

Time Off 休息时间 — 10 月 12 日

Welcome once again to English World. I am your radio friend Mark.

And I am your radio friend Guo Wen-Jie.

Wen-Jie, you took a few days off last week.

That's right. 我上周休假了几天

I needed a break. 我很需要休息

So, How was your time off?

It was wonderful.

What did you do?

I just rested and took it easy. 我好好的休息, 也过得轻松写意

And That was it?

Well, I also got together with some old friends

也跟老朋友碰了面

I bet you had a good time with them.

Yes I did.

So you pretty much just stayed around here then?

Yep. 我并没有到哪儿去, 就待在家里

I stayed in town.

And knowing you, you probably did some work at home.

Of course. There's always cleaning to do in the house.

在家总要作一些家事

Ha Ha, Of course.

And I took some time to work on things that needed to get done.

我也作了一些需要完成的事

That doesn't seem like rest for me. That is work.

I know.

And that probably wasn't enough time off for you, was it?

Of course not. 真希望能多有几天假

But for now, it was good enough.

Well, I am glad you're back to work.

Thanks. It's great to be back.

Rest and Breaks 休息时间

Rest breaks (Rest breaks)

Rest breaks are short breaks during your working day or at school.

这个词意思是, 工作天或学校课间的短暂休息

Daily rest (Daily rest)

Daily rest is a break between working days

这个词意思是, 每天下工后到第二天上工前的休息

Weekly rest (Weekly rest)

Weekly rest means the 'weekend'

这个词意思是, 每周的周末放假

Rest breaks, Daily rest, Weekly rest

Mark, everyone needs rest.
 You are right. No one can be a superman, working all the time.
 沒有人是超人，能一直工作不停
 It is required by law for employees to have rest periods and meal breaks during their work day.
 有法律規定，雇員在工作時，該有休息和吃飯時間
 Also the employee be allowed to take time off from his or her job.
 雇員被允許能夠停工休息或休假
 And depending on the policies, that time off may or may not be paid.
 那按著公司的政策，那段休息放假或是不付薪，或是給付薪水
 Wen-Jie, Do you know there are different types of breaks?
 I know coffee break or tea break.
 有所謂的喝咖啡喝茶的休息時間
 That's right. Some call it snack break.
 Snack break. 也就是茶點時間
 And don't forget the lunch or meal break.
 當然還有午餐或吃飯時間
 In some work places, they even have restroom breaks.
 在一些工作地點，什至有所謂上廁所的時間
 Everyone needs that.

Vocabulary 123 生词点滴

Break(Break 休息),
 Let's take a ten minute break
 我们休息十分鐘

Recess (Recess 课间休息)
 At school, we have recess time.
 学校里有休息时间

Pause (Pause 停止停顿)
 Let's pause and have a moment of silence.
 我们停下来，静默几分钟

Interval or intermission (Interval, intermission 中场休息)
 We got something to drink during the intermission.
 中场休息时，我们喝了一些饮料

Rest (rest 放轻松休息)
 I need a good night's rest.
 我需要晚上睡个好觉

Coming up next, is our "Everyday Dialogue".
 紧接下来，是我们每日会话单元
 Two coworkers are talking with each other.
 两位同事正在彼此谈话

Let's listen in on their conversation.

我们来听他们说什么

*Dialogue

A: *Oh, I am really stressed out.*

B: *Me, too. There are just way too many things to finish.*

A: *I don't know about you. But I'm ready to crash now.*

B: *The same here. I can't stand looking at that computer one minute longer.*

A: *I'm going to take my break now. How about you?*

B: *That sounds good. But, I'll work for ten more minutes, then I'll join you.*

现在让文洁我先来帮助你了解会话内容

Oh, I am really stressed out.

唉呀，我真是受不了了

Me, too. There are just way too many things to finish.

我也是。有太多的东西要完成

I don't know about you. But I'm ready to crash now.

我不知道你是如何，但是我现在已经快要倒下了

The same here. I can't stand looking at that computer one minute longer.

我也是。我再也不能忍受看那电脑萤幕

I'm going to take my break now. How about you?

我现在要暂时休息一下。你呢？

That sounds good. But, I'll work for ten more minutes, then I'll join you.

那听来是不错。但是，我要再工作十分钟，然后才休息

Now that you understand the dialogue, let's review it one more time.

我们再次复习「每日会话」

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We live in a busy world.

我们生活在一个很忙碌的世界

We are often tired from different kinds of activities.

常常因著从事各样的活动，觉得劳累

And consequently, we carry a lot of anxiety and burdens.

也就背负了很多的烦恼和担子

But let's look for a moment at what God did.

但来看看造物主给我们的榜样

God made the heaven and the earth. And on the seventh day he rested from all his work.

神造了天地，在第七天他停了一切的工休息

God blessed the seventh day and made it holy.

神祝福第七日，称那天为圣日

Rest is considered holy and is essential for all creation.

休息乃是神圣的。对所有的被造物来说，休息也是非常需要的

Now, carefully listen to Jesus' invitation for us.

来仔细听耶稣对我们的邀请

Verse For Life 生命经文

"Come to me, all you who are weary and burdened,

凡劳苦担重担的人、可以到我这里来

and I will give you rest.

我就使你们得安息。

Matthew 11 : 28 马太福音

"Come to me, all you who are weary and burdened, and I will give you rest."

We need rest, physical and emotional rest.

我们需要身体上，情绪上的休息

We also need spiritual rest.

我们也需要属灵的休息

And when we rest we are reminded of things that are important.

休息，提醒了我们什么是重要的事

The importance of connecting to God and others.

也就是，我们需要与神与人相通相连

Only God offers us genuine rest and peace.

唯有神能把真正的休息和平安赐给我们

By following God and putting our trust in Him, we will be renewed and strengthened.

我们跟随神，信靠他的人，将得到更新和力量

Time really flies. It's time to say good bye.

又到了说再见的时候了

Today our lesson was: Time Off.

今天这课是：休息时间 Time Off.

So why not take our suggestion: Take a break and rest.

Right. You will be happier and better off for it.

That's for sure. Remember, if you have questions about English learning, please don't hesitate to be in contact with us.

We will be happy to write back and answer you questions.

Don't forget, you can also review the lesson on the website.

And the website is open 24/7.

Until next time, this is your friend Mark.

And I am Guo Wen-Jie.

Take care and God Bless.

Well, it's good to be back and do the English World program.

Hum...If I remember right, our producer Josh went to Mexico for his break a month ago.

That's right. He had a very relaxing time.

Pretty soon it should be my turn to take a break.

Good for you!