

- 关于台词的备注:

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Feifei

大家好，欢迎收听 BBC 英语教学的“地道英语”节目，我是菲菲。

Neil

And I'm Neil. And in this programme, we're learning a phrase that describes putting lots of effort into what you are doing. It's 'hard at it'.

Feifei

Hard at it. 这个短语用来形容一个人“卖力地工作”。

Neil

Yes. But not just work – if you're putting lots of effort into doing anything, we can say you are hard at it. The 'hard' part is the adjective and means involving lots of effort, and the 'it' refers to the thing you are doing.

Feifei

其实，短语“hard at it”的意思就是“埋头苦干”，可以是“干工作”、“干活儿”，也可以是“其它任何形式的努力苦干”。形容词“hard”在这里的意思是“辛苦的，努力的”。比如，昨天我在健身房里努力锻炼，我是不是可以说：“I was hard at it.”？

Neil

You could – and well done by the way – you wouldn't find me hard at it at the gym. Yesterday, I was hard at it trying to study for my Spanish language test.

Feifei

It seems we were both busy, hard at it, doing something difficult.

Neil

Yes, and we weren't the only ones – listen to these examples.

Examples

Don't disturb Vera, she's hard at it trying to finish the paperwork for the project.

If you're looking for Dad, he's hard at it in the kitchen making food for the party.

I'm hard at it on a practice run, trying to get fit for a marathon I'm taking part in next month.

Feifei

你正在收听的是 BBC 英语教学的“地道英语”节目。以上我们介绍了短语“hard at it”的含义和用法。我们可以用“hard at it”来形容一个人“埋头苦干，卖力地做一件事情”，这件事情可以是工作、学习、锻炼等任何一件需要付出额外努力去完成的事情。

Neil

Yes, and note that this has an informal use and refers to anything you're making extra effort to do and you are really focused on.

Feifei

注意：“hard at it”多用于日常会话中，特别强调“一个人专注于手头的工作，勤奋做事”。Well, Neil, I've been hard at it at work today. I think I deserve to finish early and head to the gym again for another workout.

Neil

Lucky you. I've still got this pile of work to do, so I'll be hard at it until late. Wish me luck!

Feifei

Good luck Neil. Bye!

Neil

Bye.