

M: Hello English learners! Welcome to EnglishPod! My name is Marco.

E: And I' m Erica.

M: And today we' re gonna be bringing you a very useful lesson about being sick 生病.

E: Yeah, um, we' re going to learn, um, how to tell your boss that you can' t go to work, because you' re sick.

M: Exactly! This is really important, because we all get sick /and sometimes you just can' t go to work.

E: Yes! Or maybe sometimes you just don' t want to go to work.

M: You just... exactly, maybe you' re lying.

E: Yeah.

M: But we' re gonna be teaching you *how to do it* anyway 但无论如何我们都会教你怎么做, so, before we start with our dialogue, let' s **take a look at** "vocabulary preview" .

Example 1. 案例

But we' re gonna be teaching you how to do it anyway.

这是 将来进行时 (Future Progressive/Future Continuous Tense) 的一种非正式口语表达。

将来进行时 (will be doing 或 be going to be doing) 并不只是简单地表示将来会发生的事。它在这里传递了以下几种细微的含义：

- 强调动作的持续性和过程性：**它强调“教学”这个动作不是瞬间完成的，而是在未来的一段时间内会持续进行。暗示这是一个过程**，你会在这个过程中学到东西。
 - 对比: We will teach you... (单纯陈述将来会发生的事)
 - 对比: We are going to teach you... (陈述将来的计划或意图)
 - 本句: We are going to be teaching you... (强调在整个课程/节目期间，**我们“将会一直在教你”**)
- 一种礼貌和温和的表达：听起来比直接说 “We will teach you” 或 “We are going to teach you” 更柔和、更不那么强硬。它暗示这是一种自然的、已安排好的进程，而不是一个突兀的命令。
- **表示既定的安排或计划：通常用于描述已经决定或计划好的未来事件，尤其是在不久的将来。**在这里，它暗示 “教你” 是这个节目或课程计划好的一部分内容。

gonna 是 going to 在非正式口语中的极度常见的缩略形式。它在这个句子中取代了更正式的 will , 来表达将来的概念。

所以, "We' re gonna be teaching you..." 最地道的理解是：

“我们（在接下来的课程中）会教你.....” 或 “我们将会一直在教你.....”

Voice: Vocabulary preview.

E: In this vocabulary preview /we have two words for you. Uh, the first one is *quite ill*.

M: Quite ill. (指某人生病的程度比较严重，需要得到医疗治疗)

E: Quite ill.

M: So, quite ill...

E: Very sick.

M: Very sick.

E: Uhu.

M: Quite is a synonym 同义词 of very. (Quite是very的同义词)

E: Exactly!

M: Okay.

E: Yeah.

M: And ill...

E: Sick.

M: Sick.

E: Yeah.

M: So, they both mean (v.) the same thing, no difference.

E: No difference at all. I just think, uh, ill is more common in British English.

M: Uh, exactly. Alright, let' s take a look at our second word – flu.

E: The flu.

M: The flu.

E: The flu.

M: So, the flu is a virus.

E: Yeah, it' s a sickness 疾病 ; 呕吐 ; 弊病.

M: Okay, and, uh...

E: Uhu.

M: It' s very similar to a cold 感冒 , 伤风.

E: Yes, but just a lot worse.

M: A lot worse, so, it' s stronger.

E: Yeah, yeah. Um, it' s also called influenza 流行性感冒.

M: Influenza.

E: Aha.

M: Exactly. So, the flu.

E: Uhu.

M: Okay, so, let' s listen to our dialogue. What' s gonna happen here today?

E: Well, we' re going to listen /as Julie calls her boss to tell him she' s sick.

M: Alright, but is she really sick?

E: I don' t know. Let' s find out.

Header 1

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* 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 throat /a runny nose /and I' m feeling slightly feverish (a.)发烧的 , 发热的.

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

Header 1

B: Yes, I was hoping **to take the day off** 请假一天 to recover.

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

M: Alright, so, Julie didn' t really seem to be sick, ha?

E: Yeah, I... I don' t know /th... that cough was just a little too much 咳得太厉害了.

M: It seemed like /she was acting.

E: Yeah.

M: Alright, so, let' s take a look at some of this vocabulary in "language takeaway 外卖食品" .

Voice: Language takeaway.

E: We have five words for you here /and these are all great words to describe a sickness, right?

M: Uhu.

E: Alright, the first one – headache.

M: Headache.

E: Headache.

M: Headache.

