

No cap
说真的

- 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。

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 hello, it's me, Neil.

Jiaying

Neil，你穿着一身睡袍就来上班了…… You look ready to go to bed – no cap!

Neil

Thanks, Jiaying. I'm trying to look really relaxed today! So I put a dressing gown over my suit! And of course I'm not wearing a cap! It would look strange with a dressing gown! Why would you say that?

Jiaying

你没理解我的意思，Neil！我说“no cap”，是想强调“刚刚我说的话都是真的，没有撒谎”。

Neil

Ah... so you think I look relaxed then in my dressing gown?

Jiaying

Well, I actually said you look like you're heading to bed – but you do look very relaxed. I'm not sure it's the best thing to wear at work. No cap!

Neil

Oh, dear. Perhaps I should take it off and just stick to the suit. I think I might look a bit too relaxed.

Jiaying

Good idea! You can do that while we listen to these examples. No cap – they're amazing!

Examples

That new song is the best thing I've ever heard! No cap!

No cap! You're the funniest person I know! You always make me laugh!

I don't like those mushrooms. No cap, they taste awful.

Jiaying

你正在收听的是 BBC 英语教学的“地道英语”节目。上面，我们介绍了口语表达“no cap”的意思和用法。我们用流行表达“no cap”强调“我没跟你撒谎，说真的”。

Neil

Yes! We can also say 'capping' to mean lying! By the way, did I tell you that I won the lottery?

Jiaying

Stop capping, Neil! You didn't win the lottery.

Neil

I'm not capping. I won the lottery! No cap!

Jiaying

这样啊……如果你真的中了彩票，那你为什么还在工作呢？Wouldn't you rather be on holiday?

Neil

Well, first off, I love my job, no cap. I'd do it even if I won the lottery. And secondly, I didn't say I'd won a million pounds!

Jiaying

True! How much did you win?

Neil

£2! I used it to buy that dressing gown from a charity shop! No cap!

Jiaying

Ah. Well, congratulations on your big win! Bye, Neil!

Neil
Goodbye!