

# Mandarin Corner

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Dàjiā hǎo, huānyíng láidào Mandarin Corner, wǒ shì Eileen.

大家好，欢迎来到Mandarin Corner，我是Eileen。

Hi everyone! Welcome to Mandarin Corner, I am Eileen.

2

Jīntiān yǒu yī wèi xīn péngyou lái cānyù wǒmen de tāolùn o.

今天有一位新朋友来参与我们的讨论哦。

Today we are having a new friend joining our discussion.

## Audio Podcast With Subtitles - Chinese Girls Don't Have Freckles?

3

Xiàmian wǒmen qǐng tā zuò gè zìwǒjièshào ba.

下面我们请她做个自我介绍吧。

Let's have her introduce herself.

4

Dàjiā hǎo, wǒ shì Huìlín. Hěn kāixīn lái dào zhèlǐ!

大家好，我是慧琳。很开心来到这里。

Hello, everyone! I am Huilin and I am happy to be here.

5

Nǐ zhīdào Zara zhège pǐnpái ma?

你知道Zara这个品牌吗？

Are you aware of the brand, Zara?

6

Zhīdào a, wǒ yǒu hěn duō yīfu dōu shì tāmen jiā de.

知道啊，我有很多衣服都是他们家的。

Sure. I bought a lot of clothes from them.

7

Shànggèyuè, Zara fā de yī piān wēibó yǐnqǐ le hěn dà de zhēngyì,

上个月，Zara发的一篇微博引起了很大的争议，

Last month, a Weibo post from Zara sparked a huge controversy.

8

Nà zhè jiàn shì nǐ tīngshuō le ma?

## Audio Podcast With Subtitles - Chinese Girls Don't Have Freckles?

那这件事你听说了吗？

Have you heard of this?

9

Nǐ shì shuō nàge guānyú mǎnliǎn quèbān de nǚ mótiè shìjiàn ma?

你是说那个关于满脸雀斑的女模特事件吗？

Are you talking about the model who has freckles all over her face?

10

En, duì!

嗯，对！

Yes!

11

Zhè jiàn shì wǒ zài xīnwén shàng yě kàndào le.

这件事我在新闻上也看到了。

I have read about it on the news.

12

Nà nǐ néng gěi wǒmen dàgài jiǎng yī jiǎng shì zěnmé huí shì ma?

那你能给我们大概讲一讲是怎么回事吗？

So can you tell us what happened?

13

Dàgài de shìjiàn shì Zara gōngsī tōngguò wēibó fābù le

大概的事件是Zara公司通过微博发布了

What happened was that Zara had posted

## Audio Podcast With Subtitles - Chinese Girls Don't Have Freckles?

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jǐ kuǎn cǎizhuāng de xuānchuán guǎnggào.

几款彩妆的宣传广告。

a few photos to promote their make-up products through Weibo (Chinese Twitter).

15

Zhǎnshì chǎnpǐn de shì yī wèi Zhōngguó nǚ móte,

展示产品的是一位中国女模特，

The products were demonstrated by a Chinese model

16

míngjiào Lǐ Jìngwén.

名叫李静雯。

named Li Jingwen.

17

Túpiàn shàng de tā mǎnliǎn quèbān,

图片上的她满脸雀斑，

On these photos, freckles were all over her face

18

méiyǒu rènhe PS de hénjì.

没有任何PS的痕迹。

and there was no attempt to remove them with Photoshop (image manipulation software).

19

Yǒuxiē wǎngyǒu jiù juéde Zara zhè shì zài gùyì bù gěi móte huàzhuāng,

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有些网友就觉得Zara这是在故意不给模特化妆,

So some netizens felt Zara intentionally didn't put make-up on this model

20

bìng zhǎnshì tā de quèbān.

并展示她的雀斑。

to showed her freckles.

21

Tāmen hái juéde zhèzhǒng xíngwéi shì zài gùyì chǒuhuà

他们还觉得这种行为是在故意丑化

They also felt Zara's behavior indicated that they wanted to uglify

22

Zhōngguó nǚxìng, shènzhì shì Yàzhōu nǚxìng.

中国女性、甚至是亚洲女性。

Chinese women and even all Asian women.

23

Nà zhèxiē wǎngyǒu jùtǐ shì zěnmē shuō de ne?

那这些网友具体是怎么说的呢?

So what exactly did these netizens say?

24

Néng bùnéng dú liǎng tiáo tāmen de pínglùn ne?

能不能读两条他们的评论呢?

Could you read a few of these comments?

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25

Kěyǐ de. Yǒu yī gè wǎngyǒu shì zhèyàng shuō de:

可以的。有一个网友是这样说的：

Sure. One said:

26

"Yàzhōu rén zài tāmen yǎn lǐ jiùshì yòu huáng yòu shòu,

“亚洲人在他们眼里就是又黄又瘦，

"Asians are yellow skin, thin,

27

mǎnliǎn quèbān, guózìliǎn.

