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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。

Roy

… and me, Roy. What are you doing? You look really relaxed! Shouldn't you be working?

Jiaying

I am working! I'm just enjoying the chilled vibe of working from home!

Roy

Chilled vibe? Is that some kind of juice?

Jiaying

No, Roy! 我刚刚说到的这个词"vibe"和果汁无关，它表示"事物的氛围，比如一个地方的环境气氛或者一首歌曲给人带来的感觉"，也可以指"人散发出的气质"。举个例子，如果某物"has a good vibe"，意思就是"气氛好，很有氛围"；如果某人"has a good vibe"，就是说这个人"给你的感觉不错，在一起觉得很开心、很放松"。

Roy

Ah… for example, that online concert we went to had a really good vibe!

Jiaying

说得没错！这下你会用了吧！

Roy

Yeah – you can listen to calming music or play a game to relax – things that have a good vibe!

Jiaying
Exactly! We can talk about how to improve our vibe after these examples.

Examples
Derek has such a good vibe! Everyone who speaks with him just feels so chilled out!

That place has got a really bad vibe. When I walk into the building, I get really anxious and stressed.

I'm so happy after watching that film. It was such a nice story and had a really chilled vibe!

Jiaying
你正在收听的是 BBC 英语教学的"地道英语"节目。以上，我们给大家介绍了名词"vibe"的意思。"Vibe"指"氛围，给人带来的感觉"。补充一下，我们可以用搭配"vibe check"来打听一个场所的气氛如何，或者询问某人的情绪状态怎么样。So, Roy – what sort of things can you do to improve your mood and vibe?

Roy
Well, like I said, watching films or listening to music that chill you out can help. Or, speaking to people who have a good vibe! I also try to avoid things that have a bad vibe! For me, I like to try and improve myself every day!

Jiaying
What, like exercising or reading a book?

Roy
Exactly! I try to go to bed every day better than when I woke up by learning something new. An improved Roy every day, and that vibe can affect other people too! It's especially important for me to think this way after a year like this!

Jiaying
I agree! So, can I get a vibe check? How are you feeling, Roy?

Roy
I'm feeling chilled out! I've got a good vibe!

Jiaying
You certainly do! Bye, Roy.

Roy
Bye.