

# 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。

Hello, everyone! Welcome to Mandarin Corner. I'm Eileen.

2

Sān nián qián, wǒ zài Guǐlín Yángshuò lǚyóu de shíhòu ne

三年前，我在桂林阳朔旅游的时候呢

Three years ago, when I was traveling in Yangshuo and Guilin,

3

zhù zài le yī jiā kèzhàn lǐ,

住在了一家客栈里，

I stayed in a hotel.

## Expressing Opinions In Chinese - Rock Climbing Chinese Girl Talks About Her Life

4

zhè jiā kèzhàn de lǎobǎnniáng ne

这家客栈的老板娘呢

The owner of this hotel

5

shì yī míng niánlíng gēn wǒ chàbuduō de nǚháizi.

是一名年龄跟我差不多的女孩子。

was a girl about my age.

6

Nà hòulái wǒ jiù dézhī tā bùjǐn zìjǐ kāi kèzhàn,

那后来我就得知她不仅自己开客栈，

Later, I learned that she not only opened her own hotel,

7

érqiě hái shì jíxiàn yùndòng-pānyán de àihàozhě.

而且还是极限运动- 攀岩的爱好者。

but also was a fan of extreme sports - rock climbing.

8

Wa! Dāngshí wǒ jiù juéde zhège nǚháizi hěn yǔzhòngbùtóng,

哇！当时我就觉得这个女孩子很与众不同，

At that time, I thought that this girl was so different from others

9

yě juéde tā hěn liǎobuqǐ.

也觉得她很了不起。

and that she was awesome.

10

Suǒyǐ wǒ duì tā ne jiù gǎndào hěn hàoqí, yě xiǎng yào liǎojiě tā.

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所以我对她呢就感到很好奇，也想要了解她。

So, I became curious about her and wanted to know more about her.

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Nà sān nián hòu de jīntiān, wǒ zhōngyú yǒu jīhuì

那三年后的今天，我终于有机会

Today, three years later, I finally had the opportunity

12

nénggòu yǔ tā zuò xiàlai hǎohǎo de lái liáoliáo tā de gùshi.

能够与她坐下来好好地来聊聊她的故事。

to sit down with her and talk about her story.

13

Nà néng bùnéng qǐng nǐ gēn wǒmen de guānzhòng dǎ gè zhāohu?

那能不能请你跟我们的观众打个招呼？

Can you please say “hi” to our audience?

14

Hāi, dàjiā hǎo! Wǒ shì Frieda, hěn gāoxìng gēn dàjiā jiànmiàn!

嗨，大家好！我是Frieda，很高兴跟大家见面！

Hi, everyone! I'm Frieda. Nice to meet you all!

15

Frieda, wǒmen yǐjīng yǒu sān nián méiyǒu jiànmiàn le! | Dui ā!

Frieda，我们已经有三年没有见面了！ | 对啊！

Frieda, we haven't seen each other for three years! | Right!

16

Qíshí zhōngjiān méiyǒu zěnme liánxì,

其实中间没有怎么联系，

Although we didn't have much interaction during that period,

17

dànshì yě hùxiāng yǒu guānzhù.

但是也互相有关注。

we followed each other (on WeChat moments).

18

Zhè sān nián yīnggāi tǐng duō gǎibiàn de ba?

这三年应该挺多改变的吧？

There must have been a lot of changes in the past three years, right?

19

Duì! Nàge wǒmen jīngcháng shuō shíjiān guò de hěn kuài,

对！那个我们经常说时间过得很快，

Yes! We often say that time passes quickly.

20

yěxǔ wǒmen hái méiyǒu zhùyì dào, tā shíjiān yǐjīng guòqù le.

也许我们还没有注意到，它时间已经过去了。

Perhaps, we don't even notice it's passing.

21

Zhè sān nián wǒ xiāngxìn

这三年我相信

I believe that during these three years,

22

duì nǐ hé wǒ dōu shì yī gè hěn dà de gǎibiàn.

对你和我都是一个很大的改变。

both my and your life have had many changes.

23

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Érqiě wǒ yě kàndào le Mandarin Corner de yī gè chéngzhǎng,

而且我也看到了Mandarin Corner 的一个成长，

Also, I've seen the growth of Mandarin Corner

24

wǒ fēicháng wèi nǐmen gǎndào gāoxìng. | Xièxiè!

我非常为你们感到高兴。 | 谢谢！

and I'm very happy for you guys. | Thank you!

25

Wǒ yīzhí dōu hěn xiǎng wèn nǐ,

我一直都很想问你，

I've always wanted to ask you,

26

yīnwèi pānyán ne zài wǒ de yìnxàng zhōng

因为攀岩呢在我的印象中

in my mind, rock climbing

27

shì yī xiàng jí jù tiǎozhàn hé wēixiǎn de yùndòng,

是一项极具挑战和危险的运动，

is a sport that is very challenging and dangerous,

28

nǐ zěnmé huì xǐhuan shàng tā!

你怎么会喜欢上它！

how did you come to get into it?

29

Qíshí hěn duō rén dōu wèn guò wǒ zhège wèntí,

其实很多人都问过我这个问题，

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Actually, many people have asked me this question.

30

juéde yī gè nǚháizi,

觉得一个女孩子，

They think that as a girl,

31

nǐ kěyǐ qù pǎobù ya, nǐ kěyǐ qù zuò yújiā ya,

你可以去跑步呀，你可以去做瑜伽呀，

I can run or do yoga,

32

nà wèishénme huì qù wán pānyán ne?

那为什么会去玩攀岩呢？

why do I want to do rock climbing?

33

Yīnwèi pānyán shì yī xiàng jíxiàn yùndòng,

因为攀岩是一项极限运动，

Because rock climbing is an extreme sport,

34

érqiě hěn duō rén dōu huì rènwéi tā hěn wēixiǎn.

而且很多人都会认为它很危险。

many people think it is very dangerous.

35

Dàn qíshí, nǐ kěnéng yě zhīdào

但其实，你可能也知道

But in fact, as you may also know,

36

pānyán yǐjīng jìnrù nàge Dōngjīng de Àoyùnhuì le,

攀岩已经进入那个东京的奥运会了，

rock climbing will be part of the Olympic Games in Tokyo

37

érqiě èr líng èr sì nián de Bālí Àoyùnhuì yě shì yǒu pānyán zhège xiàngmù de.

而且2024年的巴黎奥运会也是有攀岩这个项目的。

and the 2024 Olympic Games in Paris.

38

Qíshí zhè shuōmíng shénme ne?

其实这说明什么呢？

What does that mean?

39

Qíshí pānyán tā suīshuō shì jíxiàn yùndòng,

其实攀岩它虽说是极限运动，

Although rock climbing is an extreme sport,

40

dànshì yīnwèi wǒmen yǒu zhège zhuānyè de zhuāngbèi,

但是因为我们这个专业的装备，

since we use professional equipment,

41

qíshí tā shì hěn ānquán de.

其实它是很安全的。

it is very safe.

42

Nà nǐ dìyīcì pānyán de shíhou shì shénme yàngzi de,

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那你第一次攀岩的时候是什么样子的，

So what was your first rock climbing experience like?

43

hái jìde ma?

还记得吗?

Do you still remember it?

44

Nàshíhou wǒ háishi yī míng xuéxí Yīngwén de xuésheng,

那时候我还是一名学习英文的学生，

At that time, I was still an English student

45

ránhòu wǒ de yī gè wàijiào lǎoshī tā shì yī gè pānyán àihào zhě.

然后我的一个外教老师他是一个攀岩爱好者。

and one of my foreign teachers was a rock climber.

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Ránhòu tā jiù dài wǒmen qù le dìyīcì yěwài pānpá,

然后他就带我们去了第一次野外攀爬，

He took us to climb outdoor for the first time.

47

jiùshì bā niánqián, èr líng yīyī nián zhège yàngzi.

就是八年前，2011年这个样子。

This was in 2011 which was 8 years ago.

48

Dìyīcì pānyán de shíhou shì shénme gǎnshòu?

第一次攀岩的时候是什么感受?

How did you feel when you first climbed?



49

Dìyīcì pānyán dànnǎo yīpiàn kòngbái, ránhòu yě hěn hàipà.

第一次攀岩大脑一片空白，然后也很害怕。

The first time I climbed, my mind went blank and I was very scared.

50

Wǒmen dāngshí nà yī tiáo xiànlù tèbié cháng, dàgài yǒu èrshí jǐ mǐ.

我们当时那一条线路特别长，大概有二十几米。

At that time, the route we were climbing was very long, about 20 meters.

51

Qíshí wánquán shì zài kào běnnéng de yī gè shǒu hé jiǎo de yī gè pānpá,

其实完全是在靠本能的一个手和脚的一个攀爬，

Actually, I was using my instincts to climb

52

ránhòu gǎnshòu bùdào rènhé de

然后感受不到任何的

and didn't use any

53

wǒmen suǒ shuō de yīxiē dòngzuò ya, jìqiǎo a,

我们所说的一些动作呀，技巧啊，

technique

54

yīnwèi shénme dōu méiyǒu.

因为什么都没有。

because I didn't know any.

55

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érqiě wǒmen duì zhuāngbèi yě bù liǎojiě,

而且我们对装备也不了解，

Also, I knew nothing about safety equipment.

56

yě bù zhīdào zhège shéngzi yǒu duō láogù, duì ba?

也不知道这个绳子有多牢固，对吧？

I didn't know how strong the rope was.

57

Ránhòu nǐ yě huì húsīluànxiǎng,

然后你也会胡思乱想，

So, I would have all kinds of thoughts.

58

wànyī zhè shéngzi duàn le zěnmébàn,

万一这绳子断了怎么办，

For example, what would happen if the rope broke?

59

huòshì zhège ānquándài tūrán nàge tuōdiào le zěnmébàn.

或是这个安全带突然那个脱掉了怎么办。

Or what if the safety rope suddenly loosen?

60

Ránhòu shì dǎnzhànxīnjīng de wánchéng le yī tiáo xiànlù.

然后是胆战心惊地完成了一条线路。

I completed that route while I was trembling and scared.

61

Dànshì wǒ xiàlai le yǐhòu wǒ de nàge péngyou shuō:

但是我下来了以后我的那个朋友说：

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When I came down, one of my friends said:

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"Nǐ pānyán hěn yǒu tiānfù! Nǐ qíshí yīnggāi jīngcháng qù pānyán."

“你攀岩很有天赋！你其实应该经常去攀岩。”

"You're very talented in rock climbing! You should do it more often."

63

Dànshì nàge shíhou wǒ qíshí duì pānyán bìng méiyǒu tèbié yǒuxìngqù,

但是那个时候我其实对攀岩并没有特别有兴趣，

But at that time, I wasn't very interested in rock climbing.

64

suǒyǐ wǒ zhǐshì shì le yīcì yǐhòu wǒ jiù hòumian yě méiyǒu zài qù pānpá.

所以我只是试了一次以后我就后面也没有再去攀爬。

So, I only tried it once and didn't climb afterwards.

65

Nà nǐ dìyīcì pānyán de shíhou ránhòu dēngshàng le dǐngfēng,

那你第一次攀岩的时候然后登上了顶峰，

When you reached the peak for the first time,

66

xīnqíng shì shénmeyàng de? Yǒu shénme gǎnjué?

心情是什么样的？有什么感觉？

what was it like and how did you feel?

67

Hěn kāixīn! Wā! Zhōngyú dēng dǐng le! Nǐ zhīdào ma?

很开心！哇！终于登顶了！你知道吗？

I was very happy! I finally reached the top!

68

Jiù zhèngmíng zhè tiáo xiànlù wánchéng le, wǒ kěyǐ xiàlai le.

就证明这条线路完成了，我可以下来了。

That meant I had completed the route and could come down.

69

Wǒ yǒu chéngjiù gǎn,

我有成就感，

I had a sense of accomplishment

70

jiùshì biéren kěnéng yào zài zhōngjiān hěn hàipà,

就是别人可能要在中间很害怕，

because other people might have felt scared,

71

huì jiūjié huòshì huì tíngdùn, wǒ jiù méiyǒu.

会纠结或是会停顿，我就没有。

and would have hesitated or paused during the climb, but I did not.

72

Wǒ jiù yīcì dēng dǐng le.

我就一次登顶了。

I reached the top in one try.

73

Dìyīcì qù pānyán zhīqián yǒu duì zhè xiàng yùndòng liǎojiě guò ma?

第一次去攀岩之前有对这项运动了解过吗？

Did you know anything about this sport before you climbed for the first time?

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Duì tā de liǎojiě shì shénme?

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对它的了解是什么？

What did you know about it?

75

jiù bù zhīdào tā shì yī gè shénmeyàng de yī gè yùndòng,

就不知道它是一个什么样的一个运动，

I didn't know anything about rock climbing.

76

wánquán méiyǒu gàiniàn.

完全没有概念。

I had no idea what it was.

77

Ránhòu shì wǒ de tóngxué men shuō:

然后是我的同学们说：

It was just that my classmates said:

78

"zǒu zǒu zǒu ! Frieda, wǒmen qù pānyán qù!"

“走走走！Frieda，我们去攀岩去！”

"Come on, Frieda! Let's go rock climbing!"

79

Wǒ shuō, hǎo a! Yīnwèi Yángshuò jǐngsè nàme měi, duì ba?

我说，好啊！因为阳朔景色那么美，对吧？

I said "okay!" since the scenery in Yangshuo was so beautiful, right?

80

Ránhòu zhège dàzìrán de fēngguāng yě shì fēicháng fēicháng de piàoliang,

然后这个大自然的风光也是非常非常的漂亮，

And the natural scenery was also very beautiful.

81

Wǒ shuō hé lè ér bù wéi ne?

我说何乐而不为呢?

So, I said to myself: "why not?"

82

Hòulái dàgài sān nián yǐhòu wǒ cái jìnxíng le wǒ de dì'èrcì pānpá.

后来大概三年以后我才进行了我的第二次攀爬。

It was about three years later, I did my second climb.

83

O, shì ma? Dìyīcì gēn dì'èrcì zhōngjiān gé le sān nián?

哦，是吗？第一次跟第二次中间隔了三年？

Oh, yeah? There was a three years gap between the first and the second time?

84

Gé le sān nián, wǒ sān nián zhōngjiān shì méiyǒu qù pèng pānyán de.

隔了三年，我三年中间是没有去碰攀岩的。

Yes. I didn't touch rock climbing during those three years.

85

Nà dì'èrcì shì shénmeyàng de yī gè jīyù yòu bǎ nǐ dàiqù pānyán le ne?

那第二次是什么样的一个机遇又把你带去攀岩了呢？

What brought you back to rock climbing?

86

Nàshíhòu wǒ yǐjīng yǒu wǒ de kèzhàn le, érqǐě jiùshì tèbié máng,

那时候我已经有我的客栈了，而且就是特别忙，

At that time, I already had my hotel and was very busy,

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yīnwèi dāngshí yě méiyǒu zhāo dào yī gè héshì de jiùshì gōngzuòrényuán,

因为当时也没有招到一个合适的就是工作人员，

because I hadn't found anybody good to help me.

88

ránhòu wǒ yào zuò suǒyǒu de shìqīng,

然后我要做所有的事情，

So, I had to do everything myself,

89

bǐrú: zuòfàn ya, dǎsǎo wèishēng ya, jiēdài kèrén ya,

比如：做饭呀，打扫卫生呀，接待客人呀，

such as cooking, cleaning and receiving guests.

90

érqiě hái yào bāngzhù tāmen qù ānpái lǚyóu a.

而且还要帮助他们去安排旅游啊。

I also helped them arrange their trips.

91

Yǒude kèrén shènzhì huì mílù,

有的客人甚至会迷路，

Some guests would even get lost

92

ránhòu gěi wǒ dǎdiànhuà shuō: "Frieda, wǒ mílù le."

然后给我打电话说：“Frieda，我迷路了。”

and they would call me saying: "Frieda, I'm lost!"

93

Ránhòu wǒ huì gēn tā jiǎng, nǐ dāi zài nàlǐ bùyào dòng!

然后我会跟他讲，你呆在那里不要动！

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I would tell them to stay where they were

94

Děng wǒ! Yīdìngyào děngdào wǒ! Wǒ lái jiē nǐ.

等我！一定要等到我！我来接你。

and wait for me to pick them up.

95

Ránhòu dāngshí hěn gǎoxiào,

然后当时很搞笑，

At that time, it was very funny!

96

Wǒ qíshí zhīqián jiù méiyǒu qí guò zhèzhǒng diàndòng chē,

我其实之前就没有骑过这种电动车，

I had never ridden an electric bike before

97

nàge shíhou wǒ jiù qù nàge diàn lǐ mǎi le zhège diàndòng chē,

那个时候我就去那个店里买了这个电动车，

and at that time, I just went to a store and bought one.

98

ránhòu wǒ qí zhe jiù zǒu le.

然后我骑着就走了。

Then, off I went.

99

Jiùshì wǒ méiyǒu qí guò, dànshì wǒ huì qí zìxíngchē,

就是我没有骑过，但是我会骑自行车，

I never ridden an electric bike, but I could ride a regular bike.



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ránhòu qí zhe jiù zǒu le,

然后骑着就走了，

So, I rode this

101

ránhòu qí zhe diàndòng chē qù zhǎo wǒ de kèrén, ránhòu qù jiē tā.

然后骑着电动车去找我的客人，然后去接他。

electric bike to look for my guest and to pick him up.

102

Qíshí wǒ fēicháng kāixīn wǒ nénggòu bāngzhù dào zhège kèrén.

其实我非常开心我能够帮助到这个客人。

I was very happy that I could help my guests.

103

Jiùshìshuō zài zhèzhǒng fēicháng fēicháng máng de qíngkuàng xià,

就是说在这种非常非常忙的情况下，

With my busy work,

104

dōu méiyǒu tài duō shíjiān chīfàn,

都没有太多时间吃饭，

I didn't even have much time to eat

105

ránhòu wǒ jiù shòu le hěn duō,

然后我就瘦了很多，

and I lost a lot of weight.

106

ránhòu yě gǎnjué shēntǐ yě bùshì tèbié de jiànkāng.

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然后也感觉身体也不是特别地健康。

Also, my body wasn't very healthy.

107

Yīnwèi nǐ yě zhīdào Yángshuò shì zhège Yàzhōu hùwài pānyán tiāntáng,

因为你 also 知道阳朔是这个亚洲户外攀岩天堂，

As you know, Yangshuo is the rock climbing paradise in Asia

108

ránhòu shēnbiān de bǎifēnzhī bāshí de péngyou

然后身边的80%的朋友

and 80% of my friends

109

dōu shì pānyán de àihào zhě,

都是攀岩的爱好者，

were rock climbers.

110

ránhòu nǐ huì jīngcháng tīng tāmen shuō pānyán,

然后你会经常听他们说攀岩，

I often heard them talking about rock climbing

111

ránhòu tāmen tāolùn pānyán méifēisèwǔ de.

然后他们讨论攀岩眉飞色舞的。

with great enthusiasm.

112

Dāngshí wǒ zài xiǎng, wǒ xūyào jiěyā,

当时我在想，我需要解压，

I thought to myself that I needed a way to relieve my stress

113

wǒ xūyào jiùshìshuō duànliàn shēntǐ.

我需要就是说锻炼身体。

and I needed to exercise.

114

Nà hòulái wǒ jiù gēnzhe wǒ de péngyou kāishǐ qù pānyán.

那后来我就跟着我的朋友开始去攀岩。

That was why I started to do rock climbing with my friend.

115

Shì wàiguó péngyou ma?

是外国朋友吗?

Was that friend a foreigner?

116

Dāngshí shì Zhōngguó péngyou,

当时是中国朋友,

It was a Chinese friend

117

shì yī gè zài Yángshuò kāi pānyán jùlèbù de péngyou.

是一个在阳朔开攀岩俱乐部的朋友。

who ran a rock climbing club in Yangshuo.

118

Yīnwèi wǒ wèishénme xuǎnzé jùlèbù ne?

因为我为什么选择俱乐部呢?

The reason I chose a club (to learn rock climbing)

119

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shì jiù xiàng wǒ gēn dàjiā de rènshi shì yīyàng,

是就像我跟大家的认识是一样，

was because, just like everybody else,

120

wǒ juéde pānyán shì yī gè mán wēixiǎn de yùndòng, dāngshí rènwéi

我觉得攀岩是一个蛮危险的运动，当时认为

I thought rock climbing was a dangerous sport, at that time.

121

suǒyǐ wǒ yào gēnzhe zhège zhuānyè de rén,

所以我要跟着这个专业的人，

So I thought I needed to follow a professional

122

érqiě tāmen jīngcháng dài xīnrén, tā yǒu nàixī,

而且他们经常带新人，他有耐心，

since he often trained new people and he was very patient.

123

tā yě huì zhīdào nǐ néng pá shénmeyàng de xiànlù.

他也会知道你能爬什么样的线路。

Also, he knew what kind of route a new climber could do.

124

Nà dì'èrcì qù le zhīhòu jiù yīzhí pānyán dào xiànzài ma?

那第二次去了之后就一直攀岩到现在吗？

So, you've been climbing ever since?

125

Dì'èrcì qù wǒ jiù xiāngxìn le!

第二次去我就相信了！

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After climbing the second time, I believed it!

126

Qíshí wǒ juéde wǒ zìjǐ pānyán

其实我觉得我自己攀岩

I believed that

127

háishi zài mǒuxiē fāngmiàn shì yǒu yīdìng de tiānfù de.

还是在某些方面是有一定的天赋的。

I had a talent for rock climbing.

128

Yīnwèi wǒ xiǎoshíhou huì jīngcháng zǒulù,

因为我小时候会经常走路，

Since I was a kid, I often walked

129

ránhòu qù nàge... jiùshì dào chù pǎo,

然后去那个... 就是到处跑，

and ran around.

