

Talking About Chinese Beauty Standards

Mandarin Corner
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1

Dàjiā hǎo! Huānyíng láidào Mandarin Corner, wǒ shì Eileen.

大家好！欢迎来到 Mandarin Corner，我是 Eileen。

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

2

Dàjiā hǎo! Wǒ shì Frieda.

大家好！我是 Frieda。

Hi, everyone! I am Frieda.

3

Hěn gāoxìng yòuyīcì hé dàjiā zài Mandarin Corner jiànmiàn!

很高兴又一次和大家在 Mandarin Corner 见面！

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I am happy to see you guys in Mandarin Corner again!

4

Gānggang Frieda shuō yòuyīcì hé dàjiā jiànmiàn le,

刚刚 Frieda 说又一次和大家见面了，

Frieda just said “seeing you guys again”.

5

qíshí zhè shì dì-èr cì tā lái shàng wǒmen de jiémù.

其实这是第二次她来上我们的节目。

Actually, this is her second time with us.

6

Ránhòu dì-yī cì dehuà shì wǒmen qù Nánjīng

然后第一次的话是我们去南京

The first time, we went to Nanjing

7

gēn tā zuò le yī gè yī duì yī de cǎifǎng.

跟她做了一个一对一的采访。

and interviewed her.

8

Cǎifǎng zhōng tā fēnxiǎng le tā shì rúhé cízhí qù xué Yīngyǔ,

采访中她分享了她是如何辞职去学英语，

In that interview, she shared her experience learning English,

9

ránhòu rúhé àishàng pānyán,

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然后如何爱上攀岩，

how she fell in love with rock climbing

10

zuìhòu ne zài Yángshuò kāi kèzhàn de jīnglì.

最后呢在阳朔开客栈的经历。

and running a hostel in Yangshuo.

11

Rúguǒ gǎnxìngqù dehuà kěyǐ diǎnjī xiàmiàn de liànjiē qù guānkàn.

如果感兴趣的话可以点击下面的链接去观看。

If you're interested, you can watch that video by clicking on the link below.

12

Qíshí zhège zhēn de shì shōu dào le hěn duō xuésheng de liúyán,

其实这个真的是收到了很多学生的留言，

Regarding that video, we've got a lot of comments from students

13

yǒu hěn duō rén bèi nǐ de gùshi dǎdòng, shuō nǐ hěn lìzhì

有很多人被你的故事打动，说你很励志

saying that they were moved by your stories and that they were inspirational.

14

ránhòu hái yǒu bùshǎo de xuésheng shuō

然后还有不少的学生说

Many others said:

15

Wa! Frieda zhēn de shì tài yǒumèilì le, zhǎngde hǎo měi!

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哇！Frieda 真的是太有魅力了，长得好美！

“Wow! Frieda, you're so charming and beautiful!”

16

Xièxie dàjiā de chēngzàn!

谢谢大家的称赞！

Thanks everyone for your praise!

17

Dànshì, hǎoxiàng zhǐyǒu Xīfāngrén huì kuā wǒ zhǎngde piàoliang,

但是，好像只有西方人会夸我长得漂亮，

But, it seems that only westerners praise my looks

18

zài Zhōngguó shì hěn shǎo yǒurén kuā wǒ zhǎngde piàoliang de.

在中国是很少有人夸我长得漂亮的。

and I am rarely regarded as beautiful in China.

19

Zhè kěnéng shì yīnwèi Zhōng xīfāng duì shěnměi de biāozhǔn yǒu chāyì ba.

这可能是因为中西方对审美的标准有差异吧。

Maybe it's because of the differences in beauty standards between China and the West.

20

Wǒ juéde Zhōngguórén duì shěnměi shì fēicháng yánkē de,

我觉得中国人对审美是非常严苛的，

I think that Chinese have very strict beauty standards,

21

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dà dào shēncái, xiǎo dào jiùshì liǎnxíng,

大到身材，小到就是脸型

from the shape of our body to the shape of our face,

22

bízi de xíngzhuàng hé zuǐba de xíngzhuàng.

鼻子的形状和嘴巴的形状。

nose and mouth.

23

Nà jīntiān wǒmen jiù cóng liù gè fāngmiàn

那今天我们就从六个方面

So today, we will talk about

24

lái chǎnshù Zhōngguó de shěnměi biāozhǔn

来阐述中国的审美标准

China's beauty standards from six aspects.

25

Xiàmiàn shǒuxiān shì dì-yī gè, shì fūsè

下面首先是第一个，是肤色

Number one is skin color.

26

Háowúyíwèn, bái ya!

毫无疑问，白呀！

No doubt about that, (it needs to be) white!

27

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Shénme màoměi fū bái dà cháng tuǐ,

什么貌美肤白大长腿，

(We have phrases) such as, a pretty girl has “white skin, long legs,

28

ránhòu báifùměi

然后白富美

or is “white and rich”.

29

shènzhì yǒu shuō yī bái zhē sān chǒu,

甚至有说一白遮三丑，

We even say “white skin makes up for three ugliness”,

30

yějiùshìshuō rúguǒ nǐ zhǎngde bái dehuà,

也就是说如果你长得白的话，

which means if your skin is white,

31

qítā fāngmiàn de yīxiē xiácī shì kěyǐ hūlūè de,

其他方面的一些瑕疵是可以忽略的，

other kinds of defects can be ignored

32

háishi kěyǐ bǎ nǐ fàng zài měinǚ de zhège biāozhǔn dāngzhōng.

还是可以把您放在美女的这个标准当中。

and you will still be regarded as beautiful.

33

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Wǒ zài wǎngshàng kàndào zhèyàng yī gè jiùshì yī zhāng hěn gǎoxiào de túpiàn,

我在网上看到这样一个就是一张很搞笑的图片，

I saw a funny image on the internet

34

ránhòu shàngmian xiě le yījùhuà

然后上面写了一句话

and on it, it said:

35

“Jīngcháng yǒurén wèn wǒ, nǐ wèishénme zhǎngde zhème hēi?”

“经常有人问我，你为什么长得这么黑？”

“People often ask me why I look so dark.

36

ránhòu wǒ jiù huí le rénjiā yījù:

然后我就回了人家一句：

I just replied to them:

37

nǐ shì yī bái zhē sān chǒu, wǒ yòu bù chǒu!”

你是一白遮三丑，我又不丑！”

“You guys need white skin to make up for your three ugliness, but I am not ugly!”

38

Yīnwèi wǒ de pífu hěn hēi...

因为我的皮肤很黑...

Since my skin is very dark...

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39

Xiàcì nǐ kěyǐ zhèyàng fǎnbó biéren.

下次你可以这样反驳别人。

Next time, you can answer like this!

40

Duì, wǒ xiàcì... wǒ xuéhuì le

对，我下次... 我学会了

Right, next time... now I know.

41

Nǐ zhīdào Zhōngguó rén yībān jiùshìshuō péngyou zhījiān jiànmiàn,

你知道中国人一般就是说朋友之间见面，

When Chinese girls meet each other, do you know

42

jiù nǚháizi zhījiān jiànmiàn zěnmē dǎzhāohu ma?

就女孩子之间见面怎么打招呼吗？

how they usually greet each other?

43

Nǐ yòu shòu le!

你又瘦了！

You lost weight again!

44

Duì, dànshì tāmen kàn dào wǒ huì... dìyī yǎn huì shuō nǐ zěnmē yòu...

对，但是她们看到我会... 第一眼会说你怎么又...

Right. But when they see me, they will say, "why again..."

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bùshì hēi le,

不是黑了，

They won't say: "You became darker",

46

shì yòu hēi le!

是又黑了！

but instead will say: "you became darker again!"

47

Wèishénme shì yòu hēi le ne?

为什么是又黑了呢？

Why again?

48

Yīnwèi wǒ yīzhí dōu zài hēi de zhè tiáo lùshang yuè zǒu yuè yuǎn,

因为我一直都在黑的这条路上越走越远，

Because as I go on with my life, I am getting darker and darker!

49

jiù wǒ cónglái yě méiyǒu bái guò.

就我从来也没有白过。

My skin was never white.

50

Duì, yīnwèi nǐ jīngcháng qù pānyán, dǐng zhe gè dà tàiyang,

对，因为你经常去攀岩，顶着个大太阳，

Right, because you often do rock climbing under a strong sun,

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51

suǒyǐ fūsè róngyì shàihēi ma.

所以肤色容易晒黑嘛。

so your skin becomes darker.

52

Bùguāng shì yīnwèi shàihēi, jiùshì wǒ běnshēn jiùshì pífu... tiānshēng jiù hēi

不光是因为晒黑，就是我本身就是皮肤... 天生就黑

It's not just because of the sun, but because I was born dark.

53

Nǐ cóngxiǎo jiùshì zhèyàng ma?

你从小就是这样吗？

Were you like this from a young age?

54

Duì, wǒ cóngxiǎo jiù bǐjiào hēi.

对，我从小就比较黑。

Yes, I've been dark since I was a child.

55

Wǒ gēn nǐ fēnxiǎng yī gè yǒuqù de jīnglì,

我跟你分享一个有趣的经历，

Let me tell you an interesting experience of mine.

56

wǒ yǒuyīcì hé wǒ de yī gè wàiguó péngyou zài jiēshang chīfàn,

我有一次和我的一个外国朋友在街上吃饭，

Once, I was having a meal with a foreign friend on the street

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ránhòu pángbiān zuò le yī gè nánshì, ránhòu tā kàn le wǒ yīyǎn,

然后旁边坐了一个男士，然后他看了我一眼，

and on our side, there sat a man. He took a look at me,

58

ránhòu guòlái wèn wǒ shuō, nǐ shì Zhōngguó rén ma?

然后过来问我说，你是中国人吗？

then came over and asked me: "Are you Chinese?"

59

Wǒ shuō shì de.

我说的是。

I said, yes.

60

Ránhòu tā shuō nǐ zěnmē nàme hēi ya?

然后他说你怎么那么黑呀？

He then said: "Why are you so dark?"

61

Ránhòu wǒ qíshí méiyǒu shēngqì, yīnwèi wǒ yǐjīng xíyǐwéicháng le.

然后我其实没有生气，因为我已经习以为常了。

I actually wasn't angry because I was already used to this.

62

Ránhòu wǒ de wàiguó péngyou shēngqì le, ránhòu jiù hěn shēngqì de wèn tā,

然后我的外国朋友生气了，然后就很生气地问他，

But my foreign friend got really angry and asked him:

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nǐ rènshi tā ma?

你认识她吗？

“Do you know her?”

64

Ránhòu nàge nánshì shuō wǒ bù rènshi a

然后那个男士说我不认识啊

The guy said he didn't know me.

65

Tā shuō, nà nǐ wèishénme zhème shuō tā?

他说，那你为什么这么说她？

Then (my friend) said: “Why did you ask her this?”

66

Nà tā shénme fǎnyìng?

那他什么反应？

What was the guy's reaction?

67

Ránhòu tā yě jiù bùhǎoyìsi ma,

然后他也就不好意思嘛，

He felt embarrassed

68

yīnwèi bìjìng zhè yě bùshì tèbié lǐmào de yī gè shìqing.

因为毕竟这也不是特别礼貌的一个事情。

because after all, it wasn't a polite thing to do.

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Érqiě tā yòu bù rènshi nǐ, dōu bù suànshì wánxiào huà.

而且他又不认识你，都不算是玩笑话。

Also, he didn't even know you. So, it couldn't even be regarded as a joke.

70

Duì, dàn rúguǒ tā quèrèn wǒ shì wàiguórén,

对，但如果他确认我是外国人，

Right. But if he confirmed that I was a foreigner,

71

tā kěnéng jiù jiēshòu le.

他可能就接受了。

he might have accepted (the fact that I was dark).

72

Nǐ yǒu xiōngdì jiěmèi ma?

你有兄弟姐妹吗？

Do you have any brothers or sisters?

73

Yǒu a! Wǒ yǒu gēge

有啊！我有哥哥

Yes, I have an older brother.

74

Nǐ gēge gēn nǐ yīyàng ma?

你哥哥跟你一样吗？

Is he like you?

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75

Wǒ gēge yě hēi.

我哥哥也黑。

My brother is also dark.

76

Wǒ juéde gēn wǒ fùmǔ de fūsè yǒu hěn dà guānxi,

我觉得跟我父母的肤色有很大关系，

I think it has to do with my parents' skin color

77

yīnwèi wǒ shì shǎoshùmínzú, suǒyǐ...

因为我是少数民族，所以...

because I am a minority, so...

78

Wǒ fùmǔ yě shì shǎoshùmínzú,

我父母也是少数民族，

My parents are minorities,

Note: Frieda is from the 土家族 / Tujia minority.

79

suǒyǐ wǒmen tiānshēng fūsè jiù yào bǐ biéren àn yīdiǎn.

所以我们天生肤色就要比别人暗一点。

so our skin color is naturally darker than others.

80

Nà nǐ xiǎoshíhou huìbùhuì yǒu péngyou

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那你小时候会不会有朋友

So when you were a kid, would your friends

81

huòzhě shì dàren jīngcháng huì shuō nǐ pífu hēi ya?

或者是大人经常会说你皮肤黑呀?

or other adults often comment on your dark skin?

82

Wǒ cóngxiǎo jiù yīnwèi fūsè kěnéng huì bǐjiào zìbēi,

我从小就因为肤色可能会比较自卑,

Since I was young, I felt inferior because of my skin color.

83

yīnwèi biéde xiǎohái dōu shì báibái nènnèn de, zhīdào ma?

因为别的小孩都是白白嫩嫩的, 知道吗?

Other kids had whiter skin

84

Ránhòu yīzhí dōu shì zài xuéxiào lǐ hěn shòuhuānyíng.

然后一直都是在学校里很受欢迎。

and were more popular in school.

85

Dànshì yīnwèi wǒ de fūsè hēi, jiù yīzhí dōu shì...

但是因为我的肤色黑, 就一直都是...

But because my skin was dark, I was always

86

bùshì hǎokàn de xiǎohái zhè yīlèi.

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不是好看的小孩这一类。

regarded as a less good-looking child.

87

Hěn cháng shíjiān wǒ yě bù xǐhuan wǒ de fūsè,

很长时间我也不喜欢我的肤色，

For a long time, I also didn't like my skin color

88

wǒ yě hěn xiǎng biàn bái.

我也很想变白。

and wanted to become lighter.

89

Ránhòu bāokuò wǒ māma yǒushíhou yě huì shuō nǐ...

然后包括我妈妈有时候也会说你...

Sometimes, even my mother would say that...

90

Nǐ mā yě juéde nǐ hēi ma?

你妈也觉得你黑吗？

Your mother also felt that you were dark?

91

Duì, yīnwèi tāmen yě shì Zhōngguó rén ya,

对，因为他们也是中国人呀，

Yes, because my parents are also Chinese

92

tāmen kěndìng yě shì jiēshòu le

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他们肯定也是接受了

and for sure adopted

93

zhège pífu yào bái de zhège shěnměi de biāozhǔn.

这个皮肤要白的这个审美的标准。

the standard that white skin is more beautiful.

94

Ránhòu jiào wǒ jiùshìshuō duō xǐ... yòng měibái de xǐ xǐ zhèyàngzi

然后叫我就是说多洗... 用美白的洗洗这样子

She would tell me to use whitening products to clean myself.

95

Xiǎoshíhou ma?

小时候吗?

When you were a child?

96

Dui ya! Xiǎoshíhou jiù ràng wǒmen yòng zhège xiāngzào ya

对呀! 小时候就让我们用这个香皂呀

Yes. She would tell us to wash ourselves with soap

97

huòshì nàge mùyùlù

或是那个沐浴露

or body wash.

