晨英语

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同事来往：一集拿走 64 个地道职场表达

BBC Office English 第 28 集。从友善邀约、升职分寸到吵架后修补关系，64 个关键表达与视频精讲完全对应，全部来自对话原文，附中英对照台词。

本篇收获

64 个关键表达速查 | 5 个精选深讲 | 10 个扩展短语 | 完整原声音频 | 中英对照台词全文

新工作干了几个月，和几个同事越聊越投机——要不要约？这一集从「能不能跟同事做朋友」聊起：先用友善邀约探探路（grab lunch together、meet for a coffee、do something after work），升职了就先说清「不偏袒」（show any favouritism）和「新相处模式」（a new dynamic），吵架了就搁置情绪（park our feelings）修补关系（patch things up）。64 个关键表达全部来自对话原文，按「邀约 → 升职 → 和好」分好组；同事来往的分寸，就是既走心又职业。

01 精选深讲

1. mix business with pleasure · 公私不分 —— Neil 的开场金句：*"People say don't mix business with pleasure."*（人们常说：别把公事和私乐混在一起）。mix A with B＝把 A 和 B 混起来；business（公事/生意）对 pleasure（乐子/私交），是英语里流传极广的俗语。Neil 借它点出本集张力：同事到底能不能做朋友——Georgie 马上用 *"it's possible to have good friends at work"* 接住反方。讨论职场社交、办公室恋情、朋友合伙开店，这句都能开场。

2. grab lunch together · 一起吃午饭 —— Phil 的示范邀约：*"'would you like to grab lunch together?' It just means would you like to come and have lunch together?"*（要不要一起去吃午饭？）。grab 本义「抓取」，在口语里＝「匆忙吃一点/顺便搞定」：grab lunch、grab a coffee、grab a bite。它比 have lunch 更随意，正因随意才适合用来破冰——Pippa 补充：邀这种 *"small social thing outside of work"*（工作之外的小社交），既能试探对方意愿，又不会让人有压力。

3. show any favouritism · 表现出偏袒 —— Pippa 的升职话术：*"I need to make sure I don't show any favouritism"*（我得确保自己不表现出任何偏袒）。她接着定义：*"because you're friends with somebody, you might treat them better than other people"*（因为跟某人是朋友就待TA更好），并补一句利害：*"as a boss, that's not something you want to be accused of"*（当老板的，可不希望被指这事）。favouritism＝favoritism 的英式拼法，来自 favourite——升职后对老朋友先说这句，是把丑话说在前面的分寸。

4. bear with me · 请多担待 —— Phil 的升职过渡话术：*"'bear with me while I get used to the change', which is like, have patience with me while I work this out"*（在我适应变化前请多担待——意思是：在我理顺这事之前，请对我有点耐心）。bear 在这是动词「忍受/撑住」，bear with me＝请容忍我一下。Pippa 点出它的功效：*"it's showing that you're human... you're adapting to a new situation"*（表明你也是普通人，也在适应新情况）。升职、换岗、新系统上线，都能用。

5. patch things up · 修补关系 —— Pippa 的和好话术：*"speak to them in terms of trying to patch things up. And that means kind of fix the relationship or at least make it slightly better"*（试着 patch things up——修复关系，或至少让它稍微好一点）。patch 本义「补丁」，给关系打补丁＝修补。她给的落地问句是：*"how can we resolve this so that we can be civil at work?"*（怎么解决，好让彼此在工作中还能以礼相待）——civil 不是做朋友，是礼貌而职业地共处。

02 一、开场：同事能不能做朋友

词条	中文释义	原文例句
friends at work	职场朋友（本集题眼）	"Do you have friends at work?"
mix business with pleasure	公私不分（本集题眼）	"don't mix business with pleasure"
good friends at work	工作中的好朋友	"good friends at work"
become friends with them	和他们成为朋友	"become friends with them"
get too close to someone	跟某人走得太近	"get too close to someone"
fall out with them	和他们闹掰	"fall out with them"
socialising at work	职场社交（本集题眼）	"talking about socialising at work"

03 二、文化和感受定基调

词条	中文释义	原文例句
the transcript and subtitles	文稿和字幕	"find the transcript and subtitles"
read along	边读边听	"and read along"
make friends at work	在工作里交朋友	"want to make friends at work?"
down to the culture	取决于文化	"is down to the culture"
how you feel	你的自身感受	"it might also be about how you feel"

