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# BBC LEARNING ENGLISH

## Authentic Real English 地道英语



### Bad hair day 不顺心的一天

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- 关于台词的备注:  
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#### **Jiaying**

大家好，欢迎收听 BBC 英语教学的“地道英语”节目，我是佳莹。

#### **Neil**

And me, Neil.

#### **Jiaying**

怎么了，Neil? You don't sound that happy.

#### **Neil**

I'm not. I went to bed late and this morning, I overslept. It's all been a bit of a rush and I haven't even had time for my morning coffee.

#### **Jiaying**

Oh, dear. Neil, I guess that explains it.

#### **Neil**

Explains what?

#### **Jiaying**

Why you're such a mess – your clothes are scruffy, you've got food stuck to your beard and your hair!

#### **Neil**

What about my hair?

#### **Jiaying**

It's not very... tidy.

**Neil**

Am I having a bad hair day?

**Jiaying**

I think you are! 表达“a bad hair day”用“起床后头发乱糟糟，怎么也打理不好”的情况来比喻“倒霉、不顺心的一天”。Don't worry, Neil. You're not alone. Listen to these people...

**Examples**

Today's a bad hair day for me – I feel a complete mess.

Oh, no! I've got an interview today, and it's a bad hair day.

I'm having a bad hair day – I think I'll go back to bed!

**Jiaying**

这里是BBC英语教学的“地道英语”节目。大家可能遇到过在某一天，不论怎么打理，头发都不听话的情况。在口语中，表达“a bad hair day”就借此比喻“诸事不顺心，倒霉的一天”。Oh, Neil. I think you better go and tidy yourself up.

**Neil**

Really? But I'll need your help.

**Jiaying**

Do you need a brush?

**Neil**

No, I need a cup of coffee!

**Jiaying**

OK. If that'll help you to make your *bad* hair day become a *good* hair day.

**Neil**

It will. Thanks.

**Jiaying**

Bye.

**Neil**

Bye.