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六级 · 真题卷第1套 · 2026年6月

Part I Writing (30 minutes)

Directions: For this part, you are allowed 30 minutes to write an essay that begins with the sentence "With the trend of Urbanization, it is vitally important for city residents to develop a stronger love for Nature." You can make comments, cite examples or use your personal experiences to develop your essay. You should write at least 150 words but no more than 200 words. You should copy the sentence given in quotes at the beginning of your essay.

Part II Listening Comprehension (30 minutes)

Section A

Directions: In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A) , B) , C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

Questions 1 to 4 are based on the conversation you have just heard.

1. A) How to run one's business successfully.
B) How to make progress in one's career.
C) Why few people can fully display their capabilities.
D) Why young people seldom get the expected promotion.
2. A) To mix and interact with peers within the organization.
B) To restrict their connections exclusively to colleagues.
C) To limit communication only to their superiors.
D) To underestimate their role in the company.
3. A) Put in quality time.
B) Connect with managers.
C) Make greater efforts.
D) Demonstrate final results.
4. A) To show their genius.
B) To gain due respect.
C) To guard against humiliation.
D) To avoid appearing arrogant.

Questions 5 to 8 are based on the conversation you have just heard.

5. A) Decide how to divide up the presentation tasks.
B) Investigate the available background research.
C) Complete the project design together.
D) Find a suitable topic for their article.
6. A) He wants to devote his time to other portions.
B) He believes the woman is better able to handle it.
C) He claims to have done most of the work already.
D) He finds the woman more meticulous about details.
7. A) Questioning.
B) Complaining.
C) Arguing.
D) Worrying.
8. A) To avoid sounding monotonous to the listeners.
B) To make the division of labor more reasonable.
C) To keep himself from being overburdened.
D) To bring their capabilities fully into play.

Section B

Directions: *In this section, you will hear two passages. At the end of each passage, you will hear three or four questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on Answer Sheet 1 with a single line through the centre.*

Questions 9 to 11 are based on the passage you have just heard.

9. A) Alter others' perceptions of the wearer.
B) Win others' admiration for the wearer.
C) Enhance the wearer's confidence.
D) Change the wearer's appearance.
10. A) As being a greater threat.
B) As being of higher prestige.
C) As being more dominant.
D) As being more attractive.
11. A) It might influence her way of introducing herself.
B) It might impact her dressing style for the occasion.
C) It might affect her decision on applying cosmetics.
D) It might sway her view on the interviewers' questions.

Questions 12 to 15 are based on the passage you have just heard.

12. A) Those involving no self-recognition.
B) Those forcing us to clench our teeth.
C) Those resisting various temptations.
D) Those requiring no willpower at all.
13. A) Regulating one's actions for the sake of good health.
B) Controlling one's actions with a motivating thought.
C) Using practical examples to guide one's behavior.
D) Denying oneself any comfort to prevent diseases.
14. A) It equips us with an expert skill.
B) It exerts an enduring force on us.
C) It leads to a burning goal.
D) It begins with a bright idea.
15. A) Any cherished goal.
B) Any positive mindset.
C) Any personal instinct.
D) Any valued role model.

Section C

Directions: *In this section, you will hear three recordings of lectures or talks followed by three or four questions. The recordings will be played only once. After you hear a question, you must choose the best answer from the four choices marked A) , B) , C) and D) . Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.*

Questions 16 to 18 are based on the recording you have just heard.

16. A) It has long been criticized as unclear.
B) It has long been ignored by the public.
C) It has caused much panic among women.
D) It has resulted in different understandings.
17. A) It warned consumers not to eat fish from the Gulf of Mexico.
B) It called on expectant mothers to pay attention to food safety.
C) It issued an update to the advice on seafood consumption.
D) It listed more than sixty species of fish as "choices to avoid".
18. A) The impact of the FDA's analysis.
B) Multiple factors including mercury.
C) Critics' conclusions.
D) The prices of seafood.

Questions 19 to 21 are based on the recording you have just heard.

19. A) They will suffer a breakdown soon.
B) They will be losing both joy and life.
C) They will be putting themselves and family at risk.
D) They will make things worse for people around them.
20. A) Spend 14 days for vacation every year.
B) Aim for three separate vacations yearly.
C) Space out their vacations evenly instead of taking one long vacation.
D) Use all their days off for a long summer break to achieve full-on calm.
21. A) Expecting to have more vacations in a year will boost one's work efficiency.
B) Anticipating more vacations would reduce one's feelings of despair at work.
C) Taking more than three vacations yearly would prolong one's excitement.
D) Planning multiple breaks throughout the year will add to one's happiness.

Questions 22 to 25 are based on the recording you have just heard.

22. A) Surveying when drivers are caught in the heat of arguments.
B) Designing devices to prevent drivers from being distracted.
C) Testing models for monitoring drivers easily getting tired.
D) Developing sensor-based systems for autonomous vehicles.
23. A) Make sure the autonomous vehicle operates in the simplest manner.
B) Ensure the transition from the driver to the vehicle is safely made.
C) Alleviate the driver's pressure as much as possible.
D) Record the driver's state as accurately as possible.
24. A) Driver fatigue.
B) Dreadful traffic.
C) Drunk driving.
D) Driving time.
25. A) There has been a strong debate on the feasibility of Level 3 cars.
B) There have been few remarkable advances in auto technology.
C) There has been a rise in attention-grabbing accidents recently.
D) There have been few feasible ways to shift public sentiment.

Part III

Reading Comprehension

(40 minutes)

Section A

Directions: *In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding*

letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

Two proposals are before the state legislature that look to put some limits on ever-increasing rent prices, which some lawmakers say are contributing to rising homelessness rates.

The proposals 26 caps on rent increases, preventing landlords in the state from raising rent more than the rate of inflation in most cases. There are exceptions for buildings less than 10 years old, public housing, improvements beyond maintenance, and a hardship 27 .

In a 2020 study, researchers at the U.S. Government Accountability Office estimated that every \$100 in rent increase is 28 to a 9% rise in homelessness. Rent increases have an even more detrimental effect on some demographic groups, such as racial minorities.

Representative Alex Ramel explained why he thought that this kind of legislation was so important, telling the story of a 29 struggling to live in the community.

Ramel pointed out the 30 effect of double-digit rent increases, saying that he made the decision to introduce the legislation while talking to a young man in Bellingham. "He's a recent graduate from Western Washington University and just got a new job," Ramel said. "He was leaving our community because his landlord 31 him that his rent was going to go up by \$600 a month."

The Rental Housing Association of Washington opposes the legislation. The association 32 that the policy won't actually solve the problem of rental prices. Instead, it will punish small landlords and allow wealthy renters easy access to cheap housing.

"The rent control policy has failed everywhere it has been 33 in this county. It has not fixed one housing problem 34 . It also does not distinguish between rich and poor when 35 who gets the benefits of rent control," said Chester Baldwin with the Rental Housing Coalition.

- | | |
|----------------|--------------------|
| A) anywhere | I) exemption |
| B) asserts | J) impose |
| C) constituent | K) notified |
| D) correlated | L) notwithstanding |
| E) determining | M) presume |
| F) devastating | N) rehabilitation |
| G) enacted | O) reproaching |
| H) entails | |

Section B

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on **Answer Sheet 2**.

Meet the "digital nomads" who travel the world in search of fast Wi-Fi

- A) For those "citizens of the world", the office can be anything from a beach hut in Brisbane to a Starbucks in Seattle, thanks to the growing prevalence of remote-based work. But roaming the globe from café to café is not without its challenges.
- B) When the average traveller lands in a city like Bangkok, Berlin, or Buenos Aires, their first step might be to drop their bags at their hotel and to log on to TripAdvisor to find out the hours of a popular tourist attraction or the best rooftop bar for happy hour.
- C) But people like Pieter Levels are not your average traveller. A Dutch website developer, Levels has been living and working nomadically(像游牧民那样) in places like Singapore, Hong Kong, Tokyo and Manila for two years. With just a carry-on backpack, he chooses his location at will, based on a variety of factors—Wi-Fi speed, average temperature, exotic food and cost of living—that have little bearing on the work he actually does.
- D) Somewhere in his nomadic journey, Levels noticed that there was a growing need to create an online infrastructure for people like himself. That's when he created #nomads, a membership-based chat system which runs on the team communication platform known as Slack. The channel allows users to ask people in their current city the types of practical questions that a tourist would unlikely need to ask.
- E) Members of the geographically dispersed subculture that Levels is a part of call themselves "digital nomads". They are borderless, mostly self-employed remote workers who interact with cities in a way that's entirely different from a tourist, but still doesn't quite reach the status of resident. A relatively new phenomenon, there are no hard statistics on the prevalence of digital nomads or location independent workers. But thanks to the growing prevalence of freelance(自由职业的) livelihoods, a global sharing economy and numerous digital tools, the number of people who are able to live this life is growing quickly. And in a rapidly urbanising world, where a major city in Asia increasingly offers the same comforts as one in Europe, many people are reaching the realisation they don't need to stay in one place.
- F) So how does a nomad differ from a tourist or resident? In many ways, Levels says, you can think of a digital nomad like a "short-term independent expat(移居国外的人)". Unlike a resident expat, they don't work for a large multinational company in an air conditioned office building and they generally enter a country on a tourist visa, simply renewing or moving on when it expires. But unlike a tourist, they don't arrive in a foreign city without any responsibilities. Travel isn't necessarily required for them to do their jobs, but neither is staying in one place.
- G) Janet Brent is an independent ebook designer. She says many people she knows assume she travels for work, but in reality her international destinations are largely up to her, and driven by cost. "Contrary to what some people might think, I don't get paid to travel—I simply choose the lifestyle. Rather than rent in one given city, I choose to travel and do short-term, temporary stays around the world, and my travel decisions are literally based on what makes the most sense financially for me," Brent said. "It's completely different from vacationing—you really sink into the city life and get your feet wet in the communities."
- H) Bryce Adams is another such nomad. He works as a developer for a South African company WooThemes, which has a workforce that's more than 80% remote-based. Though Adams frequently posts pictures on Instagram of his enviable cooking adventures from Seoul to Bangkok, he says nomad life in foreign cities has its downsides, including finding adequate Wi-Fi for the bandwidth-hungry work his livelihood depends on. Contrary to the perception that he works under a mango tree in a tropical haven, Adams says the reality of this life means that he often ends up staying in more western style places in globalised cities—ones that are sure to have air conditioning and a decent connection—rather than exotic beachfront cafés.

- I) "A fellow nomad posted quite a funny but honest message on Twitter a few days ago that stuck with me: 'It's funny that digital nomads spend 16 hours to fly to the other side of the world to sit in Starbucks,' and it's completely true," Adams said. "When you're a digital nomad, you don't actually have as much freedom as most people think you do. We have deadlines, we all have people relying on us and a mouth (or two) that needs to be fed. It's nice to be able to work anywhere in the world but it's not without its challenges."
- J) But these challenges can often provide an opportunity for nomads to see a side of a city they may not have if they were staying in a luxury hotel for a long weekend. However inconvenient, a trip to a local doctor, immigration office or laundry—or a conflict with a local Airbnb host (the accommodation style of choice for most nomads)—can be far more culturally instructive than a trip to the national museum. And because nomads often have to stay where the strongest internet connection is, they tend to spend more time in developing cities compared to the average tourist, who often flees to more touristy destinations soon after landing at the airport.
- K) The nomad life is, by all accounts, one built out of privilege. You not only need a relatively powerful passport that makes tourist visas easy to attain, but also a knowledge economy job and access to the technology and devices that make remote working possible. But nomads like Adams say that while they are aware of this privilege, they believe living this way elevates what they're able to offer, by giving them a broader perspective on what they're building, writing, or designing and expanding their world view.
- L) "Being able to travel and get around makes it easy to stay inspired," he added. "I truly believe that it makes me a more sensible human being, as I tend to see and appreciate the creative solutions people come up with in other parts of the world, even though many tend to have far more constraints than we have at home."
- M) So when you're constantly on the road and don't own any property or have a fixed address, which city do you call home? It's no surprise that many nomads are dual citizens or "third culture kids," who have grown up with a notion of identity that's not tied to nationalism or staying in one place. Levels says that the nomad life has not only changed his notions of citizenship, but the people he chooses to spend time with as well. "Saying you're a 'citizen of the world' is a super cliché, right? But it's becoming quite true," Levels said. "This global awareness has been the reason I started Nomad List and it's affected who my friends are. It's normal to have dinner now and sit with a Korean girl, a British-Singaporean guy, a Mexican girl and a Nigerian guy. As much as that sounds like a politically correct TV advertisement, it's great that that's the time we're in now."
36. Pieter Levels created a chat system to satisfy the need of digital nomads for information tourists normally don't seek.
37. It is said that digital nomads do not enjoy as much freedom as most people suppose.
38. Different from tourists, digital nomads travel to foreign places with work to do.
39. Digital nomads believe their lifestyle enables them to broaden their vision and do a better job.
40. The first thing a typical traveller possibly does after arriving at a city is search for information online about its popular tourist attractions.
41. One digital nomad thinks their life in foreign cities has its disadvantages.
42. Travelling around helps to keep digital nomads inspired.
43. The number of self-employed remote workers living a digital nomad's life is fast increasing.

44. Pieter Levels says his life as a nomad has transformed not only his idea of citizenship, but his choice of companions.
45. Interactions with local people and institutions provide nomads with far more cultural information than a visit to the national museum.

Section C

Directions: *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A) , B) , C) and D) . You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.*

Passage One

Questions 46 to 50 are based on the following passage.

Children's use of social media is a problem. That doesn't mean it should be stopped. While younger children should not be on platforms where 13 is the minimum age, it is neither practical nor desirable to imagine a world in which teenagers are prevented from accessing the platforms and messaging systems that the adults around them use to organise their lives.

But the pleasure and stimulation that people of all ages find on their screens and smartphones must not blind us to the harm that spending time in this way can cause. The finding that the alarmingly high rate of depression in British teenage girls is closely correlated to time spent on social media is extremely concerning. Research found that two in five girls are on social media for at least three hours a day—with half as many boys engaged to the same extent. More than a third of depressed girls have experienced online harassment. About half of affected girls suffered disrupted sleep, compared with 20% of depressed boys.

Although the research does not prove that social media causes depression, the importance of the finding that there is a connection should not be underestimated. Schools have done important work in communicating key messages about the risks of online abuse. But when it comes to broader questions about "screen time", many professionals as well as parents are confused and uncertain.

The health secretary, Matt Hancock, wants official guidelines on time and age limits. This idea has the virtue of simplicity, though some experts question its effects and call for a greater degree of differentiation, arguing that time online by itself is not a bad thing and it all depends on what you are doing. Also due this year is information commissioner Elizabeth Denham's Age Appropriate Design Code, covering the use of children's personal data. Both initiatives are welcome. But the government is playing catch-up. Statutory regulation of the digital media giants is long overdue. The failure to protect children from data harvesting and targeted advertising thus far is as shocking as the lack of concern shown by the companies themselves with regard to children's psychological health.

Of course, social media companies are not the source of all our ills, and can offer a too-easy target for politicians keen to divert attention from inadequately resourced schools and health services. There are other reasons for the rising incidence of depression in young people, with increasing pressure to succeed in education and in life more broadly—to be famous, beautiful, rich—often cited as a source of unhappiness or anxiety which can, if aggravated by other factors and not managed, tip into ill health. Safeguarding means more than the avoidance of physical threat.

46. What does the author believe regarding social media?
- A) To stop children using it is unrealistic and inadvisable.
 - B) It helps both adults and children to organise their lives.
 - C) It poses problems to both parents and children.
 - D) A world without it is really hard to imagine.
47. What do we learn from the passage about British teenage girls?
- A) The more frequently they interact on social media, the more they experience harassment.
 - B) The more time they spend on social media, the more likely they suffer from depression.
 - C) Most of them are engaged on social media for at least three hours a day.
 - D) They spend half as many hours on social media as British teenage boys.
48. What is the author's view on the research finding about British teenage girls?
- A) Its implications about online abuse are obvious.
 - B) Its key message calls for immediate attention.
 - C) Its importance should not be undervalued.
 - D) Its uncertainty should not go unnoticed.
49. What do experts think of health secretary Matt Hancock's idea?
- A) Its implementation requires prompt action.
 - B) It is a welcome initiative but is long overdue.
 - C) Its success depends on how it is implemented.
 - D) It is too simplistic to produce the desired effect.
50. Besides social media companies, what factors contribute to young people's psychological health problems?
- A) Poorly financed schools and health services.
 - B) Politicians' eagerness to divert public attention.
 - C) Bad statutory regulation of digital media giants.
 - D) Their parents' educational background and life.

Passage Two

Questions 51 to 55 are based on the following passage.

About a decade ago, the G-20, a forum of the world's biggest economies, agreed to crack down on multinational corporations' abusive use of tax havens. This resulted in a plan that aimed to curb practices that shielded a large chunk of corporate profits from tax authorities.

But, instead of reining in the use of tax havens—countries such as the Bahamas and Cayman Islands with very low or no effective tax rates—the problem has only gotten worse.

In a new study, we measured the excessive profits reported in tax havens that cannot be explained by ordinary economic activity such as employees, factories and research in that country. Our findings show a striking pattern of artificial shifting of paper profits to tax havens by corporations, which has been relentless since the 1980s.

We found that the world's biggest multinational businesses shifted 37% of the profits—\$969 billion—they earned in other countries to tax havens in 2019. The figure was less than 2% in the 1970s. The main reasons for the large increase were the growth of the tax avoidance industry in the 1980s and U.S. policies that made it easier to shift profits from high-tax countries to tax havens.

We estimate that the amount of corporate taxes lost as a result reached 10% of total corporate revenue in 2019, up from less than 0.1% in the 1970s. In 2019, the total government tax loss globally was \$250 billion. U.S. multinational corporations alone accounted for about half of that, followed by the U.K. and Germany.

How do policymakers fix this? So far, the world as a whole has been trying to solve this problem by cutting or scrapping corporate taxes in a very gradual way. In the past 40 years, the global effective corporate tax rate has fallen from 23% to 17%. At the same time, governments have relied more heavily on consumption taxes.

But the root cause of profit-shifting is the incentives involved, such as generous or lenient corporate tax rates in other countries. If countries could agree on a global minimum corporate tax rate of, say, 20%, the problem of profit-shifting would largely disappear, as tax havens would simply cease to exist.

This type of mechanism is exactly what more than 130 countries signed onto in 2021, with implementation of a 15% minimum tax set to begin soon in the EU, U.K., Japan, Indonesia and many other countries. The U.S. has notably not been able to pass this legislation.

Our research suggests implementing this type of tax reform is necessary in reversing the shift of ever-greater amounts of corporate profits to tax havens—instead of being taxed by the governments where they operate and create value.

51. What do we learn about the G-20's agreement on curbing the use of tax havens?
- A) It has aggravated the problem in non-G-20 countries.
 - B) It has taken a toll on countries such as Cayman Islands.
 - C) It has failed to achieve the expected outcome.
 - D) It has failed to result in any long-term plan.
52. What mainly accounted for the large increase in the world's biggest multinational corporations' shift of profits to tax havens?
- A) Fluctuating tax rates globally.
 - B) Lenient policies of the U.S.
 - C) Heavy taxes imposed on them.
 - D) Rapid growth of their business.
53. What have policymakers been doing to prevent government tax loss?
- A) Reducing corporate taxes step by step.
 - B) Scrapping consumption taxes gradually.
 - C) Making joint efforts to levy corporate taxes.
 - D) Adjusting global effective corporate tax rates.

54. What does the author say would bring tax havens to an end?
- A) The alignment of corporate taxes with consumption taxes.
 - B) The implementation of generous tax rates in all countries.
 - C) The agreement on the root cause of global profit-shifting.
 - D) The imposition of a global minimum corporate tax rate.
55. What could be expected of the global problem of profit-shifting in the near future?
- A) It would be solved with more countries cutting tax rates.
 - B) It would end with governments' awareness of its severity.
 - C) It would cease to exist with worldwide corporate support.
 - D) It would continue because of noncooperation from the U.S.

Part IV

Translation

(30 minutes)

Directions: For this part, you are allowed 30 minutes to translate a passage from Chinese into English. You should write your answer on **Answer Sheet 2**.

科技进步使中国的医疗事业得到快速发展。近年来，远程医疗使优质医疗资源惠及更多患者。医学专家可以通过视频为偏远地区患者提供咨询，指导当地医生制定并实施治疗方案。人工智能辅助诊断系统帮助医生识别患者的早期症状，提高诊断准确率。电子健康档案的普及让医生能够快速了解患者病史，避免重复检查。线上医疗咨询平台极大地方便了患者就诊。科技与医疗的深度融合更好地满足了人民的健康需求。

2026年6月·第1套英语六级写作·题目、范文与解析

PROMPT & MODEL ESSAY • 写作题和范文

写作题和范文

本页写作题面、参考范文与逐段解析由懒笔记基于2026年6月·第1套 英语六级写作原卷整理。与试卷排版同一卷面：完整写作要求（Directions，含主题、文体、词数与署名约束）连续排印。写作是生产性任务、无 ABCD 标准答案——题面即整道题；卷面下方直接给出满足全部硬约束的参考范文、整篇中译与逐段拆解。

真题卷第1套(2026-06) • 英语六级

Part I

Directions: For this part, you are allowed 30 minutes to write an essay that begins with the sentence "With the trend of Urbanization, it is vitally important for city residents to develop a stronger love for Nature." You can make comments, cite examples or use your personal experiences to develop your essay. You should write at least 150 words but no more than 200 words. You should copy the sentence given in quotes at the beginning of your essay.

【参考范文 • 164 词】 写作无唯一标准答案，以下为达标示范

With the trend of Urbanization, it is vitally important for city residents to develop a stronger love for Nature. As concrete forests expand, many urban dwellers rarely feel the breeze, hear birds, or touch soil. A stronger bond with nature is not a luxury; it is essential for mental and physical well-being in an increasingly artificial environment.

One practical way to cultivate this love is to make nature part of daily routines. For example, residents can walk in nearby parks, grow plants on balconies, or join community gardening projects. These activities reconnect people with the living world. Last year, I started visiting a small riverbank park every weekend. Watching seasons change there reduced my stress and made me more aware of environmental protection.

Therefore, city governments and individuals should work together to create more green spaces and spend time in them. Only by integrating nature into urban life can residents truly develop a stronger love for it and build healthier cities for future generations.

【参考译文】

随着城市化的趋势，城市居民培养对自然更深厚的热爱至关重要。随着混凝土森林的扩张，许多城市居民很少感受到微风、听到鸟鸣或触摸土壤。在日益人造化的环境中，对自然的更紧密联系不是奢侈品，而是身心健康的必需品。

培养这种热爱的一个实用方法是让自然成为日常生活的一部分。例如，居民可以在附近公园散步、在阳台种植植物或参加社区园艺项目。这些活动使人们重新与有生命的世界连接。去年，我开始每个周末去一个

小河岸公园。在那里观察季节变化减轻了我的压力，也使我更关注环境保护。

因此，城市政府和个人应共同努力创造更多绿色空间，并花时间置身其中。只有将自然融入城市生活，居民才能真正培养更深厚的热爱，并为后代建设更健康的城市。

【第 1 段】首段落实首句照抄与论点回应。 范文首句完全复制 With the trend of Urbanization, it is vitally important for city residents to develop a stronger love for Nature., 随后用 'concrete forests expand' 描述城市化现象，并以 'not a luxury; it is essential' 亮明观点。

【第 2 段】中段用做法+例子+个人经历展开。 主题句 'One practical way to cultivate this love...' 对应 paragraphGuide 的方法；'For example...' 列举具体做法；'Last year, I started visiting...' 加入个人经历，使论证更可信。

【第 3 段】末段总结并发出行动呼吁。 'Therefore, city governments and individuals...' 总结对策，'Only by integrating nature into urban life...' 用倒装句升华，回扣首段论点。

ANALYSIS • 审题与立意

这道题到底要写什么、立意是什么

动笔前先钉死本题的核心写作任务与读者语域，再定中心立意与要展开的要点——这些是本题特有的内容判断，不是通用套路。

核心任务

城市化背景下城市居民如何增强对自然的热爱

根据 write an essay that begins with the sentence 与 With the trend of Urbanization, it is vitally important for city residents to develop a stronger love for Nature. 可知，本文须围绕城市化趋势，讨论城市居民应如何培养对自然的热爱，并结合 You can make comments, cite examples or use your personal experiences to develop your essay. 展开。

读者 • 语域

面向阅卷人的正式书面语

题目未设定具体读者与身份，写作对象为六级阅卷人，语气应为正式议论文，不使用口语缩写或书信称呼。

中心立意

城市居民应把亲近自然变成日常，以缓解城市化带来的疏离

以 With the trend of Urbanization, it is vitally important for city residents to develop a stronger love for Nature. 为出发点，中心论点是：面对城市化，居民需要通过日常行动主动重建与自然的联系。

要展开的要点

1. 城市化让居民与自然渐行渐远

描述城市扩张带来的'水泥森林'现象，说明为什么增强爱自然之心变得迫切。

2. 日常亲近自然是培养热爱的有效途径

用具体例子或个人经历说明散步、养花、社区园艺等活动如何让居民重新感受自然。

3. 政府与个人应共建绿色空间

从社会层面提出对策：增加绿地并鼓励居民使用，把热爱自然落实到城市生活中。

STRUCTURE • 谋篇与逐段

怎么分段、每段写什么、能套哪些句架

按写作家族给出现成的段落框架（每段承担什么功能），并为每段配可直接套用的 功能句架（留出填本题内容的空位）。段序与上方参考范文一一对应。

第 1 段 开篇点题

照抄题干给定首句，简要描述城市化现象并亮明中心论点。

第 2 段 举例论证

提出培养热爱自然的具体做法，用例子和个人经历支撑论点。

第 3 段 总结呼吁

回扣主题，呼吁政府与个人共同努力，把自然融入城市生活。

第 1 段 用'水泥森林'承接首句，提出'亲近自然是必需品而非奢侈品'

以 With the trend of Urbanization, it is vitally important for city residents to develop a stronger love for Nature. 为起点，指出城市扩张使居民远离自然，进而提出中心论点。

照抄给定首句 · 将题干中的开头句原封不动置于首段第一句。

现象导入句 · As concrete forests expand, many urban dwellers rarely feel ..., hear ..., or touch

论点句 · A stronger love for nature is not a luxury; it is essential for mental and physical well-being.

第 2 段 日常接触自然的方法与个人体验

围绕 You can make comments, cite examples or use your personal experiences to develop your essay. 的要求，写出散步、阳台种植、社区园艺等做法，并加入一次周末去河岸公园的经历。

主题句 · One practical way to cultivate this love is to make ... part of daily routines.

举例扩展 · For example, residents can ..., ..., or

个人经历 · Last year, I started visiting ... every weekend. Watching ... reduced my stress and made me more aware of

第3段 呼吁共建绿色城市，回扣‘增强热爱自然’主题

回应全文中心，强调城市化不应以牺牲自然为代价，呼吁政策支持与个人行动相结合。

总结呼吁句 · Therefore, ... and ... should work together to create more green spaces and spend time in them.

倒装升华句 · Only by integrating ... into ... can ... truly develop a stronger love for ... and build healthier

REVIEW · 自检避坑

本题在四个评分维度怎样算达标、容易在哪丢分

按阅卷四维（内容切题 / 结构连贯 / 语言准确 / 字数格式）给出本题达标要点，并把最容易踩的低分写法摆出来 + 给改法 —— 这是写作版的「狠拆诱人错项」。

内容切题

必须原样照抄首句并紧扣城市化

要落实 You should copy the sentence given in quotes at the beginning of your essay. 与 With the trend of Urbanization, it is vitally important for city residents to develop a stronger love for Nature., 避免写成泛泛的环保文章。

结构连贯

三段分工明确，衔接自然

首段点题、中段举例论证、末段呼吁，每段开头用主题句或连接词提示功能，全文形成‘问题—办法—呼吁’的清晰链条。

语言准确

注意正式书面语与常见搭配

全文使用一般现在时描述普遍现象，用 a stronger love for、develop a love for 等固定搭配，不使用口语缩写。

字数格式

词数必须落在给定区间内

开头句计入总词数，范文通过充实例子和个人经历把词数控制在区间内。

典型低分写法 · 反面示例与改法

漏写或改写开头句

反面示例：With the development of urbanization, city people should love nature more. 问题：改写了原句。修正：With the trend of Urbanization, it is vitally important for city residents to develop a stronger love for Nature.

脱离城市化泛泛谈环保

反面示例：We should protect forests and save wild animals. 问题：没有城市背景，不符合题意。修正：Urban residents can start by visiting city parks and growing plants on balconies.

只评论不举例

反面示例：Nature is very important. We must love it. 问题：无具体例证，缺乏说服力。修正：For example, walking in a nearby park every weekend helps me feel relaxed and closer to nature.

字数不足或超标

反面示例：全文仅120词。问题：未达 You should write at least 150 words but no more than 200 words. 的硬要求。修正：增加个人经历与具体做法，使内容充实到150词以上。

堆砌万能模板

反面示例：With the development of society, nature is becoming more and more important. 问题：套话空洞，未回应城市化背景。修正：As concrete forests expand, city residents need to rebuild their connection with nature.

英语六级 2026年6月·第1套 · 全卷构成

Part I	写作	本题
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	题目解析 →
Part III Section C	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →

2026年6月·第1套 英语六级听力真题原文与答案解析

PAPER & KEY • 听力题和解析

听力题和解析

本卷全部 25 题的标准答案与完整录音文字稿由懒笔记基于2026年6月·第1套 英语六级听力原卷逐题核对整理。与试卷排版同一卷面层级：Part/Section 标题与各节 Directions 照原卷排印——真实听力考卷只印选项，题干由录音念出。其下按录音篇目逐篇排印：每篇先给完整录音文字稿（逐段中译），再逐题给出卷面题目与该题解析（题目、翻译、答案、定位、信号、替换与排除）。

真题卷第1套(2026-06) • 英语六级

以下按录音篇目排印：每篇先给录音原文与逐段中译（考卷上没有，考试时录音只播一遍、卷面只印选项），再逐题给出卷面题目与解析。

Part II Listening Comprehension (30 minutes)

Section A

Directions: In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A) , B) , C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

Questions 1 to 4 are based on the conversation you have just heard.

1 M: Welcome to "Business Matters". Today we have invited career development consultant Lucy Williams to talk about how to get ahead at work. Hi, Lucy. Many of us never seem to get promoted. Why is that? And what can we do about it?

M: 欢迎收听《商业纵横》。今天我们邀请了职业发展顾问露西·威廉姆斯，来谈谈如何在职场上取得成功。你好，露西。我们很多人似乎一直得不到晋升，这是为什么？我们又能做些什么呢？

2 W: One mistake people make is to limit communication only to their bosses. It's important to expand your network and include your co-workers.

