

TWO ENGLISH MUGS PODCAST

Everyday Life: Exercise, Food, Travel & Study

Episode 24 · Full Transcription

Emma & Josh

B1 INTERMEDIATE ENGLISH

EMMA

[0:00] So, do you ever feel like learning English can sometimes feel just very slow?

JOSH

[0:05] Oh, absolutely. Yeah, it can feel so slow sometimes.

EMMA

[0:08] Right, because, you know, you study and study, but you feel like something is maybe missing.

JOSH

[0:13] I know that feeling really well, actually. It is very common.

EMMA

[0:16] Well, we have something special today because we are going to just talk about real-life, normal, everyday things in simple English.

JOSH

[0:27] That sounds perfect. Real life is the best way to learn, I think.

EMMA

[0:30] Exactly. So nothing hard is needed today. You know, just listen, relax, and let it come.

JOSH

[0:36] Yeah, listening is sometimes the best practice you can do.

EMMA

[0:39] So please get comfortable, whether you are cooking dinner, driving your car, or just relaxing on the sofa.

JOSH

[0:46] Just let the words kind of wash over you.

EMMA

[0:49] Wherever you are, welcome to Two English Mugs Podcast, where we learn English through real everyday conversations.

JOSH

[0:57] Yes. Welcome, everyone.

EMMA

[0:58] I am Emma.

JOSH

[0:59] And I am Josh.

EMMA

[1:01] And today is just going to be really great listening practice for you.

JOSH

[1:04] Yeah, a nice and easy chat.

EMMA

[1:06] So we are starting with Everyday Life and Exercise, which is intermediate level, but beginners are very welcome.

JOSH

[1:13] It is not baby English, but not advanced either.

EMMA

[1:17] Exactly. And hard words are explained on the go, so you do not need every word. Just let the English wash over you.

JOSH

[1:24] And if you want to read, the PDF transcript is right down in the description.

EMMA

[1:28] Perfect. So let's talk about mornings. What time do you wake up usually?

JOSH

[1:34] Well, I usually sleep in until about 8 in the morning, to be honest.

EMMA

[1:38] 8 o'clock? Wow. See, some people wake up at 6:30, very early.

JOSH

[1:43] Oh, come on. 6:30 is just too early for me. I need my sleep.

EMMA

[1:46] To each their own, right? Some people say half the day is gone by 8.

JOSH

[1:51] No way. The sun is up. The house is warm. It is the best time.

EMMA

[1:55] So when you wake up, what is the very first thing you do?

JOSH

[1:59] Oh, well, I grab my phone, you know, to check my messages and the weather.

EMMA

[2:03] Your phone? Really? The very first thing?

JOSH

[2:05] Yeah. I mean, I want to know if it's raining outside.

EMMA

[2:09] See, I try not to do that. I drink a big glass of water first.

JOSH

[2:13] Water? Just plain water?

EMMA

[2:17] Yes, because, you know, your body is really dry after sleeping all night.

JOSH

[2:21] That actually makes a lot of sense. Yeah, but I need my coffee next.

EMMA

[2:26] Me too, but I drink mine black. No sugar, no milk.

JOSH

[2:30] You are joking. Black coffee is just too bitter.

EMMA

[2:34] Not at all. It wakes my brain right up. How do you drink it?

JOSH

[2:39] I drink dessert coffee, basically. A lot of milk, And like 3 spoons of sugar.

EMMA

[2:45] 3 spoons? Come on, that is like a cake in a cup.

JOSH

[2:49] Hey, to each their own. It is sweet and it makes me happy.

EMMA

[2:52] Okay, so after coffee, do you like to get active? Like maybe a morning walk?

JOSH

[2:56] Yeah, I love a good 30-minute walk outside, you know, to get the legs moving.

EMMA

[3:00] That is nice. I prefer doing 15 minutes of yoga just right in my living room.

JOSH

[3:06] Yoga's good. Yeah. It makes you feel very calm.

EMMA

[3:10] Exactly. Calm and centered before a busy day. Does that make sense?

