大家好，欢迎来到 BBC 英语教学的《地道英语》节目。我是冯菲菲。

And hello, I'm Neil.

Hey, great news, Neil!

Oh yeah? What's that?

I got a promotion!

Oh, well done. Congratulations and all that.

Come on, Neil! You were never going to get one. 不过呀，这也不全是好消息！

A promotion – a pay rise – more power – how is that not all good news?

升职意味着更长的工作时间 longer hours，更辛苦的工作 harder work，还有不得不接受和你一起工作的时间将更长了的现实 having to work with you more. I expect you have some English expression to describe that!

I do, Feifei. You have to take the rough with the smooth. It means you have to accept the bad or unpleasant things in a situation as well as the good things. In other words, you can’t have everything.
Feifei
Thanks for the sympathy, Neil.

Neil
Here are some good things though, Feifei. Examples.

Examples
A: I'm gonna use my qualification to get a really good job, but I've lots of studying to do before I get it.
B: Umm, well, you have to take the rough with the smooth but good luck!

Having kids is very fulfilling but it can be challenging, too, especially the lack of sleep – but I guess I have to take the rough with the smooth!

Feifei
这里是BBC英语教学的《地道英语》。这集节目中我们教给大家的短语是“to take the rough with the smooth”，它的意思就是“既能享乐也能吃苦，是好是歹一起承受，好事坏事都能接受”。

Neil
So poor you, Feifei. You've got a great news promotion but you're going to have to work longer. So fewer lunches with me, and less time at the pub.

Feifei
The expression for that would be 'to take the smooth with the smooth'. But do you know what – this programme is a good example of taking the rough with the smooth.

Neil
So you mean there are some good things and some bad things? Hmm, so what are they?

Feifei
Well, the rough things are presenting with you...

Neil
And the smooth things?

Feifei
The smooth things – the good things – are it's a short programme and it's nearly over. Time to go, Neil.

Neil
Thank goodness. Enjoy your promotion then – hope it goes smoothly.
Feifei
It will! Bye.