
BBC LEARNING ENGLISH

The English We Speak

New normal



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This is not a word-for-word transcript

Feifei

Hello everyone. This is The English We Speak with me, Feifei...

Rob

.... and me, Rob. Hey, Feifei, this is all a bit weird, isn't it?

Feifei

A bit weird? What do you mean?

Rob

Well, us not being in the same studio. You not being able to make me a cup of tea. Us not going out for lunch. It's not....

Feifei

.... it's not normal! It's certainly different, Rob. But it's good to have some time apart, isn't it?

Rob

I don't know. It's not like it used to be. Things have changed.

Feifei

Well, Rob, this is the new normal. It's a new English expression that describes the way people will live their lives during and after this coronavirus outbreak.

Rob

Oh right. Does that mean I get some *new* examples as well?

Feifei

It does, and here they are....

Examples

After lockdown, things won't be the same – we'll have to get used to a new normal.

Getting up at 6am and going for a run every day is my new normal – and it feels good.

The new normal means working from home more and not going into the office.

Feifei

This is The English We Speak from BBC Learning English, and in this programme we're learning about the phrase 'new normal', which describes the way people will live their lives during and after this coronavirus outbreak. Rob, I'm sure we'll get used to the new normal – sometimes it's good to change our routine.

Rob

Yes, but I like my routine – go to the office, drink tea, eat biscuits, talk to you, go for lunch.

Feifei

Hmmm, maybe the 'new' normal will be good for your health and your work.

Rob

Come on, Feifei, there must be something about *old* normal that you miss?

Feifei

Let me have a think... making you tea, listening to your stories, giving you *my* biscuits... no, I think I'll get used to the new normal – and so should you, Rob.

Rob

OK, Feifei. I'll give it a try. Now, I had better go and do some work.

Feifei

Wow! That's *not* normal, that sounds like a *new* Rob! Bye.

Rob

Bye.