W: 人们常犯的一个错误，是把沟通对象局限在自己的上司。拓展人际网络很重要，也要把同事纳入其中。

3 M: But some of our co-workers are less senior to us. Is it really necessary to connect with them?

M: 但我们有些同事的职位比我们低。真的有必要和他们建立联系吗？

4 W: It's important not to underestimate your colleagues. Sometimes a job title might not clearly demonstrate the influence they may have.

W: 重要的是不要低估你的同事。有时候，职位名称并不能清楚地体现他们可能拥有的影响力。

5 M: Now many of us think that working hard creates a good impression, but this isn't always true, is it?

M: 现在我们很多人都认为努力工作会给别人留下好印象，但事实并不总是如此，对吧？

6 W: That's right. We should avoid trying to take on too much work and constantly staying late, just to show that you are committed.

W: 没错。我们应该避免为了表现出自己的投入，就试图承担过多的工作，还总是加班到很晚。

7 M: I see. So setting expectations too high at the beginning can make us look bad if we don't maintain them.

M: 我明白了。所以，一开始就把别人对我们的期待设得太高，如果后来无法保持，就可能让我们看起来很糟糕。

8 W: Yeah, it's better to make sure you are putting in quality time instead of just a large quantity of time. And these efforts can easily be demonstrated by the results we achieve.

W: 是的，最好确保自己投入的是高质量的时间，而不只是大量的时间。而且，我们取得的成果很容易证明这些努力。

9 M: What about helping others at work? Should you try and go beyond your normal responsibilities and offer to help people with their projects?

M: 那么，在工作中帮助别人呢？你是否应该尽力超越自己的日常职责，主动提出帮助别人完成项目？

10 W: Extend your assistance to those who need it, but only as long as your own work will not go unattended. If someone can benefit from your assistance or advice, help them out to gain their respect and trust.

W: 向那些需要帮助的人提供援助，但前提是不能让自己的工作无人处理。如果有人能从你的帮助或建议中获益，就帮他们一把，以赢得他们的尊重和信任。

11 M: But it goes without saying that you shouldn't act like a know-it-all, otherwise you'll appear arrogant.

M: 不过，显而易见，你不应该表现得像个无所不知的人，否则会显得傲慢。

12 W: Absolutely. Be humble, and you'll get a lot of time later on to show your genius.

W: 当然。保持谦逊，之后你会有很多时间展现自己的才华。

1. A) How to run one's business successfully.

B) How to make progress in one's career.

C) Why few people can fully display their capabilities.

D) Why young people seldom get the expected promotion.

【题目】 What are the speakers mainly talking about?

【翻译】说话人主要在谈论什么？

- A) 如何成功经营自己的事业。 B) 如何在职业生涯中取得进步。
C) 为什么很少有人能够充分展现自己的能力。 D) 为什么年轻人很少得到预期的晋升。

【答案】B (主旨题) How to make progress in one's career.

【定位】M: Welcome to "Business Matters". Today we have invited career development consultant Lucy Williams to talk about how to get ahead at work. Hi, Lucy. Many of us never seem to get promoted. Why is that? And what can we do about it?

男：欢迎来到《Business Matters》。今天我们邀请了职业发展顾问 Lucy Williams 来谈谈如何在职场上取得进步。嗨，Lucy。很多人似乎一直得不到晋升。为什么会这样？我们能做些什么？

【信号】开头点题句。主持人开场即点明 “to talk about how to get ahead at work”, how to get ahead at work 直接给出对话主题；后续多次出现的 promoted、career 等词进一步锁定。

【替换】how to get ahead at work ↔ How to make progress in one's career.

同义改写：get ahead = make progress; at work = in one's career

【排除】A) 原词陷阱

How to run one's business successfully. 中的 business 来自节目名 “Business Matters”，但对话讲的是职场晋升，不是如何经营自己的企业；属于用原文出现的 business 原词设陷阱。

借用原文：Business Matters

C) 过度推断

Why few people can fully display their capabilities. 中 “few people can fully display capabilities” 在录音中并未出现，属于用 “never seem to get promoted” 过度推断出的伪主题。

D) 原词陷阱

Why young people seldom get the expected promotion. 盗用了 Many of us never seem to get promoted. 中的 promoted，但全文讨论的是 “how to get ahead” 而不仅是 “why young people don't get promoted”，属于以偏概全。

借用原文：Many of us never seem to get promoted.

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2. A) To mix and interact with peers within the organization.
B) To restrict their connections exclusively to colleagues.
C) To limit communication only to their superiors.
D) To underestimate their role in the company.

【题目】What does the woman say is one mistake people make?

【翻译】女士说人们会犯的一个错误是什么？

- A) 在组织内与同辈交流互动。 B) 将自己的交往范围仅限于同事。
C) 将交流仅限于上级。 D) 低估自己在公司的作用。

【答案】C (细节题) To limit communication only to their superiors.

【定位】W: One mistake people make is to limit communication only to their bosses. It's important to expand your network and include your co-workers.

女：人们犯的一个错误是只跟老板沟通。重要的是拓展人脉，把同事也包括进来。

【信号】被问者直接应答 + 关键信息 “One mistake...”。男人在 P1 末尾问 “Why is that? And what can we do about it?”，女人在 P2 直接以 “One mistake people make is...” 作答，One mistake people make is to limit communication only to their bosses. 就是答案句。

【替换】limit communication only to their bosses. ↔ To limit communication only to their superiors.

同义替换：bosses = superiors

【排除】A) 答非所问

To mix and interact with peers within the organization. 中的 mix/interact with peers 是女人后面建议 “expand your network and include your co-workers” 的同义改写，但题干问的是 “mistake”，这是正确做法而非错误。

借用原文：expand your network and include your co-workers.

B) 张冠李戴

To restrict their connections exclusively to colleagues. 盗用了 include your co-workers. 中的 co-workers (colleagues 同义) 与 communication/connections 概念，但把对象从 “bosses” 换成了 “colleagues”，与原文相反。

借用原文：include your co-workers.

D)

To underestimate their role in the company. 中的 underestimate 出现在 It's important not to underestimate your colleagues., 但这是第4段关于“不要低估同事”的内容，与第2段的 “mistake” 不是同一个。

借用原文：It's important not to underestimate your colleagues.

3. A) Put in quality time.

B) Connect with managers.

C) Make greater efforts.

D) Demonstrate final results.

【题目】What does the woman advise people to do in their work?

【翻译】女士建议人们在工作中做什么？

- A) 投入高质量的时间。 B) 与管理人员建立联系。 C) 付出更大的努力。
D) 展示最终成果。

【答案】 **A** (细节题) Put in quality time.

【定位】 W: Yeah, it's better to make sure you are putting in quality time instead of just a large quantity of time. And these efforts can easily be demonstrated by the results we achieve.

女: 是的, 你最好确保自己投入的是高质量时间, 而不是单纯的大量时间。并且这些努力可以通过我们取得的成果轻易体现出来。

【信号】 建议句 **it's better to... + 取舍 instead of**。男人在 P5 提出 “working hard... staying late” 的困惑, 女人在 P8 用 “it's better to...” 给出建议, 并用 “instead of” 把 “quality time” 与 “quantity of time” 对立, 答案落在 quality time 上。

【替换】 putting in quality time ↔ **Put in quality time.**

直接提取核心动作短语

【排除】 B) **原词陷阱**

Connect with managers. 对应 limit communication only to their bosses. 中的 bosses, 但女人在第2段明确说 “只跟老板沟通” 是错误, 不是建议。

借用原文: limit communication only to their bosses.

C) **原词陷阱**

Make greater efforts. 对应男人在 working hard creates a good impression 中的 working hard, 但女人随后否定 “constantly staying late just to show committed”, 说明她不赞成单纯更努力。

借用原文: working hard creates a good impression

D) **偷换概念**

Demonstrate final results. 来自 these efforts can easily be demonstrated by the results we achieve., 但原文中 results 是 quality time 的自然结果, 不是女人直接建议去做的事。

借用原文: these efforts can easily be demonstrated by the results we achieve.

4. A) To show their genius.

B) To gain due respect.

C) To guard against humiliation.

D) To avoid appearing arrogant.

【题目】 **Why does the man say one should not act like a know-it-all?**

【翻译】 男士为什么说一个人不应该表现得无所不知?

A) 为了展示自己的才智。 B) 为了赢得应有的尊重。 C) 为了避免受到羞辱。

D) 为了避免显得傲慢。

【答案】 **D** (细节题) To avoid appearing arrogant.

【定位】 M: But it goes without saying that you shouldn't act like a know-it-all, otherwise you'll appear arrogant.

男：但不用说，你不应该表现得像个万事通，否则你会显得傲慢。

【信号】 因果连接词 **otherwise** 后的结果。男人在 P11 用 “otherwise you'll appear arrogant” 直接给出 “不要表现得像 know-it-all” 的原因/后果，otherwise you'll appear arrogant. 是答案信号。

【替换】 you'll appear arrogant. ↔ **To avoid appearing arrogant.**

条件-目的转换：otherwise you'll appear arrogant → to avoid appearing arrogant

【排除】 A) **原词陷阱**

To show their genius. 来自 you'll get a lot of time later on to show your genius., 但那是 Lucy 对 “be humble” 的补充说明，不是 “不要 know-it-all” 的原因。

借用原文：you'll get a lot of time later on to show your genius.

B) **原词陷阱**

To gain due respect. 来自 help them out to gain their respect and trust., 但这是关于帮助同事的建议，与 know-it-all 无关。

借用原文：help them out to gain their respect and trust.

C) **未提及**

To guard against humiliation. 中的 humiliation 在录音中完全没有出现，是利用 arrogant 的负面情感色彩编造的近义干扰。

Questions 5 to 8 are based on the conversation you have just heard.

1 W: I think we first need to decide how to divide up the presentation responsibilities. From what I recall, the presentation consists of five parts, not including the introduction and conclusion. That would mean altogether, we need to allocate seven parts between the two of us.

W: 我觉得我们首先需要决定如何分配演示的任务。据我所记得，这次演示由五个部分组成，不包括开头和结尾。也就是说，我们总共需要在我们两个人之间分配七个部分。

2 M: So, we have the abstract, background research, the project design, the results and the discussion portions. As the abstract section only applies to the article, we needn't include it in the presentation. How would you suggest we dole out the rest?

M: 所以，我们有摘要、背景研究、项目设计、结果和讨论这几个部分。由于摘要部分只适用于文章，我们不必把它包括在演示中。你建议我们如何分配剩下的部分？

3 W: How do you feel about handling the background bit? In this way, we can both discuss the part of the project that we devoted most of our time to.

W: 你觉得由你来负责背景研究部分怎么样？这样一来，我们就都可以讲述自己投入最多时间的项目部分了。

4 M: Hold on a minute. You want me, the one who did the bulk of the task, to also do the majority of the presentation? The background research which was so meticulous took more than a month.

M: 等一下。你是想让我这个承担了大部分任务的人，再负责演示的大部分内容？那份一丝不苟的背景研究花了一个多月的时间。

5 W: OK. OK. I get it. Quit your moaning. I appreciate the rigorous work ethic you applied to the research, but not the sarcasm that comes up every time I mention it. What do you think would be a fair arrangement?

W: 好了，好了。我明白了。别再抱怨了。我认可你在研究中所表现出的严谨工作态度，但不欣赏每次我提到这件事时你表现出的讽刺。你觉得怎样分配才公平？

6 M: I think the best arrangement would be to split the research into two parts: before-1980 and afterward. I would take the before-portion and you would be assigned the after-1980, leaving the project and results. I volunteer to describe the project. But as I struggled a bit with the statistics in the results section, how about you handling that?

M: 我觉得最好的安排是把研究分成两部分：1980年以前和之后。我负责1980年以前的部分，你负责1980年以后的部分，项目设计和结果部分则另行分配。我自愿介绍项目设计。不过，我在结果部分的统计数据方面有些吃力，你来负责那一部分怎么样？

7 W: That's agreeable to me. I propose we both handle the discussion section in parts along with the question and answer afterward, leaving only the introduction and conclusion.

W: 我觉得这样可以。我提议我们分段负责讨论部分，之后的问答环节也由我们共同完成，这样就只剩下开头和结尾了。

8 M: I will take responsibility for the conclusion and put you in charge of the introduction. This will make it so that we alternate presenting, so as to avoid sounding monotonous to the audience.

M: 我来负责结尾，你来负责开头。这样我们就可以交替进行演示，避免让听众觉得单调。

5. A) Decide how to divide up the presentation tasks.

B) Investigate the available background research.

C) Complete the project design together.

D) Find a suitable topic for their article.

【题目】 What does the woman say they first need to do?

【翻译】 这位女士说他们首先需要做什么？

- A) 决定如何分配演示任务。 B) 调查现有的背景研究。 C) 共同完成项目设计。
D) 为他们的文章寻找一个合适的主题。

【答案】 A (细节题) Decide how to divide up the presentation tasks.

【定位】 I think we first need to decide how to divide up the presentation responsibilities.

我认为我们首先需要决定如何分配展示任务。

【信号】 first need to 给出动作起点。答案句以 first need to decide 开头，『first need to』是时间顺序与任务起点的双重信号，直接回答题干中的 first need to do。

【替换】decide how to divide up the presentation responsibilities ↔

Decide how to divide up the presentation tasks.

responsibilities 与 tasks 同义替换

【排除】B) 原词陷阱

选项 B 盗用原文原词 background research, 但录音中 background research 是两人接下来讨论的分工对象, 并非女士说的『first need to do』, 属于答非所问。

借用原文: background research

C) 原词陷阱

选项 C 盗用 the project design, 但 project design 只是展示的一个组成部分, 不是女士说的 first need to do。

借用原文: the project design

D) 未提及 选项 D 的 find a suitable topic 在录音中完全没有对应内容, 属于无中生有。

6. A) He wants to devote his time to other portions.

B) He believes the woman is better able to handle it.

C) He claims to have done most of the work already.

D) He finds the woman more meticulous about details.

【题目】Why does the man refuse to handle the background part?

【翻译】男士为什么拒绝负责背景部分?

A) 他想把时间投入到其他部分。 B) 他认为这位女士更有能力处理这部分。

C) 他声称自己已经完成了大部分工作。 D) 他认为这位女士对细节更加仔细。

【答案】C (细节题) He claims to have done most of the work already.

【定位】Hold on a minute. You want me, the one who did the bulk of the task, to also do the majority of the presentation? The background research which was so meticulous took more than a month.

等一下。你想让我这个做了大部分工作的人, 还要做展示的大部分? 那份非常细致的背景研究花了一个多月。

【信号】反问语气+the one who 自我强调。男士用 Hold on a minute 打断, 并以反问 You want me, the one who did the bulk of the task, to also do the majority of the presentation? 强调自己已经做了大量工作, 这是拒绝的核心信号。

【替换】the one who did the bulk of the task ↔ He claims to have done most of the work already.

bulk of the task 与 most of the work 同义

【排除】A) 答非所问

男士后续确实承担了 project、conclusion 等其他部分，但这不是他拒绝 background 的原因；拒绝原因是『已经做了大部分工作』，A 属于因果倒置。

B) 与原文相反

男士强调的是『我做了大部分』，暗示女士做得少，而非认为女士更能胜任；B 与原文态度相反。

D) 原词陷阱

选项 D 盗用录音原词 meticulous，但原文 meticulous 修饰的是 background research，不是 the woman，属于偷换修饰对象。

借用原文：meticulous

7. A) Questioning.

B) Complaining.

C) Arguing.

D) Worrying.

【题目】What does the woman urge the man to stop doing?

【翻译】这位女士催促男士停止做什么？

A) 提出质疑。 B) 抱怨。 C) 争论。 D) 担心。

【答案】B (细节题) Complaining.

【定位】OK. OK. I get it. Quit your moaning.

好了好了，我明白了。别抱怨了。

【信号】Quit your moaning 是直接劝阻。女士先说 OK. OK. I get it 表示理解，紧接着用祈使句 Quit your moaning 直接要求男士停止某种行为，这是答案句的核心信号。

【替换】Quit your moaning ↔ Complaining

moaning 与 complaining 同义

【排除】A) 原词陷阱

选项 A 的 questioning 在录音中作为名词出现 (question and answer)，但并非女士让男士停止的行为，属于原词位置错配。

借用原文：question and answer

C) 偷换概念

两人在讨论分工时确有分歧，但女士并没有让男士 stop arguing，而是具体针对他的抱怨说 Quit your moaning。

D) 未提及 男士在抱怨而非担忧，录音中没有表达 worrying 的相关内容，属于无中生有。

8. A) To avoid sounding monotonous to the listeners.
B) To make the division of labor more reasonable.
C) To keep himself from being overburdened.
D) To bring their capabilities fully into play.

【题目】 Why does the man suggest he present the conclusion and the woman do the introduction?

【翻译】 男士为什么建议由他来陈述结论，由女士来作介绍？

- A) 为了避免让听众觉得单调乏味。 B) 为了使分工更加合理。
C) 为了避免自己负担过重。 D) 为了充分发挥他们各自的能力。

【答案】 A (细节题) To avoid sounding monotonous to the listeners.

【定位】 I will take responsibility for the conclusion and put you in charge of the introduction.

This will make it so that we alternate presenting, so as to avoid sounding monotonous to the audience.

我负责结论部分，你负责开头部分。这样我们就会交替展示，以免让听众感到单调乏味。

【信号】 so as to 给出目的。男士先提出分工安排，然后用 This will make it so that...so as to... 给出目的，so as to 是典型的目的信号词，直接回答 why。

【替换】 avoid sounding monotonous to the audience ↔ To avoid sounding monotonous to the listeners.
audience 与 listeners 同义

【排除】 B) 偷换概念

整段对话确实在让分工更合理，但男士提出 conclusion/introduction 这一具体安排的目的不是『分工合理』，而是『避免单调』，B 属于过度泛化。

C) 与原文相反

男士主动承担 conclusion 和 project 等部分，并未表达怕自己负担过重；C 与对话中男士积极承担的态度不符。

D) 未提及

选项 D 的 capabilities fully into play 在录音中没有对应表述，属于用常见套话设置的无中生有项。

Section B

Directions: In this section, you will hear two passages. At the end of each passage, you will hear three or four questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

Questions 9 to 11 are based on the passage you have just heard.

1 Makeup can do more than just change your appearance—it can also alter others' perceptions of you, for better or for worse. According to new research from the University of Stirling in Scotland, although both men and women perceive women who wear makeup as being of a higher status, men associate makeup with prestigious, positive qualities, while women view other women wearing makeup as being dominant and a potential threat.

化妆不仅能改变你的外表，还能改变他人对你的看法，结果可能更好，也可能更糟。根据苏格兰斯特灵大学的一项新研究，虽然男性和女性都认为化妆的女性地位更高，但男性会将化妆与有声望、积极的品质联系起来，而女性则认为化妆的其他女性更具支配性，并可能构成威胁。

2 The research showed that men and women both rated the faces with cosmetics as being more attractive, but only women rated made-up faces as being more dominant, while only men rated made-up faces as being higher in prestige.

研究表明，男性和女性都认为化妆后的面孔更具吸引力，但只有女性认为化妆后的面孔更具支配性，只有男性认为化妆后的面孔具有更高的声望。

3 A follow-up study investigated the root cause behind these differences in perception, and found that female-on-female jealousy seemed to be the main cause of the differences in perception. Women rating women with makeup said they would be more jealous of them and thought they would be more attractive to men than their non-makeup wearing counterparts.

一项后续研究探究了这些认知差异背后的根本原因，发现女性之间的嫉妒似乎是造成这种认知差异的主要原因。对化妆女性进行评价的女性表示，她们会更嫉妒这些女性，并认为相比不化妆的女性，她们对男性更具吸引力。

4 Cosmetic products are good for more than just giving you a pretty face. It can be particularly useful for women to understand how wearing makeup alters others' perceptions of them in situations where they are trying to gain others' trust and admiration. At a job interview, knowing whether the hiring committee will consist of men or women might influence a female candidate's decision about wearing makeup. Whether the interviewers will view her as attractive, dominant and prestigious can affect the interviewers' actions and perhaps the outcome of the interview itself.

化妆品的作用不只是让你拥有一张漂亮的脸。对于女性而言，了解化妆如何改变他人对自己的看法，尤其是在试图赢得他人的信任和钦佩时，可能非常有用。在求职面试中，了解招聘委员会由男性还是女性组成，可能会影响女性求职者是否化妆的决定。面试官是否会认为她具有吸引力、支配性和声望，可能会影响面试官的行为，甚至可能影响面试本身的结果。

9. A) Alter others' perceptions of the wearer.
B) Win others' admiration for the wearer.
C) Enhance the wearer's confidence.
D) Change the wearer's appearance.

【题目】 What can makeup do according to new research from the University of Stirling in Scotland?

【翻译】根据苏格兰斯特灵大学的一项最新研究，化妆能起到什么作用？

- A) 改变他人对化妆者的看法。 B) 赢得他人对化妆者的赞赏。 C) 增强化妆者的自信。
D) 改变化妆者的外貌。

【答案】A (细节题) Alter others' perceptions of the wearer.

【定位】Makeup can do more than just change your appearance—it can also alter others' perceptions of you, for better or for worse. According to new research from the University of Stirling in Scotland, although both men and women perceive women who wear makeup as being of a higher status, men associate makeup with prestigious, positive qualities, while women view other women wearing makeup as being dominant and a potential threat.

化妆不仅能改变你的外貌——它还能改变他人对你的看法，无论好坏。根据苏格兰斯特灵大学的新研究，尽管男性和女性都认为化妆的女性地位更高，但男性将化妆与有声望的积极品质联系在一起，而女性则认为化妆的其他女性更具主导性且是一种潜在威胁。

【信号】主题句 + 研究来源句。答案信号来自段落开头的主题句 'Makeup can do more than just change your appearance—it can also alter others' perceptions of you', 其中 'it can also alter others' perceptions of you' 直接回应题干 'What can makeup do'; 随后 'According to new research from the University of Stirling in Scotland' 进一步给出具体研究发现。

【替换】alter others' perceptions of you ↔ Alter others' perceptions of the wearer.

同义改写：第二人称转第三人称

【排除】B) 答非所问

选项 B 的 admiration 看似和 gain others' trust and admiration 有关，但该句是作者基于研究给出的应用建议，并非题干所问的 'new research from the University of Stirling' 的直接结论，属于答非所问。

借用原文：gain others' trust and admiration

C) 未提及 选项 C 的 confidence 在全部四段录音中均无对应内容，属于未提及。

D) 原词陷阱

选项 D 盗用原文原词 change your appearance，但原文说 'Makeup can do more than just change your appearance'，言下之意 '改变外貌' 只是常识层面，新研究真正关注的是 'more than' 之后的 'alter others' perceptions'; 选项把 'more than just' 之前的旧信息拿来当答案，答非所问。

借用原文：change your appearance

-
10. A) As being a greater threat.
B) As being of higher prestige.
C) As being more dominant.
D) As being more attractive.

【题目】How did both men and women rate the faces with cosmetics in the new research?

【翻译】在这项最新研究中，男性和女性如何评价化妆后的面孔？

- A) 认为这些面孔具有更大的威胁性。 B) 认为这些面孔具有更高的声望。
C) 认为这些面孔更具支配性。 D) 认为这些面孔更有吸引力。

【答案】D (细节题) As being more attractive.

【定位】The research showed that men and women both rated the faces with cosmetics as being more attractive, but only women rated made-up faces as being more dominant, while only men rated made-up faces as being higher in prestige.

研究显示，男性和女性都认为化妆后的脸更具吸引力，但只有女性认为化妆后的脸更具主导性，只有男性认为化妆后的脸更有声望。

【信号】对比结构 'both...but only...while only...'。答案信号是对比结构 'men and women both... but only women... while only men...'，题干问 'both men and women'，因此答案落在 'both' 引导的分句里，即 'more attractive'。

【替换】men and women both rated the faces with cosmetics as being more attractive ↔

As being more attractive.

直接对应：原句谓语改写为选项表语

【排除】A) 张冠李戴

选项 A 的 threat 来自 a potential threat，但该评价是女性对其他化妆女性的看法，不是男女共同看法；且选项把 'a potential threat' 改写为 'a greater threat'，也有程度偷换之嫌。

借用原文：a potential threat

B) 偷换概念

选项 B 的 prestige 来自 higher in prestige，但原文明确说 'only men rated made-up faces as being higher in prestige'，不是 both men and women。

借用原文：higher in prestige

C) 偷换概念

选项 C 的 dominant 来自 more dominant，但原文明确 'only women rated made-up faces as being more dominant'，不是 both men and women。

借用原文：more dominant

-
11. A) It might influence her way of introducing herself.
B) It might impact her dressing style for the occasion.
C) It might affect her decision on applying cosmetics.
D) It might sway her view on the interviewers' questions.

【题目】Why does a female candidate need to know the gender of the hiring committee members?

【翻译】 女性求职者为什么需要知道招聘委员会成员的性别？

- A) 这可能会影响她介绍自己的方式。 B) 这可能会影响她为这一场合选择的着装风格。
C) 这可能会影响她是否使用化妆品的决定。 D) 这可能会左右她对面试官问题的看法。

【答案】 C (细节题) It might affect her decision on applying cosmetics.

【定位】 At a job interview, knowing whether the hiring committee will consist of men or women might influence a female candidate's decision about wearing makeup.

在工作面试中，知道招聘委员会将由男性还是女性组成可能会影响女性候选人是否化妆的决定。

【信号】 应用举例中的 'might influence... decision about wearing makeup'。答案信号来自段落中的应用举例句：'At a job interview, knowing whether... might influence a female candidate's decision about wearing makeup'，其中 'knowing whether the hiring committee will consist of men or women' 直接对应题干的 'know the gender of the hiring committee members'，'might influence... decision about wearing makeup' 直接回答 why。

【替换】 influence a female candidate's decision about wearing makeup ↔

It might affect her decision on applying cosmetics.

同义改写：动词、名词、人称三处对应

【排除】 A) 未提及

选项 A 的 'way of introducing herself' 在录音中完全找不到对应内容，属于未提及。

B) 偷换概念

选项 B 的 dressing style 在录音中未出现；录音只讨论 wearing makeup / cosmetics，未涉及服装，属于用形象管理大类偷换具体对象。

D) 偷换概念

选项 D 的 'view on the interviewers' questions' 在录音中没有对应内容；原文 the interviewers will view her as attractive, dominant and prestigious 说的是面试官如何看待她，而不是她如何看待面试官的问题，属于偷换主客体。

借用原文：the interviewers will view her as attractive, dominant and prestigious

Questions 12 to 15 are based on the passage you have just heard.

1 You may have seen advertisements trumpeting methods of changing a habit that require absolutely no willpower whatsoever. But can you really change a bad habit or create a good one without willpower? To answer this question, we first have to ask: "What is willpower?" Most people, sadly, think of it only as the ability to clench their teeth and resist attractive temptations. In this view, willpower means self-denial and no fun. No wonder people hope to make changes without it.

你可能见过一些广告大肆宣扬无需任何意志力就能改变习惯的方法。但你真的能够在没有意志力的情况下改掉坏习惯或养成好习惯吗？要回答这个问题，我们首先必须问：“什么是意志力？”遗憾的是，大多数人

只把它看作咬紧牙关、抵制诱人诱惑的能力。在这种看法中，意志力意味着自我克制和毫无乐趣。难怪人们希望不借助意志力就能做出改变。

2 I define willpower as "using only the thought of your motivators to control your actions." Let's say your motivators are "prevent diabetes" and "reach a healthy weight". So if you are at the all-you-can-eat buffet, you think about your motivator—avoid diabetes through weight loss—and you take small portions and avoid the dessert table.

我把意志力定义为“仅凭想到自己的动机来控制行为”。假设你的动机是“预防糖尿病”和“达到健康体重”。那么，当你在自助餐厅面对不限量供应的食物时，你会想到自己的动机——通过减重来避免糖尿病——于是少量取食，并避开甜点区。

3 So, amazingly enough, willpower begins with a thought—a bright idea—some way to improve your life or contribute to others. This bright idea is your motivator.

所以，令人惊讶的是，意志力始于一个想法——一个改善生活或为他人做出贡献的好主意。这个好主意就是你的动机。

4 Doctor Walter Mischel, an expert on willpower skills, uses the expressive term "a burning goal". Whether you call it a motivator, a burning goal, or a bright idea, this idea is the force behind your willpower.

意志力技能专家沃尔特·米歇尔博士使用了“一个燃烧的目标”这一生动的说法。无论你把它称为动机、燃烧的目标，还是好主意，这个想法都是意志力背后的力量。

5 What sort of bright ideas—motivators—make for effective willpower? In fact, any goal that you value strongly counts. The list may include good health, self-respect, a better future for your family, a personal mission and being a role model for your child. All these can certainly drive a positive change.

什么样的好主意——也就是动机——能够产生有效的意志力？事实上，任何一个你高度重视的目标都算在内。这个清单可能包括良好的健康状况、自尊、为家人创造更美好的未来、个人使命，以及成为孩子的榜样。所有这些都确实能够推动积极的改变。

12. A) Those involving no self-recognition.
B) Those forcing us to clench our teeth.
C) Those resisting various temptations.
D) Those requiring no willpower at all.

【题目】 What methods do some advertisements trumpet about changing a habit?

【翻译】 一些广告大肆宣传哪些改变习惯的方法？

- A) 不涉及自我认知的方法。 B) 迫使我们咬紧牙关的方法。 C) 抵制各种诱惑的方法。
D) 完全不需要意志力的方法。

【答案】 D (细节题) Those requiring no willpower at all.

【定位】 You may have seen advertisements trumpeting methods of changing a habit that require absolutely no willpower whatsoever.

你可能见过一些广告，大肆宣扬改变习惯的方法完全不需要任何意志力。

【信号】开篇直接陈述广告内容。录音开头用 advertisements trumpeting methods of changing a habit that require absolutely no willpower whatsoever 直接抛出广告的说法，随后才设问反驳，故首句即答案句。

【替换】require absolutely no willpower whatsoever ↔ **Those requiring no willpower at all.**

同义替换：absolutely no ... whatsoever = no ... at all

【排除】A) **未提及**

选项 Those involving no self-recognition. 中的 self-recognition 在录音中完全没有出现，属于无中生有。

B) **原词陷阱**

选项 Those forcing us to clench our teeth. 盗用了原文 the ability to clench their teeth 中的原词 clench their teeth，但原文说的是“大多数人认为意志力就是咬紧牙关”，并非广告吹嘘的方法。

借用原文：the ability to clench their teeth

C) **原词陷阱**

选项 Those resisting various temptations. 盗用了原文 resist attractive temptations 中的 resist temptations，但原文同样是对 willpower 的误解，不是广告内容。

借用原文：resist attractive temptations

13. A) Regulating one's actions for the sake of good health.

B) Controlling one's actions with a motivating thought.

C) Using practical examples to guide one's behavior.

D) Denying oneself any comfort to prevent diseases.

