

# 雅思考试 核心词汇 21天速听速记

胡敏 ◇ 主编  
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- 精选雅思核心词汇 全新改版重磅出击
- 听、说、读、写、译全方位，多层次循环记忆
- 21天轻松攻克雅思词汇，词汇量倍增！

附赠MP3光盘

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## 前言

自《雅思考试核心词汇 21 天速听速记》(2006 年版)出版以来,深受广大考生的厚爱。大家一致认为该书实用性强,词汇精要,非常贴近雅思实战,对备战雅思的考生帮助极大。2010 年,根据广大考生的用书反馈意见,结合近几年雅思考试词汇的变化,编者在原书的基础上进行了修订,严格按照雅思 IELTS (International English Language System) 考试委员会资深考官提供的最新雅思词汇表编订而成,共收录单词 2144 条,本书主要特点如下:

1. 两位编者曾任教于北京新东方学校雅思考试培训部四年有余,教授扩充词汇阅读、口语、语音及写作等课程,本书是长期的雅思授课经验与资深雅思考官拟订的词汇表的完美结合;

2. 基于雅思考试听力部分以英国英语发音为主的特点,配有英国专家朗读的 MP3 光盘,不仅可以使学习者在潜移默化中掌握单词的固定用法,同时还可以提高英语听力水平、加强应试技巧;

3. 本书摒弃了以往单词手册单一地强调单词数量的缺点,更加突出考生对单词用法的掌握,配以精心挑选,言简意赅的例句,更加吻合雅思考试的精神——英语语言的应用能力;

4. 本书以科学的学习方法为依据进行谋篇,设计为 21 个单元,其设计理念源于风靡全球的书籍《从优秀到卓越》(*Being Better Than Your Best*),其中专门谈到一项诸多专家研究的结果,引用如下:

“习惯——让同样的行为重复上 21 天,你就会看着它变成一种习惯。研究者们说,三个星期是养成一种习惯所需的最小平均时间,不管这习惯是好还是坏。你希望超越自己的最佳表现吗?那就开

始培养与之相称的习惯吧。”

“Habit—Repeat the same thing for 21 days and watch it become a habit. Researchers say three weeks is the average minimum time required to create a new habit, good or bad. Do you want to be better than your best? Start the habit of being more fit.”

综上所述,无论从整体构思,还是从内容安排上看,《雅思考试核心词汇 21 天速听速记》2010 版对雅思考生的词汇学习都更具有针对性,对提高雅思考生听力、阅读、写作和口语表达能力都大有裨益。

本书使用方法:

1. 读: 阅读本书精选出来的例句,领会其精彩部分、学会其精彩的表达形式;
2. 听: 听 MP3,从听力角度加强对每个单词的记忆,同时伴有听写词汇、例句等练习,为听力的提高打下坚实的基础;
3. 说: 一边听 MP3、一边跟读,以期尽快矫正发音;
4. 写: 每天背诵典型例句,适时应用在写作当中;
5. 译: 对例句进行中英文互译,以检查自己对词汇的理解程度,并以此来对照中英文两种语言的异同,提高翻译水平。

我们相信,通过听、说、读、写、译全方位和多层次的循环记忆,既可以帮助考生扩大词汇量,又能逐渐培养建立考生对英文的感觉,使原来枯燥乏味的单词背诵变得生动有趣。

望本书成为每一位英语爱好者的良师益友!

编者

2010年8月

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# Unit 1

abandon	acid	aesthetic	
abbreviation	acknowledge	affect	amuse
ability	acquaintance	affection	analogy
abnormal	acquire	affirm	analyse
aboriginal	acquisition	affirmative	analysis
absorb	acute	affluent	ancestor
abstract	adapt	agenda	ancient
abuse	addict	aggravate	announce
academic	address	aggregate	annoy
academy	adequacy	aid	annual
accelerate	adequate	alarm	anticipate
access	adhere	albeit	anticipation
acclaim	adjacent	alcohol	anxiety
accommodate	adjust	alien	apologize
accompany	administer	alienate	apparatus
accomplish	administration	allege	apparent
accomplish- ment	admire	alleviate	appeal
account	admission	allocate	appearance
accumulate	admit	allowance	append
accurate	adolescent	alter	appendix
accuse	adopt	alternative	appetite
accustom	adore	altitude	applaud
achieve	adult	amateur	apply
	advance	amaze	appointment
	advantage	ambiguous	
	adventure	ambition	
	adverse	ameliorate	
	advertise	amend	
	advocate	ample	

