1. 十分荣幸我有机会竞选我们学校英语俱乐部主席。

It's a great honor for me to have a chance to run for the president of the English club in our school.

1. 因为我很外向，所以一直和他人相处得很好。

I can always get along well with others because I'm outgoing.

1. 有效组织各种各样的活动是我的另一个优点。

Organizing various kinds of activities efficiently is another advantage of mine.

1. 如果我能被选上，我将不留余力地服务我的同学们。

If I can be elected, I'll spare no effort to serve my fellow students.

1. 为了提升我们的英语并且让同学们对它感兴趣，我打算组织一些有意义的活动，包括：讲座、英语聚会、还有英语竞赛。

To improve our English and make students interested in it, I intend to organize some meaningful activities, including lectures, English parties, as well as English competitions.

1. 我真诚地希望你将会为我投票而且请相信我将会是一名合格的主席。谢谢！

I sincerely hope that you will vote for me and please believe that I will be a qualified president. Thank you.

**形容词作状语**

形容词作状语其实是同学们在高一就接触过的语法知识点，其主要功能是表达人物做某个动作的原因、结果或者伴随状态。**表原因**

1. Depressed and helpless（又沮丧又无助），Eric burst into tears.

2.Curious to know what was happening inside（很想知道里面在发生什么），Eric pushed the

door open and slipped into the house.

讲解 第1 句中，Eric 突然大哭是因为沮丧和无助，为了突出这一原因，该句使用了形容词

depressed 和 helpless 作原因状语。第2 句中，Eric 推开门溜进房子的原因是好奇，为了突出这一原因，该句使用了形容词结构 curious to do...作原因状语。

**表结果**

1.Eric finally made it to the top of the mountain，hungry but excited（饥饿但却兴奋）.

2.Eric was encouraged by the teacher's smile， full of confidence in his plan（对计划充满了信心）

讲解 第1句中，Eric 最后登上山顶时的状态是饥饿但兴奋，为了表达这一结果，该句使用了形容词 hungry 和 excited 作结果状语。第2句中，Eric被老师微笑鼓舞后的情绪是充满了信心，为了表达这一结果，该句使用了形容词结构 full f confidence. 作结果状语。

**表伴随**

1. Deep in thought（沉思），Mary sat still against the door.

2.Lost in the forest（迷失在森林之中），Mary lay under a tree， full of fear and despair（充满恐惧和绝望）

讲解 第1句中，Mary一动不动地靠门坐着的同时状态是沉思，为了表达这种状态，该句使用了形容词结构 deep in thought 作伴随状语。

第 2句中，Mary 躺在树下的原因是在森林中迷路了，为了表达这个原因，该句使用了形容词结构 lost in the forest 作伴随状语;同时，她躺在树下时内心充满了恐惧和绝望，为了表达这种情绪状态，该句又使用了形容词结构 full of fear and despair 作伴随状语

1. 回答不出老师的问题，学生们都保持沉默。

Unable to answer the teacher's question, all the students kept silent.

1. 在我回家的途中，我看到一个中年男子躺在路边，烂醉如泥。

On my way home, I saw a middle-aged man lying by the roadside, dead drunk.

1. 因为害怕挨骂，Eric起了逃学的念头。（逃学：play truant）

Afraid of being scolded, Eric thought of playing truant.

1. 他躺在床上，睡不着，听着外面呼啸的风声。

He was lying in bed, awake, listening to the roaring wind.

1. Mary 满脸通红、气喘吁吁地从大门口跑了进来。（通红的：flushed ）

Flushed and breathless,Mary bounded in through the gate.

1. Jack 在他的房间里来回踱步，陷入了深思。

Jack paced up and down in his room, deep in thought.

1. 在直升飞机的帮助下，Mary安然无恙地出了森林，见到了她的丈夫。

With the help of the helicopter, Mary got out of the forest and saw her husband, safe and sound

1. 困在迷雾中，我什么也做不了，只能哭泣，无助又失落。

Trapped in the dense mist,I could do nothing but burst into tears,helpless and disappointed.

1. 他们同意再也不够架了，决心要过上最充实的生活。

They agreed never to quarrel again, determined to live the life to the fullest.

1. 我转过身来面对她，准备好了让她看到我眼中的愤怒和失望。

I turned over and faced her, ready to let her see the anger and disappointment in my eyes.

1. Lucy 道款说∶"对不起。"满脸羞愧和自责。

"Sorry," apologized Lucy, shame-faced and self-condemned.

1. 又绝望又疲惫，Jane 跪了下来，眼泪顺着她的脸颊流了下来。

Desperate and exhausted,Jane knelt down, with tears rolling down her cheeks.

1. Lucy 犹豫了，不知道怎样回答才能既诚实又婉转。

Lucy hesitated,uncertain of how to combine honesty and diplomacy in her answer.

1. 他们一言不发地听着，都知道安慰她只会让她更生气。

They listened in silence,aware that any attempt to calm her would only increase her annoyance. Harry.

1. 很好奇，想知道商店里的人群在看什么，于是便挤了进去。

Curious to know what the crowd in the shop was staring at, Harry edged his way inside and squeezed in.

1. 周六晚上在学校礼堂举办了一场中国古典音乐会。

A Chinese classical music concert was held in the school hall on Saturday night.

1. 一个著名乐队演奏了许多古代音乐家的杰作，比如《高山流水》和《阳春白雪》。

Many masterpieces of ancient musicians, such as High Mountain and Flowing water and The Spring Snow, were played by a famous band

1. 在音乐会中，在场的学生感受到了山、水、冬雪、丝竹，还有无尽的生命的呼唤在空中流动。

The students present felt the mountain, the water, the winter snow, the silk bamboo and the endless call of life flowing in the air at the concert.

1. 这次音乐会真的很受学生的欢迎，特别是那些热爱古典音乐的同学。

 The concert was really popular with the students, especially those who love Chinese classical music.

1. 很多同学说他们会将古典音乐传承下去并且期待下一次的音乐盛宴。

Many said that they would pass on the traditional music and look forward to the next music feast.

**非谓语having done**

非谓语动词having done**表示分词动作发生在谓语动词之前**，常译为"在…之后;已经…了"，表先后。

1. Having walked for quite a long time（已经走了很长一段时间了），she found herself lost.
2. Having ailed three times（已经失败了三次），he didn't want to try again.

讲解 第1句中，在发现自己迷路之前，她已经走了很长一段时间了，为了表示 walked for quite a long time, 在 found herself lost 之前发生，该句使用了非谓语动词结构 having walked第2句中，在不想再尝试之前，他已经失败了三次，为了表示 failed three times在 didn't want to try again之前发生，该句使用了非谓语动词结构 having failed。

1. 在家整整复习了一个周末，他满怀信心地期待即将到来的考试。

Having reviewed his lessons for a whole weekend at home, he expected the coming exam with confidence.