【题目】What does the speaker define willpower as?

【翻译】演讲者将意志力定义为什么？

A) 为了身体健康而调节自己的行为。 B) 用激励性的想法控制自己的行为。

C) 用实际案例指导自己的行为。 D) 拒绝给自己任何舒适享受，以预防疾病。

【答案】B (细节题) Controlling one's actions with a motivating thought.

【定位】I define willpower as "using only the thought of your motivators to control your actions."

我把意志力定义为“只用你的动力念头来控制你的行为”。

【信号】定义句 I define ... as. 原文用 I define willpower as 明确给出说话者的定义，其后引号内容即为答案。

【替换】using only the thought of your motivators to control your actions ↔

Controlling one's actions with a motivating thought.

同义替换：thought of your motivators = motivating thought; control your actions = controlling one's actions

【排除】 A)

选项 Regulating one's actions for the sake of good health. 中的 good health 是原文 prevent diabetes、reach a healthy weight 等具体 motivator 的概括，但说话者定义的是“用动力念头控制行为”，而非为了健康。

借用原文：prevent diabetes

C)

选项 Using practical examples to guide one's behavior. 中的 practical examples 看似对应原文 Let's say your motivators are "prevent diabetes" and "reach a healthy weight" 的举例，但举例是用来解释定义的，不是定义本身。

借用原文：Let's say your motivators are "prevent diabetes" and "reach a healthy weight"

D)

选项 Denying oneself any comfort to prevent diseases. 中的 denying oneself any comfort 对应原文 willpower means self-denial and no fun，但这是大众看法，且 prevent diseases 把 diabetes 过度概括为 diseases。

借用原文：willpower means self-denial and no fun

14. A) It equips us with an expert skill.

B) It exerts an enduring force on us.

C) It leads to a burning goal.

D) It begins with a bright idea.

【题目】 What may sound amazing enough as regards willpower?

【翻译】 关于意志力，什么听起来可能足以令人惊叹？

A) 它赋予我们一项专业技能。 B) 它对我们施加持久的力量。

C) 它促成一个强烈的目标。 D) 它始于一个绝妙的想法。

【答案】 D (细节题) It begins with a bright idea.

【定位】 So, amazingly enough, willpower begins with a thought—a bright idea—some way to improve your life or contribute to others.

因此，令人惊讶的是，意志力始于一个念头——一个绝妙的想法——某种改善你生活或帮助他人的方式。

【信号】 评价副词 **amazingly enough** + 结论动词 **begins with**。原文用 amazingly enough, willpower begins with a thought 直接回应题干的 sound amazing，其后 a bright idea 是同位解释。

【替换】 willpower begins with a thought—a bright idea ↔ **It begins with a bright idea.**

同义替换：a thought—a bright idea 概括为 a bright idea

【排除】 A) 原词陷阱

选项 It equips us with an expert skill. 中的 expert 盗用了原文 Doctor Walter Mischel, an expert on willpower skills 中的 expert / skills, 但原文说的是 Mischel 是研究 willpower skills 的专家, 而非 willpower 给我们 expert skill。

借用原文: Doctor Walter Mischel, an expert on willpower skills

B) 原词陷阱

选项 It exerts an enduring force on us. 盗用了原文 this idea is the force behind your willpower 中的 force, 但原文说“想法是 willpower 背后的力量”, 不是说 willpower 对我们施加 enduring force。

借用原文: this idea is the force behind your willpower

C) 原词陷阱

选项 It leads to a burning goal. 盗用了原文 a burning goal, 但原文说“无论你是把 motivator 叫作 burning goal 还是 bright idea, 它都是 willpower 的推动力”, 即 burning goal 是 motivator 的别名, 不是 willpower 导致的结果。

借用原文: a burning goal

15. A) Any cherished goal.

B) Any positive mindset.

C) Any personal instinct.

D) Any valued role model.

【题目】 What does the speaker say may make for effective willpower?

【翻译】 演讲者说什么可能有助于形成有效的意志力?

A) 任何珍视的目标。 B) 任何积极的心态。 C) 任何个人本能。

D) 任何受重视的榜样。

【答案】 A (细节题) Any cherished goal.

【定位】 What sort of bright ideas—motivators—make for effective willpower? In fact, any goal that you value strongly counts.

什么样的绝妙想法——动力——能造就有效的意志力? 事实上, 任何你强烈珍视的目标都算数。

【信号】 设问自答 + in fact 强调。 原文先用 What sort of bright ideas—motivators—make for effective willpower? 抛出题干, 再用 In fact, any goal that you value strongly counts 给出答案, in fact 是答案信号。

【替换】 any goal that you value strongly counts ↔ Any cherished goal.

同义替换: value strongly = cherished; goal 直接对应

【排除】 B) 原词陷阱

选项 Any positive mindset. 中的 positive 盗用了原文 drive a positive change 中的 positive, 但原文说的是 positive change, 不是 positive mindset.

借用原文: drive a positive change

C) 未提及

选项 Any personal instinct. 中的 instinct 在录音中完全没有提及, 且与说话者强调“用 motivator 控制行为”的方向相反。

D) 原词陷阱

选项 Any valued role model. 中的 valued 来自原文 you value strongly, role model 来自 being a role model for your child, 但原文把 role model 仅作为 goal 的一个例子, 且 valued 修饰的是 goal, 不是 role model.

借用原文: being a role model for your child

Section C

Directions: In this section, you will hear three recordings of lectures or talks followed by three or four questions. The recordings will be played only once. After you hear a question, you must choose the best answer from the four choices marked A) , B) , C) and D) . Then mark the corresponding letter on *Answer Sheet 1* with a single line through the centre.

Questions 16 to 18 are based on the recording you have just heard.

1 For many pregnant women, understanding what seafood is safe and healthy and what should be avoided because of mercury concerns comes with a lot of worrying. In part, that's because the federal government's advice on the matter, first issued in 2004, has long been criticized as vague. That guidance has included advice on how much seafood to eat, and which species pregnant and breastfeeding women should avoid over concerns about mercury contamination. But critics say the government advisory has done more harm than good, scaring many pregnant and breastfeeding women away from eating seafood altogether.

对许多孕妇来说, 了解哪些海产品安全且有益健康, 以及哪些海产品因担心汞而应当避免, 会带来许多忧虑。部分原因在于, 联邦政府首次于2004年发布的相关建议长期以来一直被批评含糊不清。该指导意见包括关于应食用多少海产品, 以及孕妇和哺乳期女性因担心汞污染而应避免哪些种类的建议。但批评者表示, 政府的这份指导意见弊大于利, 使许多孕妇和哺乳期女性彻底不敢食用海产品。

2 The problem is real. According to a spokesman for the Food and Drug Administration, or FDA for short, the agency analyzed fish consumption data from more than 1,000 pregnant women in the US and found that 21 per cent of them ate no fish whatsoever in the previous month. And those who did eat fish consumed far less than recommended by the dietary guidelines. Some 50 per cent ate less than two ounces a week and 75 per cent ate less than four ounces.

这个问题确实存在。据美国食品药品监督管理局(简称FDA)一位发言人介绍, 该机构分析了美国一千多名孕妇的鱼类食用数据, 发现其中21%在前一个月完全没有吃鱼。而那些吃鱼的人, 摄入量也远低于膳食指南的建议。约50%的人每周摄入量少于两盎司, 75%的人少于四盎司。

3 This week the FDA issued an update to the advice, listing more than sixty species in a chart that ranks fish as A Best Choice, Good Choice and Choices to Avoid. The goal is to make it easier for mothers-to-be to feel confident about the type of seafood they include in their diets. The new advice recommends consumers choose a variety of fish to eat, and it comes with an easy-to-understand illustration of what an appropriate portion size should be—four ounces for an adult and two ounces for children aged four to seven.

本周，FDA更新了相关建议，在一张图表中列出六十多种鱼类，并将其分为“最佳选择”“不错的选择”和“应避免的选择”。此举旨在让准妈妈更容易对自己饮食中所摄入的海产品种类感到放心。新建议推荐消费者食用多种鱼类，并配有一幅易于理解的图示，说明适当的食用分量应为多少：成年人四盎司，四至七岁的儿童两盎司。

4 And while expectant mothers have long been warned to stay away from shark and four other particular types of fish from the Gulf of Mexico, now there are three new species on the list of what to avoid. But not everyone is thrilled with the new advice. Critics say the new advice doesn't always agree with the agency's own scientific findings. While mercury is of great concern when people are talking about pregnant women and seafood, it's not the only factor contributing to anxiety.

长期以来，准妈妈一直被告诫要避开鲨鱼以及另外四种来自墨西哥湾的特定鱼类，而现在，又有三种鱼类被列入应避免食用的名单。但并非所有人都对这份新建议感到满意。批评者表示，新建议并不总是与该机构自己的科学研究结果一致。人们谈论孕妇和海产品时，汞确实是非常令人担忧的因素，但它并不是导致焦虑的唯一因素。

5 The FDA maintains that its final consumption recommendations were based on thorough scientific analysis. Agency spokesman Cassell says the FDA believes their recommendations will increase confidence, not uncertainty. But critics disagree. They think the FDA's advice is not based on the evidence in its own detailed report, and so it confuses everyone.

FDA坚持认为，其最终的食用建议是基于全面的科学分析制定的。该机构发言人Cassell表示，FDA相信这些建议将增强信心，而不是增加不确定性。但批评者对此并不认同。他们认为，FDA的建议并没有以其自身那份详细报告中的证据为依据，因此让所有人都感到困惑。

16. A) It has long been criticized as unclear.

B) It has long been ignored by the public.

C) It has caused much panic among women.

D) It has resulted in different understandings.

【题目】 What does the speaker say about the federal government's advice on seafood safety?

【翻译】 说话者对联邦政府关于海产品安全的建议作何评价？

A) 长期以来一直被批评为表述不清。 B) 长期以来一直被公众忽视。

C) 在女性中引发了极大的恐慌。 D) 导致了不同的理解。

【答案】 A (细节题) It has long been criticized as unclear.

【定位】 In part, that's because the federal government's advice on the matter, first issued in 2004, has long been criticized as vague.

部分原因在于，联邦政府关于这一问题的建议（2004年首次发布）长期以来一直被批评为含糊不清。

【信号】 篇章首段点题+评价词vague。录音开篇先讲孕妇的困扰，随后用the federal government's advice...has long been criticized as vague直接点出建议的评价，正是题干所问。

【替换】 has long been criticized as vague ↔ It has long been criticized as unclear.

vague=unclear同义替换

the federal government's advice ↔ It

机构名词用代词回指

【排除】 B) 原词陷阱

录音说建议has long been criticized（被批评），而It has long been ignored by the public.把动词换成ignored，且把对象泛化为the public，与原文不符。

借用原文：has long been criticized

C) 答非所问

录音确实提到scaring many pregnant and breastfeeding women away from eating seafood altogether，但这是critics对advisory后果的补充，并非题干问的speaker对advice本身的直接描述；且panic among women把'被吓得不吃了'夸大为'恐慌'。

借用原文：scaring many pregnant and breastfeeding women away from eating seafood altogether

D) 张冠李戴

so it confuses everyone讲的是critics对new advice的看法，而题干问的是federal government's advice（2004年起的老建议）；It has resulted in different understandings.用different understandings对应confuses everyone，属于时间/对象错位。

借用原文：so it confuses everyone

17. A) It warned consumers not to eat fish from the Gulf of Mexico.

B) It called on expectant mothers to pay attention to food safety.

C) It issued an update to the advice on seafood consumption.

D) It listed more than sixty species of fish as "choices to avoid".

【题目】 What did the Food and Drug Administration do this week?

【翻译】 美国食品药品监督管理局本周采取了什么措施？

A) 警告消费者不要食用来自墨西哥湾的鱼。 B) 呼吁孕妇关注食品安全。

C) 发布了关于食用海产品建议的更新内容。 D) 将六十多种鱼列为“应避免的选择”。

【答案】 C （细节题） It issued an update to the advice on seafood consumption.

【定位】 This week the FDA issued an update to the advice, listing more than sixty species in a chart that ranks fish as A Best Choice, Good Choice and Choices to Avoid.

本周FDA发布了对该建议的更新，列出60多种鱼类，并按'最佳选择'、'良好选择'和'应避免选择'进行分级。

【信号】 时间信号this week+动作issued。 题干问this week FDA做了什么，录音用This week the FDA issued an update to the advice直接给出答案，this week与issued构成强定位信号。

【替换】 the FDA issued an update to the advice ↔

It issued an update to the advice on seafood consumption.

动作短语原词复现+主题范畴概括

【排除】 A) 偷换概念

录音说的是expectant mothers have long been warned to stay away from shark and four other particular types of fish from the Gulf of Mexico, 主语是expectant mothers而非consumers, 对象是shark and four other particular types而非全部fish from the Gulf; It warned consumers not to eat fish from the Gulf of Mexico.把范围扩大、主体替换。

借用原文：expectant mothers have long been warned to stay away from shark and four other particular types of fish from the Gulf of Mexico

B) 偷换概念

录音说新建议的目标是make it easier for mothers-to-be to feel confident about the type of seafood they include in their diets, 并非call on them to pay attention; It called on expectant mothers to pay attention to food safety.把目的改成了号召，且food safety范围过宽。

借用原文：make it easier for mothers-to-be to feel confident about the type of seafood they include in their diets

D) 偷换概念

录音说listing more than sixty species in a chart that ranks fish as A Best Choice, Good Choice and Choices to Avoid, 即分为三类; It listed more than sixty species of fish as "choices to avoid".只取其中一类，把整体分级偷换成全部列为应避免。

借用原文：listing more than sixty species in a chart that ranks fish as A Best Choice, Good Choice and Choices to Avoid

18. A) The impact of the FDA's analysis.

B) Multiple factors including mercury.

C) Critics' conclusions.

D) The prices of seafood.

【题目】 According to the speaker, what are people concerned about regarding pregnant women and seafood?

【翻译】根据说话者的说法，人们对孕妇和海产品关注什么？

- A) 美国食品药品监督管理局分析的影响。 B) 包括汞在内的多种因素。
C) 批评者的结论。 D) 海产品的价格。

【答案】B (细节题) Multiple factors including mercury.

【定位】While mercury is of great concern when people are talking about pregnant women and seafood, it's not the only factor contributing to anxiety.

当人们谈论孕妇与海鲜时，汞固然备受关注，但它并非造成焦虑的唯一因素。

【信号】让步while+否定not the only factor。录音先用mercury is of great concern让步，再用it's not the only factor contributing to anxiety转折强调'还有其他因素'，正好对应题干concerned about的内容。

【替换】it's not the only factor contributing to anxiety ↔ Multiple factors including mercury.

not the only factor → multiple factors 同义替换

mercury is of great concern ↔ including mercury

mercury原词保留

【排除】A) 未提及

录音中虽提到FDA analyzed fish consumption data，但从未说人们担忧的是The impact of the FDA's analysis.; 该选项用原文词FDA/analysis拼凑，属于未提及。

C) 张冠李戴

录音中Critics say the new advice doesn't always agree with the agency's own scientific findings.是critics对new advice的质疑，而题干问的是people对pregnant women and seafood的concerned about，对象不同。

借用原文：Critics say the new advice doesn't always agree with the agency's own scientific findings.

D)

全文没有任何地方讨论seafood prices, The prices of seafood.是利用常识（海鲜价格）设下的无中生有项。

Questions 19 to 21 are based on the recording you have just heard.

1 I know you're busy with work, but you also need to take some time off to recharge those batteries. So, should you plan one big vacation for the year, or should you take multiple short vacations throughout? Quantity can sometimes beat quality. First and foremost, regardless of how you use your vacation days, you need to be using them, and soon. The longer you put off your time off, the worse you're making things for yourself.

我知道你忙于工作，但你也需要抽出一些时间休息，让自己的精力得到恢复。那么，你应该为这一年安排一次长假，还是应该在全年安排多次短假？数量有时胜过质量。首先，无论你是否使用假期，都需要真正使用它们，而且要尽快使用。你越是推迟休假，就越是在让自己的处境变得糟糕。

2 One 9-year-long study published in Psychosomatic Medicine suggests not taking at least one vacation a year may increase your risk of mortality due to heart disease. So, not only are you killing your joy, you're possibly killing yourself. Give yourself a break, folks.

《心身医学》发表的一项为期9年的研究表明，每年至少不休一次假，可能会增加因心脏病死亡的风险。所以，你不仅是在扼杀自己的快乐，也可能是在置自己于死地。各位，给自己放个假吧。

3 When you should take those breaks, however, depends on a few factors: how many days you have available to use, what activities bring you joy, whether you have a family or not, and other variables come into play. Because of that, there's no perfect formula that works for everyone, but there are still a few things everyone can try to shoot for. We know that in terms of maximizing relaxation, you should aim for vacations that range somewhere between 7 and 11 days long. That gives you enough time to let go of your stress at work, completely loosen up, and achieve full-on calm.

不过，你应该在什么时候休假，取决于几个因素：你有多少天可用假期、哪些活动能给你带来快乐、你是否有家庭，以及其他会产生影响的变量。正因为如此，并不存在适用于所有人的完美公式，但还是有几件事是每个人都可以努力做到的。我们知道，就最大限度地放松而言，你应该争取安排7到11天的假期。这样你就有足够的时间摆脱工作压力，彻底放松下来，达到完全平静的状态。

4 That above-mentioned study also recommends you space out your vacations evenly instead of using up all of your days at once. Eight days might sound like a lot for someone who only gets 10 days of vacation a year. But if you frame them with weekends, you can manage two evenly spaced 8-day vacations a year. If you have 14 days of paid leave, that's almost three separate 8-day vacations you can use to split your year into thirds.

上述研究还建议你假期均匀地分散开来，而不是一次性用完所有假期。对于一年只有10天假期的人来说，8天听起来可能很多。但如果把周末安排在假期前后，你一年就可以安排两次间隔均匀的8天假期。如果你有14天带薪休假，那几乎可以安排三次分别为8天的假期，用来把一年分成三个阶段。

5 As tempting as it might be to use all your days to take one long summer break, your overall goal should be to achieve the perfect balance between length plus joy and frequency. Vacation frequency is important because planning multiple breaks throughout the year means you always have something to look forward to. Planning things and the anticipation that comes with it tend to make us happier. If you only take one long vacation every year, the excitement builds much more slowly and seems so far off that it can actually lead to feelings of despair.

尽管把所有假期都用来享受一次漫长的暑假可能很有吸引力，但你的总体目标应该是在假期长度、愉悦感和休假频率之间取得完美平衡。休假频率很重要，因为在全年安排多次休息意味着你总有值得期待的事情。筹划事情以及随之而来的期待往往会让我们更加快乐。如果你每年只休一次长假，兴奋感会积累得慢得多，而且由于假期看起来遥不可及，实际上可能会让人产生绝望感。

19. A) They will suffer a breakdown soon.

B) They will be losing both joy and life.

C) They will be putting themselves and family at risk.

D) They will make things worse for people around them.

【题目】 What does the speaker say about people not taking any vacation?

【翻译】演讲者说，那些完全不休假的人会怎样？

- A) 他们很快就会崩溃。 B) 他们会同时失去快乐和生活。
C) 他们会将自己和家人置于危险之中。 D) 他们会让身边人的处境变得更糟。

【答案】 **B** (细节题) They will be losing both joy and life.

【定位】 One 9-year-long study published in Psychosomatic Medicine suggests not taking at least one vacation a year may increase your risk of mortality due to heart disease. So, not only are you killing your joy, you're possibly killing yourself.

《心理医学》发表的一项长达9年的研究表明，每年至少不休假一次可能会增加死于心脏病的风险。所以，你不仅扼杀了自己的快乐，还可能葬送自己的性命。

【信号】 **研究结论 + so 递进**。录音先用 One 9-year-long study suggests... 抛出研究结论，再用 So, not only are you killing your joy, you're possibly killing yourself 递进强调后果，其中 not only...but (also) 结构把 joy 和 life (killing yourself) 并置，正是答案句。

【替换】 not only are you killing your joy, you're possibly killing yourself ↔

They will be losing both joy and life

同义替换：killing joy → losing joy; possibly killing yourself → losing life

【排除】 A) **未提及**

录音从未出现 breakdown; P1 只说 the worse you're making things for yourself, 指“让自己情况更糟”，并非 suffer a breakdown soon。

C) **偷换概念**

录音说 increase your risk of mortality due to heart disease 与 killing yourself, 风险对象是自己；选项加入 family, 把原句中的 risk 曲解为“自己和家人”。

借用原文：may increase your risk of mortality due to heart disease

D) **原词陷阱**

录音 the worse you're making things for yourself 说的是“让自己情况更糟”，选项把对象改为 people around them, 制造了“影响周围人”的错觉。

借用原文：the worse you're making things for yourself

20. A) Spend 14 days for vacation every year.

B) Aim for three separate vacations yearly.

C) Space out their vacations evenly instead of taking one long vacation.

D) Use all their days off for a long summer break to achieve full-on calm.

【题目】 **What does the 9-year study recommend people do when planning vacations?**

【翻译】 这项为期9年的研究建议人们在规划假期时做什么？

- A) 每年花14天度假。 B) 每年争取安排三次彼此分开的假期。
C) 把假期均匀分散开来，而不是一次休一个长假。
D) 把所有休假日都用来享受一个漫长的暑假，以获得彻底的放松。

【答案】 C (细节题) Space out their vacations evenly instead of taking one long vacation.

【定位】 That above-mentioned study also recommends you space out your vacations evenly instead of using up all of your days at once.

上述研究还建议你不要把假期一次性用完，而是均匀地分散开来安排。

【信号】 recommends + instead of 建议结构。录音中 recommends you space out your vacations evenly instead of using up all of your days at once 直接给出研究建议，recommends 与 instead of 的对照标志答案落点。

【替换】 space out your vacations evenly instead of using up all of your days at once ↔

Space out their vacations evenly instead of taking one long vacation

同义改写：space out evenly 直接对应；using up all days at once 转述为 taking one long vacation

【排除】 A) 原词陷阱

录音 If you have 14 days of paid leave, that's almost three separate 8-day vacations... 只是假设举例，并非建议“每年必须休14天”。

借用原文：14 days of paid leave

B) 偷换概念

录音说如果只有14天带薪假“几乎可以分成三次8天假期”，这是基于假设的算法，不是研究对所有人的统一建议。

借用原文：almost three separate 8-day vacations you can use to split your year into thirds

D) 与原文相反

录音 instead of using up all of your days at once 明确否定一次性休完，且 As tempting as it might be to use all your days to take one long summer break 也指出这是 temptation，D 项把它当成建议。

借用原文：using up all of your days at once

21. A) Expecting to have more vacations in a year will boost one's work efficiency.

B) Anticipating more vacations would reduce one's feelings of despair at work.

C) Taking more than three vacations yearly would prolong one's excitement.

D) Planning multiple breaks throughout the year will add to one's happiness.

【题目】 Why is vacation frequency important according to the speaker?

【翻译】 为什么演讲者认为休假频率很重要？

A) 期待一年中有更多假期会提高一个人的工作效率。

B) 期待有更多假期会减轻一个人在工作中的绝望感。

C) 每年休假超过三次会延长一个人的兴奋感。

D) 计划在一年中安排多次休息会增加一个人的幸福感。

【答案】 D (细节题) Planning multiple breaks throughout the year will add to one's happiness.

【定位】 Vacation frequency is important because planning multiple breaks throughout the year means you always have something to look forward to. Planning things and the anticipation that comes with it tend to make us happier.

休假频率之所以重要，是因为一年中计划多次休息意味着你总有盼头。计划事情以及随之而来的期待往往会让我们更快乐。

【信号】 **because** 直接解释原因 + 评价词 **happier**。录音先以 Vacation frequency is important because planning multiple breaks throughout the year means you always have something to look forward to 点明因果，再用 the anticipation that comes with it tend to make us happier 给出积极评价，because 后内容即答案。

【替换】 planning multiple breaks throughout the year means you always have something to look forward to
↔ **Planning multiple breaks throughout the year will add to one's happiness**

同义改写：planning multiple breaks throughout the year 原样对应；have something to look forward to + make us happier → add to one's happiness

the anticipation that comes with it tend to make us happier ↔

Planning multiple breaks throughout the year will add to one's happiness

同义改写：anticipation/tend to make us happier 对应 add to one's happiness

【排除】 A) **未提及** 录音讨论的是期待、快乐、despair，从未提到工作效率，属于无中生有。

B) **偷换概念**

录音说如果一年只休一次长假，兴奋感太远才会 lead to feelings of despair；选项把“减少绝望”说成是期待更多休假的好处，但原文只用它衬托多次休假的好处，且对象也有偏差。

借用原文：it can actually lead to feelings of despair

C) **过度推断**

录音未说“超过三次”能延长兴奋；P4 的 three separate vacations 只是 14 天假期的算法举例，P5 的 excitement builds much more slowly 是批评一年一次，不是支持三次以上。

借用原文：three separate 8-day vacations you can use to split your year into thirds

Questions 22 to 25 are based on the recording you have just heard.

1 Autonomous cars that can take over from drivers if they are tired or caught in the heat of an argument are being developed in Sweden. Researchers working as part of the European Union's €77 billion research program are developing sensor-based systems that monitor whether a driver is distracted, anxious or tired. If a driver is not in a fit state to be on the road, the car automatically takes control of the wheel to prevent accidents. Doctor Anna Anund from the Swedish National Road and Transport Research Institute, who is leading the project, said a driver's state can be measured using a number of sensors, including heart rate monitors and eye sensors, which track where a driver's gaze is. She said the aim was to really make sure that the transition from the driver to the vehicle is done in a safe way, so

we can take into consideration the driver's state, and so we do not give control to a driver who is under pressure of fatigue, stress, anxiety, and so on.

在瑞典，人们正在研发能够在驾驶员疲劳或陷入激烈争论时接替其驾驶的自动驾驶汽车。作为欧盟770亿欧元研究计划一部分开展工作的研究人员，正在开发基于传感器的系统，用于监测驾驶员是否分心、焦虑或疲劳。如果驾驶员的状态不适合上路，汽车会自动接管方向盘，以防止发生事故。负责该项目的瑞典国家道路与运输研究所安娜·阿农博士表示，可以利用多种传感器测量驾驶员的状态，包括心率监测器和眼部传感器，后者可以追踪驾驶员的视线方向。她说，目标是真正确保从驾驶员到车辆的控制权转换以安全的方式完成，这样我们就能考虑到驾驶员的状态，也不会把控制权交给正承受疲劳、压力、焦虑等影响的驾驶员。

2 According to data from the European Commission, Sweden has the safest roads in the EU, with the UK a close second. However, the number of road accidents in both has largely levelled out since 2010. Driver fatigue is thought to be responsible for as many as a fifth of road crashes across the EU, although there are certain times of the day when more accidents happen. At 6:00 a.m., for example, drivers are said to be 20 times more likely to have an accident than at 10:00 a.m. While most experts agree driverless technology should help bring down accident numbers in the long term, some have questioned whether it is safe.

根据欧盟委员会的数据，瑞典拥有欧盟最安全的道路，英国紧随其后。不过，自2010年以来，两国的道路事故数量基本趋于平稳。据认为，驾驶员疲劳要对欧盟范围内多达五分之一的道路事故负责，尽管一天中某些时段发生的事故更多。例如，据称驾驶员在早上6点发生事故的可能性是在上午10点时的20倍。尽管大多数专家都认为，从长远来看，无人驾驶技术应有助于降低事故数量，但一些人质疑其是否安全。

3 The researchers have said the technology they are developing is seeking to bridge the gap between Level 3 on the autonomy scale, in which drivers have to be ready to take control of the car at any point, and Level 4, in which driving is automated.

研究人员表示，他们正在开发的技术旨在弥合自动驾驶等级体系中第3级与第4级之间的差距：在第3级，驾驶员必须随时准备接管汽车；而在第4级，驾驶过程实现自动化。

4 Daniel Ruiz, the chief executive of the UK's connected and autonomous vehicle programme Meridian, said: "there is a strong debate going on about how it is possible to make a Level 3 car completely safe." Despite advances in technology, we still have some way to go in shifting public sentiment. With an increase in attention-grabbing accidents recently, drivers now view self-driving cars as less safe than they used to.

英国互联与自动驾驶汽车项目Meridian的首席执行官丹尼尔·鲁伊斯说：“关于如何让第3级汽车完全安全，目前正在展开激烈的讨论。”尽管技术取得了进步，但要改变公众的看法，我们仍有一段路要走。随着近期引人关注的事故增多，如今驾驶员认为自动驾驶汽车不如过去安全。

22. A) Surveying when drivers are caught in the heat of arguments.

B) Designing devices to prevent drivers from being distracted.

C) Testing models for monitoring drivers easily getting tired.

D) Developing sensor-based systems for autonomous vehicles.

【题目】 What are researchers doing in Sweden?

【翻译】瑞典的研究人员正在做什么？

- A) 调查驾驶员陷入激烈争论时的情况。
- B) 设计防止驾驶员分心的设备。
- C) 测试用于监测容易疲劳驾驶员的模型。
- D) 开发用于自动驾驶车辆的基于传感器的系统。

【答案】 **D** (细节题) Developing sensor-based systems for autonomous vehicles.

【定位】 Researchers working as part of the European Union's €77 billion research program are developing sensor-based systems that monitor whether a driver is distracted, anxious or tired.
作为欧盟 770 亿欧元研究项目的一部分，研究人员正在开发传感系统，用以监测驾驶员是否分心、焦虑或疲劳。

【信号】 题干关键词原词复现+直接动作句。题干中的 researchers 与 doing 在 Researchers working as part of the European Union's €77 billion research program are developing sensor-based systems 中原词出现，developing 直接回答“做什么”，因此该句即为答案句。

【替换】 developing sensor-based systems that monitor whether a driver is distracted, anxious or tired ↔
Developing sensor-based systems for autonomous vehicles.
核心动宾原词复现+目的同义

【排除】 A) **原词陷阱**

选项 Surveying when drivers are caught in the heat of arguments. 中的 caught in the heat of arguments 在 caught in the heat of an argument 中确实出现，但原文是说自动驾驶汽车在驾驶员情绪激动时接管，而非 researchers 在 survey/调查，动作被换。

借用原文：caught in the heat of an argument

B) **偷换概念**

选项 Designing devices to prevent drivers from being distracted. 用了原文 distracted 和 prevent accidents 两个词，但原文传感器是监测 distraction 并防止事故，不是 design devices 专门 prevent distraction。

借用原文：distracted

C) **原词陷阱**

选项 Testing models for monitoring drivers easily getting tired. 用了 tired，但原文是 developing sensor-based systems，不是 testing models；monitoring 是系统功能，不是测试模型。

借用原文：tired

-
23. A) Make sure the autonomous vehicle operates in the simplest manner.
B) Ensure the transition from the driver to the vehicle is safely made.
C) Alleviate the driver's pressure as much as possible.
D) Record the driver's state as accurately as possible.

