

不出门 Not going out

Hello and welcome to 6 Minute English.

大家好，欢迎收听六分钟英语。

I'm Neil.

我是内尔。

Hi! And I'm Catherine.

大家好！我是凯瑟琳。

Now, Catherine, when was the last time you went for a walk in the country for fun, for exercise or relaxation?

那么凯瑟琳，你上一次去乡村散步寻乐，锻炼或放松是什么时候？

People do that?

人们会做那种事吗？

Well, believe it or not, they do.

信不信由你，人们确实会做。

Interesting, people are strange.

真有趣，人们真奇怪。

Well, it sounds like you should pay close attention to today's programme because it's all about how fewer and fewer people are venturing out into the country.

听起来你似乎应该特别关注今天的节目，因为是关于越来越少的人到乡村探险的。

Well, I wonder if that word is part of the problem.

我想知道那个词是否是问题的一部分。

To venture out somewhere suggests that it's a really big challenge, or even a risky activity.

去某地探险表明这是一个很大的挑战，或者甚至是一个很冒险的活动。

I don't think a walk in the country is a particularly dangerous activity, even in bad weather.

我不认为在乡村散步会是一个特别危险的活动，即使是在糟糕的天气里。

It's not one of the reasons people gave in a recent survey for why they don't do it.

这并不是人们在最近的一项关于他们为什么不去乡村散步的调查中给出的理由。

In fact, one of the biggest reasons people gave was that it wouldn't look good on their social media.

事实上人们给出的几大理由之一是这在他们的社交媒体上看起来不好看。

Well, of course, why would you go for a walk in the rain in the country if you couldn't get good snaps for your social media account?

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当然了，如果你不能为了你的社交媒体账户获得好的照片，你为什么要在雨中去乡村散步呢？

Interesting you should say that because it's the topic of this week's quiz question.

你竟然这么说，真有趣，因为这是本周问题的话题。

In the survey, what percentage of people gave the poor social media photo opportunity as their reason for not wanting to venture out into the countryside?

在调查里，有百分之多少的人将没有机会拍出好看的社交媒体照片作为不想去乡村探险的理由？

Was it a) around 10%, b) around 30% or c) around 50%?

是 A. 大约10%，B. 约 30%，还是C.约50%？

What do you think?

你怎么认为？

To be honest, I don't think that would be a good excuse at all, so I'm going to say it's just 10%.

老实说，我认为那一点都不算是个好借口，所以我要说只有10%。

Listen out for the answer at the end of the programme.

请在节目结束的时候听取答案。

Annabel Shackleton is from an organisation called Leaf- Linking Environment and Farming.

安娜贝尔·沙克尔顿来自于一个叫做Leaf（连接自然与农业）的组织。

They want to encourage more people to visit the countryside.

他们想鼓励更多的人去参观乡村。

She recently appeared on the BBC's Farming Today radio programme.

她最近出席了BBC的《今日农业》电台节目。

She gave her response to the survey we mentioned which revealed that many of us prefer to stay indoors.

她给出了她对我们刚刚提到的揭露了我们很多人更喜欢待在室内的调查的回应。

What does she say a quarter of people in the survey know and believe?

她说调查之中四分之一的人知道并相信什么？

I can't believe that 4 in 10 millennials think they should spend more time in the countryside and a quarter of them know and believe that it's much better and easier to relax in the countryside but they're just not going out.

我无法相信千禧一代中十个人有四个认为他们应该花更多时间在乡村，而且四分之一的人知道并相信在乡村放松更好且更容易，但是他们就是不出门。

It's phenomenal.

这问题很显著。

She was talking about a group in the survey which she called millennials.

她刚刚谈论了调查中她称之为千禧一代的群体。

This term refers to people who are young adults now, people who were born in the 1980s and 1990s.

这个名词指的是现在是青年的人，出生于20世纪80年代和90年代的人。

Are you a millennial, Neil?

你是千禧一代吗，内尔？

No, I'm actually Generation X, the age group before millennials.

不，我其实是X一代，在千禧一代之前的年龄群体。

We were born in the 1960s, 70s and early 80s.

我们出生于20世纪60年代、70年代以及80年代前期。

Shackleton said that a quarter of millennials know and believe that it's better and easier to relax in the country, but they just don't go.

沙克尔顿说四分之一的千禧一代知道并相信在乡村放松更好更容易，但是他们就是不去。

She thought it was phenomenal.

她认为这很显著。

Now this adjective means something is incredible, unbelievable.

这个形容词的指的是某物很不可思议，令人难以置信。

It's often used for something that is positive, something that is very impressive or amazing.

它经常被用来形容正面的东西，让人印象深刻或非常棒的东西。

In this case though she is using it to say how shocked and surprised she is that people know going out in the country is good and a great way to relax but they still don't do it.

不过在这里她使用这个词来表达她对于人们知道去乡村很好，是很棒的放松方式，但是仍然不这样做而感到多么震惊和惊讶。

So what explanation does she have for this phenomenal behaviour.

