

How to talk about HEATWAVES like a (sweaty) British man 🥵 [995]

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How to talk about HEATWAVES like a (sweaty) British man 🥵 [995]

## PDF Contents

### Part 1 (Pages 1-31)

The notes I used while recording, including a list of idioms and expressions (which I didn't actually talk about because I stopped the episode, to save my voice)

### Part 2 (Pages 31-104)

Full episode transcript

## Part 1 - Episode Notes

There is a heatwave over large parts of Europe at the moment and it is extremely hot.

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It's absolutely boiling. *I am baking Dave. I am absolutely sweltering mate.* (OK, I'll stop saying that now).

The weather is so hot that it's making life really difficult. Tempers are high. Nobody has patience. It's hard to get anything done. It's really hot at night and it's hard to sleep. The kids are suffering. My son has a heat rash. Some of my daughter's friends have been ill. It affects everything.

- What's the time and what's the temperature?
- How hot will it get today?
- How about tonight?

It's something like 17 degrees hotter than it normally is at this time of year, in this part of the world.

Paris is not very well prepared for this kind of heat.

Air conditioning is not installed in most places - rooms, apartments, and there isn't much history of air conditioning.

I mean, it's not an ordinary part of summer life. Previously it hasn't been necessary. But more and more it is becoming unsustainable to live in this part of the world in the way that we did before, without taking measures to deal with it. Nobody is really sure how to deal with it.

Of course, the elephant in the room is that this is a large scale, long term problem with the climate in general, and we've all known about it for ages, we've all been aware of the predictions, we've all

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read the news reports, we're all aware of the pledges that were made by governments businesses and yet, here we are.

Are we past the point of no return? What's the bigger picture?

It's fairly frightening stuff, and on top of all the other problems in the world, this one is maybe the biggest, and could even be the driver of lots of other issues.

I have found in other places where air conditioning has been normal for years, the aircon is pretty good.

E.g. in the US - aircon is everywhere and you take it for granted. Same in many parts of Tokyo.

But here it's only recently that people have realised they need it. You can get portable air conditioning units, but they're not the best.

Also, air conditioning is part of the problem, isn't it? It's also bad for the environment, and it's a very local and short term solution, which I think actually contributes to the main root cause of this kind of weather.

I don't have an air conditioner in my room, for example.

It's a bit too complicated and expensive to have one installed.

Yes, I could get a portable one, but I haven't. They're all sold out in most shops.

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So, we just try to cope with these periods, which aren't normal, and when they do happen they're usually only about a week long.

This particular heatwave has been going on for about 9 or 10 days I think it is.

The heat is inescapable and it's hard to do anything other than just try to deal with it. It's more complicated with little kids of course.

Again - I know I am complaining and there are people who are far worse off than I am.

I'm actually one of the lucky ones, because I'm fairly healthy, I can afford stuff like fans and air conditioners etc, and I have options.

So, relatively speaking it's not as bad for me as it is for so many other people.

For example, I saw some guys in the street doing roadworks this morning and they were doing manual labour, in protective clothing. Gloves, helmets, protective trousers etc.

So, I am aware that things are relatively fine for me. But still, it is pretty awful.

Where are you? Is it boiling too where you are? This heatwave covers a lot of Europe and I have a lot of listeners here. So, you may know exactly what I am talking about.

We have ways of dealing with it

- Avoid the sun

- Take cool showers when possible
- Use a fan
- Drink plenty of water
- Use little spray bottles
- Use mini portable fans
- Light clothes
- Don't do anything too strenuous
- Take frozen bottles or ice packs to bed, but don't hold them too close
- You might have other tips - if you do, please share them!

I know it's not the same for all of you out there. Many of you are in much colder places, and so we envy each other at the moment.

I had an Argentinian listener who said they were in winter right now and complained that it was too cold.

I said I would gladly give them 20 of my degrees. I wish I could. Anyway...

Despite these conditions, I need to do an episode this week for you. I have a couple of others in the pipeline but it's not the right time for them to be released. I needed something for this week.

So, I thought it would be a good opportunity to teach you loads of English vocabulary related to *things being hot* - especially hot weather, the things people say during a heatwave like this, and then lots of idioms and expressions which include the word *hot*, and there are a lot more than you might expect.

Obviously, the word *hot* on its own seems to be a really easy word.

We all know what it means. “Don’t touch that, it’s hot!” or “It’s very hot today”.

Yes, the word is mostly used as an adjective (with a few different meanings or uses as we will see) but importantly there are also loads of idioms and compound nouns which include the adjective *hot*.

These are all what I’m calling fixed multi-word expressions. I’ll cover about 30 of them later in this episode.

Here’s a taste:

- hot property
- to sell like hot cakes
- a load of hot air
- strike while the iron is hot
- hot desking
- to hotwire a car

## **Hot (adjective) can mean a few different things**

- High Temperature
- Spicy (food)
- Sexually Attractive
- Causing Strong Feelings
- Making Things Difficult
- Popular, Fashionable or Successful

Let’s look at those things in a bit more detail shall we? OK, let’s.

## Those Basic Definitions of the adjective “HOT”

### 1. Hot = High Temperature

Used to describe things that have a high temperature.

#### Examples

- It's hot today.
- The radiator is hot.
- Be careful, the tea is hot.

#### Stronger versions

- very hot
- boiling hot
- red hot

#### For food and drinks

- piping hot
- steaming hot

#### Examples

- The soup was piping hot.
- The coffee was still steaming hot.

### 2. Hot = Spicy

Used to describe food that creates a burning sensation in your mouth.

#### Examples

- This curry is really hot.
- I can't eat very hot food.
- The sauce is too hot for me.

## Opposite

- mild

## Hot vs spicy

Often these mean the same thing.

- This curry is hot.
- This curry is spicy.

However, *spicy* can simply mean that a lot of spices have been used.

## Examples

- The dish is spicy but not very hot.
- The rice is flavoured with spices.

Similarly, *spiced* often means that spices have been added, without suggesting heat.

## Examples

- Spiced tea
- Spiced wine
- Spiced biscuits

Cinnamon, cumin, turmeric, cardamom, nutmeg and cloves are all spices, but they are not hot.

## 3. Hot = Sexually Attractive

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Used informally to describe someone who is physically attractive.

### Examples

- She's really hot.
- He's a hot guy.
- Everyone thinks she's hot.

### Related words

- attractive
- sexy
- gorgeous
- handsome
- beautiful

### British English

- fit

### Examples

- She's really fit.
- He's well fit.

### Note

This is one of the most common informal meanings of *hot*.

## 4. Hot = Causing Strong Feelings

Used to describe things that generate strong emotions, opinions, arguments, excitement, or controversy.

### Examples

- It's a hot topic.
- That's a hot-button issue.
- Here's my hot take.
- Immigration is a hot political issue.

### Typical feelings

- anger
- excitement
- enthusiasm
- disagreement
- controversy

The idea is that emotions are metaphorically "heated".

## 5. Hot = Making Things Difficult

Used when there is pressure, trouble, danger, or urgency.

### Examples

- He's in hot water.
- She's in the hot seat.
- The police are in hot pursuit.
- The issue became too hot to handle.

### Associated ideas

- pressure
- risk
- responsibility
- stress
- trouble

The metaphor is that heat makes life uncomfortable.

## 6. Hot = Popular, Fashionable or Successful

Used for people, products, trends, ideas, and entertainment that are attracting a lot of attention.

### Examples

- LEP is so hot right now.
- She's one of the hottest new writers in Britain.
- AI is the hottest thing in tech.
- That neighbourhood is really hot at the moment.

### Related expressions

- hot property
- hot favourite
- hotspot

### Associated ideas

- popularity
- success
- demand
- fashion
- excitement

The metaphor is that attention creates "heat".

## Hot vs Heat

Let's contrast the word *hot* (adjective) with the word *heat*, which is a noun or verb.

Heat (noun)

Heat is basically the noun form of the adjective *hot*.

It means the quality of being hot.

- Can you feel the heat of the sun. It's so strong today.
- The heat is unbearable today.
- We need more trees to protect us from the heat of the sun.
- In the city, the stone in buildings and the ground absorbs the heat, and keeps it, which makes it harder for the city to cool down.

Heat (verb)

to make something hot

- Heat the oven to 200 degrees
- The sun heats the earth
- This small wood burning stove is enough to heat this entire room.

Also: Heat up

For phrasal verbs with *hot*, it's just "hot up" really.

## Hot up vs Heat up

**Heat up** is a standard phrasal verb, and probably more common.

It is transitive (it can take an object) and intransitive.

It is often used for literal objects (food, an engine, the weather) or major trends (the political climate, an economy).

Transitive: "I'll heat up the soup." (You are doing the action to something else.)

Intransitive: "The economy is starting to heat up." (The thing itself is undergoing the change.)

**Hot up** is a less standard construction. Because "hot" is an adjective, you cannot "hot" something. Therefore, "hot up" is almost always intransitive.

Intransitive only: "Things are hotting up." (Correct)

~~Transitive: "I will hot up the soup."~~ (Incorrect — this sounds unnatural and is not used)

*Hot up* tends just to be used for **events, competitions, or atmosphere**. It implies a sense of excitement or anticipation. This is much more common in British English.

## What do people say when it's really hot? (when there's a heatwave)

When it gets really hot people tend to repeat the same comments over and over again.

Here are some of the most common things people say during a heatwave, especially in British English.

### Complaining About the Heat

- It's absolutely boiling.
- It's roasting.
- It's sweltering.
- It's baking.
- It's scorching.

- It's unbearably hot.
- I'm melting.
- I can't cope with this heat.
- It's too hot to do anything.
- You could fry an egg on the pavement.
- I've never known it this hot.

## Talking About Sleeping

- I couldn't sleep a wink last night.
- It was like sleeping in an oven.
- I was tossing and turning all night.
- I kept waking up.
- The bedroom was like a sauna.
- I had the fan on all night.
- I ended up sleeping with the windows wide open.

## Talking About Being Uncomfortable

- I'm sweating buckets.
- I'm drenched.
- I feel so sticky.
- My clothes are sticking to me.
- I'm covered in sweat.
- I need a cold shower.
- I can't cool down.
- Even the shade doesn't help.
- There's no escape from it, is there?

## British Reactions

Brits are famous for complaining about the weather, so you'll often hear:

- We wanted some sunshine, didn't we, but not this much.
- It's too hot for the UK. Our houses aren't built for this.
- I'd rather have the rain back.
- Give me autumn any day.
- I don't know how people live in Spain.
- At least it's a dry heat. (usually said by someone trying to stay positive)
- It's so muggy.
- Well, you won't hear me complaining. (someone who loves hot weather)

## At Work

- Nobody's doing any work today.
- My brain has stopped working.
- I can't concentrate.
- The office feels like a greenhouse.
- Has anyone turned the air conditioning on?
- What air conditioning? You mean this small fan?
- I'm just counting down until home time.  
Do you have air conditioning there?  
No, I just don't want to die in the office.

## Looking for Relief

- I need an ice cream.
- Let's find somewhere with air conditioning.
- Fancy a cold drink?
- I'm staying indoors today.

- I'm not moving unless I absolutely have to.
- I'm just staying in front of the fan and not moving, ever.

## Talking About the Future

- It's supposed to get even hotter tomorrow.
- When's this heatwave going to end?
- They're saying it'll break on Friday.
- I just can't wait for a thunderstorm.
- We desperately need some rain.

## Classic British Heatwave Small Talk

A very realistic conversation might go like this:

"Morning."

"Morning."

"How are you doing?"

"Well.. *hot*."

"Bit warm, isn't it?"

"Bit warm? It's absolutely roasting."

"Didn't sleep a wink last night."

"Neither did I. Bedroom was like a sauna."

"Supposed to hit 38 degrees later."

"Great! (sarcasm) Honestly, our houses just aren't built for this, are they?"

"Fancy a cold drink?"

"Now you're talking."

Those are the sorts of things you'll hear in Britain whenever temperatures climb above about 12°C.

Right, let's move away from complaining about boiling hot weather, and look at some...

## Idioms and Expressions

Let's move on to idioms and expressions with the word *hot*. There are a lot. As you will see, these are about all sorts of other things, not just hot weather.

I have narrowed down this list to about 30 items to save time.  
(haha)

There are more expressions than this, so, if you know others - feel free to put them in the comments.

## Categorising these expressions can help you understand and remember them

Most of these expressions can be categorised like this, where *hot* means some different things.