98

Ràng nǐ yòng xiāngzào xǐ bái yīdiǎn

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让你用香皂洗白一点

To clean your skin and whiten it with soap?

99

Duì, jiùshì xǐ bái yīdiǎn huòshì shǎo shài yīdiǎn tàiyang.

对，就是洗白一点或是少晒一点太阳。

Yes, or be in the sun less.

100

Tāmen zhēn de juéde nǐ zhèyàng néng xǐ de bái ma?

他们真的觉得你这样能洗得白吗？

Did they really think that you could become whiter by washing yourself?

101

Bùnéng ya, dànshì kěyǐ shì shì.

不能呀，但是可以试试。

No. But we could give it a try.

102

Nà nǐ dāngshí jiùshì nǐ mā zhèyàng gēn nǐ shuō de shíhou,

那你当时就是你妈这样跟你说话的时候，

When your mother told you this,

103

nǐ shì shénme fǎnyìng?

你是什么反应？

what was your reaction?

104

Wǒ jiù tīnghuà de qù xǐ bei, ránhòu hòulái fāxiàn xǐ bù bái ya!

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我就听话地去洗呗，然后后来发现洗不白呀！

I just went to wash myself obediently, but later found out it didn't work!

105

Nǐ zhème bái yīnggāi duì fūsè méiyǒushénme kùnrǎo ba?

你这么白应该对肤色没有什么困扰吧？

Your skin is pretty white, you probably don't feel bothered by your skin color, right?

106

Dàn qíshí wǒ yě bù suàn bái de ya,

但其实我也不算白的呀，

But actually, my skin wouldn't be considered white

107

jiùshì yǐ Zhōngguó rén de biāozhǔn dehuà wǒ bù suàn bái de.

就是以中国人的标准的话我不算白的。

according to Chinese standard.

108

Wǒ juéde Zhōngguó de shěnměi biāozhǔn bùguāng shì bái,

我觉得中国的审美标准不光是白，

I think that in Chinese beauty standards, not only does our skin needs to be white,

109

érqiě yào jiùshì xiàng xuě | Wúxiá

而且要是像雪 | 无瑕

but also needs to be like snow... | Flawless.

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110

Duì, xuě hé niú'nǎi yīyàng de bái, érqiě yào méiyǒu rènhe xiáocǐ,

对，雪和牛奶一样的白，而且要没有任何瑕疵，

Right, it needs to be as white as snow or milk and without any flaws

111

jiùshìshuō méiyǒu dòu dòu, méiyǒu quèbān huòzhě méiyǒu zhì zhèyàngzi,

就是说没有痘痘，没有雀斑或者没有痣这样子，

which means, you can't have pimples, freckles or moles.

112

jiùshì fēicháng wánměi de zhèzhǒng bái.

就是非常完美的这种白。

It needs to be perfectly white.

113

Jiù shénme dōu méiyǒu? | Shénme dōu méiyǒu

就什么都没有？ | 什么都没有

You can't have anything (on your face). | Right.

114

Wǒ cóngláiméiyǒu bèi rén kuā guò bái | Shì ma?

我从来没有被人夸过白 | 是吗？

I was never praised for having fair skin. | Really?

115

yīnwèi wǒ sùrán de zhuàngtài xià

因为我素颜的状态下

Because when I have no makeup,

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qíshí shì yǒu yīdiǎn huáng de, wǒ de fūsè shì piān huáng de.

其实是有一点黄的，我的肤色是偏黄的。

my skin actually looks yellowish.

117

Duì, ránhòu jiāshàng wǒ liǎn shàng yòu yǒu bān,

对，然后加上我脸上又有斑，

Also, I have freckles on my face.

118

suǒyǐ jiù xiàng nǐ yīyàng de, nǐ bèi kùnrǎo de shì fūsè,

所以就像你一样的，你被困扰的是肤色，

So, just like you were bothered by your skin color,

119

ránhòu kùnrǎo wǒ zuì dà de jiùshì wǒ de bān, wǒ de quèbān

然后困扰我最大的就是我的斑，我的雀斑

I was bothered most by my freckles.

120

Wǒ cóngxiǎo jiù yǒu

我从小就有

I've had them since I was a child

121

érqiě wǒ shì xiàng nǐ yīyàng de, jiùshì wǒ de mèimei wǒ de dìdi dōu yǒu.

而且我是像你一样的，就是我的妹妹我的弟弟都有。

and just like you, my sister and brother also have freckles.

Talking About Chinese Beauty Standards

122

Yíchuán ma? | Yīnggāi shì ba

遗传吗? | 应该是吧

Genetics? | Probably so.

123

Fǎnzhèng xiǎoshíhou jiù jīngcháng huì bèi rén shuō,

反正小时候就经常会被人说,

In any case, as a child, people often pointed out

124

nǐ liǎn shàng yǒu bān a shénmede

你脸上有斑啊什么的

that I had freckles.

125

ránhòu zhǎngdà le zhīhòu, yīnwèi nǚháizi ma bǐjiào àiměi

然后长大了之后, 因为女孩子嘛比较爱美

After I grew up, since girls all want to look nice,

126

jiù hěn xīwàng hěn xiǎngyào bǎ zhège quèbān qùdiào,

就很希望很想要把这个雀斑去掉,

I really wished I could get rid of my freckles

127

yīnwèi jīngcháng huì bèi biéren shuō.

因为经常会被别人说。

because people often pointed them out.

Talking About Chinese Beauty Standards

128

Ránhòu nǐ zǒujìn yī jiā huàzhuāngpǐn diàn huòzhě shì hùfū pǐn,

然后你走进一家化妆品店或者是护肤品，

Also, when I enter a makeup or skincare store,

129

tā dōu huì shǒutuī qū bān chǎnpǐn.

她都会首推祛斑产品。

(the sales people) will always first recommend products for removing freckles.

130

Bāokuò wǒ yě shì, wǒ qù huàzhuāng diàn dehuà,

包括我也是，我去化妆店的话，

Same with me. When I go into a makeup store,

131

rénjiā huì, wa! dà kèhù a!

人家会，哇！大客户啊！

they would be like: "Wow! Big customer!"

132

Zhème hēi, děi yòng duōshao měibái chǎnpǐn ya!

这么黑，得用多少美白产品呀！

She's so dark and must need a lot of whitening products!"

133

Yǒu yī nián wǒ zài jiālǐ de shíhòu, wǒ yǒu chángshì guò qū bān,

有一年我在家里的时候，我有尝试过祛斑，

There was one year that I stayed at home and I was trying to remove my freckles.

Talking About Chinese Beauty Standards

134

nàshíhou wǒ zài dú Zhōngyī de shū,

那时候我在读中医的书，

At that time, I was reading books about Chinese medicine

135

ránhòu kàndào yī gè mífāng

然后看到一个秘方

and I discovered a secret recipe.

136

Shénme mífāng?

什么秘方？

What secret recipe?

137

Qū bān de mífāng

祛斑的秘方

A recipe for removing freckles

138

tā jiùshì yòng yī wèi Zhōngyào mó chéng fěn,

它就是用一味中药磨成粉，

and it consisted of grinding a type of Chinese medicine into powder

139

ránhòu gēn fēngmì tiáo zài yìqǐ, jiùshì yào fū zài liǎn shàng,

然后跟蜂蜜调在一起，就是要敷在脸上，

and mixing it with honey before applying it on the face.

Talking About Chinese Beauty Standards

140

píngcháng wǒmen fū miànmó kěnéng shì fū èrshí fēnzhōng | Duì

平常我们敷面膜可能是敷二十分钟 | 对

Normally, we might only need to leave a facial mask on for 20 minutes. | Right.

141

Dànshì wǒ zhège shì yào fū yī wǎnshang,

但是我这个是要敷一晚上，

But (the receipt I was using) needed to be left (on my face) for the entire night

142

ránhòu wǒ fū le sān gè yuè

然后我敷了三个月

and I did it for three months.

143

Jiù wǒ de bāndiǎn zhēn de shì yǒu...

就我的斑点真的是有...

(After that), my freckles really...

144

Yǒu dàn yīdiǎn, shì ma? | Duì duì duì

有淡一点，是吗？ | 对对对

They became lighter? | Yes.

145

Nǐ gānggang shuō nǐ qù hùfū pǐn diàn

你刚刚说你去护肤品店

You said that when you visited a skincare store,

Talking About Chinese Beauty Standards

146

nàxiē shòuhuòyuán kàn le nǐ huì yǎnjīng fàng guāng,

那些售货员看了你会眼睛放光，

the sales people's eyes would light up when they saw you.

Note: She told me this off camera.

147

tāmen gěi nǐ tuījiàn zhèxiē chǎnpǐn nǐ huì yòng ma?

她们给你推荐这些产品你会用吗？

So, did you use the products they recommended?

148

Wǒ yǐqián yě yòng guò, xiàng nàge měibái miànmó ya,

我以前也用过，像那个美白面膜呀，

In the past, I have used things like masks that had whitening effects

149

ránhòu díquè shì yǒuxiào, jiù dì'èrtiān bái le hěn duō

然后的确是有效，就第二天白了很多

and they were indeed effective, my skin did become whiter the next day.

150

Ránhòu chūxiàn yī gè fēicháng qíguài de wèntí,

然后出现一个非常奇怪的问题，

But, something weird happened.

151

jiùshì liǎn hěn bái, ránhòu xiàmian hěn hēi.

Talking About Chinese Beauty Standards

就是脸很白，然后下面很黑。

My face was white, but everything below it was still very dark.

152

Bù jūnyún, shì ba?

不均匀，是吧？

It didn't look even, right?

153

Duì, ránhòu jiù dǐng zhe yī gè báiliǎn hé yī gè hēi hēi de shēntǐ,

对，然后就顶着一个白脸和一个黑黑的身体，

Yes. So, I was having a white face with a dark body

154

hěn qíguài!

很奇怪！

which was very strange.

155

Ránhòu zhège jiùshìshuō yòng le yǐhòu,

然后这个就是说用了以后，

Also, a few days after using it,

156

ránhòu guò liǎng tiān pífū huì biàn de hěn gān,

然后过两天皮肤会变得很干，

my skin became very dry.

157

suǒyǐ wǒ juéde tā kěnéng shì tiānjiā le yīxiē huàxué yòngpǐn,

Talking About Chinese Beauty Standards

所以我觉得它可能是添加了一些化学用品，

So, I felt that maybe there were chemicals that were added in the product

158

tā bìngbù shì tèbié jiànkāng, suǒyǐ wǒ jiù bù yòng le.

它并不是特别健康，所以我就不用了。

and they were not very healthy. So, I stopped using them.

159

Kěshì nǐ juéde wǒmen... jiù wèishénme nǚháizi huì duì bái zhème zhízhuó ne?

可是你觉得我们... 就为什么女孩子会对白这么执着呢？

Why do you think that Chinese girls are so obsessed with white skin?

160

Yīnwèi xiànzài de, nǐ kàn, bùguǎn shì rènhe guǎnggào chūxiàn de míngxīng

因为现在的，你看，不管是任何广告出现的明星

Because nowadays, you can see that celebrities on all commercials

161

dōu shì wánměiwúxiá de

都是完美无瑕的

appear to be perfect and flawless

162

jiùshì bùguǎn shì shēncái yě hǎo,

就是不管是身材也好，

with both, their bodies

163

pífū de yánsè huòshì pífū de zhuàngtài dōu shì wánměiwúxiá de.

Talking About Chinese Beauty Standards

皮肤的颜色或是皮肤的状态都是完美无瑕的。

and the state of their skin.

164

Wǒ juéde wǒmen yào zhīdào de shì tāmen qíshí shì huà guò zhuāng,

我觉得我们要知道的是她们其实是画过妆，

I think that we should be aware that they have makeup

165

érqiě shì P guò tú,

而且是 P 过图，

and have been fixed with Photoshop.

166

jiùshì yǐjīng wánquán shì zhǔnbèi hǎo de.

就是已经完全是准备好的。

They're fully prepared (for the advertisement).

167

Qíshí yǒu yī gè xiàohuà bù zhīdào nǐ tīngshuō guò méiyǒu,

其实有一个笑话不知道你听说过没有，

There is a joke I don't know if you have heard of it.

168

jiùshì Hánguó de zhěngróng, Zhōngguó de PS

就是韩国的整容，中国的 PS

In South Korea, they have plastic surgery and in China, we have Photoshop.

169

Zhào piàn | O, duì duì duì

Talking About Chinese Beauty Standards

照骗 | 哦，对对对

“Zhao pian”. | Right.

170

Zhège zhàopiàn bùshì bèi hěn duō wǎngyǒu

这个照片不是被很多网友

Internet users do a play on words

171

jiù tiáokǎn chéngwéi nàge piànzi de piàn,

就调侃成为那个骗子的骗，

by replacing the “pian” for “photo” with the “pian” that means “cheater”

172

yīnwèi shì piànrén de, jiǎde

因为是骗人的，假的

because (the photo) is a lie, it's all fake.

173

Qíshí dōu shì kěyǐ tōngguò nàge ruǎnjiàn

其实都是可以通过那个软件

(The photos) can be fixed into

174

bǎ tā gěi jiùshì xiū de hěn wánměi de.

把它给就是修得很完美的。

something perfect with software.

175

Xiàng wǒmen shǒujī shàngmian qíshí yě yǒu | Dōu yǒu

Talking About Chinese Beauty Standards

像我们手机上面其实也有 | 都有

Actually, our phones have (the software) too. | Yes.

176

Xiànzài yǒu zhuānmén de měi yán xiàngjī.

现在有专门的美颜相机。

Nowadays, we have specialized cameras with beautifiers.

177

Shǒujī dōu shì zì dài měi yán de | Duì de

手机都是自带美颜的 | 对的

Phones come with beautifiers. | Right.

178

Zhè shì zuì jīběn de pèizhì le.

这是最基本的配置了。

It is the most basic configuration now.

179

Wǒmen yào pāi yī zhāng ma?

我们要拍一张吗？

Shall we take a photo?

180

Ránhòu tā shàngmian shì kěyǐ jiùshìshuō tiáo nǐ de liǎnxíng,

然后它上面是可以就是说调你的脸型，

You can adjust your face shape

181

ránhòu xiàng mó pí

Talking About Chinese Beauty Standards

然后像磨皮

and modify your skin.

182

Nǚshén, cháng liǎn zhuānshǔ

女神，长脸专属

This is exclusively for “nǚshén” and girls with long faces.

Note: “nǚshén” originally refers to “female gods”, and later refers to women that men admire.

183

Hái yǒu nǚshén?!

还有女神？！

There is even one for “nǚshén”?!

184

Gèzhǒng móbǎn, shì ba? | Duì,

各种模板，是吧？ | 对

All kinds of templates, right? | Yes.

185

Xiànzài shì nǚshén móshì? | Duì, wǒmen shì nǚshén móshì

现在是女神模式吗？ | 对，我们是女神模式

Are we now in the “female god” mode? | Yes, we are.

186

Tiāna!

天哪！

My God!

Talking About Chinese Beauty Standards

187

Kàn yīxià wǒ yǎnjīng, dào shíhòu nǐ fāgěi wǒ jiù hǎo le

看一下我眼睛，到时候你发给我就好了

Let me take a look at my eyes! Later, send it to me!

188

Wǒ kàn yīxià, wǒ de tiān na, nǐ kàn wǒ yǎnjīng

我看一下，我的天呐，你看我眼睛

Let me see. My God, check out my eyes!

189

Zhǔyào shì wǒ zhēng dà le, nǐ kàn wǒ de pífū zhēn de shì tài wánměi le.

主要是我睁大了，你看我的皮肤真的是太完美了。

Mainly because I tried to open my eyes wide. Look how perfect my skin is!

