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# BBC LEARNING ENGLISH

## The English We Speak

### Full-on



*NB: This is not a word-for-word transcript*

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**Feifei**

Hello and welcome to The English We Speak. I'm Feifei and joining me is Harry.

**Harry**

Hello! And the expression we are going to look at today which we hear a lot in colloquial speech is 'full-on'. So, Feifei – did you have a good weekend?

**Feifei**

It was quiet. I stayed home most of the time. I watched a couple of old, black and white films with my grandmother on Sunday. That was the highlight. How about you?

**Harry**

Well, your weekend sounds quite... relaxed. Well, my weekend wasn't like your weekend at all. I went to the launch party of a new bar on Friday – that was quite a night! Then on Saturday my friends took me to a night club that went on until morning!

**Feifei**

Wow! That sounds exciting. Clubbing though - aren't you a bit old for that sort of thing?

**Harry**

No, I'm not too old, but to be honest – it was a bit full-on.

**Feifei**

Full-on? What do you mean?

**Harry**

Well, the music, the dancing, the drinking, the energy. It was very intense. I'm not old, but I'm not as young as I was.

**Feifei**

Right. So full-on means it was very intense.

**Harry**

Yeah. I think I'll need a few days to recover; it was so full-on.

**Feifei**

What else can be full-on?

**Harry**

Some people are a bit full-on. A bit extreme. Not relaxing.

**Feifei**

I know what you mean. Sarah's a bit full-on isn't she?

**Harry**

Yes, she scares me. She stands so close when she talks to me and stares straight into my eyes. Work can also be full-on when it's busy.

**Feifei**

Work has been a bit full on lately hasn't it. We've had to do loads of overtime to get the new project finished.

**Harry**

It has been full-on, yes. Let's listen to some more examples.

**Examples**

**Man**

*Have a good holiday?*

**Woman**

*To be honest, not really. We were up at 6am every day to get as much sightseeing done as possible and didn't get to bed till midnight. It was so full-on. I feel like I need another holiday.*

*I really don't like children's parties. All those excited, screaming kids. It's too full-on.*

*London's too full-on. I need to move to the countryside.*

**Feifei**

Well, if you want a more relaxing weekend next time, come and watch some films with me and my grandmother. It's really laid back.

**Harry**

That sounds a lot less full-on. I'll do that.

**Feifei**

Join us again soon for The English We Speak.

**Harry**

Bye!