



# *PODCAST*

# *TRANSCRIPT*

Episode 146:

Title: “Expressions for Motivated Learners”

Duration: 14:30

How to use this transcript:

1. Print this transcript:

We try to reduce our paper consumption, but we really recommend that you print out this document.

2. Write on it and take notes:

Circle, highlight and note anything that you want. We have even provided space for you to do so!

3. Listen first **without** the transcript:

Don't worry about understanding every single word. Just focus on training your ears to the sound of English.

4. Listen again **with** the transcript:

Listen a second time with the transcript, pausing whenever you want to

00:00	<p>You are listening to the Déclic Anglais Podcast, THE podcast for intermediate, French-speaking learners of English. There is a transcript (<i>une transcription</i>) available for this and every episode of this podcast. You can download the transcript for free from the link in the description of this episode.</p> <p>Or go to <a href="http://www.declicanglais.com/podcast">www.declicanglais.com/podcast</a>.</p> <p><i>(Ecrivez vos notes ici).</i></p>
01:00	<p>Hello, dear listeners, and welcome to this episode of <i>The Déclic Anglais Podcast</i>! I'm Tom, your teacher and guide to the English language. It is currently September 2025, and a new school year / academic year is just beginning. I'm excited to start this new school year with you. Whether you're heading back to class or just continuing your English journey, today's episode is perfect for motivated learners like you.</p> <p><i>(Ecrivez vos notes ici).</i></p>
01:50	<p>Today we're exploring three really useful expressions about motivation and hard work. These are expressions that English speakers use all the time, but they might sound a bit strange when you first hear them! Don't worry – by the end of this episode, you'll know them <b>*inside out*</b>. Yes, that's actually one of our expressions today!</p> <p>So, let's not wait any longer. Let's see our first expression!</p> <p><i>(Ecrivez vos notes ici).</i></p>

02:45	<p><b>Expression 1: "To buckle down"</b></p> <p>This expression "to buckle down" means to start working seriously and with full concentration. In French you could say: <i>s'y mettre sérieusement</i>, or <i>se mettre au travail</i>.</p> <p>The word "buckle" comes from French: (« <i>Buckle</i> » signifie <i>boucle</i>, comme sur une <i>ceinture de sécurité</i>).</p> <p><i>(Ecrivez vos notes ici).</i></p>
03:31	<p>So, when you say "buckle down" think of it like fastening your seatbelt (your buckle) (<i>comme attacher sa ceinture de sécurité</i>)– you're securing yourself in place to focus on the task ahead.</p> <p><i>(Ecrivez vos notes ici).</i></p>
03:53	<p>For example, if your teacher says: "You need to buckle down if you want to pass the exam," they mean <b>"it's time to get serious about studying"</b>.</p> <p>Please note that this expression "<i>to buckle down</i>" is not critical, it's not a criticism. It's an expression of <b><u>encouragement</u></b>.</p> <p><i>(Ecrivez vos notes ici).</i></p>

04:26	<p>Let's practice using it:</p> <ol style="list-style-type: none"> <li>"I was relaxed at the beginning of the year, but when I saw my grades dropping, I really <u>buckled down</u>." <i>(J'étais détendu au début de l'année, mais lorsque j'ai vu mes notes chuter, je me suis vraiment mis au travail).</i></li> <li>"Come on, John! The presentation is tomorrow – time <u>to buckle down</u>!" <i>(Allez, John ! La présentation a lieu demain - il est temps de se mettre au travail).</i> <i>(Ecrivez vos notes ici).</i></li> </ol>
05:30	<p><b>Expression 2: "To get your head down"</b></p> <p>Our second expression "to get your head down", means to focus completely on your work and avoid distractions. It's similar to "buckle down" in that it talks about <u>giving something your total concentration</u>. In French you could say: <i>se concentrer intensément</i>.</p> <p><i>(Ecrivez vos notes ici).</i></p>
06:21	<p>This expression may seem strange, because it literally means "<i>baisser la tête</i>". But that is exactly the image! Imagine literally putting your head down close to your books to concentrate better! <i>(Imaginez que vous posiez littéralement votre tête près de vos livres pour mieux vous concentrer !)</i></p> <p><i>(Ecrivez vos notes ici).</i></p>

