

Why Are Chinese Lying Flat?

Mandarin Corner
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Dàjiā hǎo, huānyíng lái dào Mandarin Corner de bōkè jiémù! Wǒ shì Eileen.

大家好，欢迎来到 Mandarin Corner 的播客节目！我是 Eileen。

Hi everyone! Welcome to Mandarin Corner's Audio Podcast! I'm Eileen.

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Dàjiā hǎo, wǒ shì Sharon. Yòu gēn dàjiā jiànmiàn le!

大家好，我是 Sharon。又跟大家见面了！

Hi! I'm Sharon. Nice to see you all again!

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Hǎojiǔbujàn a! Nǐ zuìjìn dōu zài máng shénme ne?

Why Are Chinese Lying Flat?

好久不见啊！你最近都在忙什么呢？

Long time no see! What have you been busy with lately?

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Wǒ zhè duàn shíjiān zhǔyào shì zài jiālǐ

我这段时间主要是在家里

During this period of time, I've mainly been

5

jiē yīxiē xiànsàng de gōngzuò,

接一些线上的工作，

taking on some online work from home,

6

qù yuèqì háng jiāo jiāo xiǎopéngyǒu men dǎjià zǐ gǔ zhīlèi de.

去乐器行教教小朋友们打架子鼓之类的。

teach kids to play drums in a music school (full-time job) and so on.

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Wǒ jìde nǐ zhīqián shì zuò wàimào de ba

我记得你之前是做外贸的吧

I remember that before, you were working as a foreign trade (sales person).

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Zěnmē zhuǎnháng qù dǎgǔ le? Zhè kuàdù yě tài dà le ba!

Why Are Chinese Lying Flat?

怎么转行去打鼓了？这跨度也太大了吧！

Why did you switch to (teaching) drums? That's quite a jump!

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Kěnéng shì zhè fèn gōngzuò néng ràng wǒ tóngshí jiēchù dào

可能是这份工作能让我同时接触到

Maybe (because) this work puts me in contact with

10

yīnyuè gēn xiǎopéngyǒu ba,

音乐跟小朋友吧，

kids and music,

11

zhè liǎng yàng dōngxi wǒ dōu mán xǐhuan de.

这两样东西我都蛮喜欢的。

both of which I really like.

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Érqiě zhīqián wàimào de gōngzuò suīrán gōngzī gāo,

而且之前外贸的工作虽然工资高，

In addition, although my previous foreign trade sales job had a high salary,

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dànshì yālì bǐjiào dà, jīngcháng yào jiābān.

Why Are Chinese Lying Flat?

但是压力比较大，经常要加班。

the pressure was pretty high and I often had to work overtime.

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Xiànzài zhè fèn gōngzuò suīrán gōngzī bùshì hěn gāo,

现在这份工作虽然工资不是很高，

Even though the salary of my current work is not very high,

15

dàn tā néng zài bǎozhèng wǒ yīshíwúyōu de qiántí xià,

但它能在保证我衣食无忧的前提下，

it meets my basic needs

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hái jiézòu méiyǒu nàme kuài.

还节奏没有那么快。

and it's not so fast-paced.

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Bǐqǐ nàzhǒng zhāo jiǔ wǎn wǔ de gōngzuò,

比起那种朝九晚五的工作，

Compared to a nine-to-five job,

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wǒ gèng xǐhuan xiànzài zhèzhǒng lèisì yú tǎngpíng de yīzhǒng zhuàngtài.

Why Are Chinese Lying Flat?

我更喜欢现在这种类似于躺平的一种状态。

I prefer my current state which is similar to "lying flat".

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Wǒ fāxiàn tǎngpíng zhège cí zuìjìn zhēn de hěn cháng chūxiàn a!

我发现躺平这个词最近真的很常出现啊!

I've noticed that this phrase "lying flat" has been recently appearing very frequently!

20

Bùlùn shì zài wǎngluò shang hái shì zài xiànshí shēnghuó zhōng,

不论是在网络上还是在现实生活中,

Whether on the Internet or in real life,

21

wǒ dōu chángcháng tīngdào.

我都常常听到。

I often hear it.

22

Qiánduànshíjiān hái yǒu xuésheng xiàng wǒmen tíyì shuō

前段时间还有学生向我们提议说

Some time ago, there were even students that suggested

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ràng wǒmen zuò yī qī guānyú tǎngpíng de bōkè

Why Are Chinese Lying Flat?

让我们做一期关于躺平的播客

we do a podcast about “lying flat”.

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Nàme jīntiān wǒmen jiù lái liáo liáo tǎngpíng zhège xiànxàng.

那么今天我们就来聊聊躺平这个现象。

So today we will talk about this phenomenon.

25

Shǒuxiān qǐng Sharon jiěshì yíxià ba, tǎngpíng dàodǐ shì shénme yìsi?

首先请 Sharon 解释一下吧，躺平到底是什么意思？

First, let's have Sharon explain the meaning of “lying flat”.

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Tǎngpíng tā shì èr líng èr yī nián zài Zhōngguó kāishǐ liúxíng de wǎngluò cíyǔ,

躺平它是 2021 年在中国开始流行的网络词语，

This is an Internet phrase that became popular in China in 2021.

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tā yòng lái zhǐdài yīzhǒng fàngqì nǚlì fèndòu

它用来指代一种放弃努力奋斗

It's used to refer to embracing a lifestyle in which a person gives up working hard

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zhuǎn'ér qù yōngbào yīzhǒng dī yùwàng de shēnghuó tàidu.

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转而去拥抱一种低欲望的生活态度。

and instead, have few desires.

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Tǎngpíng qīngnián tā jùtǐ bāokuò yǐxià jǐge tèzhēng

躺平青年它具体包括以下几个特征

"Lying flat youth" specifically includes the following characteristics:

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bǐrúshuō bù jiéhūn, bù mǎi chē, bù shēng wá, bù mǎifáng

比如说不结婚、不买车、不生娃、不买房

not marrying, not buying a car, not having kids, not buying a home,

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érqiě hái bǎochí zuì dī de xiāofèi yùwàng,

而且还保持最低的消费欲望，

adopting the lowest degree of desire for consumption,

32

qù yōngyǒu yīzhǒng zuì dī de shēngcún biāozhǔn,

去拥有一种最低的生存标准，

having the lowest standard of living possible,

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jùjué chéngwéi tā rén zhuànrqián de jīqì.

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拒绝成为他人赚钱的机器。

as well as refusing to become a money-making machine for others.

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Wǒ zài xiǎng, shì shéi fā míng le zhè ge cí?

我在想，是谁发明了这个词？

I was wondering, who invented this phrase?

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Dàodǐ zhè ge cí shì zěnmé lái de ne?

到底这个词是怎么来的呢？

Where did this phrase really come from?

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Wǒ tīngshuō tǎng píng zhè ge cí tā zhè zhǒng shuō fǎ

我听说躺平这个词它这种说法

I heard that the phrase "lying flat"

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zuì zǎo shì chū xiàn zài yú lè quān.

最早是出现在娱乐圈。

first appeared in the entertainment industry.

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Yǒu yī xiē míng xīng tā huì bèi bào chū yī xiē fù miàn de xīn wén,

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有一些明星他会被曝出一些负面的新闻，

There were some celebrities that received negative exposure from the news,

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bǐrúshuō chūguǐ shénmede

比如说出轨什么的

such as having an affair,

40

zhèxiē míngxīng de fěnsī jiù huì gěi tāmen de ǒuxiàng

这些明星的粉丝就会给他们的偶像

and their fans would try to, on behave of their idols

41

qù chéngqīng zhè yīxiē bù shí xīnwén.

去澄清这一些不实新闻。

negate these false news.

42

Ránhòu suízhe zhèxiē hēi liào yuèlái yuè duō, fěnsī men jiù huì juéde

然后随着这些黑料越来越多，粉丝们就会觉得

As the negative information increased, the fans felt

Note: 黑料/ hēi liào means information which may cause a negative influence.

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wǒ tài lèi le! Hēi liào yuè lái yuè duō, wǒ chéngqīng bùliǎo

我太累了！黑料越来越多，我澄清不了

that it was too tiring to try to negate the increasing negative information

44

wǒ hái shì tǎng píng rèn rén cháo fěng ba

我还是躺平任人嘲讽吧

and instead, they should “lie flat” and let people ridicule,

45

nà jiù jiǎn chēng wéi tǎng píng rèn cháo.

那就简称为躺平任嘲。

which was then shorten to “lie flat and accept ridicule”.

Note: Chinese like to shorten expressions as much as possible.

46

Zhè ge cí hòu lái chū le quān

这个词后来出了圈

Later, this phrase spread out from the (entertainment) world.

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Suǒ yǐ dāng rén men xiǎng biǎo dá yī zhǒng wú nài zhī xià,

所以当人们想表达一种无奈之下，

So when people want to express a feeling of helplessness

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bùdébù tuīchū jīliè de jìngzhēng de xīnqíng shí ne

不得不退出激烈的竞争的心情时呢

and the need to step back from intense competition (in life),

49

jiù huì yòng tǎngpíng lái miáoshù.

就会用躺平来描述。

they use “lying flat”.

50

Nǐ juéde wèishénme zhège cí huì zhème huǒ ne?

你觉得为什么这个词会这么火呢？

Why do you think this phrase became so popular?

51

Yīnwèi dāngxià hěn duō niánqīngrén tā miànlín zhe gōngzī yuèláiyuè shǎo,

因为当下很多年轻人他面临着工资越来越少，

Because nowadays, many young people are facing the difficult situation in which their salary is getting lower,

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wùjià rìyì shàngzhǎng,

物价日益上涨，

the cost of living is getting higher

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dànshì gōngzuòshíjiān què yuèláiyuè cháng de zhèzhǒng kùnjìng.

但是工作时间却越来越长的这种困境。

and working hours are getting longer.

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Ér tǎngpíng zhège cíyǔ gānghǎo jiù néng biǎodá

而躺平这个词刚好就能表达

The phrase “lying flat” happened to perfectly express

55

tāmen xiǎngyào tuōlí kùnjìng de xīntài.

他们想要脱离困境的心态。

their desire to escape this difficult situation.

56

Tǎngpíng zhège cí zhīsuǒyǐ huǒ shì yīnwèi

躺平这个词之所以火是因为

The phrase became popular because

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tā néng biǎodá dāngxià niánqīng rén de yīzhǒng xīnqíng.

它能表达当下年轻人的一种心情。

it expresses how young people feel today.

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Nà zhēnzhèng zuòdào tāngpíng

那真正做到躺平

So, people who are really "lying flat"

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huòzhě shuō zhēnzhèng xuǎnzé tāngpíng de rén duō ma?

