Everyday English Phrases

30 個你真的用得到的英文片語

5 個生活場景 · 每個都有例句 · 一天一個，一個月說得出口

今天考試前，你會說——

I'm going to hit the books.

我要開始認真讀書了。

1 **先遮住中文，猜猜看**

看到片語先想三秒：你覺得它是什麼意思？猜錯也沒關係，記得會更牢。

2 **把例句唸出來**

眼睛看過不算學會。小聲唸兩次，把整句話當成一個單位記。

3 **換成你自己的句子**

把例句裡的人、事、時間換成你的生活。說得出口的，才是你的。

01	02	03	04	05
新嘗試	讀書與考試	朋友與社交	身體與心情	出門在外

01 新嘗試 Choices & Courage

想試試看、又有點怕的時候

01 go hard or go home 要嘛全力以赴，不然就別來

It's the last game of the season. Go hard or go home!

本季最後一場比賽了，要拚就拚到底！

✎ 比賽、考試前互相打氣最常用

02 push one's limits 突破自己的極限

Running 5K was hard, but I wanted to push my limits.

跑五公里很累，但我想挑戰自己的極限。

✎ one's 換成 my / your / his

03 take the plunge 下定決心去做

I was nervous, but I finally took the plunge and joined the English club.

我很緊張，但最後還是下定決心加入英文社。

✎ plunge 是「縱身一跳」

04 a leap of faith 放手一搏；豁出去試試

Changing schools was a leap of faith, but it worked out.

轉學是我放手一搏的決定，結果還不錯。

✎ 沒有十足把握，但選擇相信

05 play it by ear 見機行事

A: What time should we meet? B: Let's play it by ear. I'll text you after class.

A：幾點見？ B：到時候再看，下課我傳訊息給你。

✎ 不先訂死計畫

06 the sky's the limit 前途無可限量

Keep practicing like this, and the sky's the limit.

照這樣練下去，你的可能性沒有上限。

✎ 鼓勵別人時用

02 讀書與考試 School & Exams

每個高中生的日常

07 hit the books 開始用功讀書

Midterms are next week. Time to hit the books.

下週就段考了，該認真讀書了。

✎ 不是真的打書

08 cram 臨時抱佛腳；惡補

I didn't study all month, so now I have to cram for the test.

我整個月沒讀，現在只好臨時抱佛腳。

✎ cram for + 考試

09 pull an all-nighter 熬夜通宵

I pulled an all-nighter and almost fell asleep during the test.

我熬了一整晚，考試時差點睡著。

✎ 比 stay up late 更徹底：整晚沒睡

10 blank out 腦袋一片空白

I knew the answer, but I blanked out when the teacher called on me.

我明明知道答案，被老師點到時卻腦袋一片空白。

✎ 也可以說 My mind went blank.

11 ace a test 考試考超高分

She aced the English test. She got 98!

她英文考超好，98 分！

✎ ace 當動詞

12 fall behind 落後；跟不上

I was sick for a week and fell behind in math.

我病了一週，數學就跟不上了。

✎ fall behind in + 科目

03 朋友與社交 People & Friends

新環境、新朋友都用得到

13 break the ice 打破僵局；破冰

On the first day, our teacher played a game to break the ice.

開學第一天，老師玩了個遊戲讓大家破冰。

✎ icebreaker 是破冰活動

14 come out of one's shell 敞開心房

He was quiet at first, but he came out of his shell after joining the band.

他一開始很安靜，加入樂團後就放開了。

✎ shell 是殼

15 step out of one's comfort zone 踏出舒適圈

Talking to the exchange students helped me step out of my comfort zone.

跟交換學生聊天讓我踏出了舒適圈。

✎ 學英文最需要的一步

16 find common ground 找到共同點

We didn't agree on much, but we found common ground: we both love basketball.

我們意見很少一樣，但找到共同點：都愛打籃球。

✎ 討論、吵架後和好都能用

17 ambivert 中間型人格

I like parties, but I also need time alone. I think I'm an ambivert.

我喜歡熱鬧，也需要獨處，我應該是中間型。

✎ 介於 introvert 和 extrovert 之間

18 a people person 很會跟人相處的人

My sister is a real people person. She can talk to anyone.

