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# BBC LEARNING ENGLISH

## Authentic Real English 地道英语

### New normal 新常态

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- 关于台词的备注:  
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#### **Feifei**

大家好，欢迎收听 BBC 英语教学的“地道英语”节目。我是冯菲菲。

#### **Rob**

... and me, Rob. Hey, Feifei, this is all a bit weird, isn't it?

#### **Feifei**

你说什么有点奇怪？What do you mean?

#### **Rob**

Well, us not being in the same studio; you not being able to make me a cup of tea; us not going out for lunch. It's not...

#### **Feifei**

It's not normal! It's certainly different, Rob. But it's good to have some time apart, isn't it?

#### **Rob**

Uh... I don't know. It's not like it used to be. Things have changed.

#### **Feifei**

Well, Rob, this is the new normal. “The new normal”是一个新的英语表达，它的意思是在新冠肺炎疫情爆发期间和疫情结束后人们的生活方式。

#### **Rob**

Hmm... Does that mean I get some new examples as well?

#### **Feifei**

It does, and here they are...

## Examples

After lockdown, things won't be the same – we'll have to get used to a new normal.

Getting up at 6am and going for a run every day is my new normal – and it feels good!

The new normal means working from home more and not going into the office.

## Feifei

这里是 BBC 英语教学的“地道英语”节目。在这期节目中，我们一起学习“new normal”这个新表达的意思和用法。我们用“new normal”来描述新冠肺炎疫情爆发期间和之后人们的生活方式，也就是生活的新常态。Rob, I'm sure we'll get used to the new normal. Sometimes it's good to change our routine.

## Rob

Yeah, but I like my routine – go to the office, drink tea, eat biscuits, talk to you, go for lunch!

## Feifei

Maybe the 'new' normal will be good for your health and your work.

## Rob

Come on, Feifei. There must be something about the old normal you miss?

## Feifei

Let me have a think. Making you tea, listening to your stories, giving you *my* biscuits... Hmm, no. I think I'll get used to the new normal – and so should you, Rob.

## Rob

OK, Feifei, I'll give it a try. Look, I'd better go and do some work now.

## Feifei

Wow! That's not normal. That sound like a new Rob! Bye.

## Rob

Huh! Bye.