



# *PODCAST*

# *TRANSCRIPT*

Episode 145:

Title: "Summer Expressions—August 2025"

Duration: 14:40

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. This podcast is like a steppingstone (<i>un tremplin</i>) to help you understand more advanced materials in 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. Or go to <a href="http://www.declicanglais.com/podcast">www.declicanglais.com/podcast</a>.</p> <p><i>(Ecrivez vos notes ici).</i></p>
01:03	<p>Hello there, and welcome to <i>The Déclic Anglais Podcast</i>. I'm Tom, your teacher and guide to the English language. In this episode we're talking about three super useful summer expressions. As usual, all of these expressions are commonly used every day by native speakers, and you can use them in a variety of situations. Don't worry - I'll speak slowly and clearly, and we'll practice each expression together.</p> <p><i>(Ecrivez vos notes ici).</i></p>
01:55	<p>This episode is being released in August 2025, usually a very warm month (at least for Europe!) I know that many of you listeners are in other parts of the world. If you live in Australia, maybe this episode is more relevant for you in December!</p> <p>Alright then, dear listeners, are you ready for our first hot-weather expression?</p> <p><i>(Ecrivez vos notes ici).</i></p>

02:40	<p><b><u>Expression #1: "To Cool Off"</u></b></p> <p>This is a phrasal verb that means to lower your body temperature when you're feeling hot. It's very practical for summer!</p> <p>Let's look at some example sentences:</p> <ol style="list-style-type: none"><li>1. "It's 35 degrees today! I'm going to the pool to cool off."</li><li>2. "After playing tennis, we cooled off with some ice cream."</li></ol> <p>The meaning of "cool off" quite literal - when you cool off, you make yourself less hot. In French, you might say "<i>se rafraîchir</i>."</p> <p><i>(Ecrivez vos notes ici).</i></p>
04:05	<p>Let's practice together. Repeat after me... Ready?</p> <ul style="list-style-type: none"><li>• "I need to cool off" [<i>you repeat</i>]. One more time (<i>you repeat</i>).</li></ul> <p>Ok. Now another sentence. Repeat after me...</p>
04:35	<p>"Let's cool off in the pool" [<i>you repeat</i>] And once more (<i>you repeat</i>).</p> <p><i>(Ecrivez vos notes ici).</i></p>

04:52	<p>The expression “to cool off” has a second meaning that you might find useful. If someone is too excited or angry (<i>en colère</i>), you can tell them to “cool off”. In this context, it’s more like saying “to calm down”.</p> <p>Here’s an example sentence :</p> <ul style="list-style-type: none"><li>• “The rude customer really made Susan angry. She took a 5-minute break to cool off.”</li></ul> <p><i>(Ecrivez vos notes ici).</i></p>
05:45	<p>Ok, dear listeners, it’s time for our second expression:</p> <p><b><u>Expression #2: "To Chill Out"</u></b></p> <p>Now, here's where English gets interesting! "To chill out" sounds similar to "cool off," but it has a different meaning. "To chill out" means to relax, to calm down, or to spend time relaxing. In French, it's similar to "se détendre" or "se relaxer."</p> <p><i>(Ecrivez vos notes ici).</i></p>
06:42	<p>Let’s look at some example sentences:</p> <ol style="list-style-type: none"><li>1. "After work, I just want to chill out on the beach."</li><li>2. "Why are you so stressed? Chill out!"</li><li>3. "We're just chilling out in the garden with some cold drinks."</li></ol> <p><i>(Ecrivez vos notes ici).</i></p>

07:30	<p>Now, dear listeners, please note that this expression is a little informal. It's not rude/impolite, it's fine to use "chill out" with colleagues, friends, even people you don't know – but you wouldn't use it in a very formal context, like in a business meeting. Here it would be better to say "relax".</p> <p><i>(Ecrivez vos notes ici).</i></p>
08:01	<p>Let's practice together. Repeat after me:</p> <ol style="list-style-type: none"> <li>1. "I'm just chilling out" Now you... <i>[you repeat]</i></li> <li>2. "We chilled out all weekend" Now you... <i>[you repeat]</i></li> <li>3. "Time to chill out" Now you... <i>[you repeat]</i></li> </ol> <p>Good. Well done, dear listeners!</p> <p><i>(Ecrivez vos notes ici).</i></p>
09:05	<p>Ok, it's time for expression #3, dear listeners: <b><u>"to soak up the sun"</u></b></p> <p>Ok, "to soak up the sun": This means to spend time enjoying the sunshine, usually while lying down or sitting outside. It's similar to the French <i>"profiter du soleil."</i></p> <p>The word "soak up" is a phrasal verb meaning "to absorb". You can soak up/absorb water with a sponge. Similarly, we say that you can "soak up the sun" with your skin.</p> <p>So, think of your skin as being like a sponge soaking up water - when you "soak up" the sun, you're absorbing the sunshine and enjoying its warmth.</p> <p><i>(Ecrivez vos notes ici).</i></p>

10:25	<p>Let's look at some example sentences:</p> <ol style="list-style-type: none"> <li>1. "She's soaking up the sun on the beach."</li> <li>2. "We spent the whole afternoon soaking up the sun in the park."</li> <li>3. "The cats love to soak up the sun by the window."</li> </ol> <p><i>(Ecrivez vos notes ici).</i></p>
11:15	<p>Practice time! Repeat these phrases:</p> <ol style="list-style-type: none"> <li>1. "I'm soaking up the sun" Now you: <i>[you repeat]</i>. Once more: <i>[you repeat]</i></li> <li>2. "Let's soak up the sun" Now you: <i>[you repeat]</i>. Once more: <i>[you repeat]</i></li> </ol> <p>Very good, dear listeners!</p> <p><i>(Ecrivez vos notes ici).</i></p>
12:09	<p>Now, <b><u>putting it all together:</u></b></p> <p>Let's hear these expressions in a short story. Are you ready?</p> <p>"Last Saturday was perfect. First, I went to the beach <b><u>to soak up the sun</u></b> for a few hours. When it got too hot, I <b><u>cooled off</u></b> with a quick swim in the ocean. Then I spent the rest of the day just <b><u>chilling out</u></b> with my friends. "</p> <p><i>(Ecrivez vos notes ici).</i></p>

13:23

Ok then, dear listeners, that's all for today! Remember:

- **"Cool off"** is for lowering your temperature
- **"Chill out"** means to relax
- **"Soak up the sun"** is for enjoying the sunshine

Practice these expressions this summer, and you'll sound like a native English speaker!

*(Ecrivez vos notes ici).*

13:57

And, dear listeners, don't forget to sign up for *The Déclic Anglais Club*, our online learning platform. It's a great way to boost your English at *la rentrée* this September. If you're interested, just go to [www.declianglais.com](http://www.declianglais.com).

Have a lovely day, everyone. And enjoy the rest of your summer holidays.

Bye for now.

*(Ecrivez vos notes ici).*

## 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.