130

ránhòu wǒ de tuǐ jiù tèbié yǒu lìliang.

然后我的腿就特别有力量。

So, my legs were very strong.

131

Nà pānyán dehuà qíshí hěn duō rén huì rènwéi wǒmen shì shǒu zài pá,

那攀岩的话其实很多人会认为我们是手在爬，

Many people think that we climb using our hands,

132

qíshí gèng duō de shì wǒmen de tuǐ hé zhège héxīn.

其实更多的是我们的腿和这个核心。

but in fact, it's more about our legs and our core.

133

Rúguǒ zhīdào zěnmē huì fā lì de qíngkuàng xià,

如果知道怎么会发力的情况下，

If we know how to use our strength,

134

nǐ qíshí pānyán shì hěn... huì shěng hěn duō lìqì.

你其实攀岩是很... 会省很多力气。

rock climbing is very easy.

135

Suǒyǐ wǒ dāngshí yǒu yìshì dào qíshí wǒ hái shì mǎn shì hé pānyán de,

所以我当时有意识到其实我还是蛮适合攀岩的，

At that time, I started to realize that I was pretty good with rock climbing.

136

ránhòu wǒ duì zhège yě chǎnshēng le hěn dà de yī gè xìngqù.

然后我对这个也产生了很大的一个兴趣。

And I became very interested in it.

137

Nà nǐ xiǎoshíhou yě xǐhuan,

那你小时候也喜欢，

So, when you were a child,

138

jiùshì dào chù pǎo a, xiàng gè nán hái zi yī yàng de ma?

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就是到处跑啊，像个男孩子一样的吗？

were you like a boy always running around?

139

Wǒ xiànzài juéde wǒ tèbié duìbuqǐ wǒ de bàba māma, nǐ zhīdào ma?

我现在觉得我特别对不起我的爸爸妈妈，你知道吗？

I now feel very sorry for my parents, you know?

140

Yīnwèi wǒ xiǎoshíhou wǒ zài yòu'éryuán de shíhou,

因为我小时候我在幼儿园的时候，

Because when I was in kindergarten

141

nàshíhou wǒ cái wǔ suì,

那时候我才五岁，

and five years old,

142

wǒmen shì nàge liǎng céng de nàzhǒng fángzi,

我们是那个两层的那种房子，

the school building was two stories high

143

wǒ huì cóng èr lóu bào zhe zhùzi jiùshì suō dào yī lóu | Huá xiàlai?

我会从二楼抱着柱子就是缩到一楼 | 滑下来？

and I would hold the pole and cram down to the first floor. | Slide down?

144

Huá dào yī lóu, duì duì duì

滑到一楼，对对对

Right, slide down to the first floor.

145

Ránhòu wǒ bà jiùshì cóng hěn yuǎn de dìfang kàndào le,

然后我爸就是从很远的地方看到了，

Then my dad saw it from a distance

146

ránhòu huílai yòu qì yòu téng, nǐ zhīdào ma?

然后回来又气又疼，你知道吗？

and he felt very angry and worried at the same time, you know?

147

Wànyī shuāi le zěnmébàn,

万一摔了怎么办，

What if I fell?

148

ránhòu huíqu fáguì.

然后回去罚跪。

When we went back, I was punished by having me kneeled down.

149

Ránhòu guò liǎng tiān ránhòu wǒ yòu páshàng shù,

然后过两天然后我又爬上树，

Two days later, I climbed up a tree

150

ránhòu xiàbùlái,

然后下不来，

and couldn't get down.

151



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ránhòu wǒ de tóngxué yào qù gàosu wǒ bà xiàlai jiē wǒ.

然后我的同学要去告诉我爸下来接我。

So, my classmate went to tell my father to get me down.

152

Ránhòu wǒ bà bǎ wǒ jiē xiàlái le,

然后我爸把我接下来了，

When he helped me down,

153

yòu shì yòu téng yòu qì, nǐ zhīdào ma?

又是又疼又气，你知道吗？

again, he felt angry and worried, you know?

154

Ránhòu hái děi fáguì.

然后还得罚跪。

Again, he punished me by having me kneeled down.

155

Wǒ bàba shì jiàoshī,

我爸爸是教师，

My father was a teacher

156

zài tāmen yǎn lǐ nǚháizi yīnggāi shì yào hěn shūnǚ de, duì

在他们眼里女孩子应该是要很淑女的，对

and in his mind, girls should act like girls.

157

ránhòu wǒ yòu shì yī gè tèbié bù shūnǚ de zhège...

然后我又是一个特别不淑女的这个...

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And I was not like a girl at all.

158

Jiù xiāngfǎn de xìnggé?

就相反的性格?

You were the opposite?

159

Wánquán shì xiāngfǎn de, suǒyǐ tāmen yě hěn tóuténg.

完全是相反的，所以他们也很头疼。

I was exactly the opposite. So, they had a lot of headaches because of me.

160

Wǒ kàn tāmen pānpá

我看他们攀爬

I see people climbing

161

hǎoxiàng dōu xūyào yòng shǒuzhǐ qù zhuā,

好像都需要用手指去抓，

and it seems that they're using their fingers to grab (the rock wall)

162

hǎoxiàng hái xūyào xùnliàn shǒuzhǐ de lìliang,

好像还需要训练手指的力量，

and that they need to train to increase their finger strength.

163

suǒyǐ nǐ de shǒuzhǐ lìliang hěn qiáng ma? Xūyào xùnliàn ma?

所以你的手指力量很强吗? 需要训练吗?

So, are your fingers strong? Do you need to train them?

164

Wǒ qíshí hěn xìngyùn, yīnwèi zài wǒ kāishǐ pānpá de shíhou,

我其实很幸运，因为在我开始攀爬的时候，

I was really lucky because when I started climbing,

165

wǒ de hěn duō de hǎopéngyou jiù huì gàosu wǒ,

我的很多的好朋友就会告诉我，

many of my good friends told me that

166

jiùshìshuō yī gè xīnshǒu bù yào zài liǎng nián nèi gùyì qù liàn zhǐ lì.

就是说一个新手不要在两年内故意去练指力。

a newbie shouldn't deliberately train their fingers within the first two years.

167

yīnwèi wèishénme, yīnwèi wǒmen de zhège shǒuzhǐ de jīròu zhège qiángdù

因为为什么，因为我们的这个手指的肌肉这个强度

Why? Because our fingers

168

tā hái bù zúgòu zhīchēng wǒmen zhème dà de xùnlìan qiángdù,

它还不足够支撑我们这么大的训练强度，

are not strong enough to support such high intensity training.

169

Nàme wǒmen yǒukěnéng huì shòushāng.

那么我们有可能会受伤。

And we might get injured.

170

Zhè xiàng yùndòng měigerén dōu shìhé ma?

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这项运动每个人都适合吗?

Is this sport suitable for everyone?

171

Bǐrú shuō wǒ, wǒ néng qù pá ma?

比如说我，我能去爬吗?

For example, me?

172

Wǒ juéde měigerén qíshí dōu shìhé de,

我觉得每个人其实都适合的，

I think anyone can do it.

173

yīnwèi pānyán qíshí shì méiyǒu niánlíng xiànzhì de,

因为攀岩其实是没有年龄限制的，

There is no age limit for doing rock climbing

174

Yīnwèi pānyán tā yǒu cóng jiǎndān dào nán gègè jíbié de yīxiē nándù,

因为攀岩它有从简单到难各个级别的一些难度，

because it has a range of difficulties from easy to hard.

175

érqiě tā de měi tiáo xiànlù shì gēnjù nǐ gèrén nénglì hé fēnggé,

而且它的每条线路是根据你个人能力和风格，

And each route can be done based on your personal ability and style.

176

yǒude rén kěnéng jiùshìshuō yòng zhège dòngzuò,

有的人可能就是说用这个动作，

Some people may use this move

177

kěnéng nǐ shìhé lìngwài yī gè dòngzuò,

可能你适合另外一个动作，

and others might find it more suitable to use a different move.

178

dōu kěyǐ tōngguò bùtóng de nàge fēnggé huòshì bùtóng de jìqiǎo

都可以通过不同的那个风格或是不同的技巧

We can use different styles or techniques

179

qù wánchéng tóngyàng de yī tiáo xiànlù.

去完成同样的一条线路。

to complete the same route.

180

Suǒyǐ wǒ juéde měigerén qíshí dōu shì néng pá de.

所以我觉得每个人其实都是能爬的。

So, I think actually, anyone can do it.

181

Nà duìyú yī gè chūxuézhě láishuō

那对于一个初学者来说

For a beginner,

182

qù pānyán huìbùhuì kěnéng cúnzài wēixiǎn?

去攀岩会不会可能存在危险？

is rock climbing dangerous?

183

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Zěnmě huì fāshēng wēixiǎn ne?

怎么会发生危险呢?

When is this dangerous?

184

Jiùshì zài nǐ bù liǎojiě zhèzhǒng ānquán yìshì,

就是在你不了解这种安全意识,

Well, when you are not aware of some safety measures

185

huòshì bù zhīdào zěnmě zhèngquè de qù pānpá

或是不知道怎么正确地去攀爬

or you don't know how to climb

186

huòshì bǎohù de shíhòu,

或是保护的时候,

or protect others properly.

187

nǐ yěxǔ huì yǒu duì zìjǐ huòshì duì tārén zàochéng yīdìng de wēixiǎn,

你也许会有对自己或是对他人造成一定的危险,

You may bring danger to yourself or to others.

188

bǐrú shuō yīnwèi wǒmen xiàng pānyán dehuà,

比如说因为我们像攀岩的话,

When we go climbing,

189

wǒmen dōu shì dādàng chūqù,

我们都是搭档出去,

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we always go with a partner.

190

wǒ jìshì pānpá zhě wǒ yě huì shì bǎohùzhě.

我既是攀爬者我也会是保护者。

So, we are both, a climber and a protector (anchor).

191

Nàme rúguǒ wǒ duì bǎohù bù zhuānyè,

那么如果我对保护不专业,

If we are not professional when it comes to protecting our partner,

192

nà wǒ de zhège shīwù kěnéng huì zàochéng

那我的这个失误可能会造成

our mistakes might cause

193

pānpá de rén shuāi xiàlai shòushāng,

攀爬的人摔下来受伤,

the partner to fall and get injured.

194

huòshì tā zài chōng zhuì de shíhou

或是他在冲坠的时候

Or, when our partner falls,

195

zhuàng dào yán bì huòshì shòushāng.

撞到岩壁或是受伤。

he/she might hit the wall and get injured.

196

Ránhòu zài wǒ zài pānpá de shíhòu,

然后在我在攀爬的时候，

When we are the climber

197

rúguǒ wǒ bù zhīdào zhèngquè de yī gè pānpá,

如果我不知道正确的一个攀爬，

and don't know how to do it properly,

198

rúguǒ wǒ bǎ shéngzi rào dào tuǐ shàng le ya,

如果我把绳子绕到腿上了呀，

for example, we wrap the rope around our legs

199

huòshì shuō yīxiē cuòwù de cāozuò, kuài guà,

或是说一些错误的操作，快挂，

or other mistakes,

200

bǐrú shuō kuài guà guà fǎn le ya,

比如说快挂挂反了呀，

such as hanging the quick draws the wrong way,

201

zhè qíshí dōu huì zàochéng yī gè hěn dà de yī gè wēixiǎn.

这其实都会造成一个很大的一个危险。

all these might cause a great danger.

202

Suǒyǐ wǒ zài zhèlǐ yě shì tèbié xiǎng shuō



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所以我在这里也是特别想说

So, I'd really like to say to those

203

jiùshì hěn duō xiǎng xué pānyán

就是很多想学攀岩

who want to learn rock climbing

204

huòshì zhèngzài xuéxí de pānyán chūxuézhě

或是正在学习的攀岩初学者

or beginners who just started,

205

yīdìngyào rènzhēn de qù xuéxí suǒyǒu de pānyán ānquán zhīshi,

一定要认真地去学习所有的攀岩安全知识,

please be sure to study all the techniques about safety in rock climbing.

206

ránhòu quèbǎo hěn duō dōngxi nǐ néng zài zìjǐ de bǎkòng zhīnèi.

然后确保很多东西你能在自己的把控之内。

Also, make sure that everything is under your control.

207

Nǐ yǒu shòu guò shāng ma?

你有受过伤吗?

Have you ever been injured?

208

Wǒ méiyǒu shòu guò shāng.

我没有受过伤。

No, I haven't.

209

Zhǐyǒu wéiyī yīcì wǒ zài xiānfēng pānpá de shíhou

只有唯一一次我在先锋攀爬的时候

But, once when I was climbing

210

wǒ de péngyou gěi wǒ bǎohù de shíhou wǒ chōng zhuì le,

我的朋友给我保护的时候我冲坠了，

and my friend who was protecting me

211

ránhòu huǎnchōng gěi de tài shǎo, wǒ zhuàng dào wǒ pìgu le.

然后缓冲给的太少，我撞到我屁股了。

didn't give me enough pull when I fell, I hit my butt.

212

Shì ba? | Duì

是吧? | 对

Really? | Yes.

213

Dànshì cóng nà yǐhòu wǒ duì wǒ de zhège bǎohùzhě jiù tèbié de tiāoti.

但是从那以后我对我的这个保护者就特别地挑剔。

Ever since, I have become very picky about who my protector (anchor) is.

214

Wǒ yòng le "tiāoti" zhège cí shì yīnwèi wǒ kěnéng zhǐ huì

我用了“挑剔”这个词是因为我可能只会

I used the word "picky" because I will only climb with people that

215

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duì wǒ liǎojiě de huòshì xìnren de rén lái gěi wǒ zuò bǎohù,

对我了解的或是信任的人来给我做保护，

I know well and I can trust to be my partner,

216

yīnwèi zhège shìgù yīdàn fāshēng

因为这个事故一旦发生

because if an accident happens,

217

kěnéng huì shì fēicháng fēicháng yánzhòng de.

可能会是非常非常严重的。

it could be very serious.

218

Shì a! Nàme gāo shuāi xiàlai! | Nàme gāo, duì duì duì

是啊！那么高摔下来！ | 那么高，对对对

Right! Falling from such a height! | Right.

219

Nǐ gānggang yǒu tídao bǎohùzhě, qíshí wǒ méiyǒu... duì

你刚刚有提到保护者，其实我没有... 对

You just mentioned the word "protector (anchor)",

220

wǒ bù tài liǎojiě nǐ gānggang shuō de shì shénme yìsi.

我不太了解你刚刚说的是什么意思。

I don't quite understand what that means.

221

Hái xūyào... liǎng gè rén yìqǐ cái néng pá ma?

还需要... 两个人一起才能爬吗?

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Does rock climbing always require two people?

222

Duì! Wǒmen pānyán dehuà dàgài yǒu liǎng zhǒng xíngshì,

对！我们攀岩的话大概有两种形式，

Yes! Generally, we have two forms of rock climbing.

223

yīzhǒng shì bào shí, bào shí dehuà wǒmen shì yǒu nàge diànzi.

一种是抱石，抱石的话我们是有那个垫子。

One is called "Bouldering" which is when there is a mat below the climber.

224

Háiyǒu yīzhǒng dehuà shì zhège nándù pāndēng,

还有一种的话是这个难度攀登，

Another one is called "sport climbing"

225

tā shì xūyào yǒu shéngzi, yǒu zhuāngbèi, háiyǒu bǎohùzhě.

它是需要有绳子，有装备，还有保护者。

and it requires ropes, other gears and a protector (anchor).

226

Yībān wǒmen dōu shì jiùshì chūqù shì yào yǒu dādàng de,

一般我们都是就是出去是要有搭档的，

Usually, if we do sport climbing, we go with a partner

227

jiùshì yī gè pānpá, yī gè zài xiàmiàn bǎohù.

就是一个攀爬，一个在下面保护。

so that when one person is climbing, the partner is protecting the climber.

228

Zěnmē bǎohù ne?

怎么保护呢?

How do you do that?

229

Nǐ pānpá de shíhòu tā shì yǒu shéngsuǒ liánjiē zài liǎng gè rén zhījiān de,

你攀爬的时候它是有绳索连接在两个人之间的,

When you climb, there will be a rope connecting two people

230

ránhòu zhèlǐ huì yǒu yī gè bǎohù zhuāngzhì,

然后这里会有一个保护装置,

and there will be a protective device here (around the waist).

231

Dāng nàgè rén bǐrú shuō xūxi xiūxi huòshì diào xiàlái de shíhòu,

当那个人比如说需要休息或是掉下来的时候,

When the climber needs to rest or when he/she falls down,

232

tā huì tōngguò zìshēn de lìliang jiāshàng zhège...

他会通过自身的力量加上这个...

the protector will use his/her own body weight

233

nàgè zhuāngbèi, ránhòu bǎ nǐ lā zhù.

那个装备, 然后把你拉住。

and gear to hold up the climber.

234

Nǐ gānggang jiǎng de chōng zhuì, shìbùshì zhǐ cóng shàngmian,

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你刚刚讲的冲坠，是不是指从上面，

You mentioned the word “chong zhui”, does it mean falling

235

bǐrú shuō nǐ pá bù shàngqù de shíhou shīshǒu le huì diào xiàlai?

比如说你爬不上去的时候失手了会掉下来？

when you can't climb up or you lose control?

236

Zhège diào xiàlai huì hàipà ma?

这个掉下来会害怕吗？

And is it scary?

237

Gāng kāishǐ shì zhēn de hěn hàipà hěn hàipà,

刚开始是真的很害怕很害怕，

At first, it was really scary!

238

yīnwèi nǐ zǒngshì bùnéng yùxiǎng nǐ diào xiàqù huì zěnmeyàng,

因为你总是不能预想你掉下去会怎么样，

Because you don't know what to expect if you fall.

239

dàn qíshí shì ānquán de.

但其实是安全的。

But actually, it is very safe.

240

Dànshì nǐ yīdàn xíguàn le yǐhòu, jiùshì nǐ zhīdào zhège hěn ānquán,

但是你一旦习惯了以后，就是你知道这个很安全，

Once you are used to this, you will know it's safe.

241

érqiě nǐ de bǎohùzhě yě hěn zhíde nǐ xìnren,

而且你的保护者也很值得你信任，

And if your protector (anchor) is someone you trust,

242

nàme qíshí tā shì bù hàipà de.

那么其实它是不害怕的。

then it's not scary.

243

Zài yán bì shàng tā shì yǒu...

在岩壁上它是有...

On the rock wall,

244

nǐ shì yào dīng zhuāngbèi shàngqù, shìbùshì?

你是要钉装备上去，是不是？

you guys also put some kind of equipment on it, right?

245

Shì yǒu guà piàn de.

是有挂片的。

There are bolts.

246

Shì nǐmen zìjǐ dīng de háishi biéren yǐjīng dīng hǎo de?

是你们自己钉的还是别人已经钉好的？

Do you nail it yourself or they're already done by others?

247

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Yǒurén shì zhuānmén kāifā zhège pānyán xiànlù,

有人是专门开发这个攀岩线路，

There are people who specialize in the development of climbing routes

248

yǒu hěn duō rén shì wúcháng de.

有很多人是无偿的。

and many of them do it for free.

249

Jiùshìshuō zìjǐ yīnwèi xǐhuan pānyán,

就是说自己因为喜欢攀岩，

It's just because they like rock climbing

250

suǒyǐ kàndào le nàge bǐjiào hǎo de shítou,

所以看到了那个比较好的石头，

and when they see a nice rock wall,

251

ránhòu tā zìjǐ huì jiùshìshuō mǎi zhuāngbèi qù kāifā yī tiáo pānyán xiànlù.

然后他自己会就是说买装备去开发一条攀岩线路。

they will buy equipment with their own money to develop a new climbing route.

252

Wǒmen xiànzài pānpá de dōu shì chéngshú de, yǐjīng kāifā hǎo de xiànlù.

我们现在攀爬的都是成熟的，已经开发好的线路。

The routes we are climbing now have all been developed.

253

Ránhòu yǒu yīdìng de nándù jíbié,

然后有一定的难度级别，



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And we know how difficult

254

jiùshì wǒmen zhīdào tā shì shénme nándù de.

就是我们知道它是什么难度的。

the routes are (because they have been graded).

255

Dànshì tā nàge dīng zài shítou shàngmian de zhuāngbèi a,

但是它那个钉在石头上面的装备啊，

But is it possible that the equipment on the rock wall

256

yǒu méiyǒu kěnéng huì bù wěn, diào xiàlai ne?

有没有可能会不稳，掉下来呢？

gets unstable and falls?

257

Wǒ zài pānyán lǐmiàn xué dào yīdiǎn, tèbié bàng de yīdiǎn

我在攀岩里面学到一点，特别棒的一点

Well, I've learned something awesome about the rock climbing community

258

jiùshì pānyán de zhège qúntǐ lǐmiàn de rén shì dōu shì fēicháng wúsī de.

就是攀岩的这个群体里面的人是都是非常无私的。

and that is, how selfless they are.

259

Tāmen huì dìngqī de, jiùshì zài pānpá de guòchéng zhōng,

他们会定期地，就是在攀爬的过程中，

Whenever they climb

260

rúguǒ yùdào nǎyīge guà piàn sōngdòng le,

如果遇到哪一个挂片松动了，

and they see a loose bolt,

261

tā huì zìjǐ qù bǎ tā nǐng jǐn.

他会自己去把它拧紧。

they always tighten it up.

262

Huòshì kàndào nǎyīge shēngxiù tèbié yánzhòng,

或是看到哪一个生锈特别严重，

Or if they see a severely rusted bolt,

263

bù ānquán le, tā huì bǎ tā huàn diào, jiùshì yìwù de bǎ tā huàn diào.

不安全了，他会把它换掉，就是义务地把它换掉。

and they feel it's not safe, they will replace it for free.

