

“ Road Podcast ”
No cap



Jiaying

Hello and welcome to The English We Speak. I'm Jiaying...

Neil

...and hello, it's me, Neil.

Jiaying

Neil! You're wearing a dressing gown – to work! You look ready to go to bed – no cap!

Neil

Thanks Jiaying. I'm trying to look really relaxed today! So I put a dressing gown over my suit! And of course I'm not wearing a cap! It would look strange with a dressing gown! Why would you say that?

Jiaying

No, Neil! I said 'no cap'! We say 'no cap' when we want to reinforce that what we are saying is the absolute truth.

Neil

Ahh – so you think I look relaxed then in my dressing gown?

Jiaying

Well, I actually said you look like you're heading to bed – but you do look very relaxed. I'm not sure it's the best thing to wear at work. No cap!

Neil

Oh dear – perhaps I should take it off and just stick to the suit. I think I might look a bit too relaxed.

Jiaying

Good idea! – You can do that while we listen to these examples. No cap - they're amazing!

Examples

That new song is the best thing I've ever heard! No cap!

No cap! You're the funniest person I know!
You always make me laugh!

I don't like those mushrooms. No cap, they
taste awful.

Jiaying

You're listening to The English We Speak
from BBC Learning English, and we're
talking about the expression 'no cap'. We
use 'no cap' to mean 'no lie' and to say
something is the truth!

Neil

Yes! We can also say 'capping' to mean
lying! By the way, did I tell you that I won
the lottery!

Jiaying

Stop capping, Neil! You didn't win the lottery.

Neil

I'm not capping. I won the lottery! No cap!

Jiaying

So, if you won a million pounds, why are you still working? Wouldn't you rather be on holiday?

Neil

Well, first off, I love my job, no cap. I'd do it even if I won the lottery. And secondly, I didn't say I'd won a million pounds!

Jiaying

True! How much did you win?

Neil

£2! I used it to buy that dressing gown from a charity shop! No cap!

Jiaying

Ahhh, well congratulations on your big win!
Bye Neil!

Neil

Bye!

Road Podcast

don't stop learning even when you are on the road
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