

Basic Spoken English

基础英语口语

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Lesson 1: Pronunciation

25 Basic Consonants in British English

1. bar	[b]
2. car	[k]
3. China	[tʃ]
4. dog	[d]
5. far	[f]
6. Ghana	[g]
7. ha	[h]
8. jar	[dʒ]
9. Lima	[l]
10. ma	[m]
11. nah	[n]
12. singer	[ŋ]
13. finger	[ŋg]
14. pie	[p]
15. rye	[r]
16. s¹ -> sigh	[s]
17. s¹ -> pleasure	[ʒ]
18. shy	[ʃ]
19. tie	[t]
20. th¹->this	[ð]
21. th² ->thing	[θ]
22. vie	[v]
23. why	[w]
24. you	[j]
25. zoo	[z]

20 Basic Vowels in British English

1. ah!	an apple!	[æ]
2. aah!	my car!	[ɑ:]
3. oh!	a lot!	[ɒ]
4. ai!	I smile!	[aɪ]
5. ow!	ouch!	[aʊ]
6. eh!	get to bed!	[ɛ]
7. 'A!	no way!	[eɪ]
8. i!	a bit!	[ɪ]
9. 'E!	I'm free!	[i:]
10. or!	I thought!	[ɔ:]
11. oi!	my choice!	[ɔɪ]
12. 'O!	a goat!	[əʊ]
13. oo!	my foot!	[ʊ]
14. ew!	some goo!	[u:]
15. ire!	a fire!	[aɪə]
16. our!	an hour!	[aʊə]
17. air!	a bear!	[ɛ:]
18. ear!	my dear!	[ɪə]
19. err!	it's fur!	[ɜ:]
20. uh!	a skull!	[ʌ]

Useful Sentences

How do you pronounce this word? 这个词怎么发音?

How do you spell this word? 这个词怎么拼写?

How do you say *hongbao* in English? “红包”用英语怎么说?

What does skull mean? skull 是什么意思?

Lesson 2: Striking up a conversation

A: I love your coat. Where did you get it?

B: Thanks. I bought it at a shop across the road.

A: It looks really cool. So, what do you do?

B: I'm studying my Master's degree here.

A: Oh, in what?

B: In Chinese literature. What do you study?

A: I'm doing my undergrad in Chinese literature as well. Maybe we could hang out sometime and exchange notes.

B: Sure. What's your phone number?

A: Just a sec. I'll add you to my phone.

B: My number is 131 452 679.

A: OK. I'll send you a text. There you go. You got it?

B: Yep. Thanks. I'll add you now. Sorry, I didn't catch your name?

A: My name's Geoff. And yours?

B: I'm Marilyn. Nice to meet you.

A: You too.

B: Well, I gotta run. I'm late for class.

A: OK. See ya!

B: Bye for now.

Vocabulary

1. strike up a conversation (with sb): (跟某人) 搭讪
2. across the road: 在马路对面
3. cool: 酷毙了
4. what do you do? 你做什么工作的?
5. Master's degree: 硕士学位
6. cool: 好啊
7. undergrad(uate): 本科
8. major in: 主修
注: major 也可以做名词, 例如 My major is accounting (我的专业是会计)
9. literature: 文学
10. me too: 我也是
11. hang out (=spend time with someone enjoying oneself): 跟某人一起聚聚、玩耍、闲逛等
12. sometime: 某时
注: We could hang out sometime 或 Let's hang out sometime 可以翻译成“我们下次再聚吧”。
13. exchange: 交换
14. notes: 笔记; 记录
15. just a sec (=one moment please): 稍等一下
16. send sb a text: 发给某人短信
17. there you go: 给你
18. I didn't catch your name: 你怎么称呼?
19. nice to meet you: 很高兴认识你
20. I gotta run: 我先走了
21. sb is late for sth: 某个人某个活动迟到了
22. see ya: 拜拜
23. bye for now: 再见

Lesson 3: Making a hotel reservation

A: Good morning, Grand Hyatt, how may I help you?

B: Hi there. I was just wondering whether you have any vacant rooms on Saturday?

A: How many nights would you like to stay?

B: Three nights.

A: Just a moment, I'll check. We have one standard room available, single bed.

B: Are there any double beds available?

A: We can change it to a double bed for you, no problem.

B: How much is it?

A: That comes to 55 pounds a night, including breakfast.

B: Does that include Wifi?

A: Yes, it does.

B: OK. Could you please hold that room for me?

A: Certainly. Could I get your name and contact number?

B: Sure. My name is Jim. My mobile number is 125 659 812.

A: OK. Your reservation is complete: a standard room, checking in on Saturday the first, checking out on Tuesday the fourth.

B: How much is that altogether?

A: Altogether that comes to 165 pounds.

B: Thanks for that.

A: You're welcome. Look forward to seeing you on Saturday.

B: OK. Take care.

Vocabulary

1. reservation: 预定

注: reservation 的动词是 reserve, 例如 I'd like to reserve a table for two for two o'clock today. (我想预定一个两个人的桌位, 两点用餐)

2. how may I help you: 我能怎么帮助你?

3. hi there: 哈罗

4. I was just wondering... 我想了解一下...

5. whether: 是否

6. vacant room: 空房

7. would: would 表示可能出现的情况的结果, 例如 I would have gone, but it was raining. (我本来想去, 但下雨了)

8. like: 想(要)

注: like 也有“喜欢”的意思, 例如 I like this hotel. (我喜欢这家宾馆。)

9. stay: 住

注: stay 和 live 不一样, stay 表示暂时的居住, 例如住在某家宾馆里, 而 live 表示长期居住, 例如住在某个城市里。

10. just a moment (just a sec): 稍等一下

11. standard room: 标准房

12. single bed: 单人床

13. could I...? 我可不可以...?

14. available: available 表示某个东西存在, 可以用, 它没有中文对应。

注: available 也有“有空”的意思, 例如 I'm available on Tuesday. (我周二有空)

15. double bed: 双人床

16. how much is it? 多少钱?