264

érqiě rúguǒ shuō dāngshí tā méiyǒu huàn diào huòshì méiyǒu gōngjù,

而且如果说当时他没有换掉或是没有工具，

Even if they don't have the tools to do it at the time,

265

tā huì zài zhège dāngdì de pānyán qún lǐmiàn a,

他会在这个当地的攀岩群里面啊，

they will send a message to a local climbing group

266

fā xiāoxi gàosu dàjiā shuō,

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发消息告诉大家说，

and tell everybody

267

zhè yī tiáo xiànlù zànshí bù yào pānpá,

这一条线路暂时不要攀爬，

that they shouldn't climb this route

268

yīnwèi nǎge dìfang kěnéng cúnzài yǒu wēixiǎn de yīxiē fāngmiàn,

因为哪个地方可能存在有危险的一些方面，

because there is a potential danger,

269

ránhòu yào děng huàn le, huòshì nǐng jǐn le yǐhòu, dàjiā zài qù pānpá.

然后要等换了，或是拧紧了以后，大家再去攀爬。

and people should wait until it's properly tighten or replaced.

270

Zài nǐ suǒyǒu pānyán de zhèxiē jīnglì dāngzhōng,

在你所有攀岩的这些经历当中，

Of all your climbing experiences,

271

nǎ yīcì shì yìnxiàng zuì shēnkè de?

哪一次是印象最深刻的？

which one do you remember the most?

272

Jīnnián shàngbànnián ba, dāngshí wǒ hóng le yī tiáo xiàn shì 12D,

今年上半年吧，当时我红了一条线是12D，

Probably, during the first half of this year when I was trying to complete a route

273

jiùshì nándù xìshù shì12D

就是难度系数是12D

that was graded 12D.

274

Ránhòu nǐ kěnéng duì zhège méiyǒu gàiniàn.

然后你可能对这个没有概念。

You probably don't know this concept.

275

Dāngshí shì zhè tiáo xiàn ne shì...

当时是这条线呢是...

At that time,

276

jiùshì nánshēng hěn duō rén hóng le zhè tiáo xiàn.

就是男生很多人红了这条线，

there were many men that had completed this route.

277

dànshì zuòwéi nǚshēng, wǒ shì dìyī gè qù hóng le zhè tiáo xiàn de.

但是作为女生，我是第一个去红了这条线的。

But as a girl, I was the first one to try to complete it.

278

ránhòu dāngshí yě yǒu hěn duō rén zài kàn wǒ pānpá, nǐ zhīdào ma?

然后当时也有很多人在看我攀爬，你知道吗？

Also, at that time, many people were watching me climb, you know?

279

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ránhòu hái yǒu zhège fēijī ya, nàge xiàngjī ya,

然后还有这个飞机呀，那个相机呀，

There were drones and cameras.

280

dàjiā dōu xiǎng kàn wǒ hóngxiàn,

大家都想看我红线，

Everyone wanted to see me redpoint the route

281

ránhòu dāngshí wǒ de xīntài jiù tèbié bùhǎo.

然后当时我的心态就特别不好。

and I wasn't in the right frame of mind.

282

yīnwèi wǒ... | jǐnzhāng, shì ma?

因为我... | 紧张，是吗？

Because I'm... | Nervous?

283

tài xiǎng qù hóng le,

太想去红了，

I wanted to redpoint it too much

284

yīnwèi nàme duō rén guānzhù zhe nǐ,

因为那么多人关注着你，

because so many people were watching me

285

nǐ tèbié xiǎng gěi dàjiā yī gè jiāodài, nǐ zhīdào ma?

你特别想给大家一个交代，你知道吗？

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and I didn't want to disappoint them, you know?

286

Yīnwèi píngshí wǒ pānyán gèng duō de shì

因为平时我攀岩更多的是

Normally, I just climb

287

zìjǐ qù xiǎngshòu zhège guòchéng,

自己去享受这个过程，

for my own enjoyment.

288

dànshì dāng nàme duō rén duì nǐ yǒu hěn gāo de qīdài de shíhou,

但是当那么多人对你有很高的期待的时候，

But that day, when so many people had high expectations of me,

289

nǐ huì bēi zhe nàme duō rén de qīdài qù pānpá.

你会背着那么多人的期待去攀爬。

I was climbing for them.

290

dāngshí yǐjīng chàbùduō dōu guò le nàndiǎn le,

当时已经差不多都过了难点了，

At that time, I was almost over the most difficult point in the climb

291

ránhòu zài (yī gè) zhuā yī gè dà diǎn de shíhou, wǒ chōng le,

然后在(一个)抓一个大点的时候，我冲了，

and when I grabbed a big hold, I fell

292

chōng le dàgài... hěn yuǎn, dàgài yǒu liù dào shí mǐ,

冲了大概... 很远，大概有6到10米，

and I fell a long way, maybe 6 to 10 meters.

293

zhè fǎnzhèng wǒ dāngshí bù jìde le,

这反正我当时不记得了，

I don't remember exactly.

294

wǒ zhǐshì jìde wǒ chōng de zhège guòchéng hěn cháng.

我只是记得我冲的这个过程很长。

I only remember the period of falling was very long.

295

Ránhòu xiàlai yǐhòu wǒ jiù zài nàli chénmò le sānshí fēnzhōng,

然后下来以后我就在那里沉默了30分钟，

When I came down, I was silent for around 30 minutes

296

yīnwèi wǒ xiǎng bù míngbai wèishénme wǒ méiyǒu bǎ tā hóng diào.

因为我想不明白为什么我没有把它红掉。

because I didn't understand why I didn't redpoint it.

297

Kěnéng nǐ xīnzhōng yǒu zániàn?

可能你心中有杂念？

Maybe because you had too many distractions?

298

duì, qíshí pānyán zhēn de shì bùnéng yǒu zániàn.

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对，其实攀岩真的是不能有杂念。

Right! Really, you can't have distracting thoughts when you do rock climbing.

299

Yào zhuānzhù! | Yīdìngyào hěn zhuānzhù!

要专注！ | 一定要很专注！

You need to focus! | Absolutely!

300

Nà dāngshí nǐ chōng zhuì nà liù dào shí mǐ de shíhou,

那当时你冲坠那6到10米的时候，

When you fell 6 to 10 meters,

301

nǎozi lǐ zài xiǎng shénme?

脑子里在想什么？

what were you thinking?

302

Yǒu méiyǒu hěn shāngxīn?

有没有很伤心？

Were you upset?

303

Shāngxīn kěndìng shì yǒude, yīnwèi tài jiējìn wánchéng tā le.

伤心肯定是有的，因为太接近完成它了。

Certainly I was upset because I was so close to succeeding.

304

Dànshì qíshí wǒ hòulái yòu xiǎng, zhè qíshí shì yī gè hǎoshì,

但是其实我后来又想，这其实是一个好事，

But later, I thought it was a good thing.



305

jiùshì rúguǒ tài róngyì de qù dá dào nǐ de yī gè mùbiāo,

就是如果太容易地去达到你的一个目标，

Because if it's too easy to achieve a goal,

306

qíshí tā jiù méiyǒu nàme dà de yìyì le.

其实它就没有那么大的意义了。

it is not that meaningful.

307

Zài Zhōngguó pānyán de nǚháizi duō ma?

在中国攀岩的女孩子多吗?

Are there a lot of Chinese girls that do rock climbing in China?

308

Zhōngguó pānyán de nǚháizi yīnggāi hái hǎo ba.

中国攀岩的女孩子应该还好吧。

The number of female climbers in China is okay.

309

Ránhòu wǒmen zhīqián yě yǒu gēn péngyou liáo guò,

然后我们之前也有跟朋友聊过，

I have also talked about this with my friends.

310

jiùshìshuō Zhōngguó de nǚháizi kěnéng

就是说中国的女孩子可能

We felt that the number of female climbers

311

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jiùshì zhěngtǐ de shùzì méiyǒu tài dà de tíshēng.

就是整体的数字没有太大的提升。

haven't gone up much.

312

Yīnwèi nǐ yě zhīdào nǚháizi dào yīdìng niánlíng

因为你也不知道女孩子到一定年龄

As you know, when girls reach a certain age (in China),

313

kěnéng yào xuǎnzé jiātíng huòshì yǒu zìjǐ de gōngzuò, jiéhūn shēngzǐ,

可能要选择家庭或是有自己的工作，结婚生子，

they might choose to have a family or a (stable) job.

314

nàme tāmen zài xiǎng huílai pānyán qíshí yě shì fēicháng nán de.

那么她们再想回来攀岩其实也是非常难的。

So, it will be very difficult for them to come back to climb (after having a family.)

315

Nǐ shēnbiān yǒu nǚxìng de péngyou pānyán ma?

你附近有女性的朋友攀岩吗？

Do you have female friends that do rock climbing?

316

Yǒu a! | Zhōngguó ma? Zhōngguó nǚháizi ma?

有啊！ | 中国吗？中国女孩子吗？

Yes! | Chinese girls?

317

Hěn duō, duì duì duì, yǒu

很多，对对对，有

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A lot. Yes.

318

érqiě dōu pá de tèbié hǎo.

而且都爬得特别好。

And they're all pretty good.

319

Tāmen dōu shì dānshēn háishi yǐjīng chéngjiā le?

她们都是单身还是已经成家了?

Are they mostly single or married?

320

Duì duì, hǎoduō dōu shì kěnéng yǒu nán péngyou

对对，好多都是可能有男朋友

Many of them have boyfriends

321

huòshì jiùshì dānshēn zhe.

或是就是单身着。

and some are just singles.

322

Nǐ shēnbiān de péngyou, jiùshì bù pānyán de péngyou

你身边的朋友，就是不攀岩的朋友

What do your friends that are not climbers,

323

duì nǐ pānyán zhè jiàn shì yǒu shénme kànfǎ ne?

对你攀岩这件事有什么看法呢?

think about you doing rock climbing?

324

Huìbùhuì juéde, zhè xiàng yùndòng hěn bù shìhé nǚháizi?

会不会觉得，这项运动很不适合女孩子？

Do they think that this sport is not suitable for girls

325

Ràng nǐ biànde gèng xiàng nánháizi yīyàng?

让你变得更像男孩子一样？

because it might make them look more like men?

326

Yě hěn gǎoxiào, yīnwèi hěn duō rén jiù huì juéde,

也很搞笑，因为很多人就会觉得，

It's funny, because many people think that

327

wa! Nǐ pānyán shǒu jìn yīnggāi hěn dà ba!

哇！你攀岩手劲应该很大吧！

since I am doing rock climbing, I must have strong arms.

328

Wǒ gūjiàn lián gè nánrén dōu néng... | Jǔ qilai?

我估计连个男人都能... | 举起来？

And I can probably, even a man... | Hold him up?

329

Dōu néng dǎ de guò, nǐ zhīdào ma?

都能打得过，你知道吗？

beat up a man, you know?

330

Huòshì shuō: "ā! nǐ zěnmē shài de zhème hēi a!" Shìbùshì?

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或是说：“啊！你怎么晒得这么黑啊！”是不是？

Or they might say: “How did you become so tanned?”

331

Ránhòu huì yǒude rén jiù shuō:

然后会有的人就说：

Other people might also say:

332

"wā! nǐ zhè fū sè shài de tǐng hǎokàn de!"

“哇！你这肤色晒得挺好看的！”

“Wow, your skin color looks so nice!”

333

Huòzhě yǒude rén jiù zhíjiē jiù shuō:

或者有的人就直接就说：

Some even directly say to me:

334

ā! Nǐ zhège yīdiǎn dōu shài de bù xiàng zhège Zhōngguó de nǚháizi la!

啊！你这个一点都晒得不像这个中国的女孩子啦！

“Your skin color is so tanned that you don’t look like a Chinese!”

335

Gèzhǒng shēngyīn dōu huì yǒu, tā huì duì nǐ chǎnshēng hàoqí,

各种声音都会有，他会对你产生好奇，

There are all kinds of opinions. They will be curious about you.

336

dàn tāmen dào bùhuì shuō nǐ yīnwèi pānyán biàncéng le,

但他们倒不会说你因为攀岩变成了，

But they usually won’t say that because you climb,

337

shēncái huòzhě zěnmeyàng,

身材或者怎么样,

your body figure becomes (unattractive),

338

yīnwèi pānyán duì shēncái háishi mǎn yǒubāngzhù de,

因为攀岩对身材还是蛮有帮助的,

because rock climbing is very helpful for your body figure.

339

huì ràng nǐ yǒu xiàntiáo gēn jīròu.

会让你有线条跟肌肉。

It gives your body definition and muscles.

340

Qíshí dàbùfen de Zhōngguó nǚháizi xǐhuan xiānxi,

其实大部分的中国女孩子喜欢纤细,

Actually, most Chinese girls prefer slim bodies

341

xǐhuan pífū shāowēi bái xī yīdiǎn de,

喜欢皮肤稍微白皙一点的,

and white/clean (without freckles and acne) skin.

342

nà tāmen yǒu méiyǒu duì nǐ de shàihēi le yīdiǎn de pífū yǒu guò shénme... ?

那他们有没有对你的晒黑了一点的皮肤有过什么... ?

Has anyone said anything to you about your tanned skin?

343

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Wǒ jīngcháng zài dà jiēshang jiùshì zuò zài nàlǐ yī gè mòshēng de rén,

我经常在大街上就是坐在那里一个陌生的人，

Often times, when I sit on the street and a stranger

344

tā jiù guòlái shuō: "ā! Nǐ zěnmē zhème hēi ya! "

他就过来说：“啊！你怎么这么黑呀！”

comes over and says: "Wow! Why are you so dark?!"

345

Ránhòu wǒ jiù huì gēn tā shuō, wǒ shuō xièxie nǐ o!

然后我就会跟他说，我说谢谢你噢！

I will tell them, "thank you!"

346

Ránhòu tā jiù lèng le, nǐ zhīdào ma?

然后他就愣了，你知道吗？

Then they get shocked (that I answered that way).

347

Huòshì jīngcháng huì yǒu, jiùshì hěn duō rén tā jiù huì zhèyàng zhíjiē de wèn,

或是经常会有，就是很多人他就会这样直接地问，

Or, many people often ask me:

348

"tā shuō nǐ zěnmē zhème hēi ya?"

“他说你怎么这么黑呀？”

"Why is your skin so dark?"

349

huòshì shuō, "nǐ de fūsè shìbùshì huāqián zhuānmén qù kǎo de ya?"

或是说，“你的肤色是不是花钱专门去烤的呀？”

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Did you spend money to make it tanned?"

350

Yīnwèi yǐqián, nǐ yě zhīdào hěn duō rén rènwéi

因为以前，你也知道很多人认为

Because in the past, people used to think that

351

hēi kěnéng shì yīnwèi shēnghuó bǐjiào kǔ a,

黑可能是因为生活比较苦啊，

having tanned skin meant that you had a bitter (poor) life

352

méiyǒu bǎoyǎng | Kěnéng zài wàimiàn zuòshì?

没有保养 | 可能在外面的事?

or didn't take care of your skin. | Perhaps, working out in the field?

353

Duì duì! Huòshì zhòng nóngtián ya, huòshì zài gōngdì gàn huó.

对对！或是种农田呀，或是在工地干活。

Right! Farming or working as a construction worker.

354

Nóngcūn chūlái de háizi a?

农村出来的孩子啊?

(Perhaps,) a child from the countryside?

355

Duì duì, dànshì qíshí xiànzài wǒmen zhuīqiú de kěnéng shì yīzhǒng jiànkāng měi,

对对，但是其实现在我们追求的可能是一种健康美，

Right! But now, we want to pursue a healthy look.



356

jiùshì nǐ de zhèzhǒng suǒyǒu de jīngshénzhuàngtài,

就是你的这种所有的精神状态，

You want to present a body appearance

357

jiùshì gèng jiànkāng, duì ba?

就是更健康，对吧？

that looks healthy, right?

358

Suǒyǐ xiànzài dàjiā qíshí yě duì pífū jiù bǐjiào kuānróng le, wǒ juéde

所以现在大家其实也对皮肤就比较宽容了，我觉得

So, I think people nowadays are more tolerant of different skin color.

359

Nǐ... jiùshì nǐ de fūsè yǒu kùnrǎo guò nǐ ma?

你... 就是你的肤色有困扰过你吗？

Have you ever been bothered by your skin color

360

Yīnwèi nǐ shēnbiān de péngyou kěnéng dōu huì juéde bái pífu hǎokàn yīdiǎn.

因为你身边的朋友可能都会觉得白皮肤好看一点。

since many of your friends might consider white skin nicer?

361

Xiǎoshíhou kùnrǎo wǒ, yīnwèi wǒ māma jīngcháng gēn wǒ jiǎng,

小时候困扰我，因为我妈妈经常跟我讲，

Yes, it did when I was a child, because my mother often told me

362

tā shuō: "nǐ qù bǎ zìjǐ xǐ gānjìng yīdiǎn!"

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她说：“你去把自己洗干净一点！”

to go clean myself!

363

Shì ma? Tā huì juéde nǐ méi xǐ gānjìng ma?!

是吗？她会觉得你没洗干净吗？！

Really? She thought that you didn't clean yourself?!

364

jiùshì rénjiā xiǎohái dōu nàme bái,

就是人家小孩都那么白，

Because other children's skin was so white,

365

wèishénme nǐ lǎoshi jiùshì bǐ biéren hēi yīdiǎn?

为什么你老是就是比别人黑一点？

my mother would ask me: "Why are you so dark compared to them?"

366

érqiě nàge shíhou nǐ zhīdào dàjiā kěnéng huì gěi wǒmen chuándì de yīzhǒng,

而且那个时候你知道大家可能会给我们传递的一种，

At that time, people conveyed the idea that

367

nǚháizi jiùshì yào wénjìng, ránhòu yào bái,

女孩子就是要文静，然后要白，

girls should be reserved, have white skin

368

ránhòu huì zuòfàn a

然后会做饭啊

and be able to cook.

369

Shūnǚ yīdiǎn? | Duì duì duì

淑女一点? | 对对对

More ladylike? | Right.

370

Děng wǒ zhēnzhèng zhǎngdà le yǐhòu

等我真正长大了以后

But when I grew up,

371

fǎn'ér yīnwèi wǒ zhèzhǒng fūsè ér gǎndào hěn kāixīn, zìxìn,

反而因为我这种肤色而感到很开心、自信，

I actually felt happy and confident with my skin color.

372

Wèishénme?

为什么?

Why?

373

Yīnwèi wǒ biànde bù yíyàng.

因为我变得不一样。

Because I'm different.

374

Nǐ shì dú tè de?

你是独特的?

You're unique?

375

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Wǒ shì dú tè de, duì duì duì, zhè shì wǒ xiǎng yào zhǎo de nà ge cí.

我是独特的，对对对，这是我想要找的那个词。

Right, I am unique. That was the word I was looking for.

376

Wǒ jué de qù zuò yī ge dú tè de rén yě shì gǎn jué hái shì mǎn bàng de.

我觉得去做一个独特的人也是感觉还是蛮棒的。

I think it's a great feeling to be able to be a unique person.

377

Nà nǐ jué de pān yán yán duì nǐ lái shuō shì shén me?

那你觉得攀岩严对你来说是什么？

So what does rock climbing mean to you?

378

Tā gěi nǐ de rén shēng dài lái le shén me yì yì ne?

它给你的人生带来了什么意义呢？

What meaning has it brought to your life?

379

Pān yán ràng wǒ xué huì le qù jiān qiáng hé jiān chí.

攀岩让我学会了去坚强和坚持。

Climbing has taught me to be strong and persistent.

380

Wǒ men hěn duō shí hou kě néng huì yǒu hěn duō rén huì bào yuàn

我们很多时候可能会有很多人会抱怨

Many of us complain that

381

shēng huó bù róng yì,

生活不容易，

life is not easy

382

yě huì qù bào yuàn wèi shén me bù néng chéng gōng.

也会去抱怨为什么不能成功。

and also complain that we cannot achieve success.

383

Wǒ cóng pān yán zhè ge yùn dòng xué dào le

我从攀岩这个运动学到了

From rock climbing, I learned that

384

shǒu xiān dì yī nǐ yào yǒu yī ge mù biāo,

首先第一你要有一个目标，

first, you need to have a goal.

385

bǐ rú shuō nǐ xiǎng pá shén me yàng de xiàn lù,

比如说你想爬什么样的线路，

For example, what kind of route you want to climb.

386

qí cì nǐ yào qù cháng shì.

其次你要去尝试。

Then, you need to try.

387

Rú guǒ wǒ zhàn zài xià miàn, wǒ shuō wǒ xiǎng pá zhè tiáo xiàn,

如果我站在下面，我说我想爬这条线，

If I stand at the bottom and say that I want to climb this route,

388

dànshì wǒ cóngláibù qù pá,

但是我从来不去爬,

but I never try it,

389

nǐ shuō wǒ néng wánchéng zhè tiáo xiàn ma? Shì bùkěnéng de!

你说我能完成这条线吗? 是不可能的!

do you think I can complete climbing this route? It's impossible!

390

Qícì nǐ xuǎn de zhè tiáo xiàn yīdìng shì yào nǐ jiùshìshuō xiànzài de nénglì

其次你选的这条线一定是要你就是说现在的能力

Secondly, the route you choose must be

391

lìsuǒnéngjí, dàn yòu yǒu yīdiǎn nándù de.

力所能及, 但又有一点难度的。

within your capability, but still difficult.

392

Jiùshì jì yào tiǎozhàn nǐ, yòu bùnéng chāoguò nǐ de nénglì fànwéi

就是既要挑战你, 又不能超过你的能力范围

It needs to be a challenge to you, but still be within your capabilities.

393

Yòu bùnéng tài nán le, yīnwèi zhèyàng huì róngyì fàngqì.

