

Quiet quitting
安静退出

- 关于台词的备注:
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Feifei

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

Neil

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

Feifei

唉，你有没有听说最近大家都在讨论“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”说的是“员工在工作中拒绝额外的工作，只做本职工作范围内的活儿”。

Neil

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

Feifei

“Quiet quitting”是一个新表达，它用来描述“不加班，在规定的工作时间内完成必须的工作，仅此而已”。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

这里是 BBC 英语教学的“地道英语”节目。我们正在一起学习新表达“quiet quitting”的意思和用法。“Quiet quitting”指“在工作中投入最少的精力，只做必须做的工作，准时下班，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!