

English pod 001-020

Table of Contents

- [1. 001 Elementary 简单的, 基本的; 基础的, 初级的; 小学的 - Difficult 难以讨好的; 难以取悦的; 不愿帮助的 Customer \(B0001\)](#)
- [2. 002 Elementary - Calling In Sick 打电话请病假 \(B0002\)](#)
- [3. 003 Elementary - Daily Life - Hotel Upgrade \(C0003\)](#)
- [4. 004 Elementary - The Office - I need an assistant 助理, 助手; 店员, 售货员! \(C0004\)](#)
- [5. 005 Elementary - Daily Life - Cut In Line 插队 \(C0005\)](#)
- [6. 006 Elementary - The Weekend - Road Trip 公路旅行 \(C0006\)](#)
- [7. 007 Elementary - The Office - Virus! \(C0007\)](#)
- [8. 008. Elementary - Daily Life - What's your name again? \(C0008\)](#)
- [9. 009. Elementary - The Weekend - Silence please! \(C0009\)](#)
- [10. 010. Elementary - The Office - Driving \(v.\) Sales 驱动销售 \(C0010\)](#)
- [11. 011. Elementary - Daily Life - New Guy in Town \(C0011\)](#)
- [12. 012. Elementary - Daily Life - Cleaning the House \(C0012\)](#)
- [13. 013. Elementary - The Office - Out Of Control Spending 支出失控 \(C0013\)](#)
- [14. 014. Elementary - I'm in Debt 负债, 欠债 \(B0014\)](#)
- [15. 015. Elementary - Daily Life - I'm sorry, I love you \(C0015\)](#)
- [16. 016. Elementary - Turn left here! 由此往左 \(B0016\)](#)
- [17. 017. Elementary - **Here Comes** the Bride 新娘来了 \(B0017\)](#)
- [18. 018. Elementary - Upper-Intermediate 中高级 - Protest 抗议, 反对! \(D0018\)](#)
- [19. 019. Elementary - The Weekend - Christmas Chronicles 编年史; 历史 I \(C0019\)](#)
- [20. 020. Elementary - I Can See Clearly Now \(B0020\)](#)

1. 001 Elementary 简单的, 基本的; 基础的, 初级的; 小学的 - Difficult 难以讨好的; 难以取悦的; 不愿帮助的 Customer (B0001)

记熟句型表达:

Header 1	Header 2
表我的身份	<ul style="list-style-type: none">• I'll be your ... I'll be your waiter for tonight.
表我目前还在做事情	<ul style="list-style-type: none">• I'm still working on ... I'm still working on it 持續(仍然在)進行某項工作, 正在 (努力) 處理某些工作.
表我的建议	<ul style="list-style-type: none">• I would recommend ... I would recommend 推荐, 介绍 spaghetti 意大利式细面条 and meatballs 肉丸; 笨蛋.

Header 1	Header 2
附带询问	<ul style="list-style-type: none"> • Does it come with ... Does it come with 与...一起供给,伴随...发生 coke 可口可乐 and fries 薯条? It comes with either soup 汤 or salad 沙拉
表我决定要某某东西了	<ul style="list-style-type: none"> • I'll go with ... I'll go with the spaghetti and meatballs
表我会怎样做, 我还不如做某事, 我已经决定另做某事了	<ul style="list-style-type: none"> • I'll just go doing sth You know what? I'll just go grab (v.) a burger 汉堡包, 夹心牛肉饼 across the street.
常用套话	<ul style="list-style-type: none"> • 询问等待时间 How soon is soon?

A: Good evening. My name is Fabio, **I'll be your** waiter for tonight. **May I take your order** 您要点菜吗?

B: No, **I'm still working on** it 持續(仍然在)進行某項工作, 正在 (努力) 處理某些工作. This menu is not even in English. **What's good here?**

这个菜单甚至都不是英文的。这里有什么好东西?

A: For you sir, **I would recommend** 推荐, 介绍 spaghetti 意大利式细面条 and meatballs 肉丸; 笨蛋.

B: **Does it come with** 与...一起供给,伴随...发生 coke 可口可乐 and fries 薯条?

A: **It comes with** either soup 汤 or salad 沙拉 and a complimentary 免费赠送的 glass of wine, Sir.

Example 1. 案例
complimentary

→ 来自compliment, 恭贺, 道贺。现该词主要用于在基本服务基础上的免费升级, 如免费升舱, 免费早餐等。

B: **I'll go with** the spaghetti and meatballs, salad and the wine.

A: Excellent 极好的, 卓越的 choice, your order will be ready soon.

B: **How soon is soon?**

A: Twenty minutes?

B: You know what? **I'll just go** grab a burger 汉堡包, 夹心牛肉饼 across the street.

2. 002 Elementary - Calling In Sick 打电话请病假 (B0002)

记熟句型表达：

Header 1	Header 2
表我感觉怎样怎样	<ul style="list-style-type: none">• I'm feeling ... I'm feeling quite ill 有病的，不舒服的 today. I'm feeling slightly feverish (a.)发烧的，发热的.
表我得了什么病, 感染上了什么病	<ul style="list-style-type: none">• I'm coming down with ... I'm coming down with 染上（疾病）the flu.• I have a ... I have a headache.
表我希望怎样怎样做...	<ul style="list-style-type: none">• I was hoping to do... I was hoping to take the day off 请一天假,休一天假 to recover.

A: Hello, Daniel speaking, how may I help you?

B: Hi, Daniel, Julie here.

A: Hi, Julie, **how are you?**

B: Actually, **I'm feeling** quite ill 有病的，不舒服的 today.

A: I'm sorry to hear that. What's wrong?

B: I think **I'm coming down with** 染上（疾病）the flu. **I have a** headache, a sore (a.) (发炎) 疼痛的，酸痛 the throat a runny (a.)流鼻涕的；水分过多的 nose and **I'm feeling** slightly feverish (a.)发烧的，发热的.

A: I see... so you're **calling in sick** 打电话请病假?

B: Yes, **I was hoping** to take the day off 请一天假,休一天假 to recover.

A: OK, then. Try and get some rest.

