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上册

张同乐 胡学文 主编

Course Book of Practical English Skills

实用英语 技能训练教程



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实用英语

技能训练教程(上)

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前 言

本教程非应景之作,而是融听、说、读、写、译之理论知识与技能训练的小百科。

作为国际交流的通用语言——英语,近30年来受到教育主管部门的高度重视并在国人中间掀起阵阵学习热潮。但纵观其学习成效,事倍功半者甚多。究其因,除学习环境因素外,学习策略、学习内容、理论指导、技能训练等不足则是学习者通往成功之路的几大障碍。

本书正是为解决上述问题而编,希望能为英语学习者提供一种学习方法,送上必需的营养食粮。

本教程以大学非英语专业本科生及研究生为对象,以讲解理论、传播文化为主线,辅以翔实的语言素材,经典的句法表达,力求使读者阅后能举一反三,收事半功倍之效。

本教程分上下两册,内容覆盖听、说、读、写、译五项。为拓宽学生的知识面,编者特意编排了实用英语表达800句篇、口译技能篇和实用词汇篇等,使本教程更具实用性和可操作性。

古人云:“骐骥一跃,不能十步,驽马十驾,功在不舍。”学习英语的成功秘诀不在一蹴即致,而在你持之以恒。希望本教程成为阅读者坚持不懈学习过程中的良师益友。

张同乐

2010年1月10日

序

安徽大学外语学院张同乐教授的新作《实用英语技能训练教程》即将出版,谨在此表示衷心祝贺。

张同乐教授热爱国家外语教育事业,在第一线长期从事大学英语和研究生英语教学,曾数次获得安徽大学优秀教师奖,2009年获该校和安徽省教学名师称号,这是我们应当向学习的,但张同乐教授更可贵之处在于他能做到教学科研两不误。他不仅编写了十余部有关英语听说读写技能和测试的教材和参考书籍,而且写了三十余篇论文。值得注意的是他的论文除结合常规的英语教学外,不少论文涉及语言学、语法学、翻译学、跨文化学,以至文学题材。显然,这要求张同乐教授要有扎实的外语功底,更需要有在繁忙教学之余挤出时间,埋头案桌的毅力。对比之下,有的老师甘当教书匠,却缺乏干一番事业的雄心壮志;有的老师心有余而力不足,知其然而不知其所以然。在这个意义上,榜样的力量是无穷的,张同乐老师以自己的行动表明对高校大学英语教师的这个要求是可以实现的,当然这也是对英语专业教师的友谊挑战。

那么,拿在我们手中的《教程》究竟有哪些特色呢?首先,《教程》融听说读写译于一体,这体现了当代对语言的全面认识,弥补了外语教学中过度地把听说与读写分家,把语言技能和语言知识分家的缺陷,这就是说,外语教学中,有的地方、有的学校出现了不是读写妨碍了听说,导致了聋哑病,就是听说挤走了读写,培养的会是文盲。第二,从《教程》可以看到,作者高瞻远瞩,注意到理论知识与技能训练的互补,这反映了当代先进的体验学习理论,我们既要强调学生的实际参与和亲身体验,也要引导学生对所学内容结合语境进行理解、分析和比较,进入初步的感悟阶段,最后升华为知识。例如,作者希望读者阅后能举一反三,实现对所学英语的真正感悟。最后,作者告诫我们学习外语既要讲究实效,也要持之以恒。相信读者会领悟作者这一番肺腑之言。

胡壮麟

北京大学蓝旗营

2010年元月末



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实用英语 800 句

1. How are you (doing)? /How is it going? / How are you getting along? / How is everything with you? /How is the world treating you?
你好吗?
2. Pretty good! /Couldn't be better. /Can't complain. /Not so bad. / I'm doing all right. / I'm getting by.
很好。/ 还不错。/ 凑合着。
3. It's nice (a pleasure) to see you. / I'm glad (pleased, happy) to meet you. /What a pleasant surprise to meet you here. / This is a nice surprise.
见到你真高兴 / 幸会! / 见到你真令人惊喜。
4. What's up? You've got stars in your eyes.
怎么了? 你看起来满面春风。
5. Fancy meeting you here! / It's really a surprise to meet you here.
真没想到在这儿遇见你。
6. I ran into him. / I bumped into him.
我偶然碰到了他。
7. I really should be leaving.
我确实要走了。
8. Time is really flying by! / How the time has flown by!
时间过得真快呀!
9. It's really an honor / a pleasure for me to meet him.
我很荣幸能认识他。
10. I've heard so much about you.
久仰, 久仰。
11. You can say that again.
我同意你的建议。/ 我赞同。
12. Would you do me a favor? / May I ask a favor of you?
你能帮我个忙吗?
13. Would you like me to give you a hand? / Can I be of any help?
我能为你效劳吗?
14. I appreciate all you did very much. / I'm very grateful to you for your kindness. / I don't know how to express my thanks.
万分感谢!

