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Neil

Welcome to Authentic Real English, with me, Neil...

Feifei

And me, Feifei.

Neil

We have an expression which is about accepting new ideas or ways of doing things – it's 'get with the programme'.

Feifei

'Get with the programme'. 这个表达的意思是“接受新的思想或做事方式”。我们来给大家举几个例子。

Neil

Right, so, I normally buy a sports magazine from the shop, but my friend told me to start reading it online as because it saves paper.

Feifei

是的，你需要试着接受在线看体育杂志这种新的阅读方式。You need to get with the programme.

Neil

That's right. And Feifei, have you read the latest book in the crime series I recommended? You know, the series that everyone is reading apart from you?

Feifei

Yes, I have. It was amazing. 上回你问我的时候，我还没读完那本书，所以你说我需要“get with the programme（赶上趟，跟上潮流）”。

Neil

Well, I'm glad you enjoyed it. Let's hear some more examples.

Examples

My friend's old-fashioned views offended people at her work. She was told to get with the programme.

You need to get with the programme if you want to work here. Don't be late again.

The writer decided to get with the programme after seeing reviews which called his work outdated.

Feifei

你正在收听的是 BBC 英语教学的“地道英语”节目。以上我们给大家介绍了如何用表达“get with the programme”来告诉他人“接受新的做事方式，更新观念，接受新想法”。

Neil

It's an expression most commonly used in spoken English.

Feifei

在使用中，我们对已经过时的事物或需要接受新思想的人说“get with the programme”。比如，在工作中，我们需要接受并学习新的技术：We need to get with the programme and start using new pieces of technology.

Neil

Yes. And finally, if you go shopping, don't buy a plastic bag. Get with the programme and use a reusable bag.

Feifei

Thanks, Neil. I will. See you next time!

Neil

Bye.