04 三、交朋友的得与失

词条	中文释义	原文例句
feel comfortable sharing	放心地分享	"feel comfortable sharing lots of things"
your personal life	你的个人生活	"your work and your personal life"
get on well with people	跟人相处得好（本集题眼）	"if you get on well with people"
a falling out	闹翻（本集题眼）	"There could be a falling out between you and a friend"
change over time	随时间变化	"how things might change over time"
keeping things professional	保持职业分寸（本集题眼）	"keeping things professional"

05 四、友善邀约三连

词条	中文释义	原文例句
a couple of months	几个月	"for a couple of months"
get to know them better	更了解他们	"like to get to know them better"
make friendly offers	发出友善邀约（本集题眼）	"to make friendly offers"
grab lunch together	一起吃午饭（本集题眼）	"would you like to grab lunch together?"
it's nice	这挺好的	"And yeah, it's nice."
outside the office	办公室之外	"creates a space outside the office"
meet for a coffee	约着喝杯咖啡（本集题眼）	"it would be great to meet for a coffee"
doesn't have to be a coffee	不一定非是咖啡	"it doesn't have to be a coffee"
near your workplace	工作地点附近	"kind of near your workplace or around work"
start a relationship	开启一段关系	"the easiest way to start a relationship"
outside of your direct work	在直接工作之外	"outside of your direct work with someone"
after work	下班后	"do something after work?"

06 五、试探社交意愿

词条	中文释义	原文例句
small social thing	小型社交活动	"a kind of small social thing outside of work"
socialising more at work	工作场合多社交	"interested in kind of socialising more at work"

07 六、升职之后：偏袒与新模式

词条	中文释义	原文例句
you've just been promoted	你刚升职	"you've just been promoted"
make decisions	做决定	"have to make decisions"
affect your friends	影响你的朋友	"decisions which affect your friends"
stay professional	保持职业（本集题眼）	"make sure you stay professional at work"
show any favouritism	表现出偏袒（本集题眼）	"I don't show any favouritism"
treat them better	待TA更好	"you might treat them better than other people"
be accused of	被指责	"you want to be accused of"
relationships have changed	关系变了	"That relationships have changed."
a new dynamic	新的相处模式（本集题眼）	"'this is a new dynamic'"
relate to each other	彼此相处	"a new way that people relate to each other"
bear with me	请多担待（本集题眼）	"'bear with me while I get used to the change'"

08 七、划出界限

词条	中文释义	原文例句
you're human	你也是普通人	"it's showing that you're human"
adapting to a new situation	适应新情况	"you're adapting to a new situation"
boundaries	界限（本集题眼）	"talk about boundaries"
keep a clear boundary	保持清晰界限	"keep a clear boundary between"
have an argument with	和……吵架	"you have an argument with them"
not related to work	跟工作无关	"something not related to work"

09 八、吵架之后：搁置情绪、修补关系

词条	中文释义	原文例句
angry or annoyed	又生气又恼火	"quite angry or annoyed about certain things"
personal feelings	个人情绪	"you will feel these personal feelings quite strongly"
park our feelings	把情绪先放一放（本集题眼）	"can we park our feelings"
put our feelings aside	把情绪放到一边（本集题眼）	"or can we put our feelings aside?"
patch things up	修补关系（本集题眼）	"trying to patch things up"
fix the relationship	修复关系	"fix the relationship or at least make it slightly better"
be civil at work	在工作中以礼相待（本集题眼）	"so that we can be civil at work?"
polite and professional	礼貌而职业	"being polite and professional"
depend on the culture	取决于职场文化	"depend on the culture in your workplace"
let your manager know	让经理知道	"you might want to let your manager know"

10 九、收尾与下期预告

词条	中文释义	原文例句
That's it for this episode	本期就到这里	"That's it for this episode of Office English."
keep things professional	一切保持职业	"do you prefer to keep things professional?"
We'd love to hear from you.	很期待你的来信	"We'd love to hear from you."
describing your job	介绍你的工作	"talk about describing your job"
improve your business English	提升商务英语	"improve your business English"

11 扩展表达（未入选核心清单，但同样值得收）

词条	中文释义
keep work and friends separate	把工作和朋友分开
work well with them	和他们合作得好
from the start	从一开始
have patience with me	对我有点耐心
work this out	把这事理顺
life outside work	工作之外的生活
come into work	来上班
doing our job every day	每天的本职工作
opportunities	机会
our email address	我们的邮箱

