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Please note that this is not a word for word transcript of the programme as broadcast. In the recording and editing process changes may have been made which may not be reflected here.

关于台词的备注:

请注意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。

Authentic Real English: Give 110% 加倍努力

- Diarmuid:** Hi everyone. It's Diarmuid here with today's edition of Authentic Real English. And I'm joined by my co-presenter Wang Fei.
- Wang Fei:** Hello everybody.
- Diarmuid:** So Wang Fei, are you ready to record the best programme of your life?
- Wang Fei:** Of course.
- Diarmuid:** Are you keen and motivated?
- Wang Fei:** Yes, I am! Keen and motivated! 有热情,也有动力。
- Diarmuid:** Are you prepared to work as hard as you possibly can and then work a little bit more.
- Wang Fei:** Diarmuid, you are really pushing me to work hard today. What's happening?
- Diarmuid:** I want you to give 110% for this programme.
- Wang Fei:** You want me to give 110%. Why?
- Diarmuid:** Because that's today's Authentic Real English phrase.
- Wang Fei:** Oh! 原来我们今天的地道英语新词就是 give 110%.
- Diarmuid:** Yes. To give 110%; can you guess what it means?
- Wang Fei:** 其实,从节目一开始我就悟出来了,这个词的意思是竭尽全力把某件事做好,或不遗余力地去完成任务,达到目标。So to give 110% means try very hard.
- Diarmuid:** That's right. We use this phrase especially in the sense of trying hard at work.
- Wang Fei:** But why it is 110% instead of 100%? Surely that means working as hard as you can.

Diarmuid: Indeed. But this expression means that you are going to exceed what is expected.

Wang Fei: Exceed what is expected. 超出别人对你的期望，所以就要做110%的努力，这个意思和汉语中的“加倍努力”很相似。

Diarmuid: Let's hear it in use.

Examples

A: So why should we give you this job?

B: I'm highly qualified and experienced, and I always give 110%.

A: I'm so proud of my football team. They gave 110% for the full 90 minutes.

Wang Fei: So do you always give 110% Diarmuid?

Diarmuid: Of course.

Wang Fei: Really.

Diarmuid: Well, if I'm having a really bad day, I may only give 109%.

Wang Fei: Diarmuid 最少也要付出109%的努力! What a hard worker you are!

Diarmuid: Thanks Wang Fei. Oh look it's 5 o'clock. Time for me to go home now.

Wang Fei: 你看看你，可真够懒的！才5点就想下班回家了！Alright! Time to go now folks. See you soon.

Diarmuid: And don't forget to visit the website www.bbcukchina.com every day for more free English lessons. Bye.

Wang Fei: See you.