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Neil

Hello and welcome to Authentic Real English. In this programme, we have an expression which you can use when you are under a lot of pressure. I'm Neil and joining me is Feifei.

Feifei

大家好。

Neil

Feifei, if you don't mind me saying, you're looking a little... informal today.

Feifei

Well it's true I wouldn't normally come into work in my beachwear. 但这还不是因为你跟我说天气会特别特别热吗? But you did warn me about the temperature.

Neil

The temperature? To be honest the temperature feels pretty normal in here today and... well, no one else is wearing a bikini.

Feifei

那你为什么给我发消息说 “Just to warn you, the heat is on” ?

Neil

Ahhh, I see. I meant that we've got to record and publish the programme by midday – so we're under pressure to get it done. The expression 'the heat is on' is not actually connected to the temperature... Sorry.

Feifei

Right. OK. Let's hear some examples while I wrap myself in a towel.

Examples

The deadline's tomorrow and we haven't even started! The heat's really on now.

The heat is on for United. If they don't win their last 5 matches they'll lose their place in the Premier League.

Feifei

原来，英语俚语表达“the heat is on”的意思是“开始一段既忙碌又充满压力的日子”，它着重强调不光要赶紧开始忙碌的工作，而且也会感到很大的压力。

Neil

Yes, and the heat might really be on for you now, Feifei.

Feifei

What do you mean?

Neil

Well, swimwear is against the office dress code. Look out! Here come the BBC fashion police.

Feifei

Quick – throw me my flip-flops and I'll run!

Neil

Off you go. Bye!