12 串词成段

64 个词放回一段真实的同事来往，是这样的：

You've been at a new job for **a couple of months**, and you'd like to **get to know them better** — because **friends at work** make everything easier. So **make friendly offers**: "**would you like to grab lunch together?**", "**it would be great to meet for a coffee**", even "**should we do something after work?**" — **small social things outside the office**, **near your workplace**, the easiest way to **start a relationship outside of your direct work**. Some say **don't mix business with pleasure** — **a falling out** with a friend would make things harder. Then **you've just been promoted**: make sure you **stay professional**, tell them you won't **show any favouritism**, that **relationships have changed** — "**this is a new dynamic**" — and "**bear with me** while I get used to it." Keep **boundaries** too: "**let's try to keep a clear boundary** between work stuff and life outside work." And if you **have an argument with** a friend? Be the adult: "**can we park our feelings** or **can we put our feelings aside?**", try to **patch things up**, ask how you can both **be civil at work** — and if it's serious, **let your manager know**. **Keeping things professional** isn't the opposite of friendship; it's what protects it.

参考译文：新工作干了几个月，你想更了解他们——因为工作里有朋友，一切都更顺。所以先发出友善邀约：「要不要一起去吃午饭？」「有空一起喝杯咖啡就太好了」，甚至「下班后要不要一起做点什么？」——办公室之外、工作地点附近的小社交，是在直接工作之外开启一段关系最简单的方式。有人会说「别把公事和私交混在一起」——跟朋友闹翻确实会让事情变难。然后你升职了：确保自己保持职业，告诉他们你不会偏袒任何人，关系已经变了——「这是一种新的相处模式」——「在我适应之前请多担待。」也要划界限：「咱们尽量在工作事务和工作之外的生活之间保持清晰界限。」如果你跟朋友吵了架？拿出成年人的样子：「我们能不能先把情绪停一停、放到一边？」试着修补关系，问问怎么才能在工作中以礼相待——严重的话，让经理知道。保持职业不是友谊的反面，恰恰是保护它的方式。

一句话带走

同事来往三阶段：交朋友靠 make friendly offers（grab lunch / meet for a coffee / after work 小社交探路）；升职靠先说清——不 show any favouritism、relationships have changed、bear with me；吵架了先 park our feelings，再 patch things up，最低限度 be civil at work——走心又职业，才处得长。

▼ 完整台词（中英对照）

Pippa: Do you have friends at work?	你在工作里有朋友吗？
Neil: People say don't mix business with pleasure.	人们常说，别把公事和私交混在一起。
Georgie: Yeah, I definitely think it's possible to have good friends at work.	对，我确实觉得在工作里交到好朋友是完全可能的。

Georgie: I don't think just because they're your colleague means that you shouldn't become friends with them.

我不认为「因为是同事」就意味着不该跟他们做朋友。

Neil: I guess it can become complicated if you get too close to someone or fall out with them, and then have to work with them.

我猜如果你跟某人走得太近、或者闹掰了，之后还得跟TA共事，事情就会变复杂。

Phil: Today on Office English, we're talking about socialising at work.

本期《职场英语》，我们聊职场社交。

Pippa: Hello and welcome to Office English, your podcast guide to the world of work.

你好，欢迎收听《职场英语》，你的职场世界播客指南。

Pippa: I'm Pippa.

我是皮帕。

Phil: And I'm Phil.

我是菲尔。

Phil: Visit our website to find the transcript and subtitles for this episode and read along.

访问我们的网站，找到本期的文稿和字幕，边读边听。

Phil: That's bbclearningenglish.com.

网址是 bbclearningenglish.com。

Pippa: So Phil, we just heard from our Learning English colleagues about having friends at work.

那么菲尔，我们刚听了 Learning English 几位同事聊在工作里交朋友。

Pippa: What do we need to consider when we want to make friends at work?

想在工作里交朋友，我们需要考虑什么?

Phil: Lots of this is down to the culture in your company or in your office.

这很大程度上取决于你公司或办公室的文化。

Phil: Um, it might also be about how you feel.

嗯，也可能跟你自己的感受有关。

Phil: Do you feel comfortable sharing lots of things with your work colleagues, or do you think your work and your personal life are things that are best kept separate?

你愿意跟同事分享很多东西吗？还是觉得工作和个人生活最好分开?

Pippa: Um, yeah.

