. 国际贸易可以促进专业化生产，但也使经济更容易受到外部冲击。

121. 女性在职场中的晋升障碍往往来自隐性偏见和育儿责任。

122. 技术型人才短缺会限制一个国家向高附加值产业转型。

123. 政府在刺激经济时，需要避免让未来几代人承担过重债务。

124. 稳定的就业能够增强个人安全感，也有助于家庭规划。

125. 全球供应链提高了效率，但疫情和战争显示了其脆弱性。

健康、家庭与社会

126. 公共健康政策应重点预防疾病，而不是等到人们生病后才投入资源。

127. 快节奏的生活方式让许多人忽视了睡眠、运动和均衡饮食。

128. 心理健康问题不应被污名化，因为它们和身体疾病一样需要专业支持。

129. 家庭规模变小意味着老年人在晚年可能获得更少的照顾。

130. 政府可以通过公共运动设施鼓励居民养成更健康的习惯。

131. 食品广告对儿童饮食选择有很大影响，因此需要适度监管。

132. 父母工作压力越大，陪伴孩子的时间往往越少。

133. 老龄化社会需要更多社区护理服务，而不是完全依赖医院。

134. 均衡饮食的成本过高，会使健康生活方式成为一种特权。

135. 社交孤独可能影响免疫系统和心理状态。

136. 在公共场所禁烟不仅保护非吸烟者，也能鼓励吸烟者减少烟草使用。

137. 医疗资源分配不均会加剧城乡之间的健康差距。

138. 儿童肥胖问题与家庭饮食习惯、学校餐食和缺乏运动都有关。

139. 照顾老人不应被看作某个家庭成员的单独责任。

140. 过度依赖药物可能掩盖了生活方式本身存在的问题。

141. 公共卫生危机显示，科学沟通和公众信任同样重要。

142. 职场中的心理支持服务可以减少员工倦怠。

143. 家庭成员之间的高质量交流比共同居住更能维系亲密关系。

144. 贫困地区的儿童往往更难获得营养食品和安全运动空间。

145. 医疗技术进步延长了寿命，但也增加了养老系统的压力。

146. 家务劳动的公平分担有助于建立更平等的家庭关系。

147. 社会对成功的单一定义可能让年轻人承受不必要的焦虑。

148. 预防性体检能够发现早期问题，但也可能造成过度诊断。

149. 社区活动能够增强邻里之间的信任感。

150. 健康不应只被理解为没有疾病，还包括心理韧性和社会联系。

犯罪、法律与政府

151. 严厉惩罚可以震慑部分犯罪，但并不能解决犯罪背后的社会原因。

152. 青少年犯罪者需要教育和辅导，而不仅仅是监禁。

153. 政府在制定法律时，应确保弱势群体的声音被听见。

154. 公共安全摄像头可以帮助破案，但也引发隐私方面的争议。

155. 法律如果执行不公，公众对司法系统的信任就会下降。

156. 减少贫困和改善教育可能比增加警力更能预防犯罪。

157. 政府应透明使用公共资金，以减少腐败和浪费。

158. 社区警务有助于建立警察与居民之间的合作关系。

159. 网络犯罪跨越国界，因此单个国家很难独自应对。

160. 对轻微犯罪采用社区服务，可能比短期监禁更有建设性。

161. 言论自由并不意味着人们可以传播仇恨或煽动暴力。

162. 政府权力越大，越需要独立机构进行监督。

163. 公众遵守法律的意愿往往取决于他们是否认为法律公平。

164. 监狱拥挤会降低改造效果，并增加再次犯罪的风险。

165. 在处理恐怖主义威胁时，国家安全措施必须受到法律约束。

166. 政府不应把复杂社会问题简单归咎于个人道德失败。

167. 法律援助能让低收入人群更公平地进入司法程序。

168. 预防网络诈骗需要教育公众，也需要平台承担责任。

169. 如果政策制定缺少证据支持，就可能浪费大量公共资源。

170. 政府在紧急情况下采取限制措施时，应明确说明原因和期限。

171. 未成年人犯罪记录是否应永久保留，需要在公共安全和改过机会之间权衡。

172. 反腐败不仅依赖惩罚，也依赖公开透明的制度设计。

173. 法律教育能够帮助公民了解自己的权利和义务。

174. 政府应在保护国家安全的同时避免过度监控普通公民。

175. 有效的法律体系应既能惩罚犯罪，也能促进社会和解。

文化、旅游与个人发展

176. 传统文化需要被保护，但保护不应使文化停止发展。

177. 国际旅游促进了文化交流，同时也可能给热门目的地带来环境压力。

178. 学习历史可以帮助年轻人理解当代社会问题的根源。

179. 博物馆不应只是展示文物，还应让公众理解它们背后的故事。

180. 当地方文化被过度商业化时，它可能失去原有的意义。

181. 旅游业为许多地区创造就业，但季节性工作往往缺乏稳定性。

182. 个人成功不应只用收入衡量，也应包括健康、关系和内心满足。

183. 出国生活可以拓宽视野，但也可能带来语言和身份认同方面的挑战。

184. 体育活动能培养毅力和团队精神，而不仅仅是改善身体健康。

185. 年轻人需要尝试和犯错的空间，才能更清楚地认识自己。

186. 公共艺术可以提升城市形象，也能激发居民的归属感。

187. 文化遗产的修复应尊重历史真实性，而不是只追求商业吸引力。

188. 过度旅游会使当地居民的日常生活被外来游客打扰。

189. 阅读文学作品能够培养同理心，因为读者会进入不同人物的内心世界。

190. 成功人士的故事可以激励年轻人，但也可能制造不现实的期待。

191. 文化交流的价值在于理解差异，而不是把所有文化变得相同。

192. 志愿服务能让人们意识到个人行动也可以产生社会影响。

193. 保护少数民族语言有助于维护文化多样性。

194. 旅行如果只是为了拍照打卡，可能无法带来真正的学习体验。

195. 个人成长往往来自长期坚持，而不是短暂的热情。

196. 电影和音乐可以跨越语言障碍，连接来自不同背景的人。

197. 地方节日吸引游客的同时，也应保留社区成员的参与感。

198. 独立生活能够锻炼责任感，但年轻人也需要可获得的支持系统。

199. 文化产品出口能够提升国家影响力，但不能替代真正的国际理解。

200. 一个人的价值观往往在家庭、学校、媒体和社会经历的共同影响下形成。

第二部分：参考译文

参考译文并非唯一答案。复盘时可重点观察：主从句关系、因果逻辑、并列结构、抽象名词、被动语态和学术搭配。