又不能太难了, 因为这样会容易放弃。

It can't be too hard because this will make it easy for you to give up.

394

Suǒyǐ wǒ zài... bāokuò zài gōngzuò

所以我在... 包括在工作

So, I apply this concept to my work

395

huòshì yǐhòu de shēnghuó huòshì zài rènhe fāngmiàn

或是以后的生活或是在任何方面

and life.

396

wǒ dōu huì qù zǐxì de qù héngliáng yīxiē shìqíng,

我都会去仔细地去衡量一些事情，

I always evaluate things carefully.

397

nàme zhège shìqíng shǒuxiān wǒ huì wèn zìjǐ shìbùshì wǒ xiǎngyào de,

那么这个事情首先我会问自己是不是我想要的，

First, I'll ask myself if I really want it.

398

rúguǒ wǒ quèdìng shì wǒ xiǎngyào de, nàme wǒ yào qù zuò.

如果我确定是我想要的，那么我要去做。

If I'm sure that I do, then I'll do it.

399

Ránhòu zài zuò de guòchéng zhōng kěnéng huì yùdào kùnnan,

然后在做的过程中可能会遇到困难，

There will be many difficulties during the process,

400

nà méiyǒuguānxi,

那没有关系，

but it's okay,

401

Yùdào kùnnan le yǐhòu zài jìng xiàlai zài fēnxī zhège kùnnan,

遇到困难了以后再静下来再分析这个困难，

because when I encounter difficulties, I stop and analyze

402

zhège wèntí chūxiàn zài nǎlǐ, zài qù jiějué wèntí.

这个问题出现在哪里，再去解决问题。

where the problem is and try to solve it.

403

Ránhòu jiù xiàng pānyán yīyàng,

然后就像攀岩一样，

Just like in rock climbing,

404

wǒ yùdào nàndiǎn de shíhou wǒ dìyīcì wánchéng bùliǎo,

我遇到难点的时候我第一次完成不了，

when I encounter difficult points that initially I can't overcome,

405

wǒ dìyīcì kěnéng wán dōu wánchéng bùliǎo, nà wǒ huì dì'èrcì chángshì.

我第一次可能完都完成不了，那我会第二次尝试。

I will try again the next time.

406

rúguǒ zhège dòngzuò wǒ bùduàn de chángshì, wǒ háishi zuòbùdào,

如果这个动作我不断地尝试，我还是做不到，

And if I keep trying but still can't do it,

407



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wǒ kěnéng huì qù huàn yīzhǒng fāngfǎ,

我可能会去换一种方法，

I will try a different method

408

huàn yī gè dòngzuò, ránhòu bùduàn de qù liànxí,

换一个动作，然后不断地去练习，

or move and keep practicing

409

ránhòu zhídào wǒ néng zuò zhège dòngzuò.

然后直到我能做这个动作。

until I can do it.

410

Pānyán jiù huì ràng wǒ hěn cóngróng, yě hěn dàndìng,

攀岩就会让我很从容，也很淡定，

Rock climbing has taught me to be more calm

411

jiùshì ràng wǒ biànde gèng wěnzhòng hé chéngshú.

就是让我变得更稳重和成熟。

and more mature.

412

Dāng nǐ zài miànduì wèntí de shíhòu,

当你在面对问题的时候，

When I face problems,

413

wǒ shǒuxiān kěnéng xiǎng de bùshì shuō qù bàoyuàn tā yǒu duō nán,

我首先可能想的不是去抱怨它有多难，

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I don't start complaining how hard it is

414

huòshì bàoyuàn tā wèishénme, wèishénme yào zhèyàng duì wǒ?

或是抱怨它为什么，为什么要这样对我？

or why it is this way.

415

Rénshēng wèishénme zhèyàng duì wǒ bù gōngpíng?

人生为什么这样对我不公平？

Why is life so unfair to me?

416

érshì wǒ shì xiǎngdào zhège wèntí dào dǐ chūxiàn zài nǎlǐ,

而是我是想到这个问题到底出现在哪里，

Instead, I think about where the problem is

417

wǒ zěnmé qù jiějué tā.

我怎么去解决它。

and how to solve it.

418

Suǒyǐ yī xiàng yùndòng tā dàigěi nǐ de bùjǐn jǐn shì shēntǐ de jiànkāng,

所以一项运动它带给你的不仅仅是身体的健康，

So, sports not only bring health to your body

419

gèngjiā shì xīnlǐ de yīzhǒng chéngzhǎng.

更加是心理的一种成长。

but also growth to your mind.

420

Nà wǒmen zhīdào Yángshuò ne shì chū le míng de pānyán shèngdì,

那我们知道阳朔呢是出了名的攀岩胜地，

We know that Yangshuo is a famous destination for rock climbing.

421

nǐ qù Yángshuò jiù zhǔyào shì wèile pānyán ma?

你去阳朔就主要是为了攀岩吗？

Did you go to Yangshuo mainly for rock climbing?

422

Bùshì de! Wǒ qù Yángshuò qíshí shì xué Yīngyǔ.

不是的！我去阳朔其实是学英语。

No, I didn't. I went there to learn English.

423

Nǐ wèishénme huì xiǎngdào yào xué Yīngyǔ ne?

你为什么会想到要学英语呢？

Why did you want to learn English?

424

Nǐ dàxué de shíhou méiyǒu xué ma?

你大学的时候没有学吗？

Didn't you learn it in college?

425

Dàxué shíhou yě yǒu xué.

大学时候也有学。

I did.

426

Nǐ yě zhīdào wǒmen de chuántǒng jiàoxué

你也知道我们的传统教学

But as you know, our educational system is traditional

427

jiùshì gèng duō de shì kǎoshì, ránhòu jì dāncí, kǎo jí.

就是更多的是考试，然后记单词，考级。

and it's more about examination and memorizing words.

428

Wǒ xué de yě bùshì tèbié hǎo, ránhòu yě bùtài huì shuō,

我学的也不是特别好，然后也不太会说，

I didn't learn it very well and I couldn't speak much,

429

jiùshì wǒmen suǒ shuō de yǎba Yīngyǔ.

就是我们所说的哑巴英语。

which we call in Chinese “mute English”.

430

Wǒ dāngshí shì zài Níngbō gōngzuò,

我当时是在宁波工作，

I was working in Ningbo (Zhejiang province),

431

ránhòu wǒ xiǎngyào qù xuéxí yīxiē dōngxi,

然后我想要去学习一些东西，

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and at that time, I just wanted to learn something.

432

yīnwèi wǒ zǒngshì xiǎngyào qù tànsuǒ,

因为我总是想要去探索，

I had always wanted to explore

433

huòzhě shì qù liǎojiě gèng duō de dōngxi.

或者是去了解更多的东西。

and learn more things.

434

Suǒyǐ jiù shuō xiǎng zhe, yàobù xué yī mén yǔyán ya

所以说想着，要不学一门语言呀

So I thought to myself, why not learn a language

435

huòzhě xué yī mén shénmeyàng de dōngxi nénggòu chōngshí zìjǐ.

或者学一门什么样的东西能够充实自己。

or something else to better myself?

436

Nǐ dàxué de zhuānyè shì shénme?

你大学的专业是什么？

What was your major in university?

437

Wǒ zhuānyè shì Hànyǔyán wénxué.

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我专业是汉语言文学。

My major was Chinese language literature.

438

Xué Hànyǔ de, kěyǐ dāng Hànyǔ lǎoshī!

学汉语的，可以当汉语老师！

Chinese Language! You can be a Mandarin teacher then!

439

Wǒ de qíshí zhuānyè yě shì zuò lǎoshī.

我的其实专业也是做老师。

In fact, my major was preparing me to be a teacher.

440

Méiyǒu dāng lǎoshī ma, hòumian?

没有当老师吗，后面？

Didn't you become a teacher later?

441

Yīnwèi wǒ háishi mán liǎojiě zìjǐ de,

因为我还是蛮了解自己的，

Because I knew myself well,

442

yīnwèi wǒ juéde wǒ de xìnggé kěnéng bùtài shìhé,

因为我觉得我的性格可能不太适合，

I knew that my personality wasn't good

443

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jiùshì zài jiǎngtái shàng chóngfù yī jiàn shìqíng yībèizi.

就是在讲台上重复一件事情一辈子。

for repeating the same thing in a class for the rest of my life.

444

Suǒyǐ wǒ dāngshí yě jiù méiyǒu xuǎnzé qù zuò zhège shìqíng.

所以我当时也就没有选择去做这个事情。

So I didn't choose to do it.

445

Nà nǐ dāngshí wèishénme huì xuǎnzé Hànyǔyán wénxué zhuānyè ne?

那你当时为什么会选择汉语言文学专业呢？

So, why did you choose Chinese language literature as your major?

446

Yīnwèi dāngshí dōu shì fùmǔ bāng wǒmen tiāo de zhuānyè a!

因为当时都是父母帮我们挑的专业啊！

At that time, it was chosen by my parents.

447

O, shì ma? | duì

哦，是吗？ | 对

Oh, yeah? | Yes!

448

Zìjǐ bù zhīdào zìjǐ xiǎngyào xué shénme,

自己不知道自己想要学什么，

I didn't know what I wanted to study

449

yě bù zhīdào zìjǐ jiānglái yào zuò shénme.

也不知道自己将来要做什么。

and what I wanted to do in the future.

450

Suǒyǐ shì nǐ de bàba māma jiànyì nǐ xuǎn de zhège zhuānyè.

所以是你的爸爸妈妈建议你选的这个专业。

So, the major was suggested by your parents.

451

Tāmen jiù zhíjiē shuō, duì a!

他们就直接说，对啊！

They just said that

452

Nǐ yī gè nǚháizi zuò lǎoshī yǐhòu bùguǎn shì duì háizi ya

你一个女孩子做老师以后不管是对孩子呀

as a girl, being a teacher, whether for your future kids

453

háishi duì lǎogong a dōu shì hěn yǒu hǎochu de.

还是对老公啊都是很有好处的。

or husband would be a good thing.

454

Yě shì bǐjiào tǐmiàn de yī fèn gōngzuò a.

也是比较体面的一份工作啊。

It's also a decent job.



455

Duì duì duì, rán hòu shí jiān jià qī dōu bǐ jiào chōng zú,

对对对，然后时间假期都比较充足，

Right. And I would have lots of vacation.

456

rán hòu yòu néng gòu yǒu gōng zuò,

然后又能够有工作，

I would be able to work

457

rán hòu yòu néng gòu zhào gu dào shēng huó.

然后又能够照顾到生活。

and take care of family at the same time.

458

Nà nǐ dì yī fèn gōng zuò shì shén me?

那你第一份工作是什么？

So, what was your first job?

459

Dì yī fèn gōng zuò shì xiāo shòu jiǎng shī.

第一份工作是销售讲师。

I was a sales presenter.

460

Xiāo shòu shén me ne?

销售什么呢？

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What did you sell?

461

Dāngshí xiāoshòu nàge yīliáo yòngpǐn.

当时销售那个医疗用品。

Medical supplies.

462

Suǒyǐ nǐ de gōngzuò shì shénme ne?

所以你的工作是什么呢？

So, what did you do specifically?

463

Duì jīqì zuò yī gè jiǎngjiě,

对机器做一个讲解，

I was introducing our (medical) machines to

464

ránhòu huì yǒu yīxiē rén lái tǐyàn,

然后会有一些人来体验，

potential customers that would come by to try them out.

465

ránhòu nǐ yào gēn tā jièshào zhèxiē gōngnéng,

然后你要跟他介绍这些功能，

And I needed to tell them about the products' functions

466

ránhòu zài bǎ zhèxiē chǎnpǐn xiāoshòu chūqù.

然后再把这些产品销售出去。

in order to sell them.

467

Nǐ xué Yīngyǔ zhǐshì chūyú xìngqù,

你学英语只是出于兴趣，

Did you learn English out of interest

468

háishi shuō xiǎng yǐhòu kěnéng zhǎo gè xiāngguān de gōngzuò?

还是说想以后可能找个相关的工作？

or because you wanted to find an English-related job?

469

Dāngshí qíshí zhǐshì xiǎng ràng zìjǐ yǒu gèng duō de yīxiē jìnéng,

当时其实只是想让自己有更多的一些技能，

At that time, I just wanted to gain more skills.

470

ránhòu yǐhòu zài qù zuòzìjǐ xiǎng zuò de shìqíng de shíhòu,

然后以后再去自己想做的事情的时候，

And if I wanted to do something (that might require English)

471

jiùshìshuō yǒu gèng hǎo de yī gè nénglì.

就是说有更好的一个能力。

I would be better prepared.

472

## Expressing Opinions In Chinese - Rock Climbing Chinese Girl Talks About Her Life

Nà nǐ wèishénme huì xuǎnzé Yángshuò zhège dìfang qù xuéxí Yīngyǔ,

那你为什么会选择阳朔这个地方去学习英语，

Why did you decide to learn English in Yangshuo?

473

wèishénme bù zài Níngbō ne?

为什么不在宁波呢？

Why not in Ningbo?

474

Yīnwèi dāngshí wǒ zài juéding shuō xiǎngyào xuéxí de shíhou,

因为当时我在决定说想要学习的时候，

When I decided to learn English,

475

wǒ qíshí zhǎo le hěn duō xuéxiào,

我其实找了很多学校，

I actually found many schools

476

xiàng Běijīng ya Shàng Hǎi ya bāokuò Hángzhōu zhèxiē dàchéngshì,

像北京呀上海呀包括杭州这些大城市，

that were in big cities like Beijing, Shanghai and Hangzhou.

477

yīzhí gěi wǒ de zhèzhǒng gǎnjué jiùshì dàchéngshì de jiàoyù

一直给我的这种感觉就是大城市的教育

Because I always thought the education in big cities

478

kěnéng huìyào gèng yōuzhì yīdiǎn.

可能会要更优质一点。

was probably better.

479

Ránhòu wǒ yǒu dǎdiànhuà qù zīxún xuéxiào,

然后我有打电话去咨询学校，

So, I called the schools and asked

480

ránhòu wǒ shuō nǐmen shì zěnmé shàngkè de?

然后我说你们是怎么上课的？

about their class schedules.

481

Tā shuō píngshí jiùshìshuō gēn xuésheng yīqǐ qù shàng jǐ jié kè,

他说平时就是说跟学生一起去上几节课，

They told me that usually I only needed to attend a few classes (a day).

482

ránhòu wǒ shuō xiàkè yǐhòu ne?

然后我说下课以后呢？

So I asked them, what about after the class?

483

Tā shuō xiàkè yǐhòu wǒmen jiù bùguǎn le,

他说下课以后我们就不管了，

They said that they were not responsible for the time after the class.

484

ránhòu wǒ shuō zhōuliù zhōutiān ne?

然后我说周六周天呢？

So I asked, what about Saturdays and Sundays?

485

Tā shuō zhōuliù zhōutiān wǒmen yě bùguǎn de.

他说周六周天我们也不管的。

They said that they were also not responsible for what I did on weekends.

486

Ránhòu dāngshí wǒ jiù zài xiǎng, wǒ shuō nà qíshí nàge yìsi jiùshì

然后当时我就在想，我说那其实那个意思就是

So I thought to myself, what they meant was

487

wǒ kěnéng zhǐshì shàngkè huì xué dào yīdiǎn dōngxi,

我可能只是上课会学到一点东西，

I could only learn something during the class.

488

yīnwèi xiàkè wǒ bùshì nàzhǒng zìzhìlì tèbié hǎo,

因为下课我不是那种自制力特别好，

I knew I wasn't a disciplined person

489

huì zìjǐ zài nàlǐ xuéxí de rén.

会自己在那里学习的人。

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that could study by myself after class.

490

Wǒ shuō zhège kěnéng bùshì tèbié shìhé wǒ.

我说这个可能不是特别适合我。

So, I thought that wasn't suitable for me.

491

Ránhòu dāngshí wǒ jiù zhǎo dào le Yángshuò de zhè yī jiā xuéxiào

然后当时我就找到了阳朔的这所学校

Then, I found a school in Yangshuo

492

jiàozuò Ōu Měi dá.

叫做欧美达。

called Omeida.

493

Tāmen de zhège xuéxí jiùshì quánrìzhì de,

他们的这个学习就是全日制的，

They were a full-time school

494

ránhòu yǒu zǎo zìxí wǎn zìxí, érqǐě tā huì gěi nǐ dìng yī gè mùbiāo.

然后有早自习晚自习，而且它会给你定一个目标。

that included morning and night study and they would set a goal for us.

495

Zhège mùbiāo bǐrú shuō shì duōdà de cíhuì liàng,

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这个目标比如说是多大的词汇量，

The goal could be, how large a vocabulary we could gain

496

zěnmeyàng yī gè jiāoliú chéngdù.

怎么样一个交流程度。

and how well we could communicate.

497

Tā yě huì gàosu nǐ,

他也会告诉你，

Also, they said that

498

rúguǒ nǐ zài bàomíng de zhège shíjiān lǐ bùnéng dáchéng,

如果你在报名的这个时间里不能达成，

if you couldn't reach (a goal) within the course's specified time,

499

zhǐyào nǐ àn yāoqiú wánchéng wǒmen de zhèzhǒng yāoqiú,

只要你按要求完成我们的这种要求，

as long as you fulfilled their requirements

500

bìxū cānjiā zǎowǎn zìxí huòzhě bìxū cānjiā měiyī táng kè, bù quē qín,

必须参加早晚自习或者必须参加每一堂课，不缺勤，

and attended every class,

501



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nàme wǒmen bǎozhèng nǐ dá dào zhège jíbié.

那么我们保证你达到这个级别。

they would guarantee that you would reach that goal.

502

Nà zhèyàng dehuà wǒ jiù měitiān dōu bùxiǎng... bùnéng chí dào, duì ba?

那这样的话我就每天都不想... 不能迟到，对吧？

So, I wouldn't want to be late for class

503

Yīnwèi wǒ hái shì hěn xiǎng dá dào zhège jíbié,

因为我还是很想达到这个级别，

since I really wanted to reach the level that was set as a goal

504

nénggòu zìyóu jiāoliú a.

能够自由交流啊。

and to be able to communicate freely.

505

Nà nǐ dāngshí xiǎngyào xué Yīngyǔ de shíhou

那你当时想要学英语的时候

So, when you wanted to learn English,

506

yǒu méiyǒu shuō xiǎngyào chéngwéi shénmeyàng de rén?

有没有说想要成为什么样的人？

was there a type of person that you wanted to become?

507

Duì, qíshí yǒushíhou nǐ kěnéng zhǐshì yǒu gè xiǎngfǎ,

对，其实有时候你可能只是有个想法，

Yes. In fact, many times you might have an idea,

508

dànshì yīdìngyào yǒu gè qījī, shì shénme?

但是一定要有个契机，是什么？

but you need an opportunity,

509

Jiùshì yǒu yī gè rén, nǐ xiǎng nǐ qù chéngwéi

就是有一个人，你想你去成为

or a person you want to become like.

510

Yīnwèi dāngshí wǒ shì zài dà jiēshang kàndào yī gè nǚháizi

因为当时我是在大街上看到一个女孩子

Once, I saw a girl in the street

511

hé yī gè wàiguó yǒurén zài liáotiān,

和一个外国友人在聊天，

talking with a foreigner.

512

ránhòu Yīngyǔ tèbié liúlì, ránhòu tèbié zìxìn.

然后英语特别流利，然后特别自信。

She was very confident and her English was very fluent.

513

Jiùshì zhème yīshùnjiān, wǒ dāngshí nèixīn jiù gàosu wǒ zìjǐ,

就是这么一瞬间，我当时内心就告诉我自己，

At that moment, I said to myself,

514

wǒ shuō wǒ xiǎng chéngwéi tā.

我说我想成为她。

that is the type of person I wanted to become.

515

Wǒ shuō wǒ xiǎngyào rènshi gèng duō de rén,

我说我想要认识更多的人，

I wanted to know more people,

516

wǒ xiǎngyào gēn zhèxiē rén nénggòu yǒu yī gè jiāoliú,

我想要跟这些人能够有一个交流，

talk with them

517

ránhòu wǒ néng qù liǎojiě tāmen de guójiā huòshì liǎojiě tāmen de wénhuà,

然后我能去了解他们的国家或是了解他们的文化，

and get to know more about their countries and cultures.

518

ránhòu zhèyàng wǒ jiù zài xiǎng, wǒ shìbùshì wǒ de shìyě huì gèng kāikuò.

然后这样我就在想，我是不是我的视野会更开阔。

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I thought it would broaden my horizons.

519

Dāngshí yīnwèi niánlíng hái hěn xiǎo xiǎngbudào tài yuǎn,

当时因为年龄还很小想不到太远，

At that time, I was too young to think far ahead.

520

zhǐ huì xiǎng zhe shuō, wǒ xiǎngyào qù jiéjiāo gèng duō de rén,

只会想着说，我想要去结交更多的人，

So my only thinking was to meet more people

521

ránhòu liǎojiě gèng duō de dōngxi,

然后了解更多的东西，

and learn more,

522

yīnwèi wǒ duì hěn duō shìqíng dōu yǒu hàoqí ma.

因为我对很多事情都有好奇嘛。

because I was very curious about many things.

523

Nàge shíhou duōdà?

那个时候多大？

How old were you then?

524

Nàge shíhou yīnggāi shì zài èrshí èr suì zhèyàngzi.

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那个时候应该是在22岁这样子。

I was about 22 years old.

525

Gāng bìyè de shíhou? | Duì, gāng bìyè de shíhou

刚毕业的时候? | 对, 刚毕业的时候

You just graduated? | Right.

526

Nà nǐ gōngzuò yǒu duōjiǔ le?

那你工作有多久了?

How long had you been working?

527

Dāngshí gōngzuò méiyǒu duōjiǔ, yīnggāi jiù bànnián shíjiān,

当时工作没有多, 应该就半年时间,

Not too long. It was probably about half a year.