3. 003 Elementary -Daily Life - Hotel Upgrade (C0003)

记熟句型表达：

Header 1	Header 2
表我现在想要做某事	<ul style="list-style-type: none"> • I'd like to do ... I'd like to check in 办理入住手续 please. Tony, I'd like to introduce you to your new assistant.
表我已经有了, 下单了什么什么	<ul style="list-style-type: none"> • I have a I have a reservation 预订 ; 预约 under the name Anthony Roberts.
我对某事的看法是	<ul style="list-style-type: none"> • there seems to be ... there seems to be a mixup 混合 ; 混合物;混杂;搞糊涂, unfortunately we're overbooked (v.)超额预订 (飞机座位或旅馆客房) at the moment .
表我的情感	<ul style="list-style-type: none"> • I'm pleased (a.)高兴的 , 满意的 to do ... We're pleased (a.)高兴的 , 满意的 to offer (v.) you a complimentary upgrade 免费升级.
常用套话	<ul style="list-style-type: none"> • there must be some mistake But there must be some mistake; my reservation was for a standard room.

A: Good afternoon. What can I do for you?

B: **I'd like to check in** 办理入住手续 please. **I have a reservation** 预订 ; 预约 under the name Anthony Roberts.

A: All right R.O.B.E.R.T.S... Oh, Mr. Roberts **we've been expecting** 期待 ; 企盼 you /and here is your keycard 门卡 ; 门禁卡 to the presidential suite 套房 , 套间.

B: But **there must be some mistake;** **my reservation was for** a standard room.

A: Are you sure? Let me **double check** 仔细检查.

B: Yeah & Here, this is my **confirmation** 确认 , 确定 **number**.

A: You're right Mr. Roberts, **there seems to be a mixup** 混合 ; 混合物;混杂;搞糊涂, unfortunately we're overbooked (v.)超额预订 (飞机座位或旅馆客房) at the moment .

Example 2. 案例 overbook

(v.)to sell more tickets on a plane or reserve (v.) more rooms in a hotel than there are places (尤指占用或空着的) 座位 , 位置 , 泊位 available 超额预订 (飞机座位或旅馆客房)
[VN]

•The flight was heavily overbooked (v.). 该班机售票, 大大超出机位数量。

B: So &

A: Not to worry. **We're pleased (a.)**高兴的, 满意的 **to offer (v.) you** a complimentary upgrade 免费升级.

B: **Presidential suite** baby!

4. 004 Elementary -The Office - I need an assistant 助理, 助手; 店员, 售货员! (C0004)

记熟句型表达:

Header 1	Header 2
表我的建议, 假设做某事的话 ...	<ul style="list-style-type: none">• what if we do ... what if we hire an intern 实习生?
我对"做某件事会有什么效果, 后果"的看法	<ul style="list-style-type: none">• it's too risky to do ... The economy is bad, and it's too risky to take on 雇佣 new staff.• That sounds reasonable That sounds (v.) reasonable... let me see what I can do.
表我现在想要做某事	<ul style="list-style-type: none">• I'd like to do ... Tony, I'd like to introduce you to your new assistant.
常用套话	<ul style="list-style-type: none">• like I told you before ...like I told you before, we just don't have the resources 资源; 财力 to hire 租用, 聘用, 录用 you an assistant.

A: ...**like I told you before**, we just don't have the resources 资源; 财力 to hire 租用, 聘用, 录用 you an assistant.

B: **I understand that, but the fact is** we're understaffed (a.)人手不足的; 人员不足的.

A: **The timing is just not right.** The economy is bad, and it's too risky **to take on** 雇佣 new staff.

B: Yeah, I guess you're right.... **here's an idea, what if** we hire an intern 实习生? She would **take** some of the weight **off** my shoulders 减轻一些负担.

A: She?

B: Yeah, you know, a recent (a.)最近的 , 最新的 graduate 大学毕业生. She could **give me a hand with** some of these projects /and we could keep our costs down 控制成本.

A: **That sounds (v.) reasonable... let me see what I can do.**

A: Tony, **I'd like to introduce you to** your new assistant.

B: OK, great! Let's meet her! C: Hi, I'm Adam.

B: Oh... hi... I'm Tony...

5. 005 Elementary -Daily Life - Cut In Line 插队 (C0005)

记熟句型表达：

Header 1	Header 2
表我将要, 很快就要实现做某事	<ul style="list-style-type: none">• we're going on ... we're here and we're going on vacation 度假.• we'll be ... In a few hours 几小时后,个小时内 we'll be in Hawaii, and you'll be on the golf course 比赛场地；跑道.
表我会怎样做	<ul style="list-style-type: none">• There's no way ... There's no way 绝不可能,绝对不会 I'm waiting for another two hours.
表我的情感	<ul style="list-style-type: none">• No seriously No seriously 不是开玩笑的,我是认真的, I was here first, and you can't cut in line like this.

A: I can't believe /it took us two hours to get here. The traffic in New York is unbelievable 难以置信的 , 特别的；极其糟糕的.

B: Yeah, but just relax (v.) honey, we're here /and **we're going on** vacation 度假. In a few hours 几小时后,个小时内 **we'll be** in Hawaii, and **you'll be** on the golf course 比赛场地；跑道.

Example 3. 案例

we're going on ... 我们去...

"going on"在这里是一个短语动词，表示“进行；去”。

- We're Going on a Bear Hunt 我们要去猎熊
- We're Going On A Rocket Ship 我们要乘坐火箭飞船

A: Oh no! Look at that line! It must be a mile long! 它一定有一英里长！ **There's no way** 绝不可能,绝对不会 I'm waiting for another two hours.

我绝对不可能再等两个小时。

B: Honey... don't...

C: Hey man, the end of the line is over there. 队伍的尽头在那边

A: Yeah...

C: **No seriously** 不是开玩笑的,我是认真的, I was here first, and you can't **cut in line** like this.

A: **Says who?** 谁说的？

C: I do!

A: So **sue (v.)**控告；提起诉讼 **me!**

C: Alright...that's it....

