

M: Hello everyone and welcome to EnglishPod! My name is Marco.

E: And I' m Erica.

M: How are you, Erica?

E: Marco, I' m doing really well 我挺好的! How about you?

M: I' m doing great 我非常好! I' m really excited, because today we' re talking about travel.

E: That' s right, we' re gonna give you some real English 地道的英语表达 to talk about travel.

我们会教大家一些谈论旅行时能用到的 “实用英语” 。

M: Exactly, English that you would use in everyday life, that you hear in movies, in TV shows.

E: English people actually use.

M: Exactly, so, why don' t you tell us a little bit about this lesson for today?

E: Okay, so, today we are going to listen 主 as a husband and wife 谓 get ready to go on a trip.

M: Alright, that sounds a little bit complicated.

Marco 是在用一种幽默、调侃的语气指出 “夫妻共同准备旅行” 这件事可能不会那么顺利，会有些 “麻烦” 或 “复杂” 的情况发生。

E: Aha.

M: Hehe.

E: Well, let' s look at our two preview words 预习词汇.

Voice: Vocabulary preview.

M: Okay, so, the first word that we have is **road trip** 公路旅行.

E: Road trip.

M: Road trip.

E: Road trip.

M: Okay, so, road trips are really fun and interesting, right?

E: Road trips are great. You **get to** 获得机会,享有特权 get in a car with your family /and drive on a vacation 开车去度假.

Example 1. 案例

You get to get in a car...

get to 是一个非常重要的口语表达，它传递了一种 “获得机会” 或 “享有特权” 的积极含义，而不仅仅是字面上的 “得到” 。

“You get to get in a car...” 的意思是：“你（有幸）可以和家人一起坐上车.....” 或 “你得到了一个（和家人一起开车度假的）机会” 。

- I get to travel to Paris for work. (我有幸能去巴黎出差。) → 这是一件美差。

为什么这里用 “get to” ？说话者想表达的是，公路旅行不仅仅是一个动作，更是一种独特的体验和享受：它意味着冒险、自由和家庭时光。

M: Yeah, that was a really fun /and they’ re really popular in North America.

E: Really popular. I’ ve been on a million road trips 我自驾游过无数次了,我已经去过无数次公路旅行了.

M: Hehe, Alright, we’ ll talk about that /a little bit later on, but now let’ s **take a look at** our second word /and it’ s the car’ s packed 车装满了.

E: The car is packed 挤满人的，非常拥挤的；充满的，装满的；收拾妥当的.

M: The car’ s packed.

E: The car is packed.

M: So, when your car is packed /it means that...

E: Everything you need is inside the car.

M: Alright, so, your bags, your food, everything that you need for your trip.

E: Exactly.

M: Perfect! Okay, so, those were our two preview words /and now we are ready to listen to the dialogue for the first time.

E: Okay, this dialogue will be at normal speed, it will be fast, but don’ t worry if you don’ t understand everything.

这段对话会用正常语速播放，速度会比较快，

M: After ten minutes /we promise 承诺，保证 you will understand everything in this lesson.

Header 1

A: So, are we all ready to go?

B: Yup, I think so. The car’ s packed; we have munchies 小点心 and music, and the map’ s in the car.

A: Did you get the camera?

B: Got it! Did you fill up the tank?

A: Yup, it’ s all set 都准备好了.

B: You’ re sure we’ re not forgetting anything?

A: I’ m sure... we’ ve got all our bases covered.

Example 2. 案例

All our bases covered

是一个惯用表达，意思是“我们已经面面俱到”或“所有方面都考虑到了”。它源自棒球术语，指的是确保所有垒位都被防守到位，以防对手得分。

B: Well... let’ s get going then! I love road trips!

Example 3. 案例

let’ s get going then!

“get going” 是一个短语动词，表示“开始行动；出发”。

Header 1

不能去掉get, 因为 “let’ s going then!” 在语法上是不正确的。 “let’ s” 是一个固定短语, 其后需要动词原形。而不是动词的进行时态。因此, 你只能说成 “let’ s go then!” 或者 “let’ s get going then!” 。

两者的区别是: 虽然 “let’ s go then!” 和 “let’ s get going then!” 在意思上非常接近, 都表示 “让我们出发吧” 。但是:

- “let’ s get going then!” 在语气上可能稍微更加强调 “开始行动” 的动态感, 更具有一种推动力。
- “let’ s go” 只是单纯的走, 出发。

即 “let’ s get going” 更加强调 “开始行动” 的这个过程。

B: Um... do you think we can make a *pit stop* (旅途中的) 加油、进食、休息或使用洗手间的停留; 暂时偏离直接或通常路线的停留?

A: But we’ ve only been on the road for ten minutes.