Hot = popular (hot property, hot favourite, hotspot)

Hot = controversial (hot topic, hot take, too hot to handle)

Hot = angry (hot under the collar, hot temper, hothead)

Hot = immediate/urgent (hot off the press, strike while the iron is hot, get it while it's hot)

Hot = pressure (in the hot seat, in hot water)

Hot = pursuit/action (hot on the trail, in hot pursuit, hot on someone's heels)

## Idioms and Expressions with HOT

Let me do a vocabulary ramble now. I'm just going ramble about whatever comes into my head, but I have to use each expression one after the other. Let's see if this makes sense. Your job is to follow my train of thought, and to spot expressions with the word *hot*.

Can you identify the whole phrase each time? Not just the word, but all the parts.

### Note:

**I decided to stop recording the episode here because I was starting to get an itchy throat, and I didn't want to lose my voice. (It has happened in the past)**

**Check the PDF below for all the things I was planning to talk about, including a detailed list of idioms and expressions.**

I'm going to give myself the first and last lines of my story here, and I will just improvise all the stuff in the middle.

Opening line: *I was walking down the street.*

Last line: *And then I drove off into the sunset, with all the money in the back of the car.*

1. a hotspot
2. hot property
3. a hot favourite
4. to sell like hot cakes
5. a hot topic
6. a hot take
7. too hot to handle
8. a hot mess
9. hot and bothered
10. a load of hot air
11. a hothead / hot-headed
12. hot under the collar
13. to have a hot temper
14. a hotline
15. strike while the iron is hot
16. get it while it's hot
17. in hot water
18. in the hot seat
19. in hot pursuit
20. be hot on the trail / case
21. be hot on someone's heels
22. hot desking
23. like a hot knife through butter
24. to hotwire a car
25. to have done something more times than you've had hot dinners

Hot up / hotting up

Boiling hot

**HOT = Popular / Successful / Desirable**

## 1. A hotspot

**Definition:** A place where a lot of activity, interest, or excitement is concentrated; also a location offering wireless internet access.

**Examples:**

- "Berlin has become a hotspot for tech startups."
- "Barcelona is a major tourist hotspot."
- "I need to find a Wi-Fi hotspot."

**Formality/Usage:** Neutral and very common.

**Common collocations:** tourist hotspot, crime hotspot, innovation hotspot, Wi-Fi hotspot.

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## 2. Hot property

**Definition:** A person or thing that is highly popular, desirable, or successful.

**Examples:**

- "The young actor has become hot property in Hollywood."
- "That neighbourhood is hot property right now."
- "She's one of the hottest prospects in the company."

**Formality/Usage:** Common in journalism, business, entertainment, and sport.

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## 3. A hot favourite

**Definition:** A person, team, or candidate strongly expected to win.

**Examples:**

- "She's the hot favourite to win the tournament."
- "The governing party remains the hot favourite in the election."
- "Liverpool are the hot favourites to lift the trophy."

**Formality/Usage:** Especially common in sport, politics, and betting.

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#### 4. Sell like hot cakes

**Definition:** To sell very quickly and in large quantities.

**Examples:**

- "The new trainers are selling like hot cakes."
- "The tickets sold like hot cakes."
- "His latest book is selling like hot cakes."

**Formality/Usage:** Traditional idiom that remains widely understood.

**Note:** American English often uses *hotcakes* as a single word.

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## HOT = Controversial / Emotional / Causing Strong Feelings

#### 5. Hot topic

**Definition:** A subject that many people are discussing, debating, or arguing about.

**Examples:**

- "The use of AI in schools is a hot topic."
- "Climate change remains a hot topic."
- "Remote working is a hot topic in many companies."

**Formality/Usage:** Common in journalism, education, and business.

---

## 6. Hot take

**Definition:** A strong, often controversial opinion expressed quickly.

**Examples:**

- "Here's my hot take: the sequel is better than the original."
- "Everyone seems to have a hot take on the election."
- "That's a pretty bold hot take."

**Formality/Usage:** Informal and especially common online.

**Note:** Often suggests the opinion is provocative or attention-seeking.

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## 7. Too hot to handle

**Definition:** Difficult, dangerous, controversial, or emotionally intense.

**Examples:**

- "The issue became too hot to handle."
- "He was considered too hot to handle."
- "The scandal became too hot to handle politically."

**Formality/Usage:** Very common idiom.

## 8. A hot mess

**Definition:** A person, situation, or thing that is chaotic, disorganised, or ridiculous.

**Examples:**

- "After the flight, I looked like a complete hot mess."
- "The project became a hot mess."
- "My desk is a hot mess."

**Formality/Usage:** Very informal.

**Note:** Often used humorously or affectionately.

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## 9. Hot and bothered

**Definition:** Agitated, stressed, upset, embarrassed, or physically overheated.

**Examples:**

- "There's no need to get hot and bothered about it."
- "Everyone was hot and bothered after the argument."
- "We were all hot and bothered after the climb."

**Formality/Usage:** Informal and common.

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## 10. A load of hot air

**Definition:** Talk that sounds impressive but lacks truth, substance, or value.

**Examples:**

- "His promises are just a load of hot air."
- "Don't listen to him—it's all hot air."
- "Most of that presentation was hot air."

**Formality/Usage:** Informal and dismissive.

---

## 11. Hot up / hotting up

**Definition:** To become more intense, competitive, exciting, or active.

**Examples:**

- "Things are really hotting up now."
- "The election campaign is starting to hot up."
- "Competition in the market is hotting up."

**Formality/Usage:** Informal, especially British English.

**Note:** *Hotting up* is far more common than *hot up*.

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## HOT = Angry

### 12. A hothead / hot-headed

**Definition:** Someone who becomes angry easily or acts impulsively when emotional.

**Examples:**

- "He's a bit of a hothead."
- "Try not to be so hot-headed."
- "Her hot-headed reaction made things worse."

**Formality/Usage:** Informal but widely understood.

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### 13. Hot under the collar

**Definition:** Angry, irritated, embarrassed, or flustered.

**Examples:**

- "He got hot under the collar when I questioned him."
- "She looked a bit hot under the collar."
- "The criticism left him hot under the collar."

**Formality/Usage:** Common idiom.

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### 14. To have a hot temper

**Definition:** To become angry easily.

**Examples:**

- "My grandfather had a hot temper."
- "She has a hot temper but calms down quickly."
- "His hot temper often gets him into trouble."

**Formality/Usage:** Neutral and descriptive.

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## HOT = Immediate / Urgent / Recent

### 15. A hotline

**Definition:** A direct telephone service providing immediate assistance, information, or support.

**Examples:**

- "The company has set up a customer hotline."
- "There's a hotline for reporting fraud."
- "A mental health hotline is available 24 hours a day."

**Formality/Usage:** Neutral and professional.

---

### 16. Strike while the iron is hot

**Definition:** Take action immediately while an opportunity exists.

**Examples:**

- "You've got a great offer—strike while the iron is hot."
- "Let's strike while the iron is hot and launch now."
- "You should strike while the iron is hot."

**Formality/Usage:** Standard proverb.

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### 17. Get it while it's hot

**Definition:** Take advantage of something while it is fresh, available, or popular.

**Examples:**

- "Fresh doughnuts! Get them while they're hot!"
- "Tickets are selling fast—get them while they're hot."
- "The deal won't last forever, so get it while it's hot."

**Formality/Usage:** Informal and common.

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## HOT = Pressure / Trouble / Difficulty

### 18. In hot water

**Definition:** In trouble or facing criticism, punishment, or disapproval.

**Examples:**

- "He found himself in hot water after missing the deadline."
- "You'll be in hot water if they discover the mistake."
- "The company is in hot water over the scandal."

**Formality/Usage:** Extremely common idiom.

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### 19. In the hot seat

**Definition:** In a position of pressure, responsibility, scrutiny, or intense questioning.

**Examples:**

- "The CEO was in the hot seat during the board meeting."
- "Now you're in the hot seat."

- "She found herself in the hot seat after the report was published."

**Formality/Usage:** Common in professional and media contexts.

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## HOT = Pursuit / Action / Being Close

### 20. In hot pursuit

**Definition:** Closely chasing someone or something.

**Examples:**

- "The police were in hot pursuit of the suspect."
- "The children ran after the dog in hot pursuit."
- "The journalists were in hot pursuit of the story."

**Formality/Usage:** Common in narrative and journalistic language.

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### 21. Be hot on the trail / case

**Definition:** To be very close to finding someone or solving a problem.

**Examples:**

- "The detectives are hot on the trail of the suspect."
- "We're hot on the case."
- "Researchers are hot on the trail of a breakthrough."

**Formality/Usage:** Common in journalism and storytelling.

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## 22. Be hot on someone's heels

**Definition:** To be very close behind someone physically or competitively.

**Examples:**

- "The second-place runner was hot on her heels."
- "Several competitors are hot on the company's heels."
- "The chasing pack were hot on his heels."

**Formality/Usage:** Common idiom.

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# HOT = Literal Temperature

## 23. Boiling hot

**Definition:** Extremely hot.

**Examples:**

- "Careful, the tea is boiling hot."
- "It was boiling hot all afternoon."
- "The pavement was boiling hot."

**Formality/Usage:** Informal and very common.

**Related expressions:** piping hot, roasting hot, red hot.

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## Other HOT Expressions

## 24. Hot desking

**Definition:** An office system in which employees use any available desk rather than having a permanently assigned one.

**Examples:**

- "The company introduced hot desking after the pandemic."
- "Many employees dislike hot desking."

**Formality/Usage:** Business jargon.

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## 25. Like a hot knife through butter

**Definition:** Very easily and with little resistance.

**Examples:**

- "The striker went through the defence like a hot knife through butter."
- "The software cuts through the data like a hot knife through butter."
- "The army moved through the region like a hot knife through butter."

**Formality/Usage:** Common figurative expression.

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## 26. To hotwire a car

**Definition:** To start a vehicle by bypassing its ignition system, usually illegally.

**Examples:**

- "The thief hotwired the car."
- "In the film, he hotwires a vehicle in seconds."

**Formality/Usage:** Specialist term associated with crime.

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## 27. Have done something more times than you've had hot dinners

**Definition:** To have enormous experience doing something.

**Examples:**

- "I've taught grammar more times than you've had hot dinners."
- "She's flown to New York more times than you've had hot dinners."
- "He's fixed engines more times than you've had hot dinners."

**Formality/Usage:** Very British, informal, humorous, and somewhat old-fashioned.

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# FULL EPISODE TRANSCRIPT

*You're listening to Luke's English Podcast. For more information visit [teacherluke.co.uk](http://teacherluke.co.uk)*

Hello listeners, welcome back to Luke's English Podcast. This episode, the title of this episode is something like Hot Idioms and Expressions, How to Talk About Heatwaves Like a Sweaty British Man.

That's the title I've come up with at this moment. I don't know if that's the title I'm going to use when I actually publish this, but that's the kind of working title I'm going with at the moment. I'm not sure if it's wise to use that title for the episode because, you know, algorithmically, is that the best title? I don't know.

It's easy to overthink these things, isn't it? As a content creator these days, the algorithm starts to mess with your head a little bit. You just think, oh, what's the... I need to use keywords in the title. It shouldn't be too long.

Oh dear. But anyway, this is what I'm going with. Hot Idioms and Expressions, How to Talk About Heatwaves Like a, brackets, (sweaty) British Man.

Is that a very attractive title for you? You might have been sitting there thinking, I want to know how to talk about heatwaves and not just how to talk about heatwaves. And you might be thinking, but Luke, what is a heatwave? I'll tell you that in a second. I want to know how to talk about hot weather, but specifically how to talk how a British man would talk about hot weather.

I don't think you need to be a man to use the English I'm going to be teaching you. You get the idea. That's me, isn't it? That I'm a sweaty British man today.

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I am very much so. A sweaty British man. So how to talk about hot weather.

Also vocab relating to the word hot and also loads of idioms and expressions that include the word hot. You get the idea. That's the general idea.

I've got some notes that I'm reading from and I'll be reading from them as I record this. OK, how does that sound? That sounds brilliant, Luke. OK, great.

I'm very happy that you're on board. So there is a heatwave over large parts of Europe at the moment and it is extremely hot. A heatwave.

This is just a period of unusually hot weather. We call it a heatwave. Heatwave, not heatwave.

There is a T in there, but generally that's not pronounced. So you end up with heatwave. That's not a glottal stop, that heatwave.