**abandon** [ə'bændən]

- v. 放弃, 离弃, 遗弃 They were accused of abandoning their own principles. 人们谴责他们放弃了自己的原则。

**abbreviation** [ə.bri:'vi:ɪʃən]

- n. 缩略, 节略 "Dr" is the written abbreviation of "Doctor". 笔头上, "Dr" 是 "Doctor" 的缩写形式。

**ability** [ə'bilɪti]

- n. 能力, 能耐, 本领 The health center serves all patients, regardless of their ability to pay. 健康中心为所有病人提供医疗服务, 不管他们是否有支付能力。

**abnormal** [æb'nɔ:məl]

- a. 不正常的, 反常的, 变态的 They have an abnormal interest in drinking. 他们对饮酒有种异乎寻常的爱好。

**aboriginal** [æbə'ri:dʒənəl]

- a. 土著的, 土著居民的 They managed to wipe out the entire aboriginal population. 他们把那些土著人全部消灭掉了。

**absorb** [əb'sɔ:b, -zɔ:b]

- v. ① 吸收 Plants absorb carbon dioxide. 植物吸收二氧化碳。  
② 理解, 掌握 Have you absorbed all the details of the plan? 你对计划的所有细节都已完全了解了吗?  
③ 吸引, 使专心 She was absorbed in her thoughts. 她全神贯注于自己的思绪中。

**abstract** [æb'strækt]

- n. (书、文案等的) 摘要, 梗概 He was asked to make an abstract of the novel. 他被要求将这本小说做一摘要。  
a. 抽象的 Human beings are the only creatures capable of abstract thought. 人类是唯一能够进行抽象思维的动物。

[æb'strækt]

- v. ① 提取, 抽取 Your problem is that you can't abstract the important points from the lectures. 你的问题在于你不能从讲座中提取要点。  
② 使心不在焉, 转移(注意力等) His imagination so abstracted him that his name was called twice before he answered. 他出神遐想, 在名字被叫了两遍后才答应。

**abuse** [ə'bjʊ:s]

- n. [ə'bjʊ:z] 滥用, 妄用 Drug and alcohol abuse contributed to Peter's early death.

对药物和酒精的滥用导致了皮特的过早死亡。

- v. ① 滥用, 妄用 I never expected that he would abuse the trust I placed in him. 我从未想到他会滥用我对他的信任。  
 ② 虐待, 伤害 People who were abused as children often turn into child-abusers themselves. 孩提时代遭受虐待的人往往会变成虐待儿童者。

### academic [ˌækə'demɪk]

- a. 学术的, 纯理论的 He possessed no academic qualifications. 他不具备任何学术资格。

### academy [ə'kædəmɪ]

- n. ① 学院, 研究院 Her husband is now working in the Chinese Academy of Sciences. 她的先生现就职于中国科学院。  
 ② 高等教育 This thesis deals with the functions of the academy in modern society. 这篇论文谈论了现代社会中高等教育的职能。

### accelerate [ək'seləreɪt]

- v. 加速, 增速 The car accelerated to overtake the bus. 汽车加速超过那辆公共汽车。 They use special chemical substances to accelerate the growth of crops. 他们使用特殊的化学物质来促进农作物的生长。

### access [ˈæksɪs]

- n. ① (to) 接近(或进入)的方法, 到达(或进入、使用、走访)的权利(或机会) Access to the papers is restricted to senior management. 只有高层管理人员才有权看这些文件。  
 ② 通道, 入口, 使用途径 Access is by means of a small door on the right. 通过右手的一个小门可以进入。

### acclaim [ə'kleɪm]

- v. 欢呼, 喝彩, 称赞 The new technology was acclaimed as a medical breakthrough. 这一新技术被称为医学上的一大突破。

