

整理潮 The decluttering trend

Hello. This is 6 Minute English. I'm Rob.

大家好，这里是六分钟英语。我是罗伯。

And I'm Neil.

我是内尔。

Now, Neil, are you a tidy person?

内尔，你是一个整洁的人吗？

Me? Oh, dear, no!

我？哦，天呐，不是！

You should see my floordrobe!

你应该看看我的“地板衣橱”！

Your floordrobe?

你的“地板衣橱”？

Yes. Tidy people keep their clothes in a wardrobe.

是的。整洁的人把他们的衣服放在衣橱里。

I just dump a lot of my clothes on the floor, so-a floordrobe.

我就把我的很多衣服扔在地上，所以叫——地板衣橱。

Ah, yes, well, it sounds as if you could use a bit of decluttering.

啊，是的，听起来你好像可以试着整理一下。

Clutter is the word for general mess and untidiness when you have too many things, too much stuff.

杂乱这个词用来表示你有太多东西的时候所造成的乱糟糟和不整洁的局面。

These days the idea of decluttering is very popular.

如今清理这个概念非常流行。

Oh, I love a good declutter-trouble is, I hate throwing things away.

哦，我很喜欢彻底的整理——但问题是，我讨厌把东西扔掉。

Well, we might have some advice for you in today's programme.

嗯，我们在今天的节目中可能有一些建议可以给你。

But first, a question.

但是首先要回答一个问题。

It's about cleaning up.

是关于清洁的。

The vacuum cleaner is a machine we use to clean our houses.

吸尘器是我们用来清洁房屋的机器。

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When were the first mechanical floor cleaners, which later became vacuum cleaners, invented?

最早的机械地板清洁器，后来成为了吸尘器，是何时被发明的呢？

Was it: A) the 1860s, B) the 1890s, or C) the 1920s?

是 A. 19世纪60年代，B.19世纪90年代，还是 C. 20世纪20年代？

Well, you know what? I have no idea!

嗯，你知道吗？我不知道答案。

So, I'll say the 1890s.

所以我猜19世纪90年代。

OK, well, I'll have the answer later in the programme.

好的，我们会在稍后的节目中揭晓答案。

The decluttering techniques of Marie Kondo are very popular these days.

近藤麻理惠的整理技巧如今很受欢迎。

A UK decluttering expert, Lesley Spellman, appeared on the BBC radio programme You and Yours to discuss the topic.

一位英国的整理专家莱斯利·斯贝尔曼参加了BBC电台节目《You and Yours》并讨论了这个话题。

She was asked to describe the basics of the Marie Kondo method.

她被要求描述近藤麻理惠的方法的基本知识。

What's the first thing she recommends people start with?

她建议人们先从哪件事开始？

She basically says you have to do things in a certain order.

她说基本上你要按照一定的顺序来做事。

You have to start with your clothes.

你要先从衣服开始。

Then you move on to your books.

然后开始整理书籍。

Then you move on to paperwork.

然后开始整理文件。

Then you go on to something called 'komono', which is kind of everything else: kitchens, bathrooms, garages, lofts etc.

然后你要继续处理被叫做“小东西”的物件，这可以说涵盖了其它一切的东西：厨房、浴室、车库、阁楼等等。

And then finally you tackle sentimental things.

最后你需要处理情感物品。

She says that you have to start with your clothes before moving on through different categories of clutter.

她说你在开始处理各种类别的杂物之前要先从你的衣服开始。

The verb she uses for dealing with these things is to tackle.

她用来表示处理的动词是tackle。

To tackle something means 'to deal with it, to sort it out'.

Tackle的意思是处理，整理清楚。

And the last things she says you need to tackle are sentimental things.

她说你需要最后整理的东西是情感物品。

These are things that you have an emotional connection to, such as old letters and photographs.

这些指的是你对其有情感的东西，例如旧信件和老照片。

I have to say those are the things I find most difficult to get rid of!

我要说这是我发现最难丢掉的东西。

I'm very sentimental like that.

我很多愁善感。

I think you just have to be ruthless, Rob!

我想你得无情一点，罗伯！

Either that or buy a bigger house.

要么无情，要么买个更大的房子。

Right, let's listen to Lesley Spellman again.

是的，我们再来听听莱斯利·斯贝尔曼的话。

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So why is it that decluttering is such big business these days, and there are many people and companies offering advice and services?

那么为何如今整理成为了如此大的产业，有这么多提供建议和服务的个人和公司呢？

Here's Lesley Spellman again with her thoughts on this.

我们来听听莱斯利·斯贝尔曼对这件事情的看法。

I think there's been a big shift really.

我认为发生了很大的转变。

So my generation, my parents, you know, definitely came from that 'make do and mend' era post war in the sort of 20th century.