B: I know, but I forgot to go to the bathroom 室, 盥洗室; <美>卫生间, 厕所 before we left.

我出发前忘了上厕所了

E: Well, she forgot to go to the bathroom.

M: Yeah, I hate it /when this happens.

E: This happens to me /on almost every road trip.

M: Hehe. Okay, great, so, now it’ s time for our “language takeaway 外卖; 带走的东西” .

We have three words for our *language takeaway* today.

Example 4. 案例

Language takeaway

“Language takeaway” 是英语教学节目 (尤其是播客或视频) 中一个非常常见的环节名称。它的意思不能直接从字面理解, 而是一个比喻。

Takeaway (外卖; 带走的东西). 在这里, 它比喻:

- 就像你从餐厅打包带走的食物一样, 这个环节是为你精心准备的、可以让你 “打包带走” 的知识。
- 这些是你学完这节课后, 最应该记住、最能在未来使用的 “干货” 。

所以, “Language Takeaway” = 可以 “打包带走” 的语言干货。

“Language takeaway” 指的是: “本课的语言要点” 或 “今天要带你掌握的核心语言知识” 。

你可以把这些表达理解为 “Language Takeaway” 的同义词或解释:

- Key Vocabulary (核心词汇)
- Vocabulary Builder (词汇构建)
- Words to Learn (待学单词)
- Today’ s Key Terms (今日关键术语)

Voice: Language takeaway.

E: And the first word is munchies 小点心.

M: Munchies.

E: Munchies.

M: So, munchies are...

E: Snacks 小吃 ; 快餐 ; 零嘴.

M: Snacks, food.

E: Food, chips.

M: Chips, cookies.

E: Chocolate bars.

M: All that good stuff.

E: I love munchies.

M: Hehe. And they' re really good /when you' re taking a road trip.

E: Indeed.

M: Okay, so, let' s take a look at our second *language takeaway word* for today /and it is *fill up the tank* 给油箱加满油.

E: Fill up the tank.

M: Fill up the tank.

E: Fill up the tank. So, this is to...

M: Put gas in your car.

E: Put gas in the gas tank.

M: In the gas tank, exactly.

E: Alright, our last *language takeaway* today is...

M: Pit stop (长途旅行中的) 短暂休息 , 歇脚;停车加油 (或修理等) .

E: Pit stop.

M: Pit stop.

E: Make a pit stop.

M: It' s a quick stop /for you to get some gas, food, go to the bathroom.

E: Yeah, a pit stop, a quick stop 短暂停留一下.

M: Great, so, now it' s time for "Putting it together" 把它组合起来.

Voice: Putting it together.

M: Okay, so, we have two great phrases for you today. Let' s take a look at the first one.

E: We' ve got all our bases 基地 covered 我们已经把所有该准备的,都准备好了.

M: We' ve got all our bases covered.

E: We' ve got all our bases covered.

M: This is a really great phrase /and it' s really useful, right?

E: Yeah, let' s listen to a couple of examples.

Voice: Example one.

A: We' ve got all our bases covered /in case the hurricane (n.)飓风 ; 爆发 hits 飓风袭击.

Voice: Example two.

B: Okay, I have my keys, wallet and passport. **Looks like** I have all my bases covered.

M: Okay, it' s clear now, but you can use this /in a lot of different situations, right?

E: You can use this /in many situations. If I' m at work /I could say "Alright, we' ve got *a really good marketing plan*, we' ve got all our bases covered" .

我们有一个非常棒的营销计划 (marketing plan) , 所有细节都考虑到了.

M: Exactly, you have everything ready.

E: You' re all prepared.

M: Perfect! Alright, now let' s take a look at our second phrase /and it' s *let' s get going*
我们出发吧; 我们开始吧.

E: Let' s get going.

M: Let' s get going.

E: Let' s get going.

M: Alright, so, when you say "Let' s get going" /it just means...

E: Let' s start.

M: Let' s start, let' s go.

E: Yeah.

M: Okay, but the interesting thing about this phrase is /you can change (v.) it a little bit
/and it means something different.

E: Aha, let' s listen to a couple of examples.

Voice: Example one.

A: I have the chicken 鸡 ; 鸡肉, so, let' s get cooking.

我把鸡肉准备好了, 那 we 开始做饭吧。

Voice: Example two.

B: This house is really scary 真得吓人. Let' s get out of here!

Voice: Example three.

C: I have another meeting in twenty minutes, so, let' s **get down to business** 开始认真做事;
开始谈正事 .

E: So, let' s get down to business, Marco.

M: Let' s get down to business, let' s listen to the dialogue one more time, but this time...

E: It' ll be a little bit slower /and you' ll understand much better.

Header 1

A: So, are we all ready to go?

B: Yup, I think so. The car' s packed; we have munchies and music, and the map' s in the car.