190

Wǒmen de pífū yě kěyǐ zhème wánměi!

我们的皮肤也可以这么完美！

Our skin can also be this perfect!

191

Wǒ zhǐyǒu zài měi yán xiàngjī lǐmiàn cái shì bái de. | Hǎo ba!

我只有在美颜相机里面才是白的。| 好吧！

I only have white skin with beautifiers. | Okay.

192

Hǎo, nà dì-èr gè shì... wǒmen yào shuō dào liǎnxíng

好，那第二个是... 我们要说到脸型

Alright. The second aspect is, face shape.

Talking About Chinese Beauty Standards

193

Xiǎo V liǎn, jiùshì yī gè bāzhǎng nénggòu gài zhù nǐ de liǎn, duì

小 V 脸，就是一个巴掌能够盖住你的脸，对

Little V face, which means one of your palms needs to fully cover your face.

194

Nà wǒ yě shì bāzhǎng liǎn le!

那我也是巴掌脸了！

I also have a “palm” face!

195

Nà wǒmen liǎ liǎn dōu shì fúhé de le

那我们俩脸都是符合的了

We both meet the criteria.

196

Yīnggāi hái bùgòu ba.

应该还不够吧。

Probably, not there yet.

197

Hǎoxiàng hái yǒu yī gè shuōfa jiào zhuīzi liǎn

好像还有一个说法叫锥子脸

We have another saying and that is “awl face”.

198

Duì, qíshí tā jiùshì xiàba hěn jiān

对，其实它就是下巴很尖

Right. Basically, it means that your chin needs to be very pointy.

Talking About Chinese Beauty Standards

199

Wǒ xiàba yě tǐng jiān de ba?

我下巴也挺尖的吧？

My chin is pretty pointy, right?

200

Duì, jiùshì xiàba yào jiān yīdiǎn, ránhòu zhèlǐ quángǔ yào xiǎo yīdiǎn.

对，就是下巴要尖一点，然后这里颧骨要小一点。

Yes. Your chin needs to be pointy and your cheekbones need to be small.

201

Wèishénme quángǔ bùnéng gāo?

为什么颧骨不能高？

Why can't we have high cheekbones?

202

Quángǔ dehuà zài Zhōngguó de jiùshì bǐjiào chuántǒng de fēngjiàn rènwéi
lǐmiàn

颧骨的话在中国的就是比较传统的封建认为里面

From the Chinese traditional point of view,

203

jiùshì quángǔ gāo jiùshì kè fū.

就是颧骨高就是克夫。

(women with) high cheekbones will “ke fu”.

204

Wǒ jiěshì yīxià kè fū,

Talking About Chinese Beauty Standards

我解释一下克夫，

Let me explain.

205

kè qíshí jiùshì zǔ'ài, ránhòu fū jiùshì zhàngfu de yìsi,

克其实就是阻碍，然后夫就是丈夫的意思，

“Ke” means to hinder, “fu” means husband.

206

yějiùshìshuō nǐ de quángǔ gāo

也就是说你的颧骨高

In another words, if you have high cheekbones,

207

kěnéng huì zǔ'ài nǐ zhàngfu wèilái shìyè fāzhǎn, ránhòu...

可能会阻碍你丈夫未来事业发展，然后...

you might hinder the development of your husband's career and...

208

Zhème dà de wēilì?

这么大的威力？

Is it that powerful?

209

Duì, bāokuò xiànzài hěn duō měiróng yīyuàn jiùshìshuō nǐ qù

对，包括现在很多美容医院就是你说你去

Right. Even when you go to some beauty salons,

210

tā huì zhèyàng yǐ zhèzhǒng kànxàng de zhèzhǒng fāngshì

Talking About Chinese Beauty Standards

她会这样以这种看相的这种方式

they will mention this idea of fortune telling

211

tuīxiāo nǐ yīxiē chǎnpǐn,

推销你一些产品，

in order to sell you products.

212

bǐrú tā huì jiào nǐ fēng tàiyángxué,

比如她会叫你丰太阳穴，

For example, they will tell you to fill your temples with (substance)

213

yīnwèi fēng tàiyángxué dehuà qíshí shì wàng fū

因为丰太阳穴的话其实是旺夫

because it will bring luck to your husband.

214

Jiù xiǎnde quángǔ xiǎo, shì ma?

就显得颧骨小，是吗？

So that your cheekbones will appear to be smaller?

215

Yī gè shì quángǔ xiǎo, lìngwài yī gè shì wàng fū

一个是颧骨小，另外一个旺夫

First, it makes your cheekbones look smaller. Also, it helps your husband.

216

Ránhòu wàng fū de yìsi jiùshìshuō

Talking About Chinese Beauty Standards

然后旺夫的意思就是说

“Wang fu” means that

217

nǐ huì bāngzhù nǐ zhàngfu wèilái de shìyè fāzhǎn

你会帮助你丈夫未来的事业发展

you can help your husband develop his future career (with your looks).

218

Suǒyǐ hěn duō rén duì zhège quángǔ hé tàiyángxué qíshí yě shì hěn zàihu de.

所以很多人对这个颧骨和太阳穴其实也是很在乎的。

So, many people actually care very much about their cheekbones and temples.

219

Tā zhège quángǔ shì yǒu yī gè shuōfa de,

它这个颧骨是有一个说法的，

There is actually a saying about cheekbones:

220

qīzi quángǔ gāo, shā fū bù yòng dāo

妻子颧骨高，杀夫不用刀

“A wife that has high cheekbones will kill her husband without a knife.”

221

Yǒu zhème kuāzhāng ma?

有这么夸张吗？

Is it really that dramatic?

222

Talking About Chinese Beauty Standards

Hǎoxiàng hái yǒu yīzhǒng shuōfǎ jiùshì guānyú rúguǒ quángǔ gāo dehuà,
好像还有一种说法就是关于如果颧骨高的话，

There seems to be another saying and that is, if a woman has high
cheekbones,

223

zhège nǚde hǎoxiàng bǐjiào qiángshì.

这个女的好像比较强势。

she might be domineering.

224

Wǒ zhège suàn gāo ma?

我这个算高吗？

Are my cheekbones high?

225

Wǒ de guāndiǎn nǐ de quángǔ bìngbù gāo.

我的观点你的颧骨并不高。

In my opinion, yours are not.

226

Tāmen hěn duō rén yě rènwéi wǒ de quángǔ gāo | Shì ma?

他们很多人也认为我的颧骨高 | 是吗？

Many people think my cheekbones are high. | Really?

227

Yǐjīng hěn duō rén gàosu wǒ ràng wǒ qù fēng tàiyángxué.

已经很多人告诉我让我去丰太阳穴。

There have been many that told me to fill my temples.

Talking About Chinese Beauty Standards

228

Kěshì wǒ juéde nǐ de quángǔ gēnběn dōu bù tūchū a, bù míngxiǎn

可是我觉得你的颧骨根本都不突出啊，不明显

But I don't think your cheekbones are that obvious at all.

229

Dànshì yǒu hěn duō rén gàosu wǒ shuō nǐ... Frieda nǐ qù fēng tàiyángxué ba!

但是有很多人告诉我说你... Frieda 你去丰太阳穴吧！

But many people have told me that I should fill my temples

230

Zhèyàng yǒuzhùyú bāngzhù nǐ de hūnyīn.

这样有助于帮助你的婚姻。

because it will help my marriage.

231

Zhēn de shì zhème gàosu wǒ de.

真的是这么告诉我的。

They really told me this.

232

Tāmen hái hěn yǒu gēnjù,

他们还很有根据，

They even said that (this thinking) was based on research

233

shénme shénme nàge dàshī yánjiū le nàge rén de zhǎngxiàng,

什么什么那个大师研究了那个人的长相，

by some master that studied people's appearance

Talking About Chinese Beauty Standards

234

jiùshì huì yǐngxiǎng dào wèilái de yùnqì dēngděng.

就是会影响到未来的运气等等。

and that it could affect your luck and future.

235

Nǐ xiāngxìn ma?

你相信吗？

Do you believe that?

236

Wǒ bùtài xiāngxìn zhège ba, wǒ juéde mìng yóu zìjǐ bù yóu tiān.

我不太相信这个吧，我觉得命由自己不由天。

I don't. I think fate is decided by us, not God.

237

Yǒu méiyǒu nǎxiē míngxīng kěyǐ dàibiǎo zhège wánměi de liǎn?

有没有哪些明星可以代表这个完美的脸？

Are there any celebrities that can represent a perfect face?

238

Fàn Bīngbīng ya! Zhěngróng múbǎn a!

范冰冰呀！整容模板啊！

Fan Bingbing! She is the model for many plastic surgeries!

239

Yòu bái | Yǎnjīng dà

又白 | 眼睛大

She has white skin. | And big eyes!

Talking About Chinese Beauty Standards

240

Duì, yǎnjīng yòu dà, rán hòu liǎnxíng yòu shì biāozhǔn de,

对，眼睛又大，然后脸型又是标准的，

Right, big eyes. Also, she has the standard face shape.

241

tā jiùshì biāozhǔn de zhèzhǒng heart

她就是标准的这种 heart

She's got the "heart" shape face.

242

Xīn xíng liǎn | Duì

心形脸 | 对

Heart shape face. | Right.

243

Wǒ gǎnjué tā yǐqián bùshì zhège yàngzi de

我感觉她以前不是这个样子的

I feel that she looked different before.

244

Qíshí dàjiā dōu zhīdào tā kěnéng zuò le yīxiē tiáozhěng

其实大家都知道她可能做了一些调整

Actually, everyone knows that she might have undergone some (plastic surgery).

245

Yīnwèi wǒ jìde tā zài nàge Huánzhū Gége lǐmiàn

因为我记得她在那个还珠格格里面

I remember that when she was playing the role

Talking About Chinese Beauty Standards

246

shìyǎn Jīnsuǒ de shíhou,

饰演金锁的时候，

Jinsuo in The Return of The Pearl Princess,

247

wǒ gǎnjué tā wǔguān bùshì hěn fēnmíng, jiù shāowēi róuhé yīdiǎn,

我感觉她五官不是很分明，就稍微柔和一点，

I feel that her facial features weren't clearly defined and were softer.

248

yǒudiǎn nàzhǒng dōngfāng de nàzhǒng róuhé měi. | Duì

有点那种东方的那种柔和美。| 对

She had a more Asian and soft look. | Right.

249

Xiànzài jiù gèng jiējìn yīzhǒng Xīfāng de yīzhǒng shěnměi

现在就更接近一种西方的一种审美

Now she has a more western look.

250

Duì, qíshí wǒ juéde wǒmen háishi zhuīqiú le nàzhǒng Xīfāngrén de zhǎngxiàng,

对，其实我觉得我们还是追求了那种西方人的长相，

Right. I feel that we are actually pursuing a western look

251

yīnwèi tāmen jiùshì shénme wǔguān bǐjiào fēnmíng de | Duì

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因为他们就是什么五官比较分明的 | 对

because (westerners') facial features are more defined. | Right.

252

Xiàmian wǒmen yào shuō nǎyīge?

下面我们要说哪一个？

What is the next one?

253

Yǎnjīng, duì

眼睛，对

Eyes.

254

Yǎnjīng nà kěndìng bùshì wǒ zhèzhǒng yǎnjīng!

眼睛那肯定不是我这种眼睛！

Definitely not my kind of eyes!

255

Zhōngguó rén xǐhuan dà yǎnjīng, shuāngyǎnpí

中国人喜欢大眼睛，双眼皮

Chinese like big eyes with double-eyelids.

256

Yǒu hěn duō rén shènzhì tiānshēng shì shuāngyǎnpí, yǎnjīng yě bù xiǎo,

有很多人甚至天生是双眼皮，眼睛也不小，

Many people that were born with double-eyelids and eyes that aren't small

257

tāmen huì ràng zìjǐ de yǎnjīng qù biànde gèng dà, ránhòu gèng shuāng

Talking About Chinese Beauty Standards

她们会让自己的眼睛去变得更大，然后更双

will still try to make their eyes even bigger and with more pronounced eyelids.

258

Yī gè shì tōngguò huàzhuāng, lìngwài yī gè jiùshì tōngguò gē shuāngyǎnpí

一个是通过化妆，另外一个就是通过割双眼皮

One way is through makeup and the other is to undergo surgery.

259

Háiyǒu yīxiē chǎnpǐn tā shì kěyǐ tiē shuāngyǎnpí de,

还有一些产品它是可以贴双眼皮的，

There are even products that are tapes for creating double-eyelids.

260

wǒ bù zhīdào nǐ yǒu méiyǒu tīng guò.

我不知道你有没有听过。

I don't know if you have heard of it.

261

Yǐqián hěn duō rén yòng shuāngyǎnpí tiē,

以前很多人用双眼皮贴，

In the past, many people would use this kind of tape.

262

yīnwèi kěnéng tiē de bùshūfu,

因为可能贴得不舒服，

But maybe because it's uncomfortable,

263

xiànzài jiù zhíjiē jiùshì bǎ tā gē chéng xiǎngyào de shuāngyǎnpí de yàngzi le,

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现在就直接就是把它割成想要的双眼皮的样子了，

we now just use surgery to create the kind of double-eyelids we want.

264

nà yàng jiù bù xū yào kè yì de qù tiē.

那样就不需要刻意地去贴。

That way, we won't need to put tapes on them.

265

Yǐ qián wǒ hái mǎi guò nà ge shuāng yǎn pí tiē ne | Shì ma?

以前我还买过那个双眼皮贴呢 | 是吗？

I've bought these tapes before. | Really?

266

Wǒ tiē guò, dàn shì hěn bù shū fu de | Duì

我贴过，但是很不舒服的 | 对

I've used them before, but it was really uncomfortable. | Right.

267

Yīn wèi tā yǒu yī gè dōng xī qiǎ zài nà lǐ | Ér qiě yě bù zì rán

因为它有一个东西卡在那里 | 而且也不自然

Because I could feel the little thing stuck in there. | Also, they don't look natural.

268

Bù zì rán, tā huì diào

不自然，它会掉

Yes, and they would fall off.

269

Rán hòu nǐ bù néng zhǎi yǎn, nǐ zhǎi yǎn tā jiù kàn jiàn le

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然后你不能眨眼，你眨眼它就看见了

And you can't blink, otherwise, they will be seen.

270

Nǐ yǎnjīng tǐng dà de ba?

你眼睛挺大的吧？

Your eyes are pretty big, right?

271

Wǒ zài Zhōngguó rén de yǎn lǐ yě bù suànshì dà yǎnjīng,

我在中国人的眼里也不算是大眼睛，

My eyes wouldn't be considered big in China.

272

wǒ juéde tāmen zhuīqiú de bǐ zhège hái yào dà.

我觉得他们追求的比这个还要大。

I think what they want are bigger eyes than mine.

273

Nà wǒ zěnmébàn?

那我怎么办？

If that's the case, what about me?

274

Nà hěn duō rén huì jiànyì nǐ qù gē gè shuāngyǎnpí ba?

那很多人会建议你去割个双眼皮吧？

Probably some people will suggest you undergo plastic surgery to get double-eyelids.

275

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Wǒ bù juéde wǒ yǎnjīng xiǎo a!

我不觉得我眼睛小啊！

(But) I don't feel that my eyes are small!

276

Wǒ yě bù juéde nǐ yǎnjīng xiǎo, tǐng hǎokàn de

我也不觉得你眼睛小，挺好看的

Neither do I. I think your eyes look nice.

277

Dànshì xiǎoshíhou wǒ jīngcháng bèi rénjiā shuō wǒ yǎnjīng xiǎo,

但是小时候我经常被人家说我眼睛小，

However, when I was younger, people often commented on my eyes being small.