17. that comes to: 一共

18. pounds: 英镑

19. Wifi: 无线网络

20. hold sth for sb: 帮某人把某东西暂留

21. certainly: 当然, 没问题

22. contact number: 联系电话

23. mobile: 手机

注: 英国英语是 mobile phone, 美国英语是 cell phone。

24. check in: 登记

注: check in 也可以用在飞机场里, 例如 Please check in at least an hour before your flight. (请在起飞前一小时办理登机手续)

25. check out: 退房

注: check out 也可以用在超市里, 例如 I'm done shopping, so I'll go check out now. (我已经买完了, 那我先去结账)

26. altogether: 一共

27. look forward to sth: 期待某事

注: “期待”不应该翻译成 expect, 一般 expect 有“预料”的意思, 例如 I expect it'll rain today 的意思不是“我很期待今天下雨”而是“我觉得今天会下雨。”

28. take care: 保重

Lesson 4: Making a call to a friend

A: Hello, this is Dave speaking.

B: Hey, it's Emily.

A: Oh, hey. Sorry, I didn't recognise your voice. How's it going?

B: Pretty good. Yourself?

A: Not too bad.

B: What are you up to?

A: I'm just studying. How about you?

B: I'm getting ready to go out.

A: Where are you going?

B: Sarah is having a get-together tonight. You wanna come?

A: Sorry, I don't think I can make it. I'm in the middle of an assignment, and it's due tomorrow.

B: Ah, OK. No worries. I'll leave you to it.

A: Thanks. Let's catch up another day, OK?

B: Sure. I'll tell Sarah you said hi.

A: Cheers for that. By the way, how did you do on the test yesterday?

B: I did OK. How about you?

A: Not too good. I guess I didn't do enough revision beforehand.

B: That's too bad. Well, I'll let you go then.

A: OK. See ya.

B: Bye.

Vocabulary

1. Hello, this is...speaking: 你好，我是…
2. Hey, it's... 喂，我是…
注：千万别说 I am...!
3. recognise: 认出
注：recognise 也有承认、认识到、认可的意思，例如 His hard work was not recognised by his boss. (他的老板不赏识他的劳苦功高。)
4. voice: 声音
注：voice 和 sound 都可以翻译成“声音”，但两个词在英语中有区别，前者指的是人声，而后者指的是声响。
5. How's it going? 你最近怎么样？
6. pretty: pretty 是副词，表示“很、挺、蛮、相当”的意思。
7. yourself? 你呢？
注：虽然说 how about you? 比较正确，但很多人也经常说 yourself?
8. not too bad: 还好
9. up to (=doing): 做，干
10. get-together (=party): 派对，聚会
注：get together 也可以作动词，有 meet 的意思，例如 Do you wanna get together on the 15th? (咱们 15 号见，好吗?)
11. wanna (=want to): 想 (要)
12. make: make 有很多不同的意思，I don't think I can make it 的意思是说“我应该来不了。”
13. in the middle of sth: 正在做某事
14. due: due 有很多的意思，it's due tomorrow 的意思是“这份作业最迟明天就得交”，即是 the due date is tomorrow, “截止日期是明天。”
15. no worries (=no problem): 没问题
16. leave: leave 有很多的意思，I'll leave you to it 的意思说“你先忙你的吧”。
17. catch up with sb: 跟某人见个面，碰个头
注：catch up 也有“跟得上”的意思，例如 I have to catch up on some homework, I left it to the last minute. (我有作业要赶，临时抱佛脚)，还有 I stopped and waited for Sally to catch up to me. (我停下来，等着莎莉追上我)
18. say hi: 打个招呼
19. cheers: 谢谢
注：cheers 也有“干杯”的意思。
20. by the way: 顺便问一下，对了
21. how did you go with/on sth: 可以用这句话来问对方对某事的进展或结果，例如 How did you go with the assignment? (你的作业写得怎么样?) 或 How did you go on the test? (你考得怎么样?)
22. not too good: 不太好
23. guess: 估计

- 注: guess 也有猜测的意思, 例如 Guess how old I am. (你猜我多大。)
24. revision: 复习, 温习
注: revision 是名词, 它的形容词是 revise, 例如 Don't forget to revise everything you've learnt this week. (别忘了复习这周学的所有内容。)
25. beforehand: 提前, 事先, 预先
26. that's too bad (=it's a shame): 太可惜了
27. let sb go: 说拜拜, 先挂电话
注: let sb go 也有解雇的意思, 例如 The company has let him go. (公司已经解雇了他)

Lesson 5: Asking for directions

- A: Excuse me. Do you know where the nearest bus stop is?
B: Yeah. Go straight ahead. After you get to the intersection, turn right. It's just past the bank, next to the bakery.
A: Thanks. Do you have the time?
B: It's a quarter past five.
A: Cheers. I'm in a rush. I have to get to a conference.
B: What time is your conference?
A: Five thirty. I hope I can make it.
B: Where is it being held?
A: It's at the Town Hall.
B: You should be able to make it. That bus goes directly to the city centre.
A: That's a relief. Well, I better run then. Thanks again for your help.
B: No worries. Good luck.

Vocabulary

- excuse me: 请问一下
注: 看情况, excuse me 也有很多其他的意思, 例如 Excuse me, could you repeat that? (请再说一遍)、Excuse me, coming through (借过)、Please excuse me for my behaviour (对不起, 请原谅我)
- do you know where...is? 你知道...在哪里吗?
- go straight ahead: 一直往前走
注: 跟 go ahead 不一样, go ahead 有“请便”的意思。
- intersection: 十字路口
- turn right: 向右转
- just past the bank: 经过那个银行
- next to the bakery: 在面包店旁边
- do you have the time? (=what time is it?): 现在几点了?
- a quarter past five (=5:15): 五点十五分
- sb is in a rush: 某人赶时间
- conference: 讨论会
- make: make 有很多意思, I hope I can make it 里面的 make 是及物动词, 意思是“来得及”。

13. hold: hold 有很多意思, 在 Where is it being held?这句话里面, 它有“举行”的意思。
14. Town Hall: 大会堂
15. that's a relief: 那我松了一口气
16. I better run then: 我得走了
17. thanks again: 再次说谢谢
18. no worries: 不用谢
19. good luck: 祝你好运

Lesson 6: Dining out Part 1

A: I'm starving. You wanna get a bite to eat?

B: Sure. What do you feel like?

A: Up to you.

B: How about pizza?

