

跟老外学英语系列 Learn / English / Follow Me

跟老外学

生活英语

Daily English Follow Me

主编：盛丹丹
Rachel Gosling(美)
Eileen Shepard(美)
审订：Patrick Wilson(美)
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前言

还在为你的哑巴英语“半遮面”吗？

还觉得你必须越洋到彼岸去“身临其境”吗？

还觉得英语口语“深不可测”吗？

还糊涂于老外那些“不在我课本里”的时髦俚语吗？

现在——铛铛铛——

来自美国和英国的超级专家团队来中国出书了！史上最多母语专家的团队；史上最具丰富阅历的团队（他们在各自国家的职业有律师、有自由撰稿人、有主持人、有人力资源主管、有教师、有经理人，还有导游等诸多职业）；史上最活力四射的年轻团队（让 80 后的深度感染你，让 90 后的朝气蓬勃你）！

我们是一套最简单的口语书，不说那些繁琐的语法，不用那些华美的长句子，我们只教给你能和老外交流、可以开口就来的好用句子！

我们是一套最实用的口语书，不说那些用不到的废话，不设置那些不用开口的场景，我们只能做到让你有的说、听得懂、用得上！

我们是一套最街边的口语书，时髦、靓丽、年轻的外籍老师把那些最好玩最 IN 最潮最酷的俚语告诉你！

我们是一套最贴心的口语书，中英文对照排版，方便阅读的同时，更可以对照着自测翻译水平，要每天做到进步一点点！单元的内容按照难易梯度安排，这样会让你更有成就感！

我们是一套最神秘的口语书，史无前例地安排了美国美女作家 Rachel 对每本书的每个单元讲解了她的一点儿心得。书中没有用文字展示她的教诲，你要认真去听 MP3，看她眼中的美国和中国哟！

我们是一套最全面的口语书，全套书共分为六册，《跟老外学社交英语》、《跟老外学职场英语》、《跟老外学商务英语》、《跟老外学生活英语》、《跟老外学旅游英语》、

《跟老外学面试英语》。每一册由 Eileen 老师根据应用频率选择了 100 多个主题。现在,还有你找不到的应急用语吗?

最后,感谢我们这个团队成员们一年多来为盛老师的辛苦笔耕,感谢出版人 Patrick Wilson(美)和 Rebecca Parr(英)在稿件将要付梓之际对书稿的细致审订,感谢为这套书辛苦耕耘的编辑们!希望我们的付出能为迫切需要学习英语的你点亮明灯。

希望这是你最后一本口语书,最成功的一次选择!

芝麻门外语编辑部

2011 年中秋

于北京

目 录

Chapter 1 Daily Life 衣食住行

- Unit 1 Morning Time 早间时刻 / 002
- Unit 2 House Working 家务劳动 / 004
- Unit 3 Insomnia Problem 失眠问题 / 006
- Unit 4 Buying a Car 购买新车 / 008
- Unit 5 Buying a House 购买新房 / 010
- Unit 6 Renting a Room 租赁房屋 / 012
- Unit 7 House Decoration 房屋装修 / 014
- Unit 8 Community Environment 社区环境 / 016
- Unit 9 Traffic Jam 交通堵塞 / 018
- Unit 10 Purchasing Insurance 购买保险 / 020
- Unit 11 Personal Finance 个人理财 / 022
- Unit 12 At the Bank 银行业务 / 024
- Unit 13 At the Post Office 邮政服务 / 026
- Unit 14 In the Hospital 医院看病 / 028
- Unit 15 Home Cooking 在家烹饪 / 030
- Unit 16 Eating Out 外出就餐 / 032
- Unit 17 Junk Food 垃圾食品 / 034

Chapter 2 Causal Life 休闲生活

- Unit 1 Going on a Picnic 郊外野餐 / 038
- Unit 2 Amusement Park 上游乐园 / 040
- Unit 3 Visiting a Museum 去博物馆 / 042
- Unit 4 Seeing a Movie 看场电影 / 044
- Unit 5 Attending a Concert 听音乐会 / 046
- Unit 6 Beauty & Hair Salon 美容美发 / 048
- Unit 7 Keeping Pets 喂养宠物 / 050
- Unit 8 In a KTV 在 KTV 里 / 052
- Unit 9 Birthday Party 生日派对 / 054
- Unit 10 Housewarming Party 新居派对 / 056

