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Feifei

欢迎收听BBC英语教学制作的《地道英语》节目。大家好，我是冯菲菲。

Rob

...and me, Rob. Hello. I'm afraid I won't be here for long, Feifei.

Feifei

Why? What's happened, Rob?

Rob

Well, I have so much to do. I have to write some texts, I am presenting this and two other programmes, and ... yes, I have to upload material to our website...

Feifei

That's a lot to do, and you look stressed.

Rob

Yeah. It's not just that... I have to take my son to school, my cat to the vet, buy my wife a birthday present...

Feifei

Rob, 你也太忙了点儿吧。You need some 'me time'!

Rob

Oh yes, I do! That would be brilliant! Me time is an expression which means time we have for ourselves to do just what we want. Yes, I really do need some me time.

Feifei

Me time 这个表达的意思是属于自己的、用来放松的、做自己想做的事情的私人时间。下面我们来听几个使用 **me time** 的例句。

Examples

I've just sent my mum to a spa in the countryside. She's been taking care of the whole family and is really in need of some me time!

A: Oh, six in the morning! I'm going to be late for work!

B: Ignore the alarm clock today. It's Sunday! Stay in bed till late and have some me time.

Feifei

哎，我觉得 Rob 的生活这够忙碌的，要不我做个好人给他点儿“私人时间”。You know, Rob, these examples have inspired me so much that I'll let you have some me time for the rest of the programme.

Rob

Really?!

Feifei

Yes. What do you like to do to relax?

Rob

Well... I'd like to ...

Feifei

Yes?

Rob

What I'd like, I'd really really like is... to take a nap. And now I'm going to do just that.

OK.Thanks Feifei. Bye everyone!

Feifei

Rob? Rob? 睡着了，咱们就让他安静的休息会儿吧。谢谢大家收听，我们下次再会。

Bye!