



PODCAST TRANSCRIPT

Episode 4: "New Year's Resolutions"

Duration: 10:14

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 take notes in the spaces provided.

5. Enjoy! :-)

| MM:SS | Text |
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| 00:07 | <p>Happy new year everyone! A very happy and healthy 2021 to all our listeners. Finally, the Déclic Anglais podcast is back from the Christmas holidays with episode number 4. <i>(Ecrivez vos notes ici).</i></p> |
| 00:24 | <p>I'm very excited about all the fun, interesting content that we have lined up for you this year in 2021. <i>(Ecrivez vos notes ici).</i></p> |
| 00:34 | <p>I hope you enjoyed the festive season. And right now I can definitely feel that I ate and drank a little too much over the holidays. I think maybe I have gained a kilo or two, but that's normal for this time of year, I think. <i>(Ecrivez vos notes ici).</i></p> |
| 00:51 | <p>In January, millions of people around the world decide to make new year's resolutions (<i>en français, les resolutions pour la nouvelle année</i>). These are goals/objectives that people set for themselves on 1st January in order to improve their lives in some way. <i>(Ecrivez vos notes ici).</i></p> |
| 01:14 | <p>Let me give you three examples. In 2021 I am going to:</p> <ul style="list-style-type: none"> • Give up smoking. • Cut down on social media. • Take up running every day. <p><i>(Ecrivez vos notes ici).</i></p> |

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| 01:34 | <p>Let me repeat that for you. In 2021 I am going to:</p> <ul style="list-style-type: none"> • Give up smoking. • Cut down on social media. • Take up running every day. <p><i>(Ecrivez vos notes ici).</i></p> |
| 01:53 | <p><i>Pour que vous compreniez mieux, regardons ensemble les trois phrases de plus près. Nous pourrions ensuite les adapter pour vous-mêmes. C'est vrai que nos parents nous disaient quand nous étions petits qu'il ne fallait pas copier les autres. Mais ici, ne vous inquiétez pas – vous avez ma permission.</i></p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 02:13 | <p>So, let's look at sentence number one: I'm going to give up smoking.</p> <p>You may know this one already: give up <i>en français veut dire "arrêter de faire" ou renoncer à quelque chose</i>. So it's about stopping something completely.</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 02:35 | <p>I'm going to give up smoking. So no more cigarettes for me, zero!</p> <p>I'm going to give up chocolate. No more Mars, no more Snickers, nothing!</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 02:46 | <p>Now, before we go any further, let me draw your attention to the tense that I'm using (<i>le temps</i>). Listen closely:</p> <p>I'm going to give up...</p> <p>I'm going to cut down...</p> <p>I'm going to take up...</p> <p><i>(Ecrivez vos notes ici).</i></p> |

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| <p>03:06</p> | <p>What tense am I using here? It's the "going to" future tense. The "going to" tense is formed much like the present continuous tense. <i>(Ecrivez vos notes ici).</i></p> |
| <p>03:21</p> | <p>When we use the "going to" future tense, it is very strong. It means that you have decided, it means that you are certain, that it's planned. <i>(Ecrivez vos notes ici).</i></p> |
| <p>03:34</p> | <p>You can use "will" if you want, the "will" future tense is fine: "I will give up smoking." No problem. <i>(Ecrivez vos notes ici).</i></p> |
| <p>03:43</p> | <p>But when we are talking about something like new year's resolutions, "going to" is MUCH MORE appropriate. Like I said before, it means that you have decided, it means you are certain. <i>(Ecrivez vos notes ici).</i></p> |
| <p>04:00</p> | <p>Ok, everyone still with me? By all means, pause and repeat this podcast as many times as you want. This is a stress-free podcast! <i>(Ecrivez vos notes ici).</i></p> |

