

## Chatterbox #274 – What it's like to live in Spain

### Episode description

Nice beaches, beautiful architecture, and warm weather: these are some of the things people most associate with Spain. But since cohost Anna lives in Spain, she can tell us a lot more about the country. Join Anna and Andrew as they talk about living in Spain in this Chatterbox episode.

Chatterbox is a series designed to present listeners with natural conversation between native English speakers. In this episode, they talk about Spanish climate and weather, food, and daily life.

### Fun fact

Many people outside of Spain think that paella is the national dish. However, Spaniards see it differently. Locals see paella as a regional dish, from Valencia.

### Expressions included in the study guide

- To associate [something] with [something]
- Climate
- The last thing you want to do
- To make [one's] blood boil
- Bob's your uncle
- To stand the test of time



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## Transcript

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Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript. The transcript has been edited for clarity.

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**Andrew:** Hello, everyone. My name is Andrew.

**Anna:** And my name is Anna.

**Andrew:** And you're listening to the Culips English Podcast.

Hello there, everyone. Welcome back to Culips. This is Chatterbox, the Culips series for intermediate and advanced English learners that features natural, unedited conversations between native speakers. And today I'm joined by my cohost, Anna. Hey there, Anna, how's it going?

**Anna:** I'm very well, thank you. And yourself, Andrew?

**Andrew:** I'm doing very well also. Thank you, Anna. And today we are going to talk about what? Could you introduce today's topic for our listeners?

**Anna:** Yes. Today we're going to talk about living in Spain and my experiences in this wonderful country.

**Andrew:** Perfect. So we'll do that in just a moment. But before we start, everyone, I want to let you know that there is a transcript and study guide available for this episode for all Culips members. And following along with the study guide while you listen to us is the best way to study with Culips. And by becoming a member, you'll not only support us and keep allowing us to make English lessons for people all over the world, but you'll also get a bunch of other extras, such as an invitation to our livestreams for Culips members every month and exclusive access to our Fluency Files series, as well. So to sign up, become a member, and get the study guides and other extra bonuses, just visit [Culips.com](http://Culips.com).

**Anna:** We also wanted to give a very special shout-out to our listener Ana, with one N, I should say, from the USA, who left us a lovely comment and a five-star review on Apple Podcasts. Ana said, "I'm loving this podcast. Thank you so much for helping me improve my English with such nice episodes. Please continue doing it." Don't worry, Ana, we will. "I'm from Brazil, but I live in Seattle." Oh, how interesting. Thank you very much, Ana, for your comment.

**Andrew:** Thank you very much for the comment, Ana, and we've got to give a shout-out to Seattle. It's a fantastic city, one of my favourites in the USA. Anna, have you ever visited Seattle before?

**Anna:** Never. It's in a famous film title, is that correct? *Sleepless in Seattle*.

**Andrew:** *Sleepless in Seattle*. Yeah.

**Anna:** That's the only way I know it.

**Andrew:** No, it's not a popular destination. But it's a cool city. And maybe if you're in the USA one day, you could check it out. And thanks again, Ana with one N, for the awesome review. Everyone, leaving a positive review and five-star rating on Apple Podcasts or whichever platform you use to listen to Culips, it really helps more English learners around the world find us and study with us. So even if, you know, you just leave like a short, one-word review, we'd really appreciate it.

And with that said, I think we can get into talking about Spain. So let's do it.

All right, Anna, let's get into it. Now, I know you're living in Madrid. It's an amazing city. I've visited it myself. I really enjoyed it. But maybe you could tell our listeners some facts or some info about the city. What's it like to live in Madrid?

**Anna:** Well, Madrid is a really interesting city. And I think a good thing to know is that Madrid and Barcelona for example, which is the other key city in Spain, are very, very different places. They're very different. They're very different cities, and they have a very different vibe. And Madrid is right in the middle of Spain, it's literally in the middle. There is a spot in the in the city centre where you can go and stand in the middle of Spain. So it is exactly in the centre of, of the country. And one really interesting thing about Madrid is that it's surrounded by a mountain range, which I think a lot of people don't know that. In fact, a lot of people think that they **associate Spain with the beach**, but actually there's so much more to Spain than the beach. There's just so much more.