那你去告我啊！

好吧...够了... (这句话通常表示忍无可忍，表明说话人已经失去了耐心，准备采取行动。在这里，C 的意思是已经受够了 A 的态度，可能要做点什么（比如争吵或采取其他措施）。整个对话表现了一种冲突的情境，尤其是 A 的态度显得挑衅，而 C 则逐渐被激怒。)

6. 006 Elementary - The Weekend - Road Trip 公路旅行 (C0006)

记熟句型表达：

Header 1	Header 2
我问你	<ul style="list-style-type: none">• Did you get ... ? 你已经拿了...吗? Did you get the camera?• You're sure ...? 你确认...了吗? You're sure we're not forgetting anything?
表我目前的所处状态	<ul style="list-style-type: none">• we've only been ... 我们才仅仅 But we've only been on the road for ten minutes.
常用套话	<ul style="list-style-type: none">• it's all set (a.)安排好的；确定的；固定的; 一切已经准备就绪.• we've got all our bases covered. 我们已经面面俱到, 所有方面都考虑到了

A: So, **are we all ready to go?**

B: Yup 是的（等于 yes），I think so. The car's packed (v.)把.....打包；包装;(a.)挤满人的，非常拥挤的；充满的，装满的；收拾妥当的，收拾好了的; we have munchies 快餐；小吃 and music, and the map's in the car.

A: Did you get the camera?

B: Got it 拿到了,搞定了! Did you fill up 加满 the tank (贮放液体或气体的) 箱 , 槽 , 罐?

A: Yup, it's all set (a.)安排好的 ; 确定的 ; 固定的; 一切已经准备就绪.

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

A: I'm sure... we've got all our bases covered. 我们已经面面俱到, 所有方面都考虑到了

Example 4. 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 开始行动 ; 出发 then! I love road trips!

Example 5. 案例

let's get going then!

“get going”是一个短语动词, 表示“开始行动 ; 出发”。

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 短暂停留,中途休息?

“Pit stop” 的意思是“短暂停留”或“中途休息”。这个词来源于赛车术语, 指赛车在比赛中, 短暂停靠维修站加油、更换轮胎, 或进行快速维修。但在日常对话中, 它通常用于比喻, 指在旅途中为了加油、上厕所、买零食等做的短暂停留。

在句子 “Do you think we can make a pit stop?” 中, 意思是: “你觉得我们可以稍微停一下吗?” 可能是为了休息或处理一些事情。

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

B: I know, but I forgot to go to the bathroom 浴室;卫生间 , 厕所 before we left.

7. 007 Elementary - The Office - Virus! (C0007)

记熟句型表达 :

Header 1	Header 2
表你对他人的要求, 请求	<ul style="list-style-type: none">can you come take a look at ... 你能来看一看...吗?can you come take a look at my PC?

Header 1	Header 2
	<ul style="list-style-type: none"> • try not to do ... 尽量不要做某事 try not to kick (v.) or hit the computer!
表自我说明	<ul style="list-style-type: none"> • I have no idea ... I have no idea how I could have picked up (偶然) 得到, 听到, 学会;得; 感染; 得到 a virus.
常用套话	<ul style="list-style-type: none"> • Just give me a second; I'll be right up 马上就上去,立刻就到.

A: Oh great! This stupid computer froze (v.) (屏幕) 冻结,死机 again! That's the third time today! Hey Samuel, **can you come take a look at** my PC? It's **acting up** 功能失常, 出毛病 again. It must have a virus or something.

B: **Just give me a second; I'll be right up** 马上就上去,立刻就到.

在这里, "right up" 的意思是"马上就上去"或者"立刻就到".

"right" 用来强调动作的迅速或及时性, 表示"马上"或"立即".

"up" 指的是移动到某个更高的地方, 比如楼上、台阶上, 或者是与说话者的物理位置相关的方向.

整句意思是: "稍等一下, 我马上就上去 (到你那儿) 。"

B: I ran a virus scan on your computer, and **it turns out that** you have a lot of infected (身体部位或伤口) 受感染的 files!

A: But I'm quite careful when I'm browsing (v.) the internet, **I have no idea how I could** have **picked up** (偶然) 得到, 听到, 学会;得; 感染; 得到 a virus.

- 带有 "could" 的句子:

"how I could have picked up a virus"

"could have" 表示一种可能性或怀疑, 强调说话人对过去发生的事情感到**困惑或无法理解**。这种表达带有推测或假设的语气, 意思是"我不知道我怎么可能感染了病毒"。它反映了说话人觉得感染病毒的可能性很低, 甚至难以置信。

- 没有 "could" 的句子 "how I have picked up a virus"

没有 "could" 时, 句子更直接, 表示一种事实陈述: 说话人确认自己感染了病毒, 但不知道具体是怎么发生的。这种表达更倾向于说明结果, 而不是**表达困惑或怀疑**。

B: Well, you have to make sure that your anti-virus software is updated regularly; yours wasn't **up to date** 最新的, that's probably what was causing your problems.

A: Ok. Anything else?

B: Yeah, **try not to** 尽量不要做 kick or hit the computer!

A: Um yeah & Sorry about that.

8. 008. Elementary - Daily Life - What's your name again? (C0008)

记熟句型表达：

Header 1	Header 2
表 我的情感表达	<ul style="list-style-type: none"> • I really enjoyed ... I really enjoyed our conversation about foreign investment.
表 说明我此时此刻的状态	<ul style="list-style-type: none"> • I'm in a bit of ... 我现在有点... I'm in a bit of a hurry.
表我自己人是怎么样的	<ul style="list-style-type: none"> • I'm terrible with... I'm terrible with 在某方面很糟糕, 对某事很不擅长 names too.
常用套话	<ul style="list-style-type: none"> • How's it going? 近来如何 • Do you live around here? 你住在这附近吗? • It was great 美妙的; 好极的; 使人快乐的 to meet you. • We should definitely 肯定地, 当然; 明确地, 确定地 meet up (按照安排) 见面, 会面; 相约见面 again • You know what 你知道吗

A: Nick! **How's it going?** 近来如何

B: Oh, hey...