So I'm not being a cockney there. That's just how most people would pronounce that word. Heatwave.

A heatwave. Yes. Over large parts of Europe at the moment and it's extremely hot.

It is absolutely boiling. I'm baking, Dave. I am absolutely sweltering, mate.

That's the last time I'm going to say that in this episode. I understand that I probably say those things too much and you might listen and think, oh, he's doing it again. He's saying that thing again.

It is baking, Dave. Who is Dave? I'm absolutely sweltering, mate. If you don't understand why I keep saying that, go back and listen to an old episode about Paul Chowdhury, the comedian anyway.

So the weather is so hot that it's making life really difficult. Tempers are high. That means if your temper is high, it means your temper is like your mood, especially an angry mood.

So if tempers are high, it means people are irritable. People are getting angry. And I mean everyone, you know, just like you can see it.

People in the street, cyclists. I saw I was on a bus yesterday with my son and the bus was going along the street and a cyclist, I don't know who was at fault. I don't know who was wrong and who was right, but there was a cyclist coming down the street and he ended up having to squeeze through a very narrow gap between the bus and I don't know, another car on this side.

It seemed to me the bus was just sort of doing its normal thing and that this cyclist had decided to try to squeeze through this gap and then when he was in the gap, he realised that it was incredibly dangerous to be in this gap and he just really got angry. Maybe understandable and he slapped the side of the bus. He smacked the side of the bus.

Didn't really have the effect he intended because I think the driver didn't realise, but there was a man, a fairly old man standing there on the bus and then suddenly the window just went smack right next to his head and he kind of got a really big shock. But this poor cyclist was absolutely furious. I mean that's the sort of thing that does happen in cities anyway, but it seems to be amplified when the weather is like this and people are just like really, really annoyed.

Especially people who have to do things like if you've got to get to work and stuff. If you're lucky enough not to have to work and you've got free time, then you can afford to relax a bit more and go and spend time down near the river and even jump into the river. People have been jumping in and swimming in the river and stuff like that.

No one seems to be doing, I get the impression not that much work is being done. My son's creche has been closed a couple of days this week. It's closed tomorrow.

So suddenly it becomes difficult to get things done. It's been really difficult to work on podcast stuff. Tempers are high.

Nobody has patience. It's hard to get anything done. It's really hot at night and it's hard to sleep.

The kids are suffering. My son has got a heat rash on his chest. Lots of little red spots on his chest and it's bothering him.

He keeps scratching it. It's one of the reasons why I keep giving him little cool showers, which he actually likes just to try and cool

him down, cool his skin down because his skin has reacted. And even at night he sort of doesn't sleep very well.

He tosses and turns in the bed, our bed, because of course he just comes into our bed at midnight and then just kind of rolls around in the bed between us and scratches and complains and things like that, half asleep. Our daughter's okay, but we have to make sure, we have to really be on the ball to make sure that she's drinking enough and that she's avoiding the sun and stuff like that. A couple of her friends, she's eight years old, a couple of her friends have been really badly affected by the heat.

One of them was sick, another one sort of couldn't stand up. It's pretty bad. It affects everything.

Just to let you know, what time is it and what is the temperature? So it's currently 11.45 in the morning as I'm recording this, 11.45 in the morning. And if I look at my weather app on my phone, it says that it's currently 35 degrees with a feels like temperature of 40 degrees. Relative humidity is relatively okay.

It's 34%. Now some of you listening to this will just be laughing into your drink of choice, your cold drink of choice at this point. You'll be laughing into your icy beverage, like 35 degrees with a feels like temperature of 40 degrees, 34% humidity.

Don't make me laugh, Luke from Luke's English podcast, sweaty British man. I'm sure that in other parts of the world, it's much hotter than this, but you know, it's that may be normal, maybe even be normal. I say normal, I don't know.

But in some parts of the world, it's been like that for many, many, many years and you sort of like developed your civilisation, your entire civilisation has developed in that kind of environment. And you've, I don't know, I don't know if this is correct, but perhaps you've developed solutions, partial solutions, like buildings might be better designed to deal with the heat. And just generally, it's just part of normal life.

I'm not saying that makes it any easier. I know that in some parts of the world, it's just like unsustainably hot and is getting hotter and it's, it's awful. But so you have my sympathy if it's worse for you out there.

Then of course, there are people in other parts of the world at this time where it's like unusually cold as well, because maybe in the Southern Hemisphere, if it's winter, you might be going through like the opposite of a heatwave, which is what we call a cold snap, I suppose. And maybe it's abnormally unusually cold and you're suffering from that. But today in the morning, and it generally gets worse in the afternoon and in the evening, 35 degrees feels like 40 degrees.

So as far as I'm concerned, it's 40 degrees. I've got other data for you. The dew point is 17 degrees centigrade.

I don't know what that means. What is the dew point? Dew is normally droplets of water that appears on things. Normally you get dew in the morning, you know, when you come out of a house early in the morning and the grass is a bit wet, that's dew, D E W. So what is the dew point? I don't know.

Is 17 degrees? I don't really understand that. Anyway, it's really hot. How hot will it get today? So that's the current temperature, but it's going to go up to about 41 degrees, feels like 42 or 43.

It's been like this for ages. It looks like it's going to dip up. There'll be lots of thunderstorms, tonnes of rain and thunderstorms.

And then it's the temperature is going to drop to something a bit more normal. But then I've heard it was going to go back up again, maybe in a, in another week or two, we will be back to this tonight, tonight on Luke's English podcast. It did sound like that, didn't it? Tonight, the temperature, um, let's have a look at in the middle of the night when we should be sleeping from two till five, it's going to feel like 30 degrees.

Again, not as bad as in some other places, but anyway, it's something like 17 degrees hotter than it normally is at this time of year in this part of the world. Paris is not very well prepared for this kind of heat. Uh, yes, I live in Paris.

Some people still don't realise they think British man lives in Britain. Uh, I live in Paris in the UK, in London, in London, let's say like, which is where I used to live. Um, it's more or less the same, maybe a couple of degrees better, but Paris and London, both cities are not very well prepared for this kind of heat.

Air conditioning is not installed in most places, rooms, apartments, and there, there isn't much history of air conditioning. Uh, there's, there's history in this country. There's his, there's a lot of history of course, just like there is everywhere, but the air conditioning doesn't really factor into it.

If you go, if you take a French history course unit two unit one, the French revolution unit two air conditioning. No, there is no air conditioning in the history of Paris. I mean, it's, it's, it's not an ordinary part of summer life and it never has been previously.

It's air conditioning has not been necessary really, but more and more it's becoming unsustainable to live in this part of the world in the way that we did before without taking measures to deal with it. Nobody is really sure how to deal with it. By the way, I think Paris is the winner.

No, isn't Paris the winner? Um, I saw a social media post, so who knows if it's true, but it showed the temperatures in different cities in, in Europe and Paris was the hottest. Yes. And why I'm so happy about that.

Um, it's always good to be number one in some regard, isn't it? No, it's not not in this case. Of course the elephant in the room, which means the thing that perhaps the big thing that perhaps we're not talking about the elephant in the room is that this is a large scale, uh, long-term problem, isn't it? Of course with the climate in general and we've all known about it for ages. We've all been aware of the predictions.

We've all read the news reports. We're all aware of the pledges that were made by governments and businesses. And yet here we are, are we past the point of no return for the climate? What is the bigger picture? It's fairly frightening stuff.

It's frightening. It's depressing. It's infuriating is deeply disturbing.

And on top of all the other problems in the world, and this one is maybe the biggest and could even be the driver of lots of other issues. Yes. Okay.

That's a bit disturbing and depressing. I have found in other places are going back to air conditioning again. I have found in other places where air conditioning has been normal for years.

The air con is pretty good. You know, like a lot of apartments, homes and stuff are normally quite well air conditioned and it's just sort of built into the design of places. For example, in the US air con is everywhere and you take it for granted.

It's the same in many parts of Tokyo, for example. But here it's only recently that people have realised they need it. You can get portable air conditioning units.

You have to go down to your local sort of hardware shop, you know, the sort of place where they sell fridges and washing machines and things. And now air conditioning units are perhaps the hottest products that they're selling, but they're not the best ones. Also, air conditioning is part of the problem, isn't it? It's also bad for the environment.

And it's it's a very local and short term solution, which I think actually contributes to the main root cause of this kind of weather. And there's a wasp that nearly flew into my open window. Sorry for the interruption.

So no wasp. You can't be on Luke's English podcast. Yes.

If that happens, a wasp, you know, a wasp, an insect that can sting you or me in this particular case, why would it do that? I'm going to just sting that guy. I don't know why. Why would it do that? I'm too hot.

Are wasps too hot? How are the wasps? No one ever talks about the wasps. Everyone's always talking about the bees, bees, this, bees, that. Oh, the bees, the bees, the bees.

No one's ever talking about wasps. The wasps are like, actually, we're fine. Anyway, wasp, W-A-S-P, W-A-S-P.

They look a bit like bees, but they're not bees. And they can sting you as many times as they want, as far as I'm aware. Anyway, I don't have an air conditioner in my room, for example, here in the pod room, because some of you might not realise, you know, some of you, what are you complaining about, Luke? Don't you have air conditioning? No, I don't.

Why don't you just get an air conditioner? First of all, it's very complicated and expensive to have one installed. I could get a portable one, but I haven't. They're all sold out in most shops.

And if I was to buy one, I mean, they're very expensive, like good ones. If I was going to get one, I'd get one for the home, right? And I'm not made of money. You know, I'm not made of money.

I can't afford to just splash the cash like that. And the thing is, right, when these sorts of heatwaves happen, normally they're short term, and we just sort of cope with it until it's finished, right?

So we just try to cope with these periods, which aren't normal. And when they do happen, they're usually only about a week long.

This particular heatwave has been going on for about nine or ten days, I think it is. And we keep thinking, oh, maybe it's going to stop. Is it going to stop? We look, check the weather.

No, it's just going to keep on going. In fact, oh, it's going to get worse. The heat is inescapable, more or less.

I mean, there is a cafe near here which has air conditioning. I went there yesterday. That was not bad, but it's crowded.

Everyone's going there. And then in the afternoon, it seems the air conditioning doesn't really seem to work and it's still hot and sweaty. I would say, oh, I'm talking about this too much.

But this is the whole topic of the episode. OK, so if you're like, oh, stop talking about the hot weather. No, I won't.

That's the whole subject of this podcast episode. And again, I know I'm complaining and there are people who are far worse off than I am. I'm actually one of the lucky ones because I'm fairly healthy.

I can afford stuff like fans and I do have a fan running here. I don't know if you can actually hear that sound, that sort of whizzing, like kind of whirring sound in the background. Maybe a bit of background noise in this episode.

I don't know. Is that affecting the recording? I do have a fan going, which is an absolute lifesaver. It ran out of battery about thirty minutes ago and instantly like my body temperature just went like, whoa, that's that is doing a really good job.

So I've plugged this in over here. So hopefully that's going to keep going and it doesn't conk out at some point. I can afford stuff like fans and air conditioners and I have options, you know.

So relatively speaking, it's not as bad for me as it is for so many other people. For example, I saw some guys in the street doing roadworks this morning. They were like adding tarmac to a section of road where there'd been some work and they're kind of like just doing work on the road, you know, and they were doing manual labour in protective clothing.

They had gloves on. Did one of them have a helmet? Were they wearing helmets? They had protective trousers. You know, God, it must have been awful.

So I'm aware that things are relatively fine for me, but still, it is pretty awful. Where are you? Is it boiling to where you are? This heatwave covers a lot of Europe and I have a lot of listeners here. So you may know exactly what I'm talking about.

We have ways of dealing with it, of course. We've all got little ways of trying to limit the impacts of this terrible weather. For example, avoid the sun, obviously.

But for example, if I'm walking down the street with my son, that's S-O-N, as you know, I don't have just I don't have my own

personal cosmic star that I can't, although he is a cosmic star in his own way. What am I talking about? Yes. Avoiding the sun.

I mean, the sun in the sky. S-U-N, of course. Avoiding that.

So if we're walking down the street together, if I'm with my daughter or something or my son, if I'm with my wife, I don't care. No, of course, with my wife as well. Although this week, you know, she's been at work.

I've been whatever. If we're walking down the street trying to find the shade, walk in the shade, you know, try not to walk in direct sunlight. For many of you thinking, well, duh, obviously.

