

hang out=spend time with sb

有人就能 hang out

holiday/weekend/leisure/shopping/visitors

- Um, I don't do anything special on the weekend. Sometimes I **hang out with friends** at a coffeehouse and talk about what happened that week. (weekend/friends)
- Well, I like to **hang out with my parents** in the living room after dinner. (home)

get along (with)

相处得好

说到朋友就能用

- My granddad always told me that although I didn't **get along with** some of my classmates, I shouldn't bad-mouth them. (oldperson/friends)
- Andy and I **really get along**. You know, we go way back.(friends)

catch up with sbdo a lot of catching up 叙旧

好久不见、久别重逢---party/school/hometown/plan/holiday...

- I plan to arrange a get-together with my high school classmates. We're gonna **do a lot of catching up**. (school)
- On my last birthday, I invited a lot of friends over to my apartment, including some that I hadn't seen in a while. We **caught up with each other** and had a lot of fun.(party/meal/birthday)

be/keep in touch with 保持联系

friends/internet/computer/smartphone/app/school/friends/relatives ...

- My favorite website is Renren.com. It's a social networking site and I use it to **keep in touch with** friends. (website)
- Now that we have smartphones and the internet, it's much easier to **keep in touch with** friends and relatives.(smartphone/internet)

work out 健身

study/work/leisure/weekend/hobby/internet/computer/television ...

- Many teenagers nowadays are extremely sedentary and **never work out**. They watch TV and play computer games all the time. (television/computer/healthy lifestyle)
- I'm kind of a gym rat. I **work out at the gym** on a regular basis. (hobby/leisure)

be stressed (out)

有很大压力

study/work/leisure/weekend/holiday/hobby/city ...

- Many people nowadays always **feel pretty stressed at work**, so they need holidays to relax. (holiday)
- I have tons of schoolwork and I always **feel quite stressed out**. (study)

have (easy) access to 得到、用到

computer/internet/smartphone/app

- Although we **have easy access to** a limitless amount of information on the internet, it also

poses some threats to us such as online fraud, identity theft and so on. (internet)

- This app **gives me access to** various study materials. (app)

off the top of my head 不假思索、脱口而出

- Are ads important? Well, **off the top of my head**, I wanna say no cause not a lot of people depend on ads for information anymore. (advertising)
- **Off the top of my head**, I'd say traveling is a good opportunity to forget about work and relax. (traveling)

...that comes/springs to mind is ...不假思索、脱口而出

- Well, **one/the first color that comes to mind is** red. It stands for happiness and you see it everywhere in China. (colors)
- Um, the definition of a good friendship? Well, **the word that springs to mind is** honesty. You know, we wouldn't be able to trust each other without it. (friends)

Sth is not my thing/cup of tea 不喜欢啊不喜欢

- Um, honestly, doing housework **is not my thing**. I wish there were a machine that could do it for me. (housework)
- Museums **are not my cup of tea**. When I wanna learn something, I just read a book about it. (museum)

on the tip of my tongue 舌尖上的单词

忘词也要显摆

- There's a restaurant close to my apartment. I often go there and grab a bite to eat. It's called ...um ... Sorry, **the name of the restaurant is just on the tip of my tongue** ...Anyway, the food there is quite good.
- After dinner, we went to sing ...um ...God, this word is **on the tip of my tongue**. Oh, yeah, we went to sing karaoke.

on cloud nine 超级开心

哪都能用

- I received a lot of gifts on my 9th birthday. You know, **I was on cloud nine**. (birthday/party)
- **I was on cloud nine** when my parents told me that we were going to France during the Spring Festival. (traveling/holiday)

on top of the world

超级开心

哪都能用

- To reward me for my good exam results, my parents took me to the amusement park. I was **on top of the world** that day. (happy family event)
- I was **on top of the world** when Bella told me she also liked me. I had had a crush on her for a long time. (surprise)

sth was a blast/had a blast/had a ball

玩的开心

- I threw a party with a lot of friends last Saturday at my apartment. **It was a blast.** (visitors)
- John is a lot of fun. Every time I hang out with him, **we have a ball.** (friends)

expand/broaden my horizons

开拓视野

• teacher/traveling/language/internet/news/books ...