A: What are you doing in this neighbourhood? Do you live around here? 你住在这附近吗?

B: Actually, my office is right around the corner. 就在拐角处

A: **It was great** 美妙的; 好极的; 使人快乐的 to meet you last week at the conference (大型、正式的) 会议, 研讨会. **I really enjoyed our conversation about** foreign investment.

B: Yeah, yeah, it was really interesting. You know, **I'm in a bit of** a hurry, but here's my card. **We should definitely** 肯定地, 当然; 明确地, 确定地 **meet up** (按照安排) 见面, 会面; 相约见面 **again** and continue (v.) our discussion.

我有点赶时间, 这是我的名片。我们一定要再见面继续讨论。

A: Sure, you still have my contact details 联系方式, right?

B: You know what 你知道吗, **this is really embarrassing**, but your name has just slipped my mind 被遗忘. Can you remind me?

You know what 你知道吗: 用于引起某人的注意, 然后宣布某事。

A: Sure, my name is Ana Ferris. Don't worry about it; it happens to me all the time 我经常遇到这种事. **I'm terrible with** 在某方面很糟糕, 对某事很不擅长 names too.

9. 009. Elementary - The Weekend - Silence please! (C0009)

记熟句型表达：

Header 1	Header 2
表达对他/某事 的看法	<ul style="list-style-type: none">• It's so inconsiderate 不为别人着想的；不体谅别人的；考虑不周的!
表达对他人的要求	<ul style="list-style-type: none">• Do you mind ... Do you mind keeping it down 保持安静?
表达道歉	<ul style="list-style-type: none">• sorry 'bout that Sure, sorry 'bout that!
常用套话	<ul style="list-style-type: none">• it's not such a big deal. 这没什么大不了的。

A: Those people in front of us are making so much noise. **It's so inconsiderate** 不为别人着想的；不体谅别人的；考虑不周的!

B: Don't worry about it; **it's not such a big deal.** 这没什么大不了的。

A: Oh... I can't hear a thing! Excuse me, can you keep it down 保持安静,小声点? C: Sure, **sorry 'bout that!**

A: Someone's phone is ringing!

B: Honey, I think it's your phone. Did you forget to switch it off 关掉它?

A: Oh, no! You're right. **That's so embarrassing!** C: **Do you mind** keeping it down 保持安静? I'm trying to watch a movie here!

10. 010. Elementary - The Office - Driving (v.) Sales 驱动销售 (C0010)

记熟句型表达：

Header 1	Header 2
表我对某人/事的看法	<ul style="list-style-type: none">• we've got to do something about ... 我们必须要做某事 we've got to 不得不, 必须 do something about our sales.• What kind of thinking is that? Geez. 这是什么想法? 天啊。

Header 1	Header 2
	<ul style="list-style-type: none"> • I kind of like (v.) the sound 声音 of that. 我有点喜欢这个建议(提议, 想法)了。
表对他人的询问	<ul style="list-style-type: none"> • How do you intend to do ... ? How do you intend to drive (v.) sales 你打算如何推动销售... Roger? • Anybody else have a better plan? 还有人有更好的计划吗? • Do we have any ideas yet?
表我的情感	<ul style="list-style-type: none"> • I'm glad ... I'm glad we thought (v.) of 想出 ; 构思出 that. Very creative.
常用套话	<ul style="list-style-type: none"> • Not very creative. Lower (v.) our prices? Not very creative.

A: All right, people. We're holding this meeting today because **we've got to 不得不, 必须 do something about** our sales, and we need to do it NOW! I want concrete (a.)确实的, 具体的; 实在的, 有形的; 混凝土的; 物质的 solutions 解决办法. **How do you intend to** drive (v.) sales 你打算如何推动销售... Roger?

B: Well, in fact, we're the most expensive in the market, so maybe we need to lower (v.) our prices to match 使等同于; 使优于; 相同; 相似; 相一致 the competitors 竞争对手?

A: Lower (v.) our prices? **Not very creative. It'll never fly with** Swan. **What kind of thinking is that?** Geez. 这是什么想法? 天啊。 **Anybody else have a better plan?** Natalie?

Example 6. 案例

"Fly with Swan" 在这里是一个比喻, 意思是这种想法或计划, 不符合Swan的期望或标准。可以理解为, 这个计划不会被Swan接受或批准。

C: Um, perhaps, um, a sales promotion 促销活动. Maybe a two-for-one offer 买一送一, or something like that!

"Two-for-one offer" 是一种促销活动, 意思是消费者购买一个商品时, 可以免费获得另一个相同或相似的商品。换句话说, 支付一个价格就能得到两个商品。

A: What? That's the same thing. Bad idea. Really bad idea. Dammit (非正式) (表示厌烦、失望等) 该死, 真他妈的 people come on! Think! The CEO will be here **any minute** 任何时刻 (现在); 随时可能发生, 即将发生。

"Dammit people come on" 是一种表达 frustration (沮丧) 或 impatience (不耐烦) 的方式。在这里, A 对于大家提出的建议感到失望或恼火, 急切地希望其他人能提出更好、更有创意的方案。"Dammit" 加强了 A 的情绪, 而 "come on" 则是催促大家加快思考或行动的意思。

D: **Do we have any ideas yet?**

C: Yes Mr. Swan, **we were kind of 在某种程度上；更或少地 considering** a two-for- one offer 买一送一 to get more competitive.

D: A two-for-one promotion? Hmm. **I kind of like the sound 声音 of that.** It sounds like something 后定 we should consider. 听起来我们应该考虑一下。

A: Yeah, exactly. Just what I was thinking! In fact, that's a brilliant idea! I'm glad we **thought (v.) of** 想出；构思出 that. Very creative.

11. 011. Elementary - Daily Life - New Guy in Town (C0011)

记熟句型表达：

Header 1	Header 2
询问他人	• I don't know if you heard 不知道你听说了没有
对他人的要求	• You have to fill 向...提供 (情况) me in.
陈述我的经历	• I met sb /as he was doing ... 我遇到了某人, 当时他在做... I met the owner of the house yesterday as he was moving in.
描述我的情感, 感觉	• I've got a bad feeling about ... 我对...有一种不好的感觉,预感 I've got a bad feeling about him.
描述人物/事情	• he's a bit ... Actually, he's a bit strange.
常用套话	

A: Oh, **I don't know if you heard**, but someone moved into that old house down the road.
不知道你听说了没有，有人搬进了路那头的老房子。

B: Yeah, I know. **I met** the owner of the house yesterday **as he was moving** in. His name is Armand.