But as an English man in the sunshine, it can be the sun is very attractive normally. Right. So typically for an English person, when the sun comes out in June, you get you want to be in the sun.

You want to get that vitamin D. You want to expose yourself, obviously, in a safe way. But you do want to go out and get some sun on your skin because it just for so many months of the year, we are starved of sunshine, wonderful, glorious sunshine. So we want to get out and take our t-shirt off in the park and lie down and do some sun bathing.

Oh, yeah. Finally. Soak it up.

That's that's normally what we would do. But no, in these conditions, you must avoid the sun. So finding the shade as you walk down the street, crossing the road to to make sure you're walking in the shade when you're standing at the bus stop.

I have to turn my body to make sure my son is standing in my shadow. If there's no shade for us, if the bus stop is crowded, you know, we've got to I've got to find ways to make sure the sun isn't on him taking cool showers when possible. Cool and cold showers regularly throughout the day before bed, even in the night.

But you start to overheat. Just get in the shower. Or at least dip your feet, spray cold water on your feet.

Use a fan, of course. Drink plenty of water. Cheers, he says as he drinks as he drinks water from his water bottle, which makes makes me sound like Darth Vader.

How would Darth Vader react to hot weather? It must be difficult being Darth Vader in these conditions. Emperor Palpatine, I have a desperate request. Can I can I stop wearing this suit, please? It's just too hot.

Lord Vader, your sad devotion to temperature. Whatever. If Emperor Palpatine was any kind of decent Sith master, he'd let Vader go around without the suit.

Can't they just hook up some sort of portable back to tank for him? I don't know. It must be a nightmare for Darth Vader in the Poor Darth Vader. Poor Darth Vader.

Why are we sympathetic to Vader? He's an horrible, murderous, evil tyrant. Doesn't exist. Oh, yeah, that's that's right.

Anyway, drink plenty of water. Use little spray bottles, you know, spray spraying watery mist on the skin. Right.

Obviously, that's what sweat does. Cools you down by making you wet. But you can use this little spray bottle as well when you sweat a lot.

That's another reason why you've got to drink lots of water to to replace the the fluids that in your body that's being used for sweat and other things. Use little spray bottles. Use mini portable fans.

The kids have got that. We bought these fans for the kids and they hang them around their necks and they blow air, blow a little stream of air up onto their faces. It's quite good.

Light clothing. Don't do anything too strenuous. Just slow down and take it easy.

Although saying that doing something strenuous, I will be doing strenuous things on Friday. We're going to drive to the countryside and I imagine it'll be I will be a kind of liquid driver. That's weird.

A weird thing to say. I'll be a liquid driver. I just mean I'm going to be drenched in sweat.

I can tell from the beginning of that journey. The car has air conditioning, but I'll be drenched in sweat because I'm going to have to load the car. And that means going down to get going down to the basement to get the suitcase, taking that up the stairs.

We don't have a lift in our apartment, taking it up the stairs so my wife can pack it and then going and getting the car seat for the you know, the child seat and then installing that in the car going grabbing this table that we're going to take. And then all these other bits and pieces, lots of going up and down stairs, carrying things. I'm going to be absolutely drenched.

I think I have to look we have to look after ourselves. I will look after myself. I'll take the right precautions.

Don't do things too quickly. Just take things slowly. Take frozen bottles or ice packs to bed, but don't hold them too close.

You know about this one. Take an empty bottle of water, like a two litre bottle of water, empty, fill it up with tap water, seal it, put it in the freezer. When it's frozen, it's a big block of ice basically inside the bottle.

You wrap it in a towel. And maybe before you go to bed, you put it on the bed and it makes the bed that section, that little part of the bed. There's a little cool patch there that you can lie on for a while.

And then you just kind of have it next to you. You don't, I think you shouldn't really hug it too tightly. Because if you, if you're really hot, if most of your body's really hot, but then there's one small local area that's freezing, I'm not sure that's very healthy, right? Because your body's like, whoa, this isn't not this isn't there's an imbalance here.

But it's nice to have the icy cold bottle in the bed with you, you can kind of move it around and cool down different parts of the bed

that you can then sleep on. You can kind of hold it with your hand and that helps to cool you down. Just just putting your hand on it can help to cool you down helps to cool, I guess the blood.

I don't know. Now, you might have other tips. If you do have other tips for staying cool in very, very hot conditions, please do share them.

I understand there are things like taking a sheet and making it wet and then squeezing the water out so it's damp and then sleeping underneath that or hanging it in front of a fan or putting a ice cold bottle of water in front of a fan so it blows cold air in your direction. There's all these sorts of little tips. Sitting with your feet in a little bowl of cool water.

That's quite good. Even stuff like at home, I have these sandals, indoor sandals. And I find if I walk around with the sandals on, that makes a big difference because the floor is warm.

And if I walk around in bare feet, it seems my feet don't cool down. But if I have the sandals on, just that little bit of insulation between my foot and the floor helps me to cool down. Now, I know it's not the same for all of you out there.

Many of you are in much colder places. Did I say that already? I think I have said that already. So we envy each other.

If you are living in a situation that's too cold right now, we envy each other, don't we? And for example, I had an Argentinian listener who said they were in winter right now and complained it

was too cold. And I said I would gladly give them 20 of my degrees. I wish I could.

Anyway, despite these conditions, I need to do an episode this week for you. I have a couple of other episodes in the pipeline, but it's not the right time for them to be released. So I needed something for this week and I just kept trying to work on an episode that I was planning to do.

I was, to be honest, I was planning to do Learn English with a Short Story and I was just, it's not ready. So I can't do it. Today's the only day I can.

The creche is closed tomorrow. It's alright. It sounds like I'm making excuses.

I'm more just kind of giving you context really for this rambling episode. So I thought it would be a good opportunity then in this episode to teach you loads of English vocab related to things being hot, especially hot weather, the things people say during a heatwave like this, and then lots of idioms and expressions which include the word hot. And those are to describe not just hot things, but to describe all sorts of other things, other situations, but they include the word hot.

And there are a lot more of those expressions than you might expect. Now, obviously the word hot on its own seems to be a really easy word, right? We all know, everyone knows what the word hot means. It's one of the most, it's one of the earliest words you learn in English.

Don't touch that. It's hot or it's very hot today. Hot and cold, right? So yes, the word is mostly used as an adjective with a few different meanings or uses as well, not just to describe temperature.

But importantly, there are also loads of idioms and compound nouns which include the adjective hot. These are all what I'm calling fixed multi-word expressions. I'll cover about 30 of them later in this episode.

God, it's going to end up being long, I can tell. Here's a taste of some of those expressions. So we talk about things like hot property, he's hot property, to sell like hot cakes, a load of hot air.

Yeah, I don't know, a critic of my podcast might say, I listened to Luke's English podcast and I didn't feel there was anything of substance to it. It just seemed like a load of hot air to me. Hmm.

And it was three hours long. Strike to strike while the iron is hot. Hot desking and to hot wire a car.

So I'll go into detail about those expressions and many more later in the episode. You're listening to Luke's English podcast, everyone. Hello.

And there's a heatwave and I'm talking about things being hot. So hot, the word hot, the adjective can mean a few different things. Obviously, it can mean high temperature, but also for food.

Obviously, the temperature of the food, you put it in the microwave. So it's hot. Right.

Take it out of the cold. Take it out of the fridge. It's cold.

Put it in the microwave to make it hot, to heat it up. Food, but also in terms of when food is spicy. Right.

Like Indian food is often hot. There's a lot of chilli in there. So we say it's hot, a really hot curry.

Hot can mean sexually attractive. Hot can mean causing strong feelings. Hot can mean making things difficult and hot can also mean popular, fashionable or successful.

So let's look at those things right now in a bit more detail, shall we? And then after that, we'll look at things people say, typical things that especially British people say in English when the weather is really hot. But first, those basic definitions of the adjective hot. So first one is hot, meaning high temperature.

This is the one that is obvious. The word is used to describe things that have a high temperature. For example, it's hot today.

The radiator is hot. Be careful. The tea is hot.

My laptop is hot. I hope it doesn't overheat. We've also got the word heat as well.

I'll talk about that in a minute. I could also say as well this. We've got hot and cold.

Right. Hot and cold. And what are the extremes? If something is extremely hot, we'd say it's what? It's absolutely.

Well, we've got a few sweltering. Right. Baking.

But boiling is normally the one for climate. So hot. Absolutely boiling.

We don't say it's very boiling because it's an extreme adjective. So with extreme adjectives, we tend to use other adverbs. Absolutely.

Completely. Absolutely boiling. So we say it's hot.

It's very hot. It is extremely hot or it is absolutely boiling. Right.

A little bit less hot. You'd say it's warm. It's warm.

And that's normally good. Right. Oh, it's nice and warm, isn't it? It's nice and warm in here.

It's a bit hot, to be honest. Can you open the window and you open the window? Just tonnes of boiling hot air comes in. Oh, God.

But when it's when it's winter, you put the heating on. Right. You put the heater on and then it's all nice and warm.

But if it's too strong, it becomes hot. Right. The radiator, the heater.

So warm, hot, boiling. If you go down from warm, you would probably have cool, cool, a lovely cool breeze. Right.

Get a bowl of cool water and put your feet in it. That's nice. Not too cold.

Just right. It's cool. And then cold, of course, and very cold, extremely cold and absolutely what? Absolutely freezing.

Yeah. Okay. So anyway, back to adjective hot.

It's hot today. That radiator is hot. Be careful.

The tea is hot. You might want to just leave it for a minute. Stronger versions.

It's very hot. It's boiling hot. It's red hot.

For food and drinks, we don't say food is boiling hot. We say it's piping hot. There's a nice expression.

Piping hot. The food was served piping hot. Steaming hot as well.

Steaming hot. Steaming hot soup. Piping hot pie.

The soup was piping hot. The coffee was still steaming hot. Then hot meaning spicy.

Right. This is used to describe food that creates that burning sensation in your mouth. Oh, this is a spicy curry, isn't it? Oh, we've got some water.

This curry is really hot. I can't eat very hot food. The sauce is too hot for me.

The opposite of that is what it's mild. So a hot curry or a mild curry. What about hot and spicy? Do they mean the same thing? Well, often they do mean the same thing.

You can say this curry is hot. This curry is spicy. And those things can mean the same thing.

Right. You can say it's a bit spicy or I don't like spicy food. I can't handle it.

So those things can mean the same thing. But however, spicy can simply mean that a lot of spices have been used and not necessarily that it's hot. Right.

For example, the dish is spicy, but not very hot. The rice is flavoured with spices. And we're talking about spices like, I don't know, cumin and I know other spices.

I know others. Turmeric. Cumin and turmeric, for example, very commonly used spices, but they're not actually hot.

Right. Similarly, the word spiced often means that spices have been added without suggesting heat. So spiced tea, spiced wine, spiced biscuits.

Yes. Cinnamon, cumin, turmeric, cardamom, nutmeg and cloves are all spices, but they're not hot. OK.

Right. But a lot of the time, hot and spicy could mean the same thing, but not always. But hot is always hot.

Spicy could mean hot or just means that spices have been added. Right. Third meaning is hot, meaning sexually attractive.

Right. A really hot guy, a really hot girl. He's really hot.

She's really hot. This is used informally to describe someone who is physically attractive. She's really hot.

He's a hot guy. Everyone thinks she's hot. Related words would be attractive, sexy, gorgeous, handsome, beautiful.

In British English, we say fit as well. Right. He's really fit.

He thinks you're fit. She thinks you're fit. He's really fit.

What do you think? He's fit, isn't he? Look at her. She's really fit. She's really fit.

He's well fit. This is one of the most common informal meanings of hot, by the way, meaning sexually attractive. OK.

Right. So then fourth is hot, meaning causing strong feelings. So here the word is used to describe things that generate strong emotions, opinions, arguments, excitement or controversy.

Controversy. Controversy. In British English, we say them in either way.

Controversy. Controversy. I just naturally, for some reason, say controversy.

Controversial things. For example, it's a hot topic like I don't know what. Climate change is a hot topic.

I mean, literally, AI, the AI bubble is a kind of a hot topic at the moment. The World Cup is a hot topic, a hot button issue, like an issue that lots of people disagree about. Here's my hot take.

For example, I don't know. You've got a hot take about the World Cup. Here's my hot take about the about England in the World Cup.

