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**Feifei**

大家好，欢迎收听 BBC 英语教学的“地道英语”节目，我是菲菲。

**Neil**

And I'm Neil. Have you ever tried to avoid doing something because it looks unappealing, risky or even dangerous? Well, here is a phrase you can use to describe your actions – it's 'run for the hills'!

**Feifei**

Run for the hills. 这个表达的字面意思是“往山里跑，逃往山里”。

**Neil**

Don't take it literally – of course, this phrase is metaphorical – but the meaning is connected to avoiding a situation by a big distance. If you tell someone to run for the hills, you are warning them to keep away from the situation.

**Feifei**

Run for the hills. “Run for the hills”的意思是“由于不愿意做一件很无趣、需要冒险的，甚至是危险的事情而躲得远远的，溜之大吉”。动词“run”暗示“急忙、立马逃避一个危险或窘境”。

**Neil**

Yes, we're saying quickly avoid the situation, but it also means you are unwilling to do something. It's what I did when our boss said he was looking for a volunteer to do some extra filing – I ran for the hills!

**Feifei**

I did the same. And I ran for the hills when Julia suggested having lunch together – she's so boring!

**Neil**

Oh, yeah. A good example, Feifei – and here are some more.

**Examples**

When my friend suggested investing in his own company, I ran for the hills.

When our relationship became toxic, I ran for the hills!

Marco asked me to babysit for him. I ran for the hills!

**Feifei**

你正在收听的是 BBC 英语教学的“地道英语”节目。上面我们介绍了表达“run for the hills”的含义和用法。我们用“run for the hills”来表示“迅速逃离危险或因不愿意做某件事情而躲得远远的，逃之夭夭”。

**Neil**

It can be used when talking about a serious event like a natural disaster when you are warning people to evacuate, go somewhere safe and literally run for the hills. But in everyday use, it's informal and sometimes humorous.

**Feifei**

Like running for the hills to avoid having lunch with Julia! And I think we should run for the hills now, Neil.

**Neil**

Why's that?

**Feifei**

I can see the boss coming, and no doubt he'll want one of us to do that extra filing.

**Neil**

Oh, yeah. Let's run. Bye.

**Feifei**

Bye.