

**About this script**

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。

---

**Chillax 放轻松、别紧张**

**Wang Fei:** (Screaming) Ahhh!!

**Finn:** Wang Fei, are you ok?

**Wang Fei:** No! (Screaming) Ahhh!!

**Finn:** Wang Fei, what's wrong?

**Wang Fei:** 录音间里有一只大黑蜘蛛!

**Finn:** Oh, Wang Fei, it's only a spider. Chillax!

**Wang Fei:** Chillax?!

**Finn:** Yes chillax. I'll get the spider. Now wait... hang on... got it. Better?

**Wang Fei:** Yes thanks. Finn 你刚才说的那个词是什么来着?

**Finn:** Chillax. It's a combination of two words. Can you guess them?

**Wang Fei:** Chill... and... lax... relax?

**Finn:** Chill and lax, relax. Yes very good, chill and relax. It means the same as chill or chill out or relax. Just now I told you to chillax. So that means don't worry, relax.

**Wang Fei:** 我明白了, chillax 就是由 chill out 和 relax 两个词组成的。Chill out 是放松的意思。Relax 也是放松、休息的意思。刚才 Finn 让我 chillax, 就是让我别紧张, 放松一点。

**Finn:** Yes, you can use it that way. For example:

**Example**

*A: I'm so worried about going on my first date with Steven!*

*B: Chillax, it'll be ok. I'm sure you'll have a nice time.*

**Finn:** So you can tell someone to chillax. You can also use it to talk about yourself – for example saying I want to chillax or I'm chillaxing.

**Example**

*A: What are you doing tonight?*

*B: Nothing special, just going to chillax at home.*

**Wang Fei:** Finn, chillax 是不是和 chill out 还有 relax 意思一样?

**Finn:** Well the meaning is the same but chillax is a newer expression, so you won't hear it as much.

**Wang Fei:** Great. By the way Finn, where did you put that spider?

**Finn:** The spider?

**Wang Fei:** Yes, the big green spider.

**Finn:** Oh, erm, yeah, I think I left it on the desk.

**Wang Fei:** Really? Then what's that big green thing climbing up your neck?

**Finn:** Eh? What? Ahhh!! Where?

**Wang Fei:** Ha ha. Chillax Finn! I was only kidding. 我和你开玩笑呢!

**Finn:** Very funny Wang Fei, ha ha ha. Bye for now everyone.

**Wang Fei:** Bye.