满脸雀斑，国字脸。

full of freckles and square face" (in westerners' eyes)

28

Mótiè yě cónglái dōu shì xuǎn zhèzhǒng de, zhè shì wèishénme?

模特也从来都是选这种的，这是为什么？

and they always use models that look like that. Why is that?

29

Jiù bùnéng xuǎn Yàzhōu bái pífū de ma?"

就不能选亚洲白皮肤的吗？”

Can't they choose Asians who have white skin?"

30

Lìngyī gè wǎngyǒu shì zhèyàng shuō de:

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另一个网友是这样说的：

Another one said:

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"duibuqǐ, wǒmen Yàzhōu nǚxìng méiyǒu quèbān.

“对不起，我们亚洲女性没有雀斑。

"Sorry, we Asian women don't have freckles.

32

Jíshǐ yǒu, yě shì jíshǎoshù,

即使有，也是极少数，

And even if we do, that's extremely rare.

33

xiàng zhèyàng niánqīng jiù mǎnliǎn de,

像这样年轻就满脸的，

And somebody like her who is still young, but already has this many freckles,

34

yěxǔ jiù zhǐyǒu tā ba."

也许就只有她吧。”

perhaps she is the only one."

35

Háiyǒu yī gè wǎngyǒu shuō de gèng yánzhòng le:

还有一个网友说得更严重了：

There was another comment which was even more extreme.

36

"rǔ huá le, dǐzhì ZARA!

“辱华了，抵制ZARA!

"They're insulting China. Boycott Zara!

37

ràng wǒmen Zhōngguó rén zhème nánkàn!

让我们中国人这么难看!

They make us Chinese look so ugly!

38

Jīng rán bù huì huà zhuāng le!

竟然不会化妆了!

They don't even know how to put make-up!

39

Hǎo kàn de nǚ rén nà me duō,

好看的女人那么多，

We have so many good-looking women.

40

zhǎo yī gè zhè yàng de ě xīn wǒ men!"

找一个这样的恶心我们! ”

Why did they have to find someone like her to disgust us!"

41



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Zhèxiē wǎngyǒu hǎo kuāzhāng a!

这些网友好夸张啊!

These netizens are being so dramatic!

42

Jǐ zhāng yǒu quèbān de zhàopiàn jiù bèi shuō chéng le wūrǔ zhěnggè Yàzhōu!

几张有雀斑的照片就被说成了污辱整个亚洲!

A few photos with freckles on them is interpreted as insulting Asia!

43

Shì de, quèshí yǒuxiē yányǔ yǒudiǎn guòjī le.

是的，确实有些言语有点过激了。

Right! The way they expressed themselves was indeed a bit extreme.

44

Qíshí zhè jiàn shì yǒu hěn duō dà de méitǐ dōu bàodào le,

其实这件事有很多大的媒体都报道了，

The incident was reported by many major media.

45

Nà duìyú zhège shìjiàn,

那对于这个事件，

So regarding this incident,

46

Zara gōngsī yǒu méiyǒu gěi chū shénme huíyìng ne?

Zara公司有没有给出什么回应呢?

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did Zara give any official response?

47

Qíshí shì yǒu de.

其实是有的。

Yes, they did.

48

Tāmen huíyìng shuō: "mótè shì yóu Xībānyá zǒngbù xuǎn de,

他们回应说：“模特是由西班牙总部选的，

Their response was: "The model was chosen by Zara's headquarter in Spain

49

bìng méiyǒu kèyì chǒuhuà Yàzhōu nǚxìng,

并没有刻意丑化亚洲女性，

and they were not trying to uglify Asian women.

50

bìngqiě zhàopiàn shì zài zìrán de zhuàngtài xià pāishè de,

并且照片是在自然的状态下拍摄的，

These photos were shot to reflect a natural state

51

wánquán méiyǒu PS.

完全没有PS。

and without using any PS (Photoshop).

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Chǎnpǐn de xuānchuán yě shì miànxiàng quánqiú de,

产品的宣传也是面向全球的,

Also, the products were not targeting only China,

53

bìngfēi zhǐ zhēnduì Zhōngguó shìchǎng."

并非只针对中国市场。”

but the world. "

54

Qíshí wǒmen kěyǐ kàn yīxià nà jǐ zhāng zhàopiàn.

其实我们可以看一下那几张照片。

Why don't we take a look at those photos?

55

Nà cóng zhàopiàn shàng wǒmen kěyǐ kàndào tā běnshēn jiùshì yǒu quèbān de.

那从照片上我们可以看到她本身就是有雀斑的。

So from the photos, we can see that she was born with freckles.

56

Dàn wǒ yě bù juéde zhè jǐ zhāng zhàopiàn hěn chǒu a.

但我也不觉得这几张照片很丑啊。

And I don't think these photos are ugly.

57

Érqiě jù wǒ suǒzhī,

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而且据我所知,

From what I know,

58

Zara gōngsī yīzhí dōu shì shǐyòng zìrán de pāishè fāngshì.