教育与学习

1. An increasing number of parents send their children to private schools, but this does not necessarily mean that they will receive a better education.
2. Schools should not focus only on exam results; they should also develop students' ability to solve real-world problems.
3. If university courses place too much emphasis on theory, graduates may find it difficult to adapt to the workplace.
4. Online learning offers more opportunities to students in remote areas, but it cannot completely replace face-to-face interaction.
5. Some people believe that art courses are a waste of time; however, creativity is becoming increasingly important in modern society.
6. Governments should invest more money in improving public schools rather than merely funding a small number of elite schools.
7. Exposure to different cultures at a young age helps students develop a more open-minded worldview.
8. Too much homework may weaken children's interest in learning and even affect their physical and mental health.
9. The role of teachers is not only to transmit knowledge but also to encourage students to think independently.
10. Vocational education should not be regarded as inferior to academic education, because society also needs skilled technical workers.
11. When schools place competition above cooperation, students may become more anxious and self-centred.
12. Free university education can reduce the burden on families, but it may also put pressure on public finances.
13. Learning a foreign language not only improves employment opportunities but also helps people understand the values of other countries.
14. Before using technological tools in the classroom, teachers should receive adequate training.
15. If the education system ignores individual differences, many talented students may fail to fulfil their potential.
16. Boarding schools can foster independence, but younger students may also lack family support as a result.
17. Exams can measure certain academic abilities, but they are unlikely to assess students' character and creativity effectively.
18. Universities should not serve only the labour market; they should also encourage students to pursue knowledge for its own sake.
19. Allowing students to take part in community service can strengthen their sense of social responsibility.
20. The quality of early education often has a profound impact on a person's long-term development.
21. Although small-class teaching is more expensive, it enables teachers to pay closer attention to each student.
22. Schools should help students judge the reliability of online information rather than assume that they naturally know how to use the Internet.

