**About this script**
**Please note that this is not a word for word transcript of the programme as broadcast. In the recording and editing process changes may have been made which may not be reflected here.**

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## To Blow Your Own Trumpet 自吹自擂

**William:** **Hello and welcome to Authentic Real English. My name is William Kremer.**

**Helen:** **And I'm Helen.**

**William:** **I've got something for you, Helen.**

***Burst of loud classical music (Beethoven's '5th Symphony')***

**Helen:** **William,** 听音乐是不错的，但是为什么**...**

***Burst of different classical music (Mendelssohn's 'Dance of the Clowns')***

**William:** **What do you think... nice music, huh?**

**Helen:** 听起来还可以，起伏挺大的。**So are we having a special musical edition today?**

**William:** **Well, yes we are! The BBC Proms start this Friday, remember?**

**Helen:** 是哦，差点忘了。**BBC proms BBC** 夏季逍遥音乐会是英国广播公司主办的古典音乐盛会。已经有超过**100**年的历史了。有很多音乐迷们会在夏季的两个月里每天排队争取买到**5**镑的门票。

**William:** **So, I thought we could have a music-themed programme. And our phrase this week relates to one instrument in particular...**

***Trumpet music solo***

**Helen:** **The trumpet?**

**William:** **Yes, do you know what it means to say someone 'blows his own trumpet'?**

**Helen:** **Yes.** 这个短语 **-** 吹响自己的喇叭，意思就是炫耀自己的成就，自吹自擂。

**William:** **Exactly. Let's listen to an example.**

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**Example**

***Woman:*** ***Who's going to be there tonight?***
***Man:*** ***I think Angela and Mark and that guy Martin…***
***Woman:*** ***Oh no, not Martin! He's such a bore. He's always blowing his own trumpet. Last time I saw him he went on and on about how he had been promoted twice in six weeks.***

**Helen:** 听起来这个短语是贬义的...

**William:** **Yeah, sometimes. But interestingly, it isn't always used in a negative way. Listen to this example. A woman is talking to her niece.**

**Example**

***Woman:*** ***I didn't know you'd come top in the class again! Why didn't you tell me? You really must start blowing your own trumpet a bit more!***

**Helen:** 刚才的这位女士告诉她的侄女她应该 **blow her own trumpet more** 需要给自己捧捧场。 因为她的侄女太低调了，在班级里又考了第一名，但是大家都不知道。

**William:** **English people sometimes use this phrase because they are embarrassed to talk about their achievements. Listen to this clip:**

**Example**

***Man:*** ***How's it going at your work nowadays?***
***Woman:*** ***Well, at the risk of blowing my own trumpet, it's going very well. In fact, I've just won an award!***

**Helen:** 这位女士回答 **"At the risk of blowing my own trumpet" –** 也就是，不好意思，听起来好像我在自吹自擂。

**William:** **Yeah. You know, I wonder whether we should blow our own trumpet a bit more, Helen. I mean here we are with a really popular website, bbcukchina.com…**

**Helen:** **…making lots of little programmes that are entertaining, fascinating and useful…**

**William:** **…and best of all, it's all free! Brilliant, huh?**

**Helen:** 好了好了，我想我们该停了， 再说下去，别人还以为我们是自恋狂呢。

**William:** **Yeah, OK. Well, let's have some of that nice music again to finish off. Bye!**

**Helen:** **Bye!**

***Music (Beethoven's '5th Symphony')***

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