So Madrid is right in the middle. It's surrounded by mountains. It's the capital city. So there's a lot of people living here. I think in the city centre there's 3 million people here, and it's got a good mix between being for tourists. But there's fewer tourists in Madrid than Barcelona, for example, I think Barcelona is more, a bigger tourist attraction than Madrid. But Madrid has some great monuments. It has a palace, it has some fabulous museums, but it's a relaxed city is one thing. I would say it's more relaxed than other places. And if I compare it with somewhere like London, London's got a lot of skyscrapers. It feels really corporate, it feels very, you know, finance, all of those things, whereas Madrid kind of feels more relaxed. It's not a city dominated by skyscrapers, for example. And you can walk around Madrid in, in a day or two. It's a relatively small city, but a really, really nice, friendly and open city.

**Andrew:** Yeah, that was certainly my impression of Madrid as well. I visited the palace, it was really cool. There was some kind of special event happening that day so we couldn't do a tour or anything. And there were, actually the streets were closed, and there were many police. There must have been some sort of official government business happening that day. But the palace was really cool to see, at least from the outside. And I remember visiting a market in Madrid, I can't remember the name. But it was there that I had a very delicious kind of coffee that I had never tried before. I believe it was called a *cortado*. I'm probably saying that incorrectly.

**Anna:** *Cortado*, yes.

**Andrew:** Yeah. So I've never tried that before. I'm a coffee lover, and I absolutely loved it. So I'll always remember that café that I visited in the market in Madrid.

**Anna:** Yeah, Madrid has a lot of markets. And in all the different neighbourhoods, because obviously, there's lots of different neighbourhoods in the city. And when you come to Madrid, as a tourist, you're mainly going to stay in the centre. But of course, there's lots of other neighbourhoods around that. And a lot of them have markets and stands where what you do is you go and you go to a stand and you buy what is called a *Pincho*. A *pincho* is a piece of bread. And on top of the piece of bread, there is some kind of ingredient, meat, cheese, and, you know, you have different *pinchos*. And a very common thing that people will do after work is they'll go for a *pincho* and a beer.

**Andrew:** OK.

**Anna:** There's no way to translate *pincho* into English, it doesn't exist. It's something that doesn't exist. So, but that's a very typical plan that people will do in the evenings. And rather than necessarily going for one meal, they'll go and have a few *pinchos* in a different bar, and they'll move around and they'll have beers. And that's quite a common plan that people will do when they're socializing.

**Andrew:** Sounds awesome. Now, what is the difference between a *pincho* and a tapas?

**Anna:** Tapas is something that is free.

**Andrew:** Oh, OK.

**Anna:** When you get a meal, you get tapas, OK? You order a meal and you, or you order alcoholic drinks and they'll give you tapas. So they'll give you crisps, or olives or whatever, which is a little bit different than I think a lot of people's understanding. I think people think tapas is like a starter, or like small plates, which have become very trendy in terms of restaurants over the past few years. But tapas is something free that you get with a meal or an alcoholic drink, that's a tapas.

**Andrew:** OK.

**Anna:** So, a good restaurant is where they give you good tapas, like you think, oh, fantastic. They give you a big bowl of crisps or, so that's the best part. So it's a free addition, you don't pay for it.

**Andrew:** OK, very good. Wow, thank you. I'm learning so much, everyone, learning so much. Now, Anna just a moment ago, before we started recording, I asked you what the temperature was like in Madrid. And you told me that it was around 30 degrees Celsius. And that seems pretty hot to me, especially 'cause it's the morning time where you are, and if it's already 30 degrees I can only imagine what it will be like at midday. So maybe you could tell us a little bit about the weather in Spain. I think most people generally consider Spain as having amazing weather. Is that true?