Unit 11 Smooth Coffee 醇香咖啡 / 058

Unit 12 Hit the Bars 酒吧小酌 / 060

Chapter 3 Interpersonal Relations 人际交往

Unit 1 Idle Chat 寒暄交流 / 064

Unit 2 Reunion 久别重逢 / 066

Unit 3 Introducing Oneself 自我介绍 / 068

Unit 4 Introducing People 引荐他人 / 070

Unit 5 Sick Call 探望病人 / 072

Unit 6 Being a Guest 登门做客 / 074

Unit 7 Dinning Together 朋友聚餐 / 076

Unit 8 Attending a Wedding 参加婚礼 / 078

Unit 9 Pregnancy 怀孕生子 / 080

Unit 10 Colleagues 同事之间 / 082

Unit 11 Gossips 八卦男女 / 084

Unit 12 Giving Assistance 给予帮助 / 086

Unit 13 Comfort & Care 安慰关怀 / 088

Unit 14 Complain & Grievance 抱怨不满 / 090

Chapter 4 Emotional Life 情感生活

Unit 1 Intimate Friend 知心朋友 / 094

Unit 2 True Love 纯真爱情 / 096

Unit 3 Various Marriage 百味婚姻 / 098

Unit 4 Mating Criterion 择偶标准 / 100

Unit 5 Single Nobel 单身贵族 / 102

Unit 6 Blind Date 现代相亲 / 104

Unit 7 Personality 个人性格 / 106

Unit 8 Conquering Fear 克服恐惧 / 108

Chapter 5 School Life 校园生活

Unit 1 Entering School 新生入学 / 112

Unit 2 College Courses 大学课程 / 114

Unit 3 Lectures 校园讲座 / 116

Unit 4 English Corner 去英语角 / 118

Unit 5 Joining Clubs 参加社团 / 120

Unit 6 Headache Exams 头疼考试 / 122

Unit 7 Thesis 毕业论文 / 124

Unit 8 Overseas Study 出国留学 / 126

- Unit 9 Graduation 大学毕业 / 128
- Unit 10 Commencement 毕业典礼 / 130
- Unit 11 Part-time Jobs 兼职工作 / 132
- Unit 12 Job-hunting 应聘求职 / 134

Chapter 6 Chinese Culture 中国文化

- Unit 1 Peking Opera 京剧艺术 / 138
- Unit 2 Tea Culture 茶道文化 / 140
- Unit 3 Chinese Kung Fu 中国功夫 / 142
- Unit 4 Traditional Chinese Medicine 传统中医 / 144
- Unit 5 Folk Culture 民俗文化 / 146
- Unit 6 Eastern and Western Cultures 中西文化 / 148

Chapter 7 Festival Life 节日生活

- Unit 1 Happy New Year 新年快乐 / 152
- Unit 2 The Lantern Festival 元宵佳节 / 154
- Unit 3 Mid-Autumn Day 中秋佳节 / 156
- Unit 4 Teachers' Day 教师节 / 158
- Unit 5 Saint Valentine's Day 情人节 / 160
- Unit 6 Thanksgiving Day 感恩节 / 162
- Unit 7 Halloween 万圣节 / 164
- Unit 8 Merry Christmas 圣诞快乐 / 168