A: Sure. I know the perfect place. It's just down the road, I'll show you.

B: OK. Wow, that place looks cool.

A: It does, doesn't it? Hang on, I'll grab a waiter. Excuse me? Table for two please. Thank you.

A: Everything looks so good. Are you ready to order?

B: Yeah. Hi, can we order now? You go first.

A: OK. I'll get the Caesar salad and a Diet Coke.

B: And I'll get the steak, medium rare, with chips, no salt please. And a lemonade.

A: I'm just gonna go to the toilet. I'll be right back.

B: OK, see you in a minute.

Vocabulary

1. dine out: 在外面吃饭
注: 千万别说 eat outside!
2. starving: 饿死
3. wanna (=want to): (想) 要
4. get a bite to eat (=grab a bite): 随便吃点东西
5. up to you: 随你便
6. how about... …怎么样?
7. I know the perfect place: 我知道一个超级棒的地方
8. down the road: 附近
9. show sb sth: 给某人看某东西
10. cool: 很好, 很棒
11. hang on: 稍等一下
grab: 一般 grab 有拿着的意思, 但在 I'll grab a waiter 这句话里, grab 有“叫”的意思。
12. excuse me: 劳驾
13. table for two: 一张两人桌
14. order: 点菜

15. you go first: 你先
16. Caesar salad: 凯撒色拉
17. Diet Coke: 无糖可乐
18. steak: 牛排
19. medium rare: 三分熟的
20. chips: 薯条
注: chips 也有薯片的意思, 有时候本地人会说 hot chips (薯条) 和 potato chips/crisps (薯片) 来避免误会。
21. no salt please: 请不要放盐
22. lemonade: 柠檬水
23. that's all thanks: 就这些, 谢谢
24. I'm just gonna... 我要...
25. go to the toilet: 上个厕所
注: 英式英语是 go to the toilet 或 go to the loo, 美式英语是 go to the bathroom 或 go to the restroom。
26. I'll be right back: 我马上回来
注: 在网上很多网友把 be right back 打成缩写 brb, be back later 打成缩写 bbl。

Lesson 7: Dining out Part 2

- A: Mmm, it looks really good.
B: What do you think of the food in here?
A: I like it. I think it's really authentic.
B: Yeah, it is, isn't it? I like the décor as well.
A: Are you finished already? So quick!
B: I guess I'm a fast eater.
A: Are you full?
B: Yeah, I'm full.
A: Shall we get the bill?
B: You're not done yet though, are you?
A: Pretty much. I'm not that hungry.
B: OK, let's go then. Hi, excuse me, could we get the bill? Thanks.
A: How much is it? Can we split the bill?
B: Don't worry about it. It's my shout this time.
A: You don't have to do that.
B: It's my pleasure.

Vocabulary

1. what do you think of... 你觉得...怎么样?
2. authentic: 正宗的
3. décor: (房子或室内的) 装饰布局, 装潢风格
注: décor 的正确发音是 deɪkɔː。
4. full: 吃饱了
5. shall we... 咱们...好吗?

6. pretty much: 差不多
7. not that: 没那么
8. let's go: 走吧
9. could we get the bill? 请买单
10. how much is it? 多少钱?
11. split the bill: 平摊, AA 制
12. don't worry about it: 不用
13. it's my shout this time: 这次我请客
14. you don't have to do that: 没必要 (这么做)
15. it's my pleasure: 这是我的荣幸

Lesson 8: Asking a favour

A: Hi, Sam? Are you there?

B: Yeah, I'm here.

A: Do you have anything on now?

B: No, why?

A: Could you do me a favour?

B: Sure. What's up?

A: It's raining. Can I borrow your umbrella?

B: Sorry, my umbrella's broken. I'll ask my roommate, see if he has one. Just a sec.

A: Thanks.

B: There you go.

A: Thanks. Oh, there's something else.

B: What's that?

A: I missed this morning's class. Could you email me the class notes?

B: Sure, no problem.

A: Thank you so much, I really appreciate it.

B: Any time.

A: If there is anything I can do to return the favour, please let me know.

B: OK. No worries.

Vocabulary

1. are you there? 你在吗?

2. I'm here: 我在

3. sb has sth on: 某人有事

4. could you do me a favour? 你能帮我个忙吗?

5. what's up? 什么事?

注: what's up 也有“你在干嘛呢?”或“怎么了?”的意思,取决于情况。

6. borrow: 借用

注: borrow 和 lend 不一样, borrow 可以说 borrow sth from sb (从某人那里借东西), 而 lend 可以说 lend sb sth (借给某人某东西), 例如: Bob borrowed \$30 from Mary. In other words, Mary lent Bob \$30 dollars. (鲍勃从玛丽那里借了三十。换句话说, 玛丽借了鲍勃 30 美元。)

7. umbrella: 雨伞

8. broken: 坏了
注：“坏了”不能在每个情况都翻译成 broken，例如，“我的车坏了”应该翻译成 My car has broken down，而“肉坏了”应该翻译成 The meat has gone off.
9. roommate: 室友；同屋
注：“室友”也可以翻译成 housemate。
10. just a sec: 稍等一下
11. there you go (=here you are): 给你
12. there's something else: 还有一件事
13. miss: miss 有很多意思，例如在 I miss you 这句话里它有“想念”的意思，而在 I missed this morning's class 里，miss 有“错过”的意思。
14. email sb sth: 把邮件发到某人的电子邮箱里
15. class notes: 上课笔记
16. no problem: 没问题
17. I really appreciate it: 非常感谢
注：在这句话里，it 是不可去掉的，因为 appreciate 是及物动词。说 I really appreciate what you've done for me 也可以，意思是“真的很感谢你为我做的一切。”
18. any time (=you're welcome): 不客气
19. return the favour: 帮某人忙
20. let sb know sth: 让某人知道某事

Lesson 9: Catching up with an old friend

A: Hi. How's it going? Long time no see.

B: It's been a while, hasn't it? What's new?

A: Not much. Just been busy with schoolwork. You?

B: Same old same old.

A: Did you go to Sarah's party last night?

B: No, I had something on. Did you?

A: Yeah, I went.

B: Did you have a good time?

A: Yeah, it was really good to catch up with everyone. It's a shame you couldn't make it.