Zara公司一直都是使用自然的拍摄方式。

Zara has always used this natural way to photograph their models.

59

Yīnwèi zhège shìjiàn a,

因为这个事件啊,

Because of this incident,

60

wǒ hái tèyì de qù tāmen de guānwǎng kàn le yīxià,

我还特意地去他们的官网看了一下,

I went to visit their official website

61

kàndào le hěn duō láizì qítā guójiā de móte,

看到了很多来自其它国家的模特,

and I saw a lot of models from other countries

62

tāmen qíshí yě shì hěn zìrán de,

他们其实也是很自然的,

with natural looks,

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méiyǒu kèyì de qù zhēdǎng yīxiē xiǎo xiáocī de.

没有刻意地去遮挡一些小瑕疵的。

and they don't deliberately try to cover up small flaws.

64

Shì de. Wǒmen qíshí kěyǐ zhàn zài Zara gōngsī de jiǎodù lái xiǎng yīxià.

是的。我们其实可以站在Zara公司的角度来想一下。

Yes. We should look at this from Zara's point of view.

65

Zuòwéi yī gè gōngsī, lìrùn kěndìng shì shǒuwèi de.

作为一个公司，利润肯定是首位的。

As a company, profit always comes first.

66

Tāmen tiāoxuǎn mótiè de shíhou kěndìng bùhuì tiāoxuǎn tāmen rènwéi bùhǎo de,

他们挑选模特的时候肯定不会挑选他们认为不好的，

I am sure they wouldn't choose models that are not good,

67

bùrán nà bùshì gēn zìjǐ de pǐnpái, kèhù hé lìrùn guòbuqù ma?

不然那不是跟自己的品牌、客户和利润过不去吗？

otherwise, wouldn't this hurt their brand, their ability to get customers and profits?

68

Érqiě quèbān zài dàbùfen Xīfāngrén de yǎnzhōng shì kě'ài de dàibiǎo,

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而且雀斑在大部分西方人的眼中是可爱的代表,

Also, freckles are actually considered cute in the west,

69

shènzhì huì rènwéi zhège rén yǒudiǎn yǔzhòngbùtóng.

甚至会认为这个人有点与众不同。

and a person with them is even considered special.

70

Yǒu gèxìng? | shì

有个性? | 是

Having personality? | Right!

71

Suǒyǐ, rúguǒ tāmen bìngbù rènwéi yǒu quèbān jiùshì chǒu,

所以, 如果他们并不认为有雀斑就是丑,

So, if they don't think having freckles is ugly,

72

nà zěnmé huì cúnzài chǒuhuà ne?

那怎么会存在丑化呢?

how can the ad be considered uglifying China?

73

Dànshì wǒ kàndào yī gè wǎngyǒu fǎnbó shuō:

但是我看到一个网友反驳说:

Well, I saw a netizen who made a comment saying,

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"xiǎng zài Zhōngguó zuòshēngyì,

“想在中国做生意，

"You should respect Chinese beauty standard

75

jiù yīnggāi zūnzhòng Zhōngguó de shěnměi."

就应该尊重中国的审美。”

if you want to do business in China."

76

Nà duìyú zhège pínglùn, nǐ yǒu shénme xiǎng shuō de ne?

那对于这个评论，你有什么想说的呢？

What do you have to say about this comment?

77

Zhège pínglùn, wǒ juéde shǒuxiān wǒ shì bù tóngyì tā de guāndiǎn.

这个评论，我觉得首先我是不同意他的观点。

Well, first of all, I don't agree with his opinion.

78

Yīnwèi Zara zhè cì de chǎnpǐn bìngfēi zhǐ zhēnduì Zhōngguó shìchǎng,

因为Zara这次的产品并非只针对中国市场，

Zara's products weren't only targeting China

79

zhège zài Zara de huíyìng dāngzhōng qíshí wǒmen yě yǒu kàndào. | Duì

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这个在Zara的回应当中其实我们也有看到。| 对

and we can see it from the response Zara gave.

80

Érqiě wǒ rènwéi tāmen zuòwéi yī gè gōngsī,

而且我认为他们作为一个公司，

I think that they as a company,

81

yě yǒu quánlì xuǎnzé tāmen rènwéi hǎo de móte

也有权利选择他们认为好的模特

should have the right to choose their models

82

huòzhě shì hǎo de fāngshì lái tuīguǎng tāmen zìjǐ de chǎnpǐn.

或者是好的方式来推广他们自己的产品。

or ways that they feel are best to promote their products.

83

Nà guānyú zhège wǎngyǒu de pínglùn a,

那关于这个网友评论啊，

Regarding this comment,

84

qíshí yǒu yī diǎn wǒ xiǎngyào zhǐ chūlái,

其实有一点我想要指出来，

there is also something I would like to point out.



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nà jiùshì tā shuō "yào zūnzhòng Zhōngguó shěnměi",

那就是他说“要尊重中国审美”，

And that is when he said that they need to respect Chinese beauty standard,

86

nà Zhōngguó de shěnměi dàodǐ shì shénmeyàng de ne?

