

English Advanced Vocabulary

整理 91 组适用于英语写作与表达的进阶词汇和常用搭配，提供英文释义、地道例句及近义表达辨析，并修正常见的中式英语用法。

2026年8月23日 · 英语 · 高级词汇 · 英语写作 · 词汇积累

General expressions

1. **with the advent of** — with the arrival or beginning of an important new development or period.
 - Example: **With the advent of** artificial intelligence, many routine tasks can now be automated.
2. **sportswear / an athletic outfit** — clothing designed for exercise or sports; a set of clothes worn for an athletic activity.
 - Example: She changed into a comfortable **athletic outfit** before going for a run.
3. **savor the moment / relish the joy** — fully enjoy and appreciate a pleasant experience or feeling.
 - Example: After receiving the good news, she paused to **savor the moment**.
4. **a lecture delivered by** — a formal educational talk given by a particular speaker.
 - Example: We attended **a lecture delivered by** a leading climate scientist.
5. **be tailored to/for** — be specially designed or adapted to suit a particular person, group, or purpose.
 - Example: The course **is tailored to** the needs of advanced learners.
6. **respond / give a response** — reply to a question, statement, or situation.
 - Example: The company **gave a prompt response** to the customer's complaint.
7. **be fascinated by / be intrigued by** — be extremely interested in something; be curious about something unusual or mysterious.
 - Example: The students **were fascinated by** the scientist's account of life in Antarctica.

8. **be captivated by / be mesmerized by / be obsessed with** — be strongly attracted and interested; be unable to look or think away; think about something excessively. Be obsessed with often has a negative connotation.
- Example: The audience **was captivated by** her powerful performance.
9. **catch a glimpse of / get an overview of** — see something briefly or incompletely; gain a general understanding of a subject.
- Example: Readers can **get an overview of** modern economics from the introductory chapter.
10. **excel at/in / be proficient in / be adept at** — perform exceptionally well at an activity or in a field; have a high level of skill; be naturally or highly skilled at doing something.
- Example: She **excels at** solving complex problems and **is proficient in** three programming languages.
11. **gain deep insights into** — develop a thorough and perceptive understanding of a subject.
- Example: Fieldwork allowed the researchers to **gain deep insights into** local customs.
12. **give / deliver a lecture** — present a formal educational talk. Deliver a lecture is slightly more formal than give a lecture.
- Example: Professor Wang will **deliver a lecture** on classical Chinese poetry.
13. **long to do / yearn to do / itch to do** — strongly want to do something. Itch to do is more informal and suggests impatience or eagerness.
- Example: After months of preparation, the young athlete **was itching to compete**.
14. **seek to do / make an effort to do / do one's utmost to do** — try to achieve something; make a deliberate attempt; try as hard as possible.
- Example: We should **do our utmost to** protect endangered species.
15. **devote / commit / dedicate oneself to doing something** — give a great deal of time, energy, or loyalty to an activity or cause.
- Example: She **dedicated herself to improving** education in rural communities.
16. **seize an opportunity** — act quickly to take advantage of a favorable situation. Chance can mean possibility, luck, or an occasion, whereas opportunity specifically means a favorable occasion.
- Example: He **seized the opportunity** to study abroad for a year.

17. **a viable alternative** — a practical option that can be chosen instead of another. Alternative is not always interchangeable with choice: a choice is the act or range of choosing, while an alternative is one of the other options.
- Example: Solar power offers **a viable alternative** to fossil fuels.
18. **the very essence of / the quintessence of** — the most fundamental quality of something; the purest or most perfect example of a quality or type.
- Example: Mutual trust is **the very essence of** a healthy relationship.
19. **personal charm / glamour / charisma** — an appealing personal quality; an attractive and exciting quality often linked to beauty or fame; a compelling presence that inspires admiration or loyalty.
- Example: The speaker's warmth and **charisma** immediately won over the audience.
20. **an increasing number of people** — more and more people; a steadily growing number of individuals.
- Example: **An increasing number of people** are choosing to work remotely.
21. **older adults / older people / senior citizens** — respectful terms for people in later life. Senior citizens is common in public-policy contexts; the aged can sound impersonal or outdated.
- Example: The community center offers free technology classes for **older adults**.
22. **young people / adolescents** — people who are young; young people in the stage between childhood and adulthood. Youngsters is informal, while youths may sound official or negative in some contexts.
- Example: The program helps **adolescents** develop healthy study habits.
23. **challenging** — requiring considerable effort, skill, or determination. It is more positive than difficult when a task is demanding but potentially rewarding.
- Example: Learning to write well in another language is **challenging** but rewarding.
24. **a rich source of / an abundance of** — something that supplies a large amount of valuable material; a very large quantity of something. Abundant cannot replace rich in every context.
- Example: The region has **an abundance of** natural resources and a rich cultural heritage.
25. **prominent / eminent / distinguished** — important and well known; highly respected within a profession; respected and admired for notable achievements.
- Example: The award was presented to a **distinguished** historian.