B: My boss made me work overtime.

A: Oh, that really sucks.

B: I can't complain. They gave me a promotion last week.

A: Congratulations.

B: Thanks. But, the thing is, now they expect me to work even harder. Usually I don't get home until 8 or 9 pm.

A: You must be pretty exhausted. You should look after yourself.

B: Thanks, I will. Did you wanna grab a bite?

A: Sure. Are there any restaurants here you can recommend?

B: I know a few. Let's go.

Vocabulary

1. how's it going? (=how are you?): 你怎么样?
2. long time no see: 好久不见
3. what's new? 有什么新闻 (新鲜事) ?
4. not much: 没啥
5. sb is busy with sth: 某人忙着某事
6. schoolwork: 功课
7. same old same old: 老样子
8. party: 排队, 聚会
9. sb has something on: 某人有事
10. sb has a good time: 某人玩得很开心
11. it's a shame (=that's too bad): 真可惜
12. work overtime: 加班
13. that really sucks: 真倒霉
注: sucks 也有“差劲”的意思, 例如 That movie really sucks. (那部电影太烂了)
14. complain: 抱怨
注: complain 也有“投诉”的意思, 例如 I would like to complain about the service I received at your restaurant (我想投诉我在你餐厅得到的服务), 也可以说 I would like to make a complaint..., 意思是一样的。
15. give sb a promotion: 升某人职
16. congratulations: 恭喜恭喜
17. the thing is... 问题是...
18. expect sb to do sth: 期望某人做某事
19. work hard: 努力工作, 用功, 操劳
20. exhausted: 累死了
21. look after oneself: 照顾好自己

Lesson 10: Visiting a sick friend

A: Hi.

B: Hey, what are you doing here?

A: I heard you were sick, so thought I'd come visit you. How are you feeling?

B: Not too good. I think I've come down with something.

A: Did you catch a cold?

B: Yeah, I think so. I feel really unwell, and I can't stop coughing.

A: Have you taken any medicine?

B: Yeah, I took some cold and flu tablets.

A: Good. I made you some chicken soup. Here, have some, it'll make you feel better.

B: Thank you so much. You're so thoughtful.

A: Make sure you have plenty of rest, OK?

B: OK, will do.

A: I better run now. Get well soon!

B: Thanks. I feel better already.

A: See ya.

B: Ciao.

Vocabulary

1. how are you feeling? 你感觉怎么样?
2. come down with something: 生病了
3. catch a cold: 感冒
4. feel unwell: 感觉身体不舒服
5. can't stop doing sth: 做某事根本停不下来
6. cough: 咳嗽
7. take medicine: 吃药, 服药
注: 千万不要说 eat medicine!
8. flu (=the flu; influenza): 流感
9. tablet: 药片
10. chicken soup: 鸡汤
11. have some soup: 喝汤
注: 千万不要说 drink soup!
12. thoughtful (=considerate): 想得很周到, 体贴
注: 也可以说 considerate, 正确的发音是 kən'sɪd(ə)rət, 跟 thoughtful 有一样的意思。
13. make sure you get plenty of rest: 好好休息
14. will do: 好的 (我会这么做)
15. ciao: 拜拜
注: ciao 来自意大利语, 但在英语里很常用, 正确的发音是 tʃaʊ。

Lesson 11: Late for a meeting

A: Hey, can you tell Richard I'll be late for the meeting at 10?

B: Sorry, what was that? The line keeps cutting out.

A: I said, can you tell Richard I'll be late for the meeting at 10?

B: Sure. How come?

A: I'm stuck in traffic.

B: How late will you be?

A: I'll be about ten minutes late. 15 at the most.

B: OK. I'll pass the message on. He won't be happy though.

A: I know. But there's not much I can do about it.

B: You still there? I just spoke to Richard. He said no rush, take your time. He still has a few errands to run anyway.

A: Oh, that's a relief. I thought he might be mad.

B: He seems OK. Are you ready to give your presentation later?

A: Yeah. I stayed up all night getting it done.

B: Oh, is that why you're late?

A: OK. I confess. I overslept, and forgot to set my alarm.

B: Haha, OK. See you when you get here then.

A: Sure. See you soon.

B: Bye.

Vocabulary

1. sb is late for sth: 某个人某个活动迟到了
2. what was that: 你说什么?
3. the line keeps cutting out: 信号老是断
4. how come? (=why?): 为什么?
5. stuck in traffic: 在路上堵着
6. I'll be ten minutes late: 迟到十分钟
注: 千万不要说 I'll be late for ten minutes!
7. at the most: 最多
8. pass a message on to sb: 带话给某人
9. though: though 一般有“虽然”的意思, 但把 though 放在句子后边的话, 它有“可是”的意思。
10. there's not much I can do about it: 我没有办法
11. no rush: 不急
12. take your time: 慢慢来
13. sb has errands to run: 某人有些事要办
14. give a presentation: 演讲展示
15. stay up all night: 一晚不睡, 熬夜
16. get sth done (=get sth finished): 把某事做完, 搞定
17. I confess: 我承认, 说实话
18. oversleep: 睡过头
19. set one's alarm: 定闹铃
20. see you soon: 一会儿见

Lesson 12: Returning an item to a shop

A: How can I help you?

B: I'd like to return this top.

A: Do you have the receipt?

B: Yeah, here it is.

A: I'm sorry. This top was on sale. We don't give refunds for sale items. You can exchange it for something else though if you want.

B: Do you have this top in a larger size?

A: No, I'm afraid we're all sold out.

B: Never mind then. Thanks anyway.

A: You're welcome. Sorry about that. Is there anything else I can help you with today?

B: No thanks.

A: Have a nice day.

B: You too.

Vocabulary

1. return an item to a shop: 把一件东西退回给商店, 退货
2. how can I help you? 我能怎么帮助你?
3. top: top 有很多意思, 在这里它有“上衣”的意思。
4. receipt: 发票, 收据
注: receipt 的正确发音是 rɪ'si:t, p 是静音。
5. sth is on sale: 某东西在打折
6. refund: 退款
7. exchange sth for sth else: 把一个商品换成另外一个商品
8. have sth in a larger size: 有大一点的号码
9. sold out: 卖完了
10. never mind: 没事
11. have a nice day (=take care): 走好

Lesson 13: A visit from an old friend

A: Hey! It's so good to see you. Please come in. Make yourself at home.