Chapter 8 Topics Life 话题生活

- Unit 1 Literature Fascination 文学魅力 / 170
- Unit 2 Languages 语言 / 172
- Unit 3 Dulcet Music 美妙音乐 / 174
- Unit 4 Fine Arts 艺术殿堂 / 176
- Unit 5 Modern Science 现代科学 / 178
- Unit 6 Environment 自然环境 / 180
- Unit 7 Natural Disasters 自然灾害 / 182
- Unit 8 H1N1 H1N1 流感 / 184
- Unit 9 Complicated Politics 复杂政治 / 186
- Unit 10 Cruel Wars 残酷战争 / 188
- Unit 11 Countryside & City 乡村城市 / 190
- Unit 12 Annoying Advertisement 恼人广告 / 192
- Unit 13 Daily Newspaper 每日报纸 / 194
- Unit 14 Modern Magazine 时尚杂志 / 196
- Unit 15 TV Program 电视节目 / 198
- Unit 16 Constellation 星座研究 / 200
- Unit 17 Blogging 博客热潮 / 202
- Unit 18 Fashion Circle 时尚界 / 204
- Unit 19 Idolaters 追星族 / 206
- Unit 20 Talent Show 选秀节目 / 208
- Unit 21 Metro-Sexual & Tomboys 俊男美女 / 210

- Unit 22 Househusband 家庭主夫 / 212
- Unit 23 Child Issue 孩子问题 / 214
- Unit 24 Social Problems 社会问题 / 216

Chapter 9 Sports Life 运动生活


- Unit 1 Sports Fans 体育迷 / 220
- Unit 2 Bicycling 骑自行车 / 222
- Unit 3 Swimming 游泳 / 224
- Unit 4 Body-building 健身运动 / 226
- Unit 5 Elegant Yoga 优雅瑜伽 / 228
- Unit 6 Skating & Skiing 滑冰滑雪 / 230
- Unit 7 Extreme Sports 极限运动 / 232
- Unit 8 Watching Games 观看比赛 / 234
- Unit 9 Entering a Race 参加比赛 / 236
- Unit 10 The Olympic Games 奥运会 / 238
- Unit 11 Sport Stars 体育明星 / 240

Chapter 10 Shopping Life 购物生活

- Unit 1 Supermarket 超市购物 / 244
- Unit 2 Shoes Shop 鞋店买鞋 / 246
- Unit 3 Clothes Shop 购买衣服 / 248
- Unit 4 Curios 古董古玩 / 250
- Unit 5 Arts and Crafts 工艺品 / 252
- Unit 6 Silks and Satins 购买绸缎 / 254
- Unit 7 Jewelry 购买首饰 / 256
- Unit 8 Cosmetics 买化妆品 / 258
- Unit 9 Bookstore 书店买书 / 260
- Unit 10 Flea Market 跳蚤市场 / 262
- Unit 11 Bargaining 讨价还价 / 264
- Unit 12 Big Sale 大减价 / 266

Chapter 11 Digital Life 数码生活

- Unit 1 Photographic Equipment 摄影器材 / 270
- Unit 2 Fashionable Phone 时尚手机 / 272
- Unit 3 3G Age 3G 时代 / 274
- Unit 4 On-line Games 网络游戏 / 276
- Unit 5 Hacker 电脑黑客 / 278
- Unit 6 Computer Virus 电脑病毒 / 280
- Unit 7 On-line Shopping 网络购物 / 282



Chapter 1

衣食住行 Daily Life

Unit 1

Morning Time



- Early to bed and early to rise makes a man healthy.
- An hour in the morning is worth two in the evening.

Step Up to the Plate

1. I'm still sleepy.
2. Fold up your bedding.
3. It's too early to get up.
4. You were snoring last night.

Give It a Whirl Get up and have your breakfast.

- A: John, come and get it, breakfast is ready. Here is your carrot juice.
- B: Can I have apple juice, mom?
- A: Don't be so fussy about stuff. Do you want your fried egg sunny-side up?
- B: Yes. But I prefer oatmeal first. I'll make it myself.
- A: Good. I'll butter your toast then.

Show One's Capabilities The early bird gets the worm.

- A: Hey, Jim, it's time to wake up.
- B: Do I have to get up now?
- A: You'd better get up, or you'll be late.
- B: What are you talking about? My alarm hasn't even gone off yet.
- A: Yes, it did. 10 minutes ago. You were totally out for the count.
- B: Just let me sleep 5 more minutes.
- A: The early bird gets the worm.
- B: I know. I know. But I don't want any worms.
- A: Ha! Ha! If you don't make an effort now, later on it'll be a lot tougher for you.