JOSH

[3:14] It does. It is much better than trying to find the gym in my building.

EMMA

[3:18] Oh, wow. Wait, you have a gym in your building?

JOSH

[3:21] Supposed to. Yeah. I got all dressed in my sports clothes to go one morning.

EMMA

[3:25] Okay. That is a good start.

JOSH

[3:27] Right. But I walked out of the elevator, opened a door, and walked right into the mailroom.

EMMA

[3:31] The mailroom where everyone gets their letters?

JOSH

[3:35] Yes. Everyone was standing there in work clothes looking at my running shoes.

EMMA

[3:40] Oh no. That is so funny. Did you find the gym after that?

JOSH

[3:46] No. I opened another door and walked into the quiet reading lounge.

EMMA

[3:50] People were trying to read books while you wanted to run?

JOSH

[3:54] Exactly. Then I tried the stairs and ended up in the dark parking garage.

EMMA

[3:59] You are joking. Did you ever find it?

JOSH

[4:03] I just gave up and walked outside. The building's like a maze.

EMMA

[4:07] That is hilarious. Finding the gym was the real exercise.

JOSH

[4:13] It really was. But, you know, some people do crazy things like train for a big marathon.

EMMA

[4:19] A marathon? That is a very long race.

JOSH

[4:23] Yeah. Running for hours. I wanted to enter a race once. Just to win a shiny medal.

EMMA

[4:28] Wait, really? Just for the medal?

JOSH

[4:31] Yeah. I went to the park to sign up, but they told me no.

EMMA

[4:34] Why did they say no?

JOSH

[4:36] Because I accidentally tried to enter a children's race.

EMMA

[4:39] No way.

JOSH

[4:41] I did not.

EMMA

[4:41] You wanted to race against little kids for a medal?

JOSH

[4:44] I did not. No.

EMMA

[4:45] That is too funny. But, you know, You do not need a heavy 2-hour workout to be healthy.

JOSH

[4:55] Right. Just a 30-minute walk is totally fine.

EMMA

[4:59] Exactly. Even just, let's say, dancing in your living room counts as great exercise.

JOSH

[5:06] I like that. Dancing is much easier than a marathon.

EMMA

[5:09] It really is. And all of this just proves that a good morning makes a good day.

JOSH

[5:14] That is so true. Getting up and moving really helps.

EMMA

[5:18] Let's have everyone say it out loud. Say it with me. A good morning makes a good day.

JOSH

[5:23] A good morning makes a good day.

EMMA

[5:26] Perfect. Now let's learn some good words for exercise.

JOSH

[5:30] Oh, good idea.

EMMA

[5:31] Like when you do a big exercise, that is a workout. W-O-R-K-O-U-T. Workout. Workout.

JOSH

[5:42] Yeah. For example, I want to work out in the morning.

EMMA

[5:47] Exactly. And before that, you need to pull your muscles long, which is a stretch. S-T-R-E-T-C-H. Stretch. Stretch.

JOSH

[5:58] Right. You should always stretch your legs first so you do not hurt yourself.

EMMA

[6:03] Yes. And walking slowly first is a warm-up. W-A-R-M- U-P. Warm up. Warm up.

JOSH

[6:14] Like, we warm up before we run fast.

EMMA

[6:17] Perfect. And the room with the heavy machines is the gym. G-Y-M. Gym. Gym.

JOSH

[6:26] Like, the gym is across from the lounge, if I can find it.

EMMA

[6:31] Exactly. Well, all this talk of mornings and running is making me hungry. What do you cook?

JOSH

[6:38] Oh, I love breakfast food. I usually have thick bread and eggs for energy.

EMMA

[6:42] Eggs are good. I like to keep it very simple, just cold yogurt and fresh fruit.

JOSH

[6:49] Yogurt is nice, but I need something hot, you know, to really wake up.

EMMA

[6:53] To each their own. But for dinner, I absolutely love simple Italian pasta with tomato sauce.

JOSH

[7:00] Pasta is great, but I think rice is the best food. Because it is popular everywhere.

EMMA

[7:07] Rice is good, yes.