1. 她接连经历了那么多次失败后，终于振作起来了。

Having experienced so many failures one after another, she finally picked herself.

1. 在银行排队等了一个小时后，这个女人变得不耐烦，然后离开了。

Having waited in line for an hour at the bank,the woman grew impatient and left.

1. 她在街上漫无目的地逛了好几个小时，感到有点饿，想吃点东西。

Having wandered aimlessly in the street for hours, she felt a little hungry and wished for something to eat.

1. 向邻居们打了招呼后，我们开始搭起崭新的帐篷。

Having greeted our neighbors; we began to set up our brand-new tent.

1. 说出真相后、他心里轻松了很多、心情放松地回家了。

Having told the truth,he felt easier in his mind and returned home with a lighter heart.

1. 做好充分的准备后，她站在窗边，期待着女儿的到来。

Having made full preparations, she stood by the window, expecting the arrival of her daughter.

1. 为了给裁判留下好印象，我花了很大力气，因此当知道自己没有赢的时候我很失望。

Having made a huge effort to impress the judges, I was rather disappointed on knowing that I didn't win.

1. 得到了我会在家里好好照顾母亲的承诺后，爸爸放心地把行李放进了他的后备厢。

Having gotten my promise of taking good care of my mother at home,my father rested assured and put his luggage into the trunk of his car.

1. 因为承诺了五点之前我们一定到那儿，所以当车抛锚的时候，我非常慌张。

 Having promised that we would get there before five,I was seized with panic when the car broke down.

**非谓语doing / done**

非谓语动词 doing 和done作状语时，主要表示原因、结果或伴随状态。doing 形式所表达的动作与主语之间构成逻辑上的主谓关系、done 则构成被动关系。**表原因**

1. Recognizing who the customer was（认出了这位顾客是谁），the manager was most apologetic

and reprimanded the assistant severely.

1. Seeing what I did（看到了我的所作所为），my mother frowned as if to ask me to stand up quickly.
2. Scolded by the teacher（被老师责骂），he burst into tears.

讲解 第1句中，经理道歉是因为认出了这位顾客是谁，为了表达这个原因，该句使用非谓语动词结构 recognizing.作原因状语。第2句中，妈妈因为看到"我"的所作所为才皱起眉头，为了表达这个原因，该句使用非谓语动词结构 seeing..作原因状语。第3句中，他因为被老师责骂所以才大哭，为了表达这个原因，该句使用非谓语动词结构 scolded..作原因状语。

**表结果**

1.His father died，leaving him a lot of money（给他留下了一大笔钱）.

2. Everything around him was full of her presence，continually reopening the wound（不断重揭伤疤）

详解 第1句中，他爸爸死后给他留下了一大笔钱，为了表达这个结果，该句使用非谓语动词结构 leaving..作结果状语。第2 句中，他周围的一切都有她的影子，带来的结果就是他内心的那道伤口一次次被触痛，为了表达这个结果，该句使用非谓语动词结构 reopening…作结果状语。

**表伴随**

1Ayoung man came to the police station，surrounded by a group of journalists（被一群记者围着）

2.Ignoring her words（忽略她的话），the man walked away quickly.

讲解 第1句中，年轻人到警察局时的状态是被一群记者围着，为了表达这种伴随状态，该句使用非谓语动词结构 surrounded..作伴随状语。第2句中、那个男人走开的同时忽略了她的话，为了表达这种伴随状态，该句使用了非谓语动词结构 ignoring..作伴随状语。

1. 我小心翼翼地打开信，希望能找到一些有关钱包主人身份的线索。

I opened the letter carefully, hoping for some clue to the identity of the owner of the wallet.

1. "当然有圣诞老人啊"，奶奶说道，一边用手指拨弄着我的头发。

"Of course,there is a Santa Clause."Grandma said,stroking her fingers through my hair.

1. 她感到累极了，坐在溪边，让疼痛的双脚放松一下。

She felt exhausted and sat by the stream,resting her aching feet.

1. 她穿着圣诞老人的服装，悄悄溜进房间，没有被看到。

Dressed in a Santa Claus costume, she slipped into the room without being noticed.

1. Jane 觉得冷得无法忍受，精疲力竭，完全不知道该如何应对这种可怕的情况。

Feeling unbearably cold and extremely exhausted, Jane was quite at a loss as to how to cope with the terrible situation.

1. Ronny 沉浸在强烈的恐惧感中，一句话也说不出来。

Immersed in a strong sense of scare,Ronny couldn't utter a single word.

1. 他屏住呼吸，尽力不发出任何声音，免得让人知道他来了。

He held his breath,trying to not make the slightest sound that might betray his presence.

1. 好奇心切，她从河岸边跑开，穿过田野去追兔子。

Burning with curiosity, she ran away from the riverbank and across the field to chase after the rabbit.

1. 他痛苦地喘着气，强迫自己站了起来，迈着缓慢的步子，摇摇晃晃地开始走。

Gasping with pain,he forced himself to his feet and with slow,shaky steps, began to walk.

**with 复合结构**

with复合结构可以表示原因、结果或伴随状态。

1.She fell seep with the light burning（灯亮着）.

2.With all the things bought（东西买齐），they headed for the church.

讲解 第1句中，她睡着的同时灯亮着，为了表达这种伴随状态，该句使用了with复合结构with..burning 作伴随状语。第2句中，因为东西都买齐了，所以他们朝教堂走去，为了表达这个原因，该句使用了 with复合结构 with..bought 作原因状语。

1. 女孩微笑着，长发在微风中飘动。

The girl smiled with her long hair flowing in the breeze.

1. 他的妻子伤心极了，眼里满是泪水。

His wife was in deep sorrow with her eyes filled with tears.

1. 他又沮丧叉低落，低着头，走在队伍的最后。

Depressed and low-spirited,he walked at the end of the line with his head drooping.

1. 他聚精会神地听着，咬着嘴唇，眼睛盯着地板。

He listened with close attention,biting his lips and staring at the floor.

1. 天亮时 Jane 醒了，觉得头晕晕的。

It was daybreak when Jane woke up with her head spinning.

1. 意外毁了他的计划、他愤怒地大叫了一声。

With his plan ruined by the accident, he let out a cry of anger.

1. 我们学校英语俱乐部将于三月十日19时在学校礼堂举办一个传统中国美食聚会。

Our School English Club is going to hold a traditional Chinese food party in the school hall at 19: 00 on March 10th.

1. 这次活动的目的是向我们学校的外国学生介绍传统中国美食，所有留学生都会被邀请。

The aim of the activity is to introduce traditional Chinese food to the foreign students in our school, all of whom will be invited.

1. 希望每个人都能带一种传统中国美食。并且每个人都应该用英语流利地介绍食物。

Each member is expected to bring a kind of traditional Chinese food. And each one is supposed to introduce the food in English fluently.

1. 带着美味的中国食物加入我们并展示你优秀的英语吧！

Join us with your delicious Chinese food and show your excellent English!