【题目】 What did the researchers' project aim to do according to Dr. Anna Anund?

【翻译】根据 Anna Anund 博士的说法，研究人员的项目旨在做什么？

- A) 确保自动驾驶车辆以最简便的方式运行。
- B) 确保从驾驶员驾驶过渡到车辆驾驶能够安全完成。 c) 尽可能减轻驾驶员的压力。
- D) 尽可能准确地记录驾驶员的状态。

【答案】 **B** (目的题) Ensure the transition from the driver to the vehicle is safely made.

【定位】 She said the aim was to really make sure that the transition from the driver to the vehicle is done in a safe way, so we can take into consideration the driver's state, and so we do not give control to a driver who is under pressure of fatigue, stress, anxiety, and so on.

她说，项目的目标是真正确保从驾驶员到车辆的接管过程以安全方式完成，从而把驾驶员状态纳入考量，避免把控制权交给处于疲劳、压力、焦虑等状态下的驾驶员。

【信号】 **the aim was to 目的信号+make sure 强调**。the aim was to really make sure that the transition from the driver to the vehicle is done in a safe way 中，the aim was to 直接对应题干 aim，make sure 强调目标，其后内容即为答案。

【替换】 the transition from the driver to the vehicle is done in a safe way ↔

Ensure the transition from the driver to the vehicle is safely made.

同义改写+主被动转换

【排除】 A) **未提及**

选项 Make sure the autonomous vehicle operates in the simplest manner. 中的 simplest 在原文未出现，且把 "safe" 偷换为 "simplest"。

C) **偷换概念**

选项 Alleviate the driver's pressure as much as possible. 盗用 under pressure of fatigue, stress, anxiety, and so on, 但原文是说不要把车交给有压力的驾驶员，而不是以“减轻压力”为项目目的。

借用原文：under pressure of fatigue, stress, anxiety, and so on

D) **答非所问**

选项 Record the driver's state as accurately as possible. 对应 a driver's state can be measured using a number of sensors, including heart rate monitors and eye sensors, which track where a driver's gaze is, 但 measuring the state 是实现安全接管的手段，不是项目 aim。

借用原文：a driver's state can be measured using a number of sensors, including heart rate monitors and eye sensors, which track where a driver's gaze is

-
24. A) Driver fatigue.
B) Dreadful traffic.
C) Drunk driving.
D) Driving time.

【题目】 What is thought to be responsible for a fifth of road accidents across the European Union?

【翻译】 欧盟境内五分之一的道路事故被认为是由什么造成的？

A) 驾驶员疲劳。 B) 糟糕的交通状况。 C) 酒后驾车。 D) 驾驶时间。

【答案】 A (细节题) Driver fatigue.

【定位】 Driver fatigue is thought to be responsible for as many as a fifth of road crashes across the EU, although there are certain times of the day when more accidents happen.

据认为，驾驶员疲劳导致了欧盟多达五分之一的道路撞车事故，尽管一天中某些时段事故更多。

【信号】 题干关键词原词复现+主语即答案。responsible for as many as a fifth of road crashes across the EU 与题干 responsible for a fifth of road accidents across the European Union 几乎原词对应，其主语 Driver fatigue 就是答案。

【替换】 Driver fatigue is thought to be responsible for as many as a fifth of road crashes across the EU ↔ Driver fatigue.

主语直接对应，其余为题干已知信息

【排除】 B) 未提及

选项 Dreadful traffic. 是交通事故的常见原因，但录音原文从未出现 traffic 相关表述。

C) 未提及

选项 Drunk driving. 同样是常见事故原因，但原文没有 drunk/drinking/alcohol 等信息。

D) 偷换概念

选项 Driving time. 对应 there are certain times of the day when more accidents happen，但原文只说某些时段事故更多，并未把 driving time 当作 responsible for a fifth of accidents 的原因。

借用原文：there are certain times of the day when more accidents happen

-
25. A) There has been a strong debate on the feasibility of Level 3 cars.
B) There have been few remarkable advances in auto technology.
C) There has been a rise in attention-grabbing accidents recently.
D) There have been few feasible ways to shift public sentiment.

【题目】 Why do drivers now view self-driving cars as less safe than they used to?

【翻译】为什么驾驶员如今认为自动驾驶汽车不如过去安全？

- A) 围绕3级自动驾驶汽车的可行性展开了激烈争论。 B) 汽车技术方面鲜有显著进步。
C) 近期引人关注的事故有所增加。 D) 转变公众看法的可行方法很少。

【答案】C (细节题) There has been a rise in attention-grabbing accidents recently.

【定位】With an increase in attention-grabbing accidents recently, drivers now view self-driving cars as less safe than they used to.

随着近期引人注目的交通事故增多，驾驶员现在认为自动驾驶汽车不如以前安全。

【信号】With 引导原因状语，直接解释结果。With an increase in attention-grabbing accidents recently 位于结果句 “drivers now view self-driving cars as less safe than they used to” 之前，with 短语说明原因。

【替换】an increase in attention-grabbing accidents recently ↔

There has been a rise in attention-grabbing accidents recently.

同义替换：increase→rise

【排除】A) 答非所问

选项 There has been a strong debate on the feasibility of Level 3 cars. 对应 there is a strong debate going on about how it is possible to make a Level 3 car completely safe., 但这是在讨论技术可行性，不是 drivers 觉得更不安全的原因。

借用原文：there is a strong debate going on about how it is possible to make a Level 3 car completely safe.

B) 与原文相反

选项 There have been few remarkable advances in auto technology. 与 Despite advances in technology 相反，原文明确说技术有进步。

借用原文：Despite advances in technology

D) 偷换概念

选项 There have been few feasible ways to shift public sentiment. 盗用 shifting public sentiment, 但原文是说我们在转变公众情绪方面还有路要走，并非说缺乏可行方法，也不是驾驶员态度变化的原因。

借用原文：we still have some way to go in shifting public sentiment.

SENTENCE INSIGHTS • 句子精讲

83 句真题句逐层精讲

下列真题句各有独立的句子解析页——中文翻译、结构树逐层拆解、成分与时态、考点讲解与真题高频词。点击句子进入完整解析。

W: One mistake people make is to limit communication only to their bosses.

第2段，第1句

"名词 + 省略关系代词的定语从句 + is to do..." 是各类英语考试阅读与写作中高频出现的经典句式，掌握后具有很强的跨场景迁移复用价值。

It's important to expand your network and include your co-workers.

第2段，第2句

形式主语 "It is + adj. + to do" 是各类英语考试中高频出现的典型句式，掌握该句型后可无缝迁移至大量同类写作与阅读场景中。

M: But some of our co-workers are less senior to us.

第3段，第1句

"senior to" 属于高频易错的比较表达（不用 than 而用 to），在四六级与考研阅读中非常典型。

W: It's important not to underestimate your colleagues.

第4段，第1句

"It is + 形容词 + to do sth." 及其否定形式是各类英语考试中高频出现的核心句型，具备极高的写作与阅读迁移价值。

M: Now many of us think that working hard creates a good impression, but this isn't always true, is it?

第5段，第1句

采用“主句 + 宾语从句 + 并列转折主句”的经典句式，在各类英语考试阅读与议论文写作中出现频率极高，具有很强的教学与迁移价值。

We should avoid trying to take on too much work and constantly staying late, just to show that you are committed.

第6段，第2句

“主句 + 动名词并列宾语 + 不定式目的状语 + 宾语从句”属于四六级与考研阅读和写作中的高频典型句式，掌握后迁移价值极高。

W: Yeah, it's better to make sure you are putting in quality time instead of just a large quantity of time.

第8段，第1句

It is better to do sth ... 句型及 make sure 后接省略 that 的宾语从句在英语听力和阅读中极具代表性，掌握后可高频复用。

Should you try and go beyond your normal responsibilities and offer to help people with their projects?

第9段，第2句

"Should you do A and do B" 是日常交流与考试写作中极具代表性的建议询问句式，对于培养疑问句倒装感知力具有较高的复用价值。

W: Extend your assistance to those who need it, but only as long as your own work will not go unattended.

第10段，第1句

"祈使句 + 关系词定语从句 + 复合连词条件从句"是各类考试长难句中十分常见的说理句型，具备极高的迁移价值。

M: But it goes without saying that you shouldn't act like a know-it-all, otherwise you'll appear arrogant.

第11段，第1句

"It goes without saying that..." 与 "...otherwise..." 均属于四六级及考研写作与阅读中极高频、极具迁移价值的典型句式。

What does the woman advise people to do in their work?

第3题题干

特殊疑问词加上助动词倒装、动词带宾语及不定式补足语的结构在各类英语考试的听力与阅读题干中高频出现，具有极高代表性。

From what I recall, the presentation consists of five parts, not including the introduction and conclusion.

第1段，第2句

“介词 + 连接词从句”作依据状语配合主句及后置分词补充说明，是四六级与考研英语阅读及写作中非常经典且高频的句式结构。

In this way, we can both discuss the part of the project that we devoted most of our time to.

第3段，第2句

句首状语 + 情态动词 + 介词后置定语从句的组合在各类阅读真题中频繁出现，具有很高的模式识别与迁移训练价值。

I appreciate the rigorous work ethic you applied to the research, but not the sarcasm that comes up every time I mention it.

第5段，第5句

句中“A, but not B”的对比结构、省略关系代词的定语从句以及“every time”引导状语从句均属于四六级与考研真题中的高频典型句式，掌握后具有极高的迁移复用价值。

What do you think would be a fair arrangement?

第5段，第6句

“What do you think ...”是英语口语、写作及各类考试听力阅读中高频出现的典型句式，掌握其结构拆解方法具有极高的迁移复用价值。

But as I struggled a bit with the statistics in the results section, how about you handling that?

第6段，第4句

“How about doing sth.” / “How about sb. doing sth.”是英语口语与书面交流中高频出现的提议句式，结合从属从句提供背景的结构在各类阅读与写作中高度通用。

M: I will take responsibility for the conclusion and put you in charge of the introduction.

第8段，第1句

采用了 "will do A and do B" 并列谓语以及 "take responsibility for"、"put sb in charge of" 高频固定搭配，是职场与对话中极具代表性的高频常考句式。

This will make it so that we alternate presenting, so as to avoid sounding monotonous to the audience.

第8段，第2句

"make it so that..."以及"so as to do"均为四六级与考研真题中极高频出现的经典句式，具有很强的方法迁移价值。

What does the woman say they first need to do?

第5题 题干

该句型是听力测试与日常阅读中极常见的“疑问主句 + 宾语从句”结构，掌握其拆解逻辑对提升复杂疑问句理解能力极具代表性。

Why does the man refuse to handle the background part?

第6题 题干

"Why does + 主语 + 动词原形 + 不定式短语"是高频基础句型，具有很强的可迁移性。

He wants to devote his time to other portions.

第6题，A

"主语 + 谓语 + 不定式短语作宾语"是极高频的基础句型，搭配习惯表达迁移价值较高。

What does the woman urge the man to stop doing?

第7题 题干

"What does sb urge sb to do?"是各类英语听力和阅读理解中极具代表性的高频提问句式，掌握其特殊疑问句倒装与非谓语补足语结构具有极高的迁移复用价值。

Why does the man suggest he present the conclusion and the woman do the introduction?

第8题 题干

“表示建议/要求/命令的动词 + 宾语从句使用虚拟语气 (should省略)” 是四六级及考研英语高频考查的典型句式。

According to new research from the University of Stirling in Scotland, although both men and women perceive women who wear makeup as being of a higher status, men associate makeup with prestigious, positive qualities, while women view other women wearing makeup as being dominant and a potential threat.

第1段，第2句

“句首状语 + 让步从句 + 主句 + 对比从句”的结构在学术研讨与真题阅读中极具代表性，掌握此类句式逻辑拆解可高度迁移。

The research showed that men and women both rated the faces with cosmetics as being more attractive, but only women rated made-up faces as being more dominant, while only men rated made-up faces as being higher in prestige.

第2段，第1句

句式呈现典型的学术研究结论汇报模式 ("showed that ... but ..., while ...")，是四六级及考研阅读与写作中的高频优质样板。

Women rating women with makeup said they would be more jealous of them and thought they would be more attractive to men than their non-makeup wearing counterparts.

第3段，第2句

“主语 + 分词修饰 + 动词 + 省略 that 的宾语从句 + 比较级”是四六级与考研阅读真题中最典型的复杂句式之一，掌握后具有极高的迁移复用价值。

Cosmetic products are good for more than just giving you a pretty face.

第4段，第1句

“be good for + 动名词”以及“more than just”属于四六级与考研阅读中的高频句式，具有较高的复用与迁移价值。

At a job interview, knowing whether the hiring committee will consist of men or women might influence a female candidate's decision about wearing makeup.

第4段，第3句

本句覆盖了动名词短语作主语、名词性从句作动名词宾语、情态动词作谓语以及介词短语作后置定语和状语等多种典型成分，非常适合用来训练长主语切分与主干识别能力。

Whether the interviewers will view her as attractive, dominant and prestigious can affect the interviewers' actions and perhaps the outcome of the interview itself.

第4段，第4句

句首用 "Whether" 引导主语从句是英语四六级与考研真题中的高频常考句型，具有极高的示范性与迁移复用价值。

What can makeup do according to new research from the University of Stirling in Scotland?

第9题题干

句型 "What can ... do according to ..." 是各类英语考试阅读理解与听力材料中非常标准且高频的提问句式，代表性极强。

How did both men and women rate the faces with cosmetics in the new research?

第10题题干

"疑问副词 + 助动词前置 + 后置介词短语修饰"的结构在各类英语阅读与听力理解试题的题干中极为常见，具有很强的代表性。

No wonder people hope to make changes without it.

第1段，第6句

"No wonder + 句子" 是英语口语与写作中的高频典型表达，掌握其省缩结构与主干划分具有较强的迁移价值。

I define willpower as "using only the thought of your motivators to control your actions."

第2段，第1句

"动词 + 宾语 + as + 动名词短语/名词" 属于各类英语考试中高频出现的定义型句式，具有很强的语法迁移复用价值。

So, amazingly enough, willpower begins with a thought—a bright idea—some way to improve your life or contribute to others.

第3段，第1句

采用“主干 + 破折号同位语解释 + 不定式后置修饰”的结构，是四六级与考研英语阅读中极为常见的观点阐述句型，具有很高的迁移价值。

Whether you call it a motivator, a burning goal, or a bright idea, this idea is the force behind your willpower.

第4段，第2句

句首 "Whether... or..." 引导让步状语从句配合主句的结构在各类英语考试阅读中频繁出现，属于高度典型、迁移价值极高的高频常考句型。

What sort of bright ideas—motivators—make for effective willpower?

第5段，第1句

采用“疑问词作主语修饰语 + 插入语 + 谓语短语 + 宾语”的疑问句式，在真题阅读的引言或提问段落中较为常见，具有良好的迁移练习价值。

In fact, any goal that you value strongly counts.

第5段，第2句

"名词 + that 引导的定语从句 + 主句谓语" 是四六级与考研英语阅读中极为常见的主谓分隔句式，具有很高的迁移训练价值。

What does the speaker define willpower as?

第13题 题干

该句型在英语阅读理解与听力试题的题干中极具代表性，掌握“疑问词 + 助动词 + 主语 + 动词 + 宾语 + 介词”的结构规律可大量复用。

It equips us with an expert skill.

第14题，A

采用高频的“动词 + 宾语 + 介词短语”谓语搭配结构，是英语书面表达中高度典型的常用句型。

What does the speaker say may make for effective willpower?

第15题 题干

此句式是四六级及考研英语阅读理解题干中极为高频的典型句型（如 "What does the author think..."），掌握后迁移复用价值极高。

For many pregnant women, understanding what seafood is safe and healthy and what should be avoided because of mercury concerns comes with a lot of worrying.

第1段，第1句

“长主语 + 从句嵌套 + 延后谓语”是四六级与考研英语长难句中极具代表性的常考结构，分析经验可高度复用。

In part, that's because the federal government's advice on the matter, first issued in 2004, has long been criticized as vague.

第1段，第2句

"That's because ..." 是四六级与考研阅读中极高频的因果归因句式，且从句常叠加后置定语修饰主语，具有极高的代表性与复用价值。

That guidance has included advice on how much seafood to eat, and which species pregnant and breastfeeding women should avoid over concerns about mercury contamination.

第1段，第3句

本句涵盖了现在完成时、情态动词、宾语从句中宾语前置（which species）以及介词短语作原因状语等多种经典语法点，非常适合用于练习非前置主语的从句成分划分。

According to a spokesman for the Food and Drug Administration, or FDA for short, the agency analyzed fish consumption data from more than 1,000 pregnant women in the US and found that 21 per cent of them ate no fish whatsoever in the previous month.

第2段，第2句

该句呈现了考研与四六级阅读中非常常见的“引用权威来源 + 机构做研究/发现 + 引导词带出数据结论”典型句式，迁移复用价值较高。

And those who did eat fish consumed far less than recommended by the dietary guidelines.

第2段，第3句

“代词 + 定语从句 + 谓语 + 比较级 + than + 分词省略”是各类英语考试真题中极为高频且典型的复杂比较句式，具有很强的范式迁移价值。

This week the FDA issued an update to the advice, listing more than sixty species in a chart that ranks fish as A Best Choice, Good Choice and Choices to Avoid.

第3段，第1句

“主句 + 分词短语补充说明 + 定语从句修饰名词”是四六级与考研阅读中最典型的高频长难句句型之一，极具迁移教学价值。

The goal is to make it easier for mothers-to-be to feel confident about the type of seafood they include in their diets.

第3段，第2句

句中使用形式宾语引导真正宾语的结构在四六级与考研真题中出现频率极高，属于高度典型且可大量迁移的必考句式。

The new advice recommends consumers choose a variety of fish to eat, and it comes with an easy-to-understand illustration of what an appropriate portion size should be—four ounces for an adult and two ounces for children aged four to seven.

第3段，第3句

该句型采用“主句1 + and + 主句2 + 介词从句 + 举例说明”的结构，属于四六级与考研阅读中科普、指南类文章极为常见的典型句式。

And while expectant mothers have long been warned to stay away from shark and four other particular types of fish from the Gulf of Mexico, now there are three new species on the list of what to avoid.

第4段，第1句

句型展现了阅读理解中常见的“while 让步背景 + 主句新信息”的典型转折层进结构，属于四六级与考研真题中的常考句式。

But not everyone is thrilled with the new advice.

第4段，第2句

包含“转折词 + 否定主语 + 被动谓语 + 介词短语”的标准结构，在四六级和考研阅读中极其常见，具有较高的通用复用价值。

While mercury is of great concern when people are talking about pregnant women and seafood, it's not the only factor contributing to anxiety.

第4段，第4句

由“While”引导的让步状语从句后接主句的结构在四六级与考研阅读中极具代表性，属于立论与转折表达的高频常考句式。

The FDA maintains that its final consumption recommendations were based on thorough scientific analysis.

第5段，第1句

“名词主语 + 观点动词 + that 宾语从句”是学术与新闻英语中极具代表性的高频句式，迁移价值极高。

Agency spokesman Cassell says the FDA believes their recommendations will increase confidence, not uncertainty.

第5段，第2句

在新闻报道与学术英语中，“主语 + 动词 + (that) 从句 + (that) 从句”的观点转述句式极为常见，代表性极强。

What does the speaker say about the federal government's advice on seafood safety?

第16题 题干

这是标准听力与阅读理解题干中最常见的特殊疑问句结构，对培养学生快速抓取提问核心与修饰限定条件具有极高的练习复用价值。

It called on expectant mothers to pay attention to food safety.

第17题，B

句中 "call on sb. to do sth."（号召某人做某事）是考试阅读与写作中高度频现的规范句式，具有极强的代表性与可迁移性。

It listed more than sixty species of fish as "choices to avoid".

第17题，D

"list A as B" 是阅读与写作中极高频的动词搭配句式，结构规范且极具迁移复用价值。

According to the speaker, what are people concerned about regarding pregnant women and seafood?

第18题 题干

属于听力与阅读理解题干中高度典型的提问句式（"According to..., what are people concerned about..."），实用性与复用价值极高。

I know you're busy with work, but you also need to take some time off to recharge those batteries.

第1段，第1句

该句式在日常口语与考试阅读中极具代表性，其转折并列结构以及不定式表目的的搭配属于高频常考且易于迁移复用的经典句型。

First and foremost, regardless of how you use your vacation days, you need to be using them, and soon.

第1段，第4句

句首状语/让步结构 + 主句主干的句式在四六级与考研阅读中非常高频，是议论文中表达劝诫与强调观点的典型句型。

The longer you put off your time off, the worse you're making things for yourself.

第1段，第5句

“the + 比较级 ..., the + 比较级 ...”（越.....就越.....）是各类英语考试中极高频考查的比例比较句式，结构极其典范，掌握后可大量迁移复用。

One 9-year-long study published in Psychosomatic Medicine suggests not taking at least one vacation a year may increase your risk of mortality due to heart disease.

第2段，第1句

本句结构为英语学术报道和科普文章中极高频出现的句式（‘研究表明+从句’），带有典型的前后修饰成分，高度契合各类考试真题的常见句型。

Because of that, there's no perfect formula that works for everyone, but there are still a few things everyone can try to shoot for.

第3段，第2句

包含了句首状语、“there be”存现句的主谓倒置、关系代词引导的定语从句以及省略关系代词的定语从句和不定式作宾语，成分非常丰富，练习价值很高。

We know that in terms of maximizing relaxation, you should aim for vacations that range somewhere between 7 and 11 days long.

第3段，第3句

‘主句及物动词 + that 宾语从句 + 名词 + that 定语从句’是四六级与考研英语阅读中最典型、高频出现的高阶长难句结构之一，具备极高的迁移复用价值。

That gives you enough time to let go of your stress at work, completely loosen up, and achieve full-on calm.

第3段，第4句

采用了“give + 人 + 时间 + to do...”的高频句式，并展示了 A, B, and C 形式的不定式并列修饰结构，在阅读和写作中极具代表性。

That above-mentioned study also recommends you space out your vacations evenly instead of using up all of your days at once.

第4段，第1句

“主句动词 + 省略引导词的宾语从句 + 虚拟语气 + 不定式/介词短语修饰”是四六级与考研英语阅读中极其高频的典型句式。

If you have 14 days of paid leave, that's almost three separate 8-day vacations you can use to split your year into thirds.

第4段，第4句

句首 "If" 引导条件句 + 主句 "that is..." + 句末关系代词省略的定语从句，是四六级与考研英语阅读中极具代表性的高频实用句型。

As tempting as it might be to use all your days to take one long summer break, your overall goal should be to achieve the perfect balance between length plus joy and frequency.

第5段，第1句

句首倒装让步结构与 "it" 形式主语结构均为四六级及考研真题阅读与写作中的高频典型句式，掌握后具有极强的迁移复用价值。

Vacation frequency is important because planning multiple breaks throughout the year means you always have something to look forward to.

第5段，第2句

“主句观点 + because 引导逻辑原因从句（内含动名词主语 + 宾语从句）”是议论文与阅读理解真题中高度高频且典型的长难句剖析句式。

Planning things and the anticipation that comes with it tend to make us happier.

第5段，第3句

“并列主语 + 后置定语从句修饰 + 使役动词 + 宾语 + 比较级作宾补”是四六级与考研英语阅读中极具代表性的高频句型。

Taking more than three vacations yearly would prolong one's excitement.

第21题，C

该句展示了非常标准的“动名词短语作主语 + 情态/助动词谓语 + 名词宾语”句式，在四六级与考研英语阅读中极具代表性。

Autonomous cars that can take over from drivers if they are tired or caught in the heat of an argument are being developed in Sweden.

第1段，第1句

主语后接长定语从句隔离主谓语的结构在四六级和考研英语阅读中极具代表性，属于高频常考且分析方法可高度复用的经典句式。

Doctor Anna Anund from the Swedish National Road and Transport Research Institute, who is leading the project, said a driver's state can be measured using a number of sensors, including heart rate monitors and eye sensors, which track where a driver's gaze is.

第1段，第4句

综合来看，该句结构高度典型，成分丰富且嵌套层次清晰，是极具代表性的优质语法拆解与划成分练习材料。

She said the aim was to really make sure that the transition from the driver to the vehicle is done in a safe way, so we can take into consideration the driver's state, and so we do not give control to a driver who is under pressure of fatigue, stress, anxiety, and so on.

第1段，第5句

综合来看，本句虽主干直观，但嵌套层级丰富、成分搭配多样且句式高度典型。作为剖析复杂从句修饰关系与训练长难句拆解能力的材料，具有极高的优先推荐价值。

According to data from the European Commission, Sweden has the safest roads in the EU, with the UK a close second.

第2段，第1句

“根据数据/来源 + 主句 + with伴随补充”是四六级与考研图表写作、新闻报道中高度典型的表达句式，复用性极强。

Driver fatigue is thought to be responsible for as many as a fifth of road crashes across the EU, although there are certain times of the day when more accidents happen.

第2段，第3句

“被动主干 + 让步状语从句 + 定语从句”是四六级与考研真题阅读中极其常见的学术说明文句式，掌握其层级切分与修饰关系具有很强的迁移复用价值。

At 6:00 a.m., for example, drivers are said to be 20 times more likely to have an accident than at 10:00 a.m.

第2段，第4句

“sb. is said to do sth.”句型与“倍数 + 比较级 + than”均属于各类英语考试中高频出现的标准常考句式，具有极高的迁移学习价值。

While most experts agree driverless technology should help bring down accident numbers in the long term, some have questioned whether it is safe.

第2段，第5句

"While... , some... whether..." 结构是四六级与考研阅读中高频出现的观点对比句式，掌握该句型的分析方法具有极高的迁移复用价值。

The researchers have said the technology they are developing is seeking to bridge the gap between Level 3 on the autonomy scale, in which drivers have to be ready to take control of the car at any point, and Level 4, in which driving is automated.

第3段，第1句

综合前五维评价，本句语法现象覆盖全面，结构典型且难易适中，极度推荐作为语法成分拆解、时态语态识别以及长难句层级分析的高优先级训练材料。

Despite advances in technology, we still have some way to go in shifting public sentiment.

第4段，第2句

句首使用 "Despite..." 引入让步状语、后接 "have some way to go in doing..." 表达“在某方面仍有路要走”属于各类英语考试中的高频地道句式，高度典型且易于迁移复用。

What did the researchers' project aim to do according to Dr. Anna Anund?

第23题 题干

本句是极具代表性的阅读理解真题题干句式（以“What did ... according to ...”进行细节提问），对学生熟悉阅读理解常考提问句法具有很高的训练与复用价值。

Alleviate the driver's pressure as much as possible.

第23题，C

“动词原形 + 宾语 + as ... as possible”是极为高频且典型的英语祈使与程度表达句式，掌握后具有很强的复用性。

Record the driver's state as accurately as possible.

第23题，D

“动词原形开头 + 宾语 + as ... as possible 状语”是英语指令性表达和考试中极具代表性的基础典型句式，掌握后可高频复用到写作与阅读中。

What is thought to be responsible for a fifth of road accidents across the European Union?

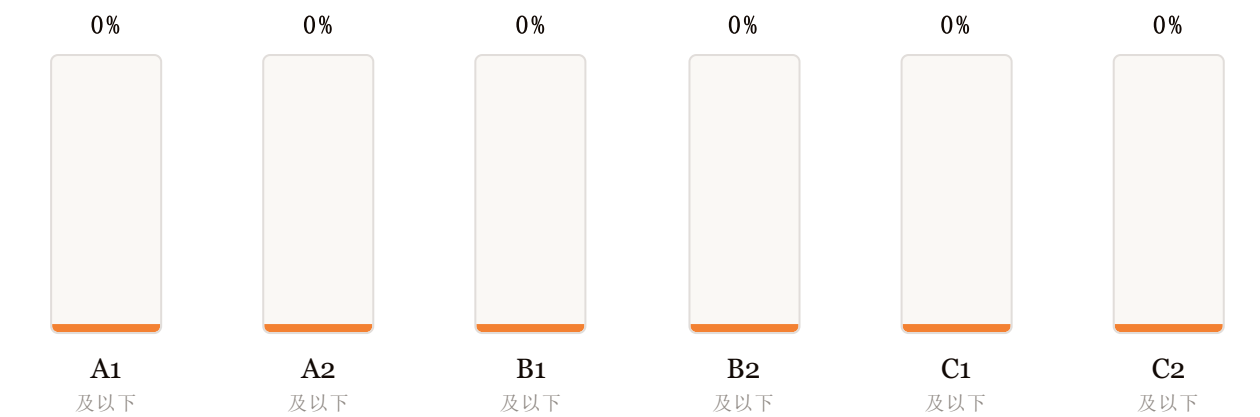
第24题 题干

该句采用的 “What is thought/said to do...” 句式在四六级及考研英语阅读中极为常见，具有很强的结构代表性与迁移价值。

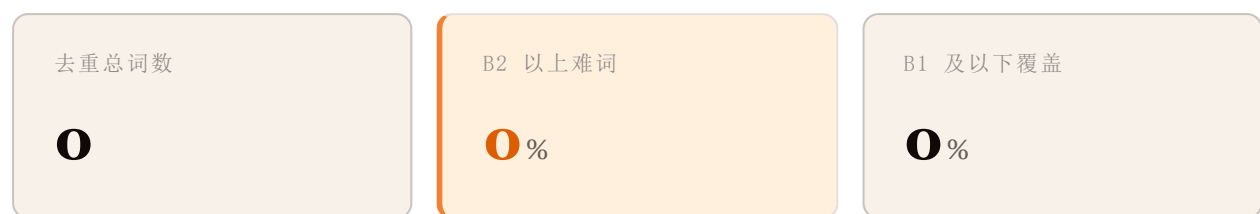
VOCABULARY · 词汇难度分布

全卷录音原文 0 词按 CEFR 难度累积覆盖

全卷录音原文去重后共 0 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比（CDF），最右一柱为 100%。B2 以上（C1/C2）为高阶词，本卷共 0 个·约 0%。



每柱为「按 CEFR 等级及以下」的累积覆盖率 (CDF) · 数据为全卷录音原文去重词 0 个 · 末柱为 100%



英语六级 2026年6月·第1套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	本页
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	题目解析 →
Part III Section C	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →

2026年6月·第1套 英语六级完形填空（选词填空）·26-35 题答案与解析

BLANKS & ANALYSIS · 选词填空题和解析

选词填空题和解析 · 26-35 题

本页 26-35 题的正确答案词与逐空解析由懒笔记按2026年6月·第1套 英语六级完形填空（选词填空）原卷词库逐空核对整理。与试卷排版同一卷面：Directions、7 段带空短文（每段之后紧随中文翻译）与 15 词共享词库连续排印；卷面下方逐空紧跟解析——该空词性、原文定位句、正确词与锁定依据，以及同词性被淘汰竞争词的逐个归因。

真题卷第1套(2026-06) · 英语六级

Part III Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

Two proposals are before the state legislature that look to put some limits on ever-increasing rent prices, which some lawmakers say are contributing to rising homelessness rates.