### accommodate [ə'kɒmədeɪt]

- v. ① 向...提供(住处或膳宿) The island was used to accommodate child refugees. 曾有很多难民儿童住在这个岛上。  
 ② 使适应, 使符合一致 Her eyes took a while to accommodate to the darkness. 她的眼睛花了一段时间才适应黑暗的环境。

### accompany [ə'kʌmpəni]

- v. ① 陪伴, 陪同 Children under 14 must be accompanied by an adult. 14岁以下

的儿童必须由成人陪同。

② 伴随,和...一起发生 The disease is accompanied by sneezing and fever. 这种病伴随着打喷嚏和发烧症状。

### accomplish [ə'kɒmplɪʃ]

v. 完成(任务等),达到(目的),做到,做成 How were they able to accomplish so much so quickly? 他们怎能这么快就完成这么多工作?

### accomplishment [ə'kɒmplɪʃmənt]

n. ① 完成,实现 The accomplishment of this policy goal took six months. 实现这个政策目标花了六个月的时间。

② 成就,成绩 Cutting the budget was an impressive accomplishment. 削减预算是一项不小的成绩。

### account [ə'kaʊnt]

n. ① 描述 I believe you gave a very good account of what happened. 我相信你对事情发生的经过做了很好的描述。

② 账户 I would like to open an account with you. 我想在你们这儿开个账户。

③ take sth. into account 把...考虑在内 We'll certainly take your feelings into account. 我们一定会顾及你的感受。

v. account for sth. ① 是...的原因,对...作出解释 How do you account for the dent in the car? 你对车上的凹痕做何解释?

② 占...(比例) Computer software accounts for some 70 per cent of our range of products. 计算机软件占我们产品的70%左右。

### accumulate [ə'kju:mjuleɪt]

v. 堆积,积累 Fat tends to accumulate around the hips and thighs. 脂肪倾向于在屁股和大腿周围囤积。

### accurate [ə'kjʊrɪt]

a. 准确的,精确的 It is difficult to get accurate figures on population numbers. 要得到精准的人口数目很困难。

### accuse [ə'kju:z]

v. 指控,控告,指责 He was accused of robbery. 他被指控犯了抢劫罪。

### accustom [ə'kʌstəm]

v. 习惯于 It'll take time for me to accustom myself to the changes. 我需要花时间来适应变化。

**achieve** [ə'tʃi:v]

**v.** (经努力) 达到, 得到 She eventually achieved her goal of becoming a professor. 她最终实现了目标, 成为了一名教授。

**acid** ['æsrɪd]

**a.** ① 酸的 These oranges are very acid. 这些橘子很酸。

② 尖刻的, 刻薄的 When she spoke, her tone was acid. 她讲话时的语调很尖刻。

**n.** 酸, 酸味物质 Vinegar is an acid. 醋是一种酸。

**acknowledge** [ək'nɒlɪdʒ]

**v.** ① 承认, 承认…的权威(或主张) Both defendants refused to acknowledge the authority of the court. 两位被告都拒绝承认法庭的权威。

② 就…表示谢意, 报偿 We wish to acknowledge the support of the university. 我们希望对大学的支持表示感谢。

③ 对…打招呼, 对…做出反应 Tom acknowledged her presence by a brief glance. 汤姆瞥了她一眼, 看到她出席, 便和她打了个招呼。

**acquaintance** [ə'kweɪntəns]

**n.** ① 相识的人, 泛泛之交 He has a lot of business acquaintances but very few real friends. 他有许多商业上的熟人, 但真正的朋友却很少。

② 所知, 了解 He got the job through his acquaintance with the President. 他因为认识总统而获得那个职位。

**acquire** [ə'kwɪə]

**v.** ① 取得, 获得 The college acquired a reputation for very high standards. 这个学院由于其高教学标准获得美名。

② 学到(知识等) He spent years acquiring his skills as a surgeon. 他花了数年时间学到外科医生应具有的技能。

**acquisition** [ækwi'zɪʃən]

**n.** ① 取得, 获得, 收购 Their team was devoted to the acquisition of new sites for the further development of their firm. 为了公司的进一步发展, 他们的团队致力于获得新的场地。