- 23.** Asking children to choose a career path too early may limit the space they have to explore their interests.
- 24.** Educational equality does not mean that all students receive exactly the same resources; it means that everyone can get the support they need.
- 25.** Reading printed books may not be as convenient as using electronic devices, but it can help students concentrate better.

科技与媒体

- 26.** Social media makes it easier for people to stay in touch, but it may also reduce face-to-face communication.
- 27.** Artificial intelligence can improve work efficiency; however, it has also raised concerns about job security.
- 28.** If personal data is not properly protected, consumers' trust in digital services will decline.
- 29.** When news organisations pursue clicks, they may sacrifice the accuracy and depth of their reporting.
- 30.** Children need guidance when using smartphones rather than being completely banned from technology.
- 31.** Remote work reduces commuting time, but it also blurs the boundary between work and private life.
- 32.** Technological progress alone cannot solve social problems unless it is combined with sensible policies.
- 33.** Many applications provide personalised services by collecting data about users' behaviour.
- 34.** Online rumours spread so quickly that official explanations sometimes struggle to take effect in time.
- 35.** Digital payment is highly convenient, but excessive reliance on it may exclude older people who are unfamiliar with technology.
- 36.** Automation may replace repetitive jobs while creating new positions that require higher-level skills.
- 37.** When regulating Internet platforms, governments need to strike a balance between public safety and freedom of expression.
- 38.** Excessive screen use may affect sleep quality, especially among teenagers.
- 39.** Technology companies should take greater responsibility for the social impact caused by their algorithms.
- 40.** Virtual reality technology can enrich the learning experience, but its current cost remains relatively high.
- 41.** In an age of information overload, judging the value of information is more difficult than obtaining it.
- 42.** Online shopping promotes consumer convenience, but it also increases packaging waste.
- 43.** Technology has made international cooperation easier, thereby changing the way many companies operate.
- 44.** If people outsource all their memory to devices, their basic cognitive abilities may deteriorate.
- 45.** The digital divide is not merely a problem of insufficient devices; it also involves skills, language and Internet coverage.
- 46.** Online platforms should explain more transparently how they recommend content.
- 47.** Robots can perform dangerous tasks, thereby reducing the risk of injury for human workers.
- 48.** Media literacy education can help the public identify bias and misleading information.
- 49.** Smart cities collect large amounts of data, so strict privacy protection mechanisms must be established.
- 50.** Although technology makes life more efficient, it does not necessarily make people happier.

环境与能源

- 51.** Climate change is not only an environmental issue but also a matter of economic and social justice.
- 52.** If countries continue to rely on fossil fuels, the goal of reducing greenhouse gas emissions will be difficult to achieve.
- 53.** Individuals can protect the environment by changing their lifestyles, but the roles of businesses and governments are more crucial.
- 54.** Developing renewable energy requires upfront investment, but it can reduce social costs in the long run.
- 55.** The convenience of single-use plastic cannot offset the long-term damage it causes to marine ecosystems.
- 56.** Urban green spaces not only improve air quality but also provide recreational areas for residents.
- 57.** Overconsumption is one of the major causes of resource depletion.
- 58.** If environmental policies are poorly designed, they may place a disproportionate burden on low-income families.
- 59.** Protecting wildlife habitats is more effective than taking action only after species become endangered.
- 60.** The more convenient public transport is, the more likely citizens are to reduce their use of private cars.
- 61.** Environmental education should begin in primary school because habits are often formed in the early years.
- 62.** Many companies claim to be environmentally friendly, but consumers need to be alert to greenwashing.
- 63.** Finding a balance between economic growth and environmental protection is a major challenge for developing countries.
- 64.** Water scarcity may intensify regional conflicts, so more effective international cooperation is needed.
- 65.** Waste sorting becomes truly effective only when a supporting recycling system is well developed.
- 66.** Ecotourism can bring income to local communities, but it must avoid damaging the natural environment.
- 67.** Polluting companies should pay higher costs for the environmental damage they cause.
- 68.** Energy-efficient buildings can reduce energy consumption while improving residents' comfort.
- 69.** When addressing climate change, delaying action often makes future costs higher.
- 70.** Protecting forests not only helps absorb carbon dioxide but also maintains biodiversity.
- 71.** Agricultural production needs more environmentally friendly technologies in order to reduce pollution of soil and water sources.
- 72.** If clean energy is unaffordable, public support for the energy transition may decline.
- 73.** Governments can use taxes and subsidies to encourage companies to adopt greener methods of production.
- 74.** Restoring polluted rivers requires long-term funding rather than short-term publicity campaigns.
- 75.** The complexity of climate issues means that no single measure is likely to work on its own.

