

- 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。
- 请注意: 中文文字内容只提供簡體版

Jennifer: Hi Helen, what are you up to?

Helen: I can't talk now, I'm so busy. 我有很多事情要做。

Jennifer: You're always chained to the desk. You need a holiday.

Helen: 如果你总是在工作, 离不开你的办公桌, 那你就是 'chained to your desk'. I would like to go on holiday, but I haven't got enough time.

Jennifer: What you need is a mini break!

Helen: 短假期, 就是两到三天的小假期. A mini break. Great idea – and great phrase!

Jennifer: Here's how you use it:

If you want to sunbathe, you could go on a mini break to the Mediterranean.

How about a relaxing mini break at a spa to get away from it all – 出去休息休息, 散散心。

Or even better – what about a mini break in a city? Shopping in Paris, perhaps? But remember to bring plenty of spending money!

Helen: Spending money! 零花钱! 这可是个问题, 我一分钱都没有了。 I am broke. A mini break abroad is too expensive.

Jennifer: If you can't afford that, you could go on a staycation instead.

Helen: A staycation? 在本国内旅游, 不出国。

Jennifer: You *stay* in your own country. It's a lot cheaper that way.

Helen: A staycation it is then! Shall we go together? Shall we go somewhere where we can relax and where we can go shopping but not too expensive?

Jennifer: I know just the place we can stay... taxi!

A short drive later...

Jennifer: Well, here we are. Our staycation mini break starts right here!

Helen: 等等...这里看起来不就是我的家吗? This is my house!

Jennifer: That's right, it's relaxing, it's close to the shops and it's cheap! Come on, let's have a cup of tea.

Helen: OK!

Vocabulary 词汇:

chained to the desk	绑在办公桌上, 比喻工作狂
mini break	短假期
get away from it all	放下一切, 出去走走
staycation	在国内度假