E: So, when you have a headache, you have a sore (发炎) 疼痛的 , 酸痛的 head, right?

M: Right, your head hurts 指 (身体部位) 感到疼痛、 (某一动作) 引起疼痛.

E: Uhu.

M: So, it' s pretty simple.

E: Yep.

M: You have a headache.

E: It' s the way /you feel *after, um, being at a bar too late*. 就是你在酒吧待得太晚后的感觉.

M: Yeah...

E: Yeah.

M: When you drink too much...

E: Yeah.

M: You get a headache.

E: Yeah.

M: Alright, let' s take a look at our next word – sore throat 喉咙痛.

E: Sore throat.

M: Sore throat.

E: Sore throat.

M: So, basically, we have two words here, let' s look at the first one – sore.

E: Hurting.

M: It hurts 使疼痛, right?

E: Yeah.

M: And your throat is...

E: Well, it... you know /it' s the part *right here*, at the back... oh, you can' t see me.

[Comment: Erica **points at** her throat, but realizes *right away* 立刻,马上 that /we can' t see

her 马上意识到我们看不到她的动作, because it' s a podcast, not a videocast.]

M: Hehe.

E: Well, it' s the part, um, at the back of your mouth /that goes down to your stomach 胃 ; 腹部.

M: Alright, that' s your throat.

E: Yeah.

M: So, you use (v.) your throat to swallow 你用喉咙吞咽.

E: Uhu.

M: Okay. Now, we can use the word sore /with different body parts 我们可以在身体的不同部位,使用酸痛这个词, right?

E: Yeah, like, um, a sore back 背部疼痛.

M: A sore back, right? Or maybe you were playing tennis all weekend, so you have a sore arm 酸痛的胳膊.

E: Aha, or even a sore neck 颈部疼痛.

M: Right.

E: Uhu.

M: So, the word sore. Let' s take a look at our third word – running (a.) nose 流鼻涕.

E: Running nose.

M: Running nose.

E: Running nose.

M: This is a very strange word.

E: I know.

M: But it doesn' t mean that /your nose is running, right?

E: No, but... okay, um, it... no, but when you have a running nose, um, there' s lots of water coming out of your nose, right?

M: Right.

E: So, it' s interesting though, because when you run, you go fast, right?

当你跑步时, 你移动得很快. (这里其实是在玩一个文字游戏, 用来解释为什么“流鼻涕”会被称为“running nose”。)

M: Hehe. So, a lot of water is...

E: Coming fast out of your nose.

M: Out of your nose. Running nose.

E: Yeah.

M: Okay, our forth word today – slightly feverish (发烧的, 发热的) 低烧.

E: Slightly feverish.

M: Slightly feverish.

E: Slightly feverish.

M: So, again, slightly is...

E: A little bit.

M: A little bit...

E: Uhu.

M: Right? A little bit. And feverish?

E: Well, let' s break this word down 让我们分解一下这个单词. Um, we know fever, right?

M: Uhu.

E: Um, so, when you' re... when your body is very, very hot...

M: Right.

E: Because you' re sick. So, feverish is the feeling or your body being very, very hot.

M: Uhu. Okay, so, you have a high temperature.

E: It' s not that you have a high temperature, but you feel like you have a high temperature.

M: Okay, so, slightly feverish.

E: Uhu.

M: And our last word – to recover.

E: Recover.

M: Recover.

E: Recover.

M: So, this means to get better, right?

E: Exactly.

M: Can you only use it /when you' re sick? 你只能在生病的时候用吗？

E: So, when you recover, you get better and you rest (v.)休息 , 歇息, so, maybe you can say, um, “I was so busy this week, I need to recover at this weekend” .

M: Okay, so, yeah, if you feel tired...

E: Yeah.

M: Or you feel sick, you can recover.

E: Uhu.

M: Okay, let' s listen to our dialogue again /and we can listen to these words that we' ve just talked about.

Header 1

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 today.

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

B: I think I' m coming down with the flu. I have a headache, a sore throat a runny nose and I' m feeling slightly feverish.

A: I see... so you' re calling in sick?

B: Yes, I was hoping to take the day off to recover.

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

M: In this dialogue /we listened to some really interesting phrases /of how you can tell your boss that *you' re feeling sick*, right?

E: Yeah, some great phrases, so, let' s look at these /in “fluency (说话) 流利 builder 流利的建设者” .

Voice: Fluency builder.