278

érqiě jiùshì bǐrú shuō pāizhào de shíhou, měicì pāi wán chūlái,

而且就是比如说拍照的时候，每次拍完出来，

Also, every time I finished taking a photo,

279

ránhòu nàge shèyǐngshī yī kàn,

然后那个摄影师一看，

the photographer would take a look and (say):

280

zhège zěnmē yǎnjīng yòu bìshàng le, lái! Zài lái yīcì! | Chóng pāi

这个怎么眼睛又闭上了，来！再来一次！ | 重拍

“Why did you close your eyes again? Let's do it again!” | Retake.

Talking About Chinese Beauty Standards

281

Duì, jiù wǒ hěn duō xiǎoshíhou de zhàopiàn

对，就我很多小时候的照片

Right. In many of my younger photos,

282

nà yǎnjīng jiùshì wǒ yī xiào jiù mī chéng le yī tiáo fèng de nàzhǒng

那眼睛就是我一笑就眯成了一条缝的那种

my eyes looked like two lines when I smiled.

283

Qíshí wǒ juéde nǐ zhǎngde tǐng xiàng Liú Wén de, jiùshì nàge guójì míngmó

其实我觉得你长得挺像刘雯的，就是那个国际名模

I actually think that you look like Liu Wen, the well-known international model.

284

Bù, rénjiā shuō wǒ zhǎngde Xiàng Lǚ Yàn. | Shì ma?

不，人家说我长得像吕燕。| 是吗？

No! People say that I look like Lv Yan. | Really?

285

Dàn nǐ de yǎnjīng bǐ Lǚ Yàn de yǎnjīng dà!

但你的眼睛比吕燕的眼睛大！

But your eyes are bigger than hers!

286

Duì, bǐ tā dà yīdiǎndiǎn

对，比她大一点点

Yes, a little bigger.

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287

Wǒ yǐqián yǒu yī gè biǎojiě, tā yǎnjīng hěn dà

我以前有一个表姐，她眼睛很大

I had a cousin whose eyes were large

288

ránhòu tā měicì gēn wǒ zǒu zàiyìqǐ,

然后她每次跟我走在一起，

and every time I walked with her,

289

tā shuō yǎnjīng dà yǒu yī gè bùhǎo de dìfang,

她说眼睛大有一个不好的地方，

she would say that there was one bad thing about having big eyes.

290

nǐ zhīdào shì nǎlǐ ma?

你知道是哪里吗？

Do you know what that is?

291

Bù zhīdào.

不知道。

No.

292

Guāfēng de shíhòu nàxiē shā, róngyì jìn shāzi

刮风的时候那些沙，容易进沙子

When it got windy, the sand would get into her eyes easily,

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293

ránhòu wǒ jiù méiyǒu zhège kùnrǎo.

然后我就没有这个困扰。

but I wouldn't have this problem.

294

Yǒudàoli o!

有道理哦！

It makes sense!

295

Suǒyǐ yǎnjīng dà yǎnjīng xiǎo tā dōu gè yǒu tā de hǎochu

所以眼睛大眼睛小它都各有它的好处

So, both big and small eyes have their advantages.

296

Shì de, suǒyǐ bù yòng kèyì qù zhuīqiú tā de dàxiǎo

是的，所以不用刻意去追求它的大小

Yes. That's why we shouldn't focus too much on their size.

297

Xīfāngrén dehuà, wǒ wèn guò hěn duō Xīfāng péngyou,

西方人的话，我问过很多西方朋友，

I've asked many of my western friends,

298

tāmen jiù méiyǒu dānyǎnpí shuāngyǎnpí zhè yī shuō

他们就没有单眼皮双眼皮这一说

and they don't seem to have the concept of double-eyelids and mono-lids.

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299

Dànshì tāmen hěn duō rén shì shuāngyǎnpí a!

但是他们很多人是双眼皮啊！

But a lot of them have double-eyelids!

300

Duì a, tāmen bìng méiyǒu kèyì qù zhuīqiú dānyǎnpí huò shuāngyǎnpí,

对啊，他们并没有刻意去追求单眼皮或双眼皮，

True, but they don't actively go after double-eyelids

301

jiù shuō nǐ shì dānyǎnpí yě xíng, shuāngyǎnpí yě kěyǐ.

就说你是单眼皮也行，双眼皮也可以。

and either way is okay.

302

Jiùshì méiyǒu kèyì de shuō yīdìngyào bǎ dānyǎnpí biànréng shuāngyǎnpí

就是没有刻意地说一定要把单眼皮变成双眼皮

They won't feel that they have to turn their mono-lids into double-lids

303

huòzhě shì shuāngyǎnpí ránhòu yào biànréng gèng dà de shuāngyǎnpí,

或者是双眼皮然后要变成更大的双眼皮，

or to make their double-lids more apparent.

304

tāmen bùhuì qù kèyì zhuīqiú zhège.

他们不会去刻意追求这个。

They don't focus on this.

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305

Xiàyīge shì shénme?

下一个是什么？

What's next?

306

Bízi hé zuǐba

鼻子和嘴巴

Nose and mouth.

307

Zhōngguó rén tā xǐhuan xiǎoqiǎo, ránhòu jiāntǐng de bízi

中国人他喜欢小巧，然后坚挺的鼻子

Chinese like noses to be small, firm and upright.

308

Gāo bíliáng

高鼻梁

High-bridge nose.

309

Ránhòu wǒmen yǒu yī gè cèliáng nǐ shìbùshì biāozhǔn bízi de yī gè biāozhǔn,

然后我们有一个测量你是不是标准鼻子的一个标准，

We have a way to measure if your nose is standard.

310

jiùshì nǐ de shǒuzhǐ tōngguò zhège xiàba dào bíjiān, ránhòu nǐ de zuǐchún...

就是你的手指通过这个下巴到鼻尖，然后你的嘴唇...

Place your finger on your chin and through the tip of your nose, your lips...

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311

Shì bùnéng pèngdào ma?

是不能碰到吗？

They can't be touched, right?

312

Duì, bùnéng pèngdào shǒuzhǐ

对，不能碰到手指

Yes, your (lips) can't touch your finger.

313

Ránhòu rúguǒ pèngdào shǒuzhǐ dehuà, shuōmíng nǐ zhège bíliáng bùgòu gāo.

然后如果碰到手指的话，说明你这个鼻梁不够高。

If it does, that means your nose bridge isn't high enough.

314

Wǒ dōu yǐjīng qīn dào le, nǐ kàn

我都已经亲到了，你看

Look, I am already kissing it.

315

Suǒyǐ rúguǒ kàn nǐ bíliáng shì bùshì biāozhǔn de

所以如果看你鼻梁是不是标准的

So, in order to see whether your nose is standard or not,

316

jiù yào yòng zhège cèliáng fāngshì.

就要用这个测量方式。

use this method to measure.

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317

Ránhòu zuǐchún dehuà jiùshì yīngtáo xiǎo zuǐ

然后嘴唇的话就是樱桃小嘴

As for lips, they need to be as small as a cherry.

318

Dà zuǐ dehuà zài zhōngguó chuántǒng lǐmiàn

大嘴的话在中国传统里面

In Chinese traditional thinking, (women) with big mouths

319

shì zhǐ nǐ kěnéng huì bǎ jiālǐ chī qióng ya,

是指你可能会把家里吃穷呀，

might eat a lot and thus, lead to the family being poor.

320

ránhòu bù jù cái

然后不聚财

Also, (the family) can't accumulate wealth at home. (Idea from Fengshui and superstitions)

321

érqiě hái yǒu yī gè shuōfǎ jiùshì bǐrú shuō yǒuxiē rén huì shuō

而且还有一个说法就是比如说有些人会说

Another saying is that,... for example, some people might tell you:

322

nǐ zuǐbā zěnmé zhème dà?

你嘴巴怎么这么大？

“Why do you have such a big mouth?”

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323

Qíshí tā shì zài shuō nǐ bǎoshǒu bù zhù mìmì

其实他是在说你保守不住秘密

They're actually saying that you can't keep secrets.

324

Suǒyǐ duì dà zuǐbā qíshí shì... Bùshì měi de yī gè xiàngzhēng

所以对大嘴巴其实是... 不是美的一个象征

So, a big mouth is not a symbol of beauty.

325

Dà zuǐ wǒ juéde yǒu yī gè hěn...

大嘴我觉得有一个很...

There is somebody

326

jiù dàjiā dōu shúzhī de yī gè dàibiǎorénwù shì nàge...

就大家都熟知的一个代表人物是那个...

that is well-know for having a big mouth...

327

Yáo Chén

姚晨

Yao Chen.

328

Bù bù, hái yǒu yī gè, xìnggǎn de nàzhǒng

不不，还有一个，性感的那种

No, another one. The sexy one.

Talking About Chinese Beauty Standards

329

Shū Qí | Duì

舒淇 | 对

Shu Qi | Right.

330

Jiù tā zuǐba shì... | Wǒ juéde tā hěn piàoliang hěn xìnggǎn.

就她嘴巴是... | 我觉得她很漂亮很性感。

Her mouth is... | I think she's very beautiful and sexy.

331

Tā yě yǒu quèbān, tā yǎnjīng yě bǐjiào xiǎo, ránhòu tā zuǐba bǐjiào dà.

她也有雀斑，她眼睛也比较小，然后她嘴巴比较大。

She also has freckles, small eyes and a big mouth.

332

Dàn tā zhēn de, wǒ juéde tā hěn xìnggǎn.

但她真的，我觉得她很性感。

But I feel she's very sexy.

333

Jiù pèi zài yìqǐ jiù hǎo... | Jiù hěn hǎokàn, duì

就配在一起就好... | 就很好看，对

The combination on her is... | Looks nice.

334

Duìle, wǒ gānggang yào gēn nǐ shuō de

对了，我刚刚要跟你说的

By the way, I was gonna tell you that

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335

jiùshì wǒ zuótiān qù wǎngshàng kàn le yīxià,

就是我昨天去网上看了一下，

yesterday I went online and saw (an article)

336

yǒu sān zhǒng hěn hǎokàn de chún xíng | Zhēn de ma?

有三种很好看的唇型 | 真的吗？

about three kinds of nice-looking lips. | Really?

337

Yīzhǒng jiào M xíng, jiù zhèlǐ hěn shēn ma, duì

一种叫 M 型，就这里很深嘛，对

One is called M shape. It's deep here...

338

suǒyǐ kànqǐlái yǒu... wǒ de hǎoxiàng méiyǒu ba

所以看起来有... 我的好像没有吧

I don't think I have that (shape).

339

Nǐ yǒu yīdiǎn, nǐ de shì M xíng de

你有一点，你的是 M 型的

You have a little. Yours belongs to the M type.

340

Duì, suǒyǐ nǐ de chún xíng shì bǐjiào hǎokàn de.

对，所以你的唇型是比较好看的。

Your lips look nice.

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341

ránhòu hái yǒu yīzhǒng shì nàzhǒng zhōngjiān yǒu nàge chún zhū

然后还有一种是那种中间有那个唇珠

Another kind is that there is a “bead” in the middle of the lip.

342

yǒu yīdiǎn tū chū lái de, jiùshì gǎnjué hěn xìnggǎn

有一点突出来的，就是感觉很性感

It pops out a little and looks very sexy.

343

ránhòu zuìhòu jiùshì nàzhǒng bǎomǎn de,

然后最后就是那种饱满的，

The last kind is the fuller lips

344

méiyǒu tèbié fēnmíng de zhège chún xiàn

没有特别分明的这个唇线

and without clear lines.

345

Hǎoxiàng bùshì hěn xǐhuan báo zuǐchún de.

好像不是很喜欢薄嘴唇的。

It seems that we don't like thin lips.

346

Báo zuǐchún yě yǒu kè fū de yìsi zài Zhōngguó

薄嘴唇也有克夫的意思在中国

Thin lips also mean “ke fu” (hinders husband's future).

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347

Hǎoxiàng hái huì shuō, rúguǒ nǐ zuǐchún báo dehuà, zhège rén kèbó.

好像还会说，如果你嘴唇薄的话，这个人刻薄。

We also say that if you have thin lips, it means you're a mean person.

348

Nǐ yīnggāi shì dì-sān zhǒng, juéde nǐ de zuǐ xíng háishi hěn hǎokàn de.

你应该是第三种，觉得你的嘴型还是很好看的。

Yours might be the third kind. I think that your lips look nice.

349

Nǐ de yě shì, nǐ shì dì-yī zhǒng.

你的也是，你是第一种。

Yours too. You are the first kind.

350

Suǒyǐ wǒmen liǎ dōu fúhé

所以我们俩都符合

So, we both meet the standard.

351

Suǒyǐ wǒmen xiànzài yào hù kuā lái zēngzhǎng zìxìn, shì ma?

所以我们要互夸来增长自信，是吗？

Now we need to praise each other to boost our confidence, right?

352

Dìwǔ gè fāngmiàn dehuà jiùshì wǒmen zhěngtǐ de zhège shēnxíng

第五个方面的话就是我们整体的这个身形

Number five: body shape.

Talking About Chinese Beauty Standards

353

Háowúyíwèn ya, shòu!

毫无疑问呀，瘦！

No doubt, skinny!

354

Zài diànshì shàng hěn duō míngxīng,

在电视上很多明星，

Many celebrities on television

355

tāmen kěnéng yǒu yī mǐ liù bā, ránhòu yī mǐ liù wǔ yǐshàng,

她们可能有一米六八，然后一米六五以上，

might be 1.68 meter or (at least) above 1.65,

356

tāmen cái zhǐyǒu sì shí wǔ gōngjīn huò sì shí sān gōngjīn

她们才只有四十五公斤或四十三公斤

but only weigh 45 or 43kg.

357

Hǎo shòu! | Zhēn de tài shòu le!

好瘦！ | 真的太瘦了！

So skinny! | Too skinny!

358

Érqiě xiànzài wǎngluò shàng hái yǒu fēicháng liúxíng de

而且现在网络上还有非常流行的

On the internet, there are some popular ways

Talking About Chinese Beauty Standards

359

jiùshì cèliáng nǐ shǐfǒu shòu de fāngfǎ.

就是测量你是否瘦的方法。

to measure if a person is skinny enough.

360

Wǒ zhǎodào le wǔ gè fāngfǎ lái zhèngmíng nǐ shìbùshì biāozhǔn de shòu.

我找到了五个方法来证明你是不是标准的瘦。

I've found five ways to test if you're skinny enough to meet the standard.

361

Wǒmen lái cèshì yíxià.

我们来测试一下。

Let's test.

362

Wǒ yīnggāi gòu shòu le ba?

我应该够瘦了吧？

I should be skinny enough, right?

363

Wǒ juéde nǐ shì hěn shòu de,

我觉得你是很瘦的，

I think you're very skinny,

364

dànshì bù zhīdào nǐ néng bùnéng guò jīntiān de zhège cèshì.

但是不知道你能不能过今天的这个测试。

but not sure if you can pass the test.

Talking About Chinese Beauty Standards

365

Hǎo, nà wǒmen dì-yī gè jiùshì A4 yāo

好，那我们第一个就是 A4 腰

Alright. Number one, A4 waist.

366

Jiùshìshuō nǐ de yāo... | Wǒ gěi nǐ ná

就是说你的腰... | 我给你拿

Your waist... | Let me hold it for you.

367

Zhè bù kěyǐ ma?

这不可以吗？

Can't be like this?

368

Shì zhèyàngzi de

是这样子的

It should be this way.

369

Zhème shòu ma?

这么瘦吗？

This skinny?

370

Nà nǐ de gānghǎo ai, nǐ kàn

那你的刚好唉，你看

Yours is just right. Look!

Talking About Chinese Beauty Standards

371

Wa! Wǒ tōngguò cèshì le ma?

