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Feifei

大家好，欢迎来到 BBC 英语教学的《地道英语》节目。我是冯菲菲。

Neil

And I'm Neil. Hey, thanks for joining me today, Feifei.

Feifei

No problem, Neil. I wanted to give you my support for your first run in the park! 你第一次在公园里跑步，我这不是给你来加油、打气吗！

Neil

Well, this run in the park is only five kilometres.

Feifei

I know, but you're not particularly fit and you haven't done much training.

Neil

Oh, don't worry about that – this will be a walk in the park!

Feifei

Err. Neil 想要"在公园里走路 walk in the park"，但他可是来跑步的，光走路怎么行！Neil, this is a run, a run in the park!

Neil

I have no intention of walking – it's just an expression that means it's easy to do, especially compared to other activities.

Feifei

啊…原来，"a walk in the park"是一个表达，它用来比喻事情"非常简单，轻而易举地就能完成"，就好像在公园里散步一样容易。I'm glad to hear that because it's just about to start – let's hope you really do find it easy!

Neil

Don't worry, I will have finished by the time you hear these examples.

Examples

I've been studying for so long. This exam should be a walk in the park.

Oh, don't worry about me. I've trekked in the Himalayas. This hill will be a walk in the park!

The job at the bank will be a walk in the park – you studied economics at university!

Feifei

欢迎回到 BBC 英语教学的《地道英语》节目。刚刚，Neil 用到了"a walk in the park"这个说法来形容在公园里跑步这项活动"特别简单、容易"，尤其是和跑整个马拉松比起来，那简直小菜一碟。But where is Neil now?

Neil

…here I am. Oh, that was hard.

Feifei

So that run wasn't a walk in the park, then? That's a shame.

Neil

Why's that?

Feifei

Well, I thought that if running in the park was too easy, you could train for next year's London Marathon. It's over 42 kilometres - that would be no walk in the park.

Neil

Err, can we just park that idea, please?!

Feifei

"Park an idea"这个说法的意思是"先把这个想法放在一边"，指以后再来谈论或处理某件事。

Neil

Anyway, I'm gonna do another activity to keep me fit and healthy.

Feifei

Oh, yes? What's that?

Neil

Walking. In the park!

Feifei

Good idea. Bye!

Neil
Bye.