15. Thank you ever so much for your hospitality.
十分感谢你的盛情款待。
16. I feel I'm in your debt.
我觉得我欠了你的人情。
17. No skin off my back.
举手之劳。
18. Would you please accept my apology?
你能原谅我吗?
19. If you are really sorry, I'll accept your apology. / I'll give you a break.
如果你能认识到错误,我原谅你。
20. A flood of emotion has flowed through my mind.
我百感交集。
21. To me, that's the last straw at that time.
对我来说,已是忍无可忍了。
22. It left me with a lot of hard feelings.
因为这件事我有了心结。
23. You are getting on my nerves. Stop it. / Don't bother me.
你别再来烦我了。
24. It's none of your business.
你别多管闲事。
25. Did you get up on the wrong side of the bed?
你心情不好吗?
26. It made my hair stand up on end.
那使我毛骨悚然。
27. Maybe he went too far. / Maybe he went overboard.
他好像太过分了。
28. I've got butterflies in my stomach.
我紧张得很。
29. In my opinion, that's much ado about nothing.
我认为,那是小题大做了。
30. Don't let me down.
不要让我失望。
31. I wish you wouldn't split hairs.
你别这么斤斤计较。
32. If I follow you rightly, then....
如果我没领会错的话.....
33. We can't live up to his expectation.
我们无法达到他的期望。
34. What's meant to be will be. / Whatever will be, will be.
一切顺其自然。

35. That's driving me crazy. Who told you that?
这可把我逼疯了。谁告诉你的?
36. There are no extensions of time in life.
生命短暂,不能延长。
37. The world is a lot tougher than you think.
世事无常,不是想象的那么容易。
38. Life is too short to do things you'll regret.
人生苦短,别做后悔之事。
39. You know everything has its price.
凡事都有代价。
40. Take it easy. / Hold your horses. / Stay cool. / Keep your shirt on. / Calm down.
别紧张。
41. You'd better mind your p's and q's. / Mind your manners.
注意你的言行举止。
42. Smoking is prohibited in public places.
公共场所禁止抽烟。
43. Don't say one thing and do another.
别言行不一。
44. Don't wear out your welcome.
别再别人家呆得太久,招人烦。
45. He is doing well with the work and environment. / He got into the swing of things.
他已适应了这里的工作氛围。
46. Nobody can make heads or tails of it.
谁也无法理出头绪来。
47. We have good chemistry.
我们心意相通。
48. We know what each other's thinking. / We are speaking the same language. / We are always connected. / Great minds run in the same channels.
我们心有灵犀。
49. You look as if you just won the jackpot.
你看上去好像中了头彩。
50. How does this idea strike you?
这个主意怎样?
51. You are kidding me. / You are teasing me. / You are pulling my leg.
你在开我的玩笑。
52. He told me a white lie.
他撒了一个善意的谎。
53. How many lies did you tell? / How long was your nose?
你撒了多少次谎?

54. Never make, but break.
成事不足,败事有余。
55. Life is not all roses.
生活并不都是鲜花美酒。
56. We'll certainly have some ups and downs.
我们肯定会遇到各种波折。
57. Stretch your imagination.
尽情想象吧!
58. Don't beat around the bush!
说话别绕圈子。
59. What I am trying to say here is that ... / The main point I'm trying to make is...
我想要说的就是……
60. True affluence is not needing anything.
真正的富裕是一无所求。
61. The pros outweigh the cons.
正面理由超过反面理由。
62. As to whether it is a blessing or a curse, however, people take different attitudes.
至于它是祝福还是诅咒,人们持有不同的态度。
63. Lately I have been burning the candle at both ends.
最近我总是夜以继日地工作。
64. It seems to me, both views are lop-sided.
依我看,双方的观点似乎都有片面性。
65. There is probably some truth on both sides.
也许双方都有一定的道理。
66. You have to be full-hearted for it. There is a light at the end of the tunnel after all.
你得有信心,否极泰来嘛。
67. How about going to the cinema with me?
一起看电影怎么样?
68. I'd love to, but I don't think I can.
我想去,可恐怕去不成。
69. I'm tied up. / I wouldn't be able to make it.
我有事走不开。
70. I'd like to say yes, but that's just impossible.
我是心有余而力不足。
71. Do you feel like going to that new restaurant this evening?
今晚愿去那个新开的饭店吃饭吗?
72. I'd be very happy to accept your invitation. / It would give me the greatest pleasure to accept your invitation.
我非常高兴接受你的邀请。