嗯，对。

Pippa: It can be really helpful to be friends with people at work because if you get on well with people, you're probably more likely to work well with them.

和同事做朋友很有帮助——因为你跟人相处得好，多半也更可能跟他们合作得好。

Pippa: But of course, there could be a disagreement.

但当然，也可能出现分歧。

Pippa: There could be a falling out between you and a friend, and that would make things more difficult.

你和朋友之间也可能闹翻，那会让事情变难。

Pippa: So you might want to think about how things might change over time as you become friends with someone.

所以你可能要想想：随着你和某人变成朋友，事情会怎么随时间变化。

Phil: Today we're going to talk about some language for making friends at work and keeping things professional.

今天我们聊两块语言：在工作里交朋友，以及保持职业分寸。

Pippa: So, Phil, let's start with making friends.

那么，菲尔，我们先从交朋友说起。

Pippa: So imagine you've been working at a new job for a couple of months, and you like some of your colleagues, and you'd like to get to know them better and become friends.

想象一下：新工作干了几个月，你喜欢上了一些同事，想更了解他们、成为朋友。

Pippa: Is there any language that can help with this?

有什么语言能帮上忙吗?

Phil: I mean, a good thing is to make friendly offers.

我觉得，一个好办法是发出友善的邀约。

Phil: So, like, 'would you like to grab lunch together?' It just means would you like to come and have lunch together?

比如「要不要一起去吃午饭？」意思就是：你想不想一起来吃午饭?

Phil: Um.

嗯。

Phil: And yeah, it's nice.

对，这挺好的。

Phil: It creates a space outside the office and you can talk about things maybe that are different to what you talk about in the office.

它在办公室之外造出一个空间，你可以聊些跟办公室里不一样的话题。

Pippa: Mhm.

嗯哼。

Pippa: Yeah.

是啊。

Pippa: Another offer could be to say 'it would be great to meet for a coffee'.

另一种邀约可以说「有空一起喝杯咖啡就太好了」。

Pippa: Um, it doesn't have to be a coffee but something like that.

嗯，不一定非是咖啡，类似的形式都行。

Pippa: And you can do that kind of near your workplace or around work.

而且可以就约在工作地点附近、或工作前后。

Pippa: People often find that's the easiest way to start a relationship outside of your direct work with someone.

大家常发现，这是在「直接工作往来」之外开启一段关系的最简单方式。

Phil: Yeah.

对。

Phil: And sometimes you might even offer, 'Should we do something after work?' Um, and maybe you just want to find somewhere to get something to eat or have a chat with someone once you finish working.

有时你甚至可以说「下班后要不要一起做点什么？」——也许就是找个地方吃点东西，或者下班后聊聊天。

Pippa: Mhm.

嗯哼。

Pippa: Yeah.

是啊。

Pippa: And these questions are really helpful because asking a question about a kind of small social thing outside of work, such as lunch, you'll then get an idea of whether that person is interested in kind of socialising more at work, or whether they like to keep work and and friends separate.

这些问题非常有用——问一个工作之外的小社交（比如午饭），你就能看出对方是想在工作场合多社交，还是喜欢把工作和朋友分开。

Phil: OK, let's think about another scenario.

好，我们想另一个场景。

Phil: You have lots of friends at work, but you've just been promoted, and now you'll have to make decisions which affect your friends.

你在公司有很多朋友，但你刚升职，现在要做影响朋友们的决定。

Phil: You want to make sure you stay professional at work.

你要确保自己在工作中保持职业。

Phil: What language would be useful here?

这里什么语言会有用?

Pippa: Well, it might be useful to talk to your friends kind of from the start about this.

嗯，一开始就跟朋友们把这事说开，可能会很有用。

Pippa: So you could say something like, 'I need to make sure I don't show any favouritism'.

你可以说：「我得确保自己不表现出任何偏袒。」

Pippa: And favouritism is this idea that because you're friends with somebody, you might treat them better than other people or give them opportunities that other people don't have.

favouritism（偏袒）指的是：因为跟某人是朋友，就待TA更好，或者给TA别人没有的机会。

Pippa: And as a boss, that's not something you want to be accused of.

作为老板，这可是你不希望被指控的事。

Phil: You also might want to talk to everyone and just, you know, say that it's kind of complicated.

你也可以跟大家坦承，你知道，这确实有点复杂。

Phil: That relationships have changed.