1. 希望每个人都能加入并且玩得开心！

Hope everyone can join in and have fun!

**倒装结构**

倒装是英语中一个重要的语法知识点，用于表示一定的句子结构或强调句子成分。倒装句的使用丰富了语言表达，让句式更加多样。因此，写作中适当用一些倒装句式会使文章的表达更生动、有力、让阅卷老师眼前一亮。

**部分倒装表情绪**

1. During the exam.so nervous was I（我太紧张）that my mind went blank.
2. So excited was he（他太激动了）that he couldn't go to sleep.

讲解 第1句中。"我"太紧张了，考试的时候脑子一片空白，为了强调这种情绪，该句使用了so ... that 倒装结构。第2句中，他太兴奋了以至于无法入睡，为了强调这种情绪，该句也同样使用了so...that 倒装结构。

**部分倒装强调动作发生的时间**

I.Not until the fire die out did he wake up（他才醒来）.

2.Not until he climbed into bed was he free to think about it（他才有空好好想一想）.

讲解 第1句中，直到火灭了他才醒来，为了强调他醒来的时间，该句使用了not...until倒装结构。第2句中，他直到爬上了床才有时间来好好想一想，为了强调动作发生的时间，该句也同样使用了 not.until 倒装结构。

**Day 23**

**全部倒装**

1. Now comes your tun（现在轮到你了）to make a short speech.
2. On the top of the mountain sat a giant man（坐着一个巨人）.

讲解 第1句中，现在轮到你来做一个简短的演讲了，为了强调现在轮到你了、该句使用了now 引导的全部倒装结构。第2句中，山顶上坐着一个巨人，为了强调地点，该句使用了介词短语on the top of引导的全部倒装结构。

**Such位于句前作表语**

1. Such was Albert Einstein（这就是阿尔伯特·爱因斯坦），a simple man and the 20th century’s greatest scientist.

2.Such is our home（这就是我们的家）in the future.

讲解 第1句中，这就是阿尔伯特·爱因斯坦，一个朴实的人，也是20世纪最伟大的科学家，为了突出强调 Albert Einstein，该句使用了such 引导的全部倒装结构。第2句中，这就是我们未来的家，为了突出强调 our home，该句使用了such引导的全部倒装结构。

1. 黑暗中传来一个他从来没有听过的声音。

Out of the darkness came a voice he had never heard before.

1. 我震惊得睁大眼睛，目瞪口呆。(so...that...)

So shocked was I that I was dumbfounded with my eyes wide open.

1. 这就是"有志者事竟成"这个真理。(such...that...)

Such is the truth that where there is a will, there is a way.

1. 他非常绝望，借酒消愁。(so...that...)

So desperate was he that he drowned his sadness.

1. 沉默之后，响起一阵掌声。

A storm of applause came after silence.

1. 直到失去所有的财产，他才意识到自己被骗了。(It is/was not until...that...)

It was not until he had lost all his possessions did he realize that he was cheated.

1. 他的脑中闪过一位英雄战士的形象。

Through his mind flashed the image of a heroic fighter.

1. 直到那只兔子完全消失在我们的视线中，我们才不追了。

Not until the rabbit got completely out of sight did we stop chasing after it.

1. 站在前门的是 Jane 的丈夫、他在找不到 Jane 的时候非常焦急。

At the front door stood Jane's husband who suffered great anxiety when she was no where to be found.

1. 她心事太重，因此没听到妈妈的问题。

So busily engaged was her mind that she failed to hear her mother's question.

1. 他僵硬的脸上有一种恐惧和仇恨的表情。

On his rigid face there stood an expression of horror and hatred.

1. 直到那时 Megan 才说出了困扰她一整天的事。

Not until then did Megan poured out what had been disturbing her the whole day.

1. 他的吼叫声实在太猛烈、太可怕，吓得小猫从他身旁跳开了。

So fierce and dreadful was his roar that the cat jumped away from him in alarm.

1. 在她的前面是另一条长长的通道，她正好看到兔子匆匆向远处跑去。

In front of her was another long passage and she just managed to catch sight of the rabbit hurrying down it.

1. 这就是成功的秘诀，多一点点努力．多一点点决心，你就能创造出多一点点的奇迹。

Such is the key to success—a little bit more efforts and determination will create a little bit more miracle.

1. 考虑到你对中国文化很感兴趣，我想邀请你去欣赏我们学校的中国画画展。

Considering you're interested in Chinese culture, I'd like to invite you to appreciate our Exhibition of Traditional Chinese Painting.

1. 中国画可以追溯到六千年以前，而且它通常包括人物画、花鸟画和风景画——描绘的是山水的自然风景。

Traditional Chinese Painting can date back to six thousand years ago and usually contains figure paintings, flower­and­bird paintings and landscapes—describing the natural scenery of mountains and rivers.

1. 为了促进传统文化发展，丰富我们学生的课余时间，画展将会在这周五下午两点在学校学术厅举办。

In order to promote and develop our traditional Chinese culture and enrich us students' spare time, the exhibition is to be held at 2 p.m. this Friday in the school lecture hall.

1. 不要错过这次获得更多中国文化知识的好机会哦！非常期待你的来临！

Don't miss the good chance of obtaining further knowledge of Chinese culture. I'm looking forward to your coming with great pleasure.

**虚拟语气**

虚拟语气主要用来表示假设，所陈述的是一个条件，不一定是事实，也有可能与事实完全相反。虚拟语气通过谓语动词的特殊形式来表示，常用来表达惊异、惋惜、遗憾、理应如此等含义，在写作中可以用来表达比较强烈的感情。**没有…的话，某人就……Without…, sb.would/ But for, sb. would**

1. Without your advice, I wouldn't have succeeded.

2.But for your instruction,I would not have made such great progress.

讲解 第1句中，如果没有你的帮助，我就不会成功，为了突显前后逻辑关系，该句使用了without 引导的虚拟语气。第2句中，如果没有你的指导，我就不会取得如此大的进步，为了突显前后逻辑关系，该句使用了but for 引导的虚拟语气。

**希望… wishing…**

1.He sat there, wishing he had stayed at home then.

2.He turned over the photo album, wishing that he had joined the party last night

讲解 第1句中，他坐在那里，真希望自己当时待在家里，为了表达这种遗憾的情绪，该句使用了 wishing 引导的虚拟语气。第2句中，他翻看相册，真希望自己也参加了昨晚的派对，为了表达这种遗憾的情绪。该句使用了 wishing 引导的虚拟语气。

**但愿; 只要;如果就好了lf only**

1. If only I were as clever as you.

2. If only I would get the scholarship.

讲解 第1句中，要是我和你一样聪明就好了，为了表达这种渴望的情绪，该句使用了ifonly 引导的虚拟语气。第 2句，要是我能拿到奖学金就好了，为了表达这种渴望的情绪，该句使用了if only 引导的虚拟语气。

**如果再有一次机会，我会Given one more chance，I would...**

1. Given one more chance,I wouldn't let my parents down.

2.Given one more chance,I would definitely make it better.