06:50	<p>Here's how we use it:</p> <ol style="list-style-type: none"> <li>1. "I'm turning off my phone tonight. I really need to get my head down and finish this project." (<i>J'éteins mon téléphone ce soir. Il faut vraiment que je me mette au travail et que je termine ce projet</i>).</li> <li>2. "Marie got her head down and studied for six hours straight before her English test." (<i>Marie s'est mise au travail et a étudié pendant six heures d'affilée avant son examen d'anglais</i>).</li> </ol> <p>(<i>Ecrivez vos notes ici</i>).</p>
07:58	<p>Think of this expression when you need to focus intensely on something. It's like saying "<i>je me plonge dans mon travail</i>" in French.</p> <p>This expression "<i>to get your head down</i>" can be used in both casual and formal situations.</p> <p>(<i>Ecrivez vos notes ici</i>).</p>
08:26	<p><b>Expression 3: "To know something inside out"</b></p> <p>Our final expression "to know something inside out", means to know something perfectly, completely, in every detail. It's similar to the French expression "<i>connaître qqch sur le bout des doigts</i>."</p> <p>(<i>Ecrivez vos notes ici</i>).</p>

09:05	<p>Here are some example sentences:</p> <ol style="list-style-type: none"> <li>1. "After practicing for three months, she knows the presentation inside out." <i>(Après avoir pratiqué pendant trois mois, elle connaît parfaitement la présentation).</i></li> <li>2. "If you want to speak English perfectly, you need to know the basic grammar rules inside out." <i>(Si vous voulez parler parfaitement l'anglais, vous devez connaître parfaitement les règles de grammaire de base).</i></li> </ol> <p>Dear listeners, this is a great expression that can be used in a variety of situations!</p> <p><i>(Ecrivez vos notes ici).</i></p>
10:24	<p><b>Alright then, dear listeners. Let's summarise those three expressions.</b></p> <ol style="list-style-type: none"> <li>1. <b>"to buckle down"</b>: to start working seriously and with focus</li> <li>2. <b>"to get your head down"</b>: to focus completely on work</li> <li>3. <b>"to know something inside out"</b>: to know something perfectly</li> </ol> <p><i>(Ecrivez vos notes ici).</i></p>

11:27	<p><b>Practice Time!</b></p> <p>Let's put these expressions together in a little story. Are you ready?</p> <p><i>Sarah wanted to improve her English. At first, she was just watching movies with subtitles, but her teacher told her she needed <b><u>to buckle down</u></b> if she wanted to make real progress. So, she <b><u>got her head down</u></b> and studied for two hours every day. After six months, she <b><u>knew</u></b> the language <b><u>inside out</u></b>!</i></p> <p><i>(Ecrivez vos notes ici).</i></p>
12:59	<p>So, that's it for today's episode, dear listeners! Remember: learning a language takes time and effort. So, if you <b><u>buckle down</u></b>, you'll soon <b><u>know</u></b> these expressions <b><u>inside out</u></b>!</p> <p>And, dear listeners, if you would really like <b><u>to get your head down</u></b> this “rentrée”, why not join <i>the Déclic Anglais Club</i>, our online learning platform?</p> <p><i>(Ecrivez vos notes ici).</i></p>
13:35	<p>You can improve all areas of your English, with interactive reading exercises, interactive listening exercises, even dictation exercises! And for those that really want to <b><u>buckle down</u></b> <i>with their English</i>, you can even join our conversation classes on Wednesdays. If you are interested, just go to <a href="http://www.declicanglais.com/podcast">www.declicanglais.com/podcast</a>.</p> <p>Thanks for listening, everyone. Have a lovely day, and see you next time!</p> <p>Bye for now.</p> <p><i>(Ecrivez vos notes ici).</i></p>

## How did it go?

Take a moment to revisit the notes that you took.

List here 3 words or expressions (minimum) that you would like to remember from this podcast. We recommend that you consult a free, online dictionary like

[www.wordreference.com](http://www.wordreference.com) to ensure that you have the correct definition and context.

### **WORDS/EXPRESSIONS THAT I WANT TO REMEMBER:**

1.

2.

3.

4.

5.