**Anna:** OK, so one thing I need to clear up here, Andrew, sorry, you asked me about the weather and I meant it was 30, going to be 30 degrees today, but not necessarily in the morning. So it is going to be about 30 degrees today. But in the morning, it was about, I don't know, 20, 23, above 20, or something like that.

**Andrew:** Thank gosh.

**Anna:** Yeah, thank goodness that it's not 30 degrees in the morning, although it can be in summer. So in summer in Madrid, for example, it's extremely hot. It can be maximum, I would say, 42 degrees, 43 degrees in summer.

**Andrew:** Wow.

**Anna:** But that's nothing in comparison to the south of Spain, where it's even hotter. And in some places in the south of Spain, they've recorded temperatures around 50 degrees and over.

**Andrew:** Wow, that's cooking.

**Anna:** Yes. I mean, it's so hot in the south of Spain that people actually really don't go outside because it's so hot. So the hottest part of the day, which is between, in the afternoon before it gets dark, before the evening, before the night, is that's the hardest part of the day. So people just don't really go out at that point.

So the thing to know about Spain is, it's not all like that. So the south of Spain is very hot. And then you've also got coastal areas in the south, which are hot, but they have kind of the, you know, that lovely sea breeze. And they have a little bit more of a different **climate**. But you've got the middle of Spain, which is quite a dry **climate**. So Madrid is a very dry **climate**. And then you've got the north of Spain, which I think a lot of people are not as familiar with. Now, the north of Spain is more similar to the UK. It rains a lot in the north of Spain.

**Andrew:** Really?

**Anna:** Yeah, it's a super green area. There's lots of mountain ranges, but it's very much a similar **climate** to the UK, a lot of rain, it's a lot colder. And what a lot of people do is to escape the heat—so it's funny, because in the UK, we're like waiting for sun, and we're like, oh my god. Whereas in Spain, people want to get away from the heat, because it's so hot. So what people do is they, they go on holiday, imagine you're from Madrid, in the summer months in July and August, it's so hot here. So what a lot of people do is they go on holiday to the north of Spain, and they enjoy a nice, cooler **climate**. And that's a very typical, a typical plan of a Spanish family or any Spanish person in Spain. The south is just too hot. I would, I would never go to the south of Spain in summer. Which is funny because a lot of British people go to the south of Spain in summer, because it's hot and we want heat. But actually Spanish people avoid the, will try to avoid the south of Spain in summer because it's just so hot.

**Andrew:** So, that's an interesting cultural difference, then, between people from the UK and Spanish people. And that's something that I've never thought about either being a Canadian, because Canadians, coming from a cold country, we always want to go somewhere hot on vacation. But I guess people from hot countries maybe want the opposite, to go to a cooler place on vacation. Hmm. Very interesting.

**Anna:** Not everyone wants to be in the heat. And I think it's one thing that I learned moving to Spain is that you never really understand what it's like to live and work in a place that is 40 degrees. It's, like, that is really hard. Number 1, you can't sleep. A lot of people have air conditioning, but, for example, I don't have air conditioning in my apartment. So—

**Andrew:** Really?

**Anna:** No. So imagine trying to sleep at night when it's 30 degrees. So you can't sleep and you wake up, you're tired. So just this whole thing of living in hot weather is something that I never really appreciated. And you kind of understand that, you know, that's why people are kind of—because it makes you slower, like you don't want to do anything. You're just hot and, and you kind of understand a little bit more about why people, about some of the **cultural things associated with hotter countries** and about resting, for example, and this thing about siesta, which I'm sure we'll talk about. But, you know, people think that everybody in Spain takes a siesta. They don't. But you can kind of understand it because when it's 40 degrees outside at 4:00 in the afternoon, like, **the last thing you want to do** is work.

**Andrew:** Yeah, yeah. I definitely wouldn't want to work in 40 degree weather. I could only imagine how horrible that would be.