哇！我通过测试了吗？

Wow! Did I pass the test?

372

Duì duì duì, dīngdīng...

对对对，叮叮...

Right. Ding...

373

Nǐ yào bù yào shì yīxià?

你要不要试一下？

Would you like to try it?

374

Wǒ dōu bù gǎn shì le

我都不敢试了

I am scared of trying it now.

375

Wǒ juéde nǐ nàme shòu yīnggāi huì yǒu duōyú de

我觉得你那么瘦应该会有多余的

I think you're skinny enough to have the paper be more than your waist.

376

Wǒ de yāo dōu zài zhèr le, nǐ kàn

我的腰都在这儿了，你看

My waist is here, you see?

Talking About Chinese Beauty Standards

377

Nà shì nǐ de yīfu, nǐ hěn shòu

那是你的衣服，你很瘦

That's your clothes.

378

Lái, wǒ lái lālā, wǒ lālā

来，我来拉拉，我拉拉

Let me tighten it.

379

Wǒ bāng nǐ lā yīxià

我帮你拉一下

I will help you.

380

Nǐ yě fúhé le, nǐ yě biāozhǔn le, nǐ kàn | Hǎo ba

你也符合了，你也标准了，你看 | 好吧

You also meet the criteria. | Alright.

381

Duì, nǐ yě shì fúhé de

对，你也是符合的

You too.

382

Wǒ jiù fàngxīn le | Duì

我就放心了 | 对

Now I feel reassured. | Right.

Talking About Chinese Beauty Standards

383

Ránhòu dì-èr gè jiùshì fǎnshǒu mō dùqí | Zěnmé lái?

然后第二个就是反手摸肚脐 | 怎么来?

The second (test) is to touch your belly button from behind your back. | How?

384

Jiùshì nǐ de shǒu fǎnguòlái yào mō dào nǐ de dùqí

就是你的手反过来要摸到你的肚脐

Your hand needs to reach your belly button from behind.

385

Zhè zěnmé mō?

这怎么摸?

How do you do that?

386

Nǐ dùqí zài nǎlǐ?

你肚脐在哪里?

Where is your belly button?

387

Nǐ bāng yīxià wǒ, wǒ dùqí zài zhèr

你帮一下我，我肚脐在这儿

Give me a hand. My belly button is here.

388

Wǒ mō dào le, zài zhèlǐ, duì...

我摸到了，在这里，对...

I touched it. It's here.

Talking About Chinese Beauty Standards

389

Hǎo xīnkǔ, rénjiā bùshì zhíjiē jiù zhèyàng mō dào de ma?

好辛苦，人家不是直接就这样摸到的吗？

It's so difficult (for you). Don't others reach it just like this?

390

Wǒ xūyào yīxiē bāngmáng

我需要一些帮忙

I needed some help.

391

Wǒ zhè chàyuǎn le, wǒ dùqí zài zhèr!

我这差远了，我肚脐在这儿！

Mine is far off. My belly button is here!

392

Nǐ bǎ yāo wǎng zhèbiān qù yīdiǎn, duì

你把腰往这边去一点，对

You need to move your waist to the other side more.

393

Chōujīn le!

抽筋了！

I am getting a cramp!

394

Wǒ juéde zhège kěnéng huì yǒu yīdiǎn zuòbì,

我觉得这个可能会有一点作弊，

I think that this might be open to cheating

Talking About Chinese Beauty Standards

395

jiùshì rúguǒ nǐ de shǒubì tèbié cháng, kěnéng...

就是如果你的手臂特别长，可能...

because if you have long arms, ...

396

Dànshì rúguǒ nǐ ǎi dehuà, nǐ jiù méiyǒu nàme cháng

但是如果你矮的话，你就没有那么长

But if you're short, your arms won't be that long.

397

Xiàng wǒ jiù bǐjiào chīkuī a,

像我就比较吃亏啊，

For example, me. I will be at a disadvantage

398

yīnwèi wǒ cái yī mǐ wǔ liù, wǒ shǒu jiù zhème duǎn

因为我才一米五六，我手就这么短

because I am only 1.56 meter and my arms are very short.

399

Dì-sān gè jiùshì suǒgǔ shàngmian fàng yìngbì,

第三个就是锁骨上面放硬币，

The third (test) is to place coins on your collarbone

400

jiùshì nǐ yào bǎ yìngbì fàng zài nǐ de suǒgǔ shàng,

就是你要把硬币放在你的锁骨上，

and just put them there

Talking About Chinese Beauty Standards

401

jiù zhèngcháng de fàng zài nǐ de suǒgǔ shàng

就正常的放在你的锁骨上

naturally (without them falling off).

402

Nà nǐ tōngguò le

那你通过了

You past!

403

Kěshì wǒ shì gùyì jǐ de, dànshì zhèngcháng de wǒ shì fàng bùliǎo.

可是我是故意挤的，但是正常的我是放不了。

But I squeezed (my collarbone). Normally, it wouldn't work.

404

O, jiùshì yào zhèyàngzi jiù néng fàng shàng, nà kànkàn wǒ

哦，就是要这样子就能放上，那看看我

Oh, just place it here like this. Check me out!

405

Zhèyàngzi kěyǐ ma? Zhèyàngzi suàn ma?

这样子可以吗？这样子算吗？

Is this okay? Does this count?

406

Tāmen shì yī pái pái yìngbì.

她们是一排排硬币。

(Other girls) were using a row of coins.

Talking About Chinese Beauty Standards

407

Duì, wǒmen cái fàng le yī gè, tāmen shì yīpái pái yìngbì

对，我们才放了一个，她们是一排排硬币

Right, we only used one. They use many.

408

Wǒ shì xiànzài shòu le, xiànzài hái yǒu yīdiǎndiǎn gǔtǒu,

我是现在瘦了，现在还有一点骨头，

I've lost weight now and there are some bones

409

nǐ néng kàn de dào, yǐqián shì méiyǒu suǒgǔ de,

你能看得到，以前是没有锁骨的，

that you can see and before, you couldn't see my collarbone.

410

jiù ròu ròu de, yīnwèi yǐqián wǒ pàng guò.

就肉肉的，因为以前我胖过。

I was a little chubby in the past.

411

Xiànzài wǒ jiǔshí duō ma, yǐqián yǒu dào le yī bǎi líng jǐ

现在我九十多嘛，以前有到了一百零几

Now I only weigh over 45kg and before, I weighed over 50kg

412

wǒ zhème ǎi de, nǐ kàn

我这么矮的，你看

(which was a lot) for my height. You see?

Talking About Chinese Beauty Standards

413

Hǎo nǚ bùguò bǎi, hǎobuhǎo?

好女不过百，好不好？

Good women can't weigh more than 50kg, okay? (a saying)

414

Shéme? Hǎo nǚ bùguò bǎi

什么？好女不过百

What? A good woman can't weigh more than 50kg?!

415

Wǒ cóngláiméi zuò guò hǎo nǚ

我从来没做过好女

I've never been a good woman.

416

Wǒmen liǎng gè dōu bùnéng tōngguò zhège cèshì.

我们两个都不能通过这个测试。

We both couldn't pass the test.

417

Ránhòu hái yǒu yī gè jiùshì cèliáng nǐ tuǐ de zhège shǐfǒu shì zúgòu xiānxì, duì

然后还有一个就是测量你腿的这个是否是足够纤细，对

Another (test) is to measure whether your legs are slim enough.

418

wǒ zhège shǒujī shì tài cháng le, tāmen yīnggāi shì yào xiǎo yīdiǎn de shǒujī.

我这个手机是太长了，她们应该是要小一点的手机。

My phone is too long and it needs to be a smaller one.

Talking About Chinese Beauty Standards

419

Suǒyǐ nǐ de shǒujī yào fàng zài zhège wèizhi,

所以你的手机要放在这个位置，

So you need to place your phone here

420

ránhòu nǐ de xīgài bùnéng chāoguò zhège, wǒ de shǒujī tài dà le

然后你的膝盖不能超过这个，我的手机太大了

and your knees can't be wider than the phone. My phone is too big.

421

Zhè suàn chāoguò le ma?

这算超过了吗？

Did I pass?

422

Wǒ bù zhīdào. Fǎnzhèng shǒujī yě bùshì tāmen biāozhǔn de zhège

我不知道。反正手机也不是她们标准的这个

I don't know. In any case, my phone is not the right one (for the test).

423

Wǒ yīnggāi kěyǐ, wǒ jiǎo háishi tǐng xì de.

我应该可以，我脚还是挺细的。

Mine should be okay because my legs are pretty slim.

424

Nǐ nàme xì, yīnggāi méiwèntí

你那么细，应该没问题

Yours are so slim and it should be okay.

Talking About Chinese Beauty Standards

425

Wǒ juéde wǒ de shǒujī tài dà le

我觉得我的手机太大了

I think my phone is too big.

426

Wǒ hái yǒu duō ne!

我还有多呢!

There is some (phone) over!

427

Duì, nǐ tōngguò cèshì le, nǐ shì měinǚ

对, 你通过测试了, 你是美女

Right. You've past the test and you're a beauty.

428

Wǒ shì gòu shòu, wǒ bùnéng shuō shì měinǚ

我是够瘦, 我不能说是美女

I am only skinny enough, but not a beauty.

429

Ránhòu zuìhòu yī gè jiùshì rào rénminbì yī zhōu

然后最后一个就是绕人民币一周

The last one is to place a Renminbi around (your wrist).

430

Yòng yī bǎi de ma?

用一百的吗?

Using a hundred yuan bill?

Talking About Chinese Beauty Standards

431

Wǒ xiān yòng yī bǎi de cèshì yīxià, duì, yī bǎi de gānggang hǎo

我先用一百的测试一下，对，一百的刚刚好

I just wanted to use 100 yuan bill to test first and it's just right.

432

Ránhòu qíshí wǎngshàng shì yào yòng yī kuài qián de | Lái, wǒ gěi nǐ

然后其实网上是要用一块钱的 | 来，我给你

On the internet, people use a one yuan bill. | Let me (help) you.

433

Zhège hǎo pèi nǐ de yīfu o

这个好配你的衣服哦

This (color) matches your cloth so well.

434

Wèi wǒ zhìzào de | Máo yéye

为我制造的 | 毛爷爷

It was made for me. | Grandpa Mao. (Chinese call Mao "grandpa".)

435

Wǒ bùgòu shòu, wǒ hái yǒu zhème duō

我不够瘦，我还有这么多

I am not slim enough. There is still more (wrist not covered).

436

Nà wǒ xiàlái yīdiǎn

那我下来一点

Let me move it down a little bit.

Talking About Chinese Beauty Standards

437

Nǐ yīnggāi kěyǐ, nǐ nàme shòu, nǐ de shǒu nàme xì yīnggāi kěyǐ

你应该可以，你那么瘦，你的手那么细应该可以

You should be okay. Your wrists are so small.

438

Shì yīxià

试一下

Let me try.

439

Nǐ yě bùgòu shòu, nǐ hái yào shòu.

你也不够瘦，你还要瘦。

You are also not slim enough. You need to lose some more weight.

440

Nǐ zài jǐ yīxià ma, lā yīxià

你再挤一下嘛，拉一下

Keep pulling it!

441

Jǐ jǐ yě bùxíng

挤挤也不行

Even doing that, it won't work.

442

Zài lā, zài lā

再拉，再拉

Pull it more.

Talking About Chinese Beauty Standards

443

Hái yào lā ma?

还要拉吗？

More?

444

Háishi bùgòu

还是不够

It's still not enough.

445

Nǐ shǒubì zhème xì dōu bùgòu.

你手臂这么细都不够。

Your arms so slim and still not enough.

446

Wǒ kàn guò yǒu zhème shòu de,

我看过有这么瘦的，

I know a girl that is very skinny.

447

wǒ yǒu yī gè biǎomèi tā shǒu tèbié xì, jiù tā tuǐ yě shì

我有一个表妹她手特别细，就她腿也是

It's my cousin and she's got very slim arms and legs.

448

Tā shǒu jiù zhème diǎn, ránhòu tā jiùshì wánquán de nàzhǒng

她手就这么点，然后她就是完全的那种

Her hands are this small and she's completely...

Talking About Chinese Beauty Standards

449

wǒmen yǒu yījùhuà jiào shénme?

我们有一句话叫什么？

What is the saying?

450

Píbāo gǔ

皮包骨

Skin and bones.

451

Píbāo gǔ, shì ma? | Duì

皮包骨，是吗？ | 对

Skin and bones? | Right.

452

Wǒ tīngshuō yǒu zhè yī gè cèliáng

我听说有这一个测量

I heard that the reason for this measurement

453

shì yīnwèi nàge nǚshēng shǒubì xì dehuà,

是因为那个女生手臂细的话，

is that if a girl has small wrists,

454

nán péngyou qù zhuā tā de shíhou huì gǎnjué hěn xiǎoqiǎo,

男朋友去抓她的时候会感觉很小巧，

when her boyfriend holds her hands, she will appear to be petite.

Talking About Chinese Beauty Standards

455

dàn wǒ bù zhīdào shìbùshì zhēn de

但我不知道是不是真的

But I am not sure if it's true.

456

Dànshì nán de shǒu tā běnlái jiù dà a, suǒyǐ háishi zhuā de zhù de ba?

但是男的手他本来就大啊，所以还是抓得住的吧？

But men usually have big hands and they should be able to hold any girls' wrists, right?

457

Wǒ juéde Zhōngguó rén duì nǚhái zi de hěn duō shíhòu

我觉得中国人对女孩子的很多时候

I think that Chinese require girls

458

yāoqiú de shì xiǎoniǎoyīrén ya, ránhòu wēnróu a

要求的是小鸟依人呀，然后温柔啊

to be small and gentle like a little bird.

459

ránhòu jiùshì nǐ shòu dehuà,

然后就是你瘦的话，

Also if you're slim,

460

yǒuxiē shíhòu gèng néng jīqǐ biéren de bǎohù yù ba

Talking About Chinese Beauty Standards

有些时候更能激起别人的保护欲吧

sometimes it will get people to desire to protect you.

461

Xiàng wǒ cóngláiméiyǒu rén xiǎngyào bǎohù wǒ, wǒ děi bǎohù wǒ zìjǐ

像我从来没有人想要保护我，我得保护我自己

Nobody ever wanted to protect me. So, I have to protect myself.

462

Rúguǒ shì gānghǎo zhège nán péngyou tā yě bùshì hěn gāodà de nàzhǒng,

如果是刚好这个男朋友他也不是很高大的那种，

If the boyfriend happens to be not so tall and big,

463

yī zhuā zhuā bùzhù, shìbùshì?

一抓抓不住，是不是？

and he tries to grab her wrist, he can't!

464

Duì, jiù xiàng liǎng gè gēmen yīyàng de, jiù bùshì...

对，就像两个哥们一样的，就不是...

Right. The two will be like two dudes, ...

465

Dā jiānbǎng a

搭肩膀啊

They can lay their hands on each others shoulders.

466

Duì, jiù jiān dājiān na, jiù bù yào qiānshǒu le

Talking About Chinese Beauty Standards

对，就肩搭肩哪，就不要牵手了

Right, just do that instead of holding hands.

467

Nǐ yǒu méiyǒu fāxiàn a jiùshì nǚháizi

你有没有发现啊就是女孩子

Have you noticed that the two topics

468

zuì xǐhuan tāolùn de liǎng gè huàtí jiùshì rúhé bǎoyǎng pífu,

最喜欢讨论的两个话题就是如何保养皮肤，

girls like to discuss the most are skincare

469

háiyǒu yī gè jiùshì rúhé jiǎnféi?

还有一个就是如何减肥？

and weight loss?