州议会目前正在审议两项提案，旨在对不断上涨的租金设置一些限制。一些议员表示，租金上涨正在导致无家可归率上升。

The proposals 26 caps on rent increases, preventing landlords in the state from raising rent more than the rate of inflation in most cases. There are exceptions for buildings less than 10 years old, public housing, improvements beyond maintenance, and a hardship 27 .

这些提案对租金涨幅设定上限，在大多数情况下，禁止该州房东将租金涨幅提高到超过通货膨胀率的水平。例外情况包括建成未满10年的建筑、公共住房、维护之外的改造，以及因困难而获得的豁免。

In a 2020 study, researchers at the U.S. Government Accountability Office estimated that every \$100 in rent increase is 28 to a 9% rise in homelessness. Rent increases have an even more detrimental effect on some demographic groups, such as racial minorities.

在2020年的一项研究中，美国政府问责署的研究人员估计，租金每上涨100美元，就与无家可归率上升9%相关。租金上涨对某些人口群体的影响更加不利，例如少数族裔。

Representative Alex Ramel explained why he thought that this kind of legislation was so important, telling the story of a 29 struggling to live in the community.

亚历克斯·拉梅尔议员讲述了一名努力在当地社区生活的选民的故事，并解释了他为何认为这类立法如此重要。

Ramel pointed out the 30 effect of double-digit rent increases, saying that he made the decision to introduce the legislation while talking to a young man in Bellingham. "He's a recent graduate from Western Washington University and just got a new job," Ramel said. "He was leaving our community because his landlord 31 him that his rent was going to go up by \$600 a month."

拉梅尔指出，两位数租金涨幅会造成毁灭性影响。他说，自己是在与贝灵厄姆的一名年轻人交谈时决定提出这项立法的。拉梅尔说：“他刚从西华盛顿大学毕业，最近找到了一份新工作。他正要离开我们的社区，因为他的房东通知他，租金每月要上涨600美元。”

The Rental Housing Association of Washington opposes the legislation. The association 32 that the policy won't actually solve the problem of rental prices. Instead, it will punish small landlords and allow wealthy renters easy access to cheap housing.

华盛顿州租赁住房协会反对这项立法。该协会声称，这项政策实际上无法解决租金问题，反而会惩罚小房东，让富裕租户轻易获得廉价住房。

"The rent control policy has failed everywhere it has been 33 in this county. It has not fixed one housing problem 34 . It also does not distinguish between rich and poor when 35 who gets the benefits of rent control," said Chester Baldwin with the Rental Housing Coalition.

租赁住房联盟的切斯特·鲍德温说：“租金管制政策在这个国家所有实施过的地方都失败了。它没有在任何地方解决一个住房问题。在决定谁能从租金管制中受益时，它也不区分富人和穷人。”

- | | |
|----------------|--------------------|
| A) anywhere | I) exemption |
| B) asserts | J) impose |
| C) constituent | K) notified |
| D) correlated | L) notwithstanding |
| E) determining | M) presume |
| F) devastating | N) rehabilitation |
| G) enacted | O) reproaching |
| H) entails | |

26. The proposals __(26)__ caps on rent increases

【答案】J) impose (动词)

【词性槽】复数主语 proposals 之后缺谓语，需动词原形（一般现在时）

【依据】impose caps/limits on 是政策语域的固定搭配，「对……设限」

The proposals __(26)__ caps on rent increases, preventing landlords in the state from raising rent more than the rate of inflation in most cases.——提案「对租金涨幅设上限」，呼应首段 put some limits on ever-increasing rent prices, impose caps on 与 put limits on 是同义改写，这正是六级最爱考的「换说法不换意思」。

【竞争词】M) presume presume 意为「假定」，与 caps 不构成搭配且逻辑相反

presume 是「假定、推测」，presume caps 不是英语搭配；且提案是「实际设限」而非「假定存在上限」，代入后与后半句 preventing landlords...（实际阻止房东涨租）矛盾。

【易错】最具迷惑性的错误词是 M) —— presume 与 impose 同为原形动词，「提案假定上限」粗读似乎也通。The proposals __(26)__ caps on rent increases 中 presume 形态合格，且考生若只认识 presume 不认识 impose，容易用「熟悉的词」填。防坑：盯住宾语搭配——caps/limits 的舞伴是 impose (impose caps on)，presume 后接的是「事实从句」；再回首段 put some limits on ever-increasing rent prices，同义改写的锚点直接指向 impose。

27. There are exceptions for buildings less than 10 years old, public housing, improvements beyond maintenance, and a hardship __(27)___.

【答案】I) exemption (名词)

【词性槽】不定冠词 a + 名词作定语的 hardship 之后，需单数可数名词

【依据】hardship exemption 「困难豁免」是政策文本的固定说法，且与 exceptions 同义呼应

There are exceptions for buildings less than 10 years old, public housing, improvements beyond maintenance, and a hardship __(27)___。——列举的都是「不适用该限制的豁免情形」，a hardship exemption（因困难而获得的豁免）与句首 exceptions 同义复现，政策语域用词精准。

【竞争词】C) constituent constituent 「选民」不能与 hardship 构成政策豁免概念

a hardship constituent 字面上是「一位困难的选民」，但本句列举的是例外「情形/类别」（建筑、公屋、改良工程），不是人；且选民不属于租金管制条例的豁免条款范畴，语义场不合。

N) rehabilitation rehabilitation 意为「康复/修复」，与 hardship 搭配不成立

hardship rehabilitation（困难修复）不是英语里的政策术语；rehabilitation 多指罪犯改造、病人康复或建筑翻修，与「豁免条款」的语境无关。

28. every \$100 in rent increase is __(28)__ to a 9% rise in homelessness

【答案】 **D) correlated** (动词)

【词性槽】 be 动词 is 之后、介词 to 之前，需过去分词构成 be done 表语结构

【依据】 **be correlated to** 是固定搭配，意为「与.....相关」，严丝合缝

研究语境 researchers at the U.S. Government Accountability Office estimated that every \$100 in rent increase is __(28)__ to a 9% rise in homelessness: 租金每涨 100 美元「对应/关联」无家可归率上升 9%——这正是相关性表述，be correlated to/with 是六级阅读与选词填空的高频固定搭配，语义与搭配双契合。

【竞争词】 **G) enacted enact** 的搭配对象是法律而非数据关系

enacted 意为「颁布（法律）」，其主语应是立法机构、宾语是法案；「租金上涨被颁布成无家可归率上升 9%」语义不通，且 enact 不与 to 构成表语搭配。

K) notified notify 的对象必须是人

notify sb of/that... 意为「通知某人」，被通知方是人；这里主语是 every \$100 in rent increase（物），「租金上涨被通知给无家可归率」不成立，也不与 to 搭配。

29. telling the story of a __(29)__ struggling to live in the community

【答案】 **C) constituent** (名词)

【词性槽】 不定冠词 a 之后、分词短语 struggling... 之前，需单数可数名词指人

【依据】 议员讲「选民」的艰难故事，身份与语境严丝合缝

Representative Alex Ramel explained why he thought that this kind of legislation was so important, telling the story of a __(29)__ struggling to live in the community. ——说话者是 Representative（众议员），议员为自己的立法辩护时讲的是「选区选民」的故事；constituent 正是「（选区的）选民」，且下一段 he made the decision to introduce the legislation while talking to a young man in Bellingham 的 a young man 就是这个 constituent 的具体化。

【竞争词】 **N) rehabilitation rehabilitation** 是抽象事物名词，不能「挣扎着生活」

rehabilitation（康复/修复）是物不是人，无法充当 struggling to live 的逻辑主语；「一个挣扎着住在社区里的康复」语义荒谬，直接排除。

30. Ramel pointed out the __(30)__ effect of double-digit rent increases

【答案】 **F) devastating** (形容词)

【词性槽】 定冠词 the 与名词 effect 之间，需形容词作定语

【依据】 **devastating effect** 是高频搭配，且与「两位数涨幅」的负面语境吻合

上下文 Ramel pointed out the __(30)__ effect of double-digit rent increases 与 Rent increases have an even more detrimental effect on some demographic groups 呼应：说话者是立法支持者，强调租金暴涨的「毁灭性」影响，devastating effect（毁灭性的影响）搭配与感情色彩双双贴合。

【竞争词】 **C) constituent** constituent 作形容词意为「组成的」，与 effect 不搭

constituent 虽有形容词用法（组成的、构成整体的），但 constituent effect 不是英语搭配；其名词义「选民」也与本空语法槽（名词前的定语形容词）语义不合。

31. his landlord __(31)__ him that his rent was going to go up by \$600 a month

【答案】 **K) notified** (动词)

【词性槽】 his landlord 后缺谓语，且后接双宾 him + that 从句，需及物动词过去式

【依据】 **notify sb that...** 「通知某人.....」，房东通知涨租正是此场景

He was leaving our community because his landlord __(31)__ him that his rent was going to go up by \$600 a month.——他要搬离，因为房东「通知」他月租要涨 600 美元。notify sb that 从句句型严丝合缝，因果链（被通知涨租 → 被迫搬走）完全通顺。

32. The association __(32)__ that the policy won't actually solve the problem of rental prices.

【答案】 **B) asserts** (动词)

【词性槽】 单数主语 The association 后缺谓语，需三单动词接 that 从句

【依据】 **assert that...** 「坚称」，正是机构表态反对的措辞

The Rental Housing Association of Washington opposes the legislation. The association __(32)__ that the policy won't actually solve the problem of rental prices.——协会反对立法，「坚称」该政策解决不了租金问题。assert 接 that 从句表强硬主张，与前句 opposes 的反对立场无缝衔接。

【竞争词】 **H) entails** entail 是及物动词接名词性成分，不接 that 从句

entails 意为「使必要、涉及」，用法是 A entails B（B 为名词/动名词），如 The job entails travel；它没有 entail that 从句表「声称」的用法，代入后句法不成立。

【易错】 最具迷惑性的错误词是 **H)**—— entails 与 asserts 同为三单，形态零区分度，最易凭模糊词义选错。The association __(32)__ that the policy won't actually solve the problem of rental prices. 中 entails 词性、时态全部合格，「涉及问题」的字面意思又和语境沾边，是最强干扰。防坑口诀：空后是 that 从句时先问动词能不能带宾语从句——entail 只能接名词性宾语，assert 才能接 that 从句表「坚称」，句法门槛一过见分晓。

33. The rent control policy has failed everywhere it has been __(33)__ in this county.

【答案】 **G) enacted** (动词)

【词性槽】 has been 之后需过去分词，构成现在完成被动语态

【依据】 法律政策「被颁布实施」用 enact，法案语域的专属动词

The rent control policy has failed everywhere it has been __(33)__ in this county.——租金管控政策「凡是在本县被实施过的地方都失败了」。enact 专用于「颁布法律、实施政策」，与 policy 构成最自然的被动搭配，也是说话者（反对派）论证政策无效的语义所需。

【竞争词】 K) notified notify 的对象是人，政策不能被「通知」

notified 意为「被通知」，其逻辑主语必须是人 (sb be notified of/that...)；it 指 policy (物)，「政策被通知」语义不通。

34. It has not fixed one housing problem __(34)__.

【答案】 **A) anywhere** (副词)

【词性槽】 句子主干完整 (It has not fixed one housing problem)，空在句尾作状语，需副词

【依据】 否定句 + anywhere = 「在任何地方都不」，承接上句 everywhere

The rent control policy has failed everywhere it has been __(33)__ in this county. It has not fixed one housing problem __(34)__.—上句说政策「处处失败」，本句递进「它在任何地方都没能解决哪怕一个住房问题」。not...anywhere 是英语否定的标准搭配，与 everywhere 形成语义对仗，语气一气呵成。

【竞争词】 L) notwithstanding notwithstanding 表让步「尽管如此」，与本句递进逻辑冲突

notwithstanding 作副词意为「尽管如此」（表让步转折），而本句与上句是递进强调（处处失败 → 一个问题都没解决），不是让步；且 notwithstanding 通常不单独置于句尾修饰否定陈述句，代入后逻辑和句法双不通。

35. It also does not distinguish between rich and poor when __(35)__ who gets the benefits of rent control

【答案】 **E) determining** (动词)

【词性槽】 when 引导的省略状语从句 when (it is) doing, 需现在分词

【依据】 **determine who gets the benefits**「决定谁受益」, 与 **distinguish** 的批评逻辑一致

It also does not distinguish between rich and poor when __(35)__ who gets the benefits of rent control——批评者说该政策「在决定谁享受租金管控的好处时不区分贫富」。determine + 宾语从句 (决定.....) 搭配自然, 且与前文 it will punish small landlords and allow wealthy renters easy access to cheap housing 的批评 (富人也能占便宜) 完全同向。

【竞争词】 **reproaching reproach** 意为「责备」, 其对象是人且与 **who gets...** 从句不搭

reproach 的用法是 reproach sb (for sth), 宾语是被责备的人; 「在责备谁获得好处时不区分贫富」语义拧巴——政策不会去「责备」受益人, 批评的对象错位, 逻辑不通。

WORD BANK • 词库分类表

15 个候选词 · 词性与词义

选词填空文后的共享词库共 **15** 个词 (A-O), 为 10 个空各选一个、每词最多用一次。下面给出每个词的词性与中文词义; 标注「用于第 N 空」的 10 个为答案, 其余 5 个为干扰词。

A) **anywhere** (副词)

在任何地方; 无论何处 (常用于否定句、疑问句)

用于第 34 空

B) **asserts** (动词)

断言, 坚称 (三单形式, 后常接 that 从句)

用于第 32 空

C) **constituent** (名词) (形容词)

(选区的) 选民; 成分, 组成部分

用于第 29 空

D) **correlated** (动词) (形容词)

(使) 相关联; be correlated to/with 与..... 相关

用于第 28 空

E) **determining** (动词)

决定; 确定 (determine 的现在分词/动名词)

用于第 35 空

F) **devastating** (形容词)

毁灭性的, 破坏性极大的

用于第 30 空

G) **enacted** (动词)

颁布(法律); 实施, 实行(过去式/过去分词)

用于第 33 空

H) **entails** (动词)

使必要; 涉及, 意味着(三单形式, 及物动词, 后接名词性成分)

干扰词 · 未选用

I) **exemption** (名词)

豁免, 免除(尤指免除某项规定)

用于第 27 空

J) **impose** (动词)

强加; 推行, 实施(impose limits/caps on 对.....设限)

用于第 26 空

K) **notified** (动词)

通知, 告知(notify sb that... 通知某人....., 过去式/过去分词)

用于第 31 空

L) **notwithstanding** (副词)

尽管如此(常作介词/副词, 表让步)

干扰词 · 未选用

M) **presume** (动词)

假定, 推测; 擅自(动词原形)

干扰词 · 未选用

N) **rehabilitation** (名词)

修复; 康复; 改造(如罪犯改造、房屋修缮)

干扰词 · 未选用

O) **reproaching** (动词)

责备, 指责(reproach 的现在分词/动名词)

干扰词 · 未选用

全文主旨

州议会拟立法给租金涨幅设上限, 以遏制无家可归率上升, 文中兼有支持方与反对方的声音

开篇即定调: Two proposals are before the state legislature that look to put some limits on ever-increasing rent prices, which some lawmakers say are contributing to rising homelessness rates.——两项提案要限制不断上涨的租金, 因为有议员认为租金上涨推高了无家可归率。后文围绕这一立法展开: 提案内容(设涨幅上限及豁免情形)、研究依据(租金每涨 100 美元对应无家可归率上升 9%)、支持者议员的举例, 以及租赁协会反对意见。把握住「限租立法 + 正反两方态度」这条主线, 后面每个空填的词都必须与这条线自治: 支持方语境填负面后果类词(如 devastating), 反对方语境填「政策无效」类词(如 asserts、failed)。

这 5 个词始终没被任何空选用

词库 15 词里有 5 个是命题人埋的干扰词——它们词性看着也对、词义也沾点边，却不该填进任何一个空。下面逐个剖析它们最像哪个空的答案、为什么是陷阱。

H) **entails** 最像 32 空的答案：同为三单动词，词义「涉及」看着也沾边

32 空 The association __(32)__ that the policy won't actually solve the problem of rental prices. 需要三单动词，entails 形态完全合格，且「政策涉及问题」的字面意思容易误导。识破点：entail 是「A entails B (名词性成分)」的及物动词，不能接 that 宾语从句表「声称」；机构表态反对只可能是 assert/claim 类言论动词。

L) **notwithstanding** 最像 34 空的答案：同为副词，且是书面语高频词看着「高级」

34 空 It has not fixed one housing problem __(34)___. 是句尾副词槽，notwithstanding 是词库仅有的另一个副词，且常见于正式文本，容易凭「眼熟」误选。识破点：notwithstanding 表让步（尽管如此），而上下句是递进强调（failed everywhere → not fixed anywhere），逻辑关系不匹配；另外 not...anywhere 是否定句的标配。

M) **presume** 最像 26 空的答案：同为动词原形，词形与 impose 一样符合语法槽

26 空 The proposals __(26)__ caps on rent increases 需动词原形，presume 形态合格，粗心的考生看到「提案 + 上限」会觉得「假定上限」也通。识破点：presume 的宾语是「某个命题/事实」，不与 caps 搭配；且后文 preventing landlords... 说明上限是被实际推行的，impose caps on (对.....设限) 才是政策语域的固定说法。

N) **rehabilitation** 最像 27 空的答案：同为名词，且与住房话题隐隐沾边（房屋修缮）

27 空 a hardship __(27)__ 在名词候选里，rehabilitation 可指「建筑翻修」，与全文住房主题有话题相关性，容易被「眼熟的话题词」勾走。识破点：本句列举的是 exceptions（豁免情形），a hardship __ 必须与 exceptions 同义，只有 exemption（豁免）对得上；rehabilitation 与「豁免」语义无关，也不与 hardship 构成搭配。

0) **reproaching** 最像 35 空的答案：同为现在分词，且全段是批评语境，「责备」似乎合拍

35 空 when __(35)__ who gets the benefits of rent control 需现在分词，reproaching 形态合格，且本段是反对派的批评发言，「责备」的感情色彩看似匹配。识破点：reproach 的宾语是被责备的「人」，而政策不会在「决定谁受益」时去责备人；此处需 determine（决定）才与 who gets the benefits 的从句构成通顺搭配。

SENTENCE INSIGHTS • 句子精讲

8 句真题句逐层精讲

下列真题句各有独立的句子解析页——中文翻译、结构树逐层拆解、成分与时态、考点讲解与真题高频词。点击句子进入完整解析。

Two proposals are before the state legislature that look to put some limits on ever-increasing rent prices, which some lawmakers say are contributing to rising homelessness rates.

第1段，第1句

“主句主语 + 状语 + 后置定语从句”的分隔修饰结构以及“关系词 + 插入语 + 谓语”的句式在四六级和考研真题长难句中高频出现，掌握后迁移价值极高。

The proposals impose caps on rent increases, preventing landlords in the state from raising rent more than the rate of inflation in most cases.

第2段，第1句

“主句 + 逗号 + 现在分词短语作状语”是各类英语考试阅读理解中极高频出现的典型句型，具有极高的示范与迁移价值。

In a 2020 study, researchers at the U.S. Government Accountability Office estimated that every \$100 in rent increase is correlated to a 9% rise in homelessness.

第3段，第1句

“研究机构 + estimated/found + that 宾语从句”是各类学术阅读与四六级、考研真题中极高频的经典句式，可迁移性极强。

Representative Alex Ramel explained why he thought that this kind of legislation was so important, telling the story of a constituent struggling to live in the community.

第4段，第1句

“主句 + 疑问词从句 + that 从句 + 分词伴随状语”是阅读理解和写作中极具代表性的经典高频句式，迁移复用价值高。

Ramel pointed out the devastating effect of double-digit rent increases, saying that he made the decision to introduce the legislation while talking to a young man in Bellingham.

第5段，第1句

“主句 + 分词伴随状语 + 宾语从句 + 状语”是四六级与考研阅读中极其常见的高频长难句表达模式，掌握后具有很强的迁移复用价值。

"He was leaving our community because his landlord notified him that his rent was going to go up by \$600 a month."

第5段，第3句

“主句 + 原因状语从句 + 宾语从句嵌套”是英语阅读与考试中极具代表性的常见句型，熟练掌握其层级拆解方法对阅读理解具有很高的迁移价值。

Instead, it will punish small landlords and allow wealthy renters easy access to cheap housing.

第6段，第3句

句首副词连接上下文 + 并列谓语 + 双宾语结构是英语表达中的高频典型句式，迁移应用价值很高。

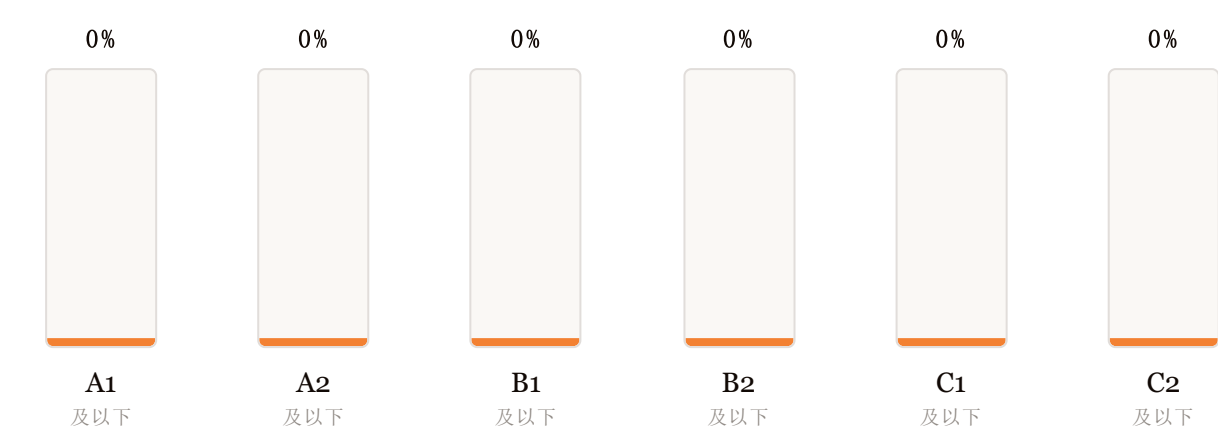
"The rent control policy has failed everywhere it has been enacted in this county. It has not fixed one housing problem anywhere. It also does not distinguish between rich and poor when determining who gets the benefits of rent control," said Chester Baldwin with the Rental Housing Coalition.

第7段，第1句

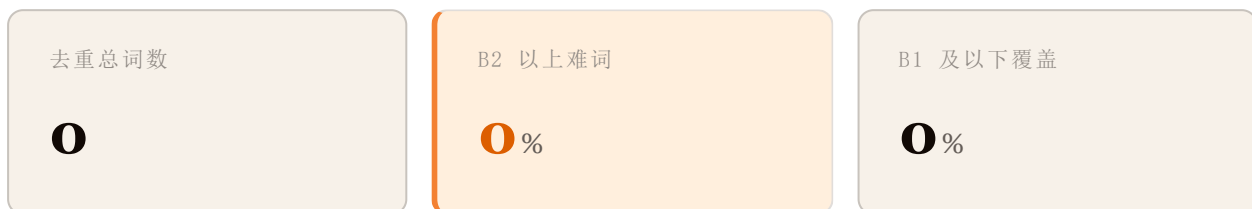
该句是典型的雅思、考研阅读及新闻外刊中高频出现的“直接引语 + 说话人归属”报道句式，结构极具代表性和复用价值。

全文 0 词按 CEFR 难度累积覆盖

带空短文去重后共 0 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比（CDF），最右一柱为 100%。B2 以上（C1/C2）为高阶词，本篇共 0 个 · 约 0%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）· 数据为全文去重词 0 个 · 末柱为 100%



英语六级 2026年6月·第1套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	本题
Part III Section B	长篇阅读（信息匹配）	题目解析 →
Part III Section C	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →

2026年6月·第1套 英语六级长篇阅读（信息匹配） 第1篇·36-45 题 答案与解析

STATEMENTS & ANALYSIS • 信息匹配题和解析

信息匹配题和解析·36-45 题

本页 36-45 题的段落匹配答案与逐句解析由懒笔记基于2026年6月·第1套 英语六级长篇阅读（信息匹配）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 13 段字母标号长文（逐段附中文翻译）；之后 10 句陈述逐句排列，每句英文陈述后紧接本句解析——陈述句中译、信息所在段落、锚点强弱、定位句中英对照、陈述句与原文的同义改写对照与易混相邻段辨析。

真题卷第1套(2026-06) · 英语六级

Part III Section B

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on **Answer Sheet 2**.

Meet the "digital nomads" who travel the world in search of fast Wi-Fi

A) For those "citizens of the world", the office can be anything from a beach hut in Brisbane to a Starbucks in Seattle, thanks to the growing prevalence of remote-based work. But roaming the globe from café to café is not without its challenges.

对于那些“世界公民”来说，得益于远程办公日益普及，办公室可以是布里斯班的一间海滩小屋到西雅图的一家星巴克之间的任何地方。但从一家咖啡馆游荡到另一家、周游世界，也并非没有挑战。

B) When the average traveller lands in a city like Bangkok, Berlin, or Buenos Aires, their first step might be to drop their bags at their hotel and to log on to TripAdvisor to find out the hours of a popular tourist attraction or the best rooftop bar for happy hour.

当普通旅行者抵达曼谷、柏林或布宜诺斯艾利斯这样的城市时，他们第一步可能是把行李放在酒店，然后登录TripAdvisor，了解热门旅游景点的开放时间，或寻找一家适合欢乐时光的最佳屋顶酒吧。

C) But people like Pieter Levels are not your average traveller. A Dutch website developer, Levels has been living and working nomadically(像游牧民那样) in places like Singapore, Hong Kong, Tokyo and Manila for two years. With just a carry-on backpack, he chooses his location at will, based on a variety of factors—Wi-Fi speed, average temperature, exotic food and cost of living—that have little bearing on the work he actually does.

但像Pieter Levels这样的人并不是普通旅行者。Levels是一名荷兰网站开发者，过去两年一直像游牧民一样生活和工作，辗转于新加坡、香港、东京和马尼拉等地。他只带一个登机背包，可以随心选择

地点，依据的是各种因素——无线网络速度、平均气温、异国美食和生活成本——而这些因素与他实际从事的工作关系不大。

- D) Somewhere in his nomadic journey, Levels noticed that there was a growing need to create an online infrastructure for people like himself. That's when he created #nomads, a membership-based chat system which runs on the team communication platform known as Slack. The channel allows users to ask people in their current city the types of practical questions that a tourist would unlikely need to ask.

在游牧旅程中的某个时候，Levels注意到，像他这样的人越来越需要建立一个在线基础设施。于是，他创建了#nomads，这是一个基于会员制的聊天系统，运行于名为Slack的团队沟通平台之上。这个频道允许用户向身处他们当前所在城市的人询问一些游客通常不太可能需要询问的实际问题。

- E) Members of the geographically dispersed subculture that Levels is a part of call themselves "digital nomads". They are borderless, mostly self-employed remote workers who interact with cities in a way that's entirely different from a tourist, but still doesn't quite reach the status of resident. A relatively new phenomenon, there are no hard statistics on the prevalence of digital nomads or location independent workers. But thanks to the growing prevalence of freelance(自由职业的) livelihoods, a global sharing economy and numerous digital tools, the number of people who are able to live this life is growing quickly. And in a rapidly urbanising world, where a major city in Asia increasingly offers the same comforts as one in Europe, many people are reaching the realisation they don't need to stay in one place.

Levels所属的这一地理上分散的亚文化群体称自己为“数字游民”。他们不受国界限制，大多是自雇的远程工作者；他们与城市互动的方式与游客完全不同，却又没有完全达到居民的身份。这是一个相对较新的现象，目前没有关于数字游民或不受地点限制的工作者普及程度的确切统计数据。但得益于自由职业生计的日益普及、全球共享经济以及众多数字工具，能够过上这种生活的人数正在迅速增加。在一个快速城市化的世界里，亚洲的一座大城市越来越能提供与欧洲城市相同的舒适条件，许多人开始意识到，他们不必一直待在同一个地方。

- F) So how does a nomad differ from a tourist or resident? In many ways, Levels says, you can think of a digital nomad like a "short-term independent expat(移居国外的人)". Unlike a resident expat, they don't work for a large multinational company in an air conditioned office building and they generally enter a country on a tourist visa, simply renewing or moving on when it expires. But unlike a tourist, they don't arrive in a foreign city without any responsibilities. Travel isn't necessarily required for them to do their jobs, but neither is staying in one place.

那么，游民与游客或居民有何不同？Levels说，在许多方面，你可以把数字游民看作“短期独立外籍人士”。与居住在当地的外籍人士不同，他们不会在大型跨国公司的空调办公楼里工作，通常会持旅游签证进入一个国家，签证到期后简单地续签或继续前往下一处。但他们又不同于游客，因为他们抵达外国城市时并不是毫无责任。旅行并非他们完成工作所必需，但留在同一个地方也同样不是必需的。

- G) Janet Brent is an independent ebook designer. She says many people she knows assume she travels for work, but in reality her international destinations are largely up to her, and driven by cost. "Contrary to what some people might think, I don't get paid to travel—I simply choose the lifestyle. Rather than rent in one given city, I choose to travel and do short-term, temporary stays around the world, and my travel decisions are literally based on what makes the most sense financially for me,"

Brent said. "It's completely different from vacationing—you really sink into the city life and get your feet wet in the communities."

Janet Brent是一名独立电子书设计师。她说，她认识的许多人都认为她是因工作而旅行，但实际上，她去哪些国家主要由自己决定，并且受到成本驱动。“与一些人的想法相反，我并不是靠旅行获得报酬的——我只是选择了这种生活方式。与其在某一个城市租房，我选择旅行，在世界各地进行短期、临时的居住；从经济角度看，我的旅行决定完全取决于什么对我来说最合理，”Brent说。“这与度假完全不同——你会真正融入城市生活，并在当地社区中亲身体验。”

- H) Bryce Adams is another such nomad. He works as a developer for a South African company WooThemes, which has a workforce that's more than 80% remote-based. Though Adams frequently posts pictures on Instagram of his enviable cooking adventures from Seoul to Bangkok, he says nomad life in foreign cities has its downsides, including finding adequate Wi-Fi for the bandwidth-hungry work his livelihood depends on. Contrary to the perception that he works under a mango tree in a tropical haven, Adams says the reality of this life means that he often ends up staying in more western style places in globalised cities—ones that are sure to have air conditioning and a decent connection—rather than exotic beachfront cafés.