JOSH

[7:08] You can put anything on it.

EMMA

[7:10] Exactly.

JOSH

[7:11] It is very easy to cook too.

EMMA

[7:13] Well, not always. I tried to cook Spanish paella once with rice and beautiful seafood.

JOSH

[7:20] Oh, wow. Paella is very difficult. Did it go well?

EMMA

[7:24] Not at all. I watched a video online, but in real life, my rice was so dry.

JOSH

[7:32] Oh no, dry rice is the worst.

EMMA

[7:34] It gets worse. I burned the bottom of the pan completely black.

JOSH

[7:39] You are joking. The whole kitchen must have smelled like smoke.

EMMA

[7:43] It did. And when I gave it to my family, my sister just smiled and said it was interesting.

JOSH

[7:50] Come on. Interesting just means bad. That is what people say to be polite.

EMMA

[7:55] I know. It was terrible. I almost just used an app to order food right then.

JOSH

[8:02] I do that too much, honestly. Ordering food on an app is just too easy.

EMMA

[8:07] It is. You push a button and food is there in 30 minutes.

JOSH

[8:11] Right. But it is really expensive and it is full of salt and heavy oil.

EMMA

[8:15] Exactly. Cooking at home is so much cheaper and much healthier for you.

JOSH

[8:21] Yeah. For example, I like to make a fast stir-fry in a pan.

EMMA

[8:26] Oh, what do you put in your stir-fry?

JOSH

[8:27] Just, um, green broccoli, orange carrots, and yellow peppers. Very fast.

EMMA

[8:32] That sounds great. And all those colors mean it is very good for you.

JOSH

[8:37] Really? Just because of the colors?

EMMA

[8:39] Yes. A colorful plate is usually a healthy plate. Red tomatoes, green leaves. It is all good.

JOSH

[8:46] That makes it easy to remember. Just eat a lot of colors.

EMMA

[8:49] Exactly. But you have to buy the right food first. I made a huge mistake at the store once.

JOSH

[8:55] Oh no, what did you do?

EMMA

[8:57] I was having 6 friends over for a nice dinner party, and I wrote a big shopping list.

JOSH

[9:04] Very smart. Always bring a list.

EMMA

[9:06] Right. But I left the dinner list on the counter and accidentally took my breakfast list to the store.

JOSH

[9:12] No way.

EMMA

[9:13] Yeah.

JOSH

[9:14] You bought all the wrong food.

EMMA

[9:15] Yes, I bought pancake mix, sweet syrup, and bananas instead of dinner food.

JOSH

[9:21] Oh no. What did you do when your friends arrived?

EMMA

[9:23] I just smiled and said, welcome to breakfast for dinner, and made everyone pancakes.

JOSH

[9:27] That is amazing. Did they like it?

EMMA

[9:30] They loved it. They laughed a lot. Pancakes are always good.

JOSH

[9:34] That is a great story. By the way, if I could eat only one food for the rest of my life, I would eat-- you finish the sentence in the comments.

EMMA

[9:44] Ooh, that is really a fun question to everyone listening.

JOSH

[9:48] I wonder what they will say.

EMMA

[9:49] Yes, put it in the comments. Now let's learn some good words for food.

JOSH

[9:54] Sounds good. Let's hear them.

EMMA

[9:56] First, when you cut a carrot into small pieces, you chop. C-H-O-P. Chop. Chop.

JOSH

[10:04] Right. Like, I chopped the carrots for the soup.

EMMA

[10:07] Exactly. And cooking in hot water with bubbles is boil. B-O-I-L. Boil, boil.

JOSH

[10:16] Like, you must boil the water for the pasta.

EMMA

[10:19] Yes. And cooking in hot oil in a flat pan is fry, F-R-Y, fry, fry.

JOSH

[10:27] Oh, I love to fry the eggs in the pan.

EMMA

[10:30] Very good. And moving the food around with a spoon is stir, S-T-I-R, stir, stir.

JOSH

[10:39] You have to stir the food so it does not burn.