或者说真正选择躺平的人多吗？

or choose to do it, are there a lot of them

60

Háishi shuō tāmen zhǐshì kǒutóu bàoyuàn yīxià?

还是说他们只是口头抱怨一下？

or are they just voicing their complaints?

61

Rúguǒ wǒmen bǎ tāngpíng qīngnián guīnà wéi nàzhǒng bù mǎifáng bù mǎi chē,

如果我们把躺平青年归纳为那种不买房不买车，

If we classify the "lying flat youth" as people who don't buy a home or a car,

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yōngbào dī yùwàng de shēnghuó tàidu de rén dehuà,

拥抱低欲望的生活态度的人的话，

and who embrace a lifestyle with few desires,

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wǒ juéde zhèzhǒng rén háishi bùshǎo de.

我觉得这种人还是不少的。

I think there are quite a few.

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Dànshì rúguǒ wǒmen bǎ tǎngpíng qīngnián shìwéi nàzhǒng

但是如果我们把躺平青年视为那种

However, if we see them as people

65

shénme dōu bù gàn hùn chī děng sǐ de rén dehuà,

什么都不干混吃等死的人的话，

that just drift through life,

66

wǒ xiāngxìn zhèyàng de rén shì bù duō de,

我相信这样的人是不多的，

I don't believe that there are that many

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bìjìng měigerén dōu yào shēngcún ma.

毕竟每个人都要生存嘛。

because after all, we all need to survive.

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Nà jiù ànzhào nǐ qiánmiàn shuō de nàge dìngyì,

那就按照你前面说的那个定义，

Let's go with the definition you just gave

69

jiù tǎngpíng jiùshì bù mǎifáng bù mǎi chē bù jiéhūn dēngděng,

就躺平就是不买房不买车不结婚等等，

in which “lying flat” means people that don't buy a home, a car, marry, etc.

70

ránhòu nǐ shuō zhè yīlèi rén háishi tǐng duō de, nǐ juéde wèishénme ne?

然后你说这一类人还是挺多的，你觉得为什么呢？

You said that there are quite a lot of people like this. Why do you think that is?

71

Yīnwèi dāngxià de niánqīngrén tāmen miànlín de yālì shízài shì tài dà le,

因为当下的年轻人他们面临的压力实在是太大了，

Because the pressure young people face today is so great,

72

érqiě yòu yǒu gèzhǒnggèyàng de jiāolǜ.

而且又有各种各样的焦虑。

and they have all kinds of anxieties.

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Bǐrúshuō ne?

比如说呢？

For example?

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Bǐrúshuō láizì gōngzuò fāngmiàn de yālì ya!

比如说来自工作方面的压力呀！

For example, pressure from work!

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Nǐ kàn xiànzài de niánqīng rén gōngzuò de shíjiān shì yuè lái yuè cháng de,

你看现在的年轻人工作的时间是越来越长的，

You see, nowadays young people work longer and longer,

76

xiàng wǒmen suǒ shúzhī de jiǔ jiǔ liù háiyǒu dàxiǎo zhōu de gōngzuò zhì.

像我们所熟知的 996 还有大小周的工作制。

such as the well-known 996 and the “big/small week” work system.

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Zhèxiē zhìdù chūxiàn zhīhòu, rénmen de gōngzī bìng méiyǒu shàngzhǎng,

这些制度出现之后，人们的工资并没有上涨，

After the emergence of these work systems, people's wages didn't rise

Why Are Chinese Lying Flat?

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gōngzuòshíjiān què bùduàn de zài biàn cháng.

工作时间却不断地在变长。

instead, work hours continually increased.

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Nǐ gānggang tídao liǎng gè cí, yī gè shì jiǔ jiǔ liù, yī gè shì dàxiǎo zhōu.

你刚刚提到两个词，一个是 996，一个是大小周。

You just brought up two phrases, 996 and the “big/small week”.

80

Jiǔ jiǔ liù wǒ xiāngxìn yīxiē guānzhòng yǐjīng zhīdào le,

996 我相信一些观众已经知道了，

996 I believe some viewers have already heard of,

81

yīnwèi zhège zhīqián wǒmen yě zuò guo yī qī guānyú jiǔ jiǔ liù de bōkè

因为这个之前我们也做过一期关于 996 的播客

because we did a podcast about it before.

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méiyǒu kàn de rén kěyǐ qù kàn yīxià.

没有看的人可以去看一下。

Those who haven't watched it can go take a look.

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Nà lìngwài yī gè shì dàxiǎo zhōu, zhège shì shénme yìsi?

那另外一个就是大小周，这个是什么意思？

The other phrase is “big/small week”. What does that mean?

84

Dàxiǎo zhōu jiùshìshuō wǒ zhège xīngqī shàng wǔ tiān bān xiūxi liǎng tiān,

大小周就是说我这个星期上五天班休息两天，

It means that if this week I work five days with two days off,

85

xiàgèxīngqī wǒ jiù yào shàng liù tiān bān xiūxi yī tiān le.

下个星期我就要上六天班休息一天了。

the next week I will need to work six days and be off one day.

86

Xiàng wǒ zhīqián wàimào de nà yī fèn gōngzuò, jiùshì dàxiǎo zhōu de

像我之前外贸的那一份工作，就是大小周的

Like in my previous foreign trade sales job, it was a “big/small week” type of job.

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gǎnjué jiùshì xiūxi yī tiān de nà yī gè xīngqī

感觉就是休息一天的那一个星期

The week with one only day off

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jiù hǎoxiàng méiyǒu xiūxi guo yīyàng,

就好像没有休息过一样，

felt like I didn't have a break at all

89

yīnwèi tōngcháng wǒ nà yī tiān dōu shì shuìjiào shuì guòqù le,

因为通常我那一天都是睡觉睡过去了，

because I usually spent the entire day sleeping,

90

jiù wánquán méiyǒu jīnglì chūqù wán huòzhě gàn yīxiē biéde qítā shìqing

就完全没有精力出去玩或者干一些别的其他事情

and had no energy to go out or do anything else.

91

Gěi wǒ de gǎnjué jiù hǎoxiàng liǎng gè lǐbài cái xiūxi yīcì yīyàng.

给我的感觉就好像两个礼拜才休息一次一样。

It felt as if I was only resting once every two weeks.

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Shuōdào zhèlǐ wǒ yào tídao de yīdiǎn

说到这里我要提到的一点

Here I want to point out that

Why Are Chinese Lying Flat?

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jiùshì zuìjìn yǒu hěn duō Zhōngguó de qǐyè,

就是最近有很多中国的企业，

recently, many Chinese companies,

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tèbié shì Hùliánwǎng gōngsī ne dōu zài xiǎngyìng guójiā de hàozhào,

特别是互联网公司呢都在响应国家的号召，

especially Internet companies, are responding to the call of the government

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qǔxiāo le jiǔ jiǔ liù hé dàxiǎo zhōu de gōngzuò zhì.

取消了 996 和大小周的工作制。

to cancel the 996 and the “big/small week” work system.

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Nà zài qiánmiàn wǒmen shuōdào gōngzuòshíjiān cháng dàilái de yālì,

那在前面我们说到工作时间长带来的压力，

We have talked about the pressure which was brought on by working long hours.

97

chúcǐzhīwài hái yǒu qí tā gōngzuò xiāngguān de yālì.

除此之外还有其他工作相关的压力。

Apart from this, there are actually other work-related pressures.

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Wǒmen tīng guo yīzhǒng shuōfǎ jiàozuò sānshí wǔ suì ménkǎn,

我们听过一种说法叫做 35 岁门槛，

We have heard the expression “the 35-year-old threshold”,

99

dàduōshù zhǐ de jiùshì zài Hùliánwǎng hángyè gōngzuò de rén ne

大多数指的就是在互联网行业工作的人呢

which mostly refers to people that work in the Internet industry

100

yīdàn dào le sānshí wǔ suì zuǒyòu jiù huì yǒu bèi gōngsī cáiyuán de fēngxiǎn.

一旦到了三十五岁左右就会有被公司裁员的风险。

who are at risk of being laid off after reaching age 35.

101

Wèishénme?

为什么？

Why?

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Yīnwèi gōngsī bùduàn de zài zhāoshōu yīxiē yīngjièbiyèshēng,

因为公司不断地在招收一些应届毕业生，

Because companies are constantly recruiting fresh graduates

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zhèxiē yīngjièbìyèshēng tāmen huì dàilái yīxiē xīn de jìshù ya xīn de xiǎngfǎ ya,

这些应届毕业生他们会带来一些新的技术呀新的想法呀，

who bring new technical skills and ideas.

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érqiě tāmen gōngzī hái dī, gàn de huó yòu duō.

而且他们工资还低，干的活又多。

Also, they work more for less money.

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Suǒyǐ shuō duìyú yīxiē lǎo yuángōng láishuō,

所以说对于一些老员工来说，

(On the other hand,) older employees'

106

tāmen nà yīxiē bǐjiào gùhuà de sīwéi fāngshì

他们那一些比较固化的思维方式

ways of thinking

107

kěnéng jiù bùtài shòu gōngsī qǐyè de dàijian,

可能就不太受公司企业的待见，

may not be appreciated by companies

Why Are Chinese Lying Flat?

108

jiǔ'érjiǔzhī jiù huì bèi táotài.

久而久之就会被淘汰。

and as time passes by, they are phased out.

109

Nǐ shuōdào zhège sānshí wǔ suì ménkǎn,

你说到这个三十五岁门槛，

When you talk about the “35-year-old threshold”,

110

gǎnjué gèng duō de shì zài shuō nánxìng yuángōng.

感觉更多的是在说男性员工。

it feels that you are referring more to male employees.

111

Wǒ juéde nǚxìng zài zhíchǎng shàng huì miànlín lìngwài yīzhǒng wèntí,

我觉得女性在职场上会面临另外一种问题，

I think that females face a different problem in the workplace

112

nà jiùshì zài zhāo gōng de shíhou huì bèi qíshì.

那就是在招工的时候会被歧视。

which is discrimination in the recruiting process.

Why Are Chinese Lying Flat?

113

Zhège zài Hùliánwǎng shàng tāolùn yě tǐng duō de.

这个在互联网上讨论也挺多的。

This is also being discussed a lot on the Internet.

114

Méicuò! Zhīqián zài yī tāi zhèngcè zhīxià ne,

没错！之前在一胎政策之下呢，

That's right! Previously, under the one-child policy,

115

hěn duō shēng le hái zi de nǚ xìng tā qù zhǎo gōng zuò de huà,

很多生了孩子的女性她去找工作的话，

women with children searching for a job

116

tā hái huì xiāng duì bǐ jiào róng yì.

她还会相对比较容易。

had it relatively easy.

117

Kě shì xiànzài bù shì yǒu sān tāi zhèngcè le ma?

可是现在不是有三胎政策了吗？

But now we have the three-child policy, right?

