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# BBC LEARNING ENGLISH

## Authentic Real English 地道英语



### JOMO

### 错失的快乐

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- 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。我是冯菲菲。

#### Roy

...and me, Roy.

#### Feifei

我们可能听起来与以往有些不同，这是因为在新冠肺炎疫情期间，我们无法在平时的录音间录制节目。

在这期节目中，我们要给大家介绍的这个短语通常被用于鼓励人们享受私人时间，不花大量时间奔跑于社交场合。Roy, I haven't seen you posting much on social media today.

#### Roy

No, I decided not to spend my time on social media because I wanted to play some video games!

#### Feifei

Ah, JOMO!

#### Roy

What on earth is JOMO?

#### Feifei

JOMO 是 FOMO 的反义词，也就是“the joy of missing out”，错失的快乐。You are enjoying playing video games while not posting on social media.

#### Roy

I didn't know you wanted to see my posts?

**Feifei**

Roy, no one wants to see all those pictures of you and your dog! Let's hear these examples.

**Examples**

Climbing a mountain and not checking my emails was pure JOMO.

I didn't go to the restaurant last night with everyone from work. I had more fun staying at home watching a film. That's JOMO.

I'm going to spend a week not checking social media. I'm going to do other things like listen to music. JOMO!

**Feifei**

这里是 BBC 英语教学的“地道英语”节目。我们正在讨论“JOMO”的意思和用法。“JOMO”是“joy of missing out”的缩写，这个短语可以用来描述某人乐得自在的生活状态。这类人通常拒绝参加无意义的社交活动，也不愿忙于在社交平台上留言、点赞、关注他人的生活。

**Roy**

So, what are your JOMOs, Feifei? What things do you like to do instead of going out?

**Feifei**

Well, listening to music, watching videos of the opera while eating a lettuce. You know, normal things.

**Roy**

You eat a lettuce while watching opera? That's very specific. I'm not sure that's everyone's idea of a good time.

**Feifei**

Eating lettuce keeps me healthy and I love singing opera. It's better than playing video games.

**Roy**

Umm... I don't agree – but I suppose everyone has different JOMOs. Oh, if you like singing opera, will you sing some for us?

**Feifei**

One day, Roy, but not today!

**Roy**

OK, I'm looking forward to it!

**Feifei**

Bye.

**Roy**

Bye.