② (有价值的) 获得物, 获得(或增添)的人(或物) The Art Society is holding an exhibition of recent acquisitions. 艺术协会正举行一场展览, 展出其近期增添的艺术品。

## acute [ə'kju:t]

- a. ① 尖锐的, 敏锐的 The fish's sense of smell is very acute. 鱼的嗅觉非常敏锐。  
② (疾病等) 急性的, 剧烈的, 严重的 an acute attack of appendicitis 阑尾炎急性发作

## adapt [ə'dæpt]

- v. ① 使适应, 使适合 The children are finding it hard to adapt to the new school. 孩子们发现很难适应这所新学校。  
② 改编, 改写 Many children buy books after they have been adapted for television. 很多小孩子购买那些已被改编成电视节目的书籍。

## addict [ə'dɪkt]

- v. 使沉溺, 使成瘾 He was addicted to chocolate. 他嗜巧克力如命。

## address [ə'dres]

- n. ① 地址 He took out his pen and wrote down his name and address. 他拿出笔记下他的姓名和住址。  
② 讲话, 演说 She gave an address to the Royal Academy. 她对皇家学会做了演讲。  
v. ① 在(信封、包裹等)上写姓名和地址 She addressed the letter and stuck a stamp on it. 她在信上写好了地址, 贴上了邮票。  
② 向...讲话 You will have to address your complaints to the head office. 你有投诉就得向总部反映。

## adequacy [ædɪkwəsi]

- n. 适当, 恰当, 足够 The adequacy of treatment with antibiotics has been tested. 对于抗菌素治疗的适宜性已做了检验。

## adequate [ædɪkwɪt]

- a. ① 适当的, 胜任的 Her performance was adequate but lacked originality. 她的表现能够胜任工作, 但缺乏创意。  
② 能满足需要的, 足够的 The company has yet to provide an adequate explanation for its actions. 这家公司还没有就其举动给出足够的解释。

## adhere [əd'hɪə]

- v. ① 粘附 The eggs of these fish adhere to plant leaves. 这些鱼的鱼卵粘附在植物的叶子上。  
② 坚持, 遵守 We adhere to the principles of equal rights and freedom of expression for all. 我们坚持所有人享有平等权利和言论自由的原则。

**adjacent** [ə'dʒeɪsənt]

a. 邻近的,毗连的 We stayed in adjacent rooms. 我们俩的房间紧挨着。

**adjust** [ə'dʒʌst]

v. (to) 调节,改变...以适应 My parents had trouble adjusting to living in an apartment. 要我父母适应公寓里的生活很困难。

**administer** [əd'mɪnɪstə]

v. ① 管理,治理 The territory had been administered by South Africa. 该地区一直由南非治理。

② 执行,实施 The test was administered fairly and impartially. 考试举办得公平,公正。

**administration** [əd,mɪnɪs'treɪʃən]

n. ① 管理,经营,支配 We are looking for someone with experience in administration. 我们正在寻找一个有管理经验的人。

② 行政(机关) The problem has been ignored by the Nixon administration. 这个问题被尼克松政府忽略了。

**admire** [əd'maɪə]

v. ① 钦佩,赞美,羡慕 I've always admired her paintings. 我一向赞赏她的绘画。

② 欣赏,观赏 We stopped half way up the hill to admire the view. 我们在上山中途停下来欣赏风景。

**admission** [əd'mɪʃən]

n. ① 准许进入 Admission to the exhibition will be by invitation only. 只有持请帖者才可进入展览会。

② 承认,供认 The court may interpret your silence as an admission of guilt. 法庭也许会将你的缄默作为认罪的表现。