说大家的关系变了。

Phil: You could say something like, 'this is a new dynamic'.

你可以说：「这是一种新的相处模式。」

Phil: That means kind of it's a new way that people relate to each other.

意思是：大家彼此相处有了新的方式。

Phil: You might say something like, 'bear with me while I get used to the change', which is like, have patience with me while I work this out.

你可以说「在我适应变化之前，多担待」——意思是：在我理顺这事之前，请对我有点耐心。

Pippa: And I think that's useful because it's showing that you're human, you're just a normal person, and you're adapting to a new situation.

我觉得这很有用，因为它表明你也是人、是个普通人，你也在适应新情况。

Pippa: Another thing we can do is talk about boundaries.

我们还能做的另一件事，是谈「界限」。

Pippa: And boundaries are kind of like a separation between one thing and another.

界限有点像一事物与另一事物之间的一条分隔线。

Pippa: So you could say, 'let's try to keep a clear boundary between work stuff and life outside work'.

所以你可以说：「咱们尽量在工作事务和工作之外的生活之间保持清晰的界限。」

Pippa: That might be useful when you're talking to friends that you have at work.

当你在跟工作中的朋友说这话时，这会很有用。

Pippa: OK, Phil, let's talk about one more scenario.

好，菲尔，我们再谈一个场景。

Pippa: So imagine that you have a friend at work and you have an argument with them about something not related to work, but then you have to come into work and you have to work with them.

想象你有个同事朋友，你们因为一件跟工作无关的事吵了架，但之后你还得来上班、还得跟TA共事。

Pippa: How do you make sure that you stay professional?

你怎么确保自己保持职业?

Phil: Oh, this is a really difficult one because, um, obviously, you know, you might be, both of you might be quite angry or annoyed about certain things.

哦，这个很难——因为显然，你们俩可能都对某些事挺生气、挺恼火。

Phil: And, you know, you will feel these personal feelings quite strongly.

而且，你知道，这些个人情绪会感受得非常强烈。

Phil: But to be professional, really what you should do is talk to that person that you've had an argument with and say, 'look, I know we've had a disagreement, but can we park our feelings or can we put our feelings aside?' And that means let's not let these feelings that we have affect us doing our job every day.

但要职业一点，你真正该做的是跟吵过架的那个人谈一谈，说：「听着，我知道我们有分歧，但我们能不能先把情绪停一停、放到一边？」意思是：别让这些情绪影响我们每天的工作。

Pippa: Or you could just kind of, um, speak to them in terms of trying to patch things up.

或者你也可以试着跟TA「修补关系」。

Pippa: And that means kind of fix the relationship or at least make it slightly better.

意思是修复这段关系，或者至少让它稍微好一点。

Pippa: So you could ask, 'how can we resolve this so that we can be civil at work?' And being civil is not like being friends.

所以你可以问：「我们怎么解决这事，好让彼此在工作中还能以礼相待？」being civil 不是做朋友。

Pippa: It's more about being polite and professional, being able to talk to each other and work with each other, um, without getting into an argument or being upset.

它更多是礼貌而职业——能彼此说话、能一起共事，而不吵起来、不情绪化。

Phil: And one of the things that you should think about, and obviously this will depend on the culture in your workplace, the relationship you have with your manager and things like that.

有一件事你应该考虑——当然这取决于你职场文化、你跟经理的关系等等。

Phil: But you might want to tell them, you might want to let your manager know so they can do things to help you keep these this personal disagreement outside of the office and not let it stop you doing your work.

但你也许该让经理知道，这样TA能帮你把这场私人分歧留在办公室之外，不让它妨碍你的工作。

Pippa: That's it for this episode of Office English.

本期《职场英语》就到这里。

Pippa: Do you have lots of friends at work, or do you prefer to keep things professional?

你在工作里朋友很多吗？还是更喜欢一切保持职业？

Pippa: Let us know!

告诉我们吧！

Pippa: Our email address is learningenglish@bbc.co.uk.

我们的邮箱是learningenglish@bbc.co.uk。

Pippa: We'd love to hear from you.

我们很乐意收到你的来信。

Phil: And we'll be back next week to talk about describing your job.

下周我们回来聊「介绍你的工作」。

Phil: In the meantime, find more programmes to improve your business English at

同时，到 bbclearningenglish.com 找更多帮你提升商务英语的节目。

Pippa: Bye for now.

再见啦。

Phil: Bye.

拜拜。