Eileen 老师说

out for the count 熟睡

这条习语来源于拳击比赛。在拳击比赛中，一方拳击手被对方击倒后，裁判马上开始数秒，数完10还不能起来，就被判失败。这条习语的引申义是“熟睡”或“某人失去知觉”。比如：I tried to wake her, but she was out for the count. 我想叫醒她，但她沉睡不醒。

第 1 单元 早间时刻



•早睡早起身体好。

•一日之计在于晨。

摩拳擦掌

1. 我还很困。
2. 把被子叠好。
3. 现在起床太早了。
4. 你昨晚打呼噜了。

小试牛刀 起床吃早餐了。

A: 约翰, 过来吃饭, 早餐准备好了。这是你的胡萝卜汁。

B: 我能喝苹果汁吗, 妈妈?

A: 别这么挑剔。煎蛋你要单面煎的吗?

B: 是的。但我想先吃麦片粥。我自己来弄吧。

A: 好。那我来给你的面包抹上黄油。

大展身手 早起的鸟儿有虫吃。

A: 嘿, 吉姆, 醒一醒, 该起床啦。

B: 我现在一定得起床吗?

A: 你最好现在就起床, 否则要迟到了。

B: 你说什么呀? 我的闹钟都还没响呢?

A: 响了, 10 分钟前就响了。你睡得太熟了。

B: 让我再睡 5 分钟嘛。

A: 早起的鸟儿才会有虫吃。

B: 我知道。我知道。但是我可不想吃虫。

A: 哈! 哈! 如果你现在不努力的话, 将来的生活就会变得更加艰难。

Shirley老师说

表示“熟睡”的习语和俚语还有:

out like a light 熟睡

The boy closed his eyes and was out like a light in no time at all. 那男孩闭上眼睛一会儿就睡得很香了。

dead to the world 睡得很香

Harry sat up late last night and was still dead to the world at 10 o'clock this morning. 哈瑞昨晚熬夜了, 所以今天上午十点还睡得很香。

Unit 2 House Working



- Many hands make light work.
- If you want your children to keep their feet on the ground, put some responsibility on their shoulders.

Step Up to the Plate

1. I have to vacuum my room.
2. Will you iron the shirt?
3. I don't mind cleaning the kitchen, but I hate to do the dishes.
4. I always cook the meal and do the dishes! It's not fair!

Give It a Whirl Keep your room apple-pie order.

- A: Jack, your bedroom is in great chaos.
- B: Ha-ha.
- A: Open the window and air the room out.
- B: OK. I will sweep the floor and dust the table.
- A: Then put these clothes in the wardrobe. I'll make the bed.

Show One's Capabilities It's a mutual responsibility to do housework.

- A: You know, Jacky, it doesn't look like you've vacuumed the living room or cleaned the bathroom.
- B: No, I haven't. I had the worst day. I'm so tired. I promise I'll do it this weekend.
- A: Listen, I know the feeling. I'm tired, too. But I came home and then did my share of the housework. I mean, that's the agreement, right?
- B: All right, we agreed. I'll do it in a minute.
- A: You know, I shouldn't have to ask you to do anything. But we both work, we both live in the house, we agreed that housework is both our responsibility. I don't like to have to keep reminding you about it. It makes me feel like I'm an old nag.
- B: Sometimes you are an old nag.
- A: What?
- B: No, it's just that I don't notice when things get dirty like you do. If there is, all you have to do is tell me, and I'll do it.

