

---

# BBC LEARNING ENGLISH

## Authentic Real English 地道英语

### Double down 加倍努力

---



- 关于台词的备注:  
这不是广播节目的逐字稿件。本文稿可能没有体现录制、编辑过程中对节目做出的改变。

#### 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。

#### Neil

... and I'm Neil. Feifei, you're very lucky I'm here – I have so much work to do. I haven't got much time to talk to you.

#### Feifei

Oh, that's a shame. I like presenting this programme with you.

#### Neil

Really? Well, that's nice. Let's get on with it then and afterwards I'll just get down to some hard work.

#### Feifei

Neil 说我们录完节目后他要“get down to some work（开始努力完成一些工作）”。To be honest, Neil, if you have lots of work to do, maybe you need to double down.

#### Neil

Double down? Do you mean do my work twice?

#### Feifei

No, not exactly. “Double down（双降）”的实际意思是“加倍努力做某事，用比以前更坚定的方式继续做某事，更有决心去完成一件事”。So, I'm saying you need to work harder.

#### Neil

I already am. Look, I've made these examples...

## Examples

I need to double down on my revision – I've got an exam tomorrow.

We're going to double down on our work and finish the project by Friday.

You need to double down on your exercise regime – you're getting unfit!

## Feifei

你正在收听的是 BBC 英语教学的“地道英语”节目。以上我们给大家举例讲解了如何使用“double down”这个动词短语。我们用“double down on something”来表示“加倍努力或专注于做某事”。Neil, you need to be more determined to get your work done. Put more effort in!

## Neil

OK, Feifei. I will double down on my work – but I still think it will take double the amount of time.

## Feifei

Well, that's a shame because you're going to miss the office drinks after work.

## Neil

Office drinks? I didn't know about those. Right, I'm off to do my work now and I'll be there at the double.

## Feifei

“At the double”，又一个包含了“double”的短语。“At the double”的意思是“迅速，立即”。Good luck with your work, Neil. I'll see you later. Bye!

## Neil

Bye.