73. Great! / Fantastic! / Marvelous! / Incredible! / Terrific! / Superb! / Good!
太好了!
74. Could you make it another time?
下次行吗?
75. Gee, thanks. You made my day.
你这么说我真高兴。
76. You're sharp. / You're smart.
你很聪明。
77. Your presentation is smashing.
你的表现十分出色。
78. I think you deserve the highest praise.
我认为你应该得到最高的赞赏。
79. I'm pleased with what you've done.
你们所做的一切我很满意。
80. You're a superb teacher. / You're a smashing teacher.
你是个很棒的老师。
81. He thinks highly of you. / He has a high opinion of you.
他对你评价很高。
82. You're really capable and have good taste.
你真能干,也有很好的鉴赏力。
83. All the credit goes to you.
这得归功于您呀!
84. Cheer up!/Pull yourself together! / Get a hold of yourself! / Be of good cheer!
打起精神来!
85. You're nearly there. / You're halfway there.
你就要成功了!
86. We support you. / You have our backing.
我们支持你。
87. Come on. Be a man. / Be a good sport and have a try.
拿出点勇气来。
88. Don't be a chicken.
不要畏惧。
89. There's no reason to feel discouraged at all. / There's no reason to lose confidence in yourself.
根本没有理由感到气馁。
90. Time is life, time is speed, and time is strength.
时间就是生命,时间就是速度,时间就是力量。
91. I can't afford to waste my time doing that kind of thing.
我浪费不起时间去做那种事。
92. If you want to succeed in your career, you must value the time and make full use of it.
想成就事业就必须珍惜时间,充分利用时间。

93. Age is a matter of feeling, not of years.
年龄只是感觉问题,而不是岁月问题。
94. At that time we are all dying of curiosity.
当时我们都好奇得很。
95. If someone tried to blackmail me, I would tell the police.
如果有人企图敲诈我,我就要报警。
96. Shakespeare says, "Neither a borrower nor a lender be."
莎士比亚说:“莫欠债,莫放贷。”
97. Money is not everything, but without money we are nothing.
金钱不是万能的,但是没有金钱是万万不能的。
98. He is a chronic complainer.
他老是牢骚满腹。
99. He is Jack of all trades and master of none.
他样样都会一点,可又样样都不精通。
100. It is no use doing what you like, you have got to like what you do.
不能爱哪行干哪行,要干哪行爱哪行。
101. Things will work out in the end./Everything will work itself out. / Everything will fall into place.
事情最终都会解决的。
102. I don't think I have anything to say on that. / I'm not in a position to say anything about that.
对此我不想做任何评价。
103. Living without an aim is like sailing without a compass.
生活无目标,犹如航海无罗盘。
104. The important thing in life is to have a great aim, and the determination to attain.
人生要事在于确立伟大的目标与实现目标的决心。
105. That suits me all right.
这正合我的胃口。
106. Maybe you can give me some feedback on this problem.
或许你能给点儿建议。
107. It's a good idea, but I'm afraid it's impracticable.
这个主意是好,但恐怕行不通。
108. Don't be so mean (unkind). / Don't be so bitchy.
别这么刻薄(令人讨厌)。
109. Don't be so stuck-up. / Don't be self-important. / Don't be so arrogant.
不要那么自大。
110. We shouldn't speak ill of others. / Don't speak bad things about other people.
不应背后说别人的坏话。
111. Make up your mind after thinking it over carefully./Make up your decision after thinking again and again.
三思而行。