讲解 第1句中，如果再给我一次机会，我不会让父母失望，为了表达这种渴望情绪，该句使用了虚拟语气 Given one more chance，I would...第2句中、如果再给我一次机会，我一定会做得更好，为了表达这种渴望再来的情绪，该句使用了虚拟语气 Given one more chance，I would...

1. 如果我多等一分钟、我就坐上汽车了。

If I had waited for one more minute,I would have caught the bus.

1. 如果我们中有更多人看重家庭而不是金钱，这个世界就会更美好。

If more of us valued family above money, it would be a better world.

1. 如果没有挫折，我们的人生就不会充满精彩的故事。

Without setbacks, our life would not be filled with wonderful stories.

1. 他无法想象如果 Henry 不来救他，会发生什么。

He couldn't imagine what would have happened if Henry hadn't come to his rescue.

1. 要不是 Mr.Rowe 的耐心和鼓励，Steve 是无法最终实现他的梦想的。

Had it not been for Mr. Rowe's patience and encouragement, Steve wouldn't have achieved his dream at last.

1. 如果妈妈没有那么健忘的话，我们就不用再回去取东西了。

Had mom not been that forgetful, it would have saved us the trouble of going back again to fetch things.

1. Steven道尬地低下头，真希望刚才没有口误。

Steven lowered his head with embarrassment, wishing he hadn't made that slip of tongue

1. 要不是这次经历，我就不会意识到我应该花更多的时间和家人在一起。

But for this experience,I wouldn't have realized that I should spend more time with my family

1. 再给我一次机会的话，我不会再以外貌来判断一个人。

Given one more chance, I wouldn't have judged a person by his appearance.

1. "要是我当初听取了妈妈的建议该多好!"小女孩低声对自己说。

If only I had listened to my mother's advice!" the little girl whispered to herself.

1. 要是没有 Eric 当时的鼓励，我可能接下来的一天都仍然沉浸在悲伤的情绪里。

Without Eric’s encouragement, I would have been immersed in sorrow for the rest of the day.

1. 如果没有这些钱，这个人可能会一整晚挨饿，失去对生活的希望。

Without this money, the man might have starved the whole night and lost hope for life.

1. 如果再给我一次机会，我会毫不犹豫地与他分享我的食物。

Given one more chance,I would share with him my food without hesitation.

1. 如果我没有和Tom 吵架。就不会被困在这个可怕的地方，面临死亡的危险。

Hadn't I quarreled with Tom.I wouldn't be trapped in this awful place, confronted with the danger of death.

1. 伙伴们都在到处跑着，玩得很开心，可Susan却独自坐在草坪上，希望自己此刻在家里。

Her companions were running about enjoying themselves.but Susan sat alone on the grass, wishing she were at home this moment.

1. 了解到你对中国春节感兴趣，我感到很高兴。我写信是为了告诉你一些关于春节的信息。

I’m glad to learn that you are interested in Chinese Spring Festival. I am writing to tell you something about it.

1. 春节是中国最重要的节日。 它从农历的第一天开始持续到元宵节。

The Spring Festival is the most important festival in China. It falls on the last day of the lunar year and lasts until the Lantern Festival.

1. 在春节来临之前，人们会打扫并且装饰自己的房子，以来迎接春节。

Before the festival comes, people clean and decorate their houses to welcome the New Year.

1. 在除夕当天，人们常常聚集在一起看电视，并且吃着美味的食物。

On New Year’s Eve, people usually get together to watch TV while eating delicious food.

1. 在春节期间，人们挨家挨户地去拜访他们的亲朋好友。

During the festival, people go from house to house to pay a visit to their relatives and friends.

1. 我非常喜欢春节，因为我可以从父母和亲戚那里得到红包。你认为春节如何呢？

I like the Spring Festival very much because I can get lucky money from my parents and relatives. How do you like the Spring Festival?

**名词性从句**

名词性从句是在句子中起名词作用的从句，是高中阶段所学的三大从句（定语从句、状语从句、名词性从句）之一。使用名词性从句可以使表达更加丰富、地道。在读后续写中经常用到的两类名词性从句是it作形式主语的主语从句以及同位语从句。

**主语从句，真正的主语在 that 后**

1. It suddenly occurred to him that the family inside was in danger.
2. It hit me all of a sudden that I had forgotten her birthday.

讲解每第1句中、他突然想到里面那家人有危险，为了避免头重脚轻，该句使用了it 作形式主语的名词性从句，真正的主语为 the family inside was in danger。第2句中，我突然想到我忘了她的生日，为了避免头重脚轻，该句使用了it作形式主语的名词性从句，真正的主语为I had forgotten her birthday。

**同位语从句对前面的抽象名词进行解释说明**

1. The fact that she didn't like me really hurt me.
2. They were shocked at the news that their hometown had been flooded.

讲解 第1句中，她不喜欢我这个事实真的伤害了我，为了解释说明 the fact，该句使用了同位语从句 that she didn't like me。第2句中，他们对家乡闹洪灾的消息感到震惊，为了解释说明 the news，该句使用了同位语从句 that their hometown had been flooded。

1. 我突然想到她可能是在撒谎。

A thought suddenly occurred to me that she might be lying.

1. Harry完全不知道他们在说什么。

Harry doesn't have the slightest idea what they are talking about.

1. 我从未想到我们学校的篮球队会在决赛中败北。

I never occurred to me that the basketball team of my school would be defeated in the final.

1. 他们应该再次尝试的想法值得考虑。

The idea that they should try a second time is worth considering.

1. 我们一起来讨论这个话题的主意真是让我松了一口气。

 The idea that we discuss the topic together is really a relief to me.

1. 我突然意识到，与另一支队伍比赛是一个很好的学习机会。

It struck me all of a sudden that playing against the other team is a great learning opportunity.

1. 尽管训练生活很辛苦、但我珍惜每一个幸福时刻。

I enjoy every happy moment despite the fact that training life is really difficult.

1. 他竞赛获得一等奖的消息传来，我们又高兴又激动。

Word came that he had won the first prize in the competition, making us delighted and excited.

1. 她突然想到她妈妈到现在还完全不知道发生了什么事。

It occurred to her that her mother was still ignorant of what had happened.

1. 一想到她的努力可能会付之东流，她就悲痛难忍。

She is seized with sorrow at the thought that her efforts might be in vain.

1. 我突然意识到，金钱无法弥补过去五年里他所遭受的苦难。

It suddenly dawned on me that money couldn't make up for what he had suffered in the past five years.

1. 想到我们可能在这样的黑暗中迷了路，我吓得浑身发抖。

The thought that we might have got lost in such darkness sent shivers down my spine.