Now you brought up siesta. We should talk about it. It's, you know, it's a common stereotype I guess of, well, Spain and maybe some other countries as well, but famously Spain. So could you explain to us what this is? What is siesta? And is it true, do people sleep in the middle of the day?

**Anna:** So siesta, I'm gonna, I hope this is correct, because I feel very nervous about saying these things because I'm not Spanish. I feel very nervous about saying something that's incorrect. But a siesta is essentially a nap, what we would say in English. But specifically a siesta would be, from my understanding, something that would happen after lunch, you would have lunch and then you would have a siesta. So a short sleep, a nap essentially is the same thing, but specifically after lunch. And the truth is that no, I mean, a lot of people, I mean, how many people have a nap during the middle of the day when they're working? I mean, most people don't have a siesta or a nap. So I think that's a common misconception. Of course there are some people that do have a siesta or a nap or at the weekend, for example, they'll have a siesta or, but I mean, during the day and during the working week, I mean, no. Normally, if you're working in a job, you can't just say, oh, I'm going to take a quick nap. Well, I mean, maybe some places are really flexible.

But a common thing as well is that if you're an independent shop, they will close over lunchtime. So any shop that's run by somebody from the neighbourhood or in the community, they will shut over the lunchtime hours, and they will go back to their houses and have lunch and things and maybe have a siesta. But, I mean, no, I mean, I wouldn't like to say that, it's you know, a lot of people have siestas, because I think really, in reality, people are working. And most people can't just have a nap in the middle, in the middle of the day at 4 pm. But I'm sure there's some people that still do.

**Andrew:** It's a shame, really. I think that would be a beautiful thing for a whole country to embrace, is if everybody took a nap in the middle of the day. I wish Canada would do that. That would be great. I like the idea of a siesta.

**Anna:** Yeah, it's nice. And I think it depends, because you can have a siesta for like 3 hours, which is, for me, excessive. I think it's been, there's studies that say it's 20 minutes is the perfect time. If you're going to get the benefits of having a nap and feeling more awake being more productive, I think it's 20 minutes is the ideal, the ideal siesta or nap time. So a siesta is just a, it's just a nap.

**Andrew:** So these are some interesting cultural differences then, maybe between Spain and western countries or, like, English-speaking countries like the UK, where you're from. Are there any other interesting cultural differences that you've noticed?



**Anna:** There's a lot. I mean, there's many ways in which we're similar. I mean, at the end of the day, everybody in every culture has to do the same things. You work, you know, you eat, you enjoy your free time. So in many ways, we're very similar. But one way, I think, from my perspective that Spain is maybe a little different—and again, you have to remember that, one thing I want to stress is that Spain is very, very different in terms of where you are. I think even there are more differences between the different areas than say, for example, in the UK, because you have the south of Spain, which is a very hot culture, you know, it's more like a desert. And then you have the north of Spain, which is very different. You have Galicia, which is in the northwest, which is near Portugal, you have Valencia, I mean, they're all very different. And people have very different identities coming from those different places.

So Spain, I would say as a message, is such a varied country. And one thing I love about it is that you can have everything, all different types of landscape, you've got the mountain, you've got the beach, and let's not forget the islands. You've got the Balearic Islands, Ibiza, Majorca. And then you've also got the Canary Islands as well, which is another part of, of Spain, which is off the coast of Africa. So I mean, it's just the mentality and the way that people see things is very different depending on, on the region.

One thing that I think is really clear or different is that Spanish people have a really strong feeling of family, a really strong feeling of being social, spending time with friends and being with family. And I think those links and those bonds are slightly stronger than in, say, the UK, where I'm from. And Spain has a very different history, as well, to other countries in Europe. So that's also important to take into account. We won't go into it here, but it has a very different history from other European countries. So, and that makes it kind of the way that it is. But, yeah, there's really strong ties with friends and family. And that's one aspect of their culture I really, really like, is that they, in general, of course, not always, but they really have put a very strong emphasis and focus on family and friends. And I really like and respect that.

