

BBC Learning English –Real English

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关于台词的备注:

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Real English: to chill out 休闲放松

- Jo: This is Real English from BBC Learning English. I'm Jo.
- Jean: And I'm Jean.
- Jo: Today we're going to look at words and phrases that have recently become part of the English language.
- Jean: 在我们的《地道英语》节目中，我们将学到一些现代英式英语的新词汇和新说法。
- Jo: Today's new word is 'to chill out'.
- Jean: Chill out. I don't think I've heard that one before. What does that mean?
- Jo: Well, to chill out is a very common expression in English nowadays. It means relax, calm down or take it easy.
- Jean: 噢，就是休闲放松、悠闲逍遥的意思吧？Is that the only way we use it, Jo?
- Jo: Well, there is another situation in which you might use it. If your friend was getting very stressed and anxious about something, you might tell them not to worry – just 'chill out'.
- Jean: 原来还有让人平静下来不要烦恼的意思。So, Jo, if my boss was getting stressed about me being late for work, I could tell him to 'chill out'?
- Jo: Well, I wouldn't use it with my boss or teacher! But you could say it to a friend.

Insert

- A: Do you fancy coming to the cinema tonight?
- B: No, I'm a bit tired. I think I'll just stay home and chill out.
- A: Oh no! I've got 3 essays to do by tomorrow, I forgot to pay my rent and I can't find my car keys! What am I going to do?
- B: Just chill out – it's not such a big problem!
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Jean: What do you do if you want to chill out, Jo?

Jo: Well, I like to read or listen to music. What about you Jean?

Jean: Hmm – well, I don't get a lot of time to chill out these days, but when I do, there's nothing better than a long, hot bath.

Jo: Very true! That helps me chill out too.

Jean: 好啦，让我们来回顾一下今天学到的新词吧 – to chill out – 就是放松松弛、平静不烦躁的意思。

Jo: Well, that's all for today. You've been listening to Real English from BBC Learning English. Join us again soon for more up-to-the-minute Real English. Bye.

Jean: See you next time.