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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。

Rob

I'm Rob. Hello!

Feifei

So, Rob, another year over.

Rob

Yes, goodbye 2019. It's been a good year, but it's time for a clear-up.

Feifei

Rob's tidying up! Why, Rob?

Rob

Well, there's so much junk lying around – let's clear out the old stuff. I'd like to start the New Year with a tidy office.

Feifei

Oh, right – we can say 'out with the old, in with the new'.

Rob

Out with the old, in with the new. Yeah, a good expression, Feifei. You mean leave old things or old ideas behind and start fresh with new things or ideas.

Feifei

I do. 在新年期间，我们通常用“out with the old, in with the new”来表示“旧的不去，新的不来”，新事物总会替代旧事物。

Rob

Well, I had better get on with getting rid of old things... while we hear some examples of this phrase in action.

Examples

It's time for me to get rid of my old boots and buy a new pair. Out with the old, in with the new!

The tech company released their new range last week. I've already bought something. It's out with the old chunky phone and in with the new lightweight touchscreen one.

Last year I spent too much time eating cake. But now for 2020, I'm going to join a gym and get fit. It's out with the old body and in with the new one!

Feifei

这里是 BBC 英语教学的“地道英语”节目。在 2019 年最后一期“地道英语”节目中，我们用短语“out with the old, in with the new”送走 2019，迎接 2020。So what new things or ideas shall we have for 2020, Rob?

Rob

Hmm, well, for a new thing, I was thinking about some flowers in the studio.

Feifei

Nice.

Rob

And for my new idea, I thought I would start introducing the programme every week – it's always been you, Feifei!

Feifei

Excuse me, Rob – I've always introduced the programme. It's ladies first! Sorry, I'm not changing that. 不过，我倒是在考虑另一个变化。

Rob

Oh, yes? What's that?

Feifei

A new presenter. As we say, out with old – you, Rob – and in with the new – hi, Dan.

Dan

Hey, Feifei!

Rob

Oh, hi, Dan.

Feifei

Just joking! Happy New Year, Rob!

Rob

Um... you too.