Bryce Adams也是这样的游民。他在南非公司WooThemes担任开发者，该公司超过80%的员工采取远程办公。尽管Adams经常在Instagram上发布自己从首尔到曼谷进行令人羡慕的烹饪探险的照片，但他说，在外国城市过游民生活也有不利之处，其中包括为依赖高带宽工作谋生的自己找到足够稳定的无线网络。与人们以为他在热带天堂的一棵芒果树下工作的印象相反，Adams说，这种生活的现实是，他往往最终住在全球化城市中更具西式风格的地方——那里肯定有空调和良好的网络连接——而不是待在充满异国情调的海滨咖啡馆里。

- I) "A fellow nomad posted quite a funny but honest message on Twitter a few days ago that stuck with me: 'It's funny that digital nomads spend 16 hours to fly to the other side of the world to sit in Starbucks,' and it's completely true," Adams said. "When you're a digital nomad, you don't actually have as much freedom as most people think you do. We have deadlines, we all have people relying on us and a mouth (or two) that needs to be fed. It's nice to be able to work anywhere in the world but it's not without its challenges."

“几天前，一位游民同伴在Twitter上发了一条相当有趣却又诚实的信息，让我一直记在心里：‘数字游民花16个小时飞到世界另一端，却坐在星巴克里。’这完全是真的，”Adams说。“当你成为数字游民时，你实际上并没有大多数人想象的那么自由。我们有截止日期，我们都有依赖我们的人，还有一张或两张需要填饱的嘴。能够在世界任何地方工作当然很好，但这并非没有挑战。”

- J) But these challenges can often provide an opportunity for nomads to see a side of a city they may not have if they were staying in a luxury hotel for a long weekend. However inconvenient, a trip to a local doctor, immigration office or laundry—or a conflict with a local Airbnb host (the accommodation style of choice for most nomads)—can be far more culturally instructive than a trip to the national museum. And because nomads often have to stay where the strongest internet connection is, they tend to spend more time in developing cities compared to the average tourist, who often flees to more touristy destinations soon after landing at the airport.

但这些挑战往往能让游民有机会看到城市中不同的一面，而如果他们在一家豪华酒店度过一个长周末，可能就不会看到这一面。尽管不便，去当地的医生诊所、移民局或洗衣店，或是与当地的Airbnb房东发生冲突——Airbnb是大多数游民首选的住宿方式——都可能比参观国家博物馆更能让人从文化

上获得启发。而且，由于游民往往必须住在网络连接最强的地方，与通常在抵达机场后不久就逃往更热门旅游目的地的普通游客相比，他们更倾向于在发展中城市停留更长时间。

- K) The nomad life is, by all accounts, one built out of privilege. You not only need a relatively powerful passport that makes tourist visas easy to attain, but also a knowledge economy job and access to the technology and devices that make remote working possible. But nomads like Adams say that while they are aware of this privilege, they believe living this way elevates what they're able to offer, by giving them a broader perspective on what they're building, writing, or designing and expanding their world view.

无论从哪方面看，游民生活都是建立在特权之上的。你不仅需要一本相对强大的护照，以便容易获得旅游签证，还需要一份知识经济领域的工作，以及能够使远程工作成为可能的技术和设备。不过，Adams这样的游民说，尽管他们意识到这种特权的存在，他们仍相信以这种方式生活能够提升他们所能提供的价值，因为这让他们对自己正在创造、写作或设计的事物拥有更广阔的视角，也拓展了他们的世界观。

- L) "Being able to travel and get around makes it easy to stay inspired," he added. "I truly believe that it makes me a more sensible human being, as I tend to see and appreciate the creative solutions people come up with in other parts of the world, even though many tend to have far more constraints than we have at home."

“能够旅行和四处走动，让人很容易始终保持灵感，”他补充道。“我确实相信，这会让我成为一个更有判断力的人，因为我往往能看到并欣赏世界其他地方的人们想出的富有创造力的解决方案，尽管他们中的许多人所受到的限制远远多于我们在家乡所面临的限制。”

- M) So when you're constantly on the road and don't own any property or have a fixed address, which city do you call home? It's no surprise that many nomads are dual citizens or "third culture kids," who have grown up with a notion of identity that's not tied to nationalism or staying in one place. Levels says that the nomad life has not only changed his notions of citizenship, but the people he chooses to spend time with as well. "Saying you're a 'citizen of the world' is a super cliché, right? But it's becoming quite true," Levels said. "This global awareness has been the reason I started Nomad List and it's affected who my friends are. It's normal to have dinner now and sit with a Korean girl, a British-Singaporean guy, a Mexican girl and a Nigerian guy. As much as that sounds like a politically correct TV advertisement, it's great that that's the time we're in now."

那么，当你一直在路上、不拥有任何房产、也没有固定地址时，你把哪个城市称作家呢？许多游民拥有双重国籍，或是“第三文化孩子”，这并不令人意外；他们在成长过程中形成了一种不与民族主义或固守一地相联系的身份观念。Levels说，游民生活不仅改变了他的公民身份观念，也改变了他选择与之共度时光的人。“说自己是‘世界公民’很老套，对吧？但它正逐渐成为事实，”Levels说。“这种全球意识是我创办Nomad List的原因，也影响了我的朋友圈。现在，吃晚饭时和一位韩国女孩、一位英籍新加坡人、一位墨西哥女孩以及一位尼日利亚男子同桌，是很正常的事。尽管这听起来很像政治正确的电视广告，但我们正处于这样的时代，实在是太好了。”

陈述句与逐句解析

36. Pieter Levels created a chat system to satisfy the need of digital nomads for information tourists normally don't seek.

彼得·莱弗尔斯创建了一个聊天系统，以满足数字游民对游客通常不会寻找的信息的需求。

【答案】 D 段（强锚点）

【锚点】 Pieter Levels / chat system / tourists 不问的信息

【定位】 Somewhere in his nomadic journey, Levels noticed that there was a growing need to create an online infrastructure for people like himself. That's when he created #nomads, a membership-based chat system which runs on the team communication platform known as Slack. The channel allows users to ask people in their current city the types of practical questions that a tourist would unlikely need to ask.

在他游牧旅途的某个时刻，Levels 注意到有必要为像他一样的人搭建一套线上基础设施。于是他创建了 #nomads，一个基于会员制的聊天系统，运行在名为 Slack 的团队通讯平台上。该频道允许用户向所在城市的人询问一些游客不太需要问的实用问题。

【改写】 Pieter Levels created a chat system ↔

Levels... created #nomads, a membership-based chat system which runs on the team communication platform known as Slack

同义替换 + 具体化

to satisfy the need of digital nomads for information tourists normally don't seek ↔

there was a growing need to create an online infrastructure for people like himself... ask people... the types of practical questions that a tourist would unlikely need to ask

需求 + 信息需求具体化

【辨邻】 C 该段也提到Pieter Levels，看似与题干人物相关，但全段只讲他如何选择工作地点，完全没有出现聊天系统或信息需求。

Pieter Levels... chooses his location at will, based on a variety of factors—Wi-Fi speed, average temperature, exotic food and cost of living

E 该段解释了digital nomads是什么，也提到群体数量增长，但没有提到 Pieter Levels 创建聊天系统以满足信息需求。

Members of the geographically dispersed subculture that Levels is a part of call themselves "digital nomads"

37. It is said that digital nomads do not enjoy as much freedom as most people suppose.

据说，数字游民并不像大多数人所认为的那样享有那么多自由。

【答案】 I 段（弱锚点）

【锚点】 freedom / most people suppose

【定位】 When you're a digital nomad, you don't actually have as much freedom as most people think you do. We have deadlines, we all have people relying on us and a mouth (or two) that needs to be fed.

当你是数字游民时，你其实不像大多数人想的那样自由。我们有截止日期，有人依靠我们，还有一张（或两张）嘴要喂。

【改写】 digital nomads do not enjoy as much freedom as most people suppose ↔
you don't actually have as much freedom as most people think you do

同义替换 + 句式微调

It is said that ↔ **Adams said... it's completely true**

观点归属

【辨邻】 **A** 该段提到roaming the globe from café to café is not without its challenges，看似讲困难，但并未说'自由不如人们想象'，挑战与自由度是两个概念。

But roaming the globe from café to café is not without its challenges

H 该段讲nomad life... has its downsides，包括 Wi-Fi 和住宿选择，但核心不是'人们误以为很自由'，与题干语义不同。

nomad life in foreign cities has its downsides

38. Different from tourists, digital nomads travel to foreign places with work to do.

与游客不同，数字游民前往外国旅行时还有工作要做。

【答案】 **F** 段（弱锚点）

【锚点】 Different from tourists / work to do

【定位】 But unlike a tourist, they don't arrive in a foreign city without any responsibilities. Travel isn't necessarily required for them to do their jobs, but neither is staying in one place.

但与游客不同，他们并非毫无责任地来到一座外国城市。旅行对他们的工作来说未必必要，但呆在一个地方也未必必要。

【改写】 Different from tourists, digital nomads travel to foreign places with work to do ↔

unlike a tourist, they don't arrive in a foreign city without any responsibilities... do their jobs

双重否定转肯定 + 概括

digital nomads travel to foreign places ↔

they generally enter a country on a tourist visa... arrive in a foreign city

同义改写

【辨邻】 G 该段提到It's completely different from vacationing，似乎与'不同于游客'有关，但强调的是沉浸城市生活、由成本驱动，未涉及'工作责任'。

It's completely different from vacationing—you really sink into the city life and get your feet wet in the communities

E 该段说数字游民与城市的互动方式entirely different from a tourist，但讲的是borderless/self-employed，未具体说明到达目的地时带有工作责任。

They are borderless, mostly self-employed remote workers who interact with cities in a way that's entirely different from a tourist

39. Digital nomads believe their lifestyle enables them to broaden their vision and do a better job.

数字游民认为，他们的生活方式使他们能够开阔视野，并把工作做得更好。

【答案】 K 段（弱锚点）

【锚点】 broaden their vision / do a better job

【定位】 But nomads like Adams say that while they are aware of this privilege, they believe living this way elevates what they're able to offer, by giving them a broader perspective on what they're building, writing, or designing and expanding their world view.

但像 Adams 这样的游民说，虽然他们意识到这种特权，但他们相信这种生活方式提升了他们能提供的价值，因为它让他们对自己正在构建、书写或设计的事物有了更广阔的视角，并扩展了他们的世界观。

【改写】 their lifestyle enables them to broaden their vision ↔

living this way... giving them a broader perspective... and expanding their world view

同义短语替换

do a better job ↔ elevates what they're able to offer

概括上位

【辨邻】 L 该段说旅行让人stay inspired、成为更 sensible 的人，但核心是'保持灵感、欣赏他人创意'，未说因此把工作做得更好。

Being able to travel and get around makes it easy to stay inspired

M 该段讲global awareness改变了 Levels 的公民观念和交友圈，但并未把这种意识与'把工作做得更好'联系起来。

This global awareness has been the reason I started Nomad List

40. The first thing a typical traveller possibly does after arriving at a city is search for information online about its popular tourist attractions.

一个典型的旅行者抵达一座城市后，可能做的第一件事就是上网搜索有关当地热门旅游景点的信息。

【答案】 B 段（强锚点）

【锚点】 typical traveller / first thing / popular tourist attractions

【定位】 When the average traveller lands in a city like Bangkok, Berlin, or Buenos Aires, their first step might be to drop their bags at their hotel and to log on to TripAdvisor to find out the hours of a popular tourist attraction or the best rooftop bar for happy hour.

当普通旅行者抵达曼谷、柏林或布宜诺斯艾利斯这类城市时，他们的第一步可能是把行李放到酒店，然后登录 TripAdvisor 查询热门旅游景点的开放时间，或 happy hour 最佳屋顶酒吧。

【改写】 The first thing a typical traveller possibly does after arriving at a city ↔

When the average traveller lands in a city... their first step might be to drop their bags at their hotel and to log on to TripAdvisor

同义替换 + 具体化

search for information online about its popular tourist attractions ↔

log on to TripAdvisor to find out the hours of a popular tourist attraction

具体平台替换概括说法

【辨邻】 C 该段开头But people like Pieter Levels are not your average traveller包含'average traveller'这一锚点词，但讲的是数字游民不是普通旅行者，与题干所述普通旅行者行为无关。

But people like Pieter Levels are not your average traveller

41. One digital nomad thinks their life in foreign cities has its disadvantages.

一名数字游民认为，生活在外国城市也有其弊端。

【答案】 H 段（弱锚点）

【锚点】 disadvantages / foreign cities

【定位】 Though Adams frequently posts pictures on Instagram of his enviable cooking adventures from Seoul to Bangkok, he says nomad life in foreign cities has its downsides, including finding adequate Wi-Fi for the bandwidth-hungry work his livelihood depends on.

尽管 Adams 经常在 Instagram 上晒从首尔到曼谷令人羡慕的烹饪冒险照片，但他说外国城市里的游牧生活也有弊端，包括为他赖以生计的高带宽工作寻找足够的 Wi-Fi。

【改写】 One digital nomad thinks their life in foreign cities has its disadvantages ↔

he says nomad life in foreign cities has its downsides

同义词替换

their life in foreign cities ↔ **nomad life in foreign cities**

原样复现

【辨邻】 A 该段提到roaming the globe from café to café is not without its challenges, 但这是对数字游民整体的泛述, 没有具体讲'外国城市生活'的 downside。

But roaming the globe from café to café is not without its challenges

I 该段说数字游民生活not without its challenges, 也提到 deadline、责任, 但重点不是'外国城市生活'的弊端, 而是自由与责任的反差。

It's nice to be able to work anywhere in the world but it's not without its challenges

42. Travelling around helps to keep digital nomads inspired.

四处旅行有助于让数字游民保持灵感。

【答案】 L 段 (强锚点)

【锚点】 Travelling around / inspired

【定位】 "Being able to travel and get around makes it easy to stay inspired," he added. "I truly believe that it makes me a more sensible human being, as I tend to see and appreciate the creative solutions people come up with in other parts of the world, even though many tend to have far more constraints than we have at home."

"能够旅行和四处走动让人容易保持灵感," 他补充道。"我真的相信这使我成为一个更明事理的人, 因为我倾向于看到并欣赏世界其他地方的人们想出的创造性解决方案, 尽管他们中的许多人往往比我们在国内面临更多限制。"

【改写】 Travelling around helps to keep digital nomads inspired ↔

Being able to travel and get around makes it easy to stay inspired

同义改写 + 具体化

【辨邻】 K 该段讲旅行带来broader perspective和expanding their world view, 是工作产出层面, 与题干'保持灵感'不同。

by giving them a broader perspective on what they're building, writing, or designing and expanding their world view

M 该段讲旅行带来global awareness并改变交友圈, 但未提到'保持灵感'。

This global awareness has been the reason I started Nomad List

43. The number of self-employed remote workers living a digital nomad's life is fast increasing.

以数字游民方式生活的自雇远程工作者人数正在快速增加。

【答案】 E 段 (强锚点)

【锚点】 self-employed remote workers / fast increasing

【定位】 A relatively new phenomenon, there are no hard statistics on the prevalence of digital nomads or location independent workers. But thanks to the growing prevalence of freelance livelihoods, a global sharing economy and numerous digital tools, the number of people who are able to live this life is growing quickly.

作为一种相对较新的现象，目前关于数字游民或地点独立工作者流行程度的硬数据还很少。但由于自由职业生活方式日益普遍、全球共享经济以及众多数字工具的出现，能够过上这种生活的人数正在快速增长。

【改写】 The number of self-employed remote workers living a digital nomad's life is fast increasing ↔

the number of people who are able to live this life is growing quickly

同义替换 + 概括

self-employed remote workers ↔ **mostly self-employed remote workers**

原样复现

【辨邻】 **A** 该段提到the growing prevalence of remote-based work，看似与题干相关，但这是背景，未说数字游民人数快速增长。

thanks to the growing prevalence of remote-based work

F 该段继续描述数字游民与游客/居民的区别，提到they don't work for a large multinational company，但未涉及人数增长。

Unlike a resident expat, they don't work for a large multinational company in an air conditioned office building

44. Pieter Levels says his life as a nomad has transformed not only his idea of citizenship, but his choice of companions.

彼得·莱弗尔斯说，作为游民的生活不仅改变了他对公民身份的看法，也改变了他对同伴的选择。

【答案】 **M** 段（强锚点）

【锚点】 Pieter Levels / citizenship / choice of companions

【定位】 Levels says that the nomad life has not only changed his notions of citizenship, but the people he chooses to spend time with as well. "Saying you're a 'citizen of the world' is a super cliché, right? But it's becoming quite true," Levels said.

Levels 说，游牧生活不仅改变了他的公民观念，也改变了他选择共度时光的人。"说自己是'世界公民'非常老套，对吧？但这正变得越来越真实，"Levels 说。

【改写】 his life as a nomad has transformed not only his idea of citizenship ↔

the nomad life has not only changed his notions of citizenship

同义替换

but his choice of companions ↔ **but the people he chooses to spend time with as well**

概括上位

【辨邻】 A 该段提到"citizens of the world"这一说法，但未说 Levels 的公民观念因此改变。

For those "citizens of the world", the office can be anything from a beach hut in Brisbane to a Starbucks in Seattle

E 该段说数字游民borderless，看似与'世界公民'相关，但未涉及 Levels 个人对交友选择的变化。

They are borderless, mostly self-employed remote workers

45. Interactions with local people and institutions provide nomads with far more cultural information than a visit to the national museum.

与当地人和当地机构的互动为游民提供的文化信息，远远多于参观国家博物馆所获得的信息。

【答案】 J 段（强锚点）

【锚点】 local people and institutions / national museum / cultural information

【定位】 But these challenges can often provide an opportunity for nomads to see a side of a city they may not have if they were staying in a luxury hotel for a long weekend. However inconvenient, a trip to a local doctor, immigration office or laundry—or a conflict with a local Airbnb host (the accommodation style of choice for most nomads)—can be far more culturally instructive than a trip to the national museum.

但这些挑战往往能给游民提供机会，让他们看到如果只是在豪华酒店度长周末所看不到的城市一面。无论多么不便，去看当地医生、移民局或洗衣店，或与当地 Airbnb 房东发生冲突——这些都是大多数游民首选的住宿方式——都可能比去国家博物馆更有文化教益。

【改写】 Interactions with local people and institutions provide nomads with far more cultural information than a visit to the national museum

↔

a trip to a local doctor, immigration office or laundry—or a conflict with a local Airbnb host...
can be far more culturally instructive than a trip to the national museum

概括上位 + 比较结构

Interactions with local people and institutions ↔

a trip to a local doctor, immigration office or laundry—or a conflict with a local Airbnb host

具体化 ↔ 概括

【辨邻】 G 该段说sink into the city life and get your feet wet in the communities，看似与本地互动有关，但未与'国家博物馆'作比较，也未说这些互动'更有文化教益'。

you really sink into the city life and get your feet wet in the communities

I 该段提到数字游民生活not without its challenges，但讲的是 deadlines 和责任，不是挑战带来的文化学习机会。

it's nice to be able to work anywhere in the world but it's not without its challenges

13 个段落各讲了什么

逐段一句主旨 + 该段最具区分度的「信息指纹」，是逐句回扫定位的工作台。

A 引出数字游民可以在全球任何地点办公，但这种生活并非没有挑战。

信息指纹 世界公民与全球办公地点

B 描述普通旅行者抵达城市后通常会先上网查找热门景点或酒吧信息。

信息指纹 average traveller / first step / TripAdvisor

C Pieter Levels 不是普通旅行者，他根据网速、气温、食物和生活成本等自由选择游牧地点。

信息指纹 Pieter Levels / carry-on backpack / 选择因素

D Levels 创建 #nomads 聊天系统，让数字游民询问游客通常不会问的实用问题。

信息指纹 #nomads / Slack / tourist 不问的问题

E 定义 digital nomads 为无国界、多为自雇的远程工作者，并指出其人数正快速增长。

信息指纹 digital nomads / self-employed remote workers / growing quickly

F 对比数字游民与游客、居民的区别：游民像短期独立外派人员，到外国城市时负有工作责任。

信息指纹 short-term independent expat / tourist visa / responsibilities

G Janet Brent 选择目的地主要受成本驱动，并非带薪旅行，而是真正融入当地生活。

信息指纹 Janet Brent / don't get paid to travel / sink into city life

H Bryce Adams 指出外国城市里的游牧生活有弊端，例如为依赖高带宽的工作寻找足够 Wi-Fi。

信息指纹 Bryce Adams / WooThemes / downsides / bandwidth-hungry

I 数字游民并不像人们想象的那样自由，他们有截止日期和养家责任。

信息指纹 16 hours / Starbucks / freedom / deadlines

J 挑战反而让游民看到城市的另一面，与当地机构/人的互动比参观国家博物馆更有文化教益。

信息指纹 local doctor, immigration office or laundry / national museum / culturally instructive

K 游牧生活建立在特权之上，但游民相信这种生活方式拓宽了视野并提升了工作产出。

信息指纹 privilege / broader perspective / expanding their world view

L 四处旅行让游民保持灵感，并欣赏世界各地人们在更多限制下想出的创造性解决方案。

信息指纹 stay inspired / creative solutions / constraints

M Levels 认为游牧生活改变了他的公民观念以及选择共度时光的人；世界公民身份正在变得真实。

信息指纹 notions of citizenship / people he chooses to spend time with / Nomad List

SENTENCE INSIGHTS • 句子精讲

34 句真题句逐层精讲

下列真题句各有独立的句子解析页——中文翻译、结构树逐层拆解、成分与时态、考点讲解与真题高频词。点击句子进入完整解析。

A Dutch website developer, Levels has been living and working nomadically(像游牧民那样) in places like Singapore, Hong Kong, Tokyo and Manila for two years.

C段，第2句

句首同位语加单主干说明人物背景与近况的句式，在四六级和考研阅读的人物介绍段落中极其常见，迁移价值较高。

With just a carry-on backpack, he chooses his location at will, based on a variety of factors—Wi-Fi speed, average temperature, exotic food and cost of living—that have little bearing on the work he actually does.

C段，第3句

“主句 + 分词短语补充说明 + 破折号举例 + 嵌套定语从句”是四六级与考研英语阅读真题中极其高频的长难句结构，具有极高的教学与迁移价值。

That's when he created #nomads, a membership-based chat system which runs on the team communication platform known as Slack.

D段，第2句

"That's when..." 句型搭配“名词 + 过去分词短语 + 定语从句”是英语真题中极高频出现的经典结构，迁移复用价值极高。

The channel allows users to ask people in their current city the types of practical questions that a tourist would unlikely need to ask.

D段，第3句

主句搭配不定式作补语并后接限制性定语从句是四六级与考研英语阅读中极其高频的真题句式，掌握其结构拆解对于提升长难句阅读能力极具代表性与复用价值。

They are borderless, mostly self-employed remote workers who interact with cities in a way that's entirely different from a tourist, but still doesn't quite reach the status of resident.

E段，第2句

属于典型的长难句构造模式——“主句主干简单 + 名词后接多层嵌套定语从句 + 内部对比转折”，在四六级与考研英语阅读中频繁出现。

But thanks to the growing prevalence of freelance(自由职业的) livelihoods, a global sharing economy and numerous digital tools, the number of people who are able to live this life is growing quickly.

E段，第4句

“介词短语状语 + 带有定语从句的主语 + 谓语 + 方式状语”是四六级和考研英语阅读中极具代表性的常考单句结构，复用性极高。

And in a rapidly urbanising world, where a major city in Asia increasingly offers the same comforts as one in Europe, many people are reaching the realisation they don't need to stay in one place.

E段，第5句

“前置状语/定语修饰 + 主句主干 + 同位语从句”是四六级与考研英语阅读真题中极具代表的高频复合句式，掌握其分析方法具有很高的迁移价值。

So how does a nomad differ from a tourist or resident?

F段，第1句

包含高度典型的 "How does A differ from B?" 句型，属于阅读与写作中高频出现的比较提问表达。

Unlike a resident expat, they don't work for a large multinational company in an air conditioned office building and they generally enter a country on a tourist visa, simply renewing or moving on when it expires.

F段，第3句

“否定常态特征 + 肯定实际做法 + 分词短语补充说明”是英文阅读与写作中非常典型的对比陈述句式，复用价值很高。

Travel isn't necessarily required for them to do their jobs, but neither is staying in one place.

F段，第5句

本句包含了被动语态、动名词短语作主语、否定副词引发的倒装语序以及承前省略等多种常考语法现象，是非常优质的成分划分练习句。

She says many people she knows assume she travels for work, but in reality her international destinations are largely up to her, and driven by cost.

G段，第2句

句式展现了四六级与考研英语阅读中高频出现的“观点假设与真实情况转折对比”（“She says... but in reality...”）结构，代表性极强。

"It's completely different from vacationing—you really sink into the city life and get your feet wet in the communities."

G段，第4句

本句涵盖了主系表、主谓状、主谓宾补等多种典型成分，且包含习惯搭配 "get your feet wet" 中的宾补结构，划成分训练价值高。

He works as a developer for a South African company WooThemes, which has a workforce that's more than 80% remote-based.

H段，第2句

“主句 + 非限制性定语从句（内部嵌套限制性定语从句）”是四六级与考研英语阅读中高频出现的补充说明型句式，迁移价值高。

Though Adams frequently posts pictures on Instagram of his enviable cooking adventures from Seoul to Bangkok, he says nomad life in foreign cities has its downsides, including finding adequate Wi-Fi for the bandwidth-hungry work his livelihood depends on.

H段，第3句

句首 "Though" 让步状语 + 主句谓语带宾语从句 + 举例词 "including" + 介词末尾置顶的定语从句 ("work his livelihood depends on")，属于各类英语考试长难句中高度典型且高频出现的结构。

Contrary to the perception that he works under a mango tree in a tropical haven, Adams says the reality of this life means that he often ends up staying in more western style places in globalised cities—ones that are sure to have air conditioning and a decent connection—rather than exotic beachfront cafés.

H段，第4句

虽然时态非常基础，但句子嵌套层级深、成分覆盖全面且句式极具常考代表性，非常适合作为长难句结构分析与划成分训练的高优先级材料。

"A fellow nomad posted quite a funny but honest message on Twitter a few days ago that stuck with me: 'It's funny that digital nomads spend 16 hours to fly to the other side of the world to sit in Starbucks,' and it's completely true," Adams said.

I段，第1句

该句是练习复杂成分划分的极佳材料，集中涵盖了形式主语、主语从句、限制性定语从句、同位语、双重目的状语以及并列分句等四六级与考研的高频重点语法现象。

When you're a digital nomad, you don't actually have as much freedom as most people think you do.

I段，第2句

句首状语从句加主句同级比较 "as much A as B" 是四六级与考研阅读中极高频出现的反直觉观点表述句型，代表性极强。

We have deadlines, we all have people relying on us and a mouth (or two) that needs to be fed.

I段，第3句

本句包含了主语同位语 "all"、现在分词短语作后置定语 "relying on us"、定语从句以及从句内部的不定式被动形式 "to be fed"，成分种类丰富，是非常优质的划分练习句。

It's nice to be able to work anywhere in the world but it's not without its challenges.

I段，第4句

句中 "It is + 形容词 + to do sth" 形式主语结构以及 "but" 转折双重否定表达均属于各类英语考试写作与阅读中的典型高频句式，迁移性极强。

But these challenges can often provide an opportunity for nomads to see a side of a city they may not have if they were staying in a luxury hotel for a long weekend.

J段，第1句

全句结构层次分明，既包含高频语法易错点（定语从句引导词省略、虚拟语气），又有良好的主干拆解训练价值，强烈推荐作为句型分析的重点练习素材。

However inconvenient, a trip to a local doctor, immigration office or laundry—or a conflict with a local Airbnb host (the accommodation style of choice for most nomads)—can be far more culturally instructive than a trip to the national museum.

J段，第2句

该句集中体现了阅读理解真题中典型的“长主语 + 插入语隔离主谓 + 比较级”结构，具有很强的代表性与迁移训练价值。

And because nomads often have to stay where the strongest internet connection is, they tend to spend more time in developing cities compared to the average tourist, who often flees to more touristy destinations soon after landing at the airport.

J段，第3句

“前置原因状语 + 主句 + 后置定语从句/对比结构”是长难句中非常高频且典型的常考句型，掌握后可大量迁移复用。

But nomads like Adams say that while they are aware of this privilege, they believe living this way elevates what they're able to offer, by giving them a broader perspective on what they're building, writing, or designing and expanding their world view.

K段，第3句

综合来看，本句虽时态简单，但嵌套层级深、成分训练价值高且句式极为典型，非常适合作为长难句结构拆解与从句分析的高优先级训练材料。

"Being able to travel and get around makes it easy to stay inspired," he added.

L段，第1句

句中“make it + 形容词 + 不定式”的形式宾语句式以及动名词短语作主语均为各类英语考试中极高频考查的经典结构，具有极高的典型性与迁移价值。

"I truly believe that it makes me a more sensible human being, as I tend to see and appreciate the creative solutions people come up with in other parts of the world, even though many tend to have far more constraints than we have at home."

L段，第2句

该句涵盖了主谓宾、复合宾语 ("makes me a more sensible human being")、定语从句中省略关系代词的现象以及多层状语从句，坑点与典型结构丰富，非常适合作为划成分和理清句子结构的练习句。

So when you're constantly on the road and don't own any property or have a fixed address, which city do you call home?

M段，第1句

"状语从句 + 特殊疑问主句"是阅读与写作中的高频典型句式，其中"call A B"的宾补结构也是各类英语考试中的常考语法点。

It's no surprise that many nomads are dual citizens or "third culture kids," who have grown up with a notion of identity that's not tied to nationalism or staying in one place.

M段，第2句

综合来看，本句结构层次分明且典型，既包含了常见的形式主语框架，又展示了如何通过关系代词逐层修饰展开，训练价值极高，应作为高优先级精读练习句。

It's normal to have dinner now and sit with a Korean girl, a British-Singaporean guy, a Mexican girl and a Nigerian guy.

M段，第6句

句中的 "It's + 形容词 + to do sth" 是英语阅读与写作中最标准的典型句式之一，学懂后可以高频迁移到各类考试的同类句型解析中。

As much as that sounds like a politically correct TV advertisement, it's great that that's the time we're in now.

M段，第7句

综合来看，本句时态虽然简单，但句法结构丰富且包含连续 "that"、形式主语与从句嵌套等多重语法坑点，是训练中高级句子结构拆解的优质素材。

Pieter Levels created a chat system to satisfy the need of digital nomads for information tourists normally don't seek.

第36题 题干

‘主句 + 不定式表目的 + 名词后置介词短语 + 省略关系词的定语从句’是各类英语考试真题中极为常见的典型修饰句型。

It is said that digital nomads do not enjoy as much freedom as most people suppose.

第37题 题干

“形式主语 + 主语从句”与“同级比较结构”均为英语四六级及考研真题中的高频常考句式，结构极具代表性。

The first thing a typical traveller possibly does after arriving at a city is search for information online about its popular tourist attractions.