**Andrew:** Yeah, absolutely. Now, Anna, one thing that I noticed when I was in Spain was that it seems to be pretty chill, pretty laid-back and open. Would you agree with that characterization as well?

**Anna:** Yes. And it's funny you say that because one thing that I learned when I came here—we were talking about in the other episode, being polite and not wanting to offend people. And one thing I remember in the UK is that, let's say, for example, you were meeting a friend and for some reason you had to cancel at the last minute, to give an example. And you know, you feel really bad. You say I'm really sorry, I have to cancel at the last minute and maybe your friend is like a little bit annoyed. They're like OK, well, you know, and. But here, as an example, like if you say to somebody in Spain, you're like, oh, I can't come, I've got something else and they're like, yeah, no problem. Don't worry about it. No problem. You know, I realized that I was like, oh, you don't mind that I can't make it, or they're like, yeah, no problem. Do what you want.



So, for little things that for me were important before here, I would say, like, they're just not as important. They're just more laid-back about little things like that. They're like, yeah, sure, no problem. Like, if you don't want to come, you don't want to come, or. So they're more laid-back. Sometimes that can be in a bad way. Being late, for example, is something that I had to learn here. Some people, some Spanish people I know are always late, which is for British people, it's like, grrr, it **makes our blood boil**. I had to learn the hard way that you, if you agree to meet at 8:00, really, that means 8:15. So you know, little things like that, I would say that my experiences with that has been true, like Spanish people, the Spanish people that I've met, have, you know, tended to arrive late and things like that, and they just don't understand. But for British people, that's just so irritating. It's like, oh, we really like to be on time. So that was one thing. They're too laid-back in that sense.

**Andrew:** OK. Now, before we wrap up with this episode, there's one thing that I wanted to ask you about. In the previous episode, we talked about the UK and what life is like there, and we did talk about food a lot. And, you know, the UK has the stereotype of having kind of bland food. But you told us that this is actually not true. And there's a lot of good food in the UK. And in Spain, you know, there's the concept of the Mediterranean diet, which is practiced in, I guess, a lot of countries around the Mediterranean Sea. Could you tell us what the Mediterranean diet is and if people in Spain actually follow this way of eating?

**Anna:** The Mediterranean diet, for me, is wonderful. And, yes, I think the majority of people in Spain do follow more of a Mediterranean diet. And what that looks like in practice, so I'm going to say, like, on a day-to-day basis, you know, on a person living here, what does that look like? Well, I think they eat more fruit and vegetables, #1. I mean, like, when they finish a main course or a meal, rather than having ice cream or whatever, they'll have fruit. So this is what I'm talking about everyday life, not when you go to a restaurant. I'm talking about when you're at home and you have a meal. At the end of the meal, you have fruit, you don't have a biscuit, or. And so some of these products that we're very used to, for example, biscuits, chocolate, I mean, for example, in the UK, you go into the supermarket, and it's got one huge aisle full of sweets, chocolate, I mean, crisps, I mean, all of that stuff. But here in Spain, it's not as popular, that's not as big a thing. So they put much more of an emphasis on like fruit, meats, I don't think necessarily people in Spain are like trying to be healthy. I just think it's that that's just what they're used to. And that's what they've, they've eaten. Olive oil.

One thing that's really interesting about food is when we have a salad, for example, in the UK, we just have a salad, we put a dressing on it, and you know, **Bob's your uncle**, it's done. But in Spain, they put a lot of salt. So I remember going to a meal and having a big salad. And they were, like, oh, we'll put the salt on. And they were like, like putting all of this salt. And I was like, oh my god. I said, is it really necessary to put that much salt? So they put a lot of added salt onto everything. Salt on salad, salt on top of the food. So that's one thing I'm not as keen on, because I don't like to add a lot of salt. But I mean, the food is really wonderful, it really is. I mean, they just have such nice cheese and meats and wines. And I mean, it's just one of the best things about living here is really the food. But the Mediterranean diet is healthier. And I think it has less processed foods. And, but one of the interesting things about Spain is it's actually, I think, according to my knowledge, it's one of the places in Europe that drinks the most beer.