528

suǒyǐ wǒ dāngshí nàge liǎojiě dào zhèzhǒng xuéxiào de shíhou

所以我当时那个了解到这种学校的时候

That was why when I learned about that school (in Yangshuo),

529

wǒ qián bùgòu a.

我钱不够啊。

I didn't have enough money (to attend the school).

530

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Suǒyǐ wǒ dāngshí jiù zhǎo le lìngwài liǎng gè jiānzhí lái cúnqián.

所以我当时就找了另外两个兼职来存钱。

So, I found two part-time jobs so I could save money.

531

Shénmeyàng de jiānzhí?

什么样的兼职?

What kind of part-time jobs?

532

Jiāo xiǎoháizi jiātíngzuòyè ya

教小孩子家庭作业呀

Helping kids with their homework.

533

Yǒudiǎn lèisì jiājiào de?

有点类似家教的?

Like tutoring?

534

Duì duì duì, ránhòu tā shì yī gè péixùn jīgòu ma, duì

对对对，然后它是一个培训机构嘛，对

Yes. It was a training centre.

535

Bùshì shuō qù jiāzhǎng jiālǐ, érshì shuō qù péixùn jīgòu

不是说去家长家里，而是说去培训机构

I didn't need to go to the kids' home, just to the training centre.

536

ànshí qù... chōu diǎn shíjiān qù shàngkè zhèyàngzi

按时去...抽点时间去上课这样子

I needed to find time to give them classes.

537

Cún le duōjiǔ?

存了多久?

How long did it take you to save the money?

538

Cún le yī nián duō ma,

存了一年多嘛,

Over a year.

539

Jiùshì dào nàshíhou shì dàgài shì yīyī nián, wǒ èrshí sì suì ba

就是到那时候是大概是一一年, 我24岁吧

It was in 2011 and I was about 24 years old.

540

jiù jiāngjìn yīniánduō dào liǎng nián shíjiān ma,

就将近一年多到两年时间嘛,

So, one to two years after starting to work,

541

ránhòu wǒ jiù zhèngshì cízhí le.

然后我就正式辞职了。

I quit my job.

542

Nà nǐ qù Yángshuò xuéxí Yīngyǔ de qián bùshì nǐ fùmǔ gěi de,

那你去阳朔学习英语的钱不是你父母给的，

So the money you had for learning English wasn't from your parents

543

érshì nǐ zìjǐ nǔlì cún de qián, shì ma?

而是你自己努力存的钱，是吗？

but from your own hard work, right?

544

Duì, yīnwèi wǒ méiyǒu jiùshìshuō qù xuǎnzé

对，因为我没有就是说去选择

Yes, since I didn't follow

545

wǒ bànmā gěi wǒ ānpái de zhège

我爸妈给我安排的这个

the plan my parents made for me

546

rénshēng de zhèzhǒng | zhuānyè, gōngzuò

人生的这种 | 专业，工作

for the kind of life (that they wanted for me) | For your major and work?

547

Duì, gōngzuò

对，工作



Right, work.

548

Nàme wǒ bàba jiù zài wǒ chūqù biéde dìfang gōngzuò zhīqián,

那么我爸爸就在我出去别的地方工作之前，

So, before I went out to work,

549

tā jiù gēn wǒ jiǎng le, tā shuō:

他就跟我讲了，他说：

my dad told me:

550

“Nà nǐ yǐhòu yùdào shénme kùnnan,

“那你以后遇到什么困难，

“no matter what kind of difficulties you encounter in the future,

551

bùyào lái zhǎo wǒmen bāngmáng. ”

不要来找我们帮忙。”

don't come to us for help. ”

552

Duì, jiùshì jīnqián fāngmiàn de,

对，就是金钱方面的，

He meant financial difficulties.

553

yīnwèi wǒmen běnlái gěi nǐ pū le yī tiáo kāngzhuāngdàdào,

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因为我们本来给你铺了一条康庄大道，

They had already paved a nice road for me,

554

dànshì nǐmen yào xuǎnzé qù zìjǐ mōsuo zìjǐ de rénshēng, duì ba?

但是你们要选择去自己摸索自己的人生，对吧？

but I insisted on exploring my own life.

555

Yīnwèi zuòwéi fùmǔ tā kěndìng shì

因为作为父母他肯定是

As parents, they surely

556

xīwàng nǐ de yīshēng dōu shì píngpíng ānān de,

希望你的一生都是平平安安的，

wanted my life to be safe

557

ránhòu jiùshì shùnlì de, shùnychàng de.

然后就是顺利的，顺畅的。

and smooth.

558

Yīnwèi tāmen zhèyàng gàosu wǒ yǐhòu,

因为他们这样告诉我以后，

After they told me this,

559

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wǒ jiù zìjǐ yě zuò le juéding, jiù shuō nà jiù kěyǐ,

我就自己也做了决定，就说那就可以，

I made up my own mind and said, okay!

560

wǒ xiǎngyào shénme wǒ zìjǐ jǐnliàng qù zhēngqǔ,

我想要什么我自己尽量去争取，

Whatever I want in the future, I will try to fight for it myself.

561

rúguǒ bùnéng dehuà, wǒ yě huì mànman lái xiǎng zhe qù jiùshì wánchéng tā.

如果不能的话，我也会慢慢来想着去就是完成它。

Even if I can't, I will try to achieve it slowly.

562

Nà nǐ cízhí zhè jiàn shìqíng nǐ fùmǔ zhīdào ma?

那你辞职这件事情你父母知道吗？

Did your parents know that you quit your job?

563

Zhè yī diǎn wǒ tèbié xìngyùn,

这一点我特别幸运，

I was very lucky.

564

jiùshìshuō yīnwèi wǒ jiù bǐjiào dúlì le ma,

就是说因为我就比较独立了嘛，

I had always been independent

565

wǒ dōu shì zìjǐ qù huāqián xuéxí,

我都是自己去花钱学习，

and I was using my own money to study,

566

zhīdào wǒ shì qù xuéxí de, tāmen gèng duō de shì zhīchí.

知道我是去学习的，他们更多的是支持。

so they were supportive knowing that I was going to study.

567

Jiǎrú dāngshí nǐ fùmǔ fǎnduì nǐ cízhí dehuà, nǐ huì zěnmě zuò?

假如当时你父母反对你辞职的话，你会怎么做？

What would you have done if your parents were against your decision to quit?

568

Wǒ gèng duō de kěnéng huì shì qù shuāifú tāmen, yīnwèi xuéxí shì nǐ...

我更多的可能会是去说服他们，因为学习是你...

I would try to persuade them because I knew that things you learn

569

gēnzhe nǐ de dōngxi, jiùshì tā huì ràng nǐ yībèizi shòuyì.

跟着你的东西，就是它会让你一辈子受益。

will be with you and benefit you all your life.

570

Nàme zhège yòng jīnqián shì,

那么这个用金钱是，

And it would be hard

571

jiùshì hěn nán qù héngliáng tā yǒu duōdà de jiàzhí,

就是很难去衡量它有多大的价值，

to measure its value with money.

572

tā qíshí shì wújià de.

它其实是无价的。

In fact, it is priceless.

573

Nà nǐ dāngshí yīnggāi fēicháng xiǎng xué ba?

那你当时应该非常想学吧？

You must've wanted to learn so much

574

Bùrán zěnmé huì bǎ gōngzuò dōu cí le ne?

不然怎么会把工作都辞了呢？

that you even quit your job?

575

Gōngzuò nǐ kěyǐ zài zhǎo ya! Duìbùduì?

工作你可以再找呀！对不对？

Jobs, you can find later. Right?

576

Ránhòu xuéxí zhège dōngxi, jiùshì nǐ tèbié xiǎng zuò yī gè dōngxi,

然后学习这个东西，就是你特别想做一个东西，

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But things like studying or anything you really want to do,

577

nǐ yīdàn fàngqì huòshì yīdàn gēzhì, tā kěnéng jiù...

你一旦放弃或是一旦搁置，它可能就...

once you give it up or put it on hold,

578

nǐ jiù kěnéng yǒngyuǎn fàngqì le,

你就可能永远放弃了，

you might give up forever

579

yǒngyuǎn zàiyě zhǎobudào zhège jīhuì le.

永远再也找不到这个机会了。

and might never get another chance.

580

Érqiě wǒmen suízhe niánlíng zēngjiā,

而且我们随着年龄增加，

And as we become older,

581

yěxǔ kěnéng huì jiéhūn shēng hái zi,

也许可能会结婚生孩子，

we might get married and have kids,

582

nàme nǐ de shíjiān huì gèng shǎo.

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那么你的时间会更少。

and then, we will have even less time.

583

Suǒyǐ dāngshí wǒ jiù zài xiǎng,

所以当时我就在想，

So I was thinking that

584

yīnwèi wǒ juéde xiànzài zuìhǎo de shíjī a, wǒ xiǎng xué,

因为我觉得现在最好的时机啊，我想学，

it was the best time for me since I wanted to learn

585

ránhòu yǒu zhège tiáojiàn qù xué le, jiùshì zuìhǎo de shíjī.

然后有这个条件去学了，就是最好的时机。

and I had the resources.

586

Nǐ xǐhuan nà yī fèn gōngzuò ma? Jiùshì nǐ de dìyī fèn gōngzuò

你喜欢那一份工作吗？就是你的第一份工作

Did you like your first job?

587

Nàshíhou tánbushàng xǐ bù xǐhuan,

那时候谈不上喜不喜欢，

At that time, it was hard to say whether I liked it or not.

588

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yīnwèi nǐ yě zhīdào gāng bìyè, ránhòu yě méiyǒushénme nénglì,

因为你也知道刚毕业，然后也没有什么能力，

As you know, I had just graduated and I didn't have any skills,

589

gèng duō de shì yǒu yī fèn gōngzuò yǎnghuò zìjǐ,

更多的是有一份工作养活自己，

so what I wanted was just a job to support myself.

590

Nàshíhòu tèbié kǔ, yīnwèi gōngzī hěn dī.

那时候特别苦，因为工资很低。

My life was very difficult then because of my low salary.

591

Zuì kǔ de shíhòu wǒ xiàtiān jiù zhǐyǒu liǎng tào yīfu,

最苦的时候我夏天就只有两套衣服，

At my most difficult time, I only had two sets of summer clothes,

592

ránhòu měitiān huíqù xǐ le huàn lìngwài yītào.

然后每天回去洗了换另外一套。

and I would go back to wash them so I could change clothing every day.

593

Hěn kǔ, dànshì nàge shíhòu jiùshì nǐ yīdàn yǒu yī gè mùbiāo yǐhòu,

很苦，但是那个时候就是你一旦有一个目标以后，

It was hard, but because I had a goal,



594

nǐ bùhuì juéde tā hěn kǔ,

你不会觉得它很苦，

I didn't feel that it was that hard.

595

gèng duō de shì qíshí xiǎngshòu zhèzhǒng

更多的是其实享受这种

Actually, I enjoyed the process from

596

cóng méiyǒu dào yǒu de zhèzhǒng guòchéng.

从没有到有的这种过程。

having nothing to getting something.

597

Dāng nǐ xīnli juéde kǔ de shíhou

当你心里觉得苦的时候

When you were having a rough time,

598

yǒu méiyǒu xiǎng guò xiàng jiāren shēnshǒu bāngzhù?

有没有想过向家人伸手帮助？

did you think about reaching out to your family for help?

599

Dāngrán yǒu a! Yīnwèi wǒ zuì cǎn de nà cì shì guònián de shíhou,

当然有啊！因为我最惨的那次是过年的时候，

Of course! The worst time was during a Spring Festival,

600

wǒ gāng fā wán gōngzī, ránhòu qiánbāo jiù bèi tōu le.

我刚发完工资，然后钱包就被偷了。

I just got my salary, but my wallet got stolen.

601

Ránhòu wǒ jiù gēn wǒ lǎobà dǎdiànhuà,

然后我就跟我老爸打电话，

So, I called my father.

602

wǒ lǎobà shuō, wǒ dāngshí jiù shuō le bùhuì guǎn nǐ a!

我老爸说，我当时就说了不会管你啊！

But my dad said that he already told me that he wouldn't take care of me.

603

Dànshì wǒ gē jiùshì zhīdào le yǐhòu

但是我哥就是知道了以后

However, when my older brother found out about my situation,

604

tā jiù huì gěi wǒ yīxiē nàge jiùjì,

他就会给我一些那个救济，

he gave me help.

605

jiùshì gěi wǒ yīxiē línghuāqián zhīlèi de, ràng wǒ jiùshì guònián a.

就是给我一些零花钱之类的，让我就是过年啊。

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He gave me some money so that I could go home for Chinese New Year.

606

Wa! Nǐ lǎobà zhēn de néng shuō dào jiù zuòdào! Shuō bùguǎn nǐ jiù bùguǎn le!

哇！你老爸真的能说到就做到！说不管你就不管了！

Wow! Your dad followed through on what he said!

607

Duì! Tāmen shì mán yánlì de, zài zhè fāngmiàn

对！他们是蛮严厉的，在这方面

Yes! They are very strict, in this respect.

608

Nà nǐ qù Yángshuò xué Yīngyǔ zhīqián,

那你去阳朔学英语之前，

Before you went to Yangshuo,

609

nǐ de Yīngyǔ shuǐpíng shì zěnmeyàng de ne?

你的英语水平是怎么样的呢？

how was your English?

610

Nàshíhòu kěyǐ shuō huí dào língjīchǔ le, yī dào shí yǐjīng shǔbù qīngchū le,

那时候可以说回到零基础了，一到十已经数不清楚了，

I was back to beginner level and I couldn't even count 1 to 10,

611

sìjì ránhòu Xīngqīyī dào Xīngqīrì yǐjīng shǔ... yǐjīng shǔ bù qīngchū le.

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四季然后星期一到星期日已经数... 已经数不清楚了。

name the four seasons or the days Monday to Sunday.

612

Jiù wánquán dōu bù jìde le! | Duì, wánquán dōu bù jìde

就完全都不记得了！ | 对，完全都不记得

So, you didn't remember anything! | Right, nothing!

613

Yīnwèi wánquán méiyǒu jīhuì yòng dào tā.

因为完全没有机会用到它。

Because I didn't have any chance to use it.

614

Zài Yángshuò xué le duōjiǔ?

在阳朔学了多久？

How long did you study in Yangshuo?

615

Zǒnggòng yīnggāi shì yīniánbàn de shíjiān ba.

总共应该是一年半的时间吧。

It was about a year and half.

616

Yīniánbàn zhīhòu nǐ de Yīngyǔ shuǐpíng yǒu duōdà de gǎibiàn?

一年半之后你的英语水平有多大的改变？

How much had your English changed in a year and a half?

617

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Yīniánbàn yǐhòu wǒ jiù yǐjīng nénggòu gēn (jiùshì) wàiguórén (nénggòu) jiāoliú le.

一年半以后我就已经能够跟(就是)外国人(能够)交流了。

I was able to hold a basic conversation with foreigners.

618

Dànshì háishi jiùshìshuō kǒuyǔ bùshì tèbié hǎo,

但是还是就是说口语不是特别好，

But my speaking ability wasn't great

619

wǒ de nàge cíhuì liàng bùshì tèbié dà.

我的那个词汇量不是特别大。

and I didn't have a good amount of vocabulary.

620

Nǐ gēn wàiguórén jiēchù de nà duàn shíjiān a,

你跟外国人接触的那段时间啊，

During the period that you had contacts with foreigners,

621

yǒu méiyǒu juéde wénhuà shàng yǒu chōngtū de?

有没有觉得文化上有冲突的？

were there any cultural conflicts?

622

Nàshíhòu hái méiyǒu bànfǎ nàme shēnrù de qù liǎojiě,

那时候还没有办法那么深入地去了解，

At that time, I didn't understand them much.

623

dànshì yǒuyīxiē fāngmiàn kěndìng shì wénhuà yǒu hěn dà de chōngtū.

但是有一些方面肯定是文化有很大的冲突。

But, there were a few cultural conflicts.

624

Jǔ gè lìzi, jiùshìshuō wǒmen Zhōngguó rén

举个例子，就是说我们中国人

For example, when Chinese people

625

bǐrú shuō dìyīcì jiàndào yī gè rén,

比如说第一次见到一个人，

meet somebody for the first time,

626

wǒmen kěnéng huì shuō, wa! nǐ hěn piàoliang!

我们可能会说，哇！你很漂亮！

We might say: "Wow! You are beautiful!"

627

Xiàng wǒmen yǒuyīxiē wàijiào nán lǎoshī a,

像我们有一些外教男老师啊，

Or when we see a male foreign teacher,

628

yǒushíhòu nǐ jiàndào tā, bǐrú kāiwánxiào,

有时候你见到他，比如开玩笑，哇！

we might jokingly say: "You're so handsome!"

629

Ránhòu rénjiā jiù zài xiǎng, nǐ shìbùshì duì wǒ yǒuyìsi?

然后人家就在想，你是不是对我有意思？

But they (foreign teachers) might think that we're really interested in them.

630

Yīnwèi zhège jiùshì yī gè hěn dà de wénhuà chāyì.

因为这个就是一个很大的文化差异。

And this is a big difference in culture.

631

Yīnwèi tāmen yībān bùhuì shuō,

因为他们一般会说，

Because they (foreigners) usually won't

632

zhèyàng qù zhíjiē mǎshàng qù kuā biéren,

这样去直接马上去夸别人，

compliment people right away,

633

tèbié shì dìyīcì jiànmiàn.

特别是第一次见面。

especially in the first meeting.

634

Nà wǒmen huì kāiwánxiào, wǒmen huì wèile hěn kuài de shúluò qilai,

那我们会开玩笑，我们会为了很快地熟络起来，

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But we (Chinese) might joke with each other this way to be friendly.

635

Wǒmen huì shuō, wa! Nǐ hǎo shuài ya! Nǐ hǎo kě'ài a! Duìbùduì?

我们会说，哇！你好帅呀！你好可爱啊！对不对？

So we might say things like “you’re handsome or you’re cute”, right?

636

Háiyǒu yī gè jiùshì bǐrú shuō wǒmen yǒushíhou

还有一个就是比如说我们有时候

Another example is sometimes

637

qù jiǔbā gēn wàijiào hējiǔ,

去酒吧跟外教喝酒，

when we go to a bar for a drink with our foreign teachers...

638

yīnwèi wǒmen Zhōngguó rén jiùshì shuō péngyou zhījiān

因为我们中国人就是说朋友之间

with Chinese friends,

639

wǒmen kěnéng huì shuō,

我们可能会说，

we might (jokingly) ask them

640

nǐ gěi wǒ mǎi bēi jiǔ a! Zhège hěn píngcháng.



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你给我买杯酒啊！这个很平常。

to buy us a beer and this is quite normal (for Chinese).

641

Dànshì kěnéng hěn duō wàijiào, wàiguórén tā de wénhuà bùshì zhèyàngzi,

但是可能很多外教，外国人他的文化不是这样子，

But many foreign teachers' cultures don't have this way of thinking.

642

jiùshì nǐ rúguǒ wèn tā yào mǎi jiǔ huòshì nǐ mǎi gěi tā jiǔ,

就是你如果问他要买酒或是你买给他酒，

In their culture, if you ask them to buy you a beer or buy them a beer,

643

kěnéng nǐ yě shì duì tā yǒuyìsi.

可能你也是对他有意思。

they might assume that you are interested in them.

644

Ránhòu hòumian yě shì zài gèzhǒng jiùshì hěn hǎoxiào de chǎngjǐng dāngzhōng,

然后后面也是在各种就是很好笑的场景当中，

Later, in all kinds of embarrassing situations,

645

wǒ jiù liǎojiě dào yuánlái tā de zhège wénhuà shì yǒu hěn dà de chāyì de.

我就了解到原来它的这个文化是有很大的差异的。

I learned that there was a big difference between our cultures.

646

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Gāng kāishǐ hái bùtài huì shuō de shíhòu,

刚开始还不太会说的時候，

When you couldn't speak English very well at the beginning,

647

huìbùhuì dānxīn zìjǐ fàncuò?

会不会担心自己犯错？

were you worried about making mistakes?

648

Wǒ liǎnpí bǐjiào hòu! Duì

我脸皮比较厚！对

I have thick skin!

649

Jīngcháng huì fàncuò, ránhòu wǒ háishi xiào xiào jiù hǎo le

经常会犯错，然后我还是笑笑就好了

So often when I made mistakes, I would just laugh

650

wǒ jiù hāhā hāhā, ránhòu jiù jìxù shuō

我就哈哈哈哈哈，然后就继续说

and go on.

651

Tāmen dōu zhīdào nǐ shì zài xuéxí,

他们都知道你是在学习，

They all knew that we were still learning.

652

tā bùhuì shuō tài tiāoti shuō,

他不会说太挑剔说,

So they wouldn't be so critical

653

nǐ yīdìng yào shuō wánměi de (nàge) jùzi huòshì Yīngwén.

你一定要说完美的(那个)句子或是英文。

and require us to speak perfect English.

654

Nà nǐ kāi gè wánxiào

那你开个玩笑

On the contrary, if you make jokes about your mistakes,

655

fǎn'ér ràng qìfēn hěn róngqià.

反而让气氛很融洽。

the atmosphere will be more relax.

656

Ránhòu wǒ hái yǒu gè tèbié zhège... diǎnxíng de lìzi. | Gǎoxiào de, shì ba?

然后我还有个特别这个... 典型的例子。| 搞笑的，是吧？

I have another example. | A funny one?

657

Ránhòu dāngshí wǒmen shì yǒu yī gè nán Zhōngguó lǎoshī,

然后当时我们是有一个男中国老师，

There was an English teacher who was also Chinese

658

ránhòu yǒu hǎojǐ gè (nàge jiùshì) wàijiào lǎoshī zuò zài...