A: Really? What's he like? **You have to fill 向...提供 (情况) me in.**

Example 7. 案例

fill (v.) sb 'in (on sth)

to tell sb about sth that has happened 向...提供 (情况)

B: Actually, **he's a bit** strange. I don't know...**I've got a bad feeling about** him.

A: Really? Why?

B: Well, yesterday I **brought over** 把...带到某地 a housewarming 乔迁庆宴, 乔迁聚会 gift, but Armand started acting (v.) really weird (a.) 奇怪的, 不寻常的; 怪异的, and then he practically 几乎, 差不多; 实事求是地, 实际地 kicked me out! I tried to, sort of, peek (v.) 偷看, 窥视 into his house, but everything was **so** dark inside **that** I couldn't really get a good look 好好看一看.

昨天我带了一份乔迁礼物过来, 但是阿曼德开始表现得很奇怪, 然后他几乎把我赶出去了! 我试着偷看他的房子, 但里面太黑了, 我看不清楚。

Example 8. 案例

bring over :

(PHRASAL VERB [TRANSITIVE]) : to take someone or something from one place to the place where someone else is, especially their home. Bring over (短语动词[及物]) : 将某人或某物从一个地方带到另一个人所在的地方, 尤其是他们的家。

- I'll **bring** my holiday photos **over** when I come. 我来的时候, 会把我的假期照片带过来。

A: Well, **you'll never guess** 你绝对猜不到 what I saw this morning. A delivery 递送, 投递 truck pulled into 进站停靠; 驶向路边 (或某处) 停靠 his driveway 私人车道, and it **dropped off** 中途卸客; 中途卸货 a long, rectangular 长方形的, 矩形的 box. **It almost looked like** a coffin 棺材!

一辆送货卡车停在他的车道上, 送来了一个长方形的长盒子。它看起来几乎像一口棺材!

B: You see! Why would he...C: Hello ladies...

B: Ah, Armand! **You scared (v.)** 使惊恐, 吓唬; 受惊吓, 害怕 the heck 该死; 见鬼(表示稍感恼怒、吃惊等) **out of me!** 你吓死我了 This is my friend Doris.

"Scared the heck out of me" 是一种表达害怕或惊吓的口语方式, 意思是“把我吓得要命”或“把我吓得很厉害”。“Heck”是“hell”的委婉说法, 用来强调强烈的情感或反应。

C: A pleasure to meet you...If you are not doing anything tonight, I would like to have you both for dinner. I mean...**I would like to have you both over for dinner.**

- "To have you both for dinner" 直译是“把你们俩当晚餐”, 这听起来像是字面上的意思, 暗示把人当作食物, 通常在这种情况下是一个幽默的错误或不合适的说法。这个表达可能会引起误解, 给人一种威胁或幽默的感觉。
- "To have you both **over** for dinner" 是一种常见的邀请说法, 意思是“请你们俩来我家吃晚餐”。这里的“**over**”表示邀请别人到自己家中聚餐。

所以, 第二个表达是正确的且常用的, 第一种则因为没有“over”可能会引起误解。

12. 012. Elementary - Daily Life - Cleaning the House (C0012)

A: Honey, the house is such a mess! I need you to help me **tidy up** 整理、收拾、清理 a bit. My boss and her husband are coming over (尤指到某人家中) 短暂造访 for dinner 正餐, 晚餐 /and the house needs to be spotless 极清洁的; 非常洁净的; 无可挑剔的; 无瑕疵的; 纯洁的!

Example 9. 案例
spotless

→ spot,斑点, 污迹, -less,无, 没有。

B: I'm in the middle of something 中途忙于做某事 right now. I'll be there in a second 立刻, 马上.

A: This can't wait! I need your help now!

B: Alright, alright. I'm coming.

A: Ok, here's a list of chores 日常事务; 例行工作; 令人厌烦的任务; 乏味无聊的工作 we need to get done 我们需要完成. I'll do the dishes 洗碗; 洗餐具 and get all the groceries 食品杂货 for tonight. You can sweep and mop (v.) 用拖把擦干净 the floors. Oh, and the furniture needs to be dusted 擦去.....的灰尘.

Example 10. 案例
chore

→ 来自PIE*sker, 转, 打转, 词源同charlady, ring. 即在外围打杂的人。

B: You know what, I have to pick something up at the mall 我得去商场买点东西, so why don't you clean the floors and I'll go to the supermarket and get all the groceries.

A: Sure that's fine. Here is the list of all the things you need to get. Don't forget anything! And can you pick up a bottle of wine on your way home?

B: Hey, honey I'm back. Wow, the house looks really good!

A: Great! Can you set the table 摆好餐具?

B: Just a sec / I'm just gonna vacuum (v.) 用真空吸尘器打扫 this rug 小地毯, 垫子 real (ad.) 很, 非常地 fast 快的, 迅速的.

等一下, 我要用吸尘器吸一下地毯

A: Wait! Don't turn it on... 不要打开它

13. 013. Elementary - The Office - Out Of Control Spending 支出失控 (C0013)

A: OK, so now the last point on our agenda. Jill, let's go over 从一处到 (另一处); 切换到另一人物 (或地点) the profit 利润, 盈利 and loss statement.

现在是我们议程上的最后一点. 让我们看一下损益表。

B: Great. Well, the main issue here, as you can see, is that our expenses 花钱的东西; 开销 are through the roof 冲破屋顶, 暴涨.

我们的开支高得离谱。

A: Let's see... These numbers are **off the charts** (图表 ; 排行榜) 處於極高水準的;破纪录,好极了, 超过正常水平! **What's going on here!** 这是怎么回事 !