那么她对于这样显著的行为有什么样的解释呢。

Here's Annabel Shackleton again.

请再听听安娜贝尔·沙克尔顿的话。

There are just so many other distractions and it's just so easy for people to stay indoors.

有太多其它分散注意力的东西了，而且人们待在室内太简单了。

You know and they're using excuses like they haven't got the right clothing, it's not instagramable, would you believe it?

你知道的，他们有诸如此类的借口，例如他们没有合适的服装、这个不能发到Ins上去，你相信吗？

And yes, it's a shame.

是的，这很遗憾。

She said that there are many other distractions.

她说有很多其他的分散注意力的东西。

A distraction is something that takes your attention away from doing something.

分散注意力的东西指的是把你的注意力转移而不做某事的东西。

Usually we think of a distraction as something that delays us from doing something more important.

一般来说我们认为分散注意力的东西是延误我们做更重要的事情的東西。

These days we have a lot of distractions or things that offer us easy entertainment.

如今我们有很多娱乐消遣的活动，或者给我们提供轻松的娱乐方式的东西。

So it's very easy to come up with an excuse for not taking the time to go outside.

所以很容易就会想出一个不花时间外出的借口。

Another very good excuse of course is the weather.

另一个很好的借口当然就是天气了。

It's not a lot of fun to go out if it's cold and pouring with rain.

如果天气寒冷并且下大雨的话外出就不会很好玩了。

Well, a very wise person once said that there is no such thing as the wrong weather, just the wrong clothing!

有一个非常智慧的人曾经说过，从来就没有错的天气，只有错的服装！

True, Neil, but you have to have the right clothing in the first place and if the weather is terrible you might not be able to get good pictures for your Instagram account.

确实，内尔，但是你首先要有正确的服装，并且如果天气很糟糕的话，你可能就不能为你的Ins账户拍很好的照片了。

They might not be instagramable.

它们可能不适合传到Ins上去。

Now you're not going to find that word in the dictionary, but you probably know that the suffix able means 'possible'.

你在字典里是找不到这个词的，但是你可能知道后缀able的意思是“可能的”。

So put able on the end of Instagram and you get instagramable.

所以把able放在Instagram后面，你就得到了instagramable这个词。

And that brings us neatly back to our question.

这非常巧妙地让我们回到了之前的问题。

What percentage of people in the survey said that they wouldn't go out in the country because they wouldn't get good pictures for social media?

调查中有百分之多少的人说他们不会去乡村，因为他们无法为她们的社交媒体拍到好照片？

Was it around 10%, 30% or 50%?

是大约10%，30%，还是50%？

What did you say, Catherine?

你说的是什么，凯瑟琳？

I said 10. And the answer was about 30%!

我说的是10%。答案是大约30%!

What is the world coming to?

这个世界怎么了?

I don't know what the world is coming to, but we are coming to the end of the programme, so time to review today's vocabulary.

我不知道这个世界怎么了, 但是我们的节目要结束了, 所以该回顾今天的词汇了。

We started off with to venture out somewhere, which means simply to go out somewhere, but usually when the conditions are bad, for example-it was pouring with rain but I still decided to venture out to the shops.

我们先从去某地探险开始, 意思是外出去某地, 但是经常是条件很糟糕的时候, 例如——现在正在下大雨, 但是我还是决定冒险去商店。

We heard about millennials and Generation X. Different age groups, millennials are those who became adults in the early 21st century, and Generation X are from the previous generation, who became adults in the 1980s and 1990s.

我们听到了千禧一代和X一代。不同的年龄群体, 千禧一代是在21世纪成为青年的人, 而X一代是之前的一个年代, 在20世纪80年代和90年代成年的人。

Something phenomenal is amazing, surprising and unbelievable.

显著的东西很令人惊艳、令人惊讶, 且难以置信。

And then we had distractions for activities that prevent us from doing more important things.

我们经常会有阻止我们做更重要的事情的分散注意力的东西。

And one of the biggest distractions is social media.

最容易让人分心的东西之一就是社交媒体。

Put the suffix able onto the end of the name of a social media platform, and you create a word that describes something that is suitable for posting, so instagramable.

将后缀able放在某个社交媒体平台的名字后面, 那么你就会创建一个描绘适合上传的东西的词, 所以我们有适合上传Ins的。

bbclearningenglish is certainly instagramable, facebookable, tweetable and youtubeable.

BBC六分钟英语肯定适合上传Ins, 适合上传脸书、适合发推特和适合上传到YouTube的。

You can find us on all those platforms as well as on our website.

你可以在所有那些平台上找到我们, 当然还有我们的网站。

So do check us out there before joining us again for more 6 Minute English.

所以请务必在那上面查看我们, 并且再次收听更多的六分钟英语节目。

Goodbye.

再见。

Goodbye!

再见!

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