B: Thanks. How have you been?

A: Pretty good, yourself?

B: Busy. Good, but busy.

A: I can imagine. I heard you got a promotion. Congrats!

B: Yeah, I'm pretty thrilled.

A: Can I get you something to drink? Juice? Water? Cuppa tea?

B: A cuppa would be great. Milk, two sugars, cheers.

A: No worries. You want something to eat? I've got some biscuits.

B: That's OK. I'm on a diet.

A: No way! But you're so skinny.

B: I still want to lose a few pounds.

A: I think you look great just the way you are now.

B: Thanks. Oh, is that the time? I better get going.

A: Oh, do you have something on?

B: Yeah, I forgot I have a commitment at ten o'clock. Sorry.

A: That's OK. I'll walk you to the bus stop.

B: You don't have to do that.

A: No, please, it's nothing.

B: All right. Thanks. I'll just grab my coat and then we'll head out.

Vocabulary

1. come in: 进来
2. make yourself at home: 请你自便, 请不要客气
3. how have you been? 你最近怎么样?
4. pretty good, yourself? 挺好的, 你呢?
5. imagine: 想像
注: imagine 的正确发音是ɪ'mædʒɪn, 而不是'ɪmɪdʒ!

6. promotion: 提升
注: promotion (动词: promote) 还有其他的意思, 例如“促进” (the promotion of economic development, 促进经济发展) 和“宣传” (the promotion of a new product, 新产品的宣传)。
7. congrats (=congratulations): 恭喜恭喜
8. thrilled (=excited): 兴奋
9. cuppa (=cup of tea or coffee): 一杯茶或咖啡
注: cuppa 这个词只在英式英语里面使用。
10. biscuit: 饼干
注: 美国人用 cookie 这个词来表达“饼干”的意思。
11. on a diet: 节食
12. no way: 不会吧
注: no way 也有“绝不”的意思, 例如 There's no way they can repay such a big debt. (他们根本还不了这么一大笔债)
13. skinny: 瘦的
14. lose a few pounds (=lose weight): 减肥
15. just the way you are: 你现在的样子
16. is that the time? 都这么晚了吗?
17. I better get going: 我得走了
18. sb has sth on: 某人有事
19. commitment (=something to do/an engagement): 安排, 事情
注: commitment 也有“承诺”的意思, 例如 I cannot make a commitment at this point in time. (我现在无法做出承诺)
20. sb walks sb (to a place): 某人送某人 (到某个地方)
21. have to: 必须, 有必要
22. it's nothing: 没什么
23. grab: 拿
24. head out: 出去

Lesson 14: Discussing a crush

A: Guess what.

B: What?

A: I've got a crush on someone.

B: Who?

A: Sam.

B: No way!

A: Way!

B: What are you going to do about it?

A: I dunno. Do you know if Sam is single or not?

B: I'll have to get back to you on that one.

A: What do you mean?

B: Well, I can found out for you.

A: Look, if Sam's taken, forget about it. I don't want to get in the middle of something.

B: Sure, of course, I understand. But there's no harm asking.

A: True. Keep me posted.

Vocabulary

1. guess what? 知道么
注: guess what? 常常用于句首来引出想说的话或事情, 跟 you know what 的意思一样。
2. sb has a crush on sb: 某人暗恋某人
3. no way: 不会吧
4. way: 就是啊
5. dunno (=don't know): 不知道
6. single: 单身
7. get back to sb (on sth): (关于某事) 晚点跟某人回话
8. what do you mean? 什么意思?
9. find out (sth) for sb: 帮某人了解(情况)
10. taken: 有主儿
11. forget about it: 不用管
12. get in the middle of sth: 夹在中间(插一腿)
13. there's no harm in doing sth: 做某事没有坏处
14. keep sb posted: 有进展的话, 让某人知道

Lesson 15: Asking someone out on a date

A: Hi Sam.

B: Hi Lee. How are you?

A: Not bad. Yourself?

B: Pretty good. What's been happening?

A: Just got off work. I'm on my way home now. You?

B: I'm at home. About to do some chores.

A: What are you up to on the weekend?

B: Nothing special. Why?

A: Did you wanna hang out sometime?

B: What did you have in mind?

A: How about we see a film?

B: Which one did you wanna see?

A: How about the new Batman film?

B: Sure, sounds like fun.

A: Saturday or Sunday, which day is more convenient for you?

B: I gotta work on Saturday. I'm free all day Sunday though.

A: Sunday it is then. Would Sunday evening work for you?

B: Yep, no problem.

A: Cool. Give me a sec, I'll just check the cinema times on my phone.

B: OK.

Vocabulary

1. how are you? 你怎么样?
2. not bad: 很好
3. yourself? (=you?): 你呢?
4. pretty good: 挺好的
5. what's been happening? 最近有什么新闻吗?
6. get off work: 下班
注: 它的反义词 (“上班”) 是 go to work 或 start work.
7. on one's way home: 在回家的路上
8. about to do sth: 刚要做某事
9. chore (=housework): 家务
注: chore 还有 “枯燥乏味的活儿, 琐事” 的意思, 例如 Washing dishes is a chore. (洗完不是个好活儿)
10. up to (=doing): 干, 做
11. nothing special: 没什么特别
12. have sth in mind: 想到某事
13. how about...? ...怎么样?
注: “怎么样” 不能在每个情况下都翻译成 how about, 例如 “北京天气怎么样?” 只能翻译成 What is Beijing's weather like? 才对。
14. sounds like fun: 听起来很好玩儿的样子
15. sth is convenient for sb: 某事对某人很方便
16. Sunday it is then: 那就周天吧
17. would...work for you? ...方便吗?
18. give me a sec: 稍等一下
19. cinema: 电影院
注: 说 (go to the) cinemas 也可以。
20. check: 检查

Lesson 16: Going out on a date

A: What did you think of the film?

B: I thought the special effects were cool, but the acting was pretty lousy. What did you reckon?

A: To be honest, it was better than I was expecting.

B: Thanks for asking me out. I had a great time.

A: Me too. Do you like Thai food? There's a great little Thai place down the road if you wanted to get something to eat?

