

---

# BBC LEARNING ENGLISH

## Authentic Real English 地道英语

### A shock to the system

#### 一件让人难以应对的事

---



- 关于台词的备注:  
这不是广播节目的逐字稿件。本文稿可能没有体现录制、编辑过程中对节目做出的改变。

#### **Feifei**

大家好，这里是 BBC 英语教学的《地道英语》节目。我是冯菲菲。

#### **Rob**

And hello, I'm Rob.

#### **Feifei**

Hey, Rob. How was your holiday?

#### **Rob**

Absolutely fantastic - a whole week sitting around, relaxing, doing nothing. Perfect!

#### **Feifei**

Rob 上周去度假放松，每天无所事事。It sounds great but why are you looking so grumpy today?

#### **Rob**

Well, it's my first day back at work and it's been a shock to the system.

#### **Feifei**

A shock? Did you get a shock? 你被电击了？

#### **Rob**

No, not something dangerous, like an electric shock. I mean experiencing a sudden and unpleasant change from what you've been used to. For me, it's a change from relaxing and doing nothing on the beach to suddenly being back in the office, sitting at my desk, working hard – with you!

#### **Feifei**

That does sound like a shock! 短语 “a shock to the system” 描述人们因遇到一个新的或不好的变化，感到不适应或难以对付。

#### **Rob**

Here are some other people who've experienced a shock to the system.

## Examples

After such a long and hot summer, this cold weather has come as a shock to the system.

I hope they can fix my car quickly: walking to work has been a bit of a shock to the system.

My daughter has found starting secondary school a real shock to the system – she gets so much homework!

## Feifei

这里是 BBC 英语教学的《地道英语》节目。本集节目里教给大家的短语是“a shock to the system”，它的意思是“因新的变化或不常见的事物，让人感到难以应对或不愉快”。So I guess your holiday is already a distant memory, Rob?

## Rob

Yes, it is.

## Feifei

All that relaxing and doing nothing, eh? But I'm still confused.

## Rob

Why's that?

## Feifei

'A shock to the system' is a sudden change – but you did the same thing on holiday as you do in the office – there's no change!

## Rob

Very funny. But hold on. If that's what you think, I might as well wear these.

## Feifei

Oh no. Swimming shorts and a hat! Please go and cover up.

## Rob

OK. See ya.

## Feifei

Bye-bye.