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# BBC LEARNING ENGLISH

## The English We Speak

### Me time

The logo for BBC Learning English, featuring the letters 'BBC' in a white box above the words 'LEARNING ENGLISH' in white text on a teal background.

*This is not a word-for-word transcript*

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#### **Feifei**

Hello and welcome to The English We Speak with me Feifei...

#### **Rob**

...and me Rob. Hello. But I'm afraid I won't be here for long Feifei.

#### **Feifei**

Why? What's happened, Rob?

#### **Rob**

I have so much to do. I have to write some texts, I am presenting this and two other programmes, and ... yes, I have to upload material to our website...

#### **Feifei**

That's a lot to do, and you look stressed.

#### **Rob**

And it's not just that... I have to take my son to school, my cat to the vet, buy my wife a birthday present...

#### **Feifei**

Rob, you need some 'me time'!

#### **Rob**

Yes, I do! That would be brilliant! Me time is an expression which means time we have for ourselves to do just what we want. I really do need some me time.

#### **Feifei**

Let's hear some examples of how to use the expression 'me time'.

#### **Examples**

I've just sent my mum to a spa in the countryside. She's been taking care of the whole family and is really in need of some me time!

A: Oh, six in the morning! I'm going to be late for work!

B: Ignore the alarm clock today. It's Sunday! Stay in bed till late and have some me time.

**Feifei**

You know, Rob, these examples have inspired me so much that I'll let you to have some me time for the rest of the programme.

**Rob**

Really?!

**Feifei**

Yes. What do you like to do to relax?

**Rob**

Well... I'd like to ...

**Feifei**

Yes?

**Rob**

What I'd like, I'd really really like is... to take a nap. And now I'm going to do just that. OK. Thanks Feifei. Bye everyone!

**Feifei**

Rob? Rob?... Well, let's give Rob some me time. Bye!