③ 入场费,入场券 They would charge five yuan admission. 他们要收五元入场费。

**admit** [əd'mɪt]

v. ① 承认,赞同 He admitted his guilt / mistake. 他承认了自己有罪 / 犯错。

② 允许...进入 Only ticket holders will be admitted into the stadium. 只有持票者才可进入体育场。

**adolescent** [ædəʊ'lesənt]

n. 青少年 The party was full of spotty adolescents. 聚会上挤满了长有青春痘的青少年们。

a. 青春期的, 青少年的 He is so adolescent sometimes. 他有时是如此幼稚。

### adopt [ə'dɒpt]

- v. ① 采用, 采取 California has adopted a tough stance on the issue. 在这一问题上, 加利福尼亚已经采取了强硬立场。  
② 正式通过, 批准 Congress finally adopted the law after a two-year debate. 经过两年的争议, 国会最终批准了这项法令。  
③ 收养 The couple are unable to have children of their own, but hope to adopt. 这对夫妻虽然不能生育自己的孩子, 但希望收养小孩。

### adore [ə'dɔ:]

v. 敬慕, 爱慕, 非常喜欢 She adored her sister. 她敬爱她的姐姐。 People will adore this film. 人们将会非常喜欢这部影片。

### adult [ə'dʌlt] / ['ædʌlt]

- n. 成年人 Some children find it difficult to talk to adults. 有些孩子发现和成年人讲话很困难。  
a. ① 成年的, 充分长成的 He lived most of his adult life in Scotland. 成年以后, 他的大多数时间都生活在苏格兰。  
② (适宜于) 成年人的 The film is rated R for language and adult themes. 鉴于其语言和成年人主题, 这部电影被评定为 R 级。

### advance [əd'vɑ:ns]

- n. ① in advance 预先, 提前 He arrived half an hour in advance. 他提前半小时到达。  
② 发展, 改进, 前进, 推进 Remarkable advances have been made recently in medicine. 医学方面最近有长足进步。  
v. 前进, 推进 We have advanced greatly in our knowledge of the universe. 我们对宇宙的认识已经前进了很多。

### advantage [əd'vɑ:ntɪdʒ]

n. 有利条件, 有利因素, 有利地位, 优势 One of the many advantages of living in New York is that you can eat out at almost any time of day. 生活在纽约有很多有利因素, 其中一条就是什么时候想出去吃东西都可以。

### adventure [əd'ventʃə]

n. 冒险 (经历) She had some exciting adventures in Egypt. 她在埃及有一些令人兴奋的奇遇。

**adverse** [ædvɜ:s]

- a. 敌对的, 不友好的, 不利的, 有害的 They received a lot of adverse publicity about the changes. 他们收到了许多关于变革的不利宣传。

**advertise** [ædvetəɪz]

- v. ① (为…) 做广告(宣传) We decided to advertise our car in the local newspaper. 我们决定在当地的报纸上为我们的汽车登广告。  
② 宣扬 He has always advertised his willingness to talk to the press. 他总是大肆宣传自己愿意对新闻界讲话。

**advocate** [ædvəkət]

- n. ① 拥护者, 提倡者 She is a passionate advocate of natural childbirth. 她强烈支持婴儿自然顺产的生育方法。  
② 辩护人, 律师 He was the advocate for the defence in that case. 在那宗案件中, 他是被告的辩护律师。

## [ædvəkert]

- v. 拥护, 提倡, 主张 Extremists were openly advocating violence. 极端主义者公开主张暴力。

**aesthetic** [i:s'θetik]

- a. ① 美学的, 美感的 From an aesthetic point of view, it's a nice design. 从美学角度看, 这是个很不错的设计。  
② 审美的, 具有审美趣味的 The chair may be aesthetic but it's not very comfortable. 这把椅子也许很美观, 但并不是很舒服。  
n. ① 美感, 美学标准, 美学 exploit a new aesthetic 采用一种新的美学标准  
② [~s] 美学, 美学理论 One of the central questions in aesthetics is whether beauty is in the eye of the beholder, or whether there is something within an object itself which makes it beautiful. 美学的中心问题之一是美存在于观看者眼中, 还是事物本身存在着令其美的东西。

**affect** [ə'fekt]

- v. 影响 We were all deeply affected by her death. 她过世了, 我们为此深受影响。

**affection** [ə'fekʃən]

- n. ① 慈爱, 喜爱 She had little affection for him and certainly didn't love him. 她对他没什么感情, 当然谈不上爱他了。  
② [常作~s] 爱慕, 钟爱之情 He tried to win her affections by bringing her flowers. 他送花给她, 想赢得她的爱慕。