我姊超會跟人相處，跟誰都聊得起來。

✎ 面試時也常聽到

04 身體與心情 Body & Mood

生病、累了、開心，都說得出來

19 under the weather 身體不太舒服

I'm a little under the weather today, so I'll stay home.

我今天有點不舒服，所以待在家。

✎ 比 I'm sick 更委婉

20 come down with something 染上（感冒等）

I think I'm coming down with a cold. My throat hurts.

我好像快感冒了，喉嚨好痛。

✎ come down with a cold / the flu

21 take a breather 喘口氣；休息一下

We've been studying for two hours. Let's take a breather.

我們讀兩小時了，休息一下吧。

✎ breather 是短暫休息

22 hit the hay 去睡覺

I'm so tired. I'm going to hit the hay.

我好累，要去睡了。

✎ hay 是乾草

23 fed up (with) 受夠了

I'm fed up with my phone dying every afternoon.

我受夠手機每天下午就沒電了。

✎ fed up with + 讓你煩的事

24 on cloud nine 超開心；飛上天

When I passed the speaking test, I was on cloud nine.

口說考過的時候，我開心到飛起來。

✎ 也可以說 over the moon

05 出門在外 Out & About

旅行、花錢、出國時

25 jet lag 時差（造成的疲倦）

After flying to London, I had terrible jet lag for three days.

飛到倫敦後，我時差嚴重了三天。

✎ 形容詞是 jet-lagged

26 catch a flight 趕飛機；搭飛機

We have to leave at 5 a.m. to catch our flight.

我們要早上五點出門才趕得上飛機。

✎ catch a bus / a train 也行

27 tourist trap 坑觀光客的地方

That shop is a tourist trap. Everything costs twice as much.

那家店專坑觀光客，什麼都貴一倍。

✎ trap 是陷阱

28 when in Rome 入境隨俗

Everyone here eats with their hands. Well, when in Rome!

這裡大家都用手吃飯，那就入境隨俗吧！

✎ 完整版：When in Rome, do as the Romans do.

29 on a tight budget 預算很緊

I'm on a tight budget this month, so I'll bring lunch from home.

這個月預算很緊，我自己帶便當。

✎ tight 是緊

30 a steal 超划算

These shoes were only NT$500. What a steal!

這雙鞋才 500 元，太划算了！

✎ rip-off 是相反：坑人

說說看 Try It Out

遮住前面的頁面，填填看。動詞記得換時態。

1. I have a math test tomorrow, and I haven't studied. I need to _____ tonight.

明天要考數學，我卻還沒讀，今晚只好臨時抱佛腳了。

2. I didn't sleep at all last night. I _____.

我昨天一整晚沒睡，熬了個通宵。

3. She didn't come to school today. I heard she's a bit _____.

她今天沒來上課，聽說她身體有點不舒服。

4. Let's not make plans for the weekend. Let's just _____.

週末先不要訂計畫，到時候見機行事吧。

5. Only NT$300 for this jacket? What _____!

這件外套只要 300 元？太划算了！

6. I was so nervous on stage that I _____.

上台的時候我太緊張，結果腦袋一片空白。

答案：1. cram　2. pulled an all-nighter　3. under the weather　4. play it by ear　5. a steal（What a steal!）　6. blanked out

換你說

從 30 個裡挑 3 個，用英文說說你這一週。例如：

"Midterms are coming, so I'm hitting the books. I pulled an all-nighter on Tuesday, and now I'm a little under the weather."

錄下來聽一次，你會發現自己說得比想像中好。

English for Connection

英文不只是一門科目，是你思考、表達、連結世界的方式。

我是 Stephanie，台灣的高中英文老師。
這 30 個片語只是開始，想每天學一點，可以在這裡找到我。

Instagram
@stephanieenglishlab
每天 21:30 一個新片語，還有校園、旅遊、職場、新聞英文短片

Facebook
Stephanie's English Lab 粉絲專頁
和 IG 同步，每天的片語和情境英文短片都在這裡

LINE
LINE ID：@382vhsfb
掃 QR code 或搜尋 ID 加好友，平日每天收到一個片語和情境例句

網站
stephanies-english-lab.com
每集學習筆記，以及跟讀、聽力口說等課程

存好這份，下次考試前、出國前、想開口卻卡住時，拿出來看一眼。