112. Don't go back on your word. / Don't break your promise.
不要言而无信。
113. There isn't much merit in doing things like this.
这样做也没什么好处。
114. Don't attempt more than you are capable of. / Don't do what is beyond you./Don't bite off more than you can chew.
做力所能及的事。
115. We shouldn't spend money freely. / We should try to be thrifter.
我们不应该胡乱花钱。
116. He is all brawn and no brains. (Full bellies makes empty skulls.)
他四肢发达,头脑简单。
117. We shouldn't judge a book by its cover.
人不可貌相。
118. Don't count your chickens before they are hatched.
不要高兴得太早。
119. Don't give way to feelings.
不要感情用事。
120. I'm ready to accept the failure. / I'm ready to throw in the towel.
我已准备承认失败。
121. Do what you can, with what you have, where you are.
直面现实,凭你所有,尽力而为。
122. It'll be all right in the end.
最终一切会好起来的。
123. Try and look on the bright side.
尽量朝好的方面看吧。
124. We were filled with admiration to his courage.
我们对他的勇敢充满崇敬之心。
125. If you don't follow my advice, you will be sorry. / you'll suffer a great loss.
如果你不听我的建议,你会后悔的。/ 你会损失很大的。
126. Let bygones be bygones.
过去的事就让它过去吧!
127. You are really potato-headed.
你真是个傻瓜。
128. Were I in your position, I would try once more.
如果我处于你的地位,我会再试一下。
129. Does rock 'n' roll grab you?
摇滚乐对你有吸引力吗?
130. Surfing is what turns me on.
我觉得冲浪很刺激。

131. This tape serves my purpose.
这盘磁带正合我意。
132. I advised him not to copy other's homework. But he said I am meddling.
我劝他别抄他人的作业,他反而怪我多事。
133. You should give him a dose of his own medicine.
你应该以其人之道还治其人之身。
134. So he mistakes your kindness as ill intentions.
那他真是把你的好心当作驴肝肺了。
135. I didn't mean to blame you. I was only to take the matter as it stands. If I hurt you, please beg your pardon.
我并不是故意指责你,我只是就事论事,如果我伤害了你,请你原谅。
136. This is for your ears only.
我只讲给你一人听。
137. Keep it under your hat.
不要告诉别人。
138. This is just between you and me.
这事是天知、地知、你知、我知。
139. You can't keep it a secret. Your eyes will give you away.
你无法藏住这个秘密。你的眼睛会泄密的。
140. I have to work against the clock to get my report done.
我得争分夺秒完成这份报告。
141. Excuse me, but may I cut in line? I'm in a hurry.
对不起,我能插个队吗?我很急。
142. I have moonlighting jobs sometimes.
我晚上有时做兼职。
143. We were really under the gun with that task. / We had a hard time due to being pressed by that work.
我们被那事催得快忙死了。
144. It pays not to put off work.
多亏没有往后推迟。
145. Stress is called the silent killer. Be careful.
压力是无形的杀手,小心啊!
146. If we keep on like this, it's going to be neither here nor there.
如果我们继续这样做,早晚会出现问题。
147. He plays multiple roles in our office. / He wears many hats in our office.
他在办公室一个人做几个人的活。
148. A person's value (self-worth) is determined by how much he values himself.
一个人的价值在于他是如何评价自己的。
149. He survived the trouble.
他闯过了难关。

150. He is always painstaking at his books.
他总是埋头苦读。
151. Independent thinking is an absolute necessity in study.
独立思考在学习中是绝对必要的。
152. I am very sorry that the pressure of other occupations has prevented me from sending an earlier reply to your letter.
近来忙于各种事务,未能早些复信,深感抱歉。
153. My conscience told me that I deserved no extraordinary politeness.
凭良心讲,你待我礼貌有加,我却受之有愧。
154. It is said that a person needs just three things to be truly happy in the world : someone to love, something to do and something to hope for.
据说,人活在世上真正的幸福只需三条:有所爱、有所为、有所盼。
155. There are only three types of people: those who make things happen, those who watch things happen and those who say, "What happened?"
世上只有三种人:实干者、旁观者、打探者。
156. Nothing is more deceitful than the appearance of humility.
谦卑的外表是最易使人上当的。
157. A man of learning is not always a man of wisdom.
有学问的人并非都是有智慧的人。
158. The good and the beautiful do not always go together.
善和美未必总是兼备的。
159. You ought to know better than to do such things.
你不该做这种事。
160. It is not seldom that the unexpected happens.
出乎意料的事时常发生。
161. Free from anxiety, she led a very happy life.
她无忧无虑,日子过得很愉快。
162. I know but too well to hold my tongue.
我深知少说为妙。
163. I have written to him frequently since he was ill.
自他生病以来,我经常给他写信。
164. We cannot recommend this book too strongly.
这本书很好,无论如何推荐也不过分。
165. Justice must not be denied to anyone.
无论对谁都要公道。
166. Health is not valued till sickness comes.
病后方知健康之可贵。
167. It not seldom happens that what seems to be impossible is made possible.
看似不可能的事变得可能,并非少见。