然后有好几个(那个就是)外教老师坐在...

along with a few other foreign teachers

659

dāngshí zuò zài wǒmen xuéxiào wàimiàn.

当时坐在我们学校外面。

who were sitting outside of our school.

660

Ránhòu yīnwèi wǒ dāngshí shì líkāi xuéxiào yī duàn shíjiān, qǐngjià le,

然后因为我当时是离开学校一段时间，请假了，

At that time, I had just left my school for a while because I was on leave

661

ránhòu huílai, ránhòu kěnéng wǒ shòu le.

然后回来，然后可能我瘦了。

and I had just come back. Perhaps, I had lost some weight.

662

Zhōng jiào lǎoshī jiù gēn wǒ yòng Zhōngwén shuō,

中教老师就跟我用中文说，

The Chinese teacher was speaking Chinese to me saying that

663

tā shuō: Frieda, nǐ hǎoxiàng shòu le, méiyǒu yǐqián zhège...

他说：Frieda，你好像瘦了，没有以前这个...

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it seemed that I had lost weight and not as before...

664

méiyǒu yǐqián nàme hǎokàn le.

没有以前那么好看了。

I didn't look as good as before.

665

Tā shì zhème shuō de.

他是这么说的。

That's what he said.

666

Ránhòu dāngshí wǒ jiù shuō "no sex, right?"

然后当时我就说no sex, right?

Then I said: "no sex, right?"

667

Ránhòu dāngshí wǒ shuō wán zhè jù huà de shíhou,

然后当时我说完这句话的时候，

As soon as I finished saying that,

668

wǒ jiù xiǎng, wa! Wánle!

我就想，哇！完了！

I thought to myself: "Damn!"

669

Shuō cuò le!

说错了！

A mistake!

670

Nǐ jiǎng de shì “no sex”, shì ma?

你讲的是no sex，是吗？

You said “no sex”, right?

671

No sex. Bùshì sexy?

No sex. 不是sexy?

No “sex”. Not “sexy”?

672

Jiùshì míngcí hé zhège xíngróngcí gǎocuò le,

就是名词和这个形容词搞错了，

I confused the noun and the adjective.

673

Ránhòu dāngshí, wa! Dāngshí suǒyǒu de wàijiào dōu zhuǎn guò tóu lái kàn wǒ.

然后当时，哇！当时所有的外教都转过头来看我。

Then, all the foreign teachers turned their heads and looked at me.

674

Wa! Gāngà!

哇！尴尬！

Wow! It was so embarrassing!

675

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Ránhòu hòulái wǒ jiù xiào xiào jiù suàn le.

然后后来我就笑笑就算了。

But, again I just laughed and let it go.

676

Kāitóu de shíhòu tí dào le wǒ zài nǐ de lǚguǎn zhù le yī duàn shíjiān,

开头的时候提到了我在你的旅馆住了一段时间，

I mentioned at the beginning that I had stayed at your hotel for some time,

677

nǐ shì zěnméi cóng cízhí xué Yīngyǔ

你是怎么从辞职学英语

how did you become an owner of a hotel

678

ránhòu zìjǐ zuò le kèzhàn de lǎobǎn ne?

然后自己做了客栈的老板呢？

after quitting your job and learning English?

679

Duì... wǒ dāngshí qíshí yě dōu méiyǒu jìhuà.

对... 我当时其实也都没有计划。

I actually didn't plan it.

680

Wǒmen Zhōngguó yǒu jù gǔ huà jiàozuò

我们中国有句古话叫做

There is an old saying in Chinese that says

681

"jìhuà gǎnbùshàng biànhuà"

“计划赶不上变化”

"Plans can't catch up with changes".

682

Nǐ gānggang yě wèn wǒ de kǒuyǔ dào le shénme chéngdù,

你刚刚也问我的口语到了什么程度，

You just asked me how good my oral English was.

683

dànshì qíshí jiùshìshuō nénggòu jiāoliú, jiǎndān de jiāoliú,

但是其实就是说能够交流，简单的交流，

It was only good enough to hold a simple conversation

684

dànshì qíshí shuō qù gōngzuò háishi yuǎnyuǎn bùgòu de.

但是其实说去工作还是远远不够的。

but far from being good enough for a job.

685

Suǒyǐ dāngshí wǒ jiù zài xiǎng wǒ yào zěnmeyàng,

所以当时我就在想我要怎么样，

So, I was thinking how could I

686

(jiùshìshuō) yǒu yī gè jīhuì (kěyǐ shuō) nénggòu liànxí wǒ de Yīngyǔ,

(就是说)有一个机会(可以说)能够练习我的英语，

find an opportunity to practice my English.



687

yīnwèi nǐ yě zhīdào yī gè yǔyán,

因为你也是一个语言，

As you know, as far as language learning is concerned,

688

rúguǒ nǐ méiyǒu yī gè huánjìng qù liànxí,

如果你没有一个环境去练习，

without an environment,

689

nǐ kěnéng jiù huì wàng le.

你可能就会忘了。

you will soon forget it all.

690

suǒyǐ dāngshí wǒ de péngyou jiù... yě shì gēn wǒ jiǎng,

所以当时我的朋友就... 也是跟我讲，

So, my friend told me that

691

tā shuō Yángshuò shì yī gè guójì de yī gè xiǎo zhèn,

他说阳朔是一个国际的一个小镇，

Yangshuo, being an international town,

692

nà hěn duō de wàiguó yǒurén huì lái Yángshuò

那很多的外国友人会来阳朔

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many foreigners would come here

693

xuǎnzé shēnghuó ya, gōngzuò ya,

选择生活呀，工作呀，

to live or work.

694

Qíshí shì kěyǐ kǎolǜ shuō yàobù nàge zuò yī gè kèzhàn ya

其实是可以考虑说要不那个做一个客栈呀

Maybe I should consider starting a hotel

695

huòshì shuō zuò yīdiǎn shénme shēngyì, zài zhèlǐ

或是说做一点什么生意，在这里

or some kind of other business in Yangshuo.

696

Nàme nénggòu jiēchù dào gèng duō de wàiguórén,

那么能够接触到更多的外国人，

That way, I would be able to meet more foreigners

697

nà nǐ zhèyàng dehuà kěyǐ yǒu yī gè gèng duō de

那你这样的话可以有一个更多的

and have more

698

yī gè jiùshì jīhuì qù jiāoliú.

一个就是机会去交流。

opportunities to speak (English).

699

Ránhòu wǒ dāngshí xiǎng xiǎng, yě duì!

然后我当时想想，也对！

I thought she was right.

700

Jiù zuò le yī gè juéding, wǒ shuō nà wǒ jiù qù zuò yī gè kèzhàn.

就做了一个决定，我说那我就去做一个客栈。

So I made a decision to start a hotel.

701

Yīnwèi wǒ qíshí méiyǒu rènhe zuò kèzhàn de jīngyàn de.

因为我其实没有任何做客栈的经验。

But actually, I didn't have any experience running a hotel.

702

Wǒ jiù gēn wǒ péngyou jiǎng shuō wǒ yào zài zhèlǐ kāi gè kèzhàn,

我就跟我朋友讲说我要在这里开个客栈，

When I told my friends about my decision,

703

wǒ péngyou shuō nǐ fēng le ma?

我朋友说你疯了吗？

they all said that I was crazy.

704

## Expressing Opinions In Chinese - Rock Climbing Chinese Girl Talks About Her Life

Duì, nǐ de Yīngwén yòu bùhǎo,

对，你的英文又不好，

They said that my English wasn't good

705

ránhòu yòu méiyǒu guǎnlǐ guò kèzhàn,

然后又没有管理过客栈，

and I had never run a hotel

706

érqiě qián yě bùshǎo, duì ba?

而且钱也不少，对吧？

and I would need a lot of money.

707

Dāngshí hěn duō péngyou dōu fǎnduì wǒ zhège juéding.

当时很多朋友都反对我这个决定。

At that time, many of my friends were against my decision.

708

Dànshì dāngshí wǒ yě zǐxì de xiǎng le yīxià,

但是当时我也仔细地想了一下，

Then I thought about it more carefully.

709

wǒ shuō rúguǒ wǒ zhège xuéxí,

我说如果我这个学习，

I thought that

710

rúguǒ wǒ bǎ tā huāngfèi diào le,

如果我把它荒废掉了，

if I gave up my study,

711

nàme wǒ kěnéng làngfèi de huì shì gèng duō qián.

那么我可能浪费的会是更多钱。

I might end up wasting my money.

712

Yīnwèi wǒ xiànzài rúguǒ wǒ zài zhèbiān dāi xiàlai,

因为我现在如果我在这边待下来，

But if I stay,

713

wǒ yěxǔ bù zhèngqián, yěxǔ huì kuī qián,

我也许不挣钱，也许会亏钱，

even if I don't make money or even lose money,

714

dànshì zhèxiē qián huì suízhe wǒ nénglì de zēngzhǎng, wǒ de jīngyàn,

但是这些钱会随着我能力的增长，我的经验，

(it won't matter) because I could earn it back

715

wǒ de xuéxí, wǒ de nénglì de tíshēng, wǒ hòumian kěyǐ bǎ tā zhèng huilai.

我的学习，我的能力的提升，我后面可以把它挣回来。

as my experience, ability improves.

716

Suǒyǐ dāngshí wǒ jiù méiyǒu xiǎngdào shuō zhíjiē shì qián de sǔnshī,

所以当时我就没有想到说直接是钱的损失,

So I wasn't thinking about the potential loss of money,

717

érshì xiǎngdào shì wǒ nénggòu dédào shénme,

而是想到是我能够得到什么,

but more about what I could gain

718

wǒ nénggòu zěnmeyàng bǎ zìjǐ fēngfù qilai,

我能够怎么样把自己丰富起来,

and how I could improve myself.

719

suǒyǐ wǒ jiù háishi zuò le zhège juéding,

所以我就还是做了这个决定,

So, I made up my mind

720

ránhòu jiù kāi le nàge kèzhàn, zhǔyào dōu shì yǐ wàibīn wéizhǔ.

然后就开了那个客栈, 主要都是以外宾为主。

to open up that hotel mainly targeting foreign customers.

721

Nǐ de zījīn shì zěnmé lái de?

你的资金是怎么来的?

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How did you get your money?

722

Wǒ de zījīn dehuà jiùshì jiārén yě bāngzhù le wǒ yībùfèn,

我的资金的话就是家人也帮助了我一部分，

My family helped me with some

723

zìjǐ yě yǒu yībùfèn.

自己也有一部分。

and I had some myself.

724

Nǐ shì zìjǐ zū de nàge dìfang, shì ma? | Duì

你是自己租的那个地方，是吗？ | 对

You rented that place? | Yes.

725

Ránhòu zìjǐ zhuāngxiū de?

然后自己装修的？

And you remodeled it yourself?

726

Dāngshí qíshí yǐjīng yǒu yī duì nàge... Jiānádà de yī duì fūfù

当时其实已经有一对那个... 加拿大的一对夫妇

Actually, there was a Canadian couple that

727

zài nàlǐ zuò le liǎng nián le.

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在那里做了两年了。

had already been running that hotel for two years.

728

Ránhòu wǒ dāngshí shì huā le yī gè xīngqī de shíjiān zài tā nàlǐ qù xuéxí.

然后我当时是花了一个星期的时间在他那里去学习。

And I only spent a week to get trained.

729

Tā zhuǎnshǒu gěi nǐ de, shì ma?

他转手给你的，是吗？

They transferred (the lease) to you, right?

730

Tā zhuǎnshǒu gěi wǒ de.

他转手给我的。

Right.

731

Tāmen yào huíqù le?

他们要回去了？

They were going back home?

732

Duì! Tāmen xiǎngyào líkāi Yángshuò, qù biéde dìfang.

对！他们想要离开阳朔，去别的地方。

Yes! They wanted to leave Yangshuo and go somewhere else.

733



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Wǒ zhēn de shénme dōu bù dǒng,

我真的什么都不懂，

I really knew nothing (about running a hotel)

734

ránhòu tāmen huā le yī gè xīngqī de shíjiān lái péixùn wǒ.

然后他们花了一个星期的时间来培训我。

and they only spent a week training me.

735

Nà nǐ shì zěnmē xuānchuán nǐ de kèzhàn ne?

那你是怎么宣传你的客栈呢？

So, how did you promote your hotel?

736

Zěnmē ràng biéren zhǎodào nǐ ne? Wǒ jìde nǐmen shì hěn piān de.

怎么让别人找到你呢？我记得你们是很偏的。

How did customer find your hotel? I remember it was a little remote.

737

Duì! Wǒmen yòng wǎngzhàn, xiàng nàge booking a,

对！我们用网站，像那个booking啊，

Yes. We were using a website called booking.com,

738

jiùshì yīxiē zhège guójì de wǎngzhàn, nàge shíhou yòng de bǐjiào duō.

就是一些这个国际的网站，那个时候用的比较多。

and other international websites.

739

Ránhòu nàge wàiguó kèrén dōu shì

然后那个外国客人都是

So our foreign customers

740

tōngguò wǎngzhàn lái zhǎodào wǒ de kèzhàn de.

通过网站来找到我的客栈的。

found us through these sites.

741

Yī kāishǐ jiù yǒu kèrén lái ma? Háishi mànman...

一开始就有客人来吗? 还是慢慢...

Did you already have customers at the very beginning? Or slowly...

742

Duì, nàge shíhou jiùshì shēngyì yǐjīng mǎn bùcuò le.

对，那个时候就是生意已经蛮不错了。

Yes, the business was already pretty good at that time.

743

Wǒ jiēshǒu de shíhou jiùshì jīběnshàng hòumian dōu shì

我接手的时候就是基本上后面都是

When I took over,

744

měitiān dōu shì fángjiān dōu shì mǎn de.

每天都是房间都是满的。

the rooms were full almost every day.

745

Nà nǐ hǎo xìngyùn a!

那你好幸运啊！

You were so lucky!

746

Duì, háishi bǐjiào xìngyùn de.

对，还是比较幸运的。

Yes, I was pretty lucky.

747

Yīnwèi wǒ... nǐ yě zhīdào wǒ qíshí háishi mán rèqíng de yī gè rén,

因为我... 你也知道我其实还是蛮热情的一个人，

And as you know, I am a warm person.

748

ránhòu kèrén lái, bùguǎn wǒ Yīngyǔ shuō de hǎobuǎo,

然后客人来，不管我英语说得好不好，

When customers came, whether I could speak good English or not,

749

wǒ dōu shì jǐnliàng qù bāngzhù tāmen.

我都是尽量去帮助他们。

I always tried to help them.

750

Zhīqián wǒ yě tídào kèrén, bǐrú shuō mílù le,

之前我也提到客人，比如说迷路了，

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For example, the customer that I mentioned who got lost.

751

ránhòu bǐrú shuō kèrén jiùshìshuō duì Yángshuò bù liǎojiě,

然后比如说客人就是说对阳朔不了解，

Also, any customers who didn't know Yangshuo well,

752

ránhòu wǒ huì gēn tā hěn xiángxì de qù jièshào tā de lǚyóu lùxiàn.

然后我会跟他很详细地去介绍他的旅游路线。

I would help them and provide them an itinerary.

753

Ránhòu wǒ huì qù liǎojiě jiùshìshuō wàiguó yǒurén... wàiguó kèrén

然后我会去了解就是说外国友人... 外国客人

And I would also try to understand

754

tā xǐhuan shénmeyàng de yīxiē fēnggé, xǐhuan shénmeyàng de shíwù.

他喜欢怎么样的一些风格，喜欢什么样的食物。

what kind of food and what cooking style they like.

755

érqiě wǒ shì zìjǐ gěi tāmen zuò shíwù,

而且我是自己给他们做食物，

I cooked for them.

756

zǎocān hé wǎncān dōu shì wǒ zìjǐ gěi tāmen zuò.

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早餐和晚餐都是我自己给他们做。

I cooked both breakfast and dinner for them.

757

Nǐ huì zuòfàn?

你会做饭?

You can cook?

758

Duì, wǒ huì zuòfàn.

对，我会做饭。

Yes, I can.

759

Ránhòu érqiě dōu shì hěn jiànkāng, hěn nàge... | hěn gānjìng

然后而且都是很健康，很那个... | 很干净

Also, my cooking was healthy and... | Clean?

760

Duì duì, hěn yíngyǎng de yīxiē měishí.

对对，很营养的一些美食。

Right, and very nutritious.

761

Zuò de Zhōngcān háishi xīcān? | Zhōngcān

做的中餐还是西餐? | 中餐

Chinese food or Western food? | Chinese food.

762

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Dàn wǒ huì qù liǎojiě wàiguó kèrén xǐhuan chī nǎxiē Zhōngcān,

但我会去了解外国客人喜欢吃哪些中餐,

But I would try to figure out what kind of Chinese food they liked.

763

bǐrú shuō tāmen xǐhuan chī qiézi,

比如说他们喜欢吃茄子,

For example, (I discovered) they like eggplants.

764

tāmen tèbié xǐhuan chī fānqié chǎodàn.

他们特别喜欢吃番茄炒蛋。

And they liked scrambled eggs with tomatoes very much.

765

Shì ma? | Duì

是吗? | 对

Really? | Yes.

766

Ránhòu wǒ... tāmen bù xǐhuan chī tài yóunì de,

然后我... 他们不喜欢吃太油腻的,

And they don't like greasy food.

767

yīnwèi Zhōngguó de shíwù nǐ yě zhīdào jiùshì dàbùfen bǐjiào yóunì,

因为中国的食物你也知道就是大部分比较油腻,

But as you know, most Chinese food is very greasy.

768

nà wǒ huì gěi tāmen yǐ qīngzhēng wéizhǔ,

那我会给他们以清蒸为主，

So, I would use steaming as the main method for cooking

769

ránhòu wèidao yòu bùhuì (tài...) biàn de tài duō

然后味道又不会(太...) 变得太多，

but at the same time preserve the taste.

770

Kèrén jiùshì tèbié xǐhuan wǒ zuò de shíwù.

客人就是特别喜欢我做的食物。

My customers loved my cooking.

771

Suīshuō hěn máng, dànshì jiùshì yě hěn kāixīn, duì

虽说很忙，但是就是也很开心，对

Although I was busy, I was very happy.

772

Nà nǐ zhè duàn kāi kèzhàn de jīnglì a,

那你这段开客栈的经历啊，

From your experience in running a hotel,

773

nǐ juéde yǒu nǎ yīxiē shì hǎo de fāngmiàn?

你觉得有哪一些是好的方面？

what do you think were the positive aspects about it?

774

Nǐ juéde nǐ cóng zhè duàn jīnglì lǐ dédào de hǎochu shì shénme?

你觉得你从这段经历里得到的好处是什么?

What did you gained from that experience?

775

Shǒuxiān shì wǒ zhīdào zìjǐ xiǎngyào shénme,

首先是我知道自己想要什么,

First, I was clear about what I wanted.

776

nàme wǒ zài kāi zhège kèzhàn de shíhou

那么我在开这个客栈的时候

So, when I had my hotel,

777

wǒ kěnéng bǎifēnzhī bāshí de shíjiān dōu zài liànxí kǒuyǔ.

我可能80%的时间都在练习口语。

I was practicing my English 80% of the time.

778

Érqiě wǒ huì yīnwèi xiǎngyào qù bǎ yī gè shìqīng zuò hǎo,

而且我会因为想要去把一个事情做好,

And because I wanted to do a good job,

779

wǒ huì qù liǎojiě hěn duō, xuéxí hěn duō dōngxi.

我会去了解很多, 学习很多东西。



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I would try to learn more new things.

780

Bǐrú shuō gānggang wǒ shuō dào de tāmen de yīxiē nàge xíguàn ya,

比如说刚刚我说到的他们的一些那个习惯呀，

For example, their customs,

781

tāmen xǐhuan de dìfang, tāmen xǐhuan de shíwù

他们喜欢的地方，他们喜欢的食物，

the places and food they liked,

782

érqiě wǒ hái huì qù liǎojiě tāmen de yī gè...

而且我还会去了解他们的一个...

and different cultures

783

bùtóng guójiā de bùtóng wénhuà.

不同国家的不同文化。

from different countries.

784

Ránhòu wǒ huì jùshì qù zūnzhòng tāmen de bùtóng wénhuà.

然后我会就是去尊重他们的不同文化。

And I would try to respect their culture.

785

Wǒ kěnéng gāng kāishǐ rènwéi wǒ shì... zhǐshì wèile liànxí Yīngyǔ,

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我可能刚开始认为我是... 只是为了练习英语,

Initially, I thought I was only doing it for practicing my English.

786

dànshì hòumian wǒ qíshí cóngzhōng shōuhuò le gèng duō de dōngxi,

但是后面我其实从中收获了更多的东西,

But later I found out that I gained more.

787

bǐrú shuō wǒ xuéhuì le pānyán, jiāo le péngyou,

比如说我学会了攀岩, 交了朋友,

For example, I learned how to do rock climbing and made new friends.

788

ránhòu wǒ zhǎo dào le zìjǐ gèng shìhé de yàngzi,

然后我找到了自己更适合的样子,

Also, I found what was the most suitable for me

789

wǒ duì wǒ shì shéi wǒ kěnéng liǎojiě de gèng qīngchu le.

我对我是谁我可能了解的更清楚了。

and I was more clear about who I was.

790

Yǒu bùhǎo de fāngmiàn ma?

有不好的方面吗?

Were there any negative aspects?

791

## Expressing Opinions In Chinese - Rock Climbing Chinese Girl Talks About Her Life

Jiùshì yǒu ràng nǐ juéde bǐjiào kùnnan de dìfang ma?

就是有让你觉得比较困难的地方吗?

Was there anything that made you feel it was difficult?