470

Duì, jiǎnféi shì nǚháizi yǒnghéng de huàtí,

对，减肥是女孩子永恒的话题，

Right, weight loss is the eternal topic for women

471

yībèizi de huàtí, yě shì yībèizi de shìyè.

一辈子的话题，也是一辈子的事业。

and a lifelong work.

472

Duì, rénjiā shuō nǚrén de zhōngshēn shìyè jiùshì jiǎnféi | Duì

Talking About Chinese Beauty Standards

对，人家说女人的终身事业就是减肥 | 对

People say that a woman's lifelong work is losing weight. | Yes.

473

Wǒ kàn guò hěn duō jiùshì kànqǐlái hěn shòu de,

我看过很多就是看起来很瘦的，

I've seen many that are already very skinny

474

ránhòu tāmen hái tiāntiān rǎng zhe,

然后她们还天天嚷着，

and still keep saying:

475

zhège wǒ bùnéng chī, wǒ yào jiǎnféi!

这个我不能吃，我要减肥！

"I can't eat this! I need to lose weight!"

476

Jiù tài bǎ guānzhù lì fàng zài le tā de tǐzhòng hé tǐxíng shàngmian

就太把关注力放在了她的体重和体型上面

They put too much focus on their weight and body shape.

477

Suǒyǐ dāng nǐ gēn wǒ shuō nǐ yào jiǎnféi de shíhou,

所以当你跟我说你要减肥的时候，

So when you told me that you wanted to lose weight,

478

wǒ jiù shuō nǐ zhème shòu nǐ hái jiǎnféi?

Talking About Chinese Beauty Standards

我就说你这么瘦你还减肥？

I was like: "Being that you're so slim, you still need to lose weight?!"

479

Wǒ jīnnián qíshí yǐjīng tōngguò yùndòng hé yǐnshí tiáozhěng shòu le shí jīn.

我今年其实已经通过运动和饮食调整瘦了十斤。

I actually have lost 5kg this year through exercising and modifying my diet.

480

Shì ma? Nǐ shì shuō gēn liǎng nián qián xiāngbǐ ma? | Duì

是吗？你是说跟两年前相比吗？ | 对

Really? You mean compared to two years ago? | Yes.

481

Dànshì yīnwèi wǒ shì pānyán, xiǎngyào gèng shàng yījí,

但是因为我是攀岩，想要更上一级，

But (I do it) because I want to do rock climbing

482

jiùshì pān de gèng shàng yī gè nándù jíbié,

就是攀得更上一个难度级别，

and want to take my skill to the next level.

483

suǒyǐ wǒ xūyào qù kòngzhì yīxià yǐnshí.

所以我需要去控制一下饮食。

So I need to control my diet.

484

Ránhòu wǒ yě shì tōngguò yùndòng hé shìdāng de tiáozhěng yǐnshí

Talking About Chinese Beauty Standards

然后我也是通过运动和适当地调整饮食

I exercise and adjust my diet accordingly

485

lái dá dào yī gè shòu shēn de xiào guǒ.

来达到一个瘦身的效果。

in order to lose weight.

486

Nà wǒ men Zhōngguó nǚshēng yībān shì tōngguò shénmeyàng de fāngfǎ

那我们中国女生一般是通过什么样的方法

So in general, what do Chinese girls do

487

lái jiǎnféi ne? Shì yùndòng háishì?

来减肥呢？是运动还是？

to lose weight? Is it exercising or what?

488

Yǐqián shì jiéshí huòshì chī jiǎnféi yào bǐjiào duō,

以前是节食或是吃减肥药比较多，

In the past, most of them would diet or take pills for weight loss.

489

dànshì xiànzài wǒ kàn wǒ de hěn duō péngyou quān

但是现在我看我的很多朋友圈

But nowadays, I've seen people on my WeChat moments

490

dōu zài jiùshì tuīxiāo chōuzhī

Talking About Chinese Beauty Standards

都在就是推销抽脂

promoting liposuction.

491

Duì, zhíjiē bǎ nǐ de zhīfáng gěi chōu diào, zhèyàngzi

对，直接把你的脂肪给抽掉，这样子

Yes, it just sucks the fat out of your body.

492

Yǒuyòng ma?

有用吗？

Does it work?

493

Duǎnzàn de kuàisù de kěndìng shì yǒuxiào de,

短暂的快速的肯定有效的，

Temporarily, it's surely effective.

494

hòuqī zěnmeyàng wǒ zhēn bù zhīdào, méiyǒu qù liǎojiě.

后期怎么样我真不知道，没有去了解。

But what happens later, I don't know.

495

Háiyǒu yīxiē rén kěnéng huì chángshì chīwán shíwù zhīhòu | Cuītù, duì

还有一些人可能会尝试吃完食物之后 | 催吐，对

There are people that after they eat, they might try to... | Vomit.

496

Hěn fēngkuáng | Nǐ yǒu kàn guò ma?

Talking About Chinese Beauty Standards

很疯狂 | 你有看过吗?

Very crazy! | Have you seen that?

497

Wǒ yǒu kàn guò hěn duō qípā de,

我有看过很多奇葩的,

I've seen many weird ways (for losing weight),

498

xiàng yǒude chī nàge huíchóng

像有的吃那个蛔虫

for example, eating roundworms.

499

Nǐ bù zhīdào ma? | Bù zhīdào

你不知道吗? | 不知道

You didn't know? | No.

500

Yīnwèi zhège huíchóng tā huì jiùshì chī nǐ shēntǐ lǐ de bànchéngpǐn

因为这个蛔虫它会就是吃你身体里的半成品

The roundworms will eat the half-digested food in your body.

501

Bǎ chóng chī jìnqù, zhēnzhèng de chóng háishi yào?

把虫吃进去, 真正的虫还是药?

Eating the real worms or just pills?

502

Jiùshì huíchóng | Wǒ zhīdào huíchóng

Talking About Chinese Beauty Standards

就是蛔虫 | 我知道蛔虫

Roundworms. | I know what roundworms are.

Note: They actually eat the eggs.

503

Zhēnzhèng de chóng, yīnwèi zhèyàng tā huì bǎ nǐ de bànchéngpǐn chīdiào.

真正的虫，因为这样它会把你的半成品吃掉。

The real worms. Because they will eat the half-digested food from you.

504

Wǒ qíshí zài wǒ èrshí èr suì de shíhou yǒu jiéshí guò liǎng nián,

我其实在我二十二岁的时候有节食过两年，

Actually when I was 22 years old, I went on a diet for two years

505

ránhòu chī le jiāngjìn yī nián de jiǎnféi yào

然后吃了将近一年的减肥药

and took weight loss pills for about a year.

506

Zěnmé gè jiéshí fǎ?

怎么个节食法？

What kind of diet?

507

Jiùshì měitiān zhǐ chī yīdiǎndiǎn,

就是每天只吃一点点，

Every day, I would eat only a little bit

508

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ránhòu jiùshì wánquán kòngzhì zìjǐ de yǐnshí

然后就是完全控制自己的饮食

and completely control my diet.

509

ránhòu yīnwèi wǒ dúshū de shíhou hěn pàng,

然后因为我读书的时候很胖，

I did it because when I was in school, I was a little fat

510

suǒyǐ hěn duō rén dōu huì xiàohuà wǒ.

所以很多人都会笑话我。

and people would make fun of me.

511

Yīnwèi pàng xiǎohái zài xuéxiào lǐ nǐ dōu zhīdào,

因为胖小孩在学校里你都知道，

As you know, fat kids in school

512

biéren kěnéng jiù dōu huì qīfu tā,

别人可能就都会欺负他，

might be bullied by others

513

yào pǎo yě pǎo bùdòng, ránhòu shénme dōu bù línghuó, duì ba?

要跑也跑不动，然后什么都不灵活，对吧？

and they can't even run away because they're not very flexible, right?

514

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Kěnéng jiù bǐjiào shòu páichì, ránhòu yě huì yǒu hěn duō yìyàng de yǎnguāng.
可能就比较受排斥，然后也会有很多异样的眼光。

They might be marginalized and get funny looks from others.

515

Nàme zài wǒ dà'èr de shíhou wǒ kāishǐ jiéshí jiǎnféi,

那么在我大二的时候我开始节食减肥，

So in my sophomore year, I started to diet in order to lose weight.

516

ránhòu yě yǒu chī guò jiǎnféi yào,

然后也有吃过减肥药，

I also tried taking weight loss pills.

517

dàn zhège yào chī le yǐhòu huì ràng wǒ zhěng wǎn zhěng wǎn shuì bùzháo.

但这个药吃了以后会让我整晚整晚睡不着。

But after taking them, I couldn't sleep night after night.

518

Zhèyàngzi a? | Duì

这样子啊？ | 对

Is that so? | Yes.

519

Ránhòu nǐ jiù báitiān méiyǒu jīngshen, wǎnshang yòu shuì bùzháo.

然后你就白天没有精神，晚上又睡不着。

I had no energy during the day, but couldn't sleep at night.

520

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Suǒyǐ hòulái wǒ yìshí dào le tā bù jiànkāng,

所以后来我意识到了它不健康，

So later, I realized that it wasn't healthy

521

suǒyǐ wǒ kāishǐ zǒuxiàng yùndòng de zhè yī gè fāngfǎ

所以我开始走向运动的这一个方法

and started to go the route of exercising.

522

Duì, zhèyàngzi dehuà qíshí tā shì bǐjiào chíjiǔ de.

对，这样的话其实它是比较持久的。

This is actually a more lasting method.

523

Suīrán shuō wǒ shì shòu, dànshì yě yǒu kùnrǎo wǒ de dìfang,

虽然说我瘦，但是也有困扰我的地方，

Although I am slim, there is also something that bothers me

524

jiùshì wǒ de jiānbǎng bǐjiào kuān, ránhòu shàngshēn bǐjiào ròu,

就是我的肩膀比较宽，然后上身比较肉，

and that is my wide shoulders and chubby upper body.

525

jiù wǒ rúguǒ zhǎng le ròu dehuà dōu shì zhǎng zài zhège dìfang...

就我如果长了肉的话都是长在这个地方...

Usually fat grows on this spot...

526

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Zhè shì nǐ zìjǐ xiǎng de ba?

这是你自己想的吧？

This is probably you imagination!

527

Dànshì yǐqián zhēn de shì kànqǐlái zhèlǐ ròu ròu de,

但是以前真的是看起来这里肉肉的，

But this part of my body really looked a little chubby before

528

cóngláibù gǎn chuān diàodài,

从来不敢穿吊带，

and I would never wear camisoles.

529

ránhòu qù mǎi yīfu de shíhou yě zǒngshì, jiùshì dōu bù xǐhuan zhào jìngzi,

然后去买衣服的时候也总是，就是都不喜欢照镜子，

When I went shopping, I never liked to look myself in the mirror

530

jiù juéde jìngzi lǐmiàn de zìjǐ chǒulòu wúbǐ.

就觉得镜子里面的自己丑陋无比。

because I felt that I looked ugly.

531

Hǎo pàng hǎo chǒu, shì ma?

好胖好丑，是吗？

Fat and ugly?

532

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Bùshì hěn pàng, jiùshì juéde bù hǎokàn.

不是很胖，就是觉得不好看。

Not fat, but not good-looking.

533

Zhuàng | Duì, zhuàng

壮 | 对，壮

Stocky. | Right.

534

Hǔbèixióngyāo de | Duì

虎背熊腰的 | 对

The back is as broad as a tiger, and the waist is as strong as a bear. | Right.

535

Qíshí nǐ fāxiàn le méiyǒu?

其实你发现了没有？

Have you noticed something?

536

Wǒmen de zhèzhǒng zhuīqiú zhège biāozhǔn huòzhě zhuīqiú shòu huòzhě

bái,

我们的这种追求这个标准或者追求瘦或者白，

The kind of slim body or white skin we pursue

537

qíshí cóng yī kāishǐ jiù bèi hěn duō yīnsù yǐngxiǎng zhe

其实从一开始就被很多因素影响

has been influenced by many factors.

Talking About Chinese Beauty Standards

538

bǐrú shuō wǒmen jiànmiàn de shíhou jiù huì shuō nǐ zuìjìn shì pàng le | Dui

比如说我们见面的时候就会说你最近是胖了 | 对

For example, when we meet, I might say: "You gained some weight." | Right.

539

Ránhòu kěnéng... rúguǒ nǐ bùzàiyì dehuà hái hǎo,

然后可能... 如果你不在意的话还好，

If you don't mind it, that's okay.

540

nà yǒuyīxiē zàiyì de rén tā tīng le tā huì juéde | Hěn shòushāng

那有一些在意的人她听了她会觉得 | 很受伤

But some who do mind might feel that.... | Feel hurt.

541

huòzhě shì tā huì mǎshàng shuō yījù,

或者是她会马上说一句，

Or they will reply immediately:

542

Āiyā, bùxíng, jīntiān wǎnshàng bùnéng chī le!

哎呀，不行，今天晚上不能吃了！

"Oh, no! I can't eat anything tonight!"

543

Dui duì duì, zhēn de huì zhèyàng

对对对，真的会这样

Exactly! That's the way it is.

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544

wǒ yǐqián zhēn de huì zhèyàng, dànshì xiànzài wǒ bùhuì le.

我以前真的会这样，但是现在我不会了。

I was like this before, but not anymore.

545

Hǎoxiàng zài Zhōngguó nà pàngzi a | Méiyǒu péngyou

好像在中国那胖子啊 | 没有朋友

It seems that fat people in China... | Have no friends.

546

Jiùshì nǐ hǎoxiàng nǐ bùlùn nǐ duō shòu, tā dōu shì bùgòu de

就是你好像你不论你多瘦，他都是不够的

It seems that no matter how slim you are, it's never enough.

547

Shènzhì yǒuxiē fùmǔ yě shì huì zhèyàng shuō hái zi de.

甚至有些父母也是会这样说孩子的。

Even some parents might tell their kids this.

548

Wǒ de yī gè tóngxué tā de... wǒ jìde tā māma céngjīng gēn tā shuō guò,

我的一个同学她的... 我记得她妈妈曾经跟她说过，

I remember one of my formal classmates' mother once said to her:

549

“Nǐ bù yào lǎoshì chī nàme duō!”

“你不要老是吃那么多！”

“Don't eat too much!”

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550

Yīnwèi jiù pà tā pàng,

因为就怕她胖，

Her mother was worried that she would gain weight.

551

dàn qíshí tā dōu bùshì hěn pàng de rén,

但其实她都不是很胖的人，

But in fact, she wasn't even fat,

552

zhǐshì yǒudiǎn dū dū de ròu hū hū de.

只是有点嘟嘟的肉乎乎的。

she was just a little chubby.

553

Dànshì shòu qíshí yě bùshì zhōngjí de mùbiāo.

但是瘦其实也不是终极的目标。

Being slim isn't actually our ultimate goal.

554

Nǐ kàn nàge kǎtōng rénwù jiù yóuxì lǐmiàn de nàxiē nǚde,

你看那个卡通人物就游戏里面的那些女的，

If you take a look at cartoon figures or girls in games,

555

tāmen shòu tāmen yāo hěn xì,

她们瘦她们腰很细，

they are not only slim and have small waist,

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556

dànshì tāmen de xiōng gēn tún bù dōu hěn dà, duì

但是她们的胸跟臀部都很大，对

but have big breasts and hips.

557

Nà wǒmen duì xiōngbù, jiù xiōng xíng yǒu méiyǒu shénme biāozhǔn?

那我们对胸部，就胸型有没有什么标准？

So, do we have a standard for breasts?

558

Wǒ juéde nǚshēng zuì bù yuànyì tīngdào de

我觉得女生最不愿意听到的

I don't think any girl would want others

559

jiùshì biéren píngjià tā fēijīchǎng ba

就是别人评价她飞机场吧

to say that their (chest) is an airport runway.