26. **useful / beneficial / practical** — helpful for a purpose; producing a positive effect; suitable and effective in real situations. Available means obtainable or ready for use, not useful.
- Example: The workshop gave students **practical** advice on managing their time.
27. **in terms of** — with regard to a particular aspect or from a particular point of view.
- Example: The two proposals are similar **in terms of** cost and feasibility.
28. **in my view / as far as I am concerned / from my perspective** — expressions used to introduce a personal opinion. In my view is concise and appropriate in most formal writing.
- Example: **In my view**, public transport should be both affordable and accessible.
29. **have / exert a positive or negative influence on** — affect someone or something in a helpful or harmful way.
- Example: Supportive teachers can **exert a positive influence on** a student's confidence.
30. **the advantages far outweigh the disadvantages** — the benefits are much greater or more important than the drawbacks.
- Example: Although remote work has limitations, **its advantages often far outweigh the disadvantages**.
31. **do harm to / be harmful to / be detrimental to** — damage or negatively affect someone or something. Be detrimental to is the most formal of the three.
- Example: Excessive screen time can **be detrimental to** sleep quality.
32. **be beneficial to / be conducive to** — have a positive effect on; help create conditions that make a particular result likely.
- Example: A quiet environment **is conducive to** focused study.
33. **lead to / give rise to / contribute to / result in** — cause a result; cause something, often something significant or negative, to emerge; be one of several causes; produce a particular outcome.
- Example: A lack of exercise can **contribute to** a range of health problems.

Chinese culture, arts, and education

34. **attach great importance to** — consider something extremely important and give it serious attention.
- Example: Many schools **attach great importance to** students' all-round development.

35. **be hailed as** — be publicly praised or recognized as a particular kind of person or thing.
- Example: The novel **has been hailed as** a masterpiece of contemporary literature.
36. **a gem of Chinese culture** — an especially valuable, beautiful, or admired part of Chinese culture.
- Example: Kunqu Opera is widely regarded as **a gem of Chinese culture**.
37. **be exposed to Chinese culture** — have opportunities to experience or learn about Chinese culture.
- Example: Exchange students can **be exposed to Chinese culture** through calligraphy and local festivals.
38. **an embodiment of Chinese wisdom** — something that expresses or represents the accumulated wisdom of Chinese civilization.
- Example: The traditional calendar is **an embodiment of Chinese wisdom** about nature and seasonal change.
39. **promote / share Chinese culture** — encourage wider awareness and appreciation of Chinese culture; introduce it to others.
- Example: The exhibition aims to **share Chinese culture** with an international audience.
40. **preserve and carry on a cherished tradition** — protect a valued tradition, continue practicing it, and pass it on to future generations.
- Example: The annual celebration helps the community **preserve and carry on a cherished tradition**.
41. **traditional Chinese virtues** — moral qualities long valued in Chinese society, such as integrity, respect, diligence, and filial devotion.
- Example: The story highlights **traditional Chinese virtues** such as honesty and perseverance.
42. **traditional Chinese cultural elements** — recognizable features, symbols, practices, or artistic forms associated with traditional Chinese culture.
- Example: The designer incorporated **traditional Chinese cultural elements** into the modern building.
43. **cultural heritage** — traditions, knowledge, objects, and historic places passed down through generations.
- Example: Protecting **cultural heritage** helps communities maintain a sense of identity.