城市、交通与住房

- 76.** As urban populations continue to grow, housing affordability has become a major source of pressure for many young people.
- 77.** Urban planners should give priority to pedestrians and cyclists rather than designing roads only for cars.
- 78.** High housing prices may force low-income residents to move to areas farther away from their workplaces.

- 79.** Building more subway lines can ease congestion, but it requires substantial public investment.
- 80.** If urban expansion lacks planning, farmland and natural spaces will be rapidly encroached upon.
- 81.** Shared bicycles are useful for short trips, but disorderly parking can affect public space.
- 82.** Restricting private car use in city centres can reduce pollution and improve road safety.
- 83.** The renovation of old neighbourhoods should not focus only on appearance; it should also improve drainage, lighting and accessibility.
- 84.** If affordable housing projects are located in remote areas, they may fail to genuinely improve residents' life chances.
- 85.** The time wasted in traffic congestion can reduce the overall productivity of a city.
- 86.** Modern cities need to balance economic vitality with residents' quality of life.
- 87.** Excessive dependence on cars can make cities noisier, more crowded and more polluted.
- 88.** Public libraries and parks in cities help reduce social isolation.
- 89.** Smart transport systems can improve road efficiency, but they cannot replace long-term investment in public transport.
- 90.** A tax on vacant homes may encourage owners to put unused properties onto the market.
- 91.** The night-time economy in cities can create jobs, but it may also bring noise and public-safety problems.
- 92.** To attract talent, cities need not only well-paid jobs but also an affordable cost of living.
- 93.** Moving industrial areas out of city centres can improve air quality, but it may also lengthen workers' commuting time.
- 94.** Accessible design reflects a city's respect for older people and people with disabilities.
- 95.** If bus services are unreliable, people are unlikely to be persuaded to give up private cars.
- 96.** Large shopping centres may stimulate consumption, but they can weaken the survival space of small local shops.
- 97.** Urban renewal should avoid pushing original residents out of the communities they are familiar with.
- 98.** Reasonable parking charges can reduce unnecessary car journeys.
- 99.** In dense cities, good sound insulation and ventilation design are essential to health.
- 100.** A liveable city should enable people of different incomes, ages and backgrounds to share public resources.

工作、经济与全球化

- 101.** Globalisation has brought consumers more choices, but it has also exposed local businesses to fiercer competition.
- 102.** Flexible working arrangements can improve employee satisfaction, but managers need clear communication mechanisms.
- 103.** Minimum wage policies can protect low-income workers, provided that enforcement is sufficiently strict.
- 104.** If companies pursue only short-term profits, they may neglect employee training and innovation.
- 105.** When multinational companies enter developing countries, they should respect local labour standards and environmental regulations.
- 106.** Frequent job changes among young people do not always indicate a lack of loyalty; sometimes they are a search for more suitable development opportunities.
- 107.** Entrepreneurship can promote innovation, but the financial risks of failure should not be underestimated.
- 108.** As automation expands, lifelong learning will become necessary for workers to remain competitive.

