
BBC LEARNING ENGLISH

Authentic Real English 地道英语

A shock to the system

一件让人难以应对的事



- 关于台词的备注:
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Feifei

大家好，这里是 BBC 英语教学的《地道英语》节目。我是冯菲菲。

Rob

And hello, I'm Rob.

Feifei

Hey, Rob. How was your holiday?

Rob

Absolutely fantastic - a whole week sitting around, relaxing, doing nothing. Perfect!

Feifei

Rob 上周去度假放松，每天无所事事。It sounds great but why are you looking so grumpy today?

Rob

Well, it's my first day back at work and it's been a shock to the system.

Feifei

A shock? Did you get a shock? 你被电击了？

Rob

No, not something dangerous, like an electric shock. I mean experiencing a sudden and unpleasant change from what you've been used to. For me, it's a change from relaxing and doing nothing on the beach to suddenly being back in the office, sitting at my desk, working hard – with you!

Feifei

That does sound like a shock! 短语 “a shock to the system” 描述人们因遇到一个新的或不好的变化，感到不适应或难以对付。

Rob

Here are some other people who've experienced a shock to the system.

Examples

After such a long and hot summer, this cold weather has come as a shock to the system.

I hope they can fix my car quickly: walking to work has been a bit of a shock to the system.

My daughter has found starting secondary school a real shock to the system – she gets so much homework!

Feifei

这里是 BBC 英语教学的《地道英语》节目。本集节目里教给大家的短语是“a shock to the system”，它的意思是“因新的变化或不常见的事物，让人感到难以应对或不愉快”。So I guess your holiday is already a distant memory, Rob?

Rob

Yes, it is.

Feifei

All that relaxing and doing nothing, eh? But I'm still confused.

Rob

Why's that?

Feifei

'A shock to the system' is a sudden change – but you did the same thing on holiday as you do in the office – there's no change!

Rob

Very funny. But hold on. If that's what you think, I might as well wear these.

Feifei

Oh no. Swimming shorts and a hat! Please go and cover up.

Rob

OK. See ya.

Feifei

Bye-bye.