

Day off (请假、休假、小短假)

知识点:

A day off/ a few days off 一般指的是一到两天的小短假, 可以是工作上请假、可以是小休假 (如果国外经常有 **long weekend**, 周末+周一三天假那种), 而 **holidays** 更多指的是长一点的休假、度假、国家长假日。时间长短上会有所区别。

休假的相关表达:

- **unwind/ wind down/ relax/ chill/ chillax** 放松
- **let off the steam/ blow off the steam** 解压
- **recharge/ recharge the batteries** 重新蓄电
- **take some “me” time** 花点时间给自己, 滋润自己的灵魂
- **practice self-care** 实践自我照顾, 同上差不多意思
- **enjoy solitude** 享受独处时光
- **spoil/ pamper oneself**
- **stay up** 熬夜晚睡
- **pull an all-nighter/ stay up all night** 熬通宵
- **go to bed early and wake up early** 早睡早起
- **go to bed/ go to sleep/ hit the sack (俚语) / call it a day** (结束一天, 准备休息) 睡觉
- **Sleep in** 赖床、睡懒觉
- **Have a lie-in** 睡到自然醒
- **Catch up on my sleep** 补觉
- **I'm a big sleeper:** 我是特别爱睡觉的人
- **Go to the gym** 去健身
- **hang out with/ meet up with/ spend time with friends** 见朋友
- **Binge-watch TV shows** 刷剧

- **Eat healthy** 吃的很健康 (这个表达比 **eat healthily** 更常见)
- **Spend quality time with friends and family** 和家人朋友共享高级陪伴时光
- **Go for a hike** 去徒步
- **Hike up the mountain** 去爬山
- **Explore a nearby city** 去周边城市探索

1. When was the last time you had a few days off?

① Last time I took a few days off was during the Labor Day this month. I had the opportunity to really take some "me" time, practice some self-care, just recharge. I spent some time catching up on sleep, ate really healthy food, went to the gym, and spent some quality time with loved ones. After the break, I felt well-rested (充分休息) and returned to work with full energy (精力十足). (细节)

② 可以将具体去到某个周边城市、镇

Last time I took a day off was a month ago, and I went to my grandparents' hometown, since it was my grandmother's 70th birthday (70 大寿), so it was really a big deal (大事件). I took a day off on Friday and took the bus to her town and spent a whole weekend there. We went out and celebrated her birthday. And later I took her to the mall to buy her a gift (给她买礼物). It was a really nice vacation. (讲故事)

2. What do you usually do when you have days off?

① Well, if it's just a couple of days off, I wouldn't go far, like traveling. I would just rather stay at home, recharge the batteries, taking good care of myself, and just unwind. (细节)

② It depends on how I feel. If I'm in a social mode (社交模式), I will meet up with my friends or go to parties or visit my family. But if I'm not really feeling myself (感觉状态不好, 不对头), and feeling lazy to socialize (懒得社交), I'll just stay at home and practice some self-care, maybe binge watch TV shows (刷剧), trying to wind down (试着放松). (分情况)

3. Do you usually spend your days off with your parents or with your friends?

① Sometimes with my parents if I haven't seen them for quite a while.

Sometimes with my friends. I'm a very sociable person. I have my circle of friends and we meet up pretty regularly. And sometimes if I'm not in a social mode, I'll just spend time with myself, enjoy a moment of solitude (享受独处时光). (原因)

② Well, as a person who doesn't have many friends (作为一个没什么朋友的人), I don't hang out with my friends often. And I don't really want to bother (打扰) my friends just because it's my day off. Normally I will take the opportunity to visit my parents, have dinner with them, and help them around the house (帮助他们打理房子), trying to be a good kid (努力当个好孩子), you know? (原因)

4. What would you like to do if you had a day off tomorrow?

结合以上内容自己总结答案，来打卡