- 109.** Diversity in the workplace helps teams solve problems from different perspectives.
- 110.** Excessively long working hours may increase output temporarily, but they can damage long-term efficiency.
- 111.** Economic growth is unlikely to gain public support if it fails to improve ordinary people's lives.
- 112.** The decline of local manufacturing may lead to unemployment and a loss of skills in communities.
- 113.** While consumers seek low-priced goods, they should also pay attention to labour conditions in the production process.
- 114.** Remote recruitment makes it easier for companies to find talent, but it also intensifies competition on a global scale.
- 115.** A widening gap between rich and poor may weaken social cohesion and generate greater political dissatisfaction.
- 116.** Governments should not attract investment only through tax incentives; they should also improve education and infrastructure.
- 117.** In an uncertain economic environment, saving and financial planning become particularly important.
- 118.** The platform economy provides flexible sources of income, but many workers in it lack basic social protection.
- 119.** Corporate social responsibility should not be merely a slogan; it should be reflected in actual business decisions.
- 120.** International trade can promote specialised production, but it also makes economies more vulnerable to external shocks.
- 121.** Barriers to women's promotion in the workplace often arise from implicit bias and childcare responsibilities.
- 122.** A shortage of technical talent can limit a country's transition to higher-value-added industries.
- 123.** When stimulating the economy, governments need to avoid imposing excessive debt on future generations.
- 124.** Stable employment can strengthen individuals' sense of security and also help with family planning.
- 125.** Global supply chains have improved efficiency, but pandemics and wars have revealed their fragility.

健康、家庭与社会

- 126.** Public health policies should focus on preventing disease rather than investing resources only after people become ill.
- 127.** A fast-paced lifestyle has led many people to neglect sleep, exercise and a balanced diet.
- 128.** Mental health problems should not be stigmatised, because they require professional support just like physical illnesses.
- 129.** Smaller family sizes mean that older people may receive less care in later life.
- 130.** Governments can encourage residents to develop healthier habits through public sports facilities.
- 131.** Food advertising has a strong influence on children's dietary choices, so moderate regulation is needed.
- 132.** The greater the pressure parents face at work, the less time they often have to spend with their children.
- 133.** An ageing society needs more community care services rather than relying entirely on hospitals.
- 134.** If a balanced diet is too costly, a healthy lifestyle becomes a privilege.
- 135.** Social loneliness may affect the immune system and mental state.
- 136.** Banning smoking in public places not only protects non-smokers but also encourages smokers to reduce tobacco use.

- 137.** Unequal distribution of medical resources can widen the health gap between urban and rural areas.
- 138.** Childhood obesity is related to family eating habits, school meals and a lack of physical activity.
- 139.** Caring for the elderly should not be seen as the sole responsibility of one family member.
- 140.** Excessive reliance on medicine may conceal problems in people's lifestyles themselves.
- 141.** Public health crises show that scientific communication and public trust are equally important.
- 142.** Mental health support services in the workplace can reduce employee burnout.
- 143.** High-quality communication among family members maintains close relationships better than simply living together.
- 144.** Children in poor areas often find it harder to access nutritious food and safe places for exercise.
- 145.** Advances in medical technology have extended life expectancy, but they have also increased pressure on pension and care systems.
- 146.** A fair division of housework helps build more equal family relationships.
- 147.** Society's narrow definition of success may place unnecessary anxiety on young people.
- 148.** Preventive health checks can detect early problems, but they may also lead to overdiagnosis.
- 149.** Community activities can strengthen trust among neighbours.
- 150.** Health should not be understood merely as the absence of disease; it also includes psychological resilience and social connection.