EMMA

[10:42] Exactly. Like my paella. And finally, giving the food to people is serve. S-E-R-V-E. Serve. Serve.

JOSH

[10:54] Like we serve the dinner to our friends, even if it is pancakes.

EMMA

[10:58] Exactly. Well, eating all this foreign food like Italian pasta makes me want to fly away. Where would you travel?

JOSH

[11:06] Oh, I have big travel dreams. I really want to go to Italy for the history.

EMMA

[11:11] Italy is beautiful. What do you want to see there?

JOSH

[11:15] I want to see the big Colosseum in Rome where people stood thousands of years ago.

EMMA

[11:21] That sounds amazing. My dream is actually Japan for the culture and the quiet nature.

JOSH

[11:27] Japan is beautiful too. Different vibes though. I also want to see Venice in Italy.

EMMA

[11:34] Venice is a city built on water, right?

JOSH

[11:36] Yes, there are no cars at all, only small boats everywhere.

EMMA

[11:40] Wow, no cars means it must be so quiet there, just the sound of water.

JOSH

[11:45] Exactly. But, you know, my absolute best memory from my last trip was not a building or a museum.

EMMA

[11:53] Really? And what was it?

JOSH

[11:55] It was eating pistachio gelato, the green Italian ice cream.

EMMA

[12:00] You are joking.

JOSH

[12:01] The ice cream is better than the ancient history of Rome?

EMMA

[12:04] Honestly, yes.

JOSH

[12:05] It was cold and sweet, and I ate it every single day.

EMMA

[12:09] Come on, that is so funny. But food really does make a memory special.

JOSH

[12:14] It does. What about normal summer vacations? What do you like to do?

EMMA

[12:18] Well, some people love camping in the outdoors, sleeping in a tent, hiking, fishing.

JOSH

[12:24] Camping is fun, but it is a little bit too dirty for me. Yeah.

EMMA

[12:28] Too dirty. Okay, so what do you prefer?

JOSH

[12:31] I like going to a big amusement park.

EMMA

[12:33] Oh wow, really? With the fast roller coasters and big crowds?

JOSH

[12:38] Yeah. Eating pink cotton candy, screaming on the rides. It makes you feel like a kid.

EMMA

[12:44] To each their own. Roller coasters make my stomach feel bad, honestly.

JOSH

[12:48] Really? So where do you go?

EMMA

[12:50] I just like relaxing by the blue ocean at the beach, listening to the waves.

JOSH

[12:56] The beach is very nice. Very calm and slow.

EMMA

[12:59] It is. But I know someone who wants to visit all 7 continents in the world.

JOSH

[13:04] All 7?

EMMA

[13:05] All 7.

JOSH

[13:06] Even the really cold one at the bottom?

EMMA

[13:08] Yes. Antarctica. They want to wear a heavy coat, see the cold ice, and watch the penguins.

JOSH

[13:15] That is a huge trip. But travel really is important.

EMMA

[13:19] It is, because travel changes you.

JOSH

[13:23] You see how other people live, right?

EMMA

[13:24] Yeah, and you hear new languages in the streets. It opens your mind.

JOSH

[13:28] Exactly.

EMMA

[13:29] Does that make sense? The world is big, but it makes you feel comfortably small.

JOSH

[13:34] It completely makes sense. You realize your way is not the only way.

EMMA

[13:39] So let's learn some good words for travel.

JOSH

[13:41] Okay, what is the first one?

EMMA

[13:42] The little book you need to fly is a passport. P-A-S-S-P-O-R-T. P-O-R-T, passport, passport.

JOSH

[13:52] Right, you need your passport to fly to a new country.

EMMA

[13:55] Yes, and the paper with your times and plans is an itinerary, I-T-I-N-E-R-A-R-Y, itinerary, itinerary.

JOSH

[14:08] Oh, like my itinerary says we leave today at 4.

EMMA

[14:11] Exactly, and the hotel room where you sleep is Accommodation, A-C-C-O-M-M-O-D-A-T-I-O-N, accom-o-mo-da-ta-tion, accommodation.