## affirm [ə'fɜ:m]

- v. 断言, 坚决声称 The suspect affirmed that he had been at home all evening. 嫌疑犯声称自己整晚都在家里。

## affirmative [ə'fɜ:mətɪv]

- a. ① 肯定的 She gave an affirmative answer to his question. 就他的问题, 她给出肯定的回答。  
② (态度、方法等) 积极的, 乐观的, 怀有希望的 He did not feel very affirmative about what was happening. 对于发生的事情, 他不是很乐观。

## affluent [æ'fluənt]

- a. 富裕的, 丰富的, 富饶的 They both come from relatively affluent families. 他们两人都来自比较富裕的家庭。

## agenda [ə'dʒendə]

- n. 议事日程, 待议诸事项 (一览表) The government set an agenda for constitutional reform. 政府就改革宪法制定了议事日程。

## aggravate [æ'grævət]

- v. 加重, 加剧, 使恶化 Attempts to restrict parking in the city center have further aggravated the problem of traffic congestion. 在市中心限制停车的尝试使交通阻塞的问题更加严重。

## aggregate [æ'grɪɡɪt]

- n. 总数, 合计 The smaller minorities got an aggregate of 1,327 votes. 少数派总共获得 1327 张选票。

## [æ'grɪɡɪt]

- v. 总计达... Sheila's earnings from all sources aggregated \$ 100,000. 希拉所有来源的收入总计达十万美元。

## aid [eɪd]

- n. 帮助, 援助, 救助 He has been granted legal aid. 他已被给予法律援助。

## alarm [ə'lɑ:m]

- n. ① 惊恐, 惊慌 She looked round in alarm. 她惊慌地看看四周。  
② 警报器 The alarm went off. 警报器响了。

## albeit [ɔ:l'bi:t]

- conj. 尽管, 即使 He accepted the job, albeit with some hesitation. 尽管有点犹豫, 他还是接受了这份工作。

**alcohol** ['ælkəhɒl]

- n.** ① 含酒精的饮品, 酒 I never touch alcohol in any form. 我滴酒不沾。  
 ② 酒精, 乙醇 Most wines contain between 10% and 15% alcohol. 大多数葡萄酒含有 10% 到 15% 的酒精。

**alien** ['eɪljən]

- a.** 外国的, 外国人的, 不相容的, 异己的 It's a country that has had an alien government and an alien language imposed on it by force. 那是个被强加了一个外国政府和一门外国语言的国家。  
**n.** 外国人, 外侨, 外星人 On arrival in the United Kingdom you must report to the Aliens Registration Office. 你抵达英国之后必须向外侨登记处报到。

**alienate** ['eɪljənert]

- v.** 使疏远, 使不友好, 离间 All these changes to the newspaper have alienated its traditional readers. 报纸的所有这些改变都使它与其的老读者疏远了。

**allege** [ə'ledʒ]

- v.** 断言, 宣称 The two men allege that the police forced them to make false confessions. 这两个男人声称警察逼迫他们做了假供。

**alleviate** [ə'li:vɪert]

- v.** 减轻(痛苦等), 缓解 This money should alleviate our financial problem. 这笔钱应该能缓和我们的财政问题。

**allocate** [ə'ləʊkert]

- v.** 分配, 配给 One million dollars was allocated for disaster relief. 一百万美元被分配下去用于救灾。

**allowance** [ə'laʊəns]

- n.** ① 津贴, 补贴 While he was at college, his parents gave him such a small allowance that he had to earn extra money working in a restaurant. 他在大学里的时候, 他的父母给他这么少的津贴, 以至于他不得不在一家饭店里打工挣取额外的钱。  
 ② 允许量, 限额 When I go abroad, I hardly ever use all my duty-free allowance. 我出国的时候, 几乎从没有用完我的全部免税额度。

**alter** ['ɔ:lteɪ]

- v.** 改变, 更改, 改动 Her face had not altered much over the years. 这么多年来, 她的容颜依旧。