I think that. I don't know what a hot take, as I'm going to explain later, is like an opinion, maybe an opinion that you've kind of fairly quickly thought of and that's maybe a bit unique. So it's like my own personal opinion on a subject.

And if it's a hot take, it's like something that I've fairly recently thought of. I will come back to that. Immigration is a hot political issue, for example.

Typical feelings. Anger, excitement, enthusiasm, disagreement, controversy. These are all sort of included in the sense of this word hot here, as it's used like this.

The idea that is that emotions are metaphorically heated. And then number five is hot, meaning making things difficult. This is used when there's pressure, trouble, danger, urgency.

For example, she's in hot water. You know, the prime minister is in hot water over the situation with the with the thing. What the film The Thing directed by John Carpenter starring Kurt Russell? No.

Imagine if if there was a big controversy about an 80s horror film. No, the prime minister's in hot water this afternoon after allegations of corruption and connections to the Epstein files. You know, she's in the hot seat.

Right. To be in the hot seat, that's where you're in a situation where you have to answer questions. To be in the hot seat.

I used to do an exercise in my English lessons called the hot seat. And you basically put a chair in the front of the class and the students take taking take it in turns to sit in the chair, the hot seat. And then all the other people in the class, you know, can ask them questions, maybe even difficult questions or just ask them questions or test them on a bit of English that I've written on the board behind the person in the hot seat.

And they can't see what it is. It could just be a phrasal verb or something. And I keep writing different bits of vocabulary that we've done in the class and the people in the people in the room have to ask the person questions to help them guess what the word is.

You know, something like that. So that's to be in the hot seat where you're in it. You are you are the spotlight is on you and you've got to ask answer difficult questions.

Is my brain going to work properly throughout this episode? I hope so. So do you as well. I imagine the police are in hot pursuit.

That means chasing someone. I'll come back to that as well. The issue became too hot to handle.

Meaning it was too controversial, too problematic to deal with. Too hot to handle. So this this relates to ideas of pressure, risk, responsibility, stress, trouble.

The metaphor is that heat makes life uncomfortable. I'm going to explain in a minute the difference between hot and heat. Could you explain it if you had to? If you were suddenly put into the hot seat like you're in my English class and one of the students teacher, can you explain what is difference hot and heat? And I'd say, OK, Pedro, you're you're going to answer this one.

You're in the hot seat. And the whole class goes, really, Luke, can't you just answer the question yourself? Why do you have to turn this into some sort of, you know, student led activity? Just tell us the answer. For goodness sake, Luke, it's too hot for these.

Just tell me. Have you ever been in a situation like that with an English teacher where they've they've just come out of like English teaching training? They've just done their training course and they've been told that you you can't just answer a question as efficiently and quickly as possible, that you have to find a way of eliciting the answer from the student themselves. So one of the students says, what is mean hot and heat? What is difference? I mean, what's the difference between hot and heat? Yeah, well,

what do you think, Manuela? What do you think? Well, I don't know.

That's why I'm that's why I'm asking you to be fair. It's not a bad teaching technique, because a lot of the time what the purpose of doing that is to encourage the student to be a bit more autonomous. Right.

And a lot of the time students can work it out for themselves. And that's a very important skill to be able to work out meanings of words and things. But in the moment, it can be quite irritable.

Irritating. I mean, when you have one of those teachers who won't just give you a straight answer and they always have to find a way to get you to answer the question yourself and you just don't know. So it's pretty stupid.

Yeah, the metaphor here is that heat makes life uncomfortable and then hot, meaning popular, fashionable or successful. This is used for people, products, trends, ideas and entertainment that are attracting a lot of attention. For example, Luke's English podcast is so hot right now, which is literally true.

I mean, literally the temperature of what I mean, what is the material substance of this podcast? Let's say it is the microphone. It is me. It is my body.

The room, the air that surrounds me. It is the temperature of the camera, of the microphone. And if that's what the substance of Luke's English podcast is, then it is certainly literally, literally true that LEP is so hot right now.

But also you might say if Luke's English podcast was trending and everyone was talking about it and all the algorithms were pushing it and, you know, all the short form content was all about it, which is absolutely not the case. And I clearly need to change my I need to change my whole podcasting game. I've been doing this for years and for many years it's always been a successful format that I just try to make the episodes good and then publish them and hope that the rest will take care of itself.

But these days you've got to be so much more entrepreneurial about it. You've got to be making clips and shorts and bips and bops and bids and baps and ticks and tocks. And, you know, you've got to do all of that other stuff, haven't you? God, at this point, I know there's millions of you going, I'll do it for you, Luke.

I'll do it for you. I specialise in making short form content. I'd be glad to do it.

And I'll be inundated with requests from people who want to do it for me. Anyway, that's another question for another time. Luke's English podcast is just so hot right now.

Everyone's talking about it. She's one of the hottest new writers in Britain. AI is the hottest thing in tech today.

That neighbourhood is really hot at the moment, meaning that people want to go there. People want to purchase places there. It's the cool place to go.

Hot property. The hot favourite. France are the hot favourite for the World Cup.

Spain are the hot favourite for the World Cup. Is it France or Spain? I think it's still technically France. Sorry, Spanish listeners, but I mean, you've got just as much chance of winning as them.

England. Yeah, England are the hot favourite. We weren't so bad in the opening game.

Second game, we could not beat Ghana. And it was a reality check for England. A little tiny World Cup tangent.

Everyone expected England. After we'd beaten Croatia, which Croatia, a tough team, really tough, good team. Sort of 11th, ranked 11th in the world.

And certainly, you know, a really decent team. And England beat them 4-2 in the opening game, which was definitely a great result. But I think this feeling, this wave passed through the entire country of England.

In Scotland, they were like, we don't care. We've got our team in. We've got our team in the World Cup.

We just don't. Please let Scotland at least score a goal. And the few, you know, just England, shut up.

Let Scotland shine. Anyway, we played Ghana in the second game and everyone thought, oh, this will be easy. Yeah.

But no, nil, nil, no goal from England. It was frustrating. But fair play to Ghana.

They basically decided, right, we're just going to, we're not going to play football. We're just going to do everything we can to make sure England don't score any goals in this game. No goals will be scored in this game was the approach that Ghana took with their manager.

What's the name of their manager? He's a bit of a veteran football manager. And they parked the bus, as we say in footballing speak. To park the bus means where basically the whole team crowds the whole area around the penalty area.

So many defenders, so many players crowding there that it's basically impossible to get the ball through. It's made it really hard. I mean, to be fair, England, everyone talks about England as being a very talented team.

They need to find creative, sparky ways to break through situations like that. Anyway, that's the end of that World Cup tangent. I'll be coming back to the World Cup.

I'll do another bonus episode about the World Cup at some point. Oh, dear. I'm going to have to take it slow.

Take it easy during this episode. It's going to be one of those. Is it hot where you are? It might be.

In which case, we'll just be hot together. Okay. Well, we listen to this.

Let me drink some more water. Let me drink some more water.  
Very refreshing.

Right. Moving on. Hot property.

Hot favourite. A hot spot. This is associated with things like popularity, success, demand, like people wanting something.

Fashion and excitement. The metaphor is that attention creates heat. So what about hot versus heat? Let's contrast the word hot with the word heat, which is a noun or a verb.

Right. So the word heat is a noun or a verb. The word hot is an adjective.

Right. Well, that's probably enough even just to tell you that. There you go.

Teacher, what is difference hot and heat? Well, hot's an adjective. Heat's a noun or a verb. Okay.

Thanks a lot. Have a lovely day. Bye.

Anyway, heat, the noun. Heat is basically the noun form of the adjective hot. So it means the quality of being hot.

Can you feel the heat of the sun? The sun is very hot. Feel the heat. You can feel the heat on your face.

It's so strong today. The heat is unbearable, isn't it? We need more trees to protect us from the heat of the sun, to protect the earth from the heat of the sun. In the city, the stone in buildings and the ground absorbs the heat and keeps it, stores the heat, which makes it harder for the city to cool down at night.

That's heat, the noun. Heat, meaning heat the verb, is to make something hot. So, for example, heat the oven to 200 degrees.

Heat up is the phrasal verb equivalent. Heat the oven, heat up the oven. Okay.

Normally we say heat the oven. I think we'd probably heat an oven, but you heat up something, meaning make it hot all the way through. Hmm, that's a good question.

Heat versus heat up. All right. Anyway, the sun heats the earth.

This small wood-burning stove is enough to heat this entire room. What's the difference between heat and heat up, though? You can heat up the room. The room is heating up.

Heat and heat up. Well, certainly if you heat something, heat there is a transitive verb. I heat something, right? So I heat the oven, meaning I make the oven hot.

Yeah, that's it. The radiator, that's a thing in the room which heats your room. You turn it on, the radiator heats the room.

The radiator heats up. Okay, so to heat something is to make it hot. Okay, right.

To heat up can mean to become hot. The room is heating up. The food is heating up in the oven, right? But also, heat up is a transitive verb like heat.

So we can say, I'm going to heat this food. I'm going to heat this food up. And up there just suggests sort of a sense of completeness, right? So you don't just heat part of the food.

You don't just make it a little bit warm, but you make it all the food in the bowl hot all the way through. Anyway, to heat the food and to heat the food up, they're more or less the same thing. To heat the room, the radiator heats the room.

The radiator heats the room up, meaning it heats it to the temperature that you want, right? It heats it all the way. And also, something heats up. So not I heat something up, but something just heats up.

So you turn on the radiator, touch it. Yeah, it's heating up. It's heating up.

So we've also got hot up. Hot up and heat up. Things are hotting up in the World Cup.

It's England versus France. Things are hotting up in the stadium. So heat up is a standard phrasal verb and probably more common.

It's transitive. It can take an object. I'm heating up the food.

The radiator is heating up the room. And it's intransitive. The room is heating up.

The food, the radiator is heating up, right? That's what I said before. It's used for literal objects, food, an engine in a car, the weather, or major trends in a more sort of metaphorical way, the political climate. Things are heating up for Keir Starmer.

Well, actually, they're cooling down for Keir Starmer now because he resigned, didn't he? There's another story for another episode. And I know people are going, Rick Thompson report. What about a Rick Thompson report? A Rick Thompson report with my dad.

He's technically retired now. Maybe I'll find a way to do an episode with him. But, you know, I can't promise anything.

So transitive, I will heat up the soup, meaning I'm doing the action to something else. I'm making the soup hot. Intransitive, the economy is starting to heat up, meaning the thing itself is undergoing the change.

Right. That should be clear. Now, hot up is a less standard construction.

I mean, let's say it's less common because hot is an adjective, right? You can't normally hot something. Therefore, hot up is almost always intransitive. Things are hotting up.

You can't say I'm going to hot up my soup. No. So it's almost always intransitive.

Things are hotting up. Something is hotting up. The World Cup is hotting up.

Things are hotting up in the stadium. Right. So, for example, we won't say I will hot up the soup.

No, I will heat up the soup. Hot up tends to be used for events, competitions or atmosphere. It implies a sense of excitement or anticipation.

This is much more common in British English. Things are hotting up in Luke's English podcast studio as he attempts to deal with the very hot weather. Yeah.

OK. What do people say when it's really hot? OK. At this point, I'm going to take a break because I need to look after myself.

I'm actually going to go out and have a bite to eat because I'm hungry. OK. You understand.

As a fellow human, I think you understand, don't you? What? Hungry? What? What's he talking about? I don't expect my English teaching podcast guys to get hungry. Food? What? OK. So I'm going to go and have a bite to eat and then I will come back.

And I think when I come back, it will be hotter than it. Will the room have heated up? Will the room have heated up? I don't know. I'm going to keep the window open while I'm out.

You don't need to know. You don't need to know these details. You're like, OK, fine.

You just you can stop talking now. It's all right, Luke. OK.

I'm going to pop out, have my lunch, take a little breather. I can't go and have a cold shower. If I do that, I won't be back.

I could go home, have a cold shower, cool down. But then by the time I come back, I'll be boiling hot again and I'll be pouring sweat. My T-shirt will be drenched.

I think that might be the case when I get back anyway. You can see if you're watching the video version, you can compare before and after. Am I hotter, more dishevelled, sweatier than I was, than I am now? It's exciting, isn't it? Things are heating up in this episode of Luke's English podcast as Luke is about to depart the pod room in order to consume what he call this thing he calls food.

When he comes back, will he be sweatier or less sweaty or as sweaty as he is now? Stay tuned to Luke's English podcast to find out. Right. Let's go and do that.