Why Are Chinese Lying Flat?

118

Qǐyè lǎobǎn zài zhāopìn nǚ yuángōng de shíhou

企业老板在招聘女员工的时候

When business owners are recruiting female employees,

119

tā jiù huì yǒu gèng duō de gùlǜ le

他就会有更多的顾虑了

they will have more concerns

120

yīnwèi tā de chǎnjià shíjiān biàn cháng,

因为她的产假时间变长,

because maternity leave has become longer

121

ránhòu zài chǎnjià qījiān yào zhīfù de gōngzī yě biàn duō.

然后在产假期间要支付的工资也变多。

and the wages paid during the leave have also increased.

122

Kěshì zhè yīxiē rén bìngbù huì gěi qǐyè dàilái gèng duō de xiàoyì,

可是这一些人并不会给企业带来更多的效益,

However, these (female employees) don't bring more benefits to the business.

Why Are Chinese Lying Flat?

123

suǒyǐ qǐyè lǎobǎn shì yuèláiyuè shǎo de qù zhāoshōu nǚxìng de yuángōng de.

所以企业老板是越来越少地去招收女性的员工的。

Hence, business owners are recruiting female employees less and less.

124

Suǒyǐ nǐ huì jīngcháng tīngdào yǒurén shuō

所以你会经常听到有人说

So you often hear people say:

125

xiànzài zhēn de shì bù gǎn shēng hái zi, yě bù gǎn jiéhūn ya!

现在真的是不敢生孩子，也不敢结婚呀！

“Now, I really don’t dare to have children or get married!”

126

Dànshì ne rúguǒ nǐ bù shēng hái zi, nǐ bù jiéhūn dehuà,

但是呢如果你不生孩子，你不结婚的话，

But if you don’t have children and you don’t get married,

127

nǐ de fùmǔ yòu bùhuì fàngguò nǐ,

你的父母又不会放过你，

your parents won’t let you off

Why Are Chinese Lying Flat?

128

tā huì yīzhí cuī cuī cuī, cuī dào nǐ jiéhūn wéizhǐ.

他会一直催催催，催到你结婚为止。

and they will keep pressuring you until you get married.

129

Bù zhīdào nǐ yǒuméiyǒu miànlín zhège wèntí.

不知道你有没有面临这个问题。

I don't know if you are facing this problem.

130

Dāngrán yǒu a! Wǒ de bànmā jiù jīngcháng duì wǒ shuō,

当然有啊！我的爸妈就经常对我说，

Of course I am! My parents always tell me,

131

nǐ zàibù jiéhūn nǐ yǐhòu jiùshì shèngnǚ le,

你再也不结婚你以后就是剩女了，

"If you don't get married, you'll be a leftover woman,

132

suǒyǐ kuàidiǎn zhǎo gè duìxiàng.

所以快点找个对象。

so hurry up and find someone."

Why Are Chinese Lying Flat?

133

Qíshí wǒmen gānggang shuō de zhè yīxiē bù jiéhūn

其实我们刚刚说的这一些不结婚

Actually what I just said about not marrying

134

dōu shì cóng nǚxìng de jiǎodù chūfā láikàn de

都是从女性的角度出发来看的

is from the female perspective,

135

yīnwèi xuǎnzé jiéhūn de yǐnxìng chéngběn shízài shì tài gāo le.

因为选择结婚的隐性成本实在是太高了。

because the hidden cost of getting married is very high (for women).

136

Rúguǒ huàn gè shìjiǎo, cóng nánxìng de jiǎodù láikàn dehuà,

如果换个视角，从男性的角度来看的话，

If we change the perspective and look at it from the male's point of view,

137

nǐ huì fāxiàn jìn rù hūnyīn tā de wùzhì chéngběn hǎoxiàng yě bù dī,

你会发现进入婚姻它的物质成本好像也不低，

we will find that the cost of entering a marriage is also not low.

Why Are Chinese Lying Flat?

138

bǐrúshuō mǒuxiē chuántǒng sīxiǎng jiùshì ràng nánxìng qù chéngdān

比如说某些传统思想就是让男性去承担

For example, according to traditional thinking, men should have

139

mǎifáng, mǎi chē, bèi hǎo cǎilǐ zhèyàng de rènwu,

买房、买车、备好彩礼这样的任务，

the duty of buying a home, a car and paying “caili” (ie., money)

140

tāmen cái néng qǔ dào lǎopó de.

他们才能娶到老婆的。

in order to get a wife.

141

Bù zhīdào nǐ yǒuméiyǒu tīngshuō guo

不知道你有没有听说过

I don't know if you've heard that

142

hěn duō dìqū dōu shì yāoqiú nánfāng tígōng hěn duō de cǎilǐ de.

很多地区都是要求男方提供很多的彩礼的

many regions require the man to provide a large bride price (ie., caili).

Why Are Chinese Lying Flat?

143

Nǐ bù zhīdào wǒ shì nǎlǐ lái de ma?

你不知道我是哪里来的吗？

Don't you know where I'm from?

144

Wǒ zhīdào nǐ shì Jiāngxī de, kěnéng jiùshì nǐ nàge dìqū.

我知道你是江西的，可能就是你这个地区。

I know you are from Jiangxi and perhaps it is one of these regions.

145

Dàjiā duì Jiāngxī de yī gè kèbǎnyìnxìàng, jiùshì tiānjià cǎilǐ.

大家对江西的一个刻板印象，就是天价彩礼。

The stereotype that people have of Jiangxi is that the bride price is sky-high.

146

Yǒusuǒ ěrwén

有所耳闻

So I've heard.

147

Nǐ tīngdào zuìgāo de shì duōshao?

你听到最高的是多少？

What is the highest you've heard of?

Why Are Chinese Lying Flat?

148

Wǒ de qián yī rèn lǎobǎn tā jiùshì Jiāngxī rén,

我的前一任老板他就是江西人，

My former boss is from Jiangxi.

149

Ránhòu tā zhīqián shì shuō tā dìdì yào jiéhūn yào chū èrshí wàn cǎilǐ,

然后他之前是说他弟弟要结婚要出 20 万彩礼，

He said that when his younger brother got married, he paid 200,000RMB.

150

wǒ juéde yǐjīng hěn gāo le.

我觉得已经很高了。

I thought that was already very high.

151

Èrshí wàn wǒmen nàr shì qǐbù jià

20 万我们那儿是起步价

In my village, 200,000RMB is the starting price.

152

xiànzài yǐjīng dào le wǔ liùshí wàn le | Qǐbù jià?

现在已经到了五六十万了 | 起步价？

It already went up to 500 to 600 thousand! | Starting price?!

Why Are Chinese Lying Flat?

153

Xiànzài shì zhēn de shì wǔ liùshí wàn le

现在是真的是五六十万了

Really, it's five to six hundred thousand now!

154

Suǒyǐ shuō quèshí zài jiéhūn de shíhou, nánfāng de jīngjì yālì háishi tǐng gāo de.

所以说确实在结婚的时候，男方的经济压力还是挺高的。

So it's true that in order to get a wife, the man has a high financial pressure.

155

Tǎngpíng qīngnián chúle bù jiéhūn bù mǎifáng zhīwài,

躺平青年除了不结婚不买房之外，

The "lying flat youth", apart from not getting married or buying a home,

156

qíshí tāmen hái yǒu yī gè tèzhēng jiùshì huì jiàngdī zìjǐ de xiāofèi yùwàng,

其实他们还有一个特征就是会降低自己的消费欲望，

have another characteristic which is they will reduce their desire to consume

157

tāmen xuǎnzé yīzhǒng jí jiǎn de dī yùwàng de shēnghuó tàidu

他们选择一种极简的低欲望的生活态度

and will adopt a minimalistic attitude towards life.

Why Are Chinese Lying Flat?

158

Qíshí zhèzhǒng tàidu yě shì wǒ mùqián suǒ tuīchóng de yīzhǒng,

其实这种态度也是我目前所推崇的一种，

In fact, this attitude is one that I admire

159

yīnwèi wǒ shízài shì shòugòu le zhīqián nàzhǒng guòdù xiāofèi ya,

因为我实在是受够了之前那种过度消费呀，

because I'm fed up with the suffering that over-consumption,

160

mǎi mǎi mǎi ya tā gěi wǒ dàilái de kǔtou le,

买买买呀它给我带来的苦头了

“buy, buy, buy” caused me!

161

hǎoxiàng měicì gōngzī yī dào shǒu, wǒ zǒngshì mǎi mǎi mǎi,

好像每次工资一到手，我总是买买买，

It seemed that every time I got my salary, I would always buy, buy, buy

162

yīzhuǎnyǎn jiù bǎ qián gěi huāguāng le, zhè shízài shì ràng wǒ hěn nánshòu!

一转眼就把钱给花光了，这实在是让我很难受！

and in the blink of an eye, all my money was gone! It really made me feel bad!

Why Are Chinese Lying Flat?

163

Suǒyǐ wǒ jiù tòngdìngsītòng, jiè diào zìjǐ zǒng xiǎng huāqián de huài máobing.

所以我就痛定思痛，戒掉自己总想花钱的坏毛病。

So I learned from this painful experience and gave up the bad habit of always wanting to spend money.

164

Nǐ dōu mǎi shénme ne?

你都买什么呢？

What would you buy?

165

Gèzhǒng duò shǒu a!

各种剁手啊！

All kinds of things (that I later regretted)!

Note: “Duò shǒu” literally means to chop off your hands. It’s an Internet phrase that refers to uncontrollable shopping (hence, you want to chop off your hands).

166

Měi zhuāng bózhǔ tuījiàn de chǎnpǐn huì xiǎngyào mǎi,

美妆博主推荐的产品会想要买，

I would buy products recommended by make-up influencers

167

ránhòu wǒ de ǒuxiàng chū de gèzhǒng zhōubiān wǒ yě huì xiǎngyào mǎi,

然后我的偶像出的各种周边我也会想要买，

Why Are Chinese Lying Flat?

and things endorsed by my idols.

168

bǐrúshuō zhīqián jiù chū le yī kuǎn tā de bào zhěn, wǒ yě gěi mǎi le

比如说之前就出了一款他的抱枕，我也给买了

For example, a while ago there was a pillow and I bought it.

169

shì èr bǎi jiǔ shí jiǔ, jiù jiējìn sān bǎi kuài

是二百九十九，就接近三百块

It cost 299 yuan, nearly 300 yuan.

170

nǐ fāxiàn méiyǒu xiànzài wǒmen de zhōuwéi

你发现没有现在我们的周围

So, have you noticed that we're surrounded

171

dōu chōngchì zhe zhèyàng de yīzhǒng shuōfǎ,

都充斥着这样的一种说法，

with the idea that

172

jiùshì nǚháizi de yīguì lǐ yǒngyuǎn shǎo yī jiàn yīfu

就是女孩子的衣柜里永远少一件衣服

Why Are Chinese Lying Flat?

a girl's wardrobe is always one article of clothing short?