1. Jack 脑海里涌起一个可怕的想法，这个人可能会为了偷房子里的贵重物品而伤害这个家庭。

The awful thought crowded in Jack's mind that the man could probably do harm to the family in order to steal precious belongings in the house.

1. Jack突然想到一个主意，他可以扔一些石头到房子里，把这家人吵醒。

An idea flashed into Jack's mind that he could wake the family by throwing some stones into the house.

1. 我接受了父亲的建议，要成为一名医生，虽然我对这样的前途毫无把握。

I accepted my father's suggestion that I should become a doctor, though the prospect I’m not sure at all.

1. 最近的调查显示，大约有三分之二的高中生视力不好，什么导致了这一问题呢？

A recent survey has revealed that roughly two out of three high school students have poor eyesight.What has caused the problem?

1. 很多的原因导致了这一现象。我们花很多时间阅读和写作，这让我们的眼睛很难得到有规律的休息。另外，有一些学生有不好的阅读习惯，比如在床上看书，甚至太久盯着手机屏幕。

There are various reasons for this.We spend a large amount of time (in) reading or writing，which makes it hard for our eyes to get regular breaks.Additionally，some students have bad reading habits like reading in bed or even focusing on the phone screen for too much time.

1. 所以，我们必须采取一些措施来保护我们的眼睛。首先，不要忘记在学习的中途休息；其次，看绿色的树或者做眼保健操有助于放松我们的眼睛；最后，去户外，到阳光下去玩也对我们有益。

So some measures must be taken to protect our eyes.First of all，don’t forget to rest during the middle of our study.What’s more，it’s helpful to relax our eyes by seeing green trees or doing eye exercises.Last but not least，going outdoors and enjoying ourselves in the sun will also be beneficial to us.

**拓写**

扩写是指在主干的基础上添枝加叶，让句子内容更丰富，句子表达更形象。扩句包含局部扩句法和整体扩句法。

**方法一：局部扩句，构思微句。**局部扩句是指根据表达的需要，在句内添加状语、定语、补语等连带成分，使句子的意思更具体，更充实。

经典案例1 Hearing the news, Tom jumped with extraordinary joy.
**【案例解析】**该句主句为Tom jumped,但在添加Hearing the news, with joy状语成分后便能体现Tom jumped的时间和心情。扩句的状语形式主要有分词作状语，状语从句，介词短语。

经典案例2 The young girl with long black hair seems to be very happy.
**【案例解析】**该句主句为 The girl seems to be very happy.但在主语girl前后分别添加young和with long black hair作定语后便能更形象地描写the girl的特征。定语扩句的主要方式有使用定语从句，分词作定语和介词短语。

经典案例3 Indian has a national festival to honor Mohandas Gandhi,the leader who helped gain India's independence from Britain.
**【案例解析】**该句主句为 Indian has a national Festival to honor Mohandas Gandhi.但在Mohandas Gandhi 后添加补语 the leader who helped gain India's independence from Britain 后便更具体地描写Mohandas Gandhi.补语扩句的主要方式是使用形容词和副词，名词短语，同位语从句。

**方法二：整体扩句。**

整体扩句指的是深入解读前句，利用顺承递进、转折和因果关系写出后句，使得句意表达更丰富，更形象。
**（1)顺承递进式扩句**
经典案例 Mei Yingni is very gentle to her desk-mate and she always speaks softly to him.
【案例分析】该并列句前句描写Mei Yingni对她的同桌非常友好，增添speaks

 softly to him便更能说明对同桌友好的表现形式，使得描写更具体。顺承关系续写方式主要有：①and连接两个连贯动作递进式；②连词after表明动作先后关系；③having done sth.表示动作先后关系；④with sth.done结构表动作已完成。递进关系续写方式主要有：not only...but also; more...than; instead of...;  additionally;

furthermore等表递进关系的连词和介词。

1. **转折关系式扩句**
经典案例Tim was a good student in the teachers' eyes, yet he never likes any teacher's class.
**【案例解析】**该并列句前文讲述Tim原来是老师眼里的好学生，但现在发生了变化，故用yet来表示转折。此外，表示转折的词还有：but, however, although,

though, while等。

**方法三：因果关系式扩句**
经典案例But in my inner heart, it seemed as if I were on top of the world because I have contributed something to achieve the old man's canoe dream.
【**案例分析**】该主句讲述了我内心的快乐，because引导的原因句式阐述了我内心快乐的原因，因而让内容表述更具体。因果扩句的方式有：①原因扩句：because,since,as,so,due to,because of etc. ②结果扩句：so that,only to find,which 引导非限制性定语从句，doing结构表示结果；③解释扩句：that is, in other words,etc.
技能训练

1. 邓亚萍，1973年出生于河南，是奥运会乒乓球冠军。

Born in Henan Province in 1973, Deng Yaping is an Olympic World Champion in table tennis.

1. 我们都知道邓亚萍从小就酷爱乒乓球，梦想着将来走向世界赛场。

As is known to all, crazy about playing table tennis since she was a child, Deng Yaping dreamed of competing around the world one day.

1. 她曾经因个子矮而被国家队拒之门外。但是她不仅没有放弃，反而苦练球技，最终站在了世界领奖台（podium）上。

Due to her short height, she was rejected from the national team. Even so, she was not discouraged but turned the failure into motivation. Hard work pays off. After persistent efforts, she eventually stood on the world champion's podium.

1. 我们应该向邓亚萍学习并尽力去完成我们要做的事情。只要我们努力学习，永不放弃，我们就一定能实现我们的目标。

What Deng Yaping has done sets a good example for us: only by perseverance can we finally achieve our goals. As the saying goes, where there is a will there is a way.

**情绪类句子翻译练习**

1. 听到这个消息，她陷入极度的悲伤之中。

Hearing the news, she was totally overwhelmed by grief.

1. Kathy 一看到熟悉的字迹，便热泪盈眶。

At the sight of the familiar handwriting,tears welled up in Kathy's eyes.

1. 看到信的结尾，她再也抑制不住内心的悲伤，潸然泪下。

Seeing the ending of the letter,she couldn't contain her sorrow and tears rolled down her cheek.

1. 一想到这个，Lucy 嘴角露出了久违的笑容。

A the thought of this, a long-expected smile flickered across Lucy's lips.

1. 一走进屋，Steve 的心就沉下去了。

Steve's heart sank when he stepped into the room.

1. 在回家的路上，爸爸紧紧地拉着我，眉头紧皱。

On our way back home,my father,holding my hand tight, worn a big frown.

1. 我充满困惑地看向面无表情的老师。

Confused. I glanced toward the stone-faced teacher.

1. 我盯着屏幕，环磨着老师说的到底是哪一个。

I stared at the screen, wondering which one my teacher meant.

1. 几周后，站在一群陌生的同学面前，我彻底迷茫了。

Weeks later.standing before a group of strange classmates,I was totally lost.