那中国的审美到底是什么样的呢？

what really is this "beauty standard"?

87

Jiùshì bái pífū, dà yǎnjīng ma?

就是白皮肤、大眼睛吗？

Is it white skin and big eyes?

88

Érqiě zhēn de měiyī gè Zhōngguó rén

而且真的每一个中国人

And does every one in China

89

dōu rènóng zhèzhǒng shěnměi biāozhǔn ma?

都认同这种审美标准吗？

agree with that?

90

Jù wǒ guānchá,

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据我观察，

From what I see,

91

háishi yǒu tǐng duō wǎngyǒu yǒu bùtóng de yìjiàn de.

还是有挺多网友有不同的意见的。

there were quite a lot of people who had different opinions.

92

Bǐrú, zhège wǎngyǒu jiù shuō:

比如，这个网友就说：

For example, this person said:

93

"wǒ juéde zhuāng róng hěn zìrán, yě hěn zhēnshí."

“我觉得妆容很自然，也很真实。”

"I think this looks pretty natural and real."

94

Háiyǒu yī gè rén shuō: "wǒ shēnbiān de nǚxìng péngyou,

还有一个人说：“我身边的女性朋友，

Another person said: "My friends

95

bù huàzhuāng dōu shì yǒu quèbān de,

不化妆都是有雀斑的，

all have freckles without make-up

96

érqiě quèbān hěn měi a!"

而且雀斑很美啊！”

and I feel that these freckles are beautiful!"

97

Suǒyǐ nǐ kàn, kàndào zhèxiē pínglùn jiù zhīdào,

所以你看，看到这些评论就知道，

So you can see from these comments,

98

Gānggang nàge wǎngyǒu de guāndiǎn

刚刚那个网友的观点

the point of view of that netizen

99

bìngbù néng dàibiǎo suǒyǒu de Zhōngguó rén.

并不能代表所有的中国人。

does not represent all Chinese.

100

Duì! Wǒ juéde méiyǒu yī gè rén

对！我觉得没有一个人

Right! And I don't think anyone

101

shì kěyǐ dàibiǎo rèn hé yī gè rén qù fābiǎo yánlùn de.

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是可以代表任何一个人去发表言论的。

can speak for other people.

102

Nà xiàmian wǒ zài fēnxiǎng yī tiáo wǎngyǒu de pínglùn ba.

那下面我再分享一条网友的评论吧。

Now, let me share another comment which

103

Wǒ juéde zhège shì fēicháng zhíde tàntǎo de yī gè diǎn.

我觉得这个是非常值得探讨的一个点。

I feel is worthwhile to discuss.

104

Shì ma? | En

是吗? | 嗯

Oh, yeah? | Em...

105

Tā shuō: " lái zhīchí yīxià Zara,

她说：“来支持一下Zara,

This person said: "I am here to support Zara.

106

ná wánměi dào bùkěnéng de liǎn zuò guǎnggào

拿完美到不可能的脸做广告

Always using faces that are perfect but impossible to achieve for advertising,

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chúle jiājù nǚxìng jiāolù, yǒu shénme zhèngmiàn yìyì ne?"

除了加剧女性焦虑，有什么正面意义呢？”

other than increasing women's anxiety, what else can it do?

108

Huìlín, nǐ tīngdào zhè tiáo pínglùn de dìyī gǎnjué shì shénme?

慧琳，你听到这条评论的第一感觉是什么？

Huilin, what is your first impression when listening to this comment?

109

Qíshí wǒ fēicháng rèntóng!

其实我非常认同！

I agree with her.

110

Wǒ juéde tā de zhège guāndiǎn nénggòu yǐnfā wǒmen sīkǎo.

我觉得她的这个观点能够引发我们思考。

And I feel her words can make us think.

111

Yīnwèi xiànzài shì yī gè kàn yánzhí de shídài,

因为现在是一个看颜值的时代，

This is an age of appearance,

112

wǒ zìjǐ jiùshì yī gè yīn yánzhí ér jiāolù de nǚxìng.

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我自己就是一个因颜值而焦虑的女性。

and I am a woman who is anxious about my look.

113

Suīrán méiyǒu nàme jiāolǜ, dànshì háishi yǒuyīdiǎnr.

虽然没有那么焦虑，但是还是有一点儿。

Although not that anxious, I still have a little bit.

114

Érqiě zài wǒ shēnbiān, měitiān dōu néng kàndào wánměiwúxiá de liǎn,

而且在我身边，每天都能看到完美无瑕的脸，

Everyday, I see perfect, flawless faces

115

Wúlùn shì zài diànshì shàng háishi wǒ de péngyou quān.

无论是在电视上还是我的朋友圈。

whether on TV or in my Wechat Moments (Moments are used to share photos or other things with friends, similar to Facebook Moments)

116

Dànshì ne dàbùfen rén de zhēnshí zhuàngtài

但是呢大部分人的真实状态

But most people in their natural state

117

qíshí shì dábudào nàge biāozhǔn de. | Duì

其实是达不到那个标准的。| 对

cannot reach those standards. | Right!