Eileen 老师说

apple-pie order 井井有条

apple pie 是一种典型的美国食品,但 apple-pie 却不仅仅与饮食有关。据说,这一习语是美洲早期欧洲移民发明的。当年英国移民聚居新英格兰地区,新移民的生活非常艰苦。每个星期的第一天,主妇们就准备好一周的食物,做 7 个馅饼(pie)。做好后,先搁一会,待凉了以后再放入食品架上。星期一吃的是放在最上面一层,星期二吃第二层,以此类推。细心的家庭主妇把这一切安排得井井有条。现在这一习语的意思就是“井然有序,整整齐齐”。

第 2 单元

家务劳动



- 众人拾柴火焰高。
- 你若希望你的孩子总是脚踏实地，就要让他们负些责任。

摩拳擦掌

1. 我得用吸尘器打扫我的房间了。
2. 你能把那件衬衫熨熨吗？
3. 我不在乎打扫厨房，但我讨厌洗碗。
4. 我总是既做饭又洗碗！这太不公平了！

小试牛刀 让你的房间保持整洁。

- A: 杰克，你的卧室太乱了。
B: 哈哈。
A: 把窗打开，给房间通通风。
B: 好的。我把地扫扫，清除桌上的灰尘。
A: 然后把这些衣服放进衣橱里，我来整理床。

大展身手 分担家务是共同的责任。

- A: 你瞧，杰克，看起来你并没打扫起居室和浴室。
B: 是的，我没有。我今天糟透了。好累啊。我向你保证周末会干这些。
A: 听着，我也知道这种感觉。我也累，但是我回家以后就把我那一份家务做了。我是说，我们约好的，不是吗？
B: 是的，我们有约在先，我马上去做。
A: 你知道，我本不应该要求你干这干那，但是我们都上班，都在这房子里住着。家务是大家共同的职责，这是约定好了的。我不想就这件事一再地提醒你，感觉我就像是那个唠叨的老太婆似的。
B: 有时候你的确是个唠叨的老太婆。
A: 什么？
B: 不不，关键是我总是不能像你一样及时地发现什么地方脏了。如果脏了的话你需要做的只是告诉我，然后我去做。

Shirley老师说

与“整齐”相关的习语和俚语还有：

ship-shape 整齐的，整洁的

The girls' bedrooms are always ship-shape. 女孩子的卧室总是很整洁。

spick-and-span 整洁的

Her house is always spick-and-span. 她家里总是很整洁。

in a mess 乱七八糟

The room is in a mess 房间里乱七八糟。

Unit 3

Insomnia Problem



- Out of sight, out of mind.
- Sleeping is the best cure for waking troubles.

Step Up to the Plate

1. I'm sleeping poorly.
2. I had a sleepless night last night.
3. I have difficulty in sleeping, inability to concentrate.
4. I wake during the night and find it difficult to fall asleep again.

Give It a Whirl

Pressure usually causes insomnia.

A: I feel tired all the time. I'm afraid that I'm badly ill.

B: How do you sleep?

A: Very badly.

B: Are you worried about anything?

A: Well, yes, I'm. I'm worried about my work. I'm always afraid of making a mistake.

B: You should release your pressure, or the symptom will be more severe.

Show One's Capabilities

Try to release your pressure in order to...

A: How come you're still up? Shouldn't you be asleep by now?

B: I've been having a hard time for sleeping lately.

A: As far as I know, insomnia is usually caused by stress. Are you stressful?

B: Well, I'm really worried about my grades. I didn't think this course would be so difficult.

A: You're a good student. I'm sure you can do well. What you need to do is to relax.

B: You're probably right. How can I stop from getting ants?

A: Taking a yoga class or learning some relaxation techniques can help you cope with your stress.

B: I really don't have time to learn anything new. I need to spend my time studying!

A: You need to take some breaks throughout the day. Studying all day won't be effective. Besides, it's not difficult to learn yoga. In fact, I can teach you a move that's supposed to help you fall asleep!

You just have to sit down like this, bend over and breathe in deeply.

B: That's fantastic. I'm going to have a try that out in my room now. Good night!

A: Good night, sleep tight.