1. 我放低卷子，坐在桌边，迫切地想找出我到底哪里做错了。

I lowered the test paper and sat down at my desk,burning to find out what I had done wrong.

1. 难过但不惧怕，我决定要改变这一切。

Heartbroken but fearless, I decided to turn everything around.

1. 我笑了，回想起这学期最开始那个让人尴尬的一刻。

I smiled and flashed back to the embarrassing moment at the beginning of the term.

1. 当他意识到父亲为他付出了多少爱的时候，一股暖流涌上心头。

A warm current welled up in his heart the moment he realized how much love his father had devoted to him.

1. 他身心俱疲。

He was physically and mentally exhausted.

1. 旁观的人们欢呼起来，Marry 开始喜极而泣。

The on-looking crowd cheered and Marry began to shed tears of joy.

1. 他回到了房间，眼泪不由自主地流了下来。

He returned to his room, tears rolling down beyond control.

1. 他羞愧难当，满脸通红，趁人不注意溜了出去。

His face flamed with shame and he stole out without being noticed.

1. 突然，我羞愧得哑口无言。

Shame suddenly silenced me.

1. 他眼含笑意，看着鹿往上爬，直到消失在远方。

With joy in his eyes, he watched the deer climb up until it disappeared in the distance.

1. 当她得知自己被录取的时候，她无法掩饰内心的兴奋之情。

She could hardly conceal her excitement the moment she knew she was admired.

1. 她感到很激动，立刻拿出手机，迫不及待地告诉她的朋友这次经历。

Feeling excited,she instantly took out her phone, eager to tell her friends the experience.

1. 我自信且骄做地走进体育馆，期待着为自己近期的胜利再添一冠。

Confident and proud, I walked into the stadium expecting to add another crown to my recent success.

1. 当他认真倾听时，一股悲伤涌上他的心头。

A surge of sadness welled up in him as he listened attentively.

1. 尽管这个学生既图感又生气，他还是服从了。

Puzzled and angry though the student was,he obeyed.

1. 随着时间流逝、愧疚感强烈到让人无法承受。

As time passed by, the guilt became too much to bear.

1. 我安静、快乐、耐心地看着眼前的太阳描绘出崭新的一天。

I was quietly joyfully and patiently watching as the sun painted a brand-new day.

1. 这幅画让我落泪，因为我想起了我对爸爸来说是多么的重要。

That picture brought tears to my eyes,as I remembered how much I meant to my father

1. 听到爸爸要带她去迪士尼的消息，小女孩欣喜若狂。

The little girl went wild with joy at the news that her father would take her to the Disneyland

1. 不知为什么，她的声音中明显地透露着开心。

Somehow, there is apparent pleasure in her voice.

1. 当我关注过程的时候，我的担心逐渐消失了。

My worries faded away when I focused on the process.

1. 在我的生命中有很多人给我留下了深刻的印象，但是，在我眼中，给我留下最深刻印象的人是我的英语老师，赵老师。

During my life there are many people who impressed me deeply. But my English teacher Miss Zhao is the most impressive woman in my eyes.

1. 赵老师是一个热心肠的人，脸上挂着迷人的笑容。作为一个老师，她总是(准备好)帮助有需要的同学。

Miss Zhao is a warmhearted lady with a charming smile on her face. As a teacher, she is ready to help those students in need.

1. 另外，她对我们很严格，对工作也很负责任。

Besides, she is strict with us and responsible for her work.

1. 这样的事例不胜枚举：她经常在忙碌了一天的工作之后，工作到很晚来批改我们的作业。

There was story after story of how Miss Zhao, tired after a day’s work, went late at night to grade our papers.

1. 在她的引领下，我变得对英语有兴趣了。没有她的帮助，我就不可能取得这么快的进步。

Under her guidance, I became interested in English. Without her help, I couldn’t have made rapid progress.

1. 这就是赵老师，她是一个优秀的老师，给我留下了深刻的印象，赢得了我的尊重。

Such is Miss Zhao, an excellent teacher who makes a deep impression on me and wins my respect.

**动作类句子翻译练习**

1. 老师满意地点了点头，朝他竖起了大拇指。

The teacher nodded with satisfaction and thumbed up at him.

1. 下班后，Kathy 赶去火车站，却被告知她已经误了火车。

After work,Kathy hurried to the train station, only to be told that she had missed the train.

1. 她用轻微颤抖的手打开了礼物。

She opened the gift with her hands shaking slightly.

1. 我弯下腰，给这个可怜的小男孩一个拥抱，又轻轻地吻了吻他的额头。

I bent myself down.gave this poor boy a warm hug and kissed him gently on his forehead.

1. 我瞄了一眼教室，却发现同学们都面露微笑，眼含泪水。

I glanced around the classroom, only to find my classmates bearing big smiles on their faces and tears in their eyes.

1. 别无选择，我只能举起我好不容易写出来的报告，希望把自己藏起来。

Having no choice,I slowly raised the report I had slaved over,hoping to hide myself.

1. 在这个学年剩下的时间里，我全身心地投入到了学习中。

I devoted myself completely into study for the rest of the school year.

1. 每次Ann 路过这个百售商店时，她都会停下来，跑到橱窗前，眼巴巴地看着店里的洋娃娃。

Every time Ann passed the department store,she would stop,run to the showcase and gaze at the dolls inside the shop longingly.

1. 当我讲故事时，Ham 会把头柱在胳膊上，眼睛盯着我。

Harry would lay his head between his arms, with his eyes on me as I tell him stories.

1. 为了营救这个人，消防员在残酷的火海中一路奋战。

Firefighters battled their way through the cruel flames to rescue the man.

1. 母亲拥抱着我，低声安慰我。

My mother wrapped her arms around me and whispered to comfort me.

1. 他盯着我说∶"真正的问题是，你可以吗?"

He fixed his eyes on me and said,"The real question is: Can you?"

1. 她发出了一声痛苦的哭喊，然后掉进了湖里。

She let out a cry of pain and fell into the lake.

14. 我迫切地想找到答案，在无数次的尝试后，终于成功了。

I was desperate to find an answer,and after countless attempts,I finally made it.

15.我躺在床上，关于父亲的回忆涌了上来。

Memories of my father flooded back when I lied in bed.

1. Alan调整了一下眼镜，认真读了一遍小册子，然后把它放在了身边的架子上。

Alan adjusted his glasses and read the booklet over carefully before placing it on the shelf beside him.Alice

1. 坐在那儿，眼睛盯着电视屏幕。

Alice sat there with her eyes glued to the television screen.

1. 他们尴尬地点了点头，然后匆匆离开了。

They nodded in embarrassment and left in haste.

1. 男孩站在原地，陷入沉思，好像明白了什么。

The boy stood still, lost in thought, as if he had understood something.

1. 他走到我跟前，帮我擦去脸上的泪水。

He stepped forward to me and helped me wipe the tears on my cheeks.