B: I'd love to, but can we take a rain check? I gotta head home. My mum needs me to help her with a few things.

A: Sure, no worries. Do you need a lift home?

B: That's OK. My car is parked here.

A: All right. Keep in touch, OK?

B: Of course. Have a good night.

A: You too.

B: See ya.

Vocabulary

1. what did you think of...? 你觉得...怎么样?
2. special effects: 特效
3. acting: 演技
4. lousy: 烂的, 差劲的
5. reckon (=think): 觉得
6. to be honest: 说实话
7. sth is better than one expects: 某事比自己预想得更好
8. ask sb out: 约某人
9. have a great time: 玩得很开心
10. me too: 我也是
11. Thai: 泰国
12. place: place 有很多的意思, 在 a great little Thai place 里面, place 有“餐厅”的意思。
13. down the road: 附近
14. get something to eat: 吃东西
15. take a rain check: 改天再说
16. gotta (=got to): 要, 必须得
17. head home (=go home): 回家
18. help sb with sth: 帮某人个忙
19. lift: lift 有很多意思, 在 do you need a lift home 里, lift 有“送某人回家”的意思, 也可以说 give sb a lift home (送某人回家)
20. park: 停车
注: park 作名词的时候有“公园”(例如 a public park) 或“乐园”(例如 an amusement park) 的意思。
21. keep in touch (with sb): (跟某人) 保持联系
注: 还可以说 get in touch with sb (跟某人联系)

Lesson 17: Encounter with a nosy stranger

A: Hey there. I've just moved to the area. Any tips on fun things to do over the weekend?

B: I dunno. I'm a tourist as well.

A: Where are you from?

B: London.

A: So you're British. I like Brits. So, do you wanna go out for a coffee with me?

B: Sorry, I have something on.

A: How about tonight? How about we catch a film?

B: I don't feel like it

A: Are you single?

B: Don't be so nosy.

A: Do you have a boyfriend?

B: It's really none of your business.

A: That's harsh. Can I add you on Facebook?

B: I'm sorry, but I have to go.

Vocabulary

1. move: move 有很多意思, 在 I've just moved to the area 里, move 有“搬家”的意思。
2. tip (=suggestion/recommendation): 建议
注: tip、suggestion 和 recommendation 都是可数名词, 所以一般来说必须加 a 或 the, 或者用复数形式 (tips、suggestions、recommendations) 也可以, 而虽然这些词的意思跟 advice 和 feedback 很相似, 但 advice 和 feedback 是不可数名词, 所以不能加 s。
3. dunno (=don't know): 不知道
4. tourist: 游客
5. London: 伦敦
6. British: 英国
7. Brit: 英国人
8. sb has sth on: 某人有事
9. catch a film: 看个电影
10. I don't feel like it: 不想要, 我懒得去做
11. single: 单身
12. nosy: 爱管闲事的
13. boyfriend: 男朋友
14. none of sb's business: 不关某人的事
15. harsh (=mean): 刻薄的
16. add sb on Facebook: 加某人的脸书

Lesson 18: Ringing to change an appointment time

A: Good morning, Bay Medical Centre, thanks for holding. How can I help you?

B: Good morning, this is Kelly Smith. Could I please speak to Dr Davis?

A: I'm afraid he's not in at the moment. Would you like to leave a message?

B: No, that's OK. When should I call him back?

A: He's on lunch break at the moment. Perhaps you could try again in half an hour or so.

B: Yes, of course. Thankyou very much.

A: You're very welcome. Was there anything I could help you with?

B: I was just wondering whether I could postpone my appointment until Friday next week.

A: Certainly. I can arrange that for you. Could you please confirm your name and date of birth for me?

B: First name, Kelly. Surname, Smith. 1 March 1990.

A: Ah, yes, let me see. We have an opening on Friday 3:45pm, how does that sound?

B: That would be perfect.

A: All right. That's all booked in. We'll see you Friday afternoon then.

B: Thank you very much. Bye for now.

Vocabulary

1. good morning: 早上好
2. thanks for holding: 谢谢你的等候
3. how can I help you? 我能怎么帮助你?
4. this is... 我是...
千万不要说 I am...
5. Could I please speak to... 我能和...通话吗?
6. afraid: 恐怕
注: afraid 还有害怕的意思, 例如 I'm afraid of spiders (我害怕蜘蛛)
7. not in (=not here): 不在
8. at the moment (=now): 现在
9. leave a message: 留个信息
10. that's OK: 不用
注: that's OK 跟 OK 不一样, that's OK 的意思是说 that's all right, it's not necessary (不用, 没必要), 而 OK 的意思是 all right (好的) 的意思。
11. call sb back: 给某人回电话
12. on lunch break: 在吃午饭
13. postpone (=delay): 推迟
14. appointment: 预 约
注: appointment 的固定搭配是 make an appointment with sb (跟某人做个预约)
15. arrange sth for sb: 帮某人安排某事
16. confirm: 确认
17. date of birth: 出生日期
18. first name: 名字
19. surname: 姓氏
20. let me see: 让我看看
21. sb/sth has an opening: 某人或某处有空
注: 一般“有空”翻译成 free 或者 have time, 而 sb/sth has an opening 只在正式场合可以使用。
22. how does that sound? 好吗?
23. perfect: 完美的, 好极了
24. booked in: 已经定好了

Lesson 19: At a party

A: Is anyone sitting here?

B: No. Please, take a seat.

A: Thanks. I thought the seat was taken. Is this your coat?

B: No, no. I don't know whose that is. Just leave it there.

A: OK. So, what do you do?

B: I'm a teacher.

A: No way! I thought you were a student. You look so young.

B: Haha, no, I graduated a few years ago. Now I'm teaching a few days a week at the college down the road there. How about you?

A: Me? I'm still at school. I've got a few years to go before I can graduate.

B: Ah, OK. How do you know Ryan?

A: Ryan and I, we go way back. We went to high school together. How about you?

B: I don't know him that well. He's a friend of a friend. Is that your phone ringing?

A: Oh, yes, it is. Sorry, it's my boss, I have to get this.

B: No worries. It's getting late anyway, I was going to call it a day.

A: All right. It was nice meeting you. Good night.

B: You too. Good night.