And then when I come back, I'll tell you what people say when it's really hot. So what are the typical things that people say? For example, when you go to work, you arrive at the office, it's boiling hot and you meet some of your colleagues. What are the standard things that people always say in that situation? Okay.

Oh, that sounds exciting. Does it? It does, doesn't it? Doesn't it? It should. It is.

Stay tuned to Luke's English podcast to find out more. Right. I'm going to click my fingers.

And when I unclick them, we will have moved into the future and we can carry on. Here we go. Three, two, one.

And we're back. Yes. Hello again.

So what do you think? Do I, am I sweatier than I was? Do I seem more uncomfortable than I was before? Audio listeners? Obviously you can't see. But what do you think? Do I sound less comfortable than I did just a moment ago? Of course I don't. I sound exactly the same.

Yes, I sound exactly the same. Yes, because I'm a professional, professional podcast. A pod pro.

Luke is a pod pro. Hashtag Luke is a pod, pod. What? Pod.

Yeah, I'm a professional. Yeah. Right.

Scorchio is, yeah, of course it's bloody boiling, scorching hot out there. The sun beating down as the sun beats down on the Paris streets. Here is a English podcaster trying to get some food.

As if David Attenborough made a documentary about me. And it's here on this burning hot Paris boulevard that we see a very interesting creature. It's a podcaster and he's trying to find something to eat.

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The burning hot temperatures are unusual for this time of year. And this English podcaster. What? Has not evolved to cope with these conditions.

Climate change is making life difficult for all species, but especially those. Who've travelled from the north. To complete their mating cycle.

And having done so, this particular podcaster seems to be a little lost. And then there's a sequence with like funny music of me trying to find a place to get some food and sort of avoiding the sun and being unwilling to cross the street because there's a queue outside the food place and it's in the sunshine. Lucas spotted his prey in the form of a Mexican burrito place.

All that lies between him and his lunch is a busy road and temperatures soaring into the mid 40s. The sunshine here can be hazardous. So all that sort of thing.

It'd be great, wouldn't it? A David Attenborough documentary about about me living my life or you living your life. That would be fun. Yes, it's of course, it's really, really, really hot.

Temperature check 38 degrees with a feels like temperature of 41. To be honest, it felt like more felt like more like 42 to me, 41. It feels I'd say definitely feel like 42.

The dew point, the all important dew point that we don't understand is 15 degrees. So what? Right. Relative humidity, 26 percent.

You know, it's better than it was. Pressure, just general pressure, pressure from parents, pressure from bills that I have to pay, pressure from Her Majesty's government to make sure I'm fulfilling, you know, filling in my tax return. You know, pressure, having a wife and family pressure is at one thousand and fourteen point eight HPA, which seems high to me.

I've got no idea. The wind is a steady 15 kilometres now, which is actually a little bit better than it was before. We want we want the air to move around gusts up to thirty three kilometres an hour, gusts of wind, a gust of wind is when the wind suddenly goes.

And it's like a sudden moment of faster wind. That wind is good because that means that hopefully we'll get a bit of airflow through the apartment. But we won't because it's an easterly wind.

The wind is coming from the east. That means it's an easterly wind, I believe. And our apartment does not.

There are no windows that face the east. It's all facing the other way. And so the air is just going to go.

No, see you. We're just going to keep going. Thanks very much.

And then we'd say, oh, come on. And the wind's going to go. To be honest, there's no point in us going through there because we're too hot.

Anyway, it's just hot air. There's more hot air. There's just hot air everywhere.

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Right then. So let's carry on, shall we? So we're going to move on to the section which is called what do people say when it's really hot brackets when there's a heatwave. So when it gets really hot, people tend to repeat the same comments over and over again.

Here are some of the most common things people say during a heatwave, especially in British English. So I need to kind of like pick up the pace and sort of speed up a bit because I've got a fair amount to get through here. But that's fine, isn't it? You like it.

Are you enjoying it? Are you enjoying this? Are you? I hope so. Yes, you are. If you're enjoying this, leave a comment in the comment section.

Let everyone else know that you're enjoying this and let me know to tell us what you're enjoying, specifically which thing it is that you're enjoying. I'm really enjoying the fact that you are taking perhaps two hours or more to talk about one specific subject and only that Luke or I'm really enjoying the fact that your T-shirt is clearly. Uncomfortable, whatever it is, let us know in the comment section.

So complaining about the heat. So you've just arrived at the office. You're working in a some generic office.

You're working at Wernham Hogg in Swindon. Right. Just a paper merchant, just some generic office in England.

And there's a heatwave and you turn up. And here are some of the things you might hear as people talk. It's absolutely boiling.

Yes, it's roasting is baking. It's sweltering. Right.

It's scorching. It's absolutely boiling, isn't it? Oh, yeah. It's roasting outside.

Yeah, it is. It's sweltering. See, when you have a conversation like that, when you make a comment about a thing and like one person makes a comment about a thing and the other person agrees, that other person can't use the same word again.

You can't say it's absolutely boiling, isn't it? Yeah, it's absolutely boiling. I mean, it's really hot. Yeah, it's really hot.

You can't do that for some reason. That just that's just wrong. It's absolutely boiling, isn't it? Yeah, that's what I thought.

Absolutely boiling. No, but I mean, it's it's just roasting. Yeah, it's just roasting.

Like what is wrong with you? What are you taking the piss? No, I'm just no. No, I'm just agreeing with it. It's just that you you're repeating everything I say.

Yeah, I'm just trying to agree with you. No, you can't do that. You have to say the same thing, but in another way with a different with another word like.

God, it's absolutely boiling, isn't it? Yeah, it's roasting. Yeah. Yeah.

God, it's yeah, sweltering. Yeah, it's it is absolutely baking out there. It's scorching.

It's unbearable. It's too much, though, isn't it? It's unbearable. It is absolutely unbearable.

Yeah, it's too much. It's it's unbearably hot. I'm melting.

I'm melting. Look, I'm just absolutely melting. I can't cope with this heat.

I just can't can't deal with it. No, neither can I. Don't do that. Don't do that.

You shouldn't do that. You can't do anything on a day like this, can you? What about you, Dave? And Dave's like, oh, it's boiling, mate. Yeah, it's roasting.

It's too much, isn't it? It's just too hot. That's what Sandra was just saying. I'll tell you what, you could fry an egg on the pavement, couldn't you? You could fry an egg on the pavement.

Not that you wouldn't want to. You wouldn't want to. No, but you could.

You could fry an egg on the pavement, couldn't you? It's that hot, like scorchio, right? I've never known it this hot. It didn't used to be like this, did it? No, it didn't, Sandra. No, it never used to be like this.

I remember. I remember when blah, blah, blah, blah, blah, blah. I remember this winter.

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I didn't even have to wear a coat. Well, you do live in Australia, don't you? So I've never known it this hot. Talking about sleeping.

I'll tell you what, I couldn't sleep a wink last night. I couldn't sleep a wink last night. It was like sleeping in an oven.

How do you know what it's like sleeping in an oven? Well, I don't know what it's like, but I can imagine that it's just like this, but really hot and very small. I think, imagine sleeping in an oven. That would be very uncomfortable.

You have to squeeze in, first of all, to a space that's clearly far too small for your entire body to fit into. And then, you know, there's nothing soft. It's just all metal, metal grill.

I was tossing and turning all night. I was tossing and turning. That just refers to when you're in bed and you can't sleep and you're just moving around.

You can't find a comfortable position and you keep turning over and moving, changing your position and you never find a comfortable spot. That's tossing and turning. I was tossing and turning all night.

I kept waking up because it was so hot. I had to go and have a shower. The bedroom was like a sauna.

Right? A sauna. That's obviously those places, like a very hot room. They're Nordic, aren't they? The Scandies.

Did the Scandinavians invent saunas? Sauna. We call it a sauna in British English. Sauna.

Sauna. The bedroom was like a sauna last night. Like, you know, a room that's made really, really hot and everyone sits there naked.

It's so awkward. And there's like a kind of thing with really hot rocks and you pour water on it to make the air really humid. Relative humidity 99.9%. You basically swim out to the door.

I can't breathe. That's the sauna. I had the fan on all night.

I had the fan on all night. Now, have I got any listeners to this podcast who believe that if you sleep with a fan on you at night that you will die? Do you believe that? I did a podcast about it once, or at least I talked about it on the podcast once. And so I'm talking to the South Korean listeners here because I remember when I worked in London, I used to have a lot of South Korean listeners in my lessons.

And this came up a few different times. And I often would ask my South Korean students about this. It's like there's a thing in South Korea, right? It makes your body cold and then you freeze to death.

Or it causes vital organ failure because the body's too cold. Or it dehydrates you too quickly. Or maybe even mad things like, yeah, actually what the fan does, if you sleep in a certain spot, it causes an air vortex, which actually sucks the air, the oxygen away from you and you kind of suffocate to death.

I don't know. I don't mean to say that all Korean people believe this, but just every time I heard this idea, it was always coming from a Korean person. May have been like the odd Japanese or Chinese person saying the same thing, perhaps, but it's certainly a thing I've heard.

I don't mean to poke fun at you specifically because, you know, we've all, everyone around the world, we've all got our kind of funny beliefs and things. And, you know, maybe there's something to it. Maybe there is some substance to it because you might say, well, I know a guy who he died in his sleep.

It was really hot and he died in the bed. It's tragic, but he had a fan that, you know, they came in in the morning and there was a fan on him. Well, yeah, he might have died from something else.

You might have died from, you know, I don't know. Did he drink a lot? I don't know. But I had the fan on all night.

I ended up sleeping with the windows wide open, which I would say is a normal thing. I ended up sleeping with the windows wide open. What about being uncomfortable? Because that's one of the main things, isn't it? It's just so uncomfortable.

I tell you what, I'm sweating buckets. I'm sweating buckets, sweating, perspiring. Sweating is the general words.

Perspiring or perspiration is the more formal word. You know, when. Like, is it water? It's mostly water, but, you know.

Water, let's call it sweat, salty water with whatever that comes out of the pores of your skin when you're hot and it drips down your face and you have to wipe it away in your armpits and your back and everything gets all wet and sticky. You can sweat a lot and you sweat buckets, right? That means a lot of sweat. I'm drenched, absolutely drenched.

D-R-E-N-C-H-E-D. By the way, if you hear me using any words during this episode and you think, please spell that, spell that, spell that as well. Spell, just spell all the time.

Spell everything. Spell all the words, Luke, but please make your episodes 20 minutes long. Well, okay.

That's not really possible, is it? But if you want to know the spelling of some words, check out the episode PDF. It's free. It's freely available.

You'll find a link in the description and just flick through, have a look, you know, take the time to go through the PDF and hunt down some of those words. Listen to me now. Listen to me now.

Listen to me now and then later have a look at the PDF and have a read through it. That's a good basic way of learning English with this, that just reading through the PDF afterwards will be a good way of sort of like fortifying your learning of English through this podcast. There are many other ways you can do it, but that's a simple thing that's going to make quite a big difference.

Reading through the PDF that I've prepared afterwards and noticing, oh, that's what it was. Drenched. D-R.

Does that sound like D-R-E? Drenched? Drenched? Doesn't really because you're expecting drenched. I was, I'm drenched. No, it's I'm drenched.

My wife's just texted me. Oh my God. I'm travelling to somewhere.

Exhausting. Yep. I know how you feel.

I hope she's all right. She has. Unfortunately, she's got to travel to another part of town, which involves quite a long walk down a boulevard, of course, to get to to get somewhere.

It's a mission. It's like, you know, Luke's mating partner. Back to the David Attenborough documentary.

In another part of town, Luke's mating partner, Luke's life partner has to make the arduous journey to another office. I'm drenched. I feel so sticky.

Sticky is the word to describe how your skin feels because there's sort of partially dry sweat on your skin. What a lovely subject. I will be having a shower later.

Don't you worry about that. I feel so sticky. My clothes are sticking to me.

I'm covered in sweat. I need a cold shower. I can't cool down.

Even the shade doesn't help. The shade refers to any area where the sun is not directly hitting the floor right or hitting the ground.

The shade, whereas a shadow, a shadow is normally we use the word shadow to describe a specific outline.

Right. The shadow of a tree for me means the shape, the specific tree shaped area which is put on the ground by the sun. But the shade of a tree just means a general area where you can sit and avoid the sun.

So when we're talking about general spaces where you can go, where you're not in direct sunlight, that is in the shade. OK, that's the shade and in the shade, whereas a shadow would be more of a specific shape. I saw a shadow of a person.