560

Píngxiōng, shì ba?

平胸，是吧？

Flat chest?

561

Fēijīchǎng dehuà jiùshì méiyǒu xiōng ma

飞机场的话就是没有胸嘛

“Airport runway” refers to someone without (noticeable) breasts.

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562

Hǎoxiàng yě bùshì hěn xǐhuan tài dà de wo

好像也不是很喜欢太大的喔

It seems that we also don't like them to be too big.

563

Yīnwèi Xīfāng tā... wǒ gǎnjué tāmen háishi bǐjiào... | Xǐhuan dà xiōng de

因为西方他... 我感觉他们还是比较... | 喜欢大胸的

I feel that in the west, they prefer... | They like big breasts.

564

Duì, xǐhuan dà yīdiǎn de, jiù yǒu qūxiàn ma, yǒu S xíng

对，喜欢大一点的，就有曲线嘛，有 S 型

Right, big breasts and with curves,

565

dànshì wǒmen hǎoxiàng...

但是我们好像...

but we seem...

566

Wǒmen yǒu biāozhǔn

我们有标准

We have standards.

567

Bùshì shuō yīdìngyào dà dào shénme E zhàobēi a, shì ba? | Duì

不是说一定要大到什么 E 罩杯啊，是吧？ | 对

They don't need to be as big as E cup, right? | Right.

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568

Wǒ gūji B gēn C jiù gòu le.

我估计 B 跟 C 就够了。

I suspect B or C cup would be big enough.

569

Jiùshì wǒmen duì rènhé dōngxi dōu shì yǒu biāozhǔn,

就是我们对任何东西都是有标准，

Basically, we have a standard for everything,

570

bāokuò wǒmen de pìgu yě shì yǒu biāozhǔn de.

包括我们的屁股也是有标准的。

including our buttocks.

571

Nǐ zhīdào xiànzài zhuīqiú shénme pìgu ma?

你知道现在追求什么屁股吗？

Do you know what kind of buttocks we like now?

572

Shénme pìgu?

什么屁股？

What kind?

573

Mítáo tún, nǐ néng xiǎngxiàng zhège xiàng mítáo yīyàng de | hǎo kě'ài

蜜桃臀，你能想象这个像蜜桃一样的 | 好可爱

The “peach” butt. Imagine, the buttock being like a peach. | So cute.

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574

Jǐnzhì xiǎoqiǎo, ránhòu yòu yǒu qūxiàn.

紧致小巧，然后又有曲线。

Small, tight and with curves.

575

Dànshì pìgu dà hǎoxiàng... rúguǒ tài dà dehuà

但是屁股大好像... 如果太大的话

But if it's too big,

576

yīnggāi shì bù xǐhuan de

应该是不喜欢的

I don't think we will like it.

577

Yǐqián zài nóngcūn wǒ shì zhīdào de,

以前在农村我是知道的，

I know that in the countryside,

578

jiùshì qǚxífù dōu xǐhuan zhǎo nàge pìgu dà de | Nǐ shuō gǔdài de?

就是娶媳妇都喜欢找那个屁股大的 | 你说古代的？

people used to get wives with big butts. | You mean in ancient times?

579

jiùsuàn shì zǎo jǐ shí nián de nóngcūn, wǒ xiǎoshíhou dōu yǒu yùdào guò,

就算是早几十年的农村，我小时候都有遇到过，

No, even a few decades earlier when I was a child, I had seen this.

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580

jiùshìshuō bǐrú shuō, āiyā, zhè jiā xīn qǔ le gè xífù a,

就是说比如说，哎呀，这家新娶了个媳妇啊，

For example, a family gets a wife,

581

ránhòu tǐnghǎo de, pìgu tǐng dà de, kěndìng néng shēng érzi!

然后挺好的，屁股挺大的，肯定能生儿子！

and if she has big butts, (people might say): "She will definitely have a son!"

582

Yòu dà yòu yuán, shì ba?

又大又圆，是吧？

Big and round, right?

583

Jiù yǒu gè sùyǔ jiùshì pìgu dà hǎo shēngyǎng ma.

就有个俗语就是屁股大好生养嘛。

There is a saying that women with big butts are more capable of bearing babies.

584

Nǐ juéde Xīfāngrén duì nǚxìng de shēncái yǒu shénmeyàng de biāozhǔn?

你觉得西方人对女性的身材有什么样的标准？

What is the standard westerners have of a woman's body, in your opinion?

585

Wǒ juéde Xīfāngrén dehuà tāmen gèng xǐhuan bǐjiào shìzhōng de,

我觉得西方人的话她们更喜欢比较适中的，

I think that they prefer a medium size body,

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586

ránhòu shāowēi xìnggǎn yīdiǎn, yǒu qūxiàn de

然后稍微性感一点，有曲线的

with curves and sexy looking.

587

Tāmen kěnéng bù tài zhuīqiú tài shòu de zhèzhǒng shēncái.

他们可能不太追求太瘦的这种身材。

They probably don't like girls to be too skinny.

588

Kěnéng yǒuyīxiē wàiguó de nánshēng fǎn'ér huì xǐhuan yǒu yīdiǎndiǎn ròu de,

可能有一些外国的男生反而会喜欢有一点点肉的，

Some foreign guys might even like girls with some meat.

589

jiù gèng xìnggǎn ma | Duì

就更性感嘛 | 对

It's more sexy. | Right.

590

Érqiě xiànzài tāmen hěn liúxíng jiùshì dà... tún bù shāowēi fēngmǎn yīdiǎn

而且现在他们很流行就是大... 臀部稍微丰满一点

Also, the trend (in the west) is having big and full buttocks.

591

jiù zhùshè yīxiē tiánchōng wù qù ràng tā biànde gèng dà.

就注射一些填充物去让它变得更大。

They might inject some substance into them to make them even bigger.

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592

Jiùshì yǒu yī gè hěn chūmíng de,

就是有一个很出名的，

There is a famous woman

593

hǎoxiàng hěn duō Zhōngguó rén dōu zhīdào de jiùshì Jīnkǎdàishān. | Duì

好像很多中国人都知道的就是金卡戴珊。| 对

that many Chinese know about and her name is Kim Kardashian. | Yes.

594

Nǐ kàn guò tā ba?

你看过她吧？

Have you seen her?

595

Wǒ jiàn guò, tā de tún bù fēicháng fēngmǎn, rán hòu tā de yāo hěn xì

我见过，她的臀部非常丰满，然后她的腰很细

Yes. Her butt is very big, but her waist is very small.

596

Tài dà le ba, xiōngbù yě shì hěn dà de nàzhǒng.

太大了吧，胸部也是很大的那种。

Maybe too big! Same with her breast.

597

Dànshì hěn duō rén rèn wéi tā hěn xìnggǎn. | En, hǎo ba

但是很多人认为她很性感。| 嗯，好吧

But many consider her sexy. | Okay.

Talking About Chinese Beauty Standards

598

Dì-liù gè fāngmiàn jiùshì zhěngtǐ de fēnggé.

第六个方面就是整体的风格。

The sixth aspect is the overall look.

599

Wǒmen Zhōngguó kěnéng nǚháizi,

我们中国可能女孩子，

As for Chinese women,

600

bùguǎn nǐ shì èrshí suì háishi sìshí suì shènzhì liùshí suì

不管你是二十岁还是四十岁甚至六十岁

it doesn't matter if they're 20, 40 or even 60 years old,

601

dōu xǐhuan bèi biéren shuō de niánqīng yīdiǎn,

都喜欢被别人说的年轻一点，

they all like to be considered young,

602

xǐhuan kànqǐlái niánqīng.

喜欢看起来年轻。

or appear to be young.

603

Xiàng xiànzài hěn duō de míngxīng sìshí suì le kěnéng hái zài yǎn

像现在很多的明星四十岁了可能还在演

Many celebrities that are in their 40s might still play roles

Talking About Chinese Beauty Standards

604

shíbā suì èrshí suì de zhège juésè,
十八岁二十岁的这个角色,
that are meant for 18 or 20 year old

605

kànqǐlái hái xiàng zhège shàonǚ yīyàng.
看起来还像这个少女一样。
and they still look like young girls.

606

Wǒ juéde Zhōngguó de nǚháizi shì xīwàng zìjǐ kànqǐlái xiǎo, niánqīng | Duì
我觉得中国的女孩子是希望自己看起来小，年轻 | 对
I think that Chinese girls want to look younger. | Right.

607

Kě'ài | Duì, kě'ài
可爱 | 对，可爱
Cute. | Right.

608

Zhège yīnggāi yě shì gēn nánshēng de piān'ài yǒu guānxi
这个应该也是跟男生的偏爱有关系
This might have to do with (Chinese) men's preferences.

609

Wǒ juéde Zhōngguó nánshēng shì bǐjiào xǐhuān...
我觉得中国男生是比较喜欢...
I feel that Chinese men like...

Talking About Chinese Beauty Standards

610

kě'ài yīdiǎn de nǚháizi | wúgū yīdiǎn, duì

可爱一点的女孩子 | 无辜一点，对

Cute girls. | Girls that look innocent.

611

jiù kěyǐ bǎohù tā de nàzhǒng, shì ba? | Shìde

就可以保护她的那种，是吧？ | 是的

(So that) guys can protect them, right? | Yes.

612

Wǒ bù zhīdào wàiguórén yǒu méiyǒu zhège xíguàn,

我不知道外国人有没有这个习惯，

I don't know if foreigners have this custom,

613

jiù Zhōngguó rén duì chēnghu shì hěn yǒu jiǎngjiu de,

就中国人对称呼是很有讲究的，

but Chinese are very particular with the way we address each other.

614

jiù bǐrú shuō wǒmen shì mòshēngrén,

比如说我们是陌生人，

For example, if we don't know each other

615

wǒ kàn dào nǐ, wǒ yīyǎn kàn guòqu, wǒ juéde nǐ bǐ wǒ dà,

我看到你，我一眼看过去，我觉得你比我大，

and when I see you, I then guess that you're older than me,

Talking About Chinese Beauty Standards

616

wǒ kěnéng huì jiào nǐ jiào jiějie huòzhě shì jiào shénme shénme jiě,

我可能会叫你叫姐姐或者是叫什么什么姐，

I might address you as “older sister”

617

zài huòzhě shì měinǚ

再或者是美女

or “pretty girl”.

618

dànshì tōngcháng ne wǒmen shì bù xǐhuan bèi jiào dà de | duì

但是通常呢我们是不喜欢被叫大的 | 对

Usually, we don't like to be addressed as older. | Right.

619

Nǐ kěndìng bù yuànyì rénjiā jiào nǐ jiào āyí, duì ba?

你肯定不愿意人家叫你叫阿姨，对吧？

You surely wouldn't want to be called “ayi”, right?

Note: “ayi” is a form of address for a woman of one's parents' generation. It means “auntie”.

620

Qíshí shì zhèyàng de, zài Zhōngguó nǐ juéde tā bǐ nǐ dà,

其实是这样的，在中国你觉得她比你大，

Actually in China, even if you feel that someone is older than you,

621

nǐ hái bùnéng bǎ tā jiào dà.

Talking About Chinese Beauty Standards

你还不能把她叫大。

you can't address them as older.

622

Dànshì hěn duō xiǎohái háishi jiào wǒ jiào āyí

但是很多小孩还是叫我叫阿姨

But many kids still call me “ayi”!

623

Yǒushíhòu nàzhǒng gēn wǒ chàbùduō gāo de rén jiào wǒ āyí,

有时候那种跟我差不多高的人叫我阿姨，

Sometimes, people that are my height call me “ayi”,

624

ránhòu wǒ jiù hěn xiǎng... | Biǎn tā

然后我就很想... | 扁他

and I would want to... | Hit them!

625

Xiàng wǒmen qù mǎi yīfu de shíhòu, nàxiē diànyuán tā yě shì huì kuā nǐ,

像我们去买衣服的时候，那些店员他也是会夸你，

When we go shopping for clothing, the sales people might praise us by saying:

626

Wa! nǐ zhège yīfu chuān qilai hěn xiǎn niánqīng, duì ba?

哇！你这个衣服穿起来很显年轻，对吧？

“Wow! You look so young in this.”

627

Wǒ shàngcì qù lǐfàdiàn, ránhòu nàge diànyuán gēn wǒ jiǎng,

Talking About Chinese Beauty Standards

我上次去理发店，然后那个店员跟我讲，

Last time I went to a barber shop, a staff person told me:

628

tā shuō wǒ gěi nǐ jiǎn yī kuǎn zhège xiǎn niánqīng de fàxíng ba,

他说我给你剪一款这个显年轻的发型吧，

“Let me design a hairstyle for you that will make you look younger

629

yīnwèi xiànzài fēicháng liúxíng.

因为现在非常流行。

and is very popular now.”

630

Hǎoxiàng shì shuō nǐ xiànzài hěn lǎo shìde.

好像是说你现在很老似的。

It's as if he was saying that you look old now.

631

Qíshí wǒ zài Zhōngguó rén de zhège biāozhǔn lǐmiàn,

其实我在中国人的这个标准里面，

In fact, according to Chinese standards,

632

wǒ shì bǐjiào xiǎn chéngshú de.

我是比较显成熟的。

I look mature.

633

chéngshú zài Zhōngguó, lìngyī gè yìsi kěnéng jiùshì xiǎnlǎo

Talking About Chinese Beauty Standards

成熟在中国，另一个意思可能就是显老

The word “mature” in China might also mean “old”.

634

hǎoxiàng wǒ tīng wàiguórén shuō guò,

好像我听外国人说过，

I've heard from a foreigner that

635

qíshí hěn duō wàiguó nǚshēng shì bù xǐhuan bèi biéren shuō zìjǐ xiǎo, duì

其实很多外国女生是不喜欢被别人说自己小，对

many foreign women don't like to be called “young”.

636

Rúguǒ nǐ shuō tā, nǐ kànqǐlái hǎo xiǎo! | Yìsi shì nǐ bùchéngshú

如果你说她，你看起来好小！ | 意思是你不成熟

If you tell them: “You look so young!” | It means, “you’re not mature.”

637

Tāmen xǐhuan ràng rénjiā rènwéi zìjǐ hěn chéngshú

她们喜欢让人家认为自己很成熟

They like to be perceived as mature.

638

Shìde, ránhòu xìnggǎn yīdiǎn, chéngshú yīdiǎn

是的，然后性感一点、成熟一点

Yes, also sexy.

639

yīnwèi chéngshú de dàibiǎo nǐ xiǎng wèntí hé zhège sīwéi yě dàodá yīdìng de

Talking About Chinese Beauty Standards

gāodù,

因为成熟的代表你想问题和这个思维也到达一定的高度，

Being mature means that your thinking has reached a certain high level

640

jiùshì gèng cōnghuì a, gèng quánmiàn ba

就是更聪慧啊，更全面吧

and that you're wiser and more considerate in your thinking.

641

Hǎo, nà xiàmiàn wǒmen jiù lái shuō yīxià yǒu zhèyàng de shěnměi biāozhǔn

好，那下面我们就来说一下有这样的审美标准

Alright, now let's talk about, having these beauty standards,

642

tā yǒu shénme hǎo de huòzhě shì bùhǎo de dìfang?

它有什么好的或者是不好的地方？

what's good or bad about them?

643

Qíshí wǒ zhīqián yě yǒu shuō dào zhège

其实我之前也有说到这个

I said before that

644

Zhōngguó rén duì shěnměi shì fēicháng yánkē de,

中国人对审美是非常严苛的，

we are very strict with beauty standards.