168. Let's escape from the hustle and bustle of the city.
让我们暂时摆脱都市生活的喧闹吧。
169. I can't keep up with the fashion. / I can't keep track of the fashion.
我跟不上时尚。
170. Behavior is a mirror in which every one shows his image.
行为是面镜子,映射出每个人的形象。
171. I didn't make an all-out effort to do that. / I didn't stand in the line of fire to do that.
我没有竭尽全力去做那件事。
172. It's entirely at your disposal. / You are at liberty to use this as you please.
你想怎么做,就怎么做。
173. This project is pressing, but the other one can wait.
这件事要紧,那件事不用那么急。
174. I have to cut down on expenses. / I have to tighten my belt.
我必须勒紧腰带。
175. He made it by the skin of his teeth.
他勉强合格了。
176. I have a better idea. Let's do rock, scissors, paper.
我有个更好的主意,我们用石头、剪刀、布来决定。
177. Let's decide it by flipping (tossing) a coin.
我们用抛硬币来决定。
178. They clapped their hands yelling, "Encore!"
他们鼓掌并大喊:“再来一个!”
179. This time he missed the boat.
这一回他错失良机。
180. How can we live on such a small salary? / How can I live on this shoestring budget?
这么少的钱怎么生活?
181. It's just one of those days. You'll be yourself tomorrow.
今天算你倒霉。明天你就会好的。
182. After the verb to love, to help is the most beautiful verb in the world.
除了“爱”之外,“帮助”是世界上最美的动词。
183. It is one of the most beautiful compensations of life that no man can sincerely try to help another without helping himself.
帮助他人也就帮助了自己,这是生活对真诚付出的最美好的补偿。
184. Swimming is my favorite sport. I can get more exercise, a better appetite and a better figure by swimming.
我喜欢游泳。它使我得到充分锻炼,增强食欲并拥有更好的体形。
185. Playing computer games and playing bridge are my two great hobbies.
玩电子游戏和打桥牌是我的两大嗜好。

186. I like photography very much. I was awarded second prize in a photography contest at our university.
我很喜欢摄影,我曾经在学校举办的摄影大赛中获得二等奖。
187. Can you tell me where the secret is?
你能告诉我其中的秘密吗?
188. There's no secret at all. The only thing for you to do is to practice more. Remember, "Sweat never drips in vain."
并无秘密,你唯一要做的就是多练。记住“汗水不会白流”。
189. Sow an act, and you reap a habit. Sow a habit, and you reap a character. Sow a character, and you reap a destiny.
行为养成习惯,习惯变为性格,性格决定命运。
190. Youth calls for pleasure, pleasure calls for love.
青春需要快乐,快乐需要爱情。
191. Tastes differ. / Every man has his taste. / There is no accounting for taste.
萝卜白菜各有所爱。/ 人各有所好。
192. It's up to the woman to make the man. / The woman makes the man.
一个成功男人的背后总有一个优秀的女人。
193. That which is striking and beautiful is not always good, but that which is good is always beautiful.
美丽而引人注意的东西不一定是好的,而好的东西总是美丽的。
194. She is an introvert but I am an extrovert.
她性格内向,而我则外向。
195. I don't want to argue anymore. Please get out of my life.
我不想再争辩了。请从我的生活中消失。
196. Don't be mad. I'm sure you'll go with another fine lady someday.
别太伤心,我保证你会很快找到另一半的。
197. Only those who understand life can appreciate the beauty of the flowers. Only those who understand love can appreciate the fragrance of the heart.
只有懂得生活的人才能领略到花朵的美丽。只有懂得爱的人才能体会心底的芬芳。
198. Her voice rose and fell with emotion.
她的嗓音时高时低,充满了激情。
199. We were quite impressed. I had no idea you had such a beautiful soprano voice.
我们被你的演出深深地打动了。我不知你竟有这么一副美妙的女高音嗓子。
200. I must say I have a strong preference for classical music.
我得说,我对古典音乐有强烈的偏爱。
201. There is something wrong with my computer. Can I use yours to type my paper?
我的电脑坏了。能用你的电脑打篇论文吗?
202. I'm addicted to net-chat.
我对网上聊天上瘾。