1. 外祖父拍着我的肩膀，鼓励我永远不要放弃自己的梦想。

Patting on my shoulder, Grandpa encouraged me never to give up my dreams.

1. 他偷偷从后门溜进教室，坐在最后一排，假装自己在记笔记。

He stole into the classroom from the back door, seated himself in the last row and pretended to be taking notes.

1. 听到呼喊，他们的邻居们冲了出来，想知道发生了什么。

Hearing the cry, out rushed their neighbors,trying to find out what had happened.

1. 他在走廊里来回踱步，焦急地等待着妻子从手术室里被推出来。

He paced up and down in the corridor, waiting anxiously for his wife to be pushed out from the operation room.

1. 当火车缓缓地驶进站台，每个人都好奇地凝视着。

Everyone stared in wonder as the train slowly pulled into the station.

1. 没有多想，他收拾好野营装备直奔树林。

without any hesitation,he gathered up his camping gear,headed for the woods.

1. Mary扫视了一下台下的观众，深吸了一口气，然后开始她的演唱。

Mary glanced through the audience off the stage. took a deep breath and began her singing.

1. 排了快一个小时的队后，Jack 被告知票已经售空了。

Having lined up for about an hour, Jack was told the tickets had been sold out.

1. 她看到眼前的景象惊呆了，嘴巴张得大大的。

She was numb with shock at the sight,(with) her mouth wide open.

1. 收到你的来信我很高兴，(来信)问询关于到北京旅行的帮助。

 I’m very delighted to receive your letter, asking for help about traveling to Beijing.

1. 在我看来，长城是你的首要选择，（因为）它是世界上的七大奇迹之一。

In my opinion, the Great Wall is the first choice for you, which is one of the Seven Wonders of the World.

1. 如果你到了北京却没有爬长城，就像你到了巴黎没去欸菲尔铁塔。

If you come to Beijing without climbing the Great Wall, it’s just like going to Paris without visiting the Eiffel Tower.

1. 此外，你最好欣赏下中国戏剧，听下中国民俗乐，这将一定会帮助你更加深入地了解中国文化。

Besides this, you’d better enjoy Chinese opera and Chinese folk music, which will surely help you understand Chinese culture more deeply.These activities take about two days.

1. 如果你需要更多的帮助，请一定让我知道。我可以带你到其他的名胜古迹去转转。期待你的到来。

 If you need more help, do let me know. I can show you around other places of interest. Looking forward to your coming!

**场景类句子翻译练习**

自然场景

1. 夜幕降临. Darkness falls.
2. 天气寒冷. The day is bitterly cold.
3. 天空蔚蓝，阳光明媚。 The sky is blue and the sun is shining.
4. 大雨倾盆而下.It's pouring / raining really hard.
5. 皓月当空. The moon is shining brightly in the sky.
6. 天空繁星密布. The sky is dotted with stars.
7. 云散开了，太阳出来了。The clouds parted and the sun shone.
8. 山丘沐浴在阳光下。The hills are bathed in the sunlight.
9. 风势渐大，天空开始阴云密布。The wind is getting up and it is becoming cloudy.
10. 一阵风穿过树林，沙沙作响。The wind is whispering in the trees.
11. 浓雾笼罩着整个大地。The dense /thick fog blanketed the field.
12. 月亮在天空好似一盏夜灯，闪烁的星星好奇地眨着眼。

Like a lamp, the moon shines from above. The stars twinkle their eyes with curiosity.

1. 夜里一点声音都没有，只有萤火虫还醒着，小心翼翼地在夜空里织着一幅画。

There's not a single sound at night. Only the glowworms are sill awake, carefully weaving a picture in the night sky.

1. 一缕阳光照进我的房间里，像一束亮闪闪的金线，不仅照亮了房间，也照亮了我的心田。

A ray of sunlight shone into my room, like a bunch of glittering gold thread,not only lit up my room, but also illuminated my heart.

1. 不远处有条小溪，在绿油油的两岸间潺潺流动。

A brook was not far away, rushing and sparkling between the green banks.

1. 在不远处的山丘上，他能看到烟从他房子的烟囱里袅袅升向天空。

On a nearby hill,he could see smoke waving slowly skywards from the chimney of his house.

1. 晴空万里，火热的太阳晒得我后背发烫。

Blue skies stand tall and far, and the sun is like a branding iron searing my back.

1. 本是深蓝色的，阳光在明镜般的水面闪闪发光。

The water is deep blue and sunlight glitters on its looking glass-clear surface.

1. 在件夏的烈日下，一切有生命的东西似乎都已用尽了它们的能量。

Under the burning sun of midsummer, all the living things seem to have worn out their energy.

1. 阳光下河面波光粼粼。The river glitters in the sunlight.

社会场景

1. 整个教室一片安静。Silence spread across the classroom.
2. 当老师问道;"有人自愿吗?"教室里安静了下来。

When the teacher asked “Any volunteers ?”, silence fell in the classroom.

1. 这是在学校的最后一天，整个班级都非常难过。

It's the last day of school. The whole class is enveloped in sadness.

1. Steven 讲完故事后，教室里爆发出阵阵掌声。

When Steven finished the story.claps burst out from the classroom.

1. 老师给每个学生都准备了精美的新年礼物。

The teacher prepared delicate New Year gifts for all he students.

1. "大家的暑假过得怎么样?"Miss White 发问后，同学们争先恐后地发言。

"How was your summer vacation?"After Miss White posed the question, the students were trying to get a word in.

1. 今天早晨 Ryan 在教室里摔倒了，他尴尬得涨红了脸。

When Ryan fell in the classroom this morning.his face flushed with embarrassment.

1. 当裁判宣布 Jack 赢了的时候，同学们爆发出一阵欢呼，纷纷向他投去赞许的目光。

When the judge announced that Jack had won.the students burst into cheers and cast admiring glances at him.

1. 当最后一个音符的声音逐渐减弱，祝贺声在我的头顶响彻，我完成了我的表演。

After the final note died away, a celebration went into action above my head.I had finished my performance.

1. 看到孩子们洋溢着笑容的脸庞，我意识到爸爸做的是对的。

Seeing the children's shining faces,I realized that my father had done the right thing.

1. 当谈到海洋，（我们就想到）它的污染正变得越来越严重。

When it comes to ocean, its pollution is becoming more and more serious.

1. 世界海洋日，6月8日，致力于提高海洋保护的意识。

World Ocean Day, falling on June 8th, is aiming at raising awareness of ocean conservation.

1. 海洋在我们的世界中扮演着重要的角色。海洋不仅仅给我们提供充足的食物，它还维持着自然的平衡。

Ocean plays a key role in our world. Not only does ocean offer us sufficient food, but also it maintains the balance of nature. Thus, it is imperative to protect ocean.

1. 首先，我们能做的事情是重视我们的日常行为，比如，垃圾不能被丢进海洋。

First of all, what we can do is to place importance on our daily actions. For example, garbage can’t be thrown into ocean.