I saw a shadow move past the window. OK, those are sort of specific objects or at least at least the sort of darkness caused by the object blocking the light. You understand that's a shadow, a shadow like, you know, you can make shadow puppets with your hands.

The light shines and you put your hand in front of the light and on the wall you can make shadow puppets. What a fun thing to do. Right.

But anyway, in the shade, that's where you need to go when it's such a hot day. Don't be in direct sunlight. Are you mad? There's no escape from it.

There's just no escape from it, is there? Another person might say that. Specifically British things. British people are famous for complaining about the weather.

So you will often hear us say things like, well, we wanted some sunshine, didn't we? But not this much. Or it's always too hot for the UK. It's just too hot for the UK, isn't it? Our houses aren't built for this.

And oh, you know what? To be honest, I'd rather have the rain back. I'd rather have the rain back, to be honest. Sounds silly, doesn't it? It sounds silly.

I know. But even rain is better than this. Oh, I'd love a bit of rain right now.

I tell you what, if it rained right now, I'd just go out. I'd go out and just get covered in rain. That would be wonderful, wasn't it? You know, they do that in Africa, you know, they do that in Africa, you know.

I tell you what, give me autumn any day. Give me autumn. Summer used to be my favourite season.

Not anymore. I prefer winter, to be honest. I tell you what, I don't know how people live in Spain.

I just don't know how they do it. Well, at least it's a dry heat, isn't it? As long as it's a dry heat. That's usually said by someone trying to stay positive.

But people will always make that observation. Well, you know, when it's really hot, but at least it's a dry heat. And that's not so bad, is it? What I can't stand is humidity.

When it's humid, oh God, no, it's so close and so sticky. I can't stand it. It's so muggy.

Muggy. It's so, so muggy. Describes, like, really humid, uncomfortable weather.

And then another person might say, well, you won't hear me complaining. No, you won't hear Simon complaining. You like the hot weather, don't you, Simon? Oh, I bloody love it.

I tell you what, perfect for me, this. And then at work, right? At work. Well, you know, no one's doing any work today.

I wouldn't worry. No one's doing anything today. You know what? I think my brain stopped working, to be honest with you.

I'm sorry. I just I can't think straight. I think my brain stopped working.

My brain has stopped working. I think my brain stopped working. I just can't concentrate.

I can't. You know, should we cancel the meeting? I think we should. I think everyone would appreciate it.

Yeah. I mean, I just can't concentrate today. The office feels like a greenhouse.

A greenhouse is a house that's made of glass or a building, little building that's made of glass. And it's used to grow things. Greenhouses are like really common things that you find in

England, where if you want to, let's say, grow tomatoes or grow other plants that require sunshine, but also a fairly constant temperature where they won't be affected by nighttime frost.

That's where the temperature can drop below zero and it kind of kills all the veg in your garden or whatever. You have a greenhouse. It's like a little tiny little house made of glass and inside a greenhouse.

Normally, it's quite warm, isn't it? That's the greenhouse effect. It lets the light in, lets the heat in, but the heat then is trapped inside and doesn't come out. So the office feels like a greenhouse in here.

Close all the curtains. Wire the blinds up. Put the blinds down.

For goodness sake. Oh, has anyone turned the air conditioning on? The what? Why don't we just turn the air conditioning on? There is no air conditioning. You know, that could be, I don't know, someone from America.

Like, guys, guys, what's the matter with you guys? Just turn on the air con. There is no air con, Steve. What air conditioning? You mean, you mean this? You mean this? This small fan? This? That's the air conditioning, Steve.

That's it. And then someone else might say, I'm just counting down until home time. I'm just counting down, counting the hours until home time, to be honest.

Home time, meaning the time when we can go home. No, I'm just counting down until home time. Can't wait to get home, to be honest.

Why do you have air conditioning there? No, no, I just I just don't want to die in the office. And if you're looking for relief, you're looking for relief from the discomfort, what would you say? We say things like, oh, I need an ice cream. Oh, I'd love an ice cream.

Oh, I fancy an ice cream. That would be nice. Oh, I need a cold drink.

Let's find somewhere with air conditioning, shall we? Where's that? Where is there? Well, Pretz, there's air conditioning in Pretz. All right, let's go down to Pretz. Meanwhile, in Pretz, everyone is there.

Fancy a cold drink? Tell you what? I'm staying indoors today. I'm not going outside. Tell you what? That's what English people will often say.

Tell you what? Just before they then make their comment. Tell you what? I'm not going outside today. I tell you what? It's like a greenhouse out there.

It's like a greenhouse in here as well. I tell you what? I'm not moving unless I absolutely have to. This is it.

I'm just going to stay in this exact position in front of this fan. I'm not moving unless I absolutely have to. How do you define absolutely have to, Mark? Well, three possibilities.

Toilet breaks. Toilet breaks, the area manager and tea. Tea.

Yeah. Still going to drink my still drinking my tea. I've heard that hot drinks actually can be good in hot weather.

Have you heard that? Sounds like insanity, doesn't it? A hot, a hot cup of tea. You're drinking tea like my wife will be like that. I say, well, I'm going to have a cup of tea.

And she's like, you're going to drink a cup of tea. You can drink a cup of tea now. But with a slightly French accent.

You can't drink a cup of tea. No, she doesn't sound like that. Anyway, I'll be like, yeah, I will.

Because when things are difficult, when you're in a difficult situation, a cup of tea is the solution. Even when that situation is the fact that it's 41 feels like 42 degrees. A nice hot piping hot cup of English breakfast with milk.

I've heard actually is a good idea because it obviously is a hot drink, but your stomach likes having. I don't think it's always a good idea. I've said this on the podcast before.

I don't think it's always a good idea to put cold fluid into you. Obviously, it seems like a good idea because it feels nice in your mouth. You know, it cools down your mouth a little bit as you're drinking it.

But your body has to work to, you know, to balance the temperature and inside your body is warm. You need hydration. You need H<sub>2</sub>O.

Right. You need one oxygen molecule with several hydrogen with two at least two hydrogen molecules attached to it. Not just one molecule.

You need loads of them in the form of a cup of water, preferably partially solid in a sort of flow state between liquid and solid. What I mean by that is glass of water with some ice cubes in it. You need that.

You need water, but you don't necessarily need cold. Your stomach doesn't really need cold water, does it? I think it would prefer warm water because the stomach in the stomach, they're going, God, it's bloody hard work today, isn't it? Jesus Christ. Keep going.

Keep digesting stuff. We need more water. Come on, bring it down.

And then you cover them in. Well, maybe they'd like it if you cover them in freezing water. But maybe the stomach's like, oh, it's bloody cold.

We've got to warm this up now. We're going to heat this water up now because if we didn't have enough work to do, just trying to do our normal digestion duties on a day like this. So a cup of tea can be quite good.

It makes you sweat as well. And as we know, sweat helps to cool you down as the body's natural. You know, that whole thing of spraying a thing into your face.

It's like the body. The body says, you know, when you get spray water in your face, the body's like saying, guys, you don't need to do it. I've got this.

Have you not heard of sweat? But us humans were like, no, I don't want sweat. I want this water from this little bottle, which I bought and it was made out of plastic. Why not? Well, I want to have a little thing that goes in my face, even if it does mean ruining the environment a little bit more unnecessarily, because the body already has got that covered.

The body's like, I'll do the I'll do the cooling down the skin with liquid thing. You just put put H<sub>2</sub>O in my body. I'll deal with it.

Just relax and let me do all of that cooling down stuff. But the humans like, no, I want this. Anyway, talking about talking about the future, I'm just staying in front of the fan and I'm not moving ever, said Mark.

And he was found. He was found a week later. Just his corpse, his body was found frozen in that position like that.

I'm talking about the future. Oh, you know, it's hot, isn't it? But you know what? It's supposed to get even hotter tomorrow. Oh, no.

And really, it's supposed to get even hotter tomorrow. When's this heatwave going to end? Well, yeah, they're saying it's going to

break on Friday. They're saying it's going to break break, meaning the heatwave is going to end.

I just can't wait for a thunderstorm. Feels like there's going to be a thunderstorm. You know what I mean? Feels like there's going to be a thunderstorm.

I can't wait for a thunderstorm. That's a very welcome thing, isn't it? That's when the heatwave builds and builds and builds. And then when it turns, there's normally a fantastic electrical storm.

And the weather does some really crazy things like it starts to chuck it down like it pours torrential rain. And that rain eventually turns into hail. And the next thing you know, there's little bits of ice hammering down on the roof of your car or something.

Just ice everywhere. And you kind of say to the sky, like, just make up your mind. What are you trying to do? It's it's too extreme.

Either you're trying to boil us and now you're trying to freeze us with ice. What is going on? This is this is and then a scientist comes in and says, well, this is one of the effects of climate change. It's not just global warming, but we're talking about more and more extreme weather as the fluctuations get more and more extreme.

Normally, whether weather events take place within a fairly narrow range. Right where the top temperature might be here, the bottom temperature might be here. Wind speeds and likelihood of storms and average amounts of rainfall might all exist within a fairly narrow band.

But then we will see more and more that the the parameters of this, this band gets wider and wider and the extremes get more and more extreme. If that is possible, it can can things become more and more themselves. Is that possible? But this tea is just becoming more and more tea all the time.

How do you do that to your tea? How do you make it become more tea than it was before? I don't know. I just fill it up from the teapot. So, yeah, fluctuations going to get more and more higher and lower temperatures and more and more extreme weather events.

We desperately need some rain, someone might say. Classic British heatwave small talk is a very realistic conversation between two British people. Morning.

Morning. Right. Morning.

Morning. How are you doing? Well, hot. Yeah, a bit warm, isn't it? Bit warm.

It's absolutely roasting. Didn't sleep a wink last night. No, neither did I. The bedroom was like a sauna.

It's supposed to hit 38 degrees later. Great. So that's obviously sarcasm.

Oh, great. Normally, when something really bad has happened or is going to happen. Oh, great.

The bedroom was like a sauna. Didn't sleep a wink. I was tossing and turning all night.

Yeah, it's supposed to hit 38 degrees later with a feels like temperature of 42, whatever that means. Great. Honestly, our houses just aren't built for this, are they? Fancy a cold drink? Now you're talking.

Now you're talking. That means that's a good idea. Now you've said something.

I like the sound of what you've just said. Meaning and that's a good suggestion. That's a good suggestion.

That's what it means. Now you're talking. It's like anyway, fancy a pint.

Oh, now you're talking. Or let's go for a pizza. Now you're talking.

So those are the sorts of things you will hear in Britain whenever temperatures climb above about 12 degrees centigrade, probably. Right. Let's move away from complaining about boiling hot weather and look at some idioms and expressions.

Let's move on to idioms and expressions with the word hot. This is what was advertised in the title of the episode, possibly, depending on how I titled the episode. And I could I could understand potentially if someone decided to listen to this and think, right, I will learn today.

I'm going to learn idioms and expressions with the word hot. I will listen to this podcast. It says that's what's in the title.

That's what I will get immediately from the very moment I press play. This is what I will get. Right.

Play. Here we go. Ninety minutes later.

Right. Let me teach you some idioms and expressions. Meanwhile, this particular listener has become a skeleton with headphones on or has left some sort of brief and irritated and fairly rude comment on YouTube before clicking onto.

I don't know. What would it be? A video of a bear trying to break into someone's house. You know, just the usual.

It's just a normal day on YouTube, isn't it? Anyway, let's move on to idioms and expressions with the word hot. There are a lot, a lot of hot idioms and expressions, as you will see. There they are.

These are. Yes, I'm going to say that thing. Oh, I think my brain stopped working.

It's just too hot. These are about these. These are about.

Shall I start this again? Idioms and expressions. Let's move on now to idioms and expressions with the word hot. Hot.

There are a lot, as you will see. These are all about. Why is that so hard to say? OK, as Luke's brain melts, as Luke's brain melts onto the table, seagulls emerge feeding on the molten brains.

The seagulls derive many rich nutrients and minerals from the brain matter, which they then vomit into the mouths of their young offspring. And the life cycle continues idioms and expressions. Let's move on to idioms and expressions with the word hot.

There are a lot, as you will see. These are about all sorts of other things, not just hot weather. I've narrowed down this list to about 30 items to save time.

Ha ha ha. Save time, right? So there are more expressions than this. I mean, there are more expressions with the word hot than this, which you might know.

