

### About this script

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### 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。

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### Switching Off 忘掉工作 彻底放松

Li: 大家好,我是杨莉。Welcome to BBC Learning English. With me in the studio is my colleague Emily.

Emily: Hi there. Do you realize Li, that while we are working hard in the studio some people are on holiday right now? How I wish I could have a couple of weeks to completely switch off!

Li: To switch off 就是忘掉工作,彻底放松。It's interesting that you should say that, Emily. But what I find is that some people cannot switch off, even when they are on holiday.

Emily: Really? Isn't the British philosophy to work hard and play hard?

Li: A philosophy 哲理。Well, Emily, let's find out what people have to say about switching off.

Emily: The first one is columnist Amanda Platell.

Li: Columnist 专栏作家

### Insert

*But I cannot switch off, I just can't. And I seem to be getting worse and worse as I get older. And when I was first asked to think about this idea, I was sitting there with Radio 4, which I listen to as soon as I get up, that's the alarm, waiting for the political interview in the morning; I was writing my column; I had LBC on another radio on the desk because I was about to do an interview with them, trying to crib up on the story I was supposed to be talking about, and the phone rang, and I had a Spaghetti Bolognese cooking downstairs, because I was having 10 people to dinner that night. And I just thought, "This is insane, you know, I've lost my sense of balance I think!"*

Li: What a busy life!

Emily: What a hectic life!

Li: 她早上一睁眼就打开收音机,两个收音机,同时还在写稿,并且还开始为晚上来客人准备意大利面条。

Emily: Let's look at some words and expressions she used here. To get worse and worse.



Li: 越来越严重。

Emily: **Political interview.**

Li: 政治访谈节目。

Emily: **To crib up on a story.**

Li: 就某个故事或话题，了解更多内容。

Emily: **Spaghetti Bolognese.**

Li: 意大利面条和肉酱。

Emily: **Insane.**

Li: 疯了。

Emily: **To lose one's sense of balance.**

Li: 失去了平衡感。

Emily: **She also said that she can't switch off even when she's on holiday in a foreign country.**

### **Insert**

*Even when I am on holiday, the first thing I do is find the local newsagent that gets foreign newspapers and reserve the papers for the week ahead. I wouldn't go anywhere that didn't have a TV set, that had foreign, that had British news.*

Li: Amanda 说，她出国度假的第一件事就是找到当地出售外国报纸的商店，

Emily: **To find the local newsagent that gets foreign newspapers. When she's on holiday abroad she wants to read English newspapers.**

Li: 找到出售英文报纸的商店后， she就把一周的报纸都预定好。

Emily: **To reserve the papers for the week ahead. And she also wants to watch the British news on TV.**

Li: **Well, by comparison, two of my colleagues Kaz and John seem to be at the other end of the spectrum on the question of switching off. Spectrum 就是幅度，范围。**

Emily: **Here's Kaz. He has a holiday home in Greece.**

### **Insert**

*Switch off, that's something I can do really do easily, especially when I go on holiday to Greece. The blue sky, the blue sea, the warm sunshine and the lovely food just help me drift away. I forget all my worries. I have no computers, I have*



*nothing to think about, I don't even switch on the radio. There is certainly no television. And I just relax and float away.*

Li: Kaz 在希腊有自己的度假洋房，蓝天，大海，和煦的阳光和美味佳肴，多么令人心旷神怡！

Emily: All these help him to drift away, relax and float away.

Li: Drift away and float away 悠闲自在地享受大自然， relax 放松。

Emily: John also finds it easy to switch off completely.

### **Insert**

*I used to find it almost impossible to switch off. But as I've got older, the one thing that has got better in my life is that I am able to switch off. In fact even if I've had a stressful day at work, I am able to put away, put aside, memories of the working day when I get home and completely switch off. I have no problem at all with that. Even more so when I go on a holiday. Within the first two days I have almost forgotten everything about my life at home and life at work, so I can really switch off completely and immerse myself in what's going on around me during the holiday.*

Li: John 原来不会忘掉工作，现在他改变了。 He used to find it almost impossible to switch off.

Emily: But now he is able to switch off. He is able to put away, or put aside, memories of the working day when he goes home.

Li: To put aside or to put away 就是放到一边，搁置脑后。在度假的时候更是如此，他能够丝毫不考虑工作，而完全沉浸在假日环境中，沉浸就是...

Emily: Immerse. I also love to immerse myself in what's going on around me when on holiday. How about you Li?

Li: Well, I'm learning to switch off but quite often I find myself browsing the internet for our next programme.

Emily: Well, I think your effort has paid off today Li. We've had a good discussion on the topic you chose for today.

Li: Yes I agree. 怎么样，大家对今天的话题有何感想和体会？请随时给我们来信，我们的邮箱是

Emily: [chinaelt@bbc.co.uk](mailto:chinaelt@bbc.co.uk). Thanks for listening and see you next time.

Li: Bye bye.