

## BBC Learning English – Ask About Britain

### About this script

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### Recession 经济萧条

Helen: Hello. Welcome to another BBC Learning English programme. I'm Helen.

Li: 大家好我是杨莉。欢迎收听 **Ask About Britain**, 我们在这个节目当中专门回答大家提出的有关英国社会的各种提问。

Helen: Today our question is about the state of the economy in the UK.

Li: 经济 **economy**, 一位来自云南的听友向我们提出的问题是经济危机对英国人的消费影响如何?

Helen: Has the global economic crisis affected British people's spending habits at all?

Li: 代表类似经济危机的词组在英语里有很多, 比如 **financial crisis** 就是经济危机。

Helen: Or the credit crunch.

Li: 信贷紧缩 **credit crunch**.

Helen: Or economic downturn.

Li: 经济滑坡 **economic downturn**. 这些词的意思都很相似, 在新闻和报纸上经常出现。

Helen: So how have we changed the way we spend money in the past two years? Is the situation really bad for the British people? Let's ask the general public.

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*Absolutely. I think people are definitely spending less, we are now seeing more and more people, certainly personally people that I know are getting laid off from their jobs, and general speaking, people are just trying not to spend on luxuries or anything that they don't really have to.*

Li: 这位先生说他觉得大家花钱比以前可要谨慎多了。

Helen: We're more careful with our money; we're spending less money than before.

Li: 而且他说越来越多的人丢了工作。



- Helen: People have been laid off from work.
- Li: Laid off 就是被解雇，意思和 redundant 是一样的，不过更通俗一些。
- Helen: And generally speaking, people are not spending money on luxuries or anything that they don't really need.
- Li: 除了必需品之外，大家都注意不乱花钱了，不卖奢侈品 luxuries 或者不需要的东西。
- Helen: That's like me, I used to spend quite a lot of money on magazines, but now I've stopped buying them.
- Li: 你现在不买时装杂志了？
- Helen: No, I don't buy them any more. They're luxuries I can live without.
- Li: 那倒也是，你每月也能省十几镑钱呢。
- Helen: That's right. And people save money in many other ways.

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*I stopped buying luxuries from supermarkets. I'm going out an awful lot less, and just trying really not to spend where I don't have to. Particularly with cooking, I'm cooking more from scratch, rather than buying anything made up that's more expensive. And I'm certainly eating out less.*

- Li: 怎样节省日常生活开支是现在很多人都会考虑的。
- Helen: People are making savings on their trips to the supermarkets.
- Li: 是的，去超市买东西，更多的人会挑便宜一点的东西。
- Helen: People are going out less.
- Li: 外出 going out. 这也包括了出去会友，去酒吧，舞厅等等。
- Helen: And we're making the effort to cook at home, to cook from scratch. That means using fresh and raw ingredients.
- Li: Cooking from scratch 就是自己动手做饭，用新鲜的原材料 fresh and raw ingredients, 从头开始。
- Helen: This is usually much less expensive than buying food that's ready-made.
- Li: Ready-made 已经做好了。超市里有很多半成品 ready-made 或者是速食品 fast food, 价格当然比自己动手做要贵些。
- Helen: Dr Brassy knows a lot of people through his work and they've been telling him how the economic crisis has affected them.

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*A lot of shopkeepers are complaining. As I mentioned before lots of people are not going on holiday like they used to. A lot of people have been made unemployed, and one minute they're earning fantastically large salaries, sometimes quarter of a million pound a year plus, and overnight they can be sacked. And some of them go to psychology clinics or getting counselling, just to cope with the trauma of losing it.*

Li: 作为医生, Dr Brassy 会碰到来自社会各种群体的人。像他说的, 经济萧条让开小店的老板们唉声叹气。

Helen: Yes, the shopkeepers are complaining because people are not spending as much as they used to.

Li: 很多人也改变了旅行计划, 甚至取消外出度假。

Helen: People are making changes to their holiday plans, maybe taking holidays in the UK rather than going abroad to save money.

Li: Dr Brassy 说有些人精神负担太重, 得了心病, 需要寻求心理治疗 psychotherapy.

Helen: This is because some people have been made unemployed.

Li: 被解雇了 being made unemployed, 或者是被炒鱿鱼了 sacked. 想想有些高层管理人员以前拿的是 25 万英镑的年薪, 突然间 overnight, 一下子丢了饭碗。

Helen: It must really hard for them. These sudden changes in people's lives can be so stressful. Those who can't cope with the trauma have been offered the chance to go to psychology clinics.

Li: Trauma 沉痛的打击。很多人心理上承受不住生活中出现的突然变化, 所以需要去心理诊所 psychology clinics.

Helen: Or get counselling.

Li: 这里指心理指导, 帮助 counselling. 希望这些不幸失业的人可以重新面对现实, 有好的心态。

Helen: The UK has been hit very hard by the financial crisis. People are making changes to their lifestyle and everyone is hoping things will improve soon.

Li: 希望我们今天的节目让大家听到了当前英国的经济萧条对部分普通老百姓的影响。在我们的网站上还有更多的英语节目大家可以下载。

Helen: The website address is [www.bbcchina.com.cn](http://www.bbcchina.com.cn).

Li: 谢谢大家收听, 我们下次节目再见。

Helen: Bye bye.