173

zhège shì xiāofèi zhǔyì guànshū gěi dāngdài rén de yīzhǒng guānniàn.

这个是消费主义灌输给当代人的一种观念。

This is a concept that consumerism has ingrained in modern people's mind.

174

Zài bèi gèzhǒng yòudǎo xiāofèizhě xiāofèi de shāngyè guǎnggào bāowéi zhīxià,

在被各种诱导消费者消费的商业广告包围之下，

Surrounded by all kinds of advertisements that induce consumers to spend,

175

nǐ měiyī gè dìfang dōu huì yǒurén gàosu nǐ,

你每一个地方都会有人告诉你，

everywhere you go, someone tells you that

176

yào huāqián cái néng guò shàng suǒwèi de xìngfú shēnghuó.

要花钱才能过上所谓的幸福生活。

you need to spend money to live a so-called "happy life".

177

Háiyǒu yīzhǒng lǐlùn shì, nǚháizi nǐ děi huó de hěn jīngzhì

还有一种理论是，女孩子你得活得很精致

Why Are Chinese Lying Flat?

There is also a theory that girls should live a refined life.

178

Shénme shì jīngzhì ne?

什么是精致呢？

What is a “refined” (life)?

179

Bù jiùshì bǎ zìjǐ dǎban de piàopiào liàngliàng de měiměi de ma?

不就是把自己打扮得漂漂亮亮的美美的吗？

It's just to dress yourself up beautifully, right?

180

Suǒyǐ tā háishi zài yǐndǎo nǚxìng qù xiāofèi.

所以它还是在引导女性去消费。

So it's still encouraging women to consume.

181

Érqiě nǐ kàn hěn duō rén zài shèjiāoméitǐ shang,

而且你看很多人在社交媒体上，

Also, you see a lot of people on social media

182

tā fā de zhàopiàn dōu shì jīngguò PS de, dōu shì jīngguò měiyán de,

他发的照片都是经过 PS 的，都是经过美颜的，

Why Are Chinese Lying Flat?

who post photos that have been photoshopped or have used filters.

183

zhè huì ràng nǐ juéde, wa!

这会让你觉得，哇！

This makes you think: "Wow,

184

Wèishénme rénjiā de pífū dōu nàme hǎo? Dǎban de yě hěn shíshàng!

为什么人家的皮肤都那么好？打扮得也很时尚！

why do they all have such nice skin?! They dress up so stylishly too!"

185

Zài kànkàn zìjǐ jiù huì juéde pǔpǔtōngtōng, nǎlǐ dōu bùrú biéren,

再看看自己就会觉得普普通通，哪里都不如别人，

Then, you look at yourself, you feel very common and inferior to them.

186

huì ràng wǒmen bùjīngyì de

会让我们不经意地

It makes us compare ourselves unthinkingly

187

qù gēn lǜjìng xià de wánměi de qítā rén zuò yī gè duìbǐ,

去跟滤镜下的完美的其他人做一个对比，

Why Are Chinese Lying Flat?

to these people who look perfect after they use (beauty) filters

188

bìngqiě xīwàng shíshíkèkè dōu néng yōngyǒu

并且希望时时刻刻都能拥有

and it makes us want to always

189

xiàng tāmen nàme měilì de wàibiǎo.

像她们那么美丽的外表。

look as beautiful as them.

190

Zài zhèzhǒng cìjī xià, nǐ shuō wǒmen zěnmé kěnéng yìzhì zìjǐ

在这种刺激下，你说我们怎么可能抑制自己

With such temptations, how we can restrain ourselves

191

qù mǎi gèzhǒng měiróng chǎnpǐn a ránhòu zuò wēizhěngxíng tiáozhěng?

去买各种美容产品啊然后做微整形调整啊？

from buying all kinds beauty products and undergoing minor plastic surgeries?

192

Yánzhòng de qíngkuàng xià, hái huì ràng wǒmen chǎnshēng yīzhǒng xīnlǐ jíbìng,

严重的情况下，还会让我们产生一种心理疾病，

Why Are Chinese Lying Flat?

When the situation gets extreme, it will even give us mental illnesses

193

bǐrúshuō jiāozào, yìyù, jiāolǜ dēngděng.

比如说焦躁、抑郁、焦虑等等。

such as, being fretful, anxious, depressed and so on.

194

Háiyǒu yīzhǒng jiāolǜ shì zài píngcháng

还有一种焦虑是在平常

There is another kind of anxiety that

195

shuā gèzhǒng shèjiāo píngtái de shíhou suǒ chǎnshēng de

刷各种社交平台的时候所产生的

arises when you use different social media.

196

Nǐ zài shuā Péngyouquān de shíhou,

你在刷朋友圈的时候，

When you browse through your Wechat Moments,

197

nǐ huì kàndào yǒuyīxiē péngyou qù le nǎge hǎokàn de jǐngdiǎn dǎkǎ ya

你会看到有一些朋友去了哪个好看的景点打卡呀

Why Are Chinese Lying Flat?

you'll see that some of your friends have visited nice tourist attractions,

198

huòzhě shì qù nǎ yī jiā wǎnghóng cāntīng chī le hǎochī de shíwù,

或者是去哪一家网红餐厅吃了好吃的食物,

or have gone to famous restaurants to eat delicious food

199

pāi le jīngzhì de zhàopiàn a

拍了精致的照片啊

and have taken great photos.

200

Nǐ huì fāxiàn zhè yīxiē tónglíng rén

你会发现这一些同龄人

You will find that people your age

201

tāmen jīngcháng dōu huì rèzhōng yú zài shèjiāoméitǐ shàng

他们经常都会热衷于在社交媒体上

are often passionate about

202

dǎzào yī gè rénshēng yíngjiā de xíngxiàng.

打造一个人生赢家的形象。

Why Are Chinese Lying Flat?

creating an image of themselves as winners in life on social media.

203

Nǐ huì kàndào tāmen chúle gōngzuò zhèng de qián duō zhīwài,

你会看到他们除了工作挣的钱多之外，

You will see that apart from making a lot of money,

204

jiālǐ hái jǐngjǐngyǒutiáo, tèbié qīngsōng, gōngzuò tèbié qīngsōng

家里还井井有条，特别轻松，工作特别轻松

their home is in perfect order and their work is easy.

205

Gǎnjué hǎoxiàng chúle wǒ zhīwài de měigerén dōu shì rénshēng yíngjiā.

感觉好像除了我之外的每个人都是人生赢家。

It feels as if everyone is a winner in life except me.

206

Zài zhèzhǒng duìbǐ zhīxià, wǒ zhèzhǒng píngdàn de rìcháng

在这种对比之下，我这种平淡的日常

Under this comparison, my ordinary daily life

207

jiù huì xiǎnde tèbié àndàn wú guāng.

就会显得特别暗淡无光。

Why Are Chinese Lying Flat?

appears dull and unattractive.

208

Wǒ hěn huáiyí zhèxiē zài Hùliánwǎng shàng zhǎnshì de wǎnghóng de shēnghuó,

我很怀疑这些在互联网上展示的网红的的生活，

I doubt that the life that these influencers show on the internet

209

shìbùshì shì zhēn de

是不是是真的

is real.

210

Wǒ juéde tāmen kěnéng zhǐshì zhǎnshì tāmen xiǎng gěi dàjiā kàn de

我觉得他们可能只是展示他们想给大家看的

I think they are just showing what they want people to see

211

zuìhǎo de zuì měi de yīmiàn

最好的最美的一面

which is the best part of their lives.

212

Tāmen qù nàge gāojí cāntīng chīfàn,

他们去那个高级餐厅吃饭，

Why Are Chinese Lying Flat?

When they (show) that they dine in a high-end restaurant,

213

tā kěnéng yī nián zhǐ qù nàme yīcì,

他可能一年只去那么一次，

it may be the only time they go there in a year.

214

dànshì jiù zhè yīcì nénggòu ràng nǐ jiāolǜ yī nián

但是就这一次能够让你焦虑一年

But this one time is enough to cause you anxiety for the entire year.

215

Duì, zhèzhǒng jiāolǜ zhīxià hái néng chǎnshēng yīzhǒng zìbēi de xīnlǐ,

对，这种焦虑之下还能产生一种自卑的心理，

Right. This kind of anxiety will make you feel inferior

216

gǎnjué zìjǐ wúlùn zěnmě zuò dōu méiyǒu bànfǎ gǎishàn xiànzài de chǔjìng,

感觉自己无论怎么做都没有办法改善现在的处境，

and that no matter what you do, there is no way to improve your current situation.

217

nà jiǔ'érjiǔzhī zìrán jiù huì yǒu xiǎngyào tǎngpíng de xiǎngfǎ le.

那久而久之自然就会有想要躺平的想法了。

Why Are Chinese Lying Flat?

So over time, you will naturally have the thought of wanting to “lie flat”.

218

Nà jìrán wǒ wúlùn rúhé nǚlì dōu zuòbùdào, dōu biàn bùdào wánměi de zìjǐ,

那既然我无论如何努力都做不到，都变不到完美的自己，

No matter how hard you try, you can't be perfect,

219

nà wǒ hái bùrú jiùdì tǎngpíng, zuò yī gè tǎngpíng qīngnián jiù hǎo le.

那我还不如就地躺平，做一个躺平青年就好了。

you might as well lie right down and be a "lying flat youth".

220

Suǒyǐ shuō zài Zhōngguó yǒu yīzhǒng shēnghuó jiàozuò biéren de shēnghuó,

所以说在中国有一种生活叫做别人的生活，

That's why in China, we have this idea of “other people's life”

221

dàn hái yǒu yīzhǒng hái zǐ yě jiàozuò biéren jiā de hái zǐ,

但还有一种孩子也叫做别人家的孩子

and also, “other people's kids”.

Note: In China, “other people's kids” conveys the idea that your parents will always compare you to other family's “perfect” kids.

222

Xiàng zhèzhǒng duìbǐ bùjīn zài wǒmen chéng rén shìjiè lǐ fāshēng,

Why Are Chinese Lying Flat?

像这种对比不仅在我们成人世界里发生，

Comparisons like these not only happen between adults,

223

jiù lián háizi shēnshang dōu shì dào chù dōu shì duì bǐ.

就连孩子身上都是到处都是对比。

but also between children.

224

Méicuò, nǐ kàn xiànzài hěn duō fùmǔ

没错，你看现在很多父母

True, many parents nowadays

225

qíshí dōu yǒu yīzhǒng jiāolù jiàozuò jīwá jiāolù.

其实都有一种焦虑叫做鸡娃焦虑。

actually have a kind of anxiety called “chicken baby anxiety”.

226

Shénme shì jīwá?

什么是鸡娃？

What is a “chicken baby”?

227

Jīwá jiùshì gěi háizi dǎjīxuè, gěi nǐ jiā wá dǎjīxuè.

Why Are Chinese Lying Flat?

鸡娃就是给孩子打鸡血，给你家娃打鸡血。

“Chicken baby” refers to kids that have been “injected” with “chicken blood”.

Note: Regarding children, “injecting chicken blood” refers to the idea of raising your kid in a way that they can have success later in life. For example, by having them take a lot of extra-curriculum classes to help them compete academically.

228

Dǎ le jī xuè de háizi

打了鸡血的孩子

Kids that have been “injected with chicken blood”.

229

Jiùshì gěi zìjǐ dǎjīxuè hái bùgòu,

就是给自己打鸡血还不够，

So, it's not enough to “inject myself with chicken blood” (to become more competitive),

230

wǒ hái yào gěi wǒ jiā háizi dǎjīxuè.

我还要给我家孩子打鸡血。

I also need to “inject” my kids with it.

231

Zěnmé gǎnjué wǒ jiā de háizi nǎr nǎr dōu bùrú biéren,

怎么感觉我家的孩子哪儿哪儿都不如别人，

“Why do I feel that in every aspect, my kids are not as good as others’.

Why Are Chinese Lying Flat?

232

Wǒ jiā de háizi bùnéng shū zài qǐpǎoxiàn shang.

我家的孩子不能输在起跑线上。

My kids can't lose at the starting line!"

233

Xiàng wǒ nàxiē yǒu le bǎobao de tóngshì men

像我那些有了宝宝的同事们

I have co-workers who have kids

234

tāmen jīngcháng jiù huì zài tāolùn yīzhǒng...

她们经常就会在讨论一种...

and they often talk about

235

wǒ yào gěi háizi bào nǎge xìngqù bān a?

我要给孩子报哪个兴趣班啊？

what special interest classes should they enroll their kids in?

236

Gěi háizi bào nǎge bǔxíbān a?

给孩子报哪个补习班啊？

What cram school should they enroll their kids in?

Why Are Chinese Lying Flat?

237

Fǎnzhèng zhěngtiān de liáotiān nèiróng jiù chōngchì zhe zhèyàng de zhǔtí.

反正整天的聊天内容就充斥着这样的主题。

In any case, their conversation is filled with these topics.

238

Háiyǒu yīcì wǒ jìde wǒ zài wǎngshàng kàndào yī gè māma

还有一次我记得我在网上看到一个妈妈

I remembered one time I saw a mother on the Internet

239

shài chū tā gěi zìjǐ jiā háizi ānpái de zhèzhǒng rìchéngbiǎo,

晒出她给自己家孩子安排的这种日程表，

post the schedule she arranged for her child.

240

cóng zǎoshang qǐchuáng dào wǎnshang shuìjiào xǐzǎo,

从早上起床到晚上睡觉洗澡，

From getting up in the morning, to bathing, to going to sleep at night,

241

měiyī gè shíjiān duàn dōu ānpái de mǎnmǎndāngdāng de.

每一个时间段都安排得满满当当的。

every time slot was filled up.

Why Are Chinese Lying Flat?

242

Qízhōng hái jiāzá zhe gèzhǒnggèyàng de

其中还夹杂着各种各样的

(This kid's daily schedule) included all kinds of learning tasks

243

yuèdú a lǎngsòng a dēngděng de xuéxí rènwu.

阅读啊朗诵啊等等的学习任务。

such as reading books, reading out loud and so on.

244

Jiù huì gěi wǒ yīzhǒng gǎnjué, zhè bù xiàng shì zài péiyǎng háizi,

就会给我一种感觉，这不像是在培养孩子，

This made me feel that she was not cultivating a child,

245

érshì zài péiyù yī bù xuéxí de jīqì

而是在培育一部学习的机器

rather cultivating a learning machine.

246

Gǎnjué huó de tèbié lèi, tāmen jiā xiǎohái

感觉活得特别累，他们家小孩

I felt that her child's life was very hard.

Why Are Chinese Lying Flat?

247

Nǐ shuōdào zhège, wǒ xiǎngdào... wǒ xiǎngqilai wǒ kàndào de yī gè tiēzi.

你说到这个，我想到... 我想起来我看到的一个帖子。

Speaking of this, I thought of... I remember a post I saw.

248

Shì yī wèi māma zài Péngyouquān lǐ wèn:

是一位妈妈在朋友圈里问：

It was a mother who asked in her Wechat Moment:

249

“Háizi sì suì le, Yīngyǔ cíhuì liàng zhǐyǒu yī qiān wǔ zuǒyòu,

“孩子四岁了，英语词汇量只有 1500 左右，

“My child is four years old and his English vocabulary is only about 1500 words.

250

shìbùshì bùtài gòu a?”

是不是不太够啊？”

This is not enough, right?

251

Cái sì suì o! Yī qiān wǔ bǎi gè cíhuì liáng āi

才四岁哦！一千五百个词汇量唉

Only 4 years old! A 1500 word vocabulary!

Why Are Chinese Lying Flat?

252

Ránhòu nǐ cāi tā péngyou de huídá shì shénme?

然后你猜她朋友的回答是什么？

Can you guess what her friend's answer was?

253

Tā péngyou shuō, zài Měiguó kěndìng shì gòu le,

她朋友说，在美国肯定是够了，

Her friend said that it's definitely enough in the US.,

254

dàn zài Hǎidiàn nà kěndìng shì bùgòu de ya!

但在海淀那肯定是不够的呀！

but not in Haidian (an area in Beijing)!

255

Ránhòu qítā māma dōu fā le yī gè jiùshì wǔliǎn de biǎoqíng,

然后其他妈妈都发了一个就是捂脸的表情，

Then, other mothers replied with a palm-face emoji

256

tài wú nài le!

太无奈了！

(conveying the idea of) frustration and helplessness.

Why Are Chinese Lying Flat?

257

wǒ juéde nǐ yīdàn yǒu le hái zi, nǐ jiù hěn nán tǎng píng le

我觉得你一旦有了孩子，你就很难躺平了

I feel that once you have a kid, it's difficult to "lie flat"

258

yīnwèi dāng nǐ kàndào bié rén jiā de hái zi dōu zài qián jìn de dào lù shàng

因为当你看到别人家的孩子都在前进的道路上

because when you see other people's kids are working hard to advance,

259

nà nǐ jiù bù kě néng ān ān xīn xīn de ràng nǐ hái zi

那你就不能安心心地让你孩子

it's impossible for you to feel comfortable having your kids

260

màn jié zòu de xué xí, shén me dōu bù qù xué

慢节奏地学习，什么都不去学

learn in a slow pace and not taking any (special) classes.

261

yīnwèi nǐ huì pà ya dào shí hòu nǐ hái zi zhǎng dà le zhī hòu

因为你会怕呀到时候你孩子长大了之后

You will worry that when your child grows up,

Why Are Chinese Lying Flat?

262

jiù yǒngyuǎn dōu zhuī bù shàng rénjiā le,

就永远都追不上人家了，

he/she will never be able to catch up with others.

263

suǒyǐ jiù juéde nǐ hǎoxiàng shì bèi tuī zhe zǒuxiàng zhèzhǒng jìngzhēng de.

所以就觉得你好像是被推着走向这种竞争的。

So it feels as if you are being pushed to join this kind of competition.

264

Méicuò, suǒyǐ shuō nǐ kàn

没错，所以说你看

That's right! So you can see,

265

zài jīngguò shūlǐ zhème duō de jiāolǜ zhīhòu,

在经过梳理这么多的焦虑之后，

after analyzing so many anxieties (parents might have)

266

wǒmen huì fāxiàn xiànzài de niánqīng rén

我们会发现现在的年轻人

we find that young people nowadays,...

Why Are Chinese Lying Flat?

267

tā kàndào biéren dāng le fùmǔ de yālì zhème dà,

他看到别人当了父母的压力这么大，

Seeing the pressure of being a parent,

268

tā zěnmé hái kěnéng xiǎngyào háizi ne?

他怎么还可能想要孩子呢？

how could they still want to have kids?

269

Dāngrán shì zhíjiē tǎngpíng fàngqì jiéhūn shēng háizi la

当然是直接躺平放弃结婚生孩子啦

Surely they will “lie flat” and not marry nor have kids.

270

Duì, bùguò wǒ gǎnjué wǒmen de fùmǔ

对,不过我感觉我们的父母

Right. But I feel that our parents

271

jiù méiyǒu xiànzài xiǎoháizi de fùmǔ nàme jiāolǜ.

就没有现在小孩子的父母那么焦虑。

were not as anxious as the parents of today.

Why Are Chinese Lying Flat?

272

Wǒ juéde zhè yīdiǎn kěnéng shì

我觉得这一点可能是

I think this might

273

hé shèhuì de jīngjìfāzhǎn yǒu yīdìng de guānxi de.

和社的经济发展有一定的关系的。

have to do with society's economic development.

274

Nǐ kàn, yī kāishǐ dàjiā de jīngjì tiáojiàn dōu chàbuduō,

你看，一开始大家的经济条件都差不多，

You see, at the beginning, everyone's economic condition was about the same

275

wǒ de háizi zhǐyào yǒu jīhuì qù dúshū,

我的孩子只要有机会去读书，

and as long as their children had the opportunity to go to school,

276

jiùshì yī jiàn hěn bùcuò de shìqíng le.

就是一件很不错的的事情了。

that was good enough.

Why Are Chinese Lying Flat?

277

Dànshì suízhe shèhuì jìnyībù de fāzhǎn,

但是随着社会进一步的发展，

But as society advanced,

278

nǐ huì fāxiàn rénmen de jīngjì tiáojiàn yuèláiyuè hǎo le,

你会发现人们的经济条件越来越好了，

they discovered that people's economic condition was getting better and better,

279

zhège shíhou zìrán jiù huì duì háizi de jiàoyù zhìliàng yǒu jìnyībù de yāoqiú.

这个时候自然就会对孩子的教育质量有进一步的要求。

so naturally they demanded higher quality for their children's education.

280

Rúguǒ yī gè jiāzhǎng tā de xiǎngfǎ bùzài tíngliú zài

如果一个家长他的想法不再停留在

If parents are no longer content with

281

háizi nénggòu shàngxué jiù hǎo,

孩子能够上学就好，

their kids just having the opportunity to attend school,

Why Are Chinese Lying Flat?

282

érshì biànréng háizi yào bǐ biéren yōuxiù de shíhou,

而是变成孩子要比别人优秀的时候，

and instead, desire for their kids to be better than others,

283

zhège shíhou tā jiù zìrán'érán de chǎnshēng yīzhǒng jiāolǜ

这个时候他就自然而然地产生一种焦虑

this is when parents will experience anxiety.

284

Zěnmébàn? Wǒ de háizi xiànzài yào yǒu zúgòu hǎo de jiàoyù zīyuán cái kěyǐ a!

怎么办？我的孩子现在要有足够好的教育资源才可以啊！

“What can be done? My child needs to have adequate educational resources!”

285

Tā bùhuì zài qù dānchún de kǎolǜ

他不会再去单纯地考虑

(Parents) no longer simply think,

286

háizi zhǐyào nénggòu dúshū wǒ jiù fàngxīn le,

孩子只要能够读书我就放心了，

“As long as my child can go to school, I feel at ease.”

Why Are Chinese Lying Flat?

287

tā hái děi yǒu yīxiliè suízhī ér lái de wèntí qù dānxīn.

他还得有一系列随之而来的问题去担心。

They have to worry about a series of problems that come along the way.

288

Suǒyǐ shuō dāng fùmǔ huì biànde yuèláiyuè nán,

所以说当父母会变得越来越难，

So being a parent now is more difficult,

289

méiyǒu yǐqián de fùmǔ nàme qīngsōng.

没有以前的父母那么轻松。

not as easy as before.

290

Duì, xiàng wǒmen xiǎoshíhou rúguǒshuō néng kǎoshàng dàxué,

对，像我们小时候如果说能考上大学，

Right. When we were little, if someone was able to attend university,

291

nà shì yī jiàn fēicháng guāngróng, zhíde qīngzhù de shì,

那是一件非常光荣，值得庆祝的事，

it would be a very glorious thing worth celebrating.

Why Are Chinese Lying Flat?

292

jiù yījiārén yào dǎ biānpào de,

就一家人要打鞭炮的，

It was the kind of thing where a family would set off firecrackers

293

yào qǐng suǒyǒu de qīnqī guòlái chīfàn de nàzhǒng shìqing

要请所有的亲戚过来吃饭的那种事情

and invite all the relatives over to eat.

294

dànshì wǒ fāxiàn xiànzài de dàxuéshēng jiù méiyǒu yǐqián nàme zhíqián le,

但是我发现现在的大学生就没有以前那么值钱了，

But I found that nowadays, university students are not as valuable as they used to be.

295

zhēn de biàndì dōu shì!

真的遍地都是！

They can be found everywhere!

296

Méicuò, xiànzài de bìyèshēng zhēn de shì miànlín

没错，现在的毕业生真的是面临

That's right. Current graduates are facing the reality

Why Are Chinese Lying Flat?

297

yīzhǒng jiù yè yuè lái yuè kùn nán de xiàn shí.

一种就业越来越困难的现实。

that finding employment is more and more difficult.

298

Bú shì yǒu jù huà zhè me tiáo kǎn de ma?

不是有句话这么调侃的吗？

Isn't there a saying that ridicules this idea?

299

jiù shì shuō dà xué shēng bù rú gǒu, yán jiū shēng biàn dì zǒu

就是说大学生不如狗，研究生遍地走

It says that university students are inferior to dogs, and graduate students are found everywhere.

300

Hǎo yā yùn! | Duì

好押韵！ | 对

It rhymes! | Right.

301

Zhī qián jiù shì chū xiàn le hěn duō bó shì shēng tā zài jìng zhēng

之前就是出现了很多博士生他在竞争

Before, there was a lot of news about PhD students competing for

Why Are Chinese Lying Flat?

302

yī gè xiǎoxué jiàoshī zhèyàng de jīchǔ gǎngwèi de xīnwén.

一个小学教师这样的基础岗位的新闻。

a basic job position, such as a primary school teacher.

303

Yǒu wǎngyǒu jiù zhème pínglùn shuō,

有网友就这么评论说，

Some netizens commented that

304

zhè shì duì jiàoyù zīyuán de jùdà làngfèi a!

这是对教育资源的巨大浪费啊！

it was a huge waste of educational resources!

305

Nǐ kàn shèhuì xīnxīnkǔkǔ de péiyǎng le yī míng bóshì,

你看社会辛辛苦苦地培养了一名博士，

Look, society has worked so hard to cultivate you to become a PhD graduate

306

shì wèile ràng nǐ qù dāng xiǎoxué jiàoshī zhème jīchǔ de gōngzuò de ma?

是为了让你去当小学教师这么基础的工作的吗？

so that you end up working as a primary school teacher, such a basic position?

Why Are Chinese Lying Flat?

307

Yě yǒu dāng le fùmǔ de wǎngyǒu tā lái pínglùn shuō,

也有当了父母的网友他来评论说，

There were also some parents on the Internet who commented,

308

wǒ jiù xīwàng wǒ háizi de lǎoshī dōu shì míngxiào bìyèshēng,

我就希望我孩子的老师都是名校毕业生，

“That’s exactly what I hope for! That all my children’s teachers are graduates of prestigious schools

309

zhèyàng lǎoshī sùzhì gāo, tā jiāo chūlái de xiǎohái cái néng gèng hǎo a!

这样老师素质高，他教出来的小孩才能更好啊！

because a teacher of high quality will produce better children!”

310

Suǒyǐ jiù yǒu bùtóng de duìlì de guāndiǎn chūlái,

所以就有不同的对立的观点出来，

So, opposing views were expressed

311

yǐnfā shèhuì dàzhòng de tāolùn.

引发社会大众的讨论。

which triggered discussion among the general public.

Why Are Chinese Lying Flat?

312

Dànshì wǒ hěn hàoqí,

但是我很好奇，

But I am curious,

313

wèishénme bóshì shēng yě hàipà zhǎobudào hǎo gōngzuò ne?

为什么博士生也害怕找不到好工作呢？

why are PhD graduates worried about not finding a nice job?

314

Nándào qǐyè bù yīnggāi shì qiǎng zhe yào tāmen ma?

难道企业不应该是抢着要他们吗？

Shouldn't companies be rushing to hire them?

315

Guānjiàn shì nǐ qǐyè yào bùqǐ a!

关键是你企业要不起啊！

The thing is, businesses can't afford them!

316

Shìchǎng shang dàbùfen gǎngwèi tā dōu shì yāoqiú yǒu běnkē,

市场上大部分岗位它都是要求有本科

Most positions in the market require just a bachelor degree

Why Are Chinese Lying Flat?

317

shènzhì shì zhuānkē de xuélì jiù kěyǐ de

甚至是专科的学历就可以的

or even an associate degree.

318

Bìng bùshì shuō bóshì shēng jiù huì biànde gèngjiā yǒu jìngzhēnglì.

并不是说博士生就会变得更加有竞争力。

So being a PhD graduate doesn't make you more competitive,

319

Yīnwèi nǐ kàn xuélì gāo de réncái tā xiāng duìyīng yào de gōngzī yě gèng gāo,

因为你看学历高的人才他相对应要的工资也更高，

because those with higher academic qualifications demand higher wages.

320

qǐyè tā kǎolù dào yòng gōng de chéngběn

企业它考虑到用工的成本

Considering the cost of labor, companies will

321

huì bìmiǎn zhāopìn yīxiē gāoxuéli de yuángōng.

会避免招聘一些高学历的员工。

avoid recruiting highly educated job candidates.

Why Are Chinese Lying Flat?

322

Yīncǐ wǒmen xiànzài jiù yǒu yī gè shuōfa jiàozuò yī bìyè jiù shīyè.

因此我们现在就有一个说法叫做一毕业就失业。

Thus, we have a saying: "Go directly from graduation to unemployment".

323

Á? Hǎo kělián o!

啊？好可怜哦！

What? So sad!

324

Nà jìrán méiyǒu rén gǎn yào tāmen, nà tāmen kěyǐ zìjǐ chuàngyè a!

那既然没有人敢要他们，那他们可以自己创业啊！

Since no one wants to hire them, they can start their own businesses!

325

Fàng zài sānshí nián qián láishuō, chuàngyè háishi bǐjiào jiǎndān de

放在 30 年前来说，创业还是比较简单的

If this was 30 years ago, starting a business would be relatively easy.

326

Kěshì zài dāngxià dehuà tā biànde méiyǒu nàme róngyì le.

可是在当下的话它变得没有那么容易了。

But these days, it has changed and it isn't so easy.

Why Are Chinese Lying Flat?

327

Shǒuxiān yǒu yī gè qǐdòng zījīn de wèntí.

首先有一个启动资金的问题。

First, there is the problem of start-up funds.

328

Dàduōshù gāng biyè de rén tāmen dōu shì pǔtōng jiātíng chūshēn de

大多数刚毕业的人他们都是普通家庭出身的

Most fresh graduates are from ordinary families.

329

Yǎnjiè, zīyuán, zhèxiē jīngyīng jiātíng

眼界、资源，这些精英家庭

What elite families can provide their children with,

330

cái nénggòu gěi dào zìjǐ háizi de dōngxi, tāmen dōu méiyǒu.

才能够给到自己孩子的东西，他们都没有。

such as vision and resources, these fresh graduates don't have.

331

Yīncǐ zhè dìyībù jiù nándǎo le xǔduō de gāng zǒuchū dàxué xiào mén de rén.

因此这第一步就难倒了许多的刚走出大学校门的人。

So, this first step has hinder many people who have just stepped out of college.

Why Are Chinese Lying Flat?

332

Qícì, háiyǒu yī gè zīyuán lǒngduàn de wèntí.

其次，还有一个资源垄断的问题。

Secondly, there's the problem of monopoly on resources.

333

Zài gǎigékāifàng gāng kāishǐ de shíhou ne,

在改革开放刚开始的时候呢，

When China first opened up,

334

shìchǎng shang biàndì dōu shì jīhuì,

市场上遍地都是机会，

opportunities were everywhere.

335

nàge niándài kěyǐ shuō dītóu nǐ jiù néng jiǎn dào jīnzi.

那个年代可以说低头你就能捡到金子。

In those days, it was said that by just looking down, you could pick up gold.

336

Jiùshìshuō shí nián qián Hùliánwǎng jí Hùliánwǎng hángyè

就是说十年前互联网及互联网行业

In other words, ten years ago in the internet industry,

Why Are Chinese Lying Flat?

337

tā hái shì yǒu yīdìng de nàge chuàngyè jīhuì de,

它还是有一定的那个创业机会的，

people still had opportunities to start their own businesses

338

yīnwèi hěn duō xīn jìshù dōu méiyǒu chūxiàn

因为很多新技术都没有出现

because many new technologies hadn't appeared.

339

Kěshì zài suǒyǒu de zhèxiē hángyè,

可是在所有的这些行业，

But in all these industries,

340

tāmen suǒyǒu de jìshù dōu fāzhǎn dào le yīdìng de chéngdù zhīhòu,

他们所有的技术都发展到了一定的程度之后，

after the technologies have developed to a certain degree,

341

tā méiyǒu bànfǎ zài qù jìnbù le.

它没有办法再去进步了。

there is no room for further improvement.

Why Are Chinese Lying Flat?

342

Suǒyǐ shuō jīnshíjīnrì wǒmen shuō ràng bóshì shēng běnkē bìyèshēng

所以说今时今日我们说让博士生本科毕业生

That's why today, if we tell the PhD graduates or undergraduates

343

tā zài qù chuàngyè dehuà,

他再去创业的话,

to start their own businesses,

344

tā suǒ yōngyǒu de jīhuì shì yuèláiyuè shǎo de.

他所拥有的机会是越来越少的。

their opportunities are less.

345

Wǒmen gānggang zài shuō zhèxiē gāoxuéli de rén zhǎo gōngzuò nán,

我们刚刚在说这些高学历的人找工作难,

We talked about how highly educated people find it difficult to get a job.

346

dànshì nǐ yào kàn nàxiē yǐjīng jiù yè le de,

但是你要看那些已经就业了的

However, if you look at those who are already employed,

Why Are Chinese Lying Flat?

347

dànshì xuélì bǐngbù gāo de rén,

但是学历并不高的人，

but with low academic qualifications,

348

tāmen fǎn'ér yòu huì xiànrù yīzhǒng zhīshì jiāolǜ.

他们反而又会陷入一种知识焦虑。

they actually worried about increasing their skills and knowledge.

349

Kàndào tóngshì men dōu zài tígāo zìjǐ,

看到同事们都在提高自己，

Seeing that you colleagues are improving themselves,

350

wǒ yě děiyào qù xué diǎn shénme,

我也得要去学点什么，

you feel the need to also learn something new.

351

bùrán wǒ jiù luòhòu yú rén, zuìhòu ne jiù bèi rén qǔdài le

不然我就落后于人，最后呢就被人取代了

Otherwise, you'll fall behind and in the end be replaced.

Why Are Chinese Lying Flat?

352

jiù hǎoxiàng qiánmiàn wǒmen shuō de nàge sānshí wǔ suì ménkǎn.

就好像前面我们说的那个三十五岁门槛。

This is like the 35-year-old threshold we mentioned earlier.

353

Duì, hěn duō rén gōngzuò zhīhòu, tā xiǎngyào qù duō xué yī mén jìshù,

对，很多人工作之后，他想要去多学一门技术，

Right. After working, many people will want to learn another skill

354

qíshí qí mùdì yě bùguò jiùshì

其实其目的也不过就是

for the purpose of

355

xiǎngyào zēngjiā zìjǐ zài zhíchǎng de jìngzhēnglì ma.

想要增加自己在职场的竞争力嘛。

increasing their competitiveness in the workplace.

356

Suǒyǐ zài zhège shíhou wǒmen xuéxí de mùdì

所以在这个时候我们学习的目的

So at this point, our purpose in learning something (new)

Why Are Chinese Lying Flat?

357

yǐjīng bùzài shì dānchún de wèile zìwǒ tíshēng le,

已经不再是单纯地为了自我提升了，

is no longer just for self-improvement,

358

tā biànchéng le qù táotài wǒ de jìngzhēngduìshǒu.

它变成了去淘汰我的竞争对手。

but for eliminating our competitors.

359

Qíshí zhè jiùshì rénmen xiànzài cháng shuō de yī gè nèijuǎn de xiànxiàng.

其实这就是人们现在常说的一个内卷的现象。

Actually, this is a phenomenon that people often talk about now, and that is “nei juan”.

Note: “内卷 / nèijuǎn” is a hot Internet phrase that means, to becoming increasingly competitive with your peers.

360

Nèijuǎn tā de mùdì bùshì chéngwéi gèng hǎo de zìjǐ,

内卷它的目的不是成为更好的自己，

The purpose of “nei juan” is not just to become better,

361

érshì bùzéshǒuduàn de qù jiějué nǐ de jìngzhēngduìshǒu.

而是不择手段地去解决你的竞争对手。

Why Are Chinese Lying Flat?

but to beat your competitors by any means.

362

Zhè shǔyú wúxiào de jìngzhēng.

这属于无效的竞争。

This is wasteful competition.

363

Dàjiā wèile shēngzhí jiāxīn ér zuò de gèzhǒng nǔlì

大家为了升职加薪而做的各种努力

People work hard in order to get a promotion and a raise,

364

bùguò shì wèile guò shang gèng hǎo de shēnghuó éryǐ.

不过是为了过上更好的生活而已。

just so they can have a better life.

365

Kěshì zhè shíhou de jìngzhēng yǐjīng méiyǒu ràng nǐ

可是这时候的竞争已经没有让你

But this kind of (wasteful) competition doesn't really

366

shēnghuó zhìliàng yǒu duō dà de tíshēng le,

生活质量有多大的提升了，

Why Are Chinese Lying Flat?

improve our quality of life much.

367

fǎn'ér huì wúduān de xiāohào nǐ gōngzuò de rèqíng.

反而会无端地消耗你工作的热情。

Instead, it unnecessarily drains your passion for work.

368

Xǔduō zhíchǎng rénshì xiànzài bù dōu shì zài

许多职场人士现在不都是在

Aren't there a lot of employees that now

369

zìwǒ tiáokǎn wéi dǎgōng rén ma?

自我调侃为打工人吗？

jokingly put themselves down by saying that they're just “manual laborers”?

370

Tāmen měitiān shàngbān zuì dà de dònglì

他们每天上班最大的动力

Their biggest motivation for working

371

gǎnjué jiùshì “dàixīn lāshǐ”.

感觉就是“带薪拉屎”。

Why Are Chinese Lying Flat?

is "being paid to take a shit".

372

Shénme? Dàixīn lāshǐ?!

什么？带薪拉屎？！

What? "Being paid to take a shit"?!

373

Dàixīn lāshǐ jiùshì shàngbān de shíhou shàng cèsuǒ.

带薪拉屎就是上班的时候上厕所。

"Being paid to take a shit" means going to the toilet at work.

374

Nǐ bù yě zuò guo, wǒ bù yě zuò guo ma?

你不也做过，我不也做过吗？

Haven't we all done it?

375

Zhège bìxū děiyào chéngrèn

这个必须得要承认

This, I must admit.

376

jiù yǐqián gōngzuò de shíhou jīngcháng lèi le, wǒ jiù yào qù shàng gè cèsuǒ,

就以前工作的时候经常累了，我就要去上个厕所，

Why Are Chinese Lying Flat?

In the past, when I got tired at work, I would go to the toilet.

377

Dàn yě bùshì zhēn de shàng cèsuǒ.

但也不是真的上厕所。

But I didn't really need to use it.

378

Qíshí shì ná le shǒujī qù gēn péngyou liáo yī liáo

其实是拿了手机去跟朋友聊一聊

In reality, I just took my phone and chatted with my friends

379

huòzhě shì qù shuā yī shuā Péngyouquān shénmede

或者是去刷一刷朋友圈什么的

or scrolled through my WeChat Moments.

380

Suǒyǐ jiù yǒu dào gāo yī chǐ mó gāo yī zhàng de shuōfa.

所以就有道高一尺魔高一丈的说法。

So there is a saying that it takes constant vigilance to starve off evil.

381

Qǐyèjiā yě bùshì shǎ de ya!

企业家也不是傻的呀！

Why Are Chinese Lying Flat?

The bosses are not stupid!

382

Tāmen fāxiàn le yuángōng yǒu zhèzhǒng xíngwéi zhīhòu,

他们发现了员工有这种行为之后，

After they discovered this employee behavior,

383

tāmen jiù huì xiǎngchū gèzhǒnggèyàng de yìngduì fāngfǎ.

他们就会想出各种各样的应对方法。

they came up with a variety of ways to deal with it.

384

Zhīqián jiù yǒu xīnwén shuō yǒu qǐyè

之前就有新闻说有企业

There was a news report that a company

385

huì zài xǐshǒujiān lǐ ānzhuāng yīzhǒng jìshí de zhuāngzhì

会在洗手间里安装一种计时的装置

installed a kind of timer in the bathroom

386

yònglái jiāncè zhíyuán de shàng cèsuǒ de shícháng.

用来监测职员的上厕所的时长。

Why Are Chinese Lying Flat?

in order to monitor the how long staff stayed in the toilet.

387

Bìngqiě hái huì píngbì xǐshǒujiān lǐ de wǎngluò xìn hào

并且还会屏蔽洗手间里的网络信号

Also, they blocked the Internet in the toilet

388

ràng rén shàng cèsuǒ yě bùnéng shuā shǒujī.

让人上厕所也不能刷手机。

so that the employees couldn't use their phones in it.

389

Zhège tài hěn le!

这个太狠了！

That is really cruel!

390

Wǒ zhīqián jiù yùdào guo zhèzhǒng tèbié hěn de gōngsī

我之前就遇到过这种特别狠的公司

I've been in this kind of cruel company before.

391

Dāngshí wǒ fāxiàn zhěnggè bàngōng qūyù chúle wèishēngjiān zhīwài,

当时我发现整个办公区域除了卫生间之外，

Why Are Chinese Lying Flat?

At that time, I discovered that except for the bathroom, the rest of the office

392

měi gè jiǎoluò dōu yǒu xìn hào kě yǐ dǎ diàn huà.

每个角落都有信号可以打电话。

could receive a signal and you could make a phone call.

393

Nǐ yī jìn cè suǒ zhěng gè shǒu jī xìn hào jiù huì bèi píng bì

你一进厕所整个手机信号就会被屏蔽

As soon as you entered the bathroom, the signal was blocked.

394

nǐ dǎ bù chū diàn huà, yě dāng rán bù néng shuā shǒu jī le.

你打不出电话，也当然不能刷手机了。

You wouldn't be able to make calls and of course, you couldn't browse with your phone.

395

Nǐ shuō zhè ge zài zhí rén yuán zhī jiān de jìng zhēng ma,

你说这个在职人员之间的竞争嘛，

You were talking about the competition between workers.

396

nà zhè ge jiā bān shì lǎo bǎn yāo qiú de, zhè suàn jìng zhēng ma?

那这个加班是老板要求的，这算竞争吗？

Why Are Chinese Lying Flat?

But if working overtime was demanded by the boss, would that be considered as competition?

397

Zhè yīfāngmiàn, lǎobǎn yāoqiú de shíhòu hěn duō yuángōng tā méiyǒu bànfǎ jùjué

这一方面，老板要求的时候很多员工他没有办法拒绝

In this regard, many employees cannot refuse when the boss makes such a request.

398

Kěshì ne qíshí hěn duō yuángōng tā dōu yǒu zhèyàng yīzhǒng xīntài,

可是呢其实很多员工他都有这样一种心态，

But actually, many employees have the mentality that

399

wǒ de nǚlì yào ràng lǎobǎn kànjiàn.

我的努力要让老板看见。

they must let their boss see them working hard.

400

Nà rúguǒ yǒu yī gè rén jiābān, wǒ shì ànshí xiàbān de nàgè rén dehuà,

那如果有一个人加班，我是按时下班的那个人的话，

(They might think) "So if someone else works overtime, and I get off work on time,

401

huìbùhuì zài lǎobǎn de yǎnzhōng wǒ jiùshì nàgè bù nǚlì gōngzuò de rén ne?

会不会在老板的眼中我就是那个不努力工作的人呢？

Why Are Chinese Lying Flat?

will the boss see me as a slacker?

402

Nà xiàyīcì lǎobǎn shēngzhí jiāxīn kǎolǜ de duìxiàng

那下一次老板升职加薪考虑的对象

Next time, when the boss is considering

403

jiù huì shì nàxiē jiābān de rén, ér bùhuì shì wǒ de

就会是那些加班的人，而不会是我的

promotions or raises, he'll think about them and not me."

404

Nà rúguǒ měigerén dōu yǒu zhèzhǒng xīntài dehuà,

那如果每个人都有这种心态的话，

If everyone has this mentality,

405

zuìhòu de jiéguǒ jiùshì dàjiā dōu xiǎngyào liú xiàlái jiābān,

最后的结果就是大家都想要留下来加班，

the end result will be that everyone wants to work overtime

406

ràng lǎobǎn kàndào nǐ de nǔlì

让老板看到你的努力

Why Are Chinese Lying Flat?

to show the boss that they work hard.

407

Suǒyǐ jiù biànréng le měigerén dōu jiābān, ránhòu jiābān yě bùsuàn shénme le

所以就变成了每个人都加班，然后加班也不算什么了

So, if everyone is working overtime, doing it won't be special any more.

408

Jiùshì nǐ jiā liǎng gè xiǎoshí de bān, ránhòu dàjiā dōu jiā liǎng gè xiǎoshí de bān,

就是你加两个小时的班，然后大家都加两个小时的班，

If you work for an extra two hours and everyone else does the same,

409

zuìhòu lǎobǎn jiù juéde jiā liǎng gè xiǎoshí de bān hěn zhèngcháng.

最后老板就觉得加两个小时的班很正常。

in the end, the boss will feel that this is normal.

410

Duì ya, nǐ kàn nèijuǎn nèijuǎn juǎn dào zuìhòu

对呀，你看内卷内卷卷到最后

Right. So, when people get involved in “nei juan” (competing with each other)

411

chūxiàn le shénme qíngkuàng ne?

出现了什么情况呢？

Why Are Chinese Lying Flat?

what will happen?

412

Jiùshì hěn duō rén tā cùsǐ zài zìjǐ de gōngzuò gǎngwèi shang,

就是很多人他猝死在自己的工作岗位上，

Many people die suddenly on the job,

413

shènzhì shì zài jiābān guòhòu huídào jiālǐ

甚至是在加班过后回到家里

or even after returning home from working overtime,

414

shuì yī jiào jiù zài yě xǐng bù guò lái le.

睡一觉就再也醒不过来了。

they go to sleep and never wake up.

415

Suǒyǐ zhèzhǒng xīnwén bùduàn de chūxiàn de shíhòu,

所以这种新闻不断地出现的时候，

When this kind of news keeps appearing,

416

shì fēicháng de lìngrén dānyōu de.

是非常地令人担忧的。

Why Are Chinese Lying Flat?

it is very worrying.

417

Niánqīngrén kàn duō le zhīhòu huì fāxiàn bǐqǐ xīnkǔ gōngzuò,

年轻人看多了之后会发现比起辛苦工作，

After often reading this kind of news, young people realize that comparing to working hard

418

dàotóulái yīwúsuǒhuò shènzhì shì cuīcán wǒ de shēnxīn,

到头来一无所获甚至是摧残我的身心，

and in the end, gaining nothing other than having their health destroyed,

419

wǒ hái shì lǐzhì yīdiǎn

我还是理智一点

they should be more rational

420

xuǎnzé fàngqì zhèzhǒng wúxiào de jìngzhēng.

选择放弃这种无效的竞争。

and give up getting involved in this kind of competition.

421

Nà nǐ juéde tǎngpíng de rén zhǔyào shì nǎyīge qúntǐ ne?

那你觉得躺平的人主要是哪一个群体呢？

Why Are Chinese Lying Flat?

In your opinion, what are the main groups that “lie flat”?

422

Shì niánqīngrén ne? Shì nánxìng a háishi nǚxìng a?

是年轻人呢？是男性啊还是女性啊？

Young people? Male or female?

423

Zàiwǒkànlái huì kǒutóu biǎodá chū xiǎngyào tǎngpíng de rén,

在我看来会口头表达出想要躺平的人，

In my opinion, people who say they want to “lie flat”

424

dàbùfen dōu shì nàxiē yǒu wěndìng gōngzuò de báilǐng.

大部分都是那些有稳定工作的白领。

are mostly white-collar workers with stable jobs.

425

Nǐ xiǎngxiǎngkàn, shīyè de rén,

你想想看，失业的人，

Think about it, if you're unemployed

426

gōngzī tài dī bùnéng yǎngjiāhúkǒu de rén

工资太低不能养家糊口的人

Why Are Chinese Lying Flat?

or if your wages are too low to provide for your family,

427

nǎlǐ huì yǒu shíjiān qù bào yuàn gōngzuò tài duō?

哪里会有时间去抱怨工作太多？

how can you complain about having too much work?

428

Tāmen bābude gōngzuò duō yīdiǎn,

他们巴不得工作多一点，

Instead, you will be eager to work more

429

nénggòu ràng tāmen duō zhèng yīdiǎn qián ne

能够让他们多挣一点钱呢

in order to make more money.

430

Suǒyǐ zhège shíhou tāmen bùhuì zǒngshì xiǎngyào xiūxi

所以这个时候他们不会总是想要休息

Therefore, you won't always want to rest.

431

Qiàhǎo shì nà yīxiē gōngzuò bǐjiào yōuxián yīdiǎn de rén,

恰好是那一些工作比较悠闲一点的人，

Why Are Chinese Lying Flat?

It's precisely these people whose work is a little bit more leisurely,

432

yǒu hěn duō shíjiān qù dǎfa, mōyú de rén, tāmen huì xiǎngyào tǎngpíng.

有很多时间去打发，摸鱼的人，他们会想要躺平。

who have a lot of time to kill and loaf on the job that will want to “lie flat”.

433

Nà nǐ juéde zhège tǎngpíng de rénqún shì jiǔ líng hòu líng líng hòu de duō

那你觉得这个躺平的人群是 90 后 00 后的多

Do you think there are more people born in the 90s and 2000s who are “lying flat”,

434

háishi shuō bā líng hòu de duō?

还是说 80 后的多？

or is it more people born in the 80s?

435

Wǒ juéde shì jiǔ líng hòu líng líng hòu

我觉得是 90 后 00 后

I think it's the 90s and the 2000s generation.

436

jiùshì zhèxiē xīnyīdài de niánqīngrén men

就是这些新一代的年轻人们

Why Are Chinese Lying Flat?

This new generation of young people

437

tāmen huì gèng yǒnggǎn de biǎodá

他们会更勇敢地表达

are more brave about expressing

438

zìjǐ xiǎngyào tǎngpíng de zhèzhǒng xiǎngfǎ le.

自己想要躺平的这种想法了。

the idea of wanting to “lie flat”.

439

Kěnéng wǎngqián de jǐ bèi rén jǐ dài rén, tāmen yǒu zhèzhǒng xiǎngfǎ,

可能往前的几辈人几代人，他们有这种想法，

Perhaps, the older generations also had this thinking,

440

tāmen yě bùhuì biǎodá chūlái

他们也不会表达出来

but they wouldn't express it

441

yīnwèi tāmen huì jùpà zhōuwéi gèzhǒng yìyàng de yǎnguāng

因为他们会惧怕周围各种异样的眼光

Why Are Chinese Lying Flat?

because they were afraid of disapproving looks.

442

ér jiǔ líng hòu ne tāmen huì gèngjiā zhùzhòng zìjǐ gèrén de jiàzhí,

而 90 后呢他们会更加注重自己个人的价值，

The 90s generation pays more attention to their personal value,

443

ér bùshì qù zàiyì zhōubiān de gèzhǒng yǎnguāng.

而不是去在意周边的各种眼光。

instead of caring about other people's opinions.

444

Tāmen nénggòu yǒnggǎn de pāokāi zhè yīxiē tārén de yǎnguāng de shùfù,

他们能够勇敢地抛开这一些他人的眼光的束缚，

They can bravely throw aside the shackles imposed by other people's opinion,

445

xuǎnzé zhōngyú zìjǐ de nèixīn, xuǎnzé zìjǐ xiǎngyào de yīzhǒng shēnghuó.

选择忠于自己的内心，选择自己想要的一种生活。

choose to stay true to their heart and have the kind of life they want.

446

Zhè shì wǒ rènwéi xīnyīdài niánqīngrén xuǎnzé tǎngpíng duō de yī gè yuányīn.

这是我认为新一代年轻人选择躺平多的一个原因。

Why Are Chinese Lying Flat?

This is one reason why I think more people in the new generation are choosing to “lie flat”.

447

Cóng xìngbié jiǎodù láikàn dehuà,

从性别角度来看的话，

From a gender perspective,

448

nǐ juéde tǎngpíng de rén shì nánxìng piān duō háishi nǚxìng?

你觉得躺平的人是男性偏多还是女性？

do you think the people who “lie flat” tend to be more males or females?

449

Wǒ gèrén gǎnjué rènwéi tǎngpíng dehuà shì nánxìng piān duō de,

我个人感觉认为躺平的话是男性偏多的，

Personally I think that when it comes to “lying flat”, there are more men.

450

yīnwèi nǐ kàn, nánxìng shuō tǎngpíng

因为你看，男性说躺平

Because you see, when men say that they are “lying flat”,

451

tāmen huì shuō bù jiéhūn bù mǎifáng.

他们会说不结婚不买房。

Why Are Chinese Lying Flat?

they are saying that they won't marry or buy a house.

452

Kěshì nǐ qù kàn nǚxìng qúntǐ,

可是你去看女性群体，

But if you look at the females,

453

zhìshǎo zài wǎngluò shàng fāshēng de nǚxìng qúntǐ

至少在网络上发声的女性群体

at least the ones that speak out on the internet,

454

tāmen biǎodá de fǎnér shì wǒ yào nǚlì gōngzuò zhuànqián,

她们表达的反