792

Nǐ xiǎng nàge, kèzhàn lǐmiàn dēngpào huài le,

你想那个，客栈里面灯泡坏了，

Well, think about it. If the lights in the hotel didn't work,

793

wǒ děi zìjǐ xiū a, ránhòu yuànzi děi wǒ zìjǐ zhǒng a,

我得自己修啊，然后院子得我自己种啊，

I had to fix them myself. And I had to take care of my yard

794

ránhòu yǒushíhou bǐrú shuō nàge mǎtǒng a shénmede,

然后有时候比如说那个马桶啊什么的，

and sometimes when the toilet didn't work...

795

jiùshì hěn duō dōngxi dōu děi wǒ zìjǐ qù xiū de, wèile shěngqián,

就是很多东西都得我自己去修的，为了省钱，

I had to fix many things in order to save money.

796

yīnwèi nǐ zhǎo biéren guòlái jiùshì xiūlǐ tèbié guì, duì duì

因为你找别人过来就是修理特别贵，对对

Because it was very expensive to hire somebody to do this.

797

Ránhòu yǒushíhòu yě hěn wúnài a, yīnwèi wǒ yī gè nǚháizi, duìbùduì?

然后有时候也很无奈啊，因为我一个女孩子，对不对？

And sometimes I felt helpless because I was a girl alone, right?

798

Ránhòu shénme shìqíng dōu děi wǒ zìjǐ zuò.

然后什么事情都得我自己做。

And I had to do everything myself.

799

Ránhòu yě hěn kǔ a, yǒushíhòu yě huì juéde hěn xīnsuān, duì ba?

然后也很苦啊，有时候也会觉得很心酸，对吧？

It was hard and occasionally I felt tired.

800

Dànshì zuìzhōng háishi huì gàosu zìjǐ shuō,

但是最终还是会告诉自己说，

But eventually I would tell myself that

801

zhè shì nǐ zìjǐ xuǎnzé de shēnghuó,

这是你自己选择的生活，

this is the life I chose,

802

nǐ yào qù xiǎngshòu tā, ér bùshì qù bàoyuàn tā.

你要去享受它，而不是去抱怨它。

and I should enjoy it, not complain about it.

803

Suǒyǐ hái shì huì zài nán guò yǐ hòu,

所以还是会在难过以后，

So, after feeling sad,

804

ránhòu yòu xiào zhe jiù shì miànduì, duì duì...

然后又笑着就是面对，对对...

I would try to put on a smile and face (the problems).

805

Yǒu pèng dào guò nán chán de kè rén ma?

有碰到过难缠的客人吗？

Did you ever had any difficult customers?

806

Yǒu a, yīn wèi wǒ dào hòu mian wǒ yǒu yī gè měi guó de nǚ hái zi, nǚ péng you,

有啊，因为我到后面我有一个美国的女孩子，女朋友，

Sure. After a while, with a female American friend of mine,

807

tā gēn wǒ yī qǐ, wǒ men hòu lái zài kè zhàn lǐ miàn

她跟我一起，我们后来在客栈里面

we started an American restaurant

808

yě zuò le yī gè měi guó nà ge shí táng, duì

也做了一个美国那个食堂，对

in my hotel.

809

Ránhòu bǐrú shuō wǒmen jiù jiē dào le Zhōngguó de yījiārén,

然后比如说我们就接到了中国的一家人，

Once, we got a Chinese family

810

ránhòu tā de nǚxù shì wàiguórén.

然后他的女婿是外国人。

and the Chinese guy's son-in-law was a foreigner.

811

Ránhòu tā zhù zài wǒmen nàbian,

然后他住在我们那边，

He (the Chinese guy) stayed in my hotel,

812

tā ne tā jiù juéde dìfang yuǎn le yīdiǎn,

他呢他就觉得地方远了一点，

but he thought it was too far away from everything.

813

tā xiǎng zài chúfáng lǐ qù jiùshì jiǎndān de zhǔ diǎn dōngxi chī.

他想在厨房里去就是简单地煮点东西吃。

So, he wanted to make some simple meal in the kitchen.

814

Ránhòu dāngshí wǒ gēn tā shuō de shì,

然后当时我跟他说的是，

I told him that

815

yīnwèi zhège chúfáng nǐ yào zhǔ dōngxī chī,

因为这个厨房你要煮东西吃，

if he wanted to cook,

816

nǐ gēn wǒ de zhège péngyou, jiùshì zhège chúshī gōutōng yíxià,

你跟我的这个朋友，就是这个厨师沟通一下，

he needed to talk to the cook, my friend.

817

rúguǒ tā jiùshìshuō yǒu kòngxián de zhège shíjiān

如果她就是说有空闲的这个时间

If she wasn't busy,

818

jiùshì néng ràng nǐ lái zuò, nǐ jiù zuò.

就是能让你来做，你就做。

and she allow him to cook, then he could cook.

819

Yīnwèi zhège chúfáng yǐjīng jiāogěi tā le ma,

因为这个厨房已经交给她了嘛，

I had already handed over the kitchen to her,

820

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wǒmen hái shì yào yǐ zhège zhǔyào de shìqíng wéizhǔ, duì ba?

我们还是要以这个主要的事情为主，对吧？

so of course, we had to focus on the main business, right?

821

Yīnwèi wǒmen kèzhàn dāngshí yě bùshì shuō

因为我们客栈当时也不是说

Also, my hotel didn't

822

zhù kè rén shì kěyǐ qù chúfáng qù zuòfàn de,

住客人是可以去厨房去做饭的，

allow customers to cook in the kitchen

823

yīnwèi wǒ shì méiyǒu zhège fúwù, duìbùduì?

因为我是没有这个服务，对不对？

because I didn't include that service (in the room rental).

824

Dànshì wǒmen yě xiǎng, kǎolǜ dào

但是我们也想，考虑到

But I was trying to be considerate

825

tā kěnéng zìjǐ yīgè rén xiǎng zuò diǎn dōngxī chī,

他可能自己一个人想做点东西吃，

because he was alone and wanted to cook something



826

yīnwèi tā de hái zimen dōu qù pānyán a, qù wán biéde qù le.

因为他的孩子们都去攀岩啊，去玩别的去了。

since his children went rock climbing or did other things.

827

Wǒ jiù dāying le tā zhège.

我就答应了他这个。

So, I agreed.

828

Guò jǐtiān jiù zǒu le, zǒu le yǐhòu tā jiù gěi wǒ fā le yī gè xīnxi.

过几天就走了，走了以后他就给我发了一个信息。

A few days later, he left and sent me a message.

829

Tā shuō nǐ chúfáng lǐ de nàge...

他说你厨房里的那个...

He said that in my kitchen,

830

jiùshì tā dāngshí shuō de yī gè dāncí shì pàngzi,

就是他当时说的一个单词是胖子，

there was a... He used the word "fat person"

831

shuō měicì wǒ qù zuòfàn, tā dōu duì wǒ héngméishùyǎn de.

说每次我去做饭，她都对我横眉竖眼的。

and every time he was cooking, she was giving him nasty looks.

832

Ránhòu wǒ shì jiāo le qián de,

然后我是交了钱的，

Then he went on saying that he paid

833

wǒ shì néng xiǎngshòu zhèxiē shénme shénmede,

我是能享受这些什么什么的，

and he deserved these rights and so on.

834

Jiùshì zhèzhǒng gùkè shì Shàngdì de zhèzhǒng gàiniàn, sīxiǎng.

就是这种顾客是上帝的这种概念，思想。

Basically, his attitude was that because he was the customer, he was God.

835

Ránhòu dāngshí wǒ jiù gēn tā huí le yī gè xìnxi, wǒ shì zěnmē shuō de,

然后当时我就跟他回了一个信息，我是怎么说的，

Then, I replied:

836

“Wǒ shuō shǒuxiān nǐ bùnéng rénshēngōngjī biéren, duì ba?”

“我说首先你不能人身攻击别人，对吧？”

“First of all, you can't attack others (by calling them fat).”

837

qícì wǒ yě gēn nǐ jiǎng le, wǒmen kèzhàn shì bù bāohán

其次我也跟你讲了，我们客栈是不包含

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Secondly, I've told you that our hotel doesn't include

838

kèrén qù chúfáng zìzhǔ zuòfàn zhè yī xiàng fúwù de,

客人去厨房自主做饭这一项服务的，

allowing customers to cook in our kitchen,

839

dànshì yīnwèi wǒ kǎolǜ dào nǐ de xūqiú,

但是因为我考虑到你的需求，

but considering your needs,

840

wǒ yǐjīng gēn wǒ de chúshī gōutōng le.

我已经跟我的厨师沟通了。

I've already talked to my cook.

841

Wǒ zhǐshì xīwàng nǐ zài tā bù máng de shíhou qù zuòfàn,

我只是希望你在她不忙的时候去做饭，

I was hoping that you would cook only when she wasn't busy,

842

ér bùshì shuō tā zài zuì máng de shíhou qù zuòfàn, duì ba?"

而不是说她在最忙的时候去做饭，对吧？”

not when she was very busy.”

843

Ránhòu tā dāngshí yě yìshí dào zìjǐ zhège, jiùshìshuō zhège...

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然后他当时也意识到自己这个，就是说这个...

Then he realised that his language

844

bāokuò zhège chēnghu a, zhège yǔqì a shì yǒudiǎn guò.

包括这个称呼啊，这个语气啊是有点过。

and tone was rude.

845

Suǒyǐ tā shuō, duìbuqǐ!

所以他说，对不起！

So he apologized

846

Tā shuō zhège shìqíng kěnéng shì (wǒmen...)

他说这个事情可能是(我们...)

and there might have been a misunderstanding

847

tāmen de gōutōng zhījiān yǒudiǎn wùhuì.

他们的沟通之间有点误会。

between him and the cook.

848

Suǒyǐ dànshì... qíshí zuìzhōng hái shì jiēdàhuānxǐ le.

所以但是... 其实最终还是皆大欢喜了。

In the end, things worked out.

849

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Xiànzài kèzhàn bù kāi le a?

现在客栈不开了啊?

So, now you don't run the hotel, right?

850

Xiànzài wǒ bǎ tā zhuǎn diào le.

现在我把它转掉了。

I have transferred it to someone else (I sold it).

851

Shénmeshíhou zhuǎn de?

什么时候转的?

When was that?

852

Qùnián

去年

Last year

853

Wèishénme juéding bù kāi le ne?

为什么决定不开了呢?

Why did you decide to sell it?

854

Wǒ zài Yángshuò zuò kèzhàn zuò le wǔ nián,

我在阳朔做客栈做了五年,

I had ran that hotel for five years,

855

ránhòu wǒmen rènshi de shíhou wǒ qíshí yǐjīng zuò le liǎng nián le,

然后我们认识的时候我其实已经做了两年了，

when we met, it was already my second year.

856

yīnwèi wǒ kěnéng shì bǐjiàoxǐhuān tiǎozhàn de rén,

因为我可能是比较喜欢挑战的人，

And because I am a person who likes challenges,

857

suǒyǐ wǒ dāngshí wǔ nián kèzhàn zuò xiàlai yǐhòu,

所以我当时五年客栈做下来以后，

so after having that hotel for five years,

858

Yángshuò de shēnghuó wǒ yě fēicháng xǐhuan,

阳朔的生活我也非常喜欢，

I still enjoyed the life in Yangshuo,

859

dànshì duìwǒláishuō kěnéng tā yǐjīng méiyǒu tài duō de tiǎozhàn le.

但是对我来说可能它已经没有太多的挑战了。

but there weren't many challenges for me there anymore.

860

Suǒyǐ wǒ juéde shì shíhou wǒ yào qù

所以我觉得是时候我要去

So, I thought it was time for me

861

chóngxīnkāishǐ yīxiē xīn de tiǎozhàn huòzhě xīn de shēnghuó,

重新开始一些新的挑战或者新的生活，

to start a new challenge and a new life.

862

Suǒyǐ wǒ jiù bǎ tā gěi zhuǎn diào le.

所以我就把它给转掉了。

That is why I sold it.

863

Wǒ jìde zài wǒ zhù zài nǐ kèzhàn de shíhou,

我记得在我住在你客栈的时候，

I remember when I stayed at your hotel,

864

yǒu kàn dào nǐ de yī gè jièshào,

有看到你的一个介绍，

I saw a (brochure with an) introduction of you.

865

hǎoxiàng nǐ shì shǎoshùmínzú, shì ma?

好像你是少数民族，是吗？

You are a member of (a Chinese) minority

866

Nǐ shì Húběi rén, duì ba? | Duì

你是湖北人，对吧？ | 对

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and from Hubei province, right? | Yes.

867

Nǐ shì shénme mínzú de ne?

你是什么民族的呢?

What minority group do you belong to?

868

Wǒ shì Tǔjiāzú de.

我是土家族的。

I belong to the Tujia ethnic group.

869

Nǐmen Tǔjiāzú yǒu méiyǒu shénme tèbié de xísú?

你们土家族有没有什么特别的习俗?

Does your ethnic group have any special customs

870

Dēn wǒmen Hànzú bù yīyàng de

跟我们汉族不一样的

that are different from the Han?

871

Bǐrú shuō wǒmen jiéhūn huì chī sān tiān de jiǔxí, zhège suàn ma?

比如说我们结婚会吃三天的酒席，这个算吗?

We hold three days of dinner party for a wedding. Does that count?

872

Fúzhūāng ya huòzhě shì wénhuà yǒu méiyǒu shénme bù yīyàng de?



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服装呀或者是文化有没有什么不一样的？

What about clothing or differences in culture?

873

Fúzhuāng qíshí yě shì... yǐqián shì yǒu bùtóng de.

服装其实也是... 以前是有不一样的，

Actually, clothing was different before.

874

bǐrú shuō wǒmen de yīfu huì shì

比如说我们的衣服会是

For example, our clothes was

875

zhèyàngzi de yī gè zhège yīzhǒng xíngshì, ránhòu...

这样子的一个这个一种形式，然后...

like this, and...

876

Nǐ yǒu túpiàn ma? Jiùshì chuān nàge yīfu de

你有图片吗？就是穿那个衣服的

Do you have any pictures? Pictures of you wearing that kind of clothing?

877

Wǒ méiyǒu, yīnwèi wǒmen yǐjīng xiànzài yǐjīng méiyǒu zhèxiē fúzhuāng le,

我没有，因为我们已经现在已经没有这些服装了，

I don't, because we don't wear these clothes anymore.

878

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dōu shì pǔtōng de fúzhuāng le.

都是普通的服装了。

We just wear “normal” clothes.

879

Dànshì yǐqián wǒ yéye nǎinai tāmen hái shì

但是以前我爷爷奶奶他们还是

But my grandparents used to

880

chuān zhèzhǒng bǐjiào mínzú fúzhuāng,

穿这种比较民族服装，

wear costumes that reflected our ethnicity.

881

háiyǒu bāo tóujīn, ránhòu tāmen bù dàimàozi, tāmen huì bāo tóujīn.

还有包头巾，然后他们不戴帽子，他们会包头巾。

They would wrap their heads with headscarfs instead of wearing hats.

882

Nǐmen xiànzài de shìbùshì mànman de jiù méiyǒu nàme mínzú,

你们现在的是不是慢慢地就没有那么民族，

Is it true that your ethnic group is slowly

883

wénhuà jiù méiyǒu nàme qiáng le, shì ma?

文化就没有那么强了，是吗？

losing its culture?

884

Duì, yīnwèi shǎoshùmínzú hěn duō de wénhuà

对，因为少数民族很多的文化

Yes, because many minority cultures

885

tā qíshí shì hěn fán suǒ de.

它其实是很繁琐的。

are complicated and

886

dànshì hěn duō jiùshì xiànzài jiùshì dàjiā dōu shì jiǎnjié huà ma,

但是很多就是现在就是大家都是简洁化嘛，

people nowadays are trying to simplify (their lives).

887

jiùshì xiànzài wǒmen bǐrú shuō jiéhūn dōu shì qù jiǔdiàn,

就是现在我们比如说结婚都是去酒店，

For example, now when we get married, we just go to a hotel

888

ránhòu bàntiān, chī yī cān fàn

然后半天，吃一餐饭

and have a meal that will only last half a day.

889

Fāngbiàn, duì

方便，对

For convenience.

890

Yīnwèi xiànzài dàjiā gōngzuò dōu tèbié máng ma,

因为现在大家工作都特别忙嘛，

Since we're all busy with work now,

891

suǒyǐ wǒmen xiànzài yějiùshì méiyǒu tài duō mínzú huà de dōngxi le.

所以我们现在也就是没有太多民族化的东西了。

we don't follow too many ethnic customs.

892

Nà dāng biéren zhīdào nǐ shì shǎoshùmínzú rén,

那当别人知道你是少数民族人，

When people learn that you're a minority,

893

yǒu méiyǒu jiùshì huì juéde, hěn hàoqí huòzhě shì hěn jīngyà de?

有没有就是会觉得，很好奇或者是很惊讶的？

do they get curious or surprised?

894

Hěn duō rén tā huì zhèyàng de, shǒuxiān tā wèn,

很多人他会这样的，首先他问，

Many people will first ask

895

tā shuō nǐ shì hùnxuè'ér ma?

他说你是混血儿吗？

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whether I am mixed.

896

Ránhòu wǒ shuō, kāiwánxiào

然后我说，开玩笑

I will jokingly tell them

897

Wǒ shuō wǒ shì Tàiguó de ya! Wǒ shì...

我说我是泰国的呀！我是...

that I am from Thailand.

898

Wèishénme shuō Tàiguó de?

为什么说泰国的？

Why Thailand?

899

Yīnwèi Dōngnányà nàbian... jiùshì wǒ qíshí gèng piānxiàng yú

因为东南亚那边... 就是我其实更偏向于

Because my look is more like

900

Dōngnányà zhèbiān de zhǎngxiàng ma

东南亚这边的长相嘛

the people from Southeast Asia.

901

Ránhòu tāmen shuō, zhēn de ma?

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然后他们说，真的吗？

Then they will say: "Really?"

902

Wǒ shuō, zhēn de ya!

我说，真的呀！

I will answer: "Of course!"

903

Wǒ shuō wǒ shì Tàiguó rényāo,

我说我是泰国人妖，

I will tell them that I am a Thai she-male

904

wǒ shuō wǒ lái Zhōngguó shì wèile xué Hànwén de,

我说我来中国是为了学汉文的，

and I came to China to study Mandarin

905

wǒ shuō yīnwèi Zhōngguó fāzhǎn hěn kuài.

我说因为中国发展很快。

because China is developing so fast.

906

Ránhòu zài Tàiguó wǒ yǐjīng zhèng bùdào qián le,

然后在泰国我已经挣不到钱了，

I was not making enough money in Thailand.

907

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jiù zhèyàng kāiwánxiào ma

就这样开玩笑嘛

I will joke with them like that.

908

Ránhòu tāmen shuō, zhēn de ma?

然后他们说，真的吗？

Then they say: "Really?!"

909

Wǒ shuō jiǎde la, wǒ shuō wǒ shì shǎoshùmínzú de.

我说假的啦，我说我是少数民族的。

I will tell them I was lying and that I am a minority.

910

O! Wǒ zǒngshì juéde nǐ zhǎngde bù yīyàng!

哦！我总是觉得你长得不一样！

They will say: "Oh, I always thought you looked different!"

911

Nǐ de rénshēng zhōng zuì zhòngyào de zhuǎnzhédiǎn shì shénme?

你的人生中最重要的转折点是什么？

What has been the most important turning point in your life?

912

Jiùshì nǐ nǎyīge juéding ràng nǐ yōngyǒu xiànzài de shēnghuó hé rénshēng?

就是你哪一个决定让你拥有现在的生活和人生？

What decision did you make that brought you to the life you have now?

913

Wǒ juéde háishi nàshíhòu de xuéxí yǔyán ba, jiùshì xuéxí Yīngyǔ

我觉得还是那时候的学习语言吧，就是学习英语

I think it was when I decided to learn English.

914

ràng wǒ yǒu jīhuì qù jiēchù gèng duō de rén, bùtóng guójiā de rén,

让我有机会去接触更多的人，不同国家的人，

It provided me with an opportunity to meet more people from different countries

915

ránhòu kāikuò le wǒ de yǎnjiè.

然后开阔了我的眼界。

and broaden my horizons.

916

Jiùshì wǒ jiù huì biànde gèngjiā de kuānróng.

就是我就会变得更加地宽容。

Also, I became more tolerant.

917

Hěn duō láizì bùtóng dìfang de rén,

很多来自不同地方的人，

People from different places

918

tā kěnéng yǒuyīxiē tā zìjǐ guójiā de wénhuà hé xíxìng,

他可能有一些他自己国家的文化和习性，

might have their own customs or cultures



919

yǒude nǐ hěn xǐhuan, yǒude nǐ kěnéng bùshì tèbié néng rèntóng,

有的你很喜欢，有的你可能不是特别能认同，

and some you might like while others you might find difficult to agree with.

920

dànshì yīnwèi nǐ jiēchù de rén duō le,

但是因为你接触的人多了，

But as you are exposed to more people

921

huòshì nǐ kàn de dōngxi duō le yǐhòu,

或是你看的東西多了以後，

and more things,

922

nǐ huì xuǎnzé qù bāoróng, qù jiēshòu

你会选择去包容，去接受

you will choose to be tolerant or accepting.

923

Nǐ kěnéng zìjǐ bù yīdìng yào chéngwéi zhèyàng de rén,

你可能自己不一定要成为这样的人，

You don't need to be like that person,

924

dànshì nǐ kěyǐ xuǎnzé qù lǐjiě, duì

但是你可以选择去理解，对

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but you can decide to understand

925

ér bùshì qù píngpàn tā huòshì qù yuǎnlí tā.

而不是去评判他或是去远离他。

instead of judging or staying away from them.