Vocabulary

1. is anyone sitting here? 有人坐在这吗?
2. take a seat: 坐下
3. thought: thought 有很多意思，在 I thought the seat was taken 里，thought 有“以为”的意思。
4. leave sth somewhere: 把东西放在某处
注：leave sth somewhere 也有“把东西落在某处”的意思，例如 I left my mobile at home today. (我今天把手机落在家里)
5. what do you do? 你做什么工作?
6. I graduated a few years ago: 我前几年毕业了
注：千万别说 I have graduated for several years!
7. how do you know Ryan: 你怎么认识赖安?
8. go way back: 认识很久了
9. know sb well: 跟某人很熟悉
10. ring: 在 Is that your phone ringing? 里面，ring 有“（电话）响”的意思，但 ring 也有“打电话”（call）的意思，例如 I'll ring you tomorrow. (我明天给你打电话)
11. I have to get this: 我必须接这通电话
12. it's getting late: 时间不早了
13. call it a day: 到此结束
注：也可以说 call it a night, 一个意思。

Lesson 20: At the emergency room Part 1

A: What seems to be the problem?

B: It's my stomach. It's killing me.

A: Where does it hurt the most?

B: It hurts right here.

A: How long have you been in pain?

B: Since this morning. I ate some seafood last night. I think maybe that's what caused it.

- A: It's possible. Do you have a history of stomach pain?
B: No, I've never had anything like this. I hope it's not food poisoning.
A: Are you allergic to anything?
B: No, not that I know of.
A: Are you on any medication?
B: No.
A: OK. Have you been under a lot of stress lately?
B: Not really. Things have been going OK.
A: All right. Please take a seat in the waiting room and fill out this form.
B: Is there anything the doctor can prescribe for me?
A: Don't worry, a doctor will be with you soon.
B: Thank you very much.

Vocabulary:

1. emergency room: 急诊室
2. what seems to be the problem? 有什么问题?
3. stomach: 胃部
4. it's killing me: 痛死我了
5. it hurts: 很痛
注: 千万别说 it is painful, it is painful 有“这次经历很痛苦”的意思, 如果说“某个部位很痛”的话, 可以说 it hurts here 或 I can feel pain here.
6. since: 自从
注: since 还有“既然”的意思, 例如 Since you don't want it, give it to me then. (既然你不要, 那么就给我吧)
7. seafood: 海鲜
8. cause: 造成, 导致
9. possible: 有可能
10. history: history 一般有“历史”的意思, 但在 Do you have a history of stomach pain?里, history 有“病史”(medical history)的意思。
11. food poisoning: 食物中毒
注: food poisoning 的固定搭配是 get/have food poisoning (得食物中毒)
12. sb is allergic to sth: 某人对某东西过敏
注: allergic 的名词形式是 allergy, 例如 I have many allergies. (我对很多东西过敏)
13. no, not that I know of: 据我所知, 我不知道
14. sb is on medication: 某人服药
15. sb is under stress (=pressure): 某人有压力
16. things have been going OK: 最近过得挺好
17. waiting room: 接待室, 候诊室
18. fill out a form: 填写表格
19. prescribe sth for sb: 给某人开处方药

Lesson 21: At the emergency room Part 2

A: Hi, my name is Dr Hudson. The nurse told me you've had an upset stomach.

B: That's right. I think it might have been caused by the seafood I had last night.

A: What kind of seafood was it? Was it raw or cooked?

B: I had some oysters and fish. Some of it was raw.

A: I see. And it says on your form that you're not allergic to anything, or on any medication, is that right?

B: Yes, that's right.

A: Do you have any diarrhoea?

B: Yes, I've had it all day.

A: OK. I'm going to prescribe you some medication. The first one is a powder which you mix with water and drink. Drink it three times a day before you eat.

B: OK. I understand. And what about the tablets?

A: Take them three times a day, one tablet a time, after each meal. You got all that?

B: Yep, I gotcha.

A: I'll write it down for you just in case. And remember to keep your fluids up.

B: Will do. Just one more thing, are there any side effects?

A: There shouldn't be. But if your situation gets worse, don't hesitate to come back to the emergency room.

B: OK. Thanks doctor.

Vocabulary

1. nurse: 护士
2. sb has an upset stomach: 某人胃不舒服
3. sth is caused by sth else: 某事是由某事引起的
4. seafood: 海鲜
5. raw: 生的
6. cooked: 熟的
7. oysters: 生蚝
8. fish: 鱼
9. medication: 药物
10. powder: 冲剂
注: 一般 powder 有“粉末”的意思。
11. mix: 混合, 搅拌
12. tablet: 药片
13. you got all that? 你明白这些了吗?
注: get 有很多意思, 在这句话里 get 有“明白”的意思。
14. I gotcha (=I get you): 我明白(你的意思)
15. write sth down for sb: 给某人写下来
16. just in case: 万一
17. keep your fluids up: 多喝水, 保持体内的水分
18. will do: 我会这么做, 好嘞
19. just one more thing: 还有件事
20. side effect: 副作用
21. get worse: 恶化

22. hesitate: 犹豫

注：在原句里面 don't hesitate to come back to the emergency room, don't hesitate 有“随时”的意思。

23. doctor: 医生

Lesson 22: In a bad mood

A: What's wrong?

B: Oh, I dunno. I don't feel myself today.

A: I can tell. Do you often get stressed like this?

B: Sometimes, yes.

A: Has work been stressful lately?

B: Nah. My job's part-time, and not that stressful. It's my studies that've been getting me down.

A: How many exams do you have?

B: Four. And they're all on the same day!

A: That really sucks. No wonder you're in a bad mood.

B: The thing is, when I'm in a bad mood I don't feel like doing anything at all.

A: Same here. Hey, why don't we go out for a walk? It's a really nice day today. And a new café has just opened down the road, we could go check it out.

B: Sounds like a plan. It would do me good to get out of the house for a while.

A: Yeah, definitely. You got everything?

B: Yep. Let's go.

Vocabulary

1. what's wrong: 你怎么了? 你有什么事?