## Audio Podcast With Subtitles - Chinese Girls Don't Have Freckles?

118

Suǒyǐ a, zhèxiē zài rìcháng shēnghuó zhōng kěnéng huì

所以啊，这些在日常生活中可能会

So, women who might be

119

bèi rènwéi "chǒu" de nǚxìng jiù huì zāoyù dào gèzhǒng qíshì.

被认为“丑”的女性就会遭遇到各种歧视。

considered "ugly" will likely experience some kind of discrimination.

120

Duì de! Shuōqǐ qíshì,

对的！说起歧视，

Right! Speaking of discrimination,

121

bǐrú wǒ ba, xiǎoshíhou hěn hēi,

比如我吧，小时候很黑，

I used to have dark skin when I was a kid,

122

yǒu hěn duō xiǎopéngyǒu dōu bùhuì gēn wǒ wán,

有很多小朋友都不会跟我玩，

and many kids wouldn't play with me because of that.

123

tāmen gěi wǒ qǔ le yī gè wàihào jiàozuò "hēi mèi".

## Audio Podcast With Subtitles - Chinese Girls Don't Have Freckles?

她们给我取了一个外号叫做“黑妹”。

They even gave me a nickname, "Black Girl".

124

Suǒyǐ tāmen jiùshì yīnwèi nǐ hēi, jiù bù gēn nǐ wánr le ma?

所以她们就是因为你黑，就不跟你玩儿了吗？

So, they didn't play with you just because you were dark?

125

Duì a! Kěnéng zài tāmen de yǎnzhōng, wǒ gēn tāmen bù tài yīyàng ba,

对啊！可能在她们眼中，我跟她们不太一样吧，

Yes! Maybe in their eyes, I was different

126

jiù xiàng chǒuxiǎoyā yīyàng.

就像丑小鸭一样。

just like the ugly duckling.

127

Dànshì chǒuxiǎoyā hòumian yě biànchéng le tiān'é ya!

但是丑小鸭后面也变成了天鹅呀！

But the ugly duckling eventually became a swan!

128

Nà nǐ xiànzài yě suànshì tiān'é le.

那你现在也算是天鹅了。

So you are now a swan!



**Audio Podcast With Subtitles - Chinese Girls Don't Have Freckles?**

129

Duì, wǒ jiù shì nàge dúyīwú'èr de.

对，我就是那个独一无二的。

Right! I was the unique one!

130

Qíshí wǒ yě yǒu lèisì de zāoyù.

其实我也有类似的遭遇。

I actually had a similar experience.

131

Wǒ nàge shíhou yīnggāi shì shíliù suì de shíhou, háishi zài dúshū.

我那个时候应该是十六岁的时候，还是在读书。

When I was 16 and still in school,

132

Wǒ ànliàn yī gè nánshēng,

我暗恋一个男生，

I had a crush on a guy.

133

dànshì wǒ bèi tā cháoxiào le!

但是我被他嘲笑了！

But I was laughed at by him!

134

Wèishénme?

## Audio Podcast With Subtitles - Chinese Girls Don't Have Freckles?

为什么?

Why?

135

Nà shì yīnwèi wǒ liǎn shàng yǒu hěn duō quèbān,

那是因为我脸上有很多雀斑,

It was because I had a lot of freckles

136

érqiě dāngshí hěn míngxiǎn.

而且当时很明显。

and they were very obvious.

137

Tā jiù gěi wǒ qǔ le yī gè wàihào, jiào "mázi liǎn".

他就给我取了一个外号，叫“麻子脸”。

So he called me "pockmarked face".

138

Qíshí shì hěn nántīng de.

其实是很难听的。

It was really harsh.

139

Wǒ bù zhīdào wàiguó péngyou néng bù nénggòu lǐjiě zhège cí.

我不知道外国朋友能不能够理解这个词儿。

I don't know if our foreign students can understand this term.

## Audio Podcast With Subtitles - Chinese Girls Don't Have Freckles?

140

Dàn qíshí rúguǒ Zhōngguó rén tīng dào de huà,

但其实如果中国人听到的话,

But if a Chinese hears this,

141

jiù huì zhī dào tā qíshí shì yī gè biǎnyì de cí.

就会知道它其实是一个贬义的词。

he/she will feel that this is a derogatory term.

142

Wǒ jiù jì de dāngshí jué de hǎo shāngxīn a, xīn dōu yào suì le.

我就记得当时觉得好伤心啊, 心都要碎了。

I remember I felt very sad and heartbroken.

143

Tóngshí ne yòu guài zìjǐ,

同时呢又怪自己,

At the same time,

144

zěnmé huì zhǎng le zhème nánkàn de quèbān ne?

怎么会长了这么难看的雀斑呢?

I blamed myself for having those ugly freckles.