JOSH

[14:27] Yeah, we need to book our accommodation to sleep tonight.

EMMA

[14:30] Very good. And your heavy bags with your clothes are luggage, L-U-G-G-A-G-E, lug-gedge, luggage.

JOSH

[14:42] I always pack too much, so my luggage is very heavy.

EMMA

[14:45] Me too. And finally, going to the hotel desk to get your key is check in. C-H-E-C-K-I-N. Check in. Check in.

JOSH

[14:58] Like, we check in at the hotel desk when we arrive.

EMMA

[15:01] Perfect. So traveling to new countries teaches you so much, but learning a language at home takes real work. How do you study?

JOSH

[15:10] Oh, studying is hard. I usually try to study a lot on Sunday and then do nothing all week.

EMMA

[15:16] Oh no, that is a classic mistake. Learning English is like training for a marathon.

JOSH

[15:22] A marathon? How do you mean?

EMMA

[15:25] Well, you cannot do it all at once. You have to do a little every day, step by step, day by day.

JOSH

[15:32] That makes sense. But it is so hard to stay focused at home.

EMMA

[15:37] Because of your phone, right?

JOSH

[15:39] Yes.

EMMA

[15:39] It is always ringing or beeping.

JOSH

[15:41] Yes, the phone is the biggest problem. I sit down to read and 5 minutes later I am watching videos.

EMMA

[15:48] Exactly. Notifications and sounds completely break your focus.

JOSH

[15:53] They do. Once I look at a silly cat video, my brain is just gone.

EMMA

[15:57] So you should try the Pomodoro method. You study hard for 25 minutes Then take a 5-minute break.

JOSH

[16:04] Oh, I have heard of that. But what does Pomodoro mean?

EMMA

[16:08] This is actually very funny. Pomodoro just means tomato in Italian.

JOSH

[16:14] Wait, really?

EMMA

[16:15] Yes.

JOSH

[16:15] A tomato?

EMMA

[16:16] The man named it after his cheap plastic kitchen timer that looked like a red tomato.

JOSH

[16:22] No way. A kitchen timer.

EMMA

[16:25] That is brilliant.

JOSH

[16:26] That is brilliant.

EMMA

[16:27] Because 25 minutes is short, so your brain Does not feel scared of the work.

JOSH

[16:33] I like that. But what if I'm just too tired to look at a book?

EMMA

[16:37] That is okay too. You can do passive learning. You do not always need a pen and paper.

JOSH

[16:42] Passive learning. Like what, for example?

EMMA

[16:45] Let's say you just watch a TV show with English subtitles on the bottom or listen to an English song.

JOSH

[16:52] Oh, I love doing that.

EMMA

[16:53] Or what about listening to a fun, relaxing English podcast while you are driving your car to work?

JOSH

[17:00] Exactly. Just like all our wonderful listeners are doing right now with us. Does that actually help you learn?

EMMA

[17:06] Yes. Your ear gets used to the rhythm of the words and the sounds of the letters.

JOSH

[17:11] That is much more fun than doing boring homework.

EMMA

[17:14] It is.

JOSH

[17:15] But eventually you have to talk, and that means making mistakes.

EMMA

[17:19] Ugh, making mistakes is the worst.

JOSH

[17:21] People get so embarrassed if they say the wrong word.

EMMA

[17:25] But you have to remember, mistakes are exactly how you learn.

JOSH

[17:28] I guess so, but it feels bad to sound silly.

EMMA

[17:31] You should never be afraid to say, I don't understand. It is a brave thing to say.

JOSH

[17:36] That is true. If you say you do not understand, someone can actually help you.

EMMA

[17:40] Exactly. And to help you learn, you should keep a small notebook by your bed.

JOSH

[17:45] Like a diary?

EMMA

[17:46] Sort of. Just write down 5 simple English sentences every morning. Only 5.

JOSH

[17:52] Just 5 sentences? That sounds really easy.

EMMA

[17:54] It is. It takes 2 minutes. It feels like an adventure, not like heavy homework.

JOSH

[17:59] I could definitely do that. I could write about my breakfast coffee.