M: Okay, let' s take a look at our first phrase /on fluency builder – I' m **coming down with** 染上 (疾病) .

E: I' m coming down with.

M: I' m coming down with.

E: I' m coming down with.

M: Alright, so, let' s listen to some examples /and then we' ll come back and explain this interesting phrase.

Voice: Example one.

A: My throat really hurts. I think **I' m coming down with** a cold.

Voice: Example two.

B: You have a running nose. **Are you coming down with** the flu?

Voice: Example three.

C: I don' t feel well. I think **I' m coming down with** something.

M: Okay, so, basically, coming down with means...

E: Starting to get sick.

M: Uh... um, beginning to feel sick.

E: Yes.

M: Okay, so, you can use it /with "I' m coming down with the flu" .

E: Aha, I' m coming down with a cold.

M: Uhu. Or I' m coming down with a cough.

E: Yeah, or I' m coming down with something.

M: With something, you don' t know what it is.

E: Exactly.

M: Okay, let' s take a look at our second phrase – calling in sick 打电话请病假.

E: Calling in sick.

M: Okay, calling in sick.

E: So, this phrase is great! You know, when you say "I' m calling in sick" ...

M: Uhu.

E: You' re saying "hey I' m not going to come to work today, because I' m sick" .

M: Okay, so, literally, it means that you call your office...

E: Yeah.

M: And you say /you' re not going to work.

E: Yes, um, but it' s great, cause it' s three words /that show such a long idea.

M: Right, because otherwise /you would have to say "I' m calling, because I don' t feel well, so, I' m not gonna go to work" .

E: Yes!

M: But if you say "I' m calling in sick" , everyone knows...

E: Everyone understands.

M: That you' re not gonna go to work.

E: Yep.

M: Okay, now, let' s take a look at our last phrase – take the day off 请假一天.

E: Take the day off.

M: Take the day off.

E: Take the day off.

M: Now, this is a great phrase! *To take the day off* is to...

E: Not go to work.

M: On that day.

E: Yes!

M: Now, you can say "take the... week off" .

E: Uhu, take the month off 休一个月假.

M: Take the month off or...

E: Yeah.

M: Take the year off.

E: Yeah, if you' re so lucky.

M: Hehe. Alright, so, *take the day off* means to not go to work on that day.

E: Uhu.

M: Alright, let' s listen to our dialogue again now /and then we' ll come back and talk a little bit more.

Header 1

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 today.

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

B: I think I' m coming down with the flu. I have a headache, a sore throat a runny nose and I' m feeling slightly feverish.

A: I see... so you' re calling in sick?

B: Yes, I was hoping to take the day off to recover.

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

E: Well, Marco, um, have you ever done *what Julie did*? Did you ever call your boss /to say you' re sick to... when you' re not really?

M: Yeah, of course! I mean, sometimes /you just don' t feel very well, but you' re not really sick 你并不是真的病了, you just don' t **feel like** going to work 你只是不想去上班.

E: Yes.

M: Or sometimes you have something to do.

E: Uh.

M: Right?

E: Yep! You know *what we call those /in Canada*? Um, we call them *personal days* 个人休假

☐.

M: *Personal days.*

E: Yeah! So, you say "oh, I' m gonna take a personal day" ...

M: *Ouh.*

E: *Meaning I' m gonna _call in sick,* but then go shopping.

M: Hehe. We used to do 过去常常做某事 that a lot 我们以前经常这么做, because, for example, soccer games are such a big deal.

E: Oh, yeah!

M: And, you know, sometimes you would have, ah, a soccer match between, I don' t know, Brazil... and it would be maybe at 10 a.m. 午前 ; 早上 or 11 a.m., so, everyone would **call in sick** on that day.

E: Yeah, so, the boss at least could plan that /he would have an empty office.

M: Yeah, or sometimes you would take half the day off.

E: Uh.

M: So, you would just go... you say "well, I' m not gonna make it /in the morning, but I' ll come /in the afternoon" .

E: So, you would recover...

M: A l...

E: Very quickly.

M: Yeah, I' m feeling a little bit sick, but I' m going to be better in the afternoon.

E: Yeah.

M: Alright, so, well, if you have any questions or comments, please come to our website /and if you have any *calling in sick* stories, please let us know.

E: Yes, you can visit us at englishpod.com /and Marco and I are always there to answer your questions.

M: Alright, folks, so, we' ll see you next time.

E: Thank for listening, good bye!

M: Bye!