我这一代人，我的家长，你们知道，绝对是来自于“缝缝补补又三年”的20世纪战后年代。

And then all of a sudden people started to get a little bit more money.

然后突然之间，人们手上的钱变多了。

Things became more affordable.

东西变得更便宜了。

You can buy five tops for five pounds each and people have done that.

你可以以每个五英镑的价钱买到五个最好的东西，而且人们也一直是这么做的。

And that's allowed the consumerism to kind of go crazy in the 21st century.

这使得消费主义在21世纪发展得有些疯狂。

So what does she put our need for decluttering down to?

那么她将我们对于整理的需求归结于什么？

Well, first she says that there has been a shift in our behaviour.

嗯，首先她说我们的行为发生了转变。

This is a way of saying that there has been a change in the way we behave.

这是一种表示我们的行为产生变化的方式。

We used to make do and mend much more.

我们过去更多的是缝缝补补又三年。

This phrase means that we made full use of what we had and if something broke, we tried to fix it.

这个短语的意思是我们充分利用手头的东西，如果有东西坏了，我们会努力把它修好。

And these days, we seem to have more money and many goods have got cheaper, and we just like buying stuff-or as she says, consumerism has gone crazy.

而如今，我们似乎有更多的钱，并且许多物品变得更便宜，而我们就是喜欢买东西——或者如她所说，消费主义疯狂发展。

Let's listen to her again.

我们把她的话再听一遍。

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Time to tidy up today's vocabulary, but first, let's have the answer to the question.

是时候整理今天的词汇了，但是首先要揭晓问题的答案。

Earlier I asked you: When were the first mechanical floor cleaners invented?

之前我问你：最早的机械地板清洁器是何时发明的？

Was it in: A) the 1860s, B) the 1890s, or C) the 1920s?

是在：A.19世纪60年代，B.19世纪90年代，还是 C. 20世纪20年代？

And Neil, you said?

内尔，你说的是？

I guessed at the 1890s.

我猜的是19世纪90年代。

Sadly not! The correct answer is the 1860s.

很遗憾不是的！正确答案是19世纪60年代。

So, well done to anyone who got that right.

如果你答对了，那么你真棒。

Now on with today's vocabulary.

现在继续说今天的词汇。

The first word we had was floordrobe.

我们说的第一个词是地板衣橱。

Yes, this is a word to describe a pile of clothes that someone keeps on the floor rather than in a wardrobe.

是的，这个词描述的是某人扔在地上而没有放进衣橱的一堆衣服。

Well, I don't have a floordrobe, but I do have a chairdrobe—I guess you can work out what that means!

嗯，我没有地板衣橱，但是我确实有一个椅子衣橱——我想你能理解那是什么意思！

Anyway, it seems we both have too much clutter, which is the untidiness caused by having too many things.

不管怎样，我们俩似乎都有太多的杂物了，指的是由拥有太多东西而造成的不整洁。

And this leads us to the popular pastime of decluttering, which is throwing away things to make our homes neat and tidy.

这也催生了用整理来消磨时间的热潮，即把东西扔掉来让我们的家变得整洁干净。

Clutter, in my life, is an issue I haven't tackled yet.

在我的生活中，杂乱是我还没处理的一个问题。

I haven't tried to fix it or sort it out.

我还没有试图解决它。

One area that the experts say you need to tackle is sentimental things.

专家说你需要处理的一个方面是情感物品。

These are things which you have an emotional connection to-maybe old letters and photographs for example.

这些指的是你对其有感情的东西——也许是旧信件和老照片。

We then looked at the word shift, which was a way of saying 'change'.

然后我们说到了单词转变，这个词用来表示“改变”。

There has been a shift or a change in the way we think about things.

我们看待事物的方式发生了转变或改变。

Yes, rather than an attitude of make do and mend, which means an attitude of 'being content with what you've got and fixing things if they break', we have become part of a consumerist culture, where we like to buy more and more stuff.

是的，我们不再抱着“缝缝补补又三年”的态度，即“满足于你所拥有的东西并且如果东西坏了就把它修好”的态度，我们成为了消费主义文化的一部分，我们变得喜欢买越来越多的东西。

But we still find it hard to throw things away!

但是我们还是发现要把东西扔掉很难！

Yes, indeed, we do.

是的，确实如此。

Well, it's time for us to collect our scripts and declutter the studio.

嗯，我们该整理稿子，把演播室收拾干净了。

We look forward to your company next time and until then you can find us in all the usual places online and on social media, just look for BBC Learning English.

我们期待你们能收听下期节目，在那之前，你们可以在网络上的老地方和社交媒体上找到我们，只需要搜索BBC 学习英语。

Bye for now.

再见了。

Bye-bye!

再见！