145

"Wèishénme biéren bù zhǎng, jiù wǒ zhǎng?"

## Audio Podcast With Subtitles - Chinese Girls Don't Have Freckles?

“为什么别人不长，就我长？”

"Why didn't other people have them, only me?"

146

Suǒyǐ a, yīnwèi wǒ de quèbān ne,

所以啊，因为我的雀斑呢，

Because of my freckles,

147

yǒu hěn cháng de yī duàn shíjiān wǒ dōu hěn zìbēi.

有很长的一段时间我都很自卑。

there was a long period of time in which I felt inferior.

148

Wǒ nénggòu lǐjiě nǐ de gǎnshòu.

我能够理解你的感受。

I can understand your feelings.

149

Wǒ yě hěn tóngqíng nǐ de zāoyù,

我也很同情你的遭遇，

And I sympathize with you.

150

jūrán bèi yī gè zìjǐ ànliàn de nánshēng cháoxiào!

居然被一个自己暗恋的男生嘲笑！

You were mocked by a guy whom you had a crush on!

## Audio Podcast With Subtitles - Chinese Girls Don't Have Freckles?

151

Dànshì tā bù zhīdào wǒ ànliàn tā.

但是他不知道我暗恋他。

But he didn't know that I liked him.

152

Jiù xiàng wǒ xiànzài yīyàng ba,

就像我现在一样吧,

Just like me,

153

yīnwèi yánzhí wǒ yě yǒu yīdiǎndiǎn zìbēi.

因为颜值我也有一点点自卑。

because I still feel a little inferior about my appearance.

154

Zěnmē shuō ne?

怎么说呢?

How?

155

Yīnwèi wǒ fāxiàn zài wǒ de péngyou quān dāngzhōng,

因为我发现在我的朋友圈当中,

Because in my Wechat moments,

156

yuèláiyuè duō de rén huì fēnxiǎng zìjǐ de zìpāizhào,

## Audio Podcast With Subtitles - Chinese Girls Don't Have Freckles?

越来越多的人会分享自己的自拍照,

there are more and more people sharing their selfies.

157

érqiě nàxiē zhàopiàn dōu shì nàzhǒng fū bái màoměi,

而且那些照片都是那种肤白貌美,

And on those photos, they all looked so beautiful

158

jiù xiàng guǎnggào shàng de míngxīng yīyàng.

就像广告上的明星一样。

just like the celebrities we see on ads.

159

Nǐ yǒu méiyǒu fāxiàn

你有没有发现

Have you noticed that

160

zhège qíshí zài Zhōngguó shì fēicháng pǔbiàn de xiànxàng?

这个其实在中国是非常普遍的现象?

this has become very common in China?

161

Duì, shì de! Jiùshì yīnwèi zhèyàng,

对, 是的! 就是因为这样,

Yes! And because of that,

## Audio Podcast With Subtitles - Chinese Girls Don't Have Freckles?

162

suǒyǐ gǎo de wǒ yǒu yīdiǎndiǎn jiāolù,

所以搞得我有一点点焦虑，

I feel a little bit anxious.

163

Yīnwèi wǒ juéde tāmen gègè dōu bǐ wǒ měi.

因为我觉得她们个个都比我美。

I feel that every single one of them looks better than me.

164

Nà nǐ jiāolù de shíhou huì yǒu shénme biǎoxiàn ne?

那你焦虑的时候会有什么表现呢？

So what do you do when you feel anxious?

165

Bǐrú shuō huìbùhuì gēn biéren yīyàng

比如说会不会跟别人一样

For example, will you buy

166

qù mǎi huàzhuāngpǐn, hùfū pǐn ne?

去买化妆品、护肤品呢？

make-up or skin-care products like some women?

167

Qíshí huàzhuāngpǐn hé hùfū pǐn wǒ dàoshi mǎi de bǐjiào shǎo.

## Audio Podcast With Subtitles - Chinese Girls Don't Have Freckles?

其实化妆品和护肤品我倒是买得比较少。

That I don't do too much.

168

Dànshì ne wǒ yǒu liǎng gè bǐjiào kuāzhāng de xíngwéi ba.

但是呢我有两个比较夸张的行为吧。

However, there are two things I do that are a little extreme.

169

Bǐrú shuō, wǒ měitiān zǎoshang

比如说, 我每天早上

The first one is that I always

170

dōu huì huā bànge xiǎoshí zuǒyòu de shíjiān lái huàzhuāng,

都会花半个小时左右的时间来化妆,

spend 30 minutes to put make-up on my face in the morning.

171

jiùsuàn jiàn wǒ zuì qīnmì de rén, bǐrú shuō wǒ de fùmǔ,

就算见我最亲密的人, 比如说我的父母,

Even when I see somebody I am close with, for example, my parents,

172

wǒ yě huì huà méimáo,

我也会画眉毛,

I will, at least paint my eyebrows.



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173

fǒuzé wǒ jiù xiàng méiyǒu chuān yīfu nà yàng bùzìrán, tèbié de bùzìrán.

