
BBC LEARNING ENGLISH

Authentic Real English 道地英語

Quiet quitting 安靜退出



- *關於臺詞的備註:*
這不是廣播節目的逐字稿件，本文稿可能沒有體現錄製、編輯過程中對節目做出的改變。

Feifei

Hello and welcome to Authentic Real English. 大家好，我是菲菲。

Neil

... and hello. It's me, Neil.

Feifei

唉，你有沒有聽說最近大家都在討論“quiet quitting”？

Neil

No – but are you about to tell me you're going to leave your job but not make much noise about it? Wow! That is a surprise, it's been so nice working with you and I wish you...

Feifei

No, no, Neil. I'm not quitting. “Quiet quitting” 說的是“員工在工作中拒絕額外的的工作，只做本職工作範圍內的活兒”。

Neil

Ooh, I like the sound of this – tell me more!

Feifei

“Quiet quitting” 是一個新表達，它用來描述“不加班，在規定的工作時間內完成必須的工作，僅此而已”，To be honest, Neil, I've been working too much recently so quiet quitting is just what I need.

Neil

Good idea, Feifei. But are you still able to give us some examples?

Feifei

Yes, I've just got time. Here they are.

Examples

I've decided not to work late anymore! I'm quiet quitting and sticking to office hours only.

Despite trying to suggest some new ideas and offer to research them, no one seems interested, so I'm quiet quitting.

It looks like he's quite quitting as he never seems to be here after five o'clock!

Feifei

這裡是 BBC 英語教學的“道地英語”節目，我們正在一起學習新表達“quiet quitting”的意思和用法，“Quiet quitting”指“在工作中投入最少的精力，只做必須做的工作，準時下班，不加班”。So, no more overtime!

Neil

OK and it's about not taking work too seriously?

Feifei

Yes, you could say that.

Neil

Well, sounds good. I'm going to try some 'quiet quitting'.

Feifei

Neil, it might be a new expression, but you've been doing it for years! Hold on, where has the rest of the script gone? I don't know what to say next.

Neil

Sorry, Feifei. I'm quiet quitting. I've worked my hours, so I've not got time to finish it. I've got to go. Bye!

Feifei

If you carry on like this, you won't be quiet quitting – you'll be sacked!