第40题 题干

"The first/only thing... is to do..." 是真题阅读与写作中高度高频出现的典型句式，掌握后可直接迁移用于长难句分析与写作表达。

Pieter Levels says his life as a nomad has transformed not only his idea of citizenship, but his choice of companions.

第44题 题干

“主句动词 + 省略 that 的宾语从句”以及 "not only ... but ..." 并列结构均为英语考试中极为常见且通用的高频句式。

Interactions with local people and institutions provide nomads with far more cultural information than a visit to the national museum.

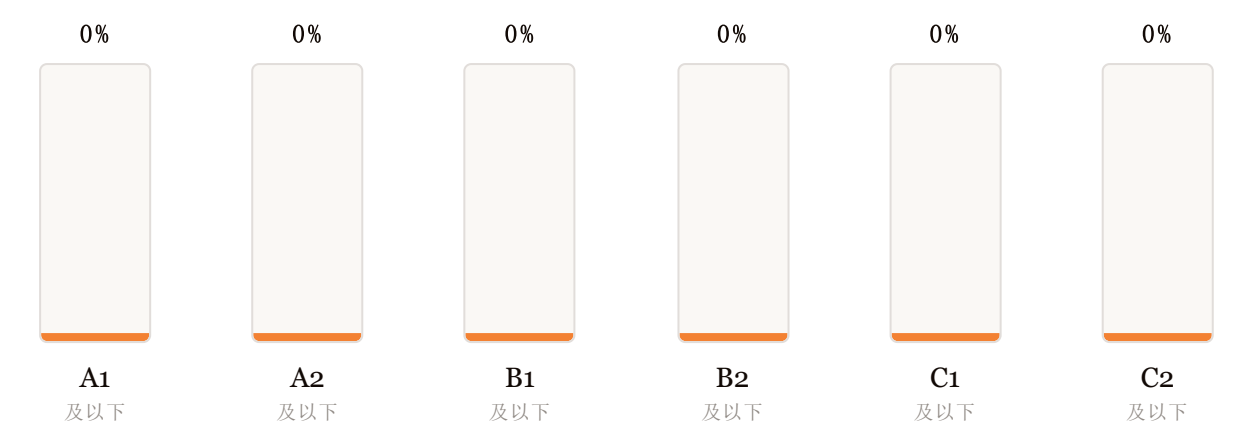
第45题 题干

采用了典型的‘抽象名词+介词短语作主语 + provide sb with sth + 比较结构’模式，在四六级与考研阅读中出现频率高。

VOCABULARY · 词汇难度分布

全文 o 词按 **CEFR** 难度累积覆盖

全文去重后共 0 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比（CDF），最右一柱为 100%。B2 以上（C1/C2）为高阶词，本篇共 0 个·约 0%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）·数据为全文去重词 0 个·末柱为 100%

去重总词数

0

B2 以上难词

0%

B1 及以下覆盖

0%

英语六级 2026年6月·第1套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	本题
Part III Section C	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →

2026年6月·第1套 英语六级阅读理解（四选一） 第1篇·46–50 题答案与解析

QUESTIONS & ANALYSIS • 阅读理解题和解析

阅读理解题和解析·46–50 题

本页 46–50 题的答案与逐题解析由懒笔记基于2026年6月·第1套 英语六级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 5 段原文（段首标 P1–P5 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第1套(2026-06) • 英语六级

Part III Section C

Directions: *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A) , B) , C) and D) . You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.*

Passage One

Questions 46 to 50 are based on the following passage.

P1 Children's use of social media is a problem. That doesn't mean it should be stopped. While younger children should not be on platforms where 13 is the minimum age, it is neither practical nor desirable to imagine a world in which teenagers are prevented from accessing the platforms and messaging systems that the adults around them use to organise their lives.

儿童使用社交媒体是一个问题。但这并不意味着应当制止这种行为。年幼的儿童不应使用最低年龄限制为13岁的社交平台，但设想这样一个世界既不现实，也不可取：青少年无法访问身边成年人用来安排生活的各种平台和消息系统。

P2 But the pleasure and stimulation that people of all ages find on their screens and smartphones must not blind us to the harm that spending time in this way can cause. The finding that the alarmingly high rate of depression in British teenage girls is closely correlated to time spent on social media is extremely concerning. Research found that two in five girls are on social media for at least three hours a day—with half as many boys engaged to the same extent. More than a third of depressed girls have experienced online harassment. About half of affected girls suffered disrupted sleep, compared with 20% of depressed boys.

不过，各个年龄段的人从屏幕和智能手机中获得的愉悦与刺激，不应使我们忽视以这种方式消磨时间可能造成的伤害。英国少女抑郁症发病率高得令人担忧，而这一现象与花在社交媒体上的时间密切相关，这一发现极其令人忧虑。研究发现，五分之二的女孩每天使用社交媒体至少三个小时，而达到同等程度的男孩

只有这一比例的一半。超过三分之一的抑郁女孩曾遭受网络骚扰。受影响的女孩中，约有一半睡眠受到干扰，而抑郁男孩中这一比例为20%。

P3 Although the research does not prove that social media causes depression, the importance of the finding that there is a connection should not be underestimated. Schools have done important work in communicating key messages about the risks of online abuse. But when it comes to broader questions about "screen time", many professionals as well as parents are confused and uncertain.

尽管这项研究并未证明社交媒体会导致抑郁，但不能低估“二者存在关联”这一发现的重要性。学校在传达有关网络虐待风险的重要信息方面已经开展了重要工作。但是，在涉及有关“屏幕时间”的更广泛问题时，许多专业人士和家长一样，都感到困惑和不确定。

P4 The health secretary, Matt Hancock, wants official guidelines on time and age limits. This idea has the virtue of simplicity, though some experts question its effects and call for a greater degree of differentiation, arguing that time online by itself is not a bad thing and it all depends on what you are doing. Also due this year is information commissioner Elizabeth Denham's Age Appropriate Design Code, covering the use of children's personal data. Both initiatives are welcome. But the government is playing catch-up. Statutory regulation of the digital media giants is long overdue. The failure to protect children from data harvesting and targeted advertising thus far is as shocking as the lack of concern shown by the companies themselves with regard to children's psychological health.

卫生大臣马特·汉考克希望制定关于使用时间和年龄限制的官方指导方针。这一想法的优点在于简单明了，尽管一些专家质疑其效果，并呼吁进行更大程度的区分，认为上网本身并不是坏事，关键在于你在网上做什么。此外，信息专员伊丽莎白·德纳姆制定的《适龄设计规范》也将于今年出台，内容涉及儿童个人数据的使用。这两项举措都值得欢迎。但政府一直在追赶。对数字媒体巨头进行法定监管早就应当实施。迄今为止未能保护儿童免受数据收集和定向广告侵害，这一点令人震惊，正如相关企业本身对儿童心理健康表现出的漠不关心同样令人震惊。

P5 Of course, social media companies are not the source of all our ills, and can offer a too-easy target for politicians keen to divert attention from inadequately resourced schools and health services. There are other reasons for the rising incidence of depression in young people, with increasing pressure to succeed in education and in life more broadly—to be famous, beautiful, rich—often cited as a source of unhappiness or anxiety which can, if aggravated by other factors and not managed, tip into ill health. Safeguarding means more than the avoidance of physical threat.

当然，社交媒体公司并不是我们所有问题的根源，也可能成为那些急于转移公众对资源不足的学校和医疗服务关注的政客们一个过于容易的目标。年轻人抑郁症发病率上升还有其他原因。人们常常认为，日益增加的教育压力以及在更广泛的生活中取得成功的压力——成为名人、美丽而富有——是不快乐或焦虑的来源；如果这些情绪受到其他因素加剧且没有得到妥善处理，就可能恶化为健康问题。保护儿童意味着不仅要避免身体上的威胁。

题目与逐题解析

46. What does the author believe regarding social media?

- A) To stop children using it is unrealistic and inadvisable.
- B) It helps both adults and children to organise their lives.
- C) It poses problems to both parents and children.
- D) A world without it is really hard to imagine.

作者认为社交媒体怎么样？

- A) 阻止孩子使用社交媒体既不现实，也不可取。 B) 社交媒体有助于成年人和孩子安排自己的生活。
- C) 社交媒体给父母和孩子都带来了问题。 D) 确实很难想象一个没有社交媒体的世界。

【答案】 **A** (细节题)

【判型】 题干 What does the author believe regarding social media? 问的是作者对一个明确话题的具体判断，有确定对象可回文查找，属于观点类细节题。

【拆句】 Q46 是 What 引导的简单疑问句，regarding social media 是介词短语限定话题范围，无否定、无比较、无长修饰，结构平铺直叙，无陷阱。

【定位】 While younger children should not be on platforms where 13 is the minimum age, it is neither practical nor desirable to imagine a world in which teenagers are prevented from accessing the platforms and messaging systems that the adults around them use to organise their lives.
虽然更年幼的儿童不该使用最低年龄为13岁的平台，但想象一个青少年被禁止使用周遭成年人用来安排生活的平台和通讯系统的世界，既不现实也不可取。

【选项】 **A) ✓ 正确**

neither practical nor desirable ↔ **unrealistic and inadvisable**

teenagers are prevented from accessing the platforms ↔ **To stop children using it**

预判'禁止孩子使用不现实也不明智'与 To stop children using it is unrealistic and inadvisable. 的行为、评价两层完全对应，锁定 A。

B) 偷换概念

原文只说平台是 the adults around them use to organise their lives——用来安排生活的是成年人，并未说社交媒体帮助儿童安排生活；It helps both adults and children to organise their lives. 把用途主体扩大成'成年人和儿童双方'。

C) 偷换概念

原文是 Children's use of social media is a problem.——'儿童使用社交媒体是个问题'，问题的承载者是儿童的使用行为；It poses problems to both parents and children. 改写成'给父母和孩子双方都带来问题'，parents 一方原文从未提及。

D) 偷换概念

原文 it is neither practical nor desirable to imagine a world 是评价'这种世界不现实也不可取'，不是说这个世界难以想象；A world without it is really hard to imagine. 把价值判断偷换成认知难度判断，且暗含'没有它的世界无法想象'，与作者'年幼儿童本就不该用'的前提相悖。

47. What do we learn from the passage about British teenage girls?

- A) The more frequently they interact on social media, the more they experience harassment.
- B) The more time they spend on social media, the more likely they suffer from depression.
- C) Most of them are engaged on social media for at least three hours a day.
- D) They spend half as many hours on social media as British teenage boys.

从文章中我们了解到英国十几岁的女孩什么情况？

- A) 她们在社交媒体上的互动越频繁，遭受骚扰的情况就越多。
- B) 她们花在社交媒体上的时间越多，患抑郁症的可能性就越大。
- C) 她们中的大多数每天至少花三个小时使用社交媒体。
- D) 她们花在社交媒体上的时间是英国十几岁男孩的一半。

【答案】 B (细节题)

【判型】 What do we learn from the passage about British teenage girls? 是典型的文中事实提问，要求找出关于该群体的哪个说法与原文相符。

【拆句】 Q47 主干 What do we learn, from the passage 与 about British teenage girls 两个介词短语分别限定来源与对象，无语法陷阱；注意四个备选都是 the more...the more 或数量比较的说法，真正的难点在选项侧的比较关系。

【定位】 The finding that the alarmingly high rate of depression in British teenage girls is closely correlated to time spent on social media is extremely concerning.

英国少女抑郁症比例高得惊人、且与花在社交媒体上的时间密切相关，这一发现极其令人担忧。

【选项】 A) 过度推断

原文只说 More than a third of depressed girls have experienced online harassment.——抑郁女孩中超过三分之一遭遇过网络骚扰，这是一个静态比例；The more frequently they interact on social media, the more they experience harassment. 把它升级成'互动越频繁骚扰越多'的递增关系，原文没有任何依据。

B) ✓ 正确

is closely correlated to time spent on social media ↔

The more time they spend on social media, the more likely they suffer from depression

the alarmingly high rate of depression in British teenage girls ↔ **they suffer from depression**
预判'时间越多越可能抑郁'与 The more time they spend on social media, the more likely they suffer from depression. 完全同向同义；其余三项都在数据的主语或比例上动了手脚，锁定 B。

C) 偷换概念

原文是 two in five girls are on social media for at least three hours a day——五分之一（40%）是少数；Most of them are engaged on social media for at least three hours a day. 用 Most（大多数，>50%）替换，数量范围被明显夸大。

D) 与原文相反

原文 with half as many boys engaged to the same extent 说的是：达到同等使用强度的男生人数是女生的一半；They spend half as many hours on social media as British teenage boys. 反说成'女生花的时间是男生的一半'，比较的主体与方向全部颠倒。

48. What is the author's view on the research finding about British teenage girls?

- A) Its implications about online abuse are obvious.
- B) Its key message calls for immediate attention.
- C) Its importance should not be undervalued.
- D) Its uncertainty should not go unnoticed.

作者如何看待关于英国十几岁女孩的研究结果？

- A) 该结果关于网络虐待的含义显而易见。 B) 该结果传达的关键信息需要立即得到重视。
- C) 不应低估该结果的重要性。 D) 不应忽视该结果的不确定性。

【答案】 C （细节题）

【判型】 What is the author's view on the research finding about British teenage girls? 问的是对一个明确对象（研究发现）的看法，该对象在文中有确定位置，属于观点类细节题而非全文态度题。

【拆句】 Q48 主干 What is the author's view, on the research finding 限定评价对象，about British teenage girls 进一步限定是哪一项发现。两层介词短语嵌套，读题时注意评价对象是 finding 而不是 girls 本身。

【定位】 Although the research does not prove that social media causes depression, the importance of the finding that there is a connection should not be underestimated.

尽管这项研究并未证明社交媒体导致抑郁，但'两者存在关联'这一发现的重要性不应被低估。

【选项】 A) **无中生有**

原文说 Schools have done important work in communicating key messages about the risks of online abuse.——传达网络虐待风险是学校的已有工作；Its implications about online abuse are obvious. 声称该发现对网络虐待的'启示显而易见'，obvious 在原文无任何对应，且与后文 many professionals as well as parents are confused and uncertain 的'困惑不确定'相抵触。

B) **过度推断**

作者的评价止步于'重要性不应被低估'；Its key message calls for immediate attention. 进一步主张'需要立即关注/行动'，immediate 这层紧迫性是选项自行加码——第二段的 is extremely concerning 虽令人担忧，但也不等于'要求立即处置'。

C) **✓ 正确**

the importance of the finding that there is a connection should not be underestimated ↔

Its importance should not be undervalued.

预判'重要性不应被低估'与 Its importance should not be undervalued. 仅一词之差 (underestimated→undervalued)，是本卷最直白的一组同义替换，锁定 C。

D) **与原文相反**

Its uncertainty should not go unnoticed. 揪住'不确定性'不放，但这正是 Although 从句 the research does not prove that social media causes depression 里作者主动让步、并用主句压过去的内容；作者强调的是重要性，不是提醒人们注意不确定性，选项与作者着力的方向相反。

49. What do experts think of health secretary Matt Hancock's idea?

- A) Its implementation requires prompt action.
- B) It is a welcome initiative but is long overdue.
- C) Its success depends on how it is implemented.
- D) It is too simplistic to produce the desired effect.

专家如何看待卫生大臣 **Matt Hancock** 的想法？

- A) 其实施需要迅速采取行动。 B) 这是一项值得欢迎的倡议，但早就应该提出了。
- C) 其成败取决于实施方式。 D) 这一想法过于简单化，无法产生预期效果。

【答案】 D (细节题)

【判型】 What do experts think of health secretary Matt Hancock's idea? 主体 (experts) 与对象 (Hancock's idea) 都明确可定位，是观点类细节题；只是正确项需要把原文两处评价整合后认出，比对要求更高。

【拆句】 Q49 主干 What do experts think, of health secretary Matt Hancock's idea 限定对象; health secretary 是 Matt Hancock 的同位语官衔, 's idea 表明考的是专家对其提议的评价, 不是对 Hancock 本人的评价。

【定位】 This idea has the virtue of simplicity, though some experts question its effects and call for a greater degree of differentiation, arguing that time online by itself is not a bad thing and it all depends on what you are doing.

这个想法有简单这一优点, 不过一些专家质疑其效果, 并主张更大程度的区别对待, 理由是上网时间本身并非坏事, 关键在于你在做什么。

【选项】 A) **无中生有**

Its implementation requires prompt action. 称实施需要迅速行动, 但专家对效果的质疑与'快慢'无关, prompt action 在原文没有任何对应表述, 属于凭空添加的主张。

B) **张冠李戴**

It is a welcome initiative but is long overdue. 里, welcome 出自作者对两项举措的总评 Both initiatives are welcome., long overdue 出自作者对监管巨头滞后的批评 Statutory regulation of the digital media giants is long overdue.——两句都是作者的声音, 且 overdue 说的还不是这个想法本身; 题干问的是专家。

C) **偷换概念**

原文专家说 it all depends on what you are doing——效果取决于你在网上做什么(内容), Its success depends on how it is implemented. 偷换成'取决于如何实施'; depends on 句型原样照搬, 宾语却被整个换掉。

D) **✓ 正确**

has the virtue of simplicity ↔ **too simplistic**

some experts question its effects ↔ **to produce the desired effect**

预判'太简单、难奏效'正是 It is too simplistic to produce the desired effect. 的字面意思, 且每一半都能在定位句找到出处 (simplicity / question its effects), 锁定 D。

50. Besides social media companies, what factors contribute to young people's psychological health problems?

- A) Poorly financed schools and health services.
- B) Politicians' eagerness to divert public attention.
- C) Bad statutory regulation of digital media giants.
- D) Their parents' educational background and life.

除了社交媒体公司之外, 还有哪些因素导致年轻人的心理健康问题?

- A) 资金不足的学校和医疗服务。 B) 政客们急于转移公众注意力。
- C) 对数字媒体巨头不完善的法定监管。 D) 他们父母的教育背景和生活状况。

【答案】 A (细节题)

【判型】 Besides social media companies, what factors contribute to young people's psychological health problems? 问文中列举了哪些其他成因，有明确的列举句可查，属细节题。

【拆句】 Q50 主干 what factors contribute to young people's psychological health problems，句首 Besides social media companies 是介词短语作排除限定。contribute to 表示'促成'，问的是成因；Besides 是全题题眼，决定答案不能落在社交媒体公司头上。

【定位】 Of course, social media companies are not the source of all our ills, and can offer a too-easy target for politicians keen to divert attention from inadequately resourced schools and health services.

当然，社交媒体公司并非我们所有问题的根源，而且它们很容易成为政客们的靶子——政客热衷于借此转移人们对投入不足的学校和医疗服务的关注。

【选项】 A) ✓ 正确

inadequately resourced schools and health services ↔

Poorly financed schools and health services.

预判候选'投入不足的学校与医疗服务'与 Poorly financed schools and health services. 仅修饰语有别，主体名词逐字相同，且它确属'社交媒体公司以外'的因素，锁定 A。

B) 答非所问

Politicians' eagerness to divert public attention. 取自 politicians keen to divert attention，但政客转移视线是对问题的掩盖手段，不是导致年轻人心理问题的成因；题干问的是 contribute to 心理问题的因素，此项答非所问。

C) 答非所问

Bad statutory regulation of digital media giants. 借自 P4 Statutory regulation of the digital media giants is long overdue.——监管缺位针对的正是数字媒体巨头本身，属于'社交媒体公司'这一条线，而题干用 Besides social media companies 明确把这条线排除在外；且 P5 列举的其他原因里也根本没有它。

D) 偷换概念

原文的另一成因是 increasing pressure to succeed in education and in life more broadly——年轻人自己在教育和人生上的成功压力；Their parents' educational background and life. 把 education and life 的原词留下，却硬是安上 parents' 这个原文没有的主体，把'自身压力'偷换成'父母背景'。

SENTENCE INSIGHTS • 句子精讲

18 句真题句逐层精讲

下列真题句各有独立的句子解析页——中文翻译、结构树逐层拆解、成分与时态、考点讲解与真题高频词。点击句子进入完整解析。

While younger children should not be on platforms where 13 is the minimum age, it is neither practical nor desirable to imagine a world in which teenagers are prevented from accessing the platforms and messaging systems that the adults around them use to organise their lives.

第1段，第3句

本句逻辑严密、结构典型，涵盖了形式主语、并列结构、情态动词与多层从句嵌套等核心语法考点，综合训练价值极高，强烈推荐作为优质练习材料。

The finding that the alarmingly high rate of depression in British teenage girls is closely correlated to time spent on social media is extremely concerning.

第2段，第2句

“抽象名词 + 同位语从句 + 系动词 + 表语”是真题阅读中极其高频出现的学术句式，掌握主谓分隔的识别方法具有极高的解题与阅读迁移价值。

Research found that two in five girls are on social media for at least three hours a day—with half as many boys engaged to the same extent.

第2段，第3句

“主语 + 发现动词 + that从句 + 补充结构”是学术研究报告与考试阅读中极具代表性的高频句式，具有极高的迁移价值。

More than a third of depressed girls have experienced online harassment.

第2段，第4句

“数量/比例主语 + 现在完成时谓语 + 宾语”是阅读理解与写作中极具代表性的调查数据陈述句式，掌握后复用价值很高。

Although the research does not prove that social media causes depression, the importance of the finding that there is a connection should not be underestimated.

第3段，第1句

本句覆盖了主语、谓语、宾语、让步状语、宾语从句、同位语从句以及存在句型等多种成分，且包含了划分从句类型与识别分隔主干的典型练习坑点，极具训练价值。

But when it comes to broader questions about "screen time", many professionals as well as parents are confused and uncertain.

第3段，第3句

句首以 "when it comes to..." 引出话题属于高频常考句式，主句使用 "as well as" 连接并列主语也是语法测试中的常见考点，具有很高的考点复用与迁移价值。

This idea has the virtue of simplicity, though some experts question its effects and call for a greater degree of differentiation, arguing that time online by itself is not a bad thing and it all depends on what you are doing.

第4段，第2句

"主句 + 连词让步从句 + 分词作状语 + 嵌套名词性从句"是考研与四六级阅读理解中高频出现的长难句经典模板，代表性极强。

There are other reasons for the rising incidence of depression in young people, with increasing pressure to succeed in education and in life more broadly—to be famous, beautiful, rich—often cited as a source of unhappiness or anxiety which can, if aggravated by other factors and not managed, tip into ill health.

第5段，第2句

"主句主干 + with复合结构补充细节 + 定语从句修饰句末名词"是四六级与考研阅读中极具代表性的高频长难句句式，掌握后迁移复用价值高。

Safeguarding means more than the avoidance of physical threat.

第5段，第3句

动名词作主语后接 "means more than..." 的抽象定义句式在学术与新闻类阅读中非常典型。

It helps both adults and children to organise their lives.

第46题，B

"主语 + 谓语 + 宾语 + 动词不定式作宾补" 是英语中极具代表性的基础句型，掌握其分析方法后可大量迁移至同类动词结构中。

It poses problems to both parents and children.

第46题，C

“主语 + 及物动词 + 宾语 + 介词短语 (to...)”是英文中最常见、最具代表性的基础句型之一，非常适合初学者建立主干与状语修饰的概念。

The more frequently they interact on social media, the more they experience harassment.

第47题，A

双重比较结构在四六级及考研真题阅读与写作中频繁出现，属于高度典型且可迁移性极强的高频常考句式。

They spend half as many hours on social media as British teenage boys.

第47题，D

“spend + 时间 + on sth”搭配与“倍数 + as many + N + as ...”比较句型在各类英语考试阅读与写作中高频出现，具有极高的迁移复用价值。

Its key message calls for immediate attention.

第48题，B

该句展现了基础英语中标准的“主语 + 短语动词 + 宾语”结构，其中动词短语带宾语的形式在考试中出现频率较高，具有良好的迁移价值。

Its uncertainty should not go unnoticed.

第48题，D

“主语 + should not go + 形容词/过去分词”是学术议论文和四六级、考研阅读中高频出现的规范表达句式，具有较高的迁移价值。

Its success depends on how it is implemented.

第49题，C

“主语 + depend on + how从句”是各类英语考试中高频出现的典型句式，掌握后迁移复用价值极大。

It is too simplistic to produce the desired effect.

第49题，D

句子涵盖了 "It is + 形容词 + 不定式" 形式主语结构与 "too... to..." 经典句式，是四六级及各类英语考试中极具代表性的高频常考结构。

Besides social media companies, what factors contribute to young people's psychological health problems?

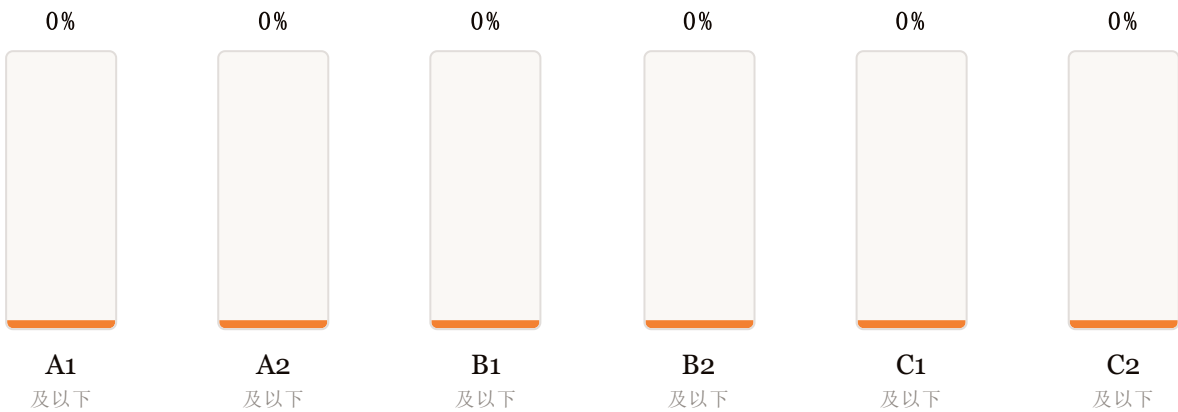
第50题题干

句首带介词短语修饰的特殊疑问句在阅读与写作中频繁出现，属于高度典型且易于迁移的基础常考句型。

VOCABULARY · 词汇难度分布

全文 0 词按 CEFR 难度累积覆盖

全文去重后共 0 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比（CDF），最右一柱为 100%。B2 以上（C1/C2）为高阶词，本篇共 0 个·约 0%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）·数据为全文去重词 0 个·末柱为 100%

去重总词数

0

B2 以上难词

0 %

B1 及以下覆盖

0 %

英语六级 2026年6月·第1套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	题目解析 →
Part III Section C	阅读理解（四选一）	本题
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →

2026年6月·第1套 英语六级阅读理解（四选一） 第2篇·51-55 题答案与解析

QUESTIONS & ANALYSIS • 阅读理解和解析

阅读理解和解析 · 51-55 题

本页 51-55 题的答案与逐题解析由懒笔记基于2026年6月·第1套 英语六级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 9 段原文（段首标 P1-P9 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第1套(2026-06) · 英语六级

Part III Section C (2)

Directions: There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A) , B) , C) and D) . You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

Passage Two

Questions 51 to 55 are based on the following passage.

P1 About a decade ago, the G-20, a forum of the world's biggest economies, agreed to crack down on multinational corporations' abusive use of tax havens. This resulted in a plan that aimed to curb practices that shielded a large chunk of corporate profits from tax authorities.

大约十年前，作为世界最大经济体论坛的二十国集团同意严厉打击跨国公司滥用避税天堂的行为。这促成了一项计划，旨在遏制那些使企业利润中的很大一部分逃避税务机关监管的做法。

P2 But, instead of reining in the use of tax havens—countries such as the Bahamas and Cayman Islands with very low or no effective tax rates—the problem has only gotten worse.

然而，避税天堂的使用非但没有得到遏制——避税天堂包括巴哈马和开曼群岛等实际税率极低或为零的国家和地区——这一问题反而变得更加严重。

P3 In a new study, we measured the excessive profits reported in tax havens that cannot be explained by ordinary economic activity such as employees, factories and research in that country. Our findings show a striking pattern of artificial shifting of paper profits to tax havens by corporations, which has been relentless since the 1980s.

在一项最新研究中，我们测算了避税天堂申报的超额利润，其中有一部分无法用该国的雇员、工厂和研发等正常经济活动来解释。我们的研究结果显示，企业将账面利润人为转移至避税天堂的现象十分明显，而且自20世纪80年代以来一直持续不断。

P4 We found that the world's biggest multinational businesses shifted 37% of the profits—\$969 billion—they earned in other countries to tax havens in 2019. The figure was less than 2% in the 1970s. The main reasons for the large increase were the growth of the tax avoidance industry in the 1980s and U.S. policies that made it easier to shift profits from high-tax countries to tax havens.

我们发现，2019年，全球最大的跨国企业将其在其他国家赚取的利润中的37%（9690亿美元）转移到了避税天堂。20世纪70年代，这一比例还不到2%。这一比例大幅上升的主要原因，是20世纪80年代避税行业的发展，以及美国的相关政策使得企业更容易将利润从高税率国家转移到避税天堂。

P5 We estimate that the amount of corporate taxes lost as a result reached 10% of total corporate revenue in 2019, up from less than 0.1% in the 1970s. In 2019, the total government tax loss globally was \$250 billion. U.S. multinational corporations alone accounted for about half of that, followed by the U.K. and Germany.

我们估计，2019年因此损失的企业税额已达到企业总收入的10%，而20世纪70年代还不到0.1%。2019年，全球政府税收损失总额为2500亿美元。其中，仅美国跨国公司就占了约一半，其后是英国和德国。

P6 How do policymakers fix this? So far, the world as a whole has been trying to solve this problem by cutting or scrapping corporate taxes in a very gradual way. In the past 40 years, the global effective corporate tax rate has fallen from 23% to 17%. At the same time, governments have relied more heavily on consumption taxes.

政策制定者应如何解决这一问题？到目前为止，世界各国总体上一一直试图通过非常渐进地削减或取消企业税来解决这一问题。在过去40年里，全球企业实际税率已从23%降至17%。与此同时，各国政府越来越依赖消费税。

P7 But the root cause of profit-shifting is the incentives involved, such as generous or lenient corporate tax rates in other countries. If countries could agree on a global minimum corporate tax rate of, say, 20%, the problem of profit-shifting would largely disappear, as tax havens would simply cease to exist.

但利润转移的根本原因在于相关激励措施，例如其他国家慷慨或宽松的企业税率。如果各国能够就全球最低企业税率达成一致，比如确定为20%，利润转移问题将基本消失，因为避税天堂将不复存在。

P8 This type of mechanism is exactly what more than 130 countries signed onto in 2021, with implementation of a 15% minimum tax set to begin soon in the EU, U.K., Japan, Indonesia and many other countries. The U.S. has notably not been able to pass this legislation.