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| 04:13 | <p>Don't forget, there is a transcript available (<i>une transcription</i>) for every episode on our website: www.declicananglais.com/podcast</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 04:32 | <p>Let's get back to our three sentences.</p> <p>Sentence number two: I'm going to cut down on social media.</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 04:44 | <p>To cut down on something (<i>en français "cut" veut dire couper, "down" veut dire "en bas". Mais si nous mettons les deux mots ensemble cela veut dire réduire ou limiter sa consommation de qqch.</i>)</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 05:02 | <p>So if I say "I'm going to cut down on social media." It means that I don't want to stop it, but reduce how much I use it. Instead of 2 hours per day, maybe I have just 30 minutes per day.</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 05:22 | <p>If I say, "I'm going to cut down on chocolate", it means "I will eat a little chocolate every two days, but no more. I am limiting my consumption; I am cutting down."</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 05:36 | <p>Please remember, you say you are cutting down ON something. The preposition is very important: "I cut down ON chocolate."</p> <p><i>(Ecrivez vos notes ici).</i></p> |

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| 05:50 | <p>Now finally, our third sentence: I'm going to take up running every day. <i>(Ecrivez vos notes ici).</i></p> |
| 05:59 | <p>This one is nice, it's more positive. To take up something is the opposite of "give up", <i>(en français "take up" veut dire : se mettre à qqch, comme un nouveau passe-temps, commencer un nouveau hobby).</i> <i>(Ecrivez vos notes ici).</i></p> |
| 06:17 | <p>"I'm going to take up running." <i>(Je vais me mettre à la course à pied).</i> You can use it for all sorts of things: "I'm going to take up the guitar." "I'm going to take up painting." As you want. <i>(Ecrivez vos notes ici).</i></p> |
| 06:33 | <p>So let's summarise <i>(en français, résumer).</i> Sentence number 1: I'm going to give up smoking. <i>(Je vais arrêter de fumer).</i> Sentence number 2: I'm going to cut down on social media. <i>(Je vais réduire ma consommation des réseaux sociaux).</i> And, sentence number 3: I'm going to take up running every day. <i>(Je vais me mettre à la course à pied tous les jours).</i> <i>(Ecrivez vos notes ici).</i></p> |
| 07:09 | <p>And don't forget, what tense are we using? The "going to" future. Why? Because it shows certainty and intention. <i>(Ecrivez vos notes ici).</i></p> |

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| 07:21 | <p>Now, over to you (<i>à vous!</i>).</p> <p>I will begin the sentence, then I will pause. In the pause insert your own personal answer. If you need to, feel free to pause the podcast here and think about your answers.</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 07:46 | <p>Are you ready? Ok...</p> <p>Number 1: In 2021 I'm going to give up...</p> <p>Number 2: In 2021 I'm going to cut down on...</p> <p>And finally: In 2021 I'm going to take up...</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 08:24 | <p>So there we have it. It's the first week of January and you already have three new English expressions. Well done!</p> <p><i>(Ecrivez vos notes ici).</i></p> |
| 08:36 | <p>I'm curious, what are your resolutions for 2021? Of course, with the Covid-19 virus, things are a little complicated at the moment. But improving your English online is still possible if you're motivated. Online classes are lockdown-proof (<i>ils ne peuvent pas être annulés à cause du confinement !</i>).</p> <p><i>(Ecrivez vos notes ici).</i></p> |

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| <p>09:03</p> | <p>So why not take advantage of this opportunity to improve your English, today! Online English classes with Déclic Anglais are fun, affordable, relaxed and a great way to start 2021. <i>(Ecrivez vos notes ici).</i></p> |
| <p>09:21</p> | <p>Interested? Send us an email to contact@declicanglais.com for more information. <i>(Ecrivez vos notes ici).</i></p> |
| <p>09:36</p> | <p>Well, dear listeners, I hope you've enjoyed this short little episode on new year's resolutions. I wish you every success in keeping your resolutions – I know, it isn't always easy. <i>(Ecrivez vos notes ici).</i></p> |
| <p>09:50</p> | <p>Once again, a happy and healthy 2021 to all of you. I look forward to seeing you for episode 5, coming next week. Bye for now! <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 to ensure that you have the correct definition and context.

WORDS/EXPRESSIONS THAT I WANT TO REMEMBER:

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