

1 阅读:

- 550 以下: 每天 50 个官方单词表中单词
- 550 以上: 两周过一遍, 然后总结真题单词

2 听力:

- 不要听写, 用精听法每天 30min

3 翻译:

- 官媒社会热点翻译, 每天一段

4 写作:

- 等 UP 主考前更新模板, 现在先背替换词

7 月

中国共产党成立一百周年 the centenary of CPC

China has realized the first centenary goal -- building a moderately prosperous society in all respects. This means that we have brought about a historic resolution to the problem of absolute poverty in China, and we are now marching in confident strides toward the second centenary goal of building China into a great modern socialist country in all respects. 我们实现了第一个百年奋斗目标, 在中华大地上全面建成了小康社会, 历史性地解决了绝对贫困问题, 正在意气风发向着全面建成社会主义现代化强国的第二个百年奋斗目标迈进。

党员数量 Party membership

中央组织部最新党内统计数据显示, 截至 2021 年 6 月 5 日, 中国共产党党员总数为 9514.8 万名, 党的基层组织总数为 486.4 万个。Membership was 3.5 percent up from the figure reported at the end of 2019, and approximately 20 times more than the figure in 1949 when the People's Republic of China (PRC) was founded, the Organization Department of the CPC Central Committee said in the report.

中组部统计公报指出, 全国党员总量比 2019 年底增长 3.5%, 比 1949 年新中国成立时的 448.8 万名增长约 20 倍。

About 2.31 million people joined the CPC in the first half of this year, the statement added.

今年上半年, 全国新发展党员 231.2 万名。

京沪高铁 Beijing-Shanghai high-speed railway

With a total length of 1,318 km and linking the capital with the eastern coastal economic hub of Shanghai, the Beijing-Shanghai high-speed railway is the world's longest high-speed line ever constructed in a single phase. 京沪高铁全长 1318 公里，是当时世界上一次建成线路最长的高速铁路，连接首都北京和华东沿海经济枢纽城市上海。

8 月

奥运会男子百米决赛 the men's 100m final in Tokyo 2020

Dashing across the track like a bolt of red lightning, the 31-year-old burned himself out by clocking a personal best of 9.83 seconds - the fastest among all semifinalists and a new Asian record - to become the first Chinese to qualify for the men's 100m finals on Sunday.

8 月 1 日，31 岁的苏炳添像一束红色的闪电一样飞速冲过跑道，拼尽全力达到了 9 秒 83 的个人最好成绩，以半决赛第一晋级决赛，同时创造了新的亚洲纪录。他是第一个冲进奥运会男子百米决赛的中国人。

突破病例 breakthrough infections

中国疾控中心研究员、科研攻关组疫苗研发专班专家组成员邵一鸣表示，

It is not surprising to see breakthrough infections - people who contract the virus at least 14 days after being fully vaccinated - because no vaccine is capable of totally preventing people from catching the virus.

完成疫苗接种至少 14 天后又被感染的病例被称为“突破病例”，这并不是例外，因为没有疫苗能够百分之百防止人们感染病毒。

航天员的日常 daily routines of astronauts

The astronauts have been exercising, maintaining healthy diets and undergoing regular check-ups to reduce the effects of living in a microgravity environment.

航天员们一直在锻炼身体，保持健康饮食，并定期进行身体检查，以减少微重力环境下生活产生的影响。

In Tianhe's exercise area, the three astronauts can use a treadmill, spin bike and resistance bands to burn calories and practice strength training.

在“天和”核心舱的锻炼区，三位航天员可以使用跑步机、健身车以及阻力带等健身设备来消耗热量，并进行力量训练。

全球累计新冠确诊病例 Global COVID-19 cases

美国约翰斯·霍普金斯大学发布的新冠疫情最新统计数据显示，

Global COVID-19 cases surpassed 200 million on Wednesday, according to data from Johns Hopkins University. The global case count amounted to 200,014,602, with 4,252,873 deaths worldwide, as of 3:21 pm local time, showed the data.

截至美国东部时间 8 月 4 日 15 时 21 分（北京时间 8 月 5 日 3 时 21 分），全球累计新冠确诊病例超过 2 亿例，达 200014602 例，累计死亡病例 4252873 例。

数据显示，美国是累计确诊病例和死亡病例最多的国家。

The United States reported 35,292,721 cases and 614,666 deaths, both the highest counts around the world, accounting for nearly 18 percent of the global cases and nearly 15 percent of the global deaths.

美国累计确诊病例 35292721 例，累计死亡病例 614666 例，在全球确诊病例和死亡病例总数中分别占比近 18%和 15%，均为全球最高。

梅西离开巴萨 Lionel Messi parted with Barca

Six-time Ballon d'Or winner Lionel Messi will leave Barcelona despite both parties having reached an agreement over a new contract, the La Liga club said, citing economic and structural obstacles to the renewal of the deal.

西甲巴塞罗那俱乐部表示，尽管双方已就签订新合同达成协议，但由于经济和制度因素的制约，梅西将不再效力巴萨。梅西曾六次获得金球奖。

34岁的梅西在巴萨创造了多项纪录，被认为是巴萨历史上最伟大的球员之一。

Messi, who joined Barca's youth set-up aged 13, is the club's all-time top scorer and appearance maker with 672 goals in 778 games in all competitions.

梅西13岁加入巴萨青训营，他已为这支球队在正式比赛中出战778场，打入672个进球，是该俱乐部史上出场次数最多、进球最多的队员。

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