1. 另外，我们也可以发传单，以此来呼吁更多的人来保护海洋。越多的人参与进来，海洋的环境就会越好。

What’s more, we can also hand out leaflets to call on more people to protect the ocean. The more people are involved, the better the ocean environment is.

1. 总之，我们是时候全心全意保护海洋了。保护海洋就是保护我们自己。

 All in all, it is high time that we devoted ourselves to protecting ocean. To protect ocean is to protect ourselves.

 **主旨类句子翻译练习**

1. 他突然想到。一直以来他只是一味地去说教女儿，而没有耐心倾听她的想法。而事实上，后者更重要。

It occurred to him that he had been telling off his daughter instead of listening to her with patience. But actually, what really matters is the latter.

1. 每个人都有追求梦想的权利。我们作为老师应该鼓励他们接受挑战，迎难而上。

Every individual has the right to pursue their dreams. As teachers. we should encourage them to accept challenges and face the difficulties bravely.

1. 他—名好老师不仅仅要教给学生们知识，还要用规则来引导他们。

Being a good teacher is not only about equipping students with knowledge but also guiding them with rules.

1. 学习永远为时不晚。每个人都应该并且有权利去接受更多的挑战，做更多的尝试。

I's never too late to learn.Each individual has he right to accept more challenges and make more attempts.

1. 追梦永远不晚。只要你抓住机会，充分利用机会，你就有机会实现梦想。

It's never too late to go for your dream. As long as you grasp every opportunity and take full advantage of it, you will stand a chance to realize your dream.

1. 只要你有梦想，就要去争取，永远不要轻易放弃。你的梦想可能不会在一两天内实现，但在将来的某一天它一定会实现。

As long as you have a dream,just go for it,and never give it up easily.Your dream might not come true in one or two days, but it will someday.

1. 只要我们敢于梦想，不被困难所阻挡，一切皆有可能——梦想永无止境。

As long as we dare to dream and don't let difficulties get in our way,anything is possible-there's no end to where our dreams can take us.

1. 世界总会给有梦想的人开路。The world makes way for the dreamer.
2. 到任何值得夫的地方都没有捷径。There are no shortcuts to any place worth going.
3. 每个人都是自己命运的建筑师。Each man is the architect of his own fate.
4. 苦难是磨炼人的好机会。Adversity is a good discipline.
5. 做所有事情都应尽力而为，半途而废永远不行。

All that you do,do with your might; things done by halves are never done right.

1. 事实上，每个人都有天赋。发现它的时候要勇敢，也要付出努力。最终，你会创造奇迹。

Actually, every individual possesses talent. Be brave when you find i and also make efforts. You can create miracles in the end.

1. 战胜恐惧和实现目标需要决心和乐观。

Determination and optimism are what it takes to conquer your fear and accomplish your goal.

1. 尽管很多事情让人忧虑，但相比而言，值得感激的事更多。尽管生命的美好有时候会被蒙上阴影，但它却永远不会被埋没。

Though there is much to be worried about, there is ar, far more for which we need to be thankful. Though life's goodness can at times he overshadowed. it is never outweighed

1. 生命就是充满欢笑和泪水的。只有两者都一并接受我们才能享受生活。

Life is full of smiles and tear. Only by accepting them both can we enjoy our life

1. 在他的心中没有"失败"一词，他总能够成功地做好他想做的事。有了意愿，他就总能够找到成功之路。

He knew no such word as failure,bu always succeeded in all he attempted. Having the will, he could always find the way.

1. 理想是指路明灯。没有理想，就没有坚定的方向;没有方向，就没有生活。

Ideal is the light tower. Without ideal.there is n secure direction; without direction, there is no life.

1. 有时候一些小小的善行可能足以带来巨大的改变。

Sometimes a small act of kindness may be powerful enough to make a huge difference.

1. 有时候表达一些小小的关爱也可能融化人们内心的孤单。

Sometimes.a small gesture of care will possibly melt people's loneliness.

1. 有时候，你做了一些好事但并不求回报。因此当某人回报这份帮助时，你会觉得它是一份额外的收获。

Sometimes. you do something good but don't expect anything in return. Therefore, when someone returns the favor, it becomes an extra bonus.

1. 一个小小的善行，无论是对施予者还是接受者，都是一份祝福。

One simple act of kindness is a blessing for both the giver and the receiver alike.

1. 当别人遭遇尴尬的情况时，我们应该设身处地地为他们着想。

When awkward situations happen to other,we should put ourselves into their shoes

1. 永远不要低估你的行为的力量，即便一个小小的表示，也可能不仅传播了爱，还对别人的生命产生了积极影响。

Never underestimate the power of your action.With one small gesture,you may not only spread love, but also positively influenced others' lives.

1. 超级英雄就是当遇到紧急情况的时候，勇气和承诺对他来说比个人利益更重要。

Such is superhero that bravery and commitment mater more than individual interest when he confronts emergencies.

1. 遗址代表着自然的力量和人类智慧。其中一些正面临着消失的风险，因此，这些遗址被有效地保护起来是有必要的。

Heritage sites represent the power of nature and the wisdom of human, some of which are in danger of disappearing. So it’s urgent that they (should) be protected effectively.

1. 其次，我们应该通过公开教育人们怎么做来提高人们保护遗址的意识。

Besides, we should raise people’s awareness of protecting heritage sites by teaching people publicly about how to do this.

1. 另外，政府应该承担保护遗址的主要责任。

Furthermore, the government should shoulder the main responsibility to protect them.

1. 有必要的话，应该出台法律来惩罚那些故意破坏遗址的人。

If necessary, laws should be made to punish those who destroy them on purpose.

1. 总之，为了人类的福祉，保护遗址刻不容缓（在我们议程的首位）

To conclude, the protection of heritage sites is at the top of the agenda for the benefit of all mankind.

1. 如今，通俗历史书（在人们的书架上）大受欢迎，这是一种趋势。

Nowadays, there is a trend that popular history books enjoy great popularity on people’s shelves.

1. 对于我来说，我赞成阅读通俗历史书，原因如下。

 As for me, I am in favour of reading popular history books. The reasons are as follows.

1. 首先，作者采用自然且通俗的写作风格，这使得历史书书籍对于读者来说容易理解。

First of all, the authors adopt a natural, informal style of writing, which makes it easier for the readers to understand.

1. 另外，通俗历史书经常使用故事和有趣的对比来生动地描述历史人物或时间，这极大吸引了读者的兴趣。

In addition, they often use stories and interesting comparisons to describe historical figures or events vividly, greatly attracting the readers’ interest.

1. 此外，通俗历史书也能给那些想要学习历史的人奠定坚实的基础。

Furthermore, they can also lay the solid foundation for those who want to study history.

1. 总之，阅读通俗历史书是人们学习历史基础知识的好方法。

To conclude, reading popular history books is an excellent way for people to learn the basics of history.