B: Well, um, sir, 主 the company expenditures (n.)开支,支出 on entertainment and travel 系 are out of control. Look at these bills 账单 for example. Just this month we've **paid** over twenty thousand dollars **for** hotel charges 费用!

公司在娱乐和旅游上的开支失控了。

A: OK, thank you. **I'll look into** 调查 ; 审查 it.

B: **The list goes on and on** (不停地持续发生) 这样的例子不胜枚举. Here, this is a bill for five thousand dollars for spa treatments 水疗护理!

Example 11. 案例
spa

1.a place where water with minerals in it, which is considered to be good for your health, comes up naturally out of the ground; the name given to a town that has such a place and where there are, or were, places where people could drink the water 矿泉疗养地 ; 矿泉城

- Leamington Spa 利明顿矿泉城
- spa waters 矿泉水

2.a place where people can relax and improve their health, with, for example, a swimming pool 休闲健身中心

- a superb health spa which includes sauna, Turkish bath and fitness rooms 内设桑拿浴室、土耳其浴室和健身房的第一流的休闲健身中心

3.(especially NAME) = Jacuzzi 水流按摩浴缸

A: Thank you; that will be all. I'll take care of 照顧 , 照料, 處理 ; 負責 it.

B: Look at this one sir, eight thousand dollars were spent in one night at a place called "Wild Things"?!

看看这个 , 先生 , 在一个叫“野生动物”的地方 , 一晚上花了八千美元 ?

A: OK, I get it 我明白了,我懂了!! Thank you for your very thorough (a.)彻底的 ; 完全的 ; 深入的 ; 细致的 analysis!

14. 014. Elementary - I'm in Debt 负债,欠债 (B0014)

A: Hello, **I'm here to see** Mr. Corleone.

B: Right this way 这边走, sir. C: Charlie! What can I do for you?

B: Mr. Corlone, **I'm really sorry to trouble you**, but I need your help.

C: **Anything for you** 我什么都愿意为你, Charlie! Your father was like a brother to me.

B: Well, sir, you see, this recession (经济的) 衰退 (期) has hit (v.)打 , 击 ; 撞击 me pretty hard 用力的 ; 猛烈的; I lost my job and I'm in a lot of debt. C: I see.

B: Yeah, you know, I've got **credit card** bills, car payments 支付; 付款, **I've got to pay my** mortgage 按揭, 抵押贷款; **and on top of 超过, 胜过 all that** 除此之外, 更有甚者, I have to pay my son's college 高等专科学校; 高等职业学院; (美国) 大学 tuition (尤指学院、大学或私立学校的) 学费.

C: So you're asking for a loan 贷款, 借款.

B: Well, I just thought (v.)认为, 觉得 maybe you could **help** 帮助某人摆脱(困境) me **out**.

C: What? At a time like this? I'm broke (a.)没钱; 囊中羞涩; 破产 too, you know! You're not the only one who has been hit by the recession! I lost half my money in **the stock market crash** 股灾! **Go on** 快走吧, 别烦我了! Get outa here! 滚出去

"Go on!" 的意思是带有不耐烦或生气的语气, 类似于 "快走吧!" 或 "别烦我了!". 它通常用来强调说话者希望对方离开或停止继续这个对话。结合后面的 "Get outa here!" (滚出去), 这是一种强烈的拒绝和驱赶的语气。

15. 015. Elementary - Daily Life - I'm sorry, I love you (C0015)

A: Whoa (吆喝马等停下或不动的口令) 吁; (非正式) 呀 (表示惊讶或引起注意等), whoa, **what's going on?** 发生了什么 Watch out! 小心, 当心

B: Hey, **watch where you're going!** 嘿, 瞧着点路!

A: Oh, no! I'm so sorry! Are you all right?

B: Oh...I don't know.

A: I feel terrible, **I really didn't mean to** **knock** 撞倒 you **over**. My tire 轮胎, just exploded 爆炸, and I lost control of my bike. Really, it was an accident. **Please accept my apologies.**

B: Just let me try to stand up. 让我试着站起来

SONG: Why do birds suddenly appear, every time you are near?

为什么鸟儿突然出现, 每次你靠近的时候?

A: Are you okay?

B: Oh, wait a second, you seem really familiar, I think I know you from somewhere.

A: Yeah, I think we have met somewhere before. That's right! We met at Aaron's place last weekend! **What a coincidence** 真巧啊! But anyway, I'm glad to see that you're not too badly hurt, and **I should probably get going** 我该走了. I have a nine o'clock meeting.

B: Ouch! My ankle! I think it's broken! You can't just leave me like this! Are you calling an ambulance?

A: Nope 不; 不行; 没有, I'm canceling my appointment 约会; 预约; 约定 so that I can stay here with you.

Example 12. 案例

nope (informal) used to say 'no' 不；不行；没有

• 'Have you seen my pen?' 'Nope.' "你看见我的笔了吗？""没有。"

SONG: Do you remember when we met 你还记得我们相遇的时候吗? That's the day **I knew you were my pet** 宠儿；宝贝；红人；(昵称) 宝贝儿，乖乖。 **I wanna tell you** how much I love you.

从那天起，我知道你是我的宠物。

16. 016. Elementary - Turn left here! 由此往左 (B0016)

A: Hurry up, **get in** 上车.

B: I'm in, let's go!

A: OK, **make a left here** 在这里左转. . . no wait, I meant **make a right**. Come on, speed up!

B: Geez 天啊! **What's the rush?** 急什么呢

Example 13. 案例

geez: 主要用作感叹词，作感叹词时译为“哎呀，天哪（用来表示惊讶、气愤等）（等于jeez）”。

A: Don't worry about it, just drive. Oh, no, the light is about to change. . . **step on it** 赶紧,加快速度!

B: **Are you nuts** (a.)发疯的，发狂的! I'm not going **to run a red light** 闯红灯!

你疯了吗？我不会闯红灯的！

A: Whatever. **Just turn right 向右转 here**. . . The freeway 高速公路 will be packed 挤满人的，非常拥挤的 at this hour. . . **let's take** a *side street* 辅路. Go on! **Get out of our way** 别挡道! Move, move!