2. don't feel myself: 不在状态

3. I can tell: 我能看出来

4. often: 经常

5. get stressed: 紧张

6. sometimes: 有时候

7. work: 工作

注: job 是可数名词, 而 work 是不可数名词。(例外: work 也有“作品”的意思, 例如“文学作品”可以翻译成 literary works, 在那个情况下 work 才能可数。)

8. stressful: 压力很大, 令人紧张的

9. nah (=no): 不是

10. part-time: 兼职的

注: part-time 的反义词是 full-time (全职), 例如 He's working full-time. (他全职工作)

11. studies: 学业

12. sth gets sb down: 某事让某人感到沮丧

13. exam (=examination): 考试

14. that really sucks: 真倒霉

15. no wonder: 怪不得, 难怪

16. sb is in a bad mood: 某人的心情不好
17. the thing is... 问题是...
18. sb does not feel like doing sth: 某人懒得（没心情）做某事
19. same here: 我也是
20. go out for a walk: 出去走走
21. it's a really nice day today: 今天是个好天儿
22. café: 咖啡馆
注：café 的正确发音是 kafeɪ，而 coffee 的正确发音是'kɒfi。
23. open: 开业
注：open 有很多意思，例如在 The café is open from 9am to 5pm（咖啡馆从早上 9 点到下午 5 点开门）里，open 有开门，开放的意思。
24. check sth out: 看看某东西
25. sounds like a plan: 听起来是个好主意
26. it would do sb good to do sth: 做某事对某人有帮助
27. get out of the house: 走出家门
28. for a while: 一会儿
29. definitely: 一定，绝对地
30. you got everything? 你的东西都拿好了吗？
31. yep (=yes): 嗯，是的
32. let's go: 走吧

Lesson 23: Making an enquiry at the visitor's centre

A: Hi there. How can I help you?

B: Could you tell me how to get to the town library?

A: It's very close from here. You see that building across the road? It's just behind it.

B: Ah, I see. Just one more thing. Do you know where Davey Road is?

A: Good question. I have no idea. Sorry about that.

B: That's OK.

A: Oh, hang on a sec. Do you mean Davis Road, where the shopping mall is?

B: Yeah, I think so.

A: Yeah, Davis Road... it's a five-minute walk that way, past the town library.

B: Could you please write down the name of the road?

A: Sure, no problem. There you go.

B: Thanks.

A: Here, can take this map. I'll circle the building for you. There you go. Welcome to our city. I hope you enjoy your stay.

B: Thank you very much. I love it here, I'm just not quite used to it yet.

A: That's understandable. If you have any questions, don't hesitate to come back and ask me.

B: Thank you. Everyone here is so nice.

Vocabulary

1. could you tell me how to get to... 请问, ...怎么走?
2. town library: 市图书馆
3. sth is close from somewhere: 某处离某处很近
注: 也可以说 sth is close to somewhere。
4. across the road: 在马路对面
5. sth is behind sth: 某东西在某东西的后边
6. ah, I see: 原来如此
7. do you know where...is? 你知道...在哪里吗?
8. good question: 问得好
9. sb has no idea: 某人根本不知道
10. hang on a sec: 稍等一下
11. do you mean...? 你的意思是不是说...?
12. shopping mall (=shopping centre): 购物中心, 商场
13. I think so: 我觉得是
14. it's a five-minute walk: 要走五分钟
15. that way: 那边
16. past: 经过
注: past 也有“过去”的意思, 例如 That's all in the past now. (那些事情都已经过去了)
17. there you go: 给你
18. take this: 给你
19. map: 地图
20. circle (=draw a circle): 画圈
注: circle 作为名词的时候有“圈子”的意思。
21. welcome to our city: 欢迎您光临我们的城市
注: 英语中的 welcome 跟汉语中的“欢迎”的用法不一样, welcome 只能用在对话者和对方在同一个地方的情况下, 所以“欢迎来到我的家乡”只能翻译成 I hope you have a chance to visit my hometown one day 或 I'd like to invite you to my hometown sometime, 而不能说 Welcome to my hometown, 要不然你的朋友已经到你家了!
22. enjoy: 享受
23. stay: 逗留
注: stay 也可以做动词, 例如 Please stay here with me for a bit. (请陪我一会儿)
24. sb is used to sth: 某人习惯某处/某事
注: used to 的正确发音是 ju:s(t).tu, 它还有“曾经”的意思, 例如 I used to like cheese. (我曾经喜欢吃奶酪)
25. that's understandable: 可以理解
26. nice: 友好的
注: nice 也有“令人愉快”的意思, 例如 We had a nice time (我们过得很愉快)

Lesson 24: Bumping into someone

A: Is that you Alex?

B: Hey Sam! Fancy bumping into you here.

A: Actually, I live in that building over there, across the road.

B: Really? What a coincidence. My apartment building is just next to yours.

A: That's so weird.

B: Yeah, it is, isn't it?

A: So, what are you up to today?

B: I'm about to do some grocery shopping. Then I've got a few errands to run. How about you?

A: I'm on my way home. I've got some chores to do.

B: Well, I guess I'll leave you to it then.

A: Just a sec, can I get your phone number? I lost my old mobile, and all my contacts.

B: Oh, what a shame. What's your new number? I'll send you a text.

A: I'll give it to you now.

B: OK, I just sent it. Did you get it?

A: Ah, yep, I got it.

B: Cool. All right, well I'm off then. Have a good one.

A: You too. See ya.

Vocabulary

1. fancy bumping into you here: 在这句话里, fancy 用在句首表示惊奇, 这个词没有中文对应, 而 bump into sb 有“偶然遇见, 碰到”的意思。
2. what a coincidence: 真巧啊
3. apartment building: 公寓楼
4. weird: 奇怪的
5. up to (=doing): 干, 做
6. sb is about to do sth: 某人刚要做某事
7. do some grocery shopping: 买菜
8. run some errands: 办些事情
9. I'm on my way home: 我在回家的路上
10. chores: 家务
11. I'll leave you to it: 你先忙吧
12. contacts: 联系人
注: contacts 是可数名词, 但 contact 也可以作不可数名词, 例如 I lost contact with him (我跟失去联系), 也可以作动词, 例如 I contacted him last night (我昨晚跟他联系)
13. what a shame: 真可惜
14. send sb a text (=send sb an SMS): 给某人发短信
15. I'm off then: 我先走了
16. have a good one (=have a nice day): 走好