645

Talking About Chinese Beauty Standards

suǒyǐ wǒ juéde zhèzhǒng yánkē de shěnměi biāozhǔn,
所以我觉得这种严苛的审美标准,
So, I feel that having strict beauty standards

646

kěnéng duì qīngshàonián huòshì niánqīng yīdài de rén
可能对青少年或是年轻一代的人
might bring a big impact on teenagers

647

yǒu hěn dà de yǐngxiǎng,
有很大的影响,
and young people

648

yīnwèi zhèzhǒng yánkē de shěnměi biāozhǔn
因为这种严苛的审美标准
because it might lead them

649

kěnéng huì ràng tāmen zǒuxiàng jíduān.
可能会让他们走向极端。
to being extreme.

650

Nàme jíduān yǒu liǎng zhǒng, yīzhǒng shì mùdì de jíduān,
那么极端有两种, 一种是目的的极端,
There are two kinds of extremes, one is with a goal,

651

Talking About Chinese Beauty Standards

bǐrú shuō zhuīqiú jí dù shòu, rán hòu jí dù bái,

比如说追求极度瘦，然后极度白，

for example, trying to be extremely skinny, extremely white,

652

yǎnjīng jí dù dà huò zhě bí liáng jí dù gāo děngděng.

眼睛极度大或者鼻梁极度高等等。

having super large eyes or high nose bridge, etc.

653

rán hòu lìng wài yī gè shì shǒu duàn de jí duān,

然后另外一个手段的极端，

The other one is to be extreme with methods,

654

xiàng fǎn fù zhěng róng a, chī jiǎn féi yào a,

像反复整容啊，吃减肥药啊，

such as undergoing plastic surgeries repeatedly, taking weight loss pills

655

rán hòu jí dù jié shí a děngděng zhè xiē

然后极度节食啊等等这些

or going on an extreme diet.

656

Nà me qīng shào nián hé nián qīng de yī dài,

那么青少年和年轻的一代，

Teenagers and the younger generation

657

Talking About Chinese Beauty Standards

tāmen xiànzài zhèngshì jiàzhíguān xíngchéng

他们现在正是价值观形成

are at a stage where their values are still forming

658

hé xīnzhì bù tài chéngshú de yī gè jiēduàn,

和心智不太成熟的一个阶段，

and are not mature with their thinking.

659

nàme tāmen yǒukěnéng shòudào zhèxiē biāozhǔn de yǐngxiǎng,

那么他们有可能受到这些标准的影响，

So, they might be affected by these standards

660

ránhòu duì tāmen de shēntǐ huòshì xīnlǐ dōu huì zàochéng jí huài de yǐngxiǎng.

然后对他们的身体或是心理都会造成极坏的影响。

and it will be harmful to their body and mind.

661

wǒ shì xīwàng jiùshìshuō wǒmen zài zhuīqiú měi de guòchéng zhōng,

我是希望就是说我们在追求美的过程中，

I hope that when we pursue a beautiful appearance,

662

tōngguò yīxiē jiànkāng de, zìrán de,

通过一些健康的、自然的，

we do it in a healthy, natural

663

Talking About Chinese Beauty Standards

jiùshì jījí de xiàngshàng de yīxiē fāngshì dá dào yī gè chíjiǔ xìng de měi,
就是积极的向上的一些方式达到一个持久性的美,
and positive way to achieve a beauty that will last.

664

yě kěyǐ tōngguò nèizài de yīxiē jiùshì chéngzhǎng hé gǎibiàn
也可以通过内在的一些就是成长和改变
We could also improve our appearance by changing our inner self

665

lái tíshēng wǒmen de wàizài xíngxiàng.
来提升我们的外在形象。
or through self-growth.

666

Wǒ juéde zhège yánkē de shěnměi biāozhǔn,
我觉得这个严苛的审美标准,
I think that having a strict beauty standard

667

tā hái huì jiù ràng dàjiā huì biànde quēfá bāoróng xīn,
它还会就让大家会变得缺乏包容心,
will also lead to people becoming less inclusive,

668

érqiě shènzhì shì yǒu yīdiǎn... | Kēkè
而且甚至是有一点... | 苛刻
or even a little... | Harsh?

669

Talking About Chinese Beauty Standards

Bù, yǒu yī gè cí jiào shénme? Cruel cánrěn

不，有一个词叫什么？Cruel 残忍

No. What's the word? The English is "cruel".

670

nǐ néng xiǎngxiàng yī gè mòshēngrén jiù duì nǐ shuōchū nà yàng de huà,

你能想象一个陌生人就对你说出那样的话，

Can you imagine when a stranger tells you that

671

shuō nǐ zhǎngde bùgòu měi, zěnme zěnmeyàng, nǐ shénme gǎnshòu, shì ba?

说你长得不够美，怎么怎么样，你什么感受，是吧？

you're not beautiful enough and how you might feel about it?

672

Nǐ huì juéde hǎoxiàng nǐ de wàibiǎo bùgòu měi de huà,

你会觉得好像你的外表不够美的话，

You might feel that because you're not beautiful enough,

673

nǐ shēnshang jiù méiyǒu jiàzhí le

你身上就没有价值了

you have no value.

674

nǐ huì juéde... fǒurèn zìjǐ, ránhòu biànde zìbēi,

你会觉得... 否认自己，然后变得自卑，

You will deny yourself (things in life) and feel inferior to others.

675

Talking About Chinese Beauty Standards

ránhòu qíshí huì yǎngài nǐ hěn duō zhēnzhèng měi de dōngxi.

然后其实会掩盖你很多真正美的东西。

This will actually conceal the beautiful qualities that you do have.

676

Wǒ juéde yī gè rén biànde zìbēi de shíhou,

我觉得一个人变得自卑的时候，

I feel that if a person lacks confidence,

677

tā jiù kěnéng méiyǒu dònglì qù zuò qítā de shìqing,

他就可能没有动力去做其他的事情，

he/she might not have motivation to do things,

678

qù fāzhǎn zìjǐ qítā de xìngqù àihào,

去发展自己其他的兴趣爱好，

such as developing their interests and hobbies,

679

nà duìyú shèhuì láishuō qíshí yě shì bùhǎo de.

那对于社会来说其实也是不好的。

which is not good for society.

680

yīnwèi shèhuì shì xūyào gèzhǒnggèyàng de rén, gèzhǒng xìnggé de rén

因为社会是需要各种各样的人，各种性格的人

We need all kinds of people with different personality traits

681

Talking About Chinese Beauty Standards

qù tuīdòng tā fāzhǎn, tuīdòng tā jìnbù de.

去推动它发展，推动它进步的。

to move our society forward.

682

dànshì rúguǒ nǐ zhǐshì... dàjiā dōu zài qiángdiào nǐ yīdìngyào zhǎngde měi,

但是如果你只是... 大家都在强调你一定要长得美，

If we only put emphasis on one's look, ...

683

nǎpà hěn duō gōngsī zài zhāo yuángōng de shíhou,

哪怕很多公司在招员工的时候，

Many companies when recruiting employees

684

dōu huì zài duì zhǎngxiàng yǒu zhège yāoqiú de,

都会在对长相有这个要求的，

might even have requirements on how they look,

685

shēngāo yī mǐ liù yǐshàng, wǔguānduānzhèng | Biāozhǔn

身高一米六以上，五官端正 | 标准

such as, height above 1.6 meter and nice facial features. | Standard (appearance).

686

Duì, nándào zhǎngde bù duānzhèng de rén jiù méiyǒu jiàzhí le ma?

对，难道长得不端正的人就没有价值了吗？

Right. So, people that don't have nice features have no values

Talking About Chinese Beauty Standards

687

jiù dī rén yīděng le ma?

就低人一等了吗？

and are inferior to others?

688

Qíshí xiànzài hěn duō niánqīngrén dōu huì rènwéi zhège tōngguò biàn měi,

其现在在很多年轻人都会认为这个通过变美，

Actually, many young people nowadays think that by becoming more beautiful,

689

kěyǐ ràng hěn duō shìqīng kěnéng gèng róngyì yīdiǎn,

可以让很多事情可能更容易一点，

things will become easier,

690

bāokuò zhǎo gōngzuò, bāokuò zhège yìxìng jiāowǎng,

包括找工作，包括这个异性交往，

including finding a job and a life partner.

691

kěnéng ràng tāmen gèng róngyì yīdiǎn.

可能让他们更容易一点。

It will make their lives easier.

692

suǒyǐ tāmen zài duì měi de zhuīqiú de lùshang yuè zǒu yuè yuǎn.

所以他们在对美的追求的路上越走越远。

So, they are going further and further on their quest to pursue beauty.

Talking About Chinese Beauty Standards

693

wǒ juéde zhège yě gēn wǒmen de jiàzhíguān yǒu guānxi,

我觉得这个也跟我们的价值观有关系，

I think that it also has to do with the value

694

jiù dàjiā gěi nǚxìng guànshū de zhège jiàzhíguān shì nǐ de shìyè chénggōng,

就大家给女性灌输的这个价值观是你的事业成功，

we inflict on women and that is, if you have a successful career,

695

bùnéng shuōmíng nǐ chénggōng,

不能说明你成功，

that doesn't really mean that you're successful.

696

nǐ zhǐyǒu jià dào yī gè hǎo de lǎogong, yǒuqián de lǎogong,

你只有嫁到一个好的老公，有钱的老公，

But if you have a nice, rich husband,

697

nà cái néng shuōmíng nǐ zhège rénshēng shì chénggōng de.

那才能说明你这个人生是成功的。

that truly proves you're having a successful life.

698

Suǒyǐ hěn duō shíhou wǒmen zài shěnměi de biāozhǔn shàng,

所以很多时候我们在审美的标准上，

So a lot of times, with our beauty standards,

Talking About Chinese Beauty Standards

699

yě kěnéng zài yínghé yīxiē biéren duì wǒmen de kànfǎ,

也可能在迎合一些别人对我们的看法，

maybe we're just following the opinions that others have of us.

700

Duì, suǒyǐ qíshí yěxǔ tā zìjǐ bìngbù rènwéi zhèyàng hěn měi,

对，所以其实也许她自己并不认为这样很美，

So actually, we might not even agree with the beauty standards,

701

dànshì dàjiā dōu zhème rènwéi,

但是大家都这么认为，

but because everyone else is thinking this way,

702

nàme wǒ yě xiǎngyào bèi gèng duō rén qù rènkě.

那么我也想要被更多人去认可。

(we might still accept them) because we want to get approval from others.

703

jiù yǐqián wǒ duì wǒ zìjǐ de wàibiǎo shì tèbié tèbié zìbēi, méiyǒu zìxìn de,

就以前我对我自己的外表是特别特别自卑，没有自信的，

In the past, I was not confident about my looks

704

juéde hǎoxiàng zìjǐ jiù bùzhíde qù yōngyǒu hǎo de dōngxi, duì

觉得好像自己就不值得去拥有好的东西，对

and felt that I didn't deserve to have nice things.

Talking About Chinese Beauty Standards

705

dànshì dāng wǒ mànman de pāokāi le

但是当我慢慢地抛开了

But when I slowly put aside

706

wǒ duì wǒ wàibiǎo de zhízhuó zhīhòu ne,

我对我外表的执着之后呢，

my obsession with my appearance,

707

wǒ jiù fāxiàn yuánlái shìjiè shàng hái yǒu gèng duō měihǎo de dōngxi

我就发现原来世界上还有更多美好的东西

I discovered that actually, there were many other wonderful things

708

kěyǐ qù zhuīqiú

可以去追求

that I could pursue (in life).

709

Wǒ xiǎng nǐ yīnggāi yě shì yǒu zhèzhǒng tǐyàn de.

我想你应该也是有这种体验的。

I suppose that you also have had this experience.

710

Duì, dāng dàbùfēn rén dōu qù fǒurèn nǐ de shíhou, nǐ huì fǒurèn zìjǐ,

对，当大部分人都去否认你的时候，你会否认自己，

Yes. When most people deny you, you will deny yourself.

Talking About Chinese Beauty Standards

711

dànshì cóng zìwǒ fǒurèn dào zìwǒ kěndìng shì xūyào

但是从自我否认到自我肯定是需要

But, going from self-denial to self-approval requires

712

yī gè hěn màncháng shènzhì hěn tòngkǔ de chéngzhǎng guòchéng.

一个很漫长甚至很痛苦的成长过程。

a long and painful growing process.

713

shǒuxiān nǐ bìxū dēi rènkě nǐ zìjǐ,

首先你必须得认可你自己，

First, you need to accept yourself

714

ránhòu nǐ bìxū yào pāokāi hěn duō chuántǒng de dōngxi,

然后你必须得抛开很多传统的东西，

and break away from many traditional (thinking).

715

ránhòu qù zhuīxún nǐ zìjǐ zhēnzhèng de yīxiē dōngxi,

然后去追寻你自己真正的一些东西，

(Only then), can you pursue what you really need,

716

xiàng bùguāng shì wàibiǎo,

像不光是外表，

not just your appearance,

Talking About Chinese Beauty Standards

717

háiyǒu nǐ de jiànkāng, háiyǒu nǐ de nèizài,

还有你的健康，还有你的内在，

but also your health, your inner (beauty),

718

háiyǒu nǐ de zhīshi, háiyǒu nǐ de chǔshì nénglì hé zuòshì de nénglì

还有你的知识，还有你的处事能力和做事的能力

knowledge and your ability to deal with things (in life).

719

suǒyǐ dāng nǐ zài gègè fāngmiàn yǒusuǒ tíshēng de shíhou,

所以当你各个方面有所提升的时候，

After you improve in these areas,

720

nǐ huì dédào zìxìn.

你会得到自信。

you will be able gain confidence.

721

Nàme dāng nǐ yǒu zìxìn de shíhou,

那么当你有自信的时候，

Only when you are confident,

722

nǐ cái huì bǎ zhège zhēnzhèng de měi de dōngxī quánbù zhǎnxiàn gěi biéren,

你才会把这个真正的美的东西全部展现给别人，

can you show others your true beauty.

Talking About Chinese Beauty Standards

723

nàme qíshí zhège shíhou nǐ yěxǔ dábùdào zhèxiē shěnměi biāozhǔn,

那么其实这个时候你也许达不到这些审美标准，

Perhaps by that time, you still won't meet these beauty standards,

724

dànshì wǒ juéde yě shì hěn měi de

但是我觉得也是很美的

but I think you will still (in a way) be beautiful.

725

Lìngyī zhǒng měi | lìng yīzhǒng měi, zìxìn de měi

另一种美 | 另一种美，自信的美

A different kind of beauty. | Right, a confident beauty.

726

suǒyǐ zhēnzhèng de nèizài měi

所以真正的内在美

So, if you gain inner beauty,

727

kěnéng yě huì bāngzhù nǐ qù tíshēng nǐ de wàizài měi.

可能也会帮助你去提升你的外在美。

it might help improve your external looks.

728

Nà jīntiān de tāolùn jiù dào zhèlǐ jiéshù le,

那今天的讨论就到这里结束了，

Okay, that's it for today's discussion.

Talking About Chinese Beauty Standards

729

nà guānyú shěnměi nǐmen yǒu shénme kànfǎ ne?

那关于审美你们有什么看法呢？

So, what do you think about these (Chinese) beauty standards?

730

Zài nǐmen guójiā, nǐmen de shěnměi biāozhǔn

在你们国家，你们的审美标准

In your country, are the beauty standards

731

shìbùshì gēn wǒmen de yǒu shénme bù yīyàng?

是不是跟我们的有什么不一样？

different from ours?

732

Kěyǐ liúyán gàosu wǒmen.

可以留言告诉我们。

Leave us a comment (below)!

733

Nà wǒmen jiù xià qī zàijiàn le | Zàijiàn!

那我们就下期再见了 | 再见！

See you next time! | Bye!