B: What's your problem! Geez. **Having a fit** (强烈感情) 发作，冲动；(癫痫等的) 突发，发作；昏厥；痉挛 is not going to help!

大发脾气是没有用的

Example 14. 案例

have/throw a 'fit

(informal) to be very shocked, upset or angry 大为震惊；非常心烦意乱；大发脾气

• Your mother would have a fit if she knew you'd been drinking!要是你母亲知道你一直喝酒，会很生气的！

A: Here, I know a short cut 捷径....just go down here, and we'll **cut though** Ashburn Heights. Let's go, let's go! **Watch out for** 密切注意；留意；小心；当心 that lady!

B: I'm going as fast as I can! 我已经尽可能快了！

A: Yes! We made it. 5:58, just before the library closes. 就在图书馆关门之前。

B: **You're such a geek!** 闷蛋；土包子；(不善交际的人，怪人；(某一领域的)高手，极客) 你真是个怪人!

17. 017. Elementary - **Here Comes** the Bride 新娘来了 (B0017)

A: I can't believe that Anthony is finally getting married!

B: Yeah well it's about time 是时候了! He's been living with his parents for 40 years!

A: **Don't be mean** (a.) 吝啬的；小气的；不善良；刻薄. Look /**here come the bridesmaids** 女宾相；伴娘! Their dresses look beautiful!

Example 15. 案例
bridesmaid

a young woman or girl who helps a bride before and during the marriage ceremony 女宾相；伴娘

B: Who are those kids walking down the aisle 走廊，过道?

A: That's the **flower girl** 花童 and the **ring bearer** 戒指童. I'm pretty sure they're the groom's 新郎 niece 外甥女，侄女 and nephew 侄子，外甥. Oh, they look so cute!

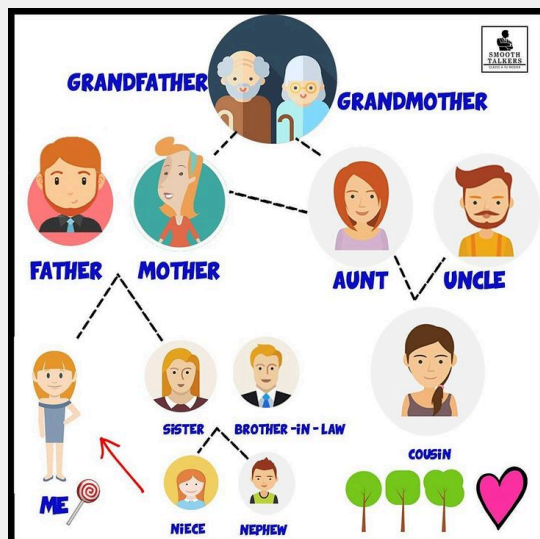
Example 16. 案例
flower girl

花童：在婚礼上携带花束的年轻女孩。

ring bearer

戒指童：在婚礼上负责保管戒指，并在需要时交给新郎或新娘的人。

niece and nephew



niece: the daughter **of your brother or sister**; the daughter **of your husband's or wife's brother or sister** 侄女; 甥女

nephew: the son **of your brother or sister**; the son **of your husband's or wife's brother or sister** 侄子; 外甥

B: I just hope the priest 牧师, 神职人员 **makes it quick**. **I'm starving**. I hope the food's good (a.) at the reception 接待处; 接待区.

我希望招待会上的饭菜好吃。

A: **That's all you ever think about** 你满脑子想的都是这些, food! Oh, I think the bride's coming now! **She looks gorgeous** 非常漂亮的; 美丽动人的; 令人愉快的; 绚丽的; 灿烂的; 华丽的. Wait, what's she doing? Where's she going? 她要去哪里

B: Oh great 太棒了! Does this mean that the reception is canceled?

18. 018. Elementary - Upper-Intermediate 中高级 - Protest 抗议, 反对! (D0018)

A: **This is** *Action 5 News reporter* 新闻记者 Sarah O'Connell **reporting live** 现场报道 from Washington, D. C. where a protest 抗议, 反对; 抗议活动 has broken out. Thousands of angry citizens are protesting against the proposed 被提议的, 建议的 bailout (n.) 紧急财政援助; 跳伞 of the auto manufacturing industry 制造业! Sir, sir, Sarah O'Connell, Action 5 news. Can you tell us what's happening?

B: Yeah, yeah, we're here because we feel **this is an injustice** 不公正, 无道义! The financial irresponsibility (n.) 不负责任, 无责任感 of big business has to **stop!** **We're there to show the government that / we don't like the way that** they're spending our tax 税款 dollars!

我们要向政府表明, 我们不喜欢他们花我们纳税人钱的方式!

A: Sir **but what exactly is making** everyone so angry?

B: It's an absolute outrage 暴行; 骇人听闻的事; 愤怒; 义愤; 愤慨, Sarah, the US government wants to give 25 billion 十亿 dollars of taxpayers' money to the auto industry 汽车行业. These are companies **that have been mismanaged** 管理不善, 处理不当 and **are now nearly bankrupt** 破产的, 倒闭的.

A: I see. But, many supporters of the bailout 紧急财政援助 argue (v.) 说理; 争辩 that it could help save (v.) the jobs of millions of hardworking Americans.

B: That maybe true, and **I for one** (用於表示認為自己的觀點或行為正確, 即使別人不這樣認為) 對...來說 **don't want** to see anyone lose their job, but how can these CEOs **ask for** a bailout when they're making millions of dollars? And then, **they have the nerve** 勇气; 气魄; 鲁莽; 冒失; 厚颜 to fly to Washington in private jets! This costs (v.) hundreds of thousands of dollars! And they're asking for money! **That is just not right!**

这也许是真的, 我个人也不希望看到有人失业, 但这些首席执行官们在赚了数百万美元的时候怎么能要求政府救助呢? 然后, 他们还敢坐私人飞机去华盛顿! 这要花几十万美元! 他们还在要钱! 这是不对的!