926

Nà cóng nǐ cízhí dào xiànzài zhè yī duàn rénshēng

那从你辞职到现在这一段人生

Since you quit your initial job,

927

lǚchéng zhōng... wǒ dōu fā bùqīngchu le

旅程中... 我都发不清楚了

during the journey... I can't even pronounce it (lǚchéng)!

928

yǒu méiyǒu chūxiàn guò shénme duì nǐ hěn yǒubāngzhù de rén?

有没有出现过什么对你很有帮助的人?

was there anybody that helped you along the way?

929

Wǒ qíshí shì juéde zìjǐ shì bǐjiào xìngyùn de,

我其实是觉得自己是比较幸运的,

I think I am very lucky

930

yīnwèi wǒ zài měiyī gè rénshēng de gǎibiàn dāngzhōng

因为我在每一个人生的改变当中

because in every turning point in my life

931

dōu huì yùdào hěn duō bāngzhù wǒ de rén.

都会遇到很多帮助我的人。

there was someone to help me.

932

Kěnéng jiùshì yīnwèi zhèxiē rén ràng wǒ de rénshēng

可能就是因为这些让人让我的人生

Maybe it was because of these people that

933

yǒu le gèng dà de gǎibiàn.

有了更大的改变。

my life changed so much.

934

Zhèxiē rén tā kěnéng zhǐshì shuō yīxiē yǔyán de yīxiē bāngzhù,

这些人他可能只是说一些语言的一些帮助，

Some of them helped me with my language skill

935

yǒuxiē rén kěnéng shì yīxiē fāngxiàng de zhǐyǐn,

有些人可能是一些方向的指引，

while others gave me guidance.

936

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dànshì tāmen què ràng wǒ gèng quèdìng zìjǐ,

但是他们却让我更确定自己，

These people helped me be more sure that

937

huòzhě gèng jiānxìn zìjǐ xuǎnzé de zhè tiáo lù shì duì de.

或者更坚信自己选择的这条路是对的。

the road I was choosing was the right one.

938

Nà nǐ cóng cízhí xué Yīngyǔ,

那你从辞职学英语、

From quitting your job, to learning English,

939

kāi kèzhàn, pānyán,

开客栈、攀岩、

to opening a hotel and doing rock climbing,

940

qíshí zhè yīxiliè de juédìng,

其实这一系列的决定，

all these decisions

941

dōu gēn chuántǒng de shèhuì huòzhě shì jiārén

都跟传统的社会或者是家人

were different from what our society and parents

942

xiǎngyào de nǚ'ér shì bù yīyàng de.

想要的女儿是不一样的。

expect of a girl.

943

Nǐ de jiārén, nǐ gānggang shuō shì hěn zhīchí de,

你的家人，你刚刚说是很支持的，

Your family, as you mentioned were very supportive.

944

nà yǒu méiyǒu pèngdào guò péngyou duì nǐ tíchū de yīxiē zhìyí?

那有没有碰到过朋友对你提出的一些质疑？

Have you run into friends that questioned your decisions?

945

Dāng nǐ miànduì zhèxiē zhìyí de shíhòu,

当你面对这些质疑的时候，

And when facing these questions,

946

nǐ de tàidu shì shénmeyàng de? Nǐ de xīntài shì shénmeyàng de?

你的态度是什么样的？你的心态是什么样的？

what was your attitude?

947

Qíshí wǒmen měigerén dōu huì yùdào hěn duō zhìyí, bāokuò nǐmen yě shì.

其实我们每个人都会遇到很多质疑，包括你们也是。

In fact, every one of us will encounter doubts, including you guys.

948

Jiùshì nǐ zài zuò yī jiàn shìqíng de shíhòu, biéren bù lǐjiě,

就是你在做一件事情的时候，别人不理解，

When you do something and other people don't understand,

949

tā jiù huì zhìyí nǐ.

他就会质疑你。

they will question you.

950

Qíshí tā shì yī gè hǎoshì, wèishénme?

其实它是一个好事，为什么？

But actually, this can be a good thing. You know why?

951

Tā huì ràng nǐ qù kǎolǜ, jiùshìshuō zhè yěxǔ huì shì yī gè...

它会让你去考虑，就是说这也许会是一个...

It makes you think that maybe doing this

952

yěxǔ huì shì fāshēng le yī gè bùhǎo de jiéguǒ,

也许会是发生了一个不好的结果，

might bring a bad result

953

huì ràng nǐ qù wèi tā zuò zhǔnbèi.

会让你去为它做准备。

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and it helps you to be more prepared.

954

Dànshì hěn duō dōngxi jiùshìshuō nǐ yào qù héngliáng,

但是很多东西就是说你要去衡量,

We need to consider many things

955

bāokuò biérén de zhìyí,

包括别人的质疑,

including other people's doubts.

956

yǒude nǐ yào tīng, xuǎnzéxìng de qù tīng,

有的你要听, 选择性地去听,

Some, you should listen selectively,

957

yǒude jiùshìshuō nǐ kěnéng bù yào qù tīng.

有的就是说你可能不要去听。

but some you shouldn't.

958

Nǐ yào jiānxìn zìjǐ dàodǐ xiǎngyào shénme,

你要坚信自己到底想要什么,

You need to be sure about what you want,

959

nǐ yīdìngyào zhīdào zìjǐ xiǎngyào shénme,

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你一定要知道自己想要什么，

you have to!

960

nàme nǐ zài miànduì zhìyí de shíhou nǐ huì hěn tǎnchéng,

那么你在面对质疑的时候你会很坦诚，

Then, when you face doubts,

961

huì cóngróng de qù miànduì tā.

会从容地去面对它。

you will be more calm.

962

Yīnwèi wèishénme?

因为为什么？

Why?

963

Shǒuxiān wǒ zhīdào wǒ de mùbiāo zài nǎlǐ,

首先我知道我的目标在哪里，

Because I know what my goal is

964

nàme zhège mùbiāo nǐ... biéren bù yīdìng néng lǐjiě,

那么这个目标你... 别人不一定能理解，

and this goal might not be understood by others.

965



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dàn tā tíchū zhìyí shì yīnwèi tā kěnéng juéde zhège shìqíng

但他提出质疑是因为他可能觉得这个事情

The reason they question you is

966

kěnéng huì fāshēng chéng zhèyàng yī gè jiéguǒ.

可能会发生这样一个结果。

because they feel that it might not have a good result.

967

Nàme wǒ néng zuò de shì,

那么我能做的是，

So, what you can do is that

968

rúguǒ wǒ yě yù xiǎngdào huì fāshēng zhèyàng yī gè jiéguǒ,

如果我也预想到会发生这样一个结果，

when you anticipate these (bad) results

969

nàme wǒ jiù tíqián qù zhǔnbèi lái...

那么我就提前去准备来...

you can be more prepared

970

jiùshìshuō jǐnliàng qù bìmiǎn fāshēng zhèyàng de jiéguǒ,

就是说尽量去避免发生这样的结果，

to avoid them.

971

Nà rúguǒ biéren lái zhìyí wǒ, wǒ jiù bù zuò le,

那如果别人来质疑我，我就不做了，

If every time I quit when people question me,

972

nà wǒ yǒngyuǎn dōu huì huó zài biéren de, biéren yǎn lǐ

那我永远都会活在别人的，别人眼里。

I would be living other people's version of what my life should be.

973

Wǒ shuō wǒ xiǎng qù pānyán, ránhòu yǒurén gàosu wǒ shuō,

我说我想去攀岩，然后有人告诉我说，

If I say that I want to do rock climbing, but people tell me that

874

nǐ yī gè nǚháizi yīnggāi hǎohǎo jiéhūn shēng háizi,

你一个女孩子应该好好结婚生孩子，

I am a girl and should be getting married and having kids,

975

wǒ rúguǒ bù jiāndìng wǒ de xiǎngfǎ,

我如果不坚定我的想法，

and if I don't firmly follow my thinking

976

wǒ jiù qù hǎohǎo jiéhūn shēng háizi,

我就去好好结婚生孩子，

and instead, do what they say,

977

nà zhège zhìyí de rén tā dōu wàngjì tā zhìyí le shénme.

那这个质疑的人他都忘记他质疑了什么。

these people will eventually forget what they were questioning,

978

rúguǒ nǐ bù xǐhuan nǐ de zhèzhǒng xuǎnzé,

如果你不喜欢你的这种选择,

but, if we end up not liking the choice we made based on their doubts,

979

zhǐyǒu nǐ cái huì nàge zài zhè lǐmiàn

只有你才会那个在这里面

only we will

980

zuì zhēnqiè de gǎnshòu dào nǐ suǒ gǎnshòu de zhèzhǒng tòngkǔ.

最真切地感受到你所感受的这种痛苦。

suffer the bitterness from making these choices.

981

Zuihòu xiǎng wèn yíxià, nǐ xiànzài zài zuò shénme?

最后想问一下，你现在在做什么？

Finally, what are you doing now?

982

Wǒ xiànzài zài zuò zhège guójiājí de yīxiē jíxiàn yùndòng de yīxiē sàishì,

我现在在做这个国家级的一些极限运动的一些赛事，

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My job is organizing national extreme sports competition (events).

983

bāokuò pānyán a, yǒuyǎng sānxiàng a dēngděng

包括攀岩啊，有氧三项啊等等

These events include rock climbing, triathlon

984

yīxiē jíxiàn hùwài de yīxiē yùndòng sàishì.

一些极限户外的一些运动赛事。

and other outdoor extreme sports.

985

Yǒu méiyǒu mǎshàng yào fāshēng de sàishì?

有没有马上要发生的赛事？

Are there any upcoming events?

986

Duì, wǒmen mǎshàng jiù yuèfèn, shí yuèfèn,

对，我们马上9月份，10月份，

Yes, we have events in September, October

987

shí·yī yuèfèn dūhui yǒu sàishì,

11月份都会有赛事，

and November.

988

Xiàng mǎlāsōng ya, yǒu yǎng sānxiàng ya,

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像马拉松呀，有氧三项呀，

There will be events that include marathon,

989

bāokuò pānyán gēn yǒu yǎng sānxiàng yīqǐ de yīxiē sàishì,

包括攀岩跟有氧三项一起的一些赛事，

triathlon and rock climbing.

990

Zhè shì Zhōngguó wàiguórén dōu kěyǐ cānyù de, shì ma?

这是中国外国人都可以参与的，是吗？

Both Chinese and foreigners can participate?

991

Duì, wàiguórén Zhōngguó rén dōu kěyǐ cānyù.

对，外国人中国人都可以参与。

Yes, both can.

992

Yīnwèi wǒ wèishénme zhèyàng zuò ne?

因为我为什么这样做呢？

The reason I do it this way (include foreigners)

993

dìyī shì tāmen zài jiāoliú guòchéng zhōng

第一是他们在交流过程中

is because first, during these events

994

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nénggòu xuéxí dào hěn duō de dōngxi,

能够学习到很多东西，

they (the participants) can learn from each other .

995

ránhòu qícì tā shì yī gè fēicháng yǒuxiào de yī gè chuánbō,

然后其次它是一个非常有效的一个传播，

Secondly, it will be an effective way to spread the word

996

jiùshì ràng gèng duō de rén qù liǎojiě jíxiàn yùndòng,

就是让更多的人去了解极限运动，

so that more people will know about extreme sports

997

huòshì qù liǎojiě yīxiē bùtóng de wénhuà,

或是去了解一些不同的文化，

and learn more about different cultures

998

ránhòu wǒmen bùtóng de yùndòngyuán de yīxiē bùtóng de shēnghuó,

然后我们不同的运动员的一些不同的生活，

as well as athletes' lives.

999

Suǒyǐ wǒ yě shì tèbié xiǎngyào jiùshìshuō yǒu gèng duō de

所以我也是特别想要就是说有更多的

So, I really wish that there will be more

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1000

yīxiē guójì de gāoshǒu nénggòu lái Zhōngguó cānjiā bǐsài,

一些国际的高手能够来中国参加比赛，

international elite athletes that come to China to participate

1001

ràng wǒmen yǒu zhège jīhuì qù jiāoliú hé xuéxí.

让我们有机会去交流和学习。

so that we can have this opportunity to communicate and learn (from each other).

1002

Jiǎrú shuō yǒurén duì zhège jíxiàn yùndòng de bǐsài gǎnxìngqù,

假如说有人对这个极限运动的比赛感兴趣，

If there is someone that is interested in your extreme sport events,

1003

cóng nǎlǐ kěyǐ liǎojiě dào zhège xìnxi ne?

从哪里可以了解到这个信息呢？

where can they get information?

1004

Bǐrú shuō zài nǎlǐ kāisài a dēngděng

比如说在哪里开赛啊等等

For example, where will these events be held and so on.

1005

Wǒmen hòumian huì yǒu wǒmen de yī gè zhuānmén de wǎngzhàn,

我们后面会有我们的一个专门的网站，

We'll have a dedicated website later.

1006

ránhòu wǒmen xiànzài yě yǒu wǒmen de yī gè gōngzhòng hào,

然后我们现在也有我们的一个公众号，

But for now, we have a public WeChat channel

1007

dàoshíhòu wǒ kěyǐ fēnxiǎng gěi nǐ,

到时候我可以分享给你，

that I can share with you later.

1008

nǐ kěyǐ zài píngmù shàng dǎ shàng

你可以在屏幕上打上

You can leave the information on the screen.

1009

Duì, dàjiā kěyǐ liǎojiě yīxià,

对，大家可以了解一下，

Okay. You guys can read more about it

1010

shuōbùdìng kěyǐ gēn Frieda jiàn jiànmiàn,

说不定可以跟Frieda见见面，

and maybe even come here to meet up with Frieda

1011

lái cānjiā yīxià zhège bǐsài

来参加一下这个比赛



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and participate in the competitions.

1012

Dàoshíhòu kěyǐ bǎ wǒ de yóuxiāng,

到时候可以把我的邮箱，

You can also put my email

1013

bāokuò Facebook, bāokuò yīxiē fàng zài shàngmian,

包括Facebook，包括一些放在上面，

and Facebook account on the screen

1014

tāmen kěyǐ zhíjiē gēn wǒ jiāoli. | Hǎo

他们可以直接跟我交流。 | 好

so that they can talk to me directly. | Okay.

1015

Zuihòu a, yīnwèi wǒ juéde nǐ de gùshi ne shì hěn nénggòu...

最后啊，因为我觉得你的故事呢是很能够...

Lastly, I think your story

1016

hěn lìzhì hěn nénggòu qǐfā rén de,

很励志很能够启发人的，

is very inspiring

1017

érqiě zài Zhōngguó ma, xiàng hěn duō nǚxìng

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而且在中国嘛，像很多女性

because many women in China

1018

kěnéng zǒu de rénshēng guǐdào dōu shì bǐjiào gùdìng de, duì

可能走的人生轨道都是比较固定的，对

have a fixed or traditional life,

1019

nàme wǒ jiù xiǎng wèn, duìyú zhèxiē xīnzhōng yǒu mèng,

那么我就想问，对于这些心中有梦，

so my question to you is, to these (Chinese women) who have dreams

1020

dàn kěnéng yóuyú gèzhǒng zǔlì huòzhě shì shèhuì, láizì jiāting de yālì

但可能由于各种阻力或者是社会，来自家庭的压力

but because of all kinds of resistance from (Chinese) society or family,

1021

ér méiyǒu fùchū xíngdòng de Zhōngguó nǚxìng,

而没有付出行动的中国女性，

haven't taken any actions,

1022

nǐ yǒu méiyǒushénme jiànyì huòzhě shì xiǎng duì tāmen shuō de?

你有没有什么建议或者是想对她们说的？

what suggestions do you have for them or what you'd like to say to them?

1023

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Qíshí hěn duō rén tā kěnéng dōu céngjīng yǒu hěn duō de mèngxiǎng,

其实很多人他可能都曾经有很多的梦想，

I believe that many people have a dream.

1024

dàn hòulái wèishénme méiyǒu shíshī?

但后来为什么没有实施？

But why they don't do anything about it?

1025

Tā kěnéng dìyī shì zhège mèngxiǎng tài yáoyuǎn,

他可能第一是这个梦想太遥远，

Maybe because, first of all, the dream was too far-fetched.

1026

dì'èr shì zhìyí tāmen de shēngyīn tài duō,

第二是质疑他们的声音太多，

Secondly, because there were many people that disapproved.

1027

dì sān shì běnshēn rén yě yǒu yī gè duòxìng,

第三是本身人也有一个惰性，

And thirdly, people are lazy.

1028

jiùshìshuō wǒ xiǎng, bǐjiào róngyì,

就是说我想，比较容易，

It's always easy to think about things

1029

zhēnzhèng qù zuò kěnéng huì hěn nán.

真正去做可能会很难。

but hard to do them.

1030

Suǒyǐ wǒ xiǎng shuō de shì jiùshì shǒuxiān nǐ rúguǒ zhēn de yǒu mèngxiǎng,

所以我想说的是就是首先你如果真的有梦想，

So, what I want to say is, if you really have a dream,

1031

nǐ yào jiùshìshuō gàosu zìjǐ,

你要就是说告诉自己，

you need to tell yourself that

1032

wǒ zhēn de hěn xiǎng qù wánchéng zhège mèngxiǎng,

我真的很想去完成这个梦想，

you really want it to come true.

1033

nǐ yào qiányìshí de qù gàosu zìjǐ wǒ xiǎngyào.

你要潜意识地去告诉自己我想要。

You need to tell yourself subconsciously that's what you want!

1034

Yīnwèi nǐ xiǎngyào, ránhòu cái huì qù xiǎng zhe qù fùzhū xíngdòng.

因为你想要，然后才会去想着去付诸行动。

Only if you really want it, will you think about taking actions.

1035

Ránhòu wǒmen de yī gè mèngxiǎng

然后我们的一个梦想

Our dreams can be big,

1036

yě yào fēnchéng hěn duō de yīxiē xiǎo mùbiāo qù wánchéng tā,

也要分成很多的一些小目标去完成它，

so we need to chop them down into many small goals.

1037

jiùshì wǒmen shǒuxiān yào gěi zìjǐ shèlì yī gè xiǎo mùbiāo,

就是我们首先要给自己设立一个小目标，

That means we need to first set up a small goal

1038

jiùshì nénggòu zài hěn duǎn de yī gè shíjiān

就是能够在很短的一个时间

that in a short period of time

1039

huòshì nǐ yào fùchū yīxiē nǚlì de qíngkuàng xià

或是你要付出一些努力的情况下

with some hard work,

1040

néng wánchéng zhèyàng yī gè mùbiāo,

能完成这样一个目标，

can be reached.

1041

ránhòu wánchéng zhège mùbiāo yǐhòu,

然后完成这个目标以后，

Once you reach that goal...

1042

qíshí nǐ wánchéng zhège mùbiāo nǐ de nénglì yǐjīng zài zēngzhǎng le,

其实你完成这个目标你的能力已经在增长了，

In fact, your ability will improve while you're working towards the goal

1043

nǐ de sīwéi yǐjīng zài gǎibiàn le,

你的思维已经在改变了，

and your thinking will be changed.

1044

ránhòu nǐ yě cháng... yǐjīng pǐncháng dào le zhèzhǒng chénggōng de xǐyuè le,

然后你也尝... 已经品尝到了这种成功的喜悦了，

You've tasted the joy of success,

1045

gèng zìxìn le, gèng yǒu chéngjiù gǎn.

更自信了，更有成就感。

and have become more confident because you feel a sense of achievement.

1046

Nàme nǐ huì mài zhe xiàyīge mùbiāo,

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那么你会迈着下一个目标，

Then, you move on to the next goal

1047

ránhòu zuìzhōng dádào nǐ de dà mùbiāo.

然后最终达到你的大目标。

until you finally reach your ultimate goal.

1048

Wǒ yǒushíhòu jiùshì zhuīqiú de shì yī gè shénmeyàng de yī gè gǎnjué ne?

我有时候就是追求的是一个什么样的一个感觉呢？

What kind of thinking do I pursue?

1049

jiùshì dāng wǒ kěnéng shuō,

就是当我可能说，

When I am

1050

wǒmen Zhōngguó rén jiào qīlǎobāshí suì le de shíhòu,

我们中国人叫七老八十岁了的时候，

seventy or eighty years old,

1051

wǒ huí gù wǒ de yīshēng, wǒ bù hòuhuǐ.

我回顾我的一生，我不后悔。

and I look back on my life, I don't want to have any regrets.

1052

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Jiǎng de fēicháng hǎo a! | Xièxie!

讲得非常好啊！ | 谢谢！

Well said! | Thank you.

1053

Fēichánggǎnxiè nǐ jīntiān de fēnxiǎng!

非常感谢你今天的分享！

Thank you very much for sharing with us today!

1053

Wǒ yě fēicháng róngxìng néng yǒu jīhuì

我也非常荣幸能有机会

I'm also very honored to have the opportunity

1054

jiùshìshuō zuòwéi nàge Mandarin Corner de zhè cì jiābīn, duì

就是说作为那个Mandarin Corner的这次嘉宾，对

to be a guest of Mandarin Corner!

1055

ránhòu néng fēnxiǎng wǒ de yīxiē jiùshìshuō xīndé ba, duì

然后能分享我的一些就是说心得吧，对

And share my thoughts.

1056

Wǒ xīwàng duì dàjiā yǒu yīdiǎn bāngzhù!

我希望对大家有一点帮助！

I hope this can be helpful!



1057

Wǒ xiāngxìn huì yǒu hěn dà de bāngzhù, duì

我相信会有很大的帮助，对

I am sure it will.

1058

Nà xièxiē nǐ!

那谢谢你！

Thank you!

1059

Wǒmen yùzhù shìpín de chénggōng!

我们预祝视频的成功！

Let's wish the video success!

1060

Hǎo de! Yīdìng huì chénggōng de!

好的！一定会成功的！

Okay! It definitely will!