What is claimed is:

1. A transmitting method performed by a User Equipment (UE), comprising:

obtaining first information, wherein the first information is information related to transmission timing,

wherein the first information comprises a first threshold; and when first time is greater than or equal to the first threshold, the method comprises:

performing the first adjustment to the transmission timing by the UE; wherein the first time comprises at least one of following:

receiving time difference;

difference between receiving time before the first adjustment and receiving time after the first adjustment;

a transmission timing error.

2. The method according to claim 1, wherein the first information comprises Synchronization Signal Block (SSB) information;

when a received beam is an SSB in the SSB information or a received Quasi Co-Location (QCL) is an SSB in the SSB information, the method further comprises:

applying first adjustment by the UE to adjust the transmission timing, wherein the SSB information comprises at least one of following:

an SSB index;

SSB pairing information;

SSB group information;

SSB group pairing information.

3. The method according to claim 1, wherein the first information comprises the first threshold; when first time is greater than or equal to the first threshold, the transmission timing of the UE comprises second time;

wherein the second time comprises at least one of following:

receiving time difference;

twice of the receiving time difference;

difference between receiving time before the first adjustment and receiving time after the first adjustment;

twice of the difference between the receiving time before the first adjustment and the receiving time after the first adjustment;

twice of a transmission timing error;

the transmission timing error;

wherein the first time comprises at least one of following:

receiving time difference;

difference between receiving time before the first adjustment and receiving time after the first adjustment;

a transmission timing error.

4. The method according to claims 2 or 3, wherein the first adjustment comprises:

one shot transmission timing adjustment.

5. The method according to claim 1, further comprising:

receiving first indication information transmitted by a network device, wherein the first indication information is used to indicate enabling or disabling first adjustment.

6. The method according to claim 1, further comprising:

receiving at least one of following from a network device:

second indication information indicating whether being in a high-speed train scenario;

TCI conversion information;

third indication information indicating whether to start first adjustment between two network units.

7. A transmitting method performed by a network device, comprising:

transmitting first information to a UE, wherein the first information is information related to transmission timing of the UE,

wherein the first information comprises a first threshold; and when first time is greater than or equal to the first threshold, the UE performs the first adjustment to the transmission timing; wherein the first time comprises at least one of following:

receiving time difference;

difference between receiving time before the first adjustment and receiving time after the first adjustment;

a transmission timing error.

8. The method according to claim 7, wherein the first information comprises SSB information, and the SSB information comprises at least one of following:

an SSB index; SSB pairing information; SSB group information; SSB group pairing information.

9. The method according to claim 7, wherein the method further comprises:

transmitting first indication information to the UE, wherein the first indication information is used to indicate enabling or disabling first adjustment;

or,

the method further comprises transmitting at least one of following to the UE:

second indication information indicating whether being in a high-speed train scenario;

TCI conversion information;

third indication information indicating whether to start first adjustment between two network units;

or,

the method further comprises receiving second information from the UE, wherein the second information comprises at least one of following:

fourth indication information of whether to perform first adjustment;

a quantity of times of performing first adjustment within a preset time duration;

timestamp information of performing the first adjustment.

10. The method according to claim 7 or 8, wherein the first information further comprises timing advance indication information, and the timing advance indication information is configured to indicate an index range of the timing advance.

11. A transmitting apparatus applied to a UE, comprising:

a first obtaining unit, configured to obtain first information, wherein the first information is information related to transmission timing,

wherein the first information comprises a first threshold; and when first time is greater than or equal to the first threshold, the transmission apparatus is further configured to:

perform the first adjustment to the transmission timing; wherein the first time comprises at least one of following:

receiving time difference;

difference between receiving time before the first adjustment and receiving time after the first adjustment;

a transmission timing error.

12. The transmitting apparatus according to claim 11, wherein the first information comprises Synchronization Signal Block (SSB) information;

when a received beam is an SSB in the SSB information or a received Quasi Co-Location (QCL) is an SSB in the SSB information, the method further comprises:

applying first adjustment by the UE to adjust the transmission timing, wherein the SSB information comprises at least one of following:

an SSB index;

SSB pairing information;

SSB group information;

SSB group pairing information.

13. The transmitting apparatus according to claim 11, wherein the first information comprises the first threshold; when first time is greater than or equal to the first threshold, the transmission timing of the UE comprises second time;

wherein the second time comprises at least one of following:

receiving time difference;

twice of the receiving time difference;

difference between receiving time before the first adjustment and receiving time after the first adjustment;

twice of the difference between the receiving time before the first adjustment and the receiving time after the first adjustment;

twice of a transmission timing error;

the transmission timing error;

wherein the first time comprises at least one of following:

receiving time difference;

difference between receiving time before the first adjustment and receiving time after the first adjustment;

a transmission timing error.

14. The transmitting apparatus according to claims 12 or 13, wherein the first adjustment comprises:

one shot transmission timing adjustment.

15. The transmitting apparatus according to claim 11, further comprising:

a second receiving unit, configured to receive first indication information transmitted by a network device, wherein the first indication information is used to indicate enabling or disabling first adjustment.

16. The transmitting apparatus according to claim 11, further comprising:

a second receiving unit, configured to receive at least one of following from a network device:

second indication information indicating whether being in a high-speed train scenario;

TCI conversion information;

third indication information indicating whether to start first adjustment between two network units.

17. A transmitting apparatus applied to a network device, comprising:

a first transmitting unit, configured to transmit first information to a UE, wherein the first information is information related to transmission timing of the UE,

wherein the first information comprises a first threshold; and when first time is greater than or equal to the first threshold, the UE performs the first adjustment to the transmission timing; wherein the first time comprises at least one of following:

receiving time difference;

difference between receiving time before the first adjustment and receiving time after the first adjustment;

a transmission timing error.

18. The transmitting apparatus according to claim 17, wherein the first information comprises SSB information, and the SSB information comprises at least one of following:

an SSB index; SSB pairing information; SSB group information; SSB group pairing information.

19. The transmitting apparatus according to claim 17, wherein

the first transmitting unit is further configured to:

transmit first indication information to the UE, wherein the first indication information is used to indicate enabling or disabling first adjustment;

or,

transmit at least one of following to the UE:

second indication information indicating whether being in a high-speed train scenario;

TCI conversion information;

third indication information indicating whether to start first adjustment between two network units;

or,

wherein the apparatus further comprises a third receiving unit, configured to receive second information from the UE, wherein the second information comprises at least one of following:

fourth indication information of whether to perform first adjustment;

a quantity of times of performing first adjustment within a preset time duration;

timestamp information of performing the first adjustment.

20. The transmitting apparatus according to claim 17 or 18, wherein the first information further comprises timing advance indication information, and the timing advance indication information is configured to indicate an index range of the timing advance.