否则我就像没有穿衣服那样不自然，特别地不自然。

Otherwise, I will feel very uncomfortable, as if I don't have clothes on.

174

Hǎo ba, nà wǒ wèi wǒmen de guānzhòng wèn yīshēng,

好吧，那我为我们的观众问一声，

Well, let me ask on behalf of our audience,

175

nǐ jīntiān chuān le "yīfu" ma?

你今天穿了“衣服”吗？

do you have your "clothes" on today?

176

Chuān le, chuān le! Bìxū chuān!

穿了，穿了！必须穿！

Of course!

177

Érqiě hái yǒu yīdiǎn ne,

而且还有一点呢，

Another thing I will do is that

178

jiùshì rúguǒ biéren yào bāng wǒ pāizhào,

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就是如果别人要帮我拍照,

if people take photos of me,

179

wǒ yīdìng huì ràng duìfāng bāng wǒ měi yán,

我一定会让对方帮我美颜,

I will make sure that they use filters

180

ràng wǒ kànqǐlái měiměi de!

让我看起来美美的!

so I can look pretty!

181

Duì o! Wǒ jiù jìde shàngcì wǒ liǎ pāizhào de shíhou,

对哦! 我就记得上次我俩拍照的时候,

Right! I remember last time when we took photos together,

182

nǐ hái tèyì de dīngzhǔ wǒ shuō: "jìde yào bāng wǒ měi yán o!"

你还特意地叮嘱我说: “记得要帮我美颜哦!”

you specifically asked me to add filters.

183

Duì! suǒyǐ wǒ shì nàzhǒng

对! 所以我是那种

That's right! So I am the kind of girl

## Audio Podcast With Subtitles - Chinese Girls Don't Have Freckles?

184

"bù měi yán bù pāizhào, bù huàzhuāng bù chūmén" de nǚshēng.

“不美颜不拍照，不化妆不出门”的女生。

who won't take photos without filters and who won't go out without make-up.

185

Hái yāyùn ne!

还押韵呢!

It even rhymes!

186

Zhè yīnggāi shì wǒmen xiànzài dàbùfen nǚxìng de kǒuhào le ba!

这应该是我们现在大部分女性的口号了吧!

This must be the slogan of most women today!

187

Duì, shì! Wǒ juéde shì.

对，是！我觉得是。

I think so.

188

Huídào Zara fābù de túpiàn,

回到Zara发布的图片，

Okay, going back to the photos posted by Zara.

189

suīrán tāmen zuìchū de mùdì zhǐshì xuānchuán chǎnpǐn,

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虽然他们最初的目的只是宣传产品,

Although their initial purpose was to promote products,

190

dàn tóngshí yě xiàng dàzhòng zhǎnshì le yīzhǒng zhēnshí zìrán,

但同时也向大众展示了一种真实自然、

they showed people a different kind of beauty

191

yǔzhòngbùtóng de měi.

与众不同的美。

which is natural and real.

192

Shuí shuō "wánměi" cái shì zuìhǎo de ma, duìbùduì? | Duì, shì

谁说“完美”才是最好的嘛，对不对？ | 对，是

Who says "perfection" is the best, right? | Right!

193

suǒyǐ wǒ juéde ǒu'ěr yǒurén tiǎozhàn zhèzhǒng dānyī de shěnměi

所以我觉得偶尔有人挑战这种单一的审美

I feel that the occasional challenge against this strict beauty standard

194

duì Zhōngguó nǚxìng háishi yǒulì de,

对中国女性还是有利的，

can be good for Chinese women,

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195

yīnwèi zhè nénggòu ràng dàjiā yìshì dào měi kěyǐ shì duōyànghuà de,

因为这能够让大大家意识到美可以是多样化的,

because that might make people realize that beauty can be diverse,

196

bìngqiě ràng dàjiā xuéhuì jiēnà biéren de bù yīyàng.

并且让大大家学会接纳别人的不一样。

and they should learn to accept other people's differences.

197

Rúguǒ nǐ yǒu shénme bù wánměi de dìfang,

如果你有什么不完美的地方,

If you happen to have some kind of imperfection,

198

tāmen yě bùhuì yīncǐ ér qíshì nǐ.

他们也不会因此而歧视你。

they will not discriminate against you because of that.

199

Duì! Érqǐě wǒ juéde yī gè rén rúguǒ jīngcháng zāodào qíshì,

对! 而且我觉得一个人如果经常遭到歧视,

Right! I also feel that a person who often gets discriminated against

200

hěn kěnéng jiù huì biànde zìbēi.

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很可能就会变得自卑。

might develop feelings of inferiority towards themselves,

201

Ér yī gè zìbēi de rén shì hěn nán qù wánquán fāhuī tā shēnshang de qiánli,

而一个自卑的人是很难去完全发挥她/他身上的潜力,

and it will be hard for them to fully reach their potentials,

202

bìng wèi zhège shìjiè dàilái jiàzhí de. | Dui

并为这个世界带来价值的。| 对

and bring value to this world. | Right!