**Andrew:** Really?

**Anna:** Yep.

**Andrew:** Interesting.

**Anna:** And I think it has the most bars per something in Europe. So there's a lot of bars, people like to drink beer and have beers with friends. So that's an interesting fact that I wasn't really aware of, but a lot of people drink a lot of beer. And it's called a *caña* here, which is a small beer. You go for drinks and you have *caña* and that's quite a common thing to do. But yes, in short, to wrap up, the Mediterranean diet is practiced and I think people do follow it. But of course, there are other products and they're becoming more westernized, for example, some of the restaurants here. Some of the models they're using are like more kind of restaurants similar to the UK. But yeah, I much prefer the diet here, I have to say. I'll take that with me wherever I go, wherever I'm going. I'll take their tips and ways of doing things.

**Andrew:** Yeah. Well, the Mediterranean diet, as far as I know, it's linked to longevity, right? People that follow this diet are some of the oldest people on the planet. So I guess it's good for you and a good idea to follow. So that is definitely nice that you live in an area where it's so accepted and so easy to do.

**Anna:** Yeah, it must be difficult to be a vegetarian or vegan in Spain because they eat a lot of meat. That's one thing, it would be slightly difficult if you were vegetarian or a vegan, I would say the diet is focused a lot on meats and eggs and cheese. So that would be a bit of a challenge, but still doable, I'm sure. But yeah, they seem like healthy people. And yes, it's associated with a lot of really great health benefits. So let's see if it works for me.

**Andrew:** Yeah. We'll come back in 80 years. And if Culips is still going, then the Mediterranean diet **stood the test of time**.

So on that note, I think we'll wrap up this episode. Thanks to everyone for listening. And thanks, Anna, for telling us about life in Spain.

**Anna:** No problem. It's been my pleasure to share all of these things with you.

**Andrew:** So, listeners, we hope you learned a lot with us today. Just to remind you, our website is Culips.com. And if you want to get the study guide, including the transcript and practice exercises for this episode, just check out the website to download it.

**Anna:** Becoming a Culips member is a great way to support us, but it's not the only way. You can also support us by leaving us a five-star rating and a nice review on your podcast app, telling your friends about Culips, and following us on social media.

**Andrew:** That's right. You can stay up to date by following us on Instagram or YouTube. Our email address is [contact@Culips.com](mailto:contact@Culips.com). And if you'd like to send us a message, we'd love to hear from you.

We'll be back soon with another brand-new episode and we'll talk to you all then. See ya.

**Anna:** See ya soon.

## Detailed Explanations

### To associate [something] with [something] Idiom

In the beginning of this episode, Anna says that many people **associate Spain with the beach**. **To associate [something] with [something]** is a common grammatical construction to explain how two ideas go together. When you think of one thing, you also think of the other.

For example, some people **associate certain foods with others**, like fish and chips or apple pie and ice cream. You can also **associate places with things**, such as Canada with cold winters. When you **associate [something] with [something]** else, you are sharing your opinion and way of seeing things.

Here are a couple more examples with **to associate [something] with [something]**:

**Cleo:** Do you want to come to northern Scotland with us? We're going on a surfing trip.

**Steve:** There's surfing in Scotland?

**Cleo:** For sure. They've got amazing waves up there.

**Steve:** Wow! I've always **associated Scotland with cold and rainy weather**.

**Cleo:** Oh, there is that, too. It's definitely going to be cold, but the surfing is unbelievable.

**Eliza:** How was the concert?

**Dean:** It was amazing, and so loud!

**Eliza:** What? I always **associated him with soft music**.

**Dean:** Yeah. There were some slow ballads, but he's been playing some serious rock and roll lately, too.

## Climate

Noun

In this episode, Anna talks a lot about the Spanish **climate**. She also mentions the weather and the temperature. While all of these words talk about environmental conditions, they mean different things and are used differently.