犯罪、法律与政府

- 151.** Severe punishment can deter some crime, but it cannot address the social causes behind crime.
- 152.** Young offenders need education and counselling, not just imprisonment.
- 153.** When making laws, governments should ensure that the voices of disadvantaged groups are heard.
- 154.** Public security cameras can help solve crimes, but they also raise privacy concerns.
- 155.** If laws are enforced unfairly, public trust in the justice system will decline.
- 156.** Reducing poverty and improving education may prevent crime more effectively than increasing the police force.
- 157.** Governments should use public funds transparently in order to reduce corruption and waste.
- 158.** Community policing helps build cooperative relationships between the police and residents.
- 159.** Cybercrime crosses national borders, so it is difficult for a single country to deal with it alone.
- 160.** Using community service for minor offences may be more constructive than short-term imprisonment.
- 161.** Freedom of speech does not mean that people can spread hatred or incite violence.
- 162.** The greater the power of government, the more necessary it is to have independent institutions to monitor it.
- 163.** People's willingness to obey the law often depends on whether they consider it fair.
- 164.** Overcrowded prisons can reduce the effectiveness of rehabilitation and increase the risk of reoffending.
- 165.** When dealing with terrorist threats, national security measures must be constrained by law.
- 166.** Governments should not simply attribute complex social problems to individual moral failure.
- 167.** Legal aid enables low-income groups to access the justice system more fairly.
- 168.** Preventing online fraud requires educating the public as well as holding platforms accountable.
- 169.** If policymaking lacks evidence, it may waste a large amount of public resources.
- 170.** When governments impose restrictions during emergencies, they should clearly explain the reasons and duration.

- 171.** Whether juvenile criminal records should be kept permanently requires a balance between public safety and opportunities for reform.
- 172.** Anti-corruption efforts depend not only on punishment but also on open and transparent institutional design.
- 173.** Legal education can help citizens understand their rights and responsibilities.
- 174.** Governments should protect national security while avoiding excessive surveillance of ordinary citizens.
- 175.** An effective legal system should be able both to punish crime and to promote social reconciliation.

文化、旅游与个人发展

- 176.** Traditional culture needs to be protected, but protection should not prevent culture from developing.
- 177.** International tourism promotes cultural exchange, while it may also bring environmental pressure to popular destinations.
- 178.** Studying history can help young people understand the roots of contemporary social problems.
- 179.** Museums should not merely display artefacts; they should also help the public understand the stories behind them.
- 180.** When local culture is over-commercialised, it may lose its original meaning.
- 181.** Tourism creates jobs in many regions, but seasonal work often lacks stability.
- 182.** Personal success should not be measured only by income; it should also include health, relationships and inner fulfilment.
- 183.** Living abroad can broaden one's horizons, but it may also bring challenges related to language and identity.
- 184.** Sports activities can develop perseverance and team spirit, not merely improve physical health.
- 185.** Young people need room to try and make mistakes in order to understand themselves more clearly.
- 186.** Public art can enhance a city's image and also inspire residents' sense of belonging.
- 187.** The restoration of cultural heritage should respect historical authenticity rather than merely pursue commercial appeal.
- 188.** Overtourism can cause local residents' daily lives to be disturbed by visitors.
- 189.** Reading literature can cultivate empathy because readers enter the inner worlds of different characters.
- 190.** Stories of successful people can inspire young people, but they may also create unrealistic expectations.
- 191.** The value of cultural exchange lies in understanding differences, not in making all cultures the same.
- 192.** Volunteering enables people to realise that individual actions can also have social impact.
- 193.** Protecting minority languages helps maintain cultural diversity.
- 194.** If travel is only about taking photos for social media, it may fail to bring a genuine learning experience.
- 195.** Personal growth often comes from long-term persistence rather than short-lived enthusiasm.
- 196.** Films and music can cross language barriers and connect people from different backgrounds.
- 197.** While local festivals attract tourists, they should also preserve the participation of community members.
- 198.** Independent living can develop a sense of responsibility, but young people also need accessible support systems.

199. The export of cultural products can enhance a country's influence, but it cannot replace genuine international understanding.

200. A person's values are often shaped by the combined influence of family, school, media and social experiences.

复盘清单

- ☐ 是否准确表达原句逻辑，例如因果、让步、递进、对比或条件？
- ☐ 是否避免了逐字硬译，而是使用自然的英文搭配？
- ☐ 是否恰当使用抽象名词，例如可负担性、责任追究、可持续性和不平等？
- ☐ 是否能把简单句升级为包含从句、分词结构或并列结构的学术句？
- ☐ 是否控制句子长度，避免过度堆砌从句导致表达不清？
- ☐ 是否注意单复数、冠词、时态和主谓一致？
- ☐ 是否积累了可迁移到大作文主体段的表达？