Example 17. 案例
for one

used to say that you think (v.) your opinion or action is right, even if others do not (用於表示認為自己的觀點或行為正確，即使別人不這樣認為) 對...來說

- The rest of you may disagree, **but I, for one**, think we should go ahead with the plan. 你們其他人可能不同意，可是在我看來，我覺得我們應該繼續執行這項計劃。

A: **Good point** 观点，论点. This is Sarah O'Connell **reporting live** 现场报道 from Washington D. C., back to you, Tom.

19. 019. Elementary - The Weekend - Christmas Chronicles 编年史；历史 I (C0019)

Example 18. 案例

1. chronicle → -chron-时间 + -icle名词词尾

A: I hate working on Christmas Eve! Whoa! **Get a load of** 仔细看（倾听）；打量 **this guy** 看看这家伙！！**Come in central** 总部（或中央指挥中心），请回应, I think **we've got ourselves a situation** 突发情况 **here.**

我讨厌在平安夜工作！哇！看看这家伙！总部（或中央指挥中心），请回应，我想我们这里有麻烦了。

Example 19. 案例
get a load of sb/sth

(informal) used to tell sb to look at or listen to sb/sth (用以让人)看，听

• **Get a load of** that dress! 你瞧那件衣服！

Come in central

"Come in central" 是一种无线电通信中的常用短语，意思是："总部（或中央指挥中心），请回应。"

"Central" is the police command center.

"Come in" is radio talk meaning "please respond."

"中央"是警察指挥中心。"进来"是无线电通话，意为"请回应"。

B: License 执照，许可证 and registration 登记；注册；挂号 please. Have you been drinking tonight, sir?

A: **I had** one or two glasses of eggnog 蛋酒, but nothing else.

Example 20. 案例
eggnog

(BrE also 'egg-flip) [UC] an alcoholic drink made by mixing beer, wine, etc. with eggs and milk 蛋奶酒 (用啤酒、葡萄酒等和蛋、牛奶搅拌而成)

B: **Step out of** 走出；暂时离开 **the vehicle** 交通工具，车辆, please. Sir, **what do you have in the back?**

A: Just a few Christmas gifts, 'tis (=it is) the season, after all!

Example 21. 案例
'tis

(old use) it is.

'Tis, as in *'tis* the season is an old—very old—contraction of *it is*. The apostrophe replaces the i in the word it to create 'tis. Because it is a contraction, 'tis needs an apostrophe. Saying *'tis the season* is the same as saying *it is the season*.

'Tis , 正如'tis the season 是一个古老的——非常古老的——it is的缩写。撇号替换单词it中的i以创建'tis 。因为它是缩写形式，所以需要有一个撇号。说“现在是季节”与说“现在是季节”是一样的。

B: **Don't take that tone with me.** Do you have an invoice 发票；（发货或服务）费用清单 for these items?

别用那种语气跟我说话。你有这些物品的发票吗？

Example 22. 案例
invoice

→ 来自中古法语envois,派遣,送出, -s,复数后缀, 来自envoyer,送出, en-,进入,使, -voy,路, 词源同 way,envoy.引申词义"发送的货物", 后用来指"货物清单", "发票"等。拼写受voice影响俗化。

A: Umm...no...I make these in my workshop in the North Pole!

嗯...不...这是我在北极的工作室里做的！

B: You are *under arrest* 被逮捕, sir. **You have the right to remain silent.** You better not pout (v) (恼怒或性感地) 撅嘴, you better not cry. **Anything you say can and will be used against you** 你所说的任何话都可能在法庭上对你不利. You have the right to an attorney (律师；代理人) 你有权请律师; if you cannot afford one, the state will appoint

Example 23. 案例
the Miranda Rights 米兰达权利

Miranda rights are the legal rights that must be read to a suspect by law enforcement in the U.S. 米兰达权利是美国执法部门必须向嫌疑人宣读的合法权利。

A: You can't take me to jail! What about my sleigh (尤指马拉的) 雪橇? It's Christmas Eve! I have Presents to deliver (v.)投递, 运送! Rudolph! Prancer 腾跃前进的人; 舞蹈者; 欢跃者! Dancer 舞蹈家! **Get help** 快去找人帮忙!

Example 24. 案例
sleigh

→ 来自荷兰语 slee,缩写自 slede,雪橇, 词源同 sled.

Rudolph, Prancer, Dancer

Rudolph、Prancer 和 Dancer 是圣诞老人雪橇的驯鹿

A: Hello, Arthur. **What seems to be the problem?** 哪裡出了問題嗎？

B: Hey doc. Well, I think I might need glasses. **I'm getting headaches**, and **I really struggle** to see things 我真的很难看清东西 that are far away. But I have always had 20/20 vision 视力极佳 (指能看到20英尺外物体的视力，读作 twenty twenty vision) .

Example 25. 案例

20/20 (或1.0) 它們也被稱為斯內倫(Snellen)分數。
斯內倫(Snellen)分數的最高數字, 是病患與視力表之間的觀看距離。在美國, 此距離通常為20英尺; 而在英國, 它是6公尺 (因此20/20等於6/6) 。

A: Sounds like you may be far-sighted 远视. OK, then, cover your left eye and read the chart in front of you.

B: Mmm.. . X, E, R, 3, a question mark 问号, and **I can't quite make out** 看清; 听清; 分清; 辨认清楚 the other symbol but I think it's the peace sign 和平手势,V字形.

A: Wow, Arthur! You're as blind as a bat! 你跟蝙蝠一样瞎

B: Yeah, I know, my vision is really blurry (a.)模糊不清的 at times 有时.

A: Ok then, **head (v.)朝 (某方向) 行进 on over to** the other room /and pick out some frames 框架; 眼镜架 /while I fill out (按订单) 供应; 交付 (订货); (按药方) 配药 your prescription 处方; 药方.

好吧，那你到另一个房间去挑几副镜框，我给你配药。

Example 26. 案例

fill

[VN] if sb **fills** an order or a **prescription** , they give the customer what they have asked for (按订单) 供应 ; 交付 (订货) ; (按药方) 配药

B: Thanks doc!

A: Arthur, that's the bathroom 浴室 , 盥洗室 ; <美> 卫生间 , 厕所.