**Climate** is the long-term weather pattern of a place. For example, your city could have a wet **climate** during the winter. That means it always rains a lot during the winter.

The weather is the condition of the environment right now. For example, if you say it is currently sunny and warm with no clouds, you are talking about the weather.

The temperature is what is measured by a thermometer. It is usually given in degrees Celsius or Fahrenheit. It does not take into account weather elements, such humidity or wind conditions. It is simply a number.

Here are a couple more examples with **climate**:

**Gregory:** I heard your home country of Canada has a pretty cold **climate**. Would you say that's true?

**Laurence:** Up north, that's definitely true. But most people live in the south. We have the traditional four seasons. It's cold in the winter and warm in the summer.

**Gregory:** Do you get a lot of snow?

**Laurence:** It depends where you are. The **climate** in Vancouver is very different from the **climate** in Edmonton.

**Jiyeon:** What kind of **climate** is there in Vietnam?

**Phan:** I'm from the south. There we pretty much only have two seasons, the dry season and the rainy season.

**Jiyeon:** I see. What is it like now?

**Phan:** It should be the dry season, but I checked the weather today and it's raining like crazy. That's good, though. The temperature is 40 degrees Celsius, so I hope the rain will cool the people down a little.

## The last thing you want to do

Idiom

When talking about the famous Spanish siesta, Anna explains that **the last thing you want to do** when it's 40 degrees outside is work. **The last thing you want to do** is used when you're talking about something you really don't want to do. In fact, of all the things you could possibly do in a given moment, this one thing is the last one you would choose.

**The last thing you want to do** is an exaggeration. It is not meant to be taken literally. In that sense, it is meant to be a colourful way of saying you really don't want to do something.

Here are a couple more examples with **the last thing you want to do**:

**John:** Where do you usually go swimming in Korea?

**Benny:** Up in Gangwon-do.

**John:** Are there any nice beaches?

**Benny:** There are plenty of them. But it gets cold outside when it's not summer.

**John:** I love swimming, but I'm worried about the cold water.

**Benny:** You'll need a wetsuit. **The last thing you want to do** is freeze in those waters. Apart from that, you'll be fine.

**Erik:** Do you remember the Sydney Olympics in 2000?

**Asan:** Of course.

**Erik:** I find it strange that it was held in the month of September. That's not even during their summer!

**Asan:** Have you ever been to Sydney during their summer? Trust me, **the last thing you want to do** is run outside in the middle of an Australian summer.



## To make [one's] blood boil

Idiom

When Anna talks about punctuality and Spanish culture, she mentions that people in Spain are more relaxed about being late for meetings or appointments. Anna says that it would **make a British person's blood boil**. **To make [one's] blood boil** is to cause someone to be angry.

Think of that hot feeling that overcomes your body when you are really angry. It's as if your blood is actually boiling from the inside. This is the feeling behind the expression **to make [one's] blood boil**.

Here are a couple more examples with **to make [one's] blood boil**:

**Brittany:** Did you see what Patrick was doing during the meeting?

**Mark:** Do you mean how he takes your ideas and passes them off as his own? Yeah, I saw that.

**Brittany:** That really **makes my blood boil**.

**Mark:** Just watching it makes me angry, too. You should tell the boss.

**Brittany:** I should. But first, how about we ask around the office to see who else has a problem with this?

**Irma:** What happened? Why are you home so early?

**Derek:** I've decided to go on a different career path.

**Irma:** What does that mean?

**Derek:** I quit. It wasn't a good job for me.

**Irma:** Why do you say that?

**Derek:** I need a job with less customer interaction. The way I was always disrespected **made my blood boil**. I'm sorry, but I couldn't take it anymore.