So if you know others, feel free to put them in the comments because there might be one person says, what about this idiom? You didn't mention this one. If you know that any others put them in the comments section. Categorising, categorising these expressions can help you understand and remember them.

Most of these expressions can be categorised like this, where hot means some different things. So hot can mean popular. It can mean controversial.

I think we mentioned this before, right? Popular, controversial, angry, immediate or urgent. It can mean pressure. And it can also mean pursuit.

That means chasing someone, chasing someone or action. Right. Like in a Hollywood movie.

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So in terms of popular, we say hot property. He is hot property. It's hot property.

He's a hot. They are the hot favourite, a hot spot. I'll go into these in a bit more detail in a moment.

Controversial, a hot topic, a hot take. It's too hot to handle. Hot can mean angry.

He's getting hot under the collar. He's got a hot temper. He's a bit of a hot head.

Immediate or urgent. This is hot off the press. You've got a strike while the iron is hot.

Get it while it's hot. Get them while they're hot. Hot can mean pressure.

He's in the hot seat. He's in hot water now. Hot can mean pursuit or action.

Hot on the trail of something. I'm here on the streets of Paris and I'm hot on the trail of one of the rarest creatures that you can find in this environment. That's right.

It's Luke from Luke's English Podcast. And I've just spotted him. There he is melting into the street.

Oh no, we're too late. What a weird situation that is. Hot on the trail, in hot pursuit.

There he goes. He's just there with the police in hot pursuit. Although that sounded like the police first and then the other person afterwards.

Never mind if my stupid improvisations don't make complete sense. You forgive me, don't you, because of the conditions that I'm operating in here. And to be hot on someone's heels.

So maybe this is a bit ambitious or overambitious, but what I'd like to do now is do a vocabulary ramble. I'm just going to ramble about whatever comes into my head, but I have to use each expression one after the other. Let's see if this makes sense.

Your job is to follow my train of thought and to spot expressions with the word hot. Can you identify the whole phrase each time? Not just the word, but all the parts. I'm going to give myself the first and last lines of my story here, and I'll just improvise all the stuff in the middle.

I've just realised, listeners, I'm developing a little itchy cough. You know what, listeners? I'm going to just stop here for a second because I get carried away when I'm doing episodes of the podcast. I get into this pod zone.

It's a kind of flow state where I'm really involved in what I'm doing and enjoying it a lot. And as a result, I kind of lose track of time or time seems to slow down or speed up or something like that. And what can happen is that I can end up, as you well know, talking and talking and talking for quite a long time.

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And it is actually quite exhausting. Sometimes after a long rambling episode or at least just some long podcast recording. I do find myself very tired afterwards.

I've had a great time, but it does take some energy to do this. And I've just had a thought of thought. I need to be clever.

I need to be wise. I need to be cautious. And so idioms and expressions with heart.

There's quite a lot there. What I was planning to do is to improvise a story now involving all the expressions and just improvise it on the spot. It would be good.

It would be funny. And then I'd kind of quickly go through the idioms and clarify them and explain them. I think that would be great.

But I think I've got to look after myself a bit. I can feel I've got a slightly itchy throat. I did.

I was sick, actually, a week ago. I won't go into the details. I'm absolutely fine now.

But at the same time, it's so hot and it's so energy sapping. I mean, it saps the energy out of you. This hot weather.

Conditions are pretty extreme, actually. Extreme conditions. The conditions are fairly extreme with this hot weather.

And I've got to look after myself. I've got a busy time coming up with a lot of different types of different commitments that I've got to deal with and other things. Both family stuff and work related stuff, podcast stuff, my job stuff, family stuff, family stuff, podcast stuff, work stuff, lots of stuff.

What I'm trying to say is I think it would be wise actually to stop right now. Even though I haven't even done the idioms and expressions that are in the title of the episode. I think that I'm not going to put idioms and expressions with hot in the title of the episode.

I think I'm just going to I'm going to come up with something else. But the idioms and expressions are going to have to stop. I can't.

I can't go through them all. I don't want to. I don't want to ruin my voice.

I've done that in the past. It sounds strange. Sometimes when it's really, really hot and I have to teach a lot, I lose my voice.

I'm prone to having throat problems in hot conditions. If you heard my sick in Japan story, what happened there, it was incredibly hot. Japanese summer.

I didn't know how to deal with it. I got really, really tired, but I was teaching intensely every day using my voice in air conditioned rooms. I might add, not that I'm in air conditioned in air conditioned conditions here.

But I developed. I mean, I got sick in a variety. I got like anyway, and I've had it before as well.

Lots of times. Summer heatwave teaching tired, exhausted, lose my voice. There was a Lepster meetup in London sometime ago.

Once, once upon a time. Were you there? If you were there, leave a comment in the comment section. And I had it was in the summertime and I had lost my voice.

It was a pub in Fitz Rovia in London, one of my favourite parts of the city. And a bunch of Lepsters were there. Zdenek from Zdenek's English podcast was there helping me to organise it.

A bunch of people were there in the pub and I turned up. And a lot of those people didn't know what I look like. I think it was before I was doing so much video and most of the people there were audio listeners.

So they were very familiar with my voice, but not so familiar with my face. And I turned up and I was kind of speaking like this. Hi, everyone.

Great to have you here. And they all looked at me and they're like, who's this? You know, they're like, who's this guy? And Zdenek was like, that's that's Luke. Hi.

Yeah, it's me. It's me. Hi.

So how is everyone? What's what's your name? And they're like, no, no, no. I know Luke. I know Luke's voice.

That's not Luke's voice. Who is this strange person who's walked? You know, London's got a lot of weirdos. Are you just one of those? No, it's me.

You know. And also I've recorded podcasts in the past where I've had a dodgy voice. You get the idea.

I'm going to basically what I'm saying is I think I should stop. And I'm going to stop now because I can feel like a little tickling, a little itchy throat and I should rest my voice now. Everyone, you understand? Of course you understand.

Thank you. Thank you. Thank you for saying that.

Thank you. That's very nice. You don't mind.

Of course. Yeah. Yeah.

It's been it's been over an hour and a half. Yeah, that's fine, isn't it? No, I think you're right. Yeah.

OK, then. Yeah. Sure.

OK. All right. Well, yeah, maybe I can do that.

So listen, guys, you know, I'm doing here. I'm imagining that I'm having a conversation with you, but you're only hearing half of the conversation to get the idea. And you could just use your imagination to fill in the blanks.

Let's carry on with that. I quite like doing that. Yeah.

OK. Yeah, that's not a bad idea. It's like a telephone conversation, isn't it? Yeah, that's not a bad idea.

Yeah. OK. Maybe I can do that.

Mm hmm. I'm not sure. I don't know.

Maybe next week. Maybe it could be a premium episode. That could be good.

That's not a bad idea. Yeah, I don't normally do that. I don't normally like split free episodes and complete free episodes as premium episode.

It seems a bit exclusionary, you know? Yeah, probably overthinking it. I'm overthinking it on time. OK, well, yeah.

Thanks for the suggestion. I will. I will do that.

I think it's a really good idea. Thanks for that. Everyone say thanks to what's your name again? Hiroshi.

OK, thanks, Hiroshi. Everyone's like, good idea, Hiroshi. OK, so Hiroshi is Hiroshi's a doctor.

Doctor, you know, Dr. Hiroshi, Dr. Hiroshi Nakamura. Who is Hiroshi Nakamura? Is that a famous person? No, no, it's not Nakamura Negishi. Dr. Hiroshi Negishi.

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Dr. Hiroshi Negishi has given his professional opinion. He's a friend of mine. He's a doctor.

He thinks I should probably stop. And I think he's right. OK, good.

I'm glad everyone agrees. All right, then. Well, look, it seemed to end suddenly on a bit of a cliffhanger.

I wanted to go through the rest of the idioms and expressions. What you can do, though, is you can check the episode PDF because they are listed and there is a detailed vocabulary list which outlines all of those little expressions with definitions, examples and other comments. For example, a hotspot, a place where a lot of activity, interest or excitement is concentrated.

For example, Berlin has become a hotspot for tech startups. Barcelona is a major tourist hotspot and the locals aren't happy. I need to find a Wi-Fi hotspot.

Very, very common. OK, I think that's probably enough, but you'll find loads more. It's not 30.

I actually narrowed it down to less than that. But you know, I really enjoyed doing this episode. It's been fun.

But check the PDF to see all the idioms and expressions because there are some nice phrases there. Let me know in the comments section what's going on with you. Is it really hot? Is it really cold? Is it just in the middle? Is it just lukewarm? That is a word.

That is one word. L-U-K-E-W-A-R-M. Lukewarm.

It's my least favourite word because it has my name in it.

Lukewarm just means turgid, sort of somewhere. Why not turgid? I meant tepid.

Lukewarm is a synonym for tepid. That's what I meant to say. So if I say turgid again, just replace it in your brain with tepid.

Or maybe I'll replace it myself and you'll just hear me say tepid with a slightly different microphone. So anyway, lukewarm. My least favourite word because it's got my name in it and it's got a sort of generally negative meaning, as I'm about to continue explaining here.

And then I'm going to stop. By the way, my voice is fine. Not very specific.

Is it warm? Is it cold? It's just sort of in the middle. Lukewarm water. This tea is lukewarm.

That's not my tea. It's been sitting here for half an hour. Lukewarm is normally negative.

Lukewarm. We did a show and it got a bit of a lukewarm response from the audience. Yeah, got a lukewarm response.

Lukewarm. My least favourite word in the English language because it's a negative word that means rather nonspecific and unsatisfying. And it's got my name in it.

I mean, how would you feel if your name was in a word that meant something negative? But how was the how was the presentation? Oh, it got. What's your name? Let's say your name is Joaquina. Joaquin.

Joaquin. Right. Let's say your name is Joaquin.

I don't know if I'm pronouncing it correctly. How was the presentation? Well, it was kind of it got a bit of a *Joaquin response*. Oh, really? Oh, dear.

You wouldn't like that either, would you? I don't think you would. You understand. Lukewarm.

How did I end up talking about lukewarm? I don't know. But it's time to stop. Yes.

Anyway, how are you? Hot? Boiling hot? Cold? Freezing cold? Fine? Let us know in the comments section. And also, yeah, let us know basically the conditions that you're in at the moment. I'd like to know.

And also, how have you enjoyed this episode? And what have you enjoyed about it? If indeed you have enjoyed it, enjoyed it. Maybe you've just been listening like, oh, God, just make please finish so we can just do something else. You know, you can stop anytime you want.

You know that, don't you? Um, okay. Dr. Hiroshi Negishi has recommended that I rest my voice now. And as my personal

physician, he does have what he does actually control everything I do.

So I better do what he says. Because now I'm because I'm owned by the Toyota Corporation. Did you know that? It's not true.

But yeah, I'm owned by the Toyota Corporation now. It's not not it's not no, it's Panasonic. Sorry.

Whoops. Panasonic. There was a there was a big deal behind the scenes and Panasonic own everything.

They own me. I own my voice. And Dr. Hiroshi Negishi was the doctor that they sent to work directly with me.

He gives he gives me injections. He carefully monitors my diet. It's a bit annoying, really.

I'm like, can I can I can I know you can't. Oh, really? Look, Luke, you're feeling you seem a bit tired. Quick injection.

I'll just inject you with this. What is it just vitamins? Ah, okay. But Dr. Hiroshi Negishi is suggesting that I need to stop.

So I better stop because if if I don't, then they can take me to court and they can sue me for what it's saying the contract in excess of 1 million euros. So I better stop then. Yeah, that was a joke, by the way.

That's not true. Okay, so don't write in. But anyway, thanks so much for listening.

If you're boiling hot, I hope that you managed to stay cool, calm and collected. Put your feet in a bowl of cool water, lukewarm water. Yeah, that'll help.

But from now for now, from me to you, it is just time for me to say, as I just think, is there something important I need to add? No, I can't add anything now at the end of the episode. So I'll just end the episode properly by wishing you a lovely morning, afternoon, evening or night. And I hope that you managed to get some good sleep tonight.

Let's just hope there's a lovely thunderstorm and a mad hailstorm and then things cool down a bit and go normal again. Okay, take care. Lovely to talk to you.

Speak to you next time. But for now, goodbye. Bye bye bye bye.

*Thanks for listening to Luke's English podcast. For more information, visit [teacherluke.co.uk](http://teacherluke.co.uk)*