44. **help shape responsible, well-rounded citizens** — help people acquire the knowledge, abilities, values, and social awareness needed to contribute to society.
- Example: Education should prepare students for work while **helping shape responsible, well-rounded citizens**.
45. **a broad range of competencies / well-rounded development** — a varied set of knowledge, skills, and abilities; balanced growth across intellectual, social, physical, and moral areas.
- Example: Project-based learning helps students develop **a broad range of competencies**.
46. **exquisite / intricate craftsmanship** — exceptionally beautiful and skillful workmanship; workmanship involving many fine and complex details.
- Example: The wooden screen is admired for its **intricate craftsmanship**.
47. **cultural landmarks** — important and recognizable places associated with a community's culture or history.
- Example: The ancient temple is one of the city's best-known **cultural landmarks**.
48. **time-honored customs** — traditions or practices that have been respected and followed for a very long time.
- Example: Families observe **time-honored customs** during the Spring Festival.
49. **a historic site** — a place important because of events, people, or developments in history. Historic emphasizes importance; historical simply means related to the past.
- Example: The government has introduced new measures to preserve the **historic site**.
50. **aesthetic education** — education that develops the ability to understand, appreciate, and create beauty and art.
- Example: Music and painting play an important role in **aesthetic education**.
51. **enrich one's spirit / cultivate one's mind** — deepen one's inner emotional or spiritual life; develop one's intellect, judgment, and character.
- Example: Reading great literature can **cultivate the mind** and **enrich the spirit**.
52. **give / stage / put on / present a performance** — perform a work for an audience. Stage, put on, and present can also refer to organizing the entire production.
- Example: The drama club will **put on a performance** at the end of the semester.
53. **an artistic treasure / a treasure of the art world** — a work of art that is considered exceptionally precious or important.
- Example: This ancient scroll is **an artistic treasure** of immense historical value.

54. **tug at one's heartstrings / touch one's heart** — evoke strong feelings of sympathy, tenderness, or sadness.
- Example: The film's portrayal of family separation **tugged at the audience's heartstrings**.
55. **exquisite craftsmanship** — extremely beautiful and skillful workmanship.
- Example: Each piece of porcelain reflects the **exquisite craftsmanship** of local artisans.
56. **aesthetically pleasing** — attractive or satisfying to look at, hear, or experience.
- Example: The architects created a space that is both functional and **aesthetically pleasing**.
57. **broaden one's horizons** — expand one's knowledge, experience, or understanding of the world.
- Example: Traveling abroad can **broaden your horizons** and challenge your assumptions.
58. **enrich people's cultural lives** — give people more varied and meaningful opportunities to experience culture and the arts.
- Example: Free public concerts can **enrich people's cultural lives**.
59. **cultivate / refine one's aesthetic sensibility** — develop or improve one's ability to recognize and appreciate beauty and artistic quality.
- Example: Exposure to different art forms can **refine students' aesthetic sensibility**.
60. **promote students' moral, intellectual, physical, and aesthetic development** — support balanced growth in character, knowledge, health, and appreciation of beauty.
- Example: A well-designed curriculum should **promote students' moral, intellectual, physical, and aesthetic development**.

Artificial intelligence and technology

61. **algorithm** — a precise set of rules or steps used to solve a problem or perform a calculation.
- Example: The recommendation **algorithm** suggests films based on a user's viewing history.
62. **artificial intelligence (AI)** — the ability of computer systems to perform tasks that normally require human intelligence.
- Example: **Artificial intelligence** is increasingly used to analyze medical images.
63. **deep learning** — a type of machine learning that uses multilayered neural networks to learn complex patterns from data.
- Example: **Deep learning** has greatly improved the accuracy of speech recognition.

64. **neural network** — a computing model made of connected processing units that is loosely inspired by the structure of the human brain.
- Example: The team trained a **neural network** to identify objects in photographs.
65. **dataset** — an organized collection of related data used for analysis or model training.
- Example: The researchers removed duplicate records from the **dataset** before training the model.
66. **big data** — extremely large and complex collections of data that require advanced tools to store, process, and analyze.
- Example: Retailers use **big data** to better understand customer behavior.
67. **chatbot** — a computer program designed to conduct a conversation with a person, usually through text or speech.
- Example: The bank's **chatbot** can answer basic questions at any time of day.
68. **optimization** — the process of making a system, design, or method as effective or efficient as possible.
- Example: Route **optimization** can reduce both delivery times and fuel consumption.
69. **computation** — the use of mathematical operations or computer processing to calculate or determine something.
- Example: Training a large model requires enormous amounts of **computation**.
70. **robotics** — the field concerned with designing, building, programming, and operating robots.
- Example: Advances in **robotics** are making warehouse automation safer and more efficient.
71. **write programs for AI systems** — create computer code that enables AI systems to perform specific tasks.
- Example: Students learned to **write programs for AI systems** that recognize simple visual patterns.
72. **chat with AI assistants** — have a text- or voice-based conversation with AI systems designed to help users. AI assistant is more natural for a user-facing conversational tool; AI agent often implies greater autonomy.
- Example: Travelers can **chat with AI assistants** to plan an itinerary.
73. **operate humanoid robots** — control or use robots whose form or behavior resembles that of humans.
- Example: Technicians are trained to **operate humanoid robots** safely.

74. **train AI models** — expose AI models to data so that they learn patterns and improve their performance on a task.
- Example: Engineers used multilingual data to **train the AI models**.
75. **tune an AI model / adjust model settings** — modify a model or its configurable settings to improve or change its performance and behavior.
- Example: The researchers **tuned the AI model** to improve its prediction accuracy.
76. **test AI systems** — evaluate AI systems to determine whether they are accurate, reliable, safe, and fit for purpose.
- Example: Independent experts should **test AI systems** before they are widely deployed.
77. **use AI as an assistive tool / use AI for assistance** — use AI to support human work rather than necessarily replace it.
- Example: Doctors can **use AI as an assistive tool** when reviewing medical scans.
78. **monitor AI behavior** — continuously observe how an AI system acts and performs, especially after deployment.
- Example: Developers **monitor AI behavior** to detect unexpected or harmful outputs.
79. **update AI software** — install or develop newer versions of software used by an AI system.
- Example: Organizations should regularly **update AI software** to address security weaknesses.
80. **ethical boundaries / ethical principles** — limits on what is considered morally acceptable; standards that guide responsible decisions and conduct.
- Example: Clear **ethical principles** should guide the development and use of facial recognition.

Health and fitness

81. **increase blood oxygen levels** — raise the amount or saturation of oxygen carried in the blood.
- Example: Supplemental oxygen may **increase blood oxygen levels** in patients with certain respiratory conditions.
82. **improve cardiovascular health** — strengthen the health and function of the heart and blood vessels.
- Example: Regular aerobic exercise can **improve cardiovascular health**.

83. **build muscular strength** — increase the amount of force that muscles can produce. Muscular strength is more idiomatic in fitness contexts than muscle strength after build.
- Example: Resistance training helps **build muscular strength** and protect bone health.
84. **burn calories** — use energy stored in the body through physical activity or normal bodily processes.
- Example: Brisk walking is a simple way to **burn calories** and stay active.
85. **flexibility / agility** — the ability to move joints and muscles through a wide range; the ability to move quickly and change direction with control.
- Example: Yoga can improve **flexibility**, while shuttle drills develop **agility**.
86. **set fitness goals** — establish specific physical-health or exercise objectives to work toward.
- Example: Setting realistic **fitness goals** can help people stay motivated.
87. **train under professional guidance** — exercise with instruction or supervision from a qualified professional.
- Example: Beginners should **train under professional guidance** when learning complex weightlifting techniques.

Events and activities

88. **an environmental fair / an eco-themed carnival** — a public event featuring enjoyable activities and information about environmental protection and sustainable living.
- Example: The school held **an eco-themed carnival** to promote recycling and energy conservation.
89. **organize a series of workshops and demonstrations** — arrange several practical learning sessions and displays that show how something is done.
- Example: The museum **organized a series of workshops and demonstrations** on traditional crafts.
90. **provide a range of interactive stations** — offer several activity areas where participants can learn through direct involvement.
- Example: The science fair will **provide a range of interactive stations** for children.
91. **a storytelling session** — an organized period during which stories are told or read to an audience.
- Example: The library hosts a weekly **storytelling session** for young children.