Eileen 老师说

get ants 紧张,烦躁,焦虑

此语来自 have ants in one's pants (裤子里有蚂蚁)。get ants 是个常用的俚语,意思与 have ants in ones' pants 的意思几乎相同,指“焦虑不安”。比如:He always gets ants when his wife starts talking about guys in her company. 当他妻子聊起公司里的男同事时,他就变得焦躁不安。

第 3 单元

失眠问题



- 眼不见,心为静。
- 睡眠是良药,专治醒时愁。

摩拳擦掌

1. 我睡不好。
2. 我昨夜失眠。
3. 我不易入睡,也难集中精神。
4. 我晚间醒来后,发现很难再次入睡。

小试牛刀 压力通常会引起失眠。

- A:我一直感觉很疲惫,我担心自己病得很严重。
B:你睡眠怎么样?
A:非常不好。
B:你是不是总是担心什么事?
A:嗯,是的。我很担心自己的工作,害怕出错。
B:你要减轻自身的压力,否则症状会越来越严重。

大展身手 学着让自己减压以……

- A:你怎么还醒着?难道到现在你都没合眼吗?
B:我最近一直很难入睡。
A:据我所知,失眠往往是由压力引起的。你压力很大吗?
B:是的,我真的很担心我的考试成绩。我没想到这门课压力会这么重。
A:你是个好学生。我相信你能学得很好。你需要做的是放松心情。
B:你也许是对的。我怎么能不这么焦虑呢?
A:上个瑜伽班或者学习一些能够让自己放松的方法,这些能够帮你减压。
A:我实在没时间学习任何新玩意了。我得把时间都用来学习。
B:你一天中总得休息几次。整天都在学习,效率也不会太高的。此外,学瑜伽并不怎么难。其实,我可以教你一个动作,没准儿可以帮你入睡。你只需要像这样坐着,弯腰然后深呼吸。
A:这太神奇了。我现在就回我房间试着做做看。
晚安!
B:晚安,睡得香点。

Shirley老师说

表示“焦虑”的习语和俚语还有:

to fret about...为……着急,因……感到烦躁不安

Don't be fret about such a minor incident. 不要为这件小事而感到太痛苦了。

be obsessed with/by...被……所缠绕/困扰

He was obsessed by the safety of his son. 儿子的安危使他心神不宁。

Unit 4 *Buying a Car*



- Never mind the stares.
- A bad bush is better than the open field.

Step Up to the Plate

1. What model is this?
2. I prefer comfort to speed.
3. Does this car get good gas mileage?
4. I'm paying my car off in monthly installments.

Give It a Whirl **You should choose an appropriate car according to your need.**

- A: Joy, I plan to buy a car. You know, as a journalist, I need a car in my work.
- B: What kind of car do you have in mind?
- A: I'm interested in Japanese cars, they are cheap, but of good quality.
- B: You can say that. Japanese cars are welcome to the people all around the world. Because it can run at high speed and saves fuel as well. Which brand does you like better, Mazda or Toyota?
- A: I intend to buy a Mazda. A black Mazda is always the best choice to a journalist moving around. It looks luxurious and doesn't need much maintenance.

Show One's Capabilities **You should inquire the standard items of a car.**

- A: I like the Honda Accord you showed me last time. What does it come with standard?
- B: On all our new cars, the standards include: air conditioning, anti-lock brakes, air bags, and an AM/FM stereo with a CD player. And on the Accord, there is another standard item as well. The Accord comes with cruise control.
- A: Cruise control? I don't like that. It's just a fifth wheel for me. What if I can't turn it off?
- B: You know, sir, you don't have to use it. You can turn it on or off. If you don't want to use it, you just never turn it on.
- A: I suppose. And what about the sunroof? Is that standard?
- B: No, the sunroof is optional.
- A: I see. Another important question is the time when I can get the car. I need a new car rather soon.
- B: Well, I can say that the new models will be here in August. If you order one now, we will have it for you in August.
- A: That's good.
- B: I will get the paperwork ready for you. Just a moment.



Eileen 老师说

fifth wheel 多余的人或事
wheel 是“车轮”的意思,大家都知道汽车只有 4 个轮子,所以第五个轮子就是多余的事物或人了。

It's awkward sitting there and having nothing to say. It makes me feel like a fifth wheel. 坐在那里没话说太尴尬了,让我觉得自己像个多余的人。