203

Jiù xiàng wǒ!

就像我!

Just like how I felt.

204

Suǒyǐ zhège kànsì xiǎoxiǎo de shěnměi biāozhǔn

所以这个看似小小的审美标准

So these seemingly minor beauty standards

205

hái yǐngxiǎng le shèhuì de chuàngzàoli a!

还影响了社会的创造力啊!

actually affects the creativity of our society!

**Audio Podcast With Subtitles - Chinese Girls Don't Have Freckles?**

206

Nà wǒ shìbùshì yào yǒnggǎn de miànduì yīxià zhēnshí de zìjǐ,

那我是不是要勇敢地面对一下真实的自己，

So does that mean I should be brave and face my true self

207

ài zìjǐ, zuòzìjǐ ne?

爱自己，做自己呢？

and love myself, as well as be myself?

208

Dāngrán, zuòzìjǐ jiùshì zìxìn de dìyībù,

当然，做自己就是自信的第一步，

Of course! Being yourself is the first step towards being confident.

209

yě shì nǐ biànréng tiān'é de dìyībù.

也是你变成天鹅的第一步。

It's also the first step towards becoming a swan.

210

Hǎo de!

好的!

Okay!

211

Wǒ fāxiàn pínglùn qū qíshí háishi yǒu bùshǎo nǚxìng

## Audio Podcast With Subtitles - Chinese Girls Don't Have Freckles?

我发现评论区其实还是有不少女性

I noticed that there were many women

212

chūlái fābiǎo le yìjiàn de.

出来发表了意见的。

came out to express their opinions on this topic.

213

Nà qíshí zhège shìjiàn ne, cóng mǒu yīzhǒng jiǎodù lái kàn dehuà,

那其实这个事件呢，从某一种角度来看的话，

So from this perspective, this incident

214

yě shì ràng gèng duō de nǚxìng yǒu le yī gè

也是让更多的女性有了一个

actually gave women an opportunity

215

biǎodá zìjǐ zhēnshí xiǎngfǎ de jīhuì.

表达自己真实想法的机会。

to express their true feelings.

216

Shì de, cóng nǐ gānggang suǒ tídào de nàge jiǎodù lái kàn,

是的，从你刚刚所提到的那个角度来看，

Yes, from that point of view,



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217

zhège shìjiàn de fāshēng yě shì gè hǎo shìr.

这个事件的发生也是个好事儿。

what happened is a good thing.

218

Duì! Qíshí zhè yě shì wǒmen zuò zhè yī qī jiémù de chūzhōng,

对！其实这也是我们做这一期节目的初衷，

That's also why we talked about it here,

219

yīnwèi wǒmen xīwàng gèng duō de nǚxìng nénggòu zhèngshì zhēnshí de zìjǐ,

因为我们希望更多的女性能够正视真实的自己，

because we hope more women can face their true selves

220

gǎnyú shuōchū zìjǐ zhēnshí de xiǎngfǎ.

敢于说出自己真实的想法。

and have the courage to express themselves.

221

En, fēicháng hǎo!

嗯，非常好！

Great!

222

Hǎo, nà jīntiān de tāolùn jiù dào zhèlǐ le.

## Audio Podcast With Subtitles - Chinese Girls Don't Have Freckles?

好，那今天的讨论就到这里了。

That's it for today's discussion!

223

Huì lín, nǐ hái yǒu shénme xiǎngyào shuō de ma?

慧琳，你还有什么想要说的吗？

Huilin, is there anything else you'd like to say (before we go)?

224

En... xiǎng shuō de dōu yǐjīng shuō le.

嗯... 想说的都已经说了。

I guess I've said what I wanted to say.

225

Wǒ xiànzài yào huíqu miànduì yīxià zhēnshí de zìjǐ, hāhā...

我现在要回去面对一下真实的自己，哈哈...

Now, I just need to go back and face my true self.

226

Duìle, xǐhuan zhè qī jiémù de péngyou men jìde diǎnzàn o!

对了，喜欢这期节目的朋友们记得点赞哦！

By the way, please give us a "like" if you enjoy today's discussion!

227

Yě kěyǐ liúyán gàosu wǒmen nǐmen de xiǎngfǎ!

也可以留言告诉我们你们的想法！

Also, please leave us a comment regarding your opinions

## Audio Podcast With Subtitles - Chinese Girls Don't Have Freckles?

228

Bìngqiě bù yào wàngjì dìngyuè wǒmen de píndào o!

并且不要忘记订阅我们的频道哦!

and subscribe!

229

Wǒmen xià qī jiémù jiàn ba!

我们下期节目见吧!

See you next time!

230

Huì lín, xià cì hái lái cānjiā wǒmen de jiémù o!

慧琳，下次还来参加我们的节目哦!

Huilin, join us next time, okay?

231

Hǎo a, fēicháng qīdài!

好啊，非常期待!

Sure, I am looking forward to it!