EMMA

[18:03] Perfect. Small goals are the best way to learn. Now let's learn some good words for study.

JOSH

[18:09] Okay, I am ready.

EMMA

[18:11] First is looking closely and listening carefully, which is attention. A-T-T-E-N-T-I-O-N. Uh-ten-tion. Attention.

JOSH

[18:26] Right. Like, you must pay attention to the new words.

EMMA

[18:30] Exactly. And the thing that pulls your eyes away is a distraction. D-I-S-T-R-A-C-T-I-O-N. Dis-trac-tion. Distraction.

JOSH

[18:46] Like, put away your phone. It is a big distraction.

EMMA

[18:50] Yes. And quiet, deep focus is concentration. C-O-N-C-E-N-T-R-A-T-I-O-N. Con-centra-tion. Concentration.

JOSH

[19:09] Yeah, I need a quiet room for my concentration.

EMMA

[19:11] Very good. And looking at your notes again before a test is revision. R-E-V-I-S-I-O-N. Re-vi-sion. Revision.

JOSH

[19:26] Oh, like you should do your revision before the big test.

EMMA

[19:30] Exactly right. Well, we have talked about so many things today. from mornings to cooking to travel.

JOSH

[19:36] It was a really great conversation. I hope everyone enjoyed listening.

EMMA

[19:41] Yes. And it is time to review our main phrase today about starting your day right.

JOSH

[19:48] Oh, yes. I remember this one.

EMMA

[19:49] A good morning makes a good day.

JOSH

[19:53] A good morning makes a good day.

EMMA

[19:56] Say it one last time with us at home. A good morning Makes a good day.

JOSH

[20:02] Such a nice phrase. If you enjoyed our conversation today, please take a second to leave a like and subscribe.

EMMA

[20:10] A simple like takes just 1 second, but it really does help us out.

JOSH

[20:14] It helps so many more English learners around the world find our episodes.

EMMA

[20:19] We just love growing this wonderful community of learners.

JOSH

[20:22] Thank you so much for choosing to spend your valuable time learning with us today.

EMMA

[20:27] Yes, we know you are busy, so we really appreciate you listening.

JOSH

[20:30] Yeah. Please take good care of yourselves and your family.

EMMA

[20:34] Stay safe and stay happy out there.

JOSH

[20:36] Come back next week for more Everyday English Talk. We wish you a beautiful rest of your day wherever you are in the world.

EMMA

[20:44] Goodbye, friends.

JOSH

[20:45] See you next time.

WORDS FROM TODAY'S EPISODE (18)

WORD	MEANING	HOW IT IS USED IN THIS EPISODE
workout	a big exercise session	Like when you do a big exercise, that is a workout.
stretch	pulling your muscles long	Before that, you need to pull your muscles long, which is a stretch.
warm-up	moving slowly first	Walking slowly first is a warm-up.
gym	the room with the heavy machines	The room with the heavy machines is the gym.
chop	cutting food into small pieces	When you cut a carrot into small pieces, you chop.
boil	cooking in hot bubbling water	Cooking in hot water with bubbles is boil.
fry	cooking in hot oil in a flat pan	Cooking in hot oil in a flat pan is fry.
stir	moving food around with a spoon	You have to stir the food so it does not burn.
serve	giving the food to people	Giving the food to people is serve.
passport	the little book you need to fly	The little book you need to fly is a passport.
itinerary	the paper with your times and plans	The paper with your times and plans is an itinerary.
accommodation	the hotel room where you sleep	The hotel room where you sleep is accommodation.
luggage	your heavy bags with your clothes	Your heavy bags with your clothes are luggage.
check in	going to the hotel desk to get your key	We check in at the hotel desk when we arrive.
attention	looking closely and listening carefully	Looking closely and listening carefully is attention.
distraction	the thing that pulls your eyes away	The thing that pulls your eyes away is a distraction.
concentration	quiet, deep focus	Quiet, deep focus is concentration.
revision	looking at your notes again before a test	Looking at your notes again before a test is revision.