

BBC Learning English –Real English

About this script

Please note that this is not a word for word transcript of the programme as broadcast. In the recording and editing process changes may have been made which may not be reflected here.

关于台词的备注:

请注意这不是广播节目的逐字稿件。本文稿可能没有体现录制、编辑过程中对节目做出的改变。

Real English: Veg out 休闲放松

John: This is Real English from BBC Learning English. I'm John.

Feifei: And I'm Feifei.

John: In Real English, we look at words and phrases that have recently become part of the English language.

Feifei: 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。

John: Today's new phrase is 'veg out'.

Feifei: Veg out? I don't think I've heard of that one before. What does it mean?

John: Well, to veg out is to relax and spend time doing very little.

Feifei: 原来,就是休闲放松,悠闲逍遥,什么也不做的意思吧?

John: Yes, so normally after a long day at work, you'd go home and just veg out. We can also use it to describe people who always try to relax and not do much at all.

Feifei: 我明白了, 'veg out' 除了可以表达在一天紧张的工作后回家休闲放松的意思之外,还可以用来形容那些一天到晚什么都不做,逍遥自在享受生活的人。 So it could be a bit negative?

John: It could be, but we don't often see people who just 'veg out' all the time.

Insert

A: What did you do last night after badminton?

B: Oh, I was exhausted by the time I got home, so I just vegged out.

A: What has James been doing?

B: Not much, he's just been vegging out.

John: So, what are you going to do tonight then Feifei?

Feifei: I don't know, I think I will probably just go home and veg out in front of the TV. What about you?

John: I'd love to go home and just veg out as well, but I've got to do the shopping.

Feifei: 好啦，让我们来回顾一下今天学到的新词吧 – **veg out** – 就是放松松弛、什么也不做。

John: 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 bye.

Feifei: See you next time.