## Bob's your uncle

### Phrase

When talking about salad preparation in the United Kingdom, Anna says it's very simple. People usually pour a salad dressing on the salad and **Bob's your uncle**. **Bob's your uncle** means that an easy task has been completed. It's similar to saying **and there you have it**, **piece of cake**, or **as easy as pie**. **Bob's your uncle** can either emphasize how easy the task was or how satisfied you are with its completion.

**Bob's your uncle** is mostly used in British English. The origin of this expression is unclear.

Here are a couple more examples with **Bob's your uncle**:

**Nathan:** Can you help me, please?

**Shelly:** With that?

**Nathan:** I'm really terrible with putting on a tie. Can you show me again?

**Shelly:** OK, watch carefully. Take this end and cross it over this one. Then like this. Now pull on that end and **Bob's your uncle!** All done.

**Nathan:** That was easy. But I have a feeling I'm going to forget before the next time I'll need to wear a tie. I only wear one twice a year.

**Janice:** Hi, Nancy. I'm calling about your famous chicken soup. I'm making it right now, but it doesn't taste right.

**Nancy:** How much salt did you put in?

**Janice:** A teaspoon.

**Nancy:** And how much hot sauce did you put?

**Janice:** Oh! I forgot that.

**Nancy:** Aha. Just keep pouring some in until it tastes good, and **Bob's your uncle**.

**Janice:** Thanks!

## To stand the test of time

### Idiom

Near the end of this episode, Andrew wonders if the health benefits of the Mediterranean diet will **stand the test of time**. **To stand the test of time** means to still be valid and good after a long period of time. There are a lot of fads in the world of dieting. But if the Mediterranean diet will be proven to be healthy in 80 years, when Andrew proposes we come back to talk about it again, then it would have **stood the test of time**.

**To stand the test of time** can also mean to remain popular for a long period of time. For example, The Beatles remain extremely popular despite having disbanded in 1970. It's as if time is testing their popularity and The Beatles are still winning against time.

Here are a couple more examples with **to stand the test of time**:

**Shane:** Hey, have you ever tried kimchi?

**Josh:** No. I'm a little scared of it.

**Shane:** Why would you be scared of it?

**Josh:** I don't know. It's cabbage that fermented in a pot for a long time. How can that be good for you?

**Shane:** Josh, people have been eating it in Korea for centuries. It's safe to say the cooking method has **stood the test of time**.

**Rita:** They're showing a new remake of Shakespeare's Hamlet tonight. Do you want to watch it with me?

**Charlie:** Another remake?

**Rita:** His works are still relevant. They have truly **stood the test of time**.

**Charlie:** I agree. But, honestly, Hamlet is not my favourite. Sorry.

## Quiz

**1. Which of the following is a term for the current environmental conditions outside?**

- a) climate
- b) weather
- c) temperature
- d) winter

**2. Is the last thing you want to do \_\_\_\_\_?**

- a) something so good you want to save it for last
- b) something so terrible you don't want to do it

**3. What does it means to associate [something] with [something]?**

- a) you think they are the same thing
- b) every time you think one thing, you think of the other
- c) you put two things together that have nothing to do with each other
- d) you like one thing more than the other

**4. If your blood is boiling, you are \_\_\_\_\_.**

- a) happy
- b) anxious
- c) cooking
- d) angry

**5. When would you say Bob's your uncle?**

- a) talking about an easy task
- b) talking about a difficult task

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## Writing and Discussion Questions

1. Based on what Anna said about living in Spain, can you see yourself living there? What would you enjoy the most? What would you enjoy the least?
2. What do people most associate with your home country?
3. Does your blood boil when people are late for meetings or appointments? How do you handle the situation?
4. What is a modern invention that you think will certainly stand the test of time?
5. What do you say when something is pretty easy?

## Quiz Answers

1. b   2. b   3. b   4. d   5. a

### Episode credits

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