Feifei
大家好，欢迎收听 BBC 英语教学的《地道英语》节目。我是冯菲菲。

Rob
And hello I’m Rob. Now Feifei, I can’t help noticing that there's something wrong. Am I right?

Feifei
Yes, I'm stressed! 明天要考试，我最怕考试，也最不喜欢考试了。

Rob
Me too. What you need to do is plan your revision a bit more, take lots of breaks, and maybe go for a run.

Feifei
Rob 说我应该做一个复习计划，这个计划中还得安排定时休息放松、跑步锻炼什么的。You seem to know a lot about preparing for exams. Where did you study?

Rob
Oh nowhere you would have heard of. It’s called the university of life.

Feifei
The University of Life 生活大学? Is that in London?

Rob
No, it's doesn't actually exist – when someone says they've been to the university of life it means they are wise but not necessarily educated – they've learnt everything from experiencing life.

Feifei
I see. 在英语里，我们可以用 university of life 来表示一个人通过生活中的经历，点点滴滴，一路摸爬滚打，积攒了很多难能可贵的生活经历。Hmm, so no exams.

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Page 1 of 2
Rob
That's right. I've just got a qualification in life! Let's hear some more examples of this phrase.

Examples
I set up the business without any qualifications – everything I learnt was from the university of life.

The university of life taught me to be polite to everyone you meet; you never know when you might see them again.

Feifei
那么这个“生活大学 university of life”指就是一个人在书本以外学到的生活常识。So I should learn a lesson from you, Rob?

Rob
Yes, that's right, chill out – don't stress about exams – they're a waste of time.

Feifei
Really!!! Hold on a minute. I remember correctly, you failed your exams and you were kicked out of your university.

Rob
Well…err… maybe. But that was a life experience and I learned that studying wasn't for me.

Feifei
Hmmm, it sounds like you've been to the school of hard knocks!

Rob
The school of hard knocks?

Feifei
Yes, it's an unpleasant experience that you learn from. The school of hard knocks的意思就是生活中难免会遇到的逆境和磨练。Anyway, I'm off to revise for my exams – I'd rather stay at my university than go to yours!

Rob
Fair enough.

Both
Bye.