A: Did you get the camera?

B: Got it! Did you fill up the tank?

A: Yup, it' s all set.

B: You' re sure we' re not forgetting anything?

A: I' m sure... we' ve got all our bases covered.

B: Well... let' s get going then! I love road trips!

B: Um... do you think we can make a pit stop?

A: But we' ve only been on the road for ten minutes.

B: I know, but I forgot to go to the bathroom before we left.

E: So, that was a little more clear this time, wasn' t it?

M: Yeah, you can definitely understand better about... /what we' ve been talking about.

E: Yep.

M: Okay, so, now it' s time to look at “fluency builder 流利度构建环节,提升表达流畅度的练习,流利表达训练” . Erica, why don' t you explain what fluency builder is?

你给大家解释一下什么是 “流利表达训练” 吧？

Example 5. 案例

Fluency Builder

指的是：“流利度构建环节” 或 “提升表达流畅度的练习” 。这个环节的目的不是教你新的单词（那是 “Language Takeaway” 环节的任务），而是教你如何将已知的词汇和语法组合成更地道、更自然、更流畅的短语和句子，从而让你听起来更像母语者。

Fluency (流利度)

Builder (构建者/构建器)：这里意为 “帮助你构建...的工具/环节” 。

所以 Fluency Builder = 帮助你构建语言流利度的工具/环节。

E: In fluency builder /we give you some great useful phrases /to help you express your ideas clearly.

M: Okay, great, so, let' s look at fluency builder.

Voice: Fluency builder.

E: Alright, so, we all know /how to ask the question “Are we ready to go?”

M: That' s right, you can say “Can we go now?”

E: Or you can say “Are we ready to go?”

M: Exactly, but there' s another way that we can say this /and we heard it in our dialogue, so, let' s listen.

Phrase 1: So, are we all ready to go? So, are we all ready to go?

E: Wow! That sounds really good, it sounds a lot more fluent 听起来流利多了.

M: Fluent, exactly.

E: Yeah. Okay, so, 主 another simple phrase *that we all know how to say* 还有一个我们都知道怎么说的简单短语 系 is “It is ready 准备好了” .

M: It is prepared.

E: It is ready.

M: Right.

E: So, these examples are fine, they' re right. 这些表达都没问题，是正确的。

M: Uhu. Yeah, they' re correct English, no problem.

E: But there' s another way to say this /that we heard in the dialogue /and it sounds a lot more fluent.

Phrase 1: Yep, it' s all set (嗯，都准备好了。) . Yep, it' s all set.

E: It' s all set, that sounds much better.

M: Yes, and **we' re all set** 都准备好了 to listen to this dialogue for a third time /and this time it' s gonna be at its normal speed.

Header 1

A: So, are we all ready to go?

B: Yup, I think so. The car's packed; we have munchies and music, and the map's in the car.

A: Did you get the camera?

B: Got it! Did you fill up the tank?

A: Yup, it's all set.

B: You're sure we're not forgetting anything?

A: I'm sure... we've got all our bases covered.

B: Well... let's get going then! I love road trips!

B: Um... do you think we can make a pit stop?

A: But we've only been on the road for ten minutes.

B: I know, but I forgot to go to the bathroom before we left.

M: So, Erica, you said you've been on a million road trips, what was that all about 具体是怎么回事呀? Where have you been?

E: Okay, well, maybe not a million road trips. 其实可能没“无数次”那么多啦。

M: Hehe.

E: But many road trips 但确实去过很多次. Every summer /I used **to go on a road trip** with my family /and we would drive many many hours, probably eight hours in one day /**up to** Northern Canada 一直开到加拿大北部.

M: Oh, wow! Nice.

E: Yeah, and then we would go camping 去露营 /and we would sleep outside /and we would have a campfire at night, it was great.

M: Oh, family road trip.

E: Yeah, but maybe eight hours in a car is a little too long.

M: Well, yeah. Well, I've been on a different kind of road trip /with *some*, uh, *buddies of mine*, some friends. We would drive to Las Vegas.

E: Really?

M: Yeah, so, that's really fun – a bunch of crazy guys in a car /going to Las Vegas /and then just having fun 享受自己 ; 体验愉快的活动,玩得开心 /and talking about everything, so, that's a much different experience **than** a family road trip.

E: Maybe that sounds (v.) a little bit more fun.

听起来好像更有意思一点呢。

M: Hehe. Yeah, eight hours in a car is not really that boring (v.) /with all your friends. Alright, folks, we're out of time for today, but be sure to visit our website at englishpod.com /and leave all your questions and comments.

是啊, 和朋友们一起的话, 即使在车里待八个小时也不会觉得无聊。

E: Okay, well, thanks for listening /and **until next time** 下次再见,直到下一次... Good bye!

M: Bye!