- Books help to **expand your horizons**. You may not have the opportunity to travel everywhere, but you get to learn about different cultures and traditions through reading. (books)
- Not only did Miss Li teach me English, she encouraged me to read more about western cultures. It really helped to **broaden my horizons**. (teacher)

bring people closer together

• language/traveling/camping/reading/internet/holiday/party ...

- When people go camping, they have to deal with many things with others and it really helps to **bring them closer together**. (camping)
- I think it's great having an international language. It brings people from different cultures **closer together**. (language)

have a lot on my plate

很忙

• 想休闲、因为累；累、因为忙

- I've been **having a lot on my plate** lately. It would be great if I had some time to relax.
- By the way, I **have a lot on my plate** these days, so I guess I'm gonna take some time off and go traveling next month. (travel)

be tied-up with work

很忙

• 想休闲、因为累；累、因为忙

- People living in the city **are usually quite tied-up with work** because of the fierce competition on the job market. You know, if they wanna keep their jobs, they have to work nonstop. (city life and country life)
- Everyone **was extremely tied-up with their school work** before the College Entrance Examination. (school)

kill time

打发时间

• 任何休闲活动

• reading/television/weekend/holiday/housework/museums/shopping/sky

- Sometimes at night, if I have nothing to do, I just look up at the sky and **kill some time** by counting stars. (sky)
- Honestly, I'm not a fan of doing housework at all, but once in a while, I do a bit of cleaning just to **kill time**. (housework)

wind down

relax

• 哪都能用

- I love my hometown primarily because there are so many places where you can have fun and **wind down** after a busy day at work. (hometown)
- Whenever my girlfriend feels stressed, she goes shopping for shoes. It helps her to **wind down**. (shoes)

unwind

relax

• 哪都能用

- You can't sleep well if you're too stressed in the evening, so you'd better do something to **unwind** before going to bed. (sleeping)
- My favorite place in my apartment is the balcony. I often read a book there after a busy day at work to **unwind**. (house or apartment)

turn in

上床睡觉

- work/study/weekend/holiday/city/sleeping/reading/television/writing/ ...
- I write things on a daily basis. For example, I keep a dairy and write about what happened in a day before **turning in**. (writing)
- I have a really heavy workload at school. Sometimes, I **turn in** pretty late because of that. (study)

crack up

笑

- teachers/friends/movies/famous people/books/TV programs...
- I have many funny friends. Every time I hang out with them, I just can't help but **crack up** a lot. (friends)
- My favorite movie is 'Love actually'. It's a rom-com and it never fails to **crack me up** when I watch it. (movie)

laugh my head off

令我大笑

- teachers/friends/movies/famous people/books/TV programs/animals ...
- The last time I hung out with my granddad, he told a really funny joke that made me **laugh my head off**. (old person)
- I love pandas so much. They often do some strange things that make me **laugh my head off**. (animals)

a piece of cake

简单

- I chose to major in English literature because I had thought it would be **a piece of cake**, but it turned out I was so wrong. (study)

- I learned hip-hop dance from a website called Tudou. It was really **no piece of cake**. (sth you learned from the internet)

a walk in the park

简单

- My goal is to lose 10 pounds by the end of this semester. I know it's not gonna be **a walk in the park**, but I will try my best. (goal/plan)
- It's quite easy to play football for fun, but if you wanna play it professionally, it's not **a walk in the park**. (exciting sport)

if my memory serves me right/correctly

我没记错的话

• P2 万能-回顾过去

- It was five years ago that we first met. **If my memory serves me correctly**, we met at a small diner near my company.
- It was two years ago, in July, **if my memory serves me right**, that I learned about this book.

packed like sardines

超级堵/挤

• transport/hometown/cars/shopping/traveling/holidays ...

- On our first day there, the people on the beach were **packed like sardines**, so we just stayed in our hotel room all day. (a place near water)
- I wanna buy a car because I'm really tired of taking the bus every day. Passengers are always **packed like sardines**. (sth you want to buy)

within walking/spitting distance (of)

很近

• 一定能用, 表现-'地点'

- I hardly ever cook. There's a good diner **within spitting distance of my apartment** and I often go and grab a bite there. (cooking)
- We had a picnic **within walking distance of** the lake. It was an amazing experience. (traveling)

the hustle and bustle of the city

熙熙攘攘

• city/hometown/traveling/natural places/parks ...

- It's great to be able to get away from **the hustle and bustle of the city** for a while. (traveling)
- Parks are places where you can get away from **the hustle and bustle of city** life. (parks)