这类机制正是2021年由130多个国家签署支持的方案；欧盟、英国、日本、印度尼西亚以及许多其他国家将很快开始实施15%的最低税率。值得注意的是，美国一直未能通过这项立法。

P9 Our research suggests implementing this type of tax reform is necessary in reversing the shift of ever-greater amounts of corporate profits to tax havens—instead of being taxed by the governments where they operate and create value.

我们的研究表明，实施这类税制改革对于扭转企业利润越来越多地流向避税天堂的趋势是必要的；这些利润本应由企业开展经营并创造价值所在国的政府征税。

题目与逐题解析

51. What do we learn about the G-20's agreement on curbing the use of tax havens?

- A) It has aggravated the problem in non-G-20 countries.
- B) It has taken a toll on countries such as Cayman Islands.
- C) It has failed to achieve the expected outcome.
- D) It has failed to result in any long-term plan.

我们从G20遏制避税天堂使用的协议中了解到什么？

- A) 加剧了非G20国家的问题。 B) 对开曼群岛等国家造成了损失。 C) 未能达到预期效果。
D) 未能形成任何长期计划。

【答案】 C (细节题)

【判型】 What do we learn about the G-20's agreement...? 询问关于该协议的事实信息，没有 infer/suggest/imply 等推断标志。

【拆句】 What do we learn about the G-20's agreement on curbing the use of tax havens? 为主谓宾结构，介词 on 后接动名词短语作后置修饰，整体无否定、比较等陷阱，平铺直叙。

【定位】 About a decade ago, the G-20, a forum of the world's biggest economies, agreed to crack down on multinational corporations' abusive use of tax havens. This resulted in a plan that aimed to curb practices that shielded a large chunk of corporate profits from tax authorities. But, instead of reining in the use of tax havens—countries such as the Bahamas and Cayman Islands with very low or no effective tax rates—the problem has only gotten worse.

大约十年前，世界最大经济体论坛 G-20 同意打击跨国企业滥用避税天堂的行为。这产生了一项计划，旨在遏制将大量企业利润 shield 在税务机关之外的做法。但是，非但没有遏制避税天堂的使用——例如巴哈马和开曼群岛等实际税率极低或为零的国家——问题反而变得更糟。

【选项】 A) 无中生有

原文只说 the problem has only gotten worse, 未限定问题恶化的地理范围; 选项凭空添加 non-G-20 countries.

B) 偷换概念

原文 countries such as the Bahamas and Cayman Islands 是 tax havens 的举例, 选项却把它们说成协议的受害者。

C) ✓ 正确

agreed to crack down on multinational corporations' abusive use of tax havens. This resulted in a plan that aimed to curb practices

↔ **the expected outcome**

the problem has only gotten worse ↔ **failed to achieve**

It has failed to achieve the expected outcome. 准确概括了 计划旨在遏制 与 问题反而恶化 之间的转折关系。

D) 与原文相反

原文 This resulted in a plan 明确说明协议产生了计划, 选项却说 failed to result in any long-term plan.

52. What mainly accounted for the large increase in the world's biggest multinational corporations' shift of profits to tax havens?

- A) Fluctuating tax rates globally.
- B) Lenient policies of the U.S.
- C) Heavy taxes imposed on them.
- D) Rapid growth of their business.

是什么主要导致世界上最大的跨国公司将利润转移至避税天堂的行为大幅增加?

A) 全球税率波动。 B) 美国宽松的政策。 C) 对它们征收的高额税款。 D) 其业务的快速增长。

【答案】 B (细节题)

【判型】 What mainly accounted for...? 直接询问导致某现象的主要原因, 属于因果型细节题。

【拆句】 What mainly accounted for the large increase in the world's biggest multinational corporations' shift of profits to tax havens? 中, mainly accounted for 是因果谓语, in... 是 the large increase 的后置定语, 整体问的是利润转移大幅增长的主因。

【定位】 The main reasons for the large increase were the growth of the tax avoidance industry in the 1980s and U.S. policies that made it easier to shift profits from high-tax countries to tax havens.

大幅增长的主要原因是 1980 年代避税产业的兴起, 以及美国政策使得将利润从高税率国家转移到避税天堂变得更容易。

【选项】 A) 无中生有

原文只提到全球有效企业税率从 23% 降至 17%，这是单向下降而非 fluctuating（波动），更非利润转移激增的主因。

B) ✓ 正确

U.S. policies that made it easier to shift profits from high-tax countries to tax havens ↔

Lenient policies of the U.S.

shift profits from high-tax countries to tax havens ↔ **shift of profits to tax havens**

Lenient policies of the U.S. 是 U.S. policies that made it easier to shift profits... 的同义概括。

C) 偷换概念

原文 high-tax countries 指税率较高的国家，选项却偷换为 Heavy taxes imposed on them（对企业征收重税），将国家属性错误地套到企业上。

D) 偷换概念

原文 growth 的主语是 the tax avoidance industry，选项却改成 their business（跨国企业业务），主体被替换。

53. What have policymakers been doing to prevent government tax loss?

- A) Reducing corporate taxes step by step.
- B) Scrapping consumption taxes gradually.
- C) Making joint efforts to levy corporate taxes.
- D) Adjusting global effective corporate tax rates.

政策制定者一直在采取什么措施来防止政府税收流失？

A) 逐步降低企业税。 B) 逐步取消消费税。 C) 共同努力征收企业税。 D) 调整全球有效企业税率。

【答案】 A （细节题）

【判型】 What have policymakers been doing...? 询问主体已采取的行动，属于事实型细节题。

【拆句】 What have policymakers been doing to prevent government tax loss? 为现在完成进行时，强调动作从过去持续到现在，to prevent... 表目的，句法较平实。

【定位】 So far, the world as a whole has been trying to solve this problem by cutting or scrapping corporate taxes in a very gradual way.

到目前为止，全世界作为一个整体，一直在试图通过以非常渐进的方式削减或取消企业所得税来解决这个问题。

【选项】 A) ✓ 正确

cutting or scrapping corporate taxes in a very gradual way ↔

Reducing corporate taxes step by step.

Reducing corporate taxes step by step. 是 cutting or scrapping corporate taxes in a very gradual way 的简洁同义改写。

B) 与原文相反

原文 governments have relied more heavily on consumption taxes 说明政府更依赖消费税，而非取消消费税。

C) 偷换概念

原文说 cutting or scrapping corporate taxes (削减或取消企业所得税)，选项却说 making joint efforts to levy corporate taxes (联合征收企业所得税)，方向相反且添加 joint efforts 这一未提及信息。

D) 以偏概全

原文 the global effective corporate tax rate has fallen from 23% to 17% 是削减企业所得税后的结果，选项却把它说成政策制定者'正在做的事'本身。

54. What does the author say would bring tax havens to an end?

- A) The alignment of corporate taxes with consumption taxes.
- B) The implementation of generous tax rates in all countries.
- C) The agreement on the root cause of global profit-shifting.
- D) The imposition of a global minimum corporate tax rate.

作者说什么将终结避税天堂？

- A) 使企业税与消费税保持一致。 B) 在所有国家实行优惠税率。
- C) 就全球利润转移的根本原因达成一致。 D) 征收全球最低企业税率。

【答案】 D (细节题)

【判型】 What does the author say would bring tax havens to an end? 直接询问作者提出的条件与结果，没有 infer/suggest 等推断标志。

【拆句】 What does the author say would bring tax havens to an end? 中，What 引导宾语从句，would bring... to an end 是固定短语表'使...终结'，整体询问作者提出的充分条件。

【定位】 If countries could agree on a global minimum corporate tax rate of, say, 20%, the problem of profit-shifting would largely disappear, as tax havens would simply cease to exist.

如果各国能比如说 20% 的全球最低企业所得税率达成一致，利润转移问题就会基本消失，因为避税天堂将不复存在。

【选项】 A) **无中生有**

原文 P6 提到企业所得税与消费税并存，但从未说二者需要 alignment（协调一致）来终结避税天堂。

B) **与原文相反**

原文 the root cause of profit-shifting is the incentives involved, such as generous or lenient corporate tax rates in other countries 指出慷慨/宽松税率是问题根源，而非解决方案。

C) **偷换概念**

原文说要 agree on a global minimum corporate tax rate，选项偷换为 agree on the root cause of global profit-shifting，对象完全不同。

D) **✓ 正确**

agree on a global minimum corporate tax rate ↔

The imposition of a global minimum corporate tax rate.

tax havens would simply cease to exist ↔ **bring tax havens to an end**

The imposition of a global minimum corporate tax rate. 对应 agree on a global minimum corporate tax rate，是使避税天堂消失的条件。

55. What could be expected of the global problem of profit-shifting in the near future?

- A) It would be solved with more countries cutting tax rates.
- B) It would end with governments' awareness of its severity.
- C) It would cease to exist with worldwide corporate support.
- D) It would continue because of noncooperation from the U.S.

预计全球利润转移问题在不久的将来会怎样？

- A) 随着更多国家降低税率，这一问题将得到解决。
- B) 随着各国政府意识到其严重性，这一问题将会结束。
- C) 随着全球企业的支持，这一问题将不复存在。
- D) 由于美国不合作，这一问题将会持续下去。

【答案】 **D** （推断题）

【判型】 What could be expected of... in the near future? 要求根据文中当前事实推断未来趋势，含有 could / expected / near future 等推断与未来指向词。

【拆句】 What could be expected of the global problem of profit-shifting in the near future? 中，could be expected of 表示'对...可以预期什么'，in the near future 限定时间范围，整体为推断语气。

【定位】 This type of mechanism is exactly what more than 130 countries signed onto in 2021, with implementation of a 15% minimum tax set to begin soon in the EU, U.K., Japan, Indonesia and many other countries. The U.S. has notably not been able to pass this legislation. Our research suggests implementing this type of tax reform is necessary in reversing the shift of ever-greater amounts of corporate profits to tax havens—instead of being taxed by the governments where they operate and create value.

这种机制正是 130 多个国家在 2021 年签署的，15% 最低税的实施即将在欧盟、英国、日本、印度尼西亚和许多其他国家开始。但美国显然未能通过这项立法。我们的研究表明，实施这种税收改革对于扭转企业利润越来越多地流向避税天堂的趋势是必要的——这些利润本应由其运营和创造价值所在地的政府征税。

【选项】 A) 与原文相反

原文 P6-P7 指出削减企业所得税是过去做法且未解决问题，作者主张的是全球最低税率而非继续减税。

B) 无中生有

原文未提及 governments' awareness of its severity（各国政府对其严重性的认识）会终结该问题。

C) 无中生有

原文讨论的是各国政府的政策行动，未提及 worldwide corporate support（全球企业支持）会终结利润转移。

D) ✓ 正确

The U.S. has notably not been able to pass this legislation. ↔

because of noncooperation from the U.S.

implementing this type of tax reform is necessary in reversing the shift of ever-greater amounts of corporate profits to tax havens

↔ **It would continue**

It would continue because of noncooperation from the U.S. 从 美国未通过立法 与 改革对扭转趋势必要 推得，未跨步。

SENTENCE INSIGHTS • 句子精讲

15 句真题句逐层精讲

下列真题句各有独立的句子解析页——中文翻译、结构树逐层拆解、成分与时态、考点讲解与真题高频词。点击句子进入完整解析。

This resulted in a plan that aimed to curb practices that shielded a large chunk of corporate profits from tax authorities.

第1段，第2句

“主句 + 宾语 + 定语从句修饰宾语 + 嵌套定语从句”在各类英语考试阅读中高频出现，掌握该句型的拆解方法具有极高的迁移价值。

In a new study, we measured the excessive profits reported in tax havens that cannot be explained by ordinary economic activity such as employees, factories and research in that country.

第3段，第1句

“主句 + 后置分词短语 + 限制性定语从句 + 举例介词短语”是四六级与考研阅读中极具代表性的学术论文句式，掌握后复用价值极高。

Our findings show a striking pattern of artificial shifting of paper profits to tax havens by corporations, which has been relentless since the 1980s.

第3段，第2句

主句带长后置定语、句末加逗号带 'which' 引导非限制性定语从句补充说明，是四六级与考研阅读学术真题中最常见的句型结构之一，极具迁移价值。

The main reasons for the large increase were the growth of the tax avoidance industry in the 1980s and U.S. policies that made it easier to shift profits from high-tax countries to tax havens.

第4段，第3句

句中 'make it + 宾补 + 真实宾语' 的形式宾语结构以及 'nouns + that ...' 限定性定语从句是学术英语与各类英语考试高频出现的典型句式，迁移价值极高。

We estimate that the amount of corporate taxes lost as a result reached 10% of total corporate revenue in 2019, up from less than 0.1% in the 1970s.

第5段，第1句

句式非常标准典型，属于四六级及考研阅读中高频出现的“主语 + 观点谓语 + that 宾语从句（含数据趋势对比）”学术与新闻常考句型。

U.S. multinational corporations alone accounted for about half of that, followed by the U.K. and Germany.

第5段，第3句

"主句 + 过去分词短语 (followed by...) 作后置补充说明" 是四六级与考研英语阅读中极其常见且典型的常考句式，具有很高的迁移与复用价值。

So far, the world as a whole has been trying to solve this problem by cutting or scrapping corporate taxes in a very gradual way.

第6段，第2句

"时间状语 + 主语 + 完成进行时谓语 + 不定式 + by 引导的手段状语"是各类阅读理解和写作中极其高频出现的典型句式，具有很强的可迁移性。

If countries could agree on a global minimum corporate tax rate of, say, 20%, the problem of profit-shifting would largely disappear, as tax havens would simply cease to exist.

第7段，第2句

本句是考研与四六级阅读中极具代表性的'条件从句 + 主句 + 原因从句'结构，且融合了虚拟语气表达，复用与迁移价值极高。

This type of mechanism is exactly what more than 130 countries signed onto in 2021, with implementation of a 15% minimum tax set to begin soon in the EU, U.K., Japan, Indonesia and many other countries.

第8段，第1句

句子采用了典型的表语从句结构与句末伴随状语搭配，非常符合四六级与考研英语真题的长难句考查习惯。

The U.S. has notably not been able to pass this legislation.

第8段，第2句

"be able to do" 及其完成时态表达在各类英语考试阅读中极为高频，且副词置于助动词之后的否定结构也是极为标准的规范书面语句式。

Our research suggests implementing this type of tax reform is necessary in reversing the shift of ever-greater amounts of corporate profits to tax havens—instead of being taxed by the governments where they operate and create value.

第9段，第1句

“主语 + 动词 + 宾语从句 + 介词短语修饰 + 定语从句末尾修饰”是英语阅读真题中最典型的复杂长难句句型之一。掌握此类句子的层级拆解与成分划分方法，可大量迁移至其他真题长难句中。

It has taken a toll on countries such as Cayman Islands.

第51题，B

句型结构为非常标准的“主语 + 谓语 + 宾语 + 介词短语状语”，在各类阅读考试中高频出现，具有良好的可迁移性。

It has failed to achieve the expected outcome.

第51题，C

“主语 + fail to do sth”是表达未能达到某种结果的经典句型，在各类英语考试阅读理解中高频出现，具有极高迁移价值。

What does the author say would bring tax havens to an end?

第54题 题干

该句型在四六级和考研阅读题干与选项中高频出现（如 “What does the author suggest ...”），是测试长难句理解与题干分析精度的代表性结构。

It would be solved with more countries cutting tax rates.

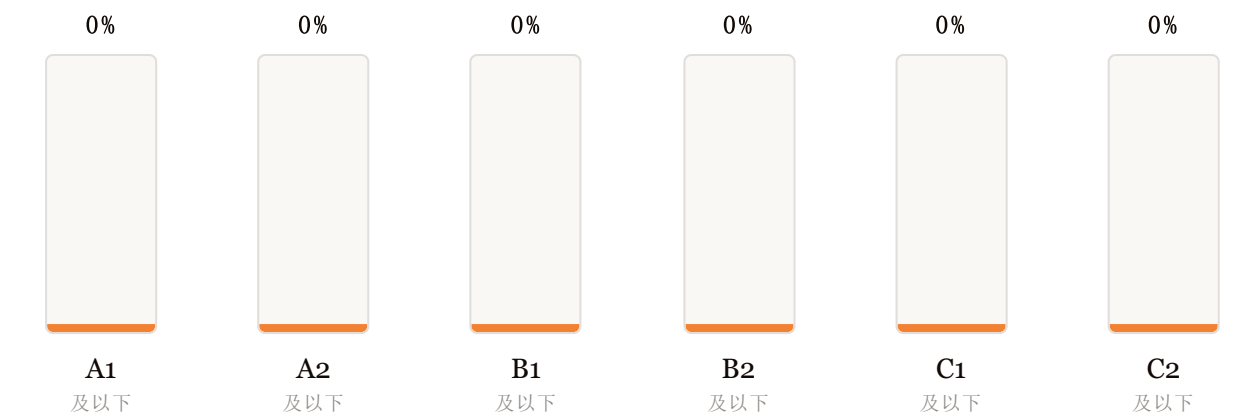
第55题，A

“with + 复合宾语”作状语表示条件或伴随是各类英语考试的高频常考句式，高度典型且复用迁移价值极高。

VOCABULARY • 词汇难度分布

全文 0 词按 CEFR 难度累积覆盖

全文去重后共 0 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比（CDF），最右一柱为 100%。B2 以上（C1/C2）为高阶词，本篇共 0 个 · 约 0%。



每柱为「按 CEFR 等级及以下」的累积覆盖率 (CDF) · 数据为全文去重词 0 个 · 末柱为 100%

去重总词数

0

B2 以上难词

0%

B1 及以下覆盖

0%

英语六级 2026年6月·第1套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	题目解析 →
Part III Section C	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	本题
Part IV	汉译英（段落翻译）	题目解析 →

2026年6月·第1套英语六级汉译英（段落翻译）·科技赋能中国医疗的正式客观介绍 参考译文与解析

PASSAGE & TRANSLATION • 题和解析

汉译英真题、参考译文与逐句解析

本页整篇参考英译与逐句解析由懒笔记基于2026年6月·第1套 英语六级汉译英（段落翻译）原卷题干译审整理。与试卷排版同一卷面：Directions 与一整段中文原文连续排印——整段连排、无段落标记无题号，把它切成一句句翻译单元本身就是解题动作。卷面之后先给整篇参考英译定稿，再按自切句序逐句拆分：定英文主干、降级修饰成分、逐项落实语法点、句内定稿英译，答案直显。

真题卷第1套(2026-06) • 英语六级

Part IV

Directions: For this part, you are allowed 30 minutes to translate a passage from Chinese into English. You should write your answer on **Answer Sheet 2**.

科技进步使中国的医疗事业得到快速发展。近年来，远程医疗使优质医疗资源惠及更多患者。医学专家可以通过视频为偏远地区患者提供咨询，指导当地医生制定并实施治疗方案。人工智能辅助诊断系统帮助医生识别患者的早期症状，提高诊断准确率。电子健康档案的普及让医生能够快速了解患者病史，避免重复检查。线上医疗咨询平台极大地方便了患者就诊。科技与医疗的深度融合更好地满足了人民的健康需求。

参考译文

整篇参考英译是复盘资产，考卷上只印中文原文——四六级 Part IV 翻译按整篇「表达通顺连贯、用词准确、语法正确」四档评分。

Advances in science and technology have brought about the rapid development of China's medical services. In recent years, telemedicine has made high-quality medical resources accessible to more patients. Through video links, medical experts can provide consultations for patients in remote areas, guiding local doctors in developing and implementing treatment plans. AI-assisted diagnosis systems help doctors identify patients' early symptoms, thereby improving the accuracy of diagnosis. The widespread adoption of electronic health records enables doctors to quickly review patients' medical histories, thus avoiding repeated examinations. Online medical consultation platforms have also greatly facilitated patients' access to medical care. Overall, the deep integration of technology and healthcare has better met people's health needs.

【衔接】第1、2句间用时间状语承接

近年来自带时间推进，译 In recent years 置于第2句句首，自然把远程医疗这个实例挂到首句得到快速发展的总起之后，无需另加关联词。

四个并列实例句群，只在末例补 also

第3至6句是四个并列的应用实例（远程咨询、AI诊断、电子档案、线上平台），若每句都加 moreover / in addition 会关联词堆砌、反而生硬；只在最后一例句首补一个 also (Online medical consultation platforms have also...)，标示「再举一例、举例将尽」，轻重得当。

总结句前补 Overall

末句科技与医疗的深度融合更好地满足了人民的健康需求是对前文的收束，中文靠语序暗示、英文需显性标记，句首补 Overall (Overall, the deep integration of technology and healthcare has better met...)，把「举例→总结」的信息流显化给阅卷人。

逐句解析

一整段连排中文、无段落标记无题号——把它切成一句句翻译单元本身就是解题动作，句前 N. 为逐句解析自切的句序号（非考卷题号），与卷面中文逐字对应。

【主旨】科技赋能中国医疗的正式客观介绍

P1是典型的六级式社会科技介绍段：首句科技进步使中国的医疗事业得到快速发展总起，中间逐一举远程医疗、人工智能诊断、电子健康档案、线上平台四个应用实例，末句科技与医疗的深度融合更好地满足了人民的健康需求收束升华。语体正式客观，英文用词应偏书面（consultation、facilitate 优于口语说法），句式以主谓主干句为主。

【时态】一般现在时

通篇客观介绍科技给中国医疗带来的现状与功能，陈述的是当下的一般事实与能力，如可以通过视频为偏远地区患者提供咨询、帮助医生识别患者的早期症状，故全篇以一般现在时为基调；凡带「了」「近年来」、表示已成结果的句子（如得到快速发展、极大地方便了患者就诊）合理偏离为现在完成时，表示动作已发生且结果延续至今。

【译法】科技进步

统一译作 advances in science and technology（约定俗成的固定搭配，advances 用复数表「多方面的进步」），锚回科技进步，全篇不再换用 technology development 等自造说法。

医疗事业

统一译作 medical services（也可作 healthcare，但全篇只取 medical services 一种），锚回医疗事业；「事业」在此语境下不译 cause/undertaking。

远程医疗

统一译作 telemedicine，这是国际通用的约定俗成译名，锚回远程医疗；不要自造 long-distance medical care 这类中式表达。

优质医疗资源

统一译作 high-quality medical resources（resources 用复数），锚回优质医疗资源。

偏远地区

统一译作 remote areas，作后置定语时为 in remote areas，锚回偏远地区患者。

人工智能辅助诊断系统

统一译作 AI-assisted diagnosis systems（AI-assisted 为连字符复合形容词，systems 复数表一类事物），锚回人工智能辅助诊断系统；AI 为公认缩写，正式译文中可直接使用。

电子健康档案

统一译作 electronic health records（records 用复数），锚回电子健康档案，即国际通用的 EHR，全篇不混用 electronic medical files。

线上医疗咨询平台

统一译作 online medical consultation platforms（platforms 复数），锚回线上医疗咨询平台；「咨询」取书面词 consultation，不用 asking doctors 这类口语。

治疗方案

统一译作 treatment plans（plans 复数），锚回治疗方案。

1. 科技进步使中国的医疗事业得到快速发展。

【主干】科技进步作主语，带来作谓语（主语策略：原句主语）

科技进步使中国的医疗事业得到快速发展的核心动作是「使.....得到快速发展」，提主干为 Advances in science and technology（主语）+ have brought about（谓语）+ the rapid development of China's medical services（宾语）；「中国的医疗事业」整体降为宾语内部的修饰成分。

【降级】「使.....得到发展」并入一个及物动词

「使中国的医疗事业得到快速发展」不宜逐字译成 make China's medical services get developed（典型中式英语），把「快速发展」做成名词短语 the rapid development of China's medical services 作宾语，用一个及物动词 brought about（带来）即可完整承载「使.....得到」的因果语义。

【语法】时态

得到快速发展表示已发生且延续至今的结果，此处偏离全篇一般现在时的基调，改用现在完成时 have brought about；若用一般现在时 brings about，会丢掉「已然实现」的意味。

主谓一致

主语中心词 advances 是复数，助动词用 have，不要误写为 has。

冠词与单复数

development 被 of China's medical services 限定为特指，前面加 the；medical services 用复数表医疗服务的统称。

【译文】 Advances in science and technology have brought about the rapid development of China's medical services.

2. 近年来，远程医疗使优质医疗资源惠及更多患者。

【主干】 远程医疗作主语，使资源可及作谓语（主语策略：原句主语）

远程医疗使优质医疗资源惠及更多患者的主语「远程医疗」照搬为 telemedicine；「使优质医疗资源惠及更多患者」用英文惯用复合宾语结构 has made high-quality medical resources accessible to more patients——「惠及」没有一个逐字对应的英文动词，make sth accessible to sb 是地道对译。

【降级】 「近年来」降为时间状语前置

本句主干之外只有近年来一个成分，译为时间状语 In recent years 置于句首，既符合英文把时间状语放句首标示话题的习惯，又天然起到承接上句的作用；句内其余部分无需再降级。

【语法】时态

「近年来」标示从过去持续到现在，是现在完成时的典型信号，用 has made；这是基调时态的合理偏离。

主谓一致

主语 telemedicine 是不可数单数，助动词用 has，不要受中文无单复数标记影响写成 have。

单复数

「优质医疗资源」「更多患者」均为复数概念：high-quality medical resources、more patients，patients 不要漏掉 s。

【译文】 In recent years, telemedicine has made high-quality medical resources accessible to more patients.

3. 医学专家可以通过视频为偏远地区患者提供咨询，指导当地医生制定并实施治疗方案。

【主干】 医学专家作主语，提供咨询作谓语（主语策略：原句主语）

医学专家可以通过视频为偏远地区患者提供咨询给出明确主语「医学专家」→medical experts，谓语取「提供咨询」→can provide consultations；后半句指导当地医生制定并实施治疗方案不另立谓语，留给降级处理。

【降级】方式状语前置，伴随动作分词化

「通过视频」→介词短语 Through video links 作方式状语置句首；「为偏远地区患者」→for patients in remote areas，其中「偏远地区」用介词短语 in remote areas 作 patients 的后置定语，不堆在名词前；「指导当地医生制定并实施治疗方案」→现在分词短语 guiding local doctors in developing and implementing treatment plans 作伴随状语，「制定并实施」在 guide sb in doing sth 框架内用 and 连接两个动名词。

【语法】时态与情态

回指全篇基调用一般现在时，can 后接动词原形 provide；本句陈述的是当下的能力，不用完成时。

介词搭配

provide sth for sb（为某人提供某物）与 guide sb in doing sth（指导某人做某事）是固定搭配，介词 for / in 不可换、不可省。

单复数

consultations、treatment plans 均用复数表泛指的一类；experts、doctors 复数与中文「专家们 / 医生们」的群体义一致。

【译文】 Through video links, medical experts can provide consultations for patients in remote areas, guiding local doctors in developing and implementing treatment plans.

4. 人工智能辅助诊断系统帮助医生识别患者的早期症状，提高诊断准确率。

【主干】诊断系统作主语，帮助识别作谓语（主语策略：原句主语）

人工智能辅助诊断系统帮助医生识别患者的早期症状主语照搬为 AI-assisted diagnosis systems（systems 复数表一类事物），谓语用 help sb do 结构：help doctors identify patients' early symptoms；「识别」紧跟 help 用原形。

【降级】「提高准确率」降为结果状语

提高诊断准确率是「帮助识别早期症状」带来的结果，译为 thereby improving the accuracy of diagnosis 作结果状语挂句尾；「诊断准确率」不直译为 diagnosis correct rate（中式），用 the accuracy of diagnosis 这个名词化表达。

【语法】时态

陈述系统的一般功能，回指全篇基调用一般现在时 help。

动词用法

help 后接不带 to 的不定式：help doctors identify（to identify 也算对，但 identify 更简洁）；不要误写 help doctors identifying。

单复数

systems、doctors、symptoms 均用复数；symptoms 最易漏 s，注意「患者的早期症状」是多个症状。

【译文】 AI-assisted diagnosis systems help doctors identify patients' early symptoms, thereby improving the accuracy of diagnosis.

5. 电子健康档案的普及让医生能够快速了解患者病史，避免重复检查。

【主干】 普及作主语，使医生能够作谓语（主语策略：原句主语）

电子健康档案的普及是「动词 + 的 + 名词」结构，译成名词化短语 The widespread adoption of electronic health records 作整句主语；「让医生能够」用 enable sb to do: enables doctors to quickly review patients' medical histories.

【降级】 「避免重复检查」降为结果状语

避免重复检查是「快速了解病史」的直接结果，用 thus avoiding repeated examinations 作结果状语挂句尾；「让」译作 enable sb to do 已含「能够」义，「能够」不再另译 can，避免 enable...to be able to 的冗余。

【语法】 主谓一致

主语中心词是 adoption（单数），不是 records，谓语用 enables——长主语里隔着 of 短语时，最容易被末尾的复数名词带偏。

时态

陈述现实功能，回指基调用一般现在时。

单复数

records、histories 用复数；「病史」也可作 a patient's medical history，两种译法取一即可，全篇保持可数名词标记完整。

【译文】 The widespread adoption of electronic health records enables doctors to quickly review patients' medical histories, thus avoiding repeated examinations.

6. 线上医疗咨询平台极大地方便了患者就诊。

【主干】 平台作主语，方便就诊作谓语（主语策略：原句主语）

线上医疗咨询平台极大地方便了患者就诊主语照搬为 Online medical consultation platforms；「方便了患者就诊」不逐字译 convenient for patients to see doctors（中式且破碎），用 facilitate + 名词化宾语：have greatly facilitated patients' access to medical care.

【降级】 「极大地」作副词修饰谓语

本句结构简单，无需降级：「极大地」→副词 greatly 直接修饰谓语动词；「患者就诊」名词化为 patients' access to medical care 作宾语，access to 是固定搭配。

【语法】 时态

「方便了」表已成事实且影响延续，偏离基调用现在完成时 have facilitated.

主谓一致与单复数

主语 platforms 复数，助动词用 have；platforms 的 s 不可漏。

介词搭配

access to 中的 to 是介词固定搭配，不可换成 for 或 of。

【译文】 Online medical consultation platforms have greatly facilitated patients' access to medical care.

7. 科技与医疗的深度融合更好地满足了人民的健康需求。

【主干】深度融合作主语，满足需求作谓语（主语策略：原句主语）

科技与医疗的深度融合译成名词化主语 The deep integration of technology and healthcare（integration 为中心词）；谓语「满足了」→has met；宾语人民的健康需求→people's health needs, needs 用复数。

【降级】「更好地」作副词嵌入谓语

本句为简单句，无成分需降级：「更好地」→better 置于助动词与过去分词之间（has better met），修饰「满足」的程度。

【语法】主谓一致

主语中心词 integration 是单数，助动词用 has；不要被 of 后面的 technology and healthcare 两个名词带成 have。

时态

「更好地满足了」呼应全篇「已经实现的成果」，用现在完成时 has met，与首句 have brought about 首尾呼应。

单复数

「健康需求」是多种需求，needs 用复数；meet one's needs 为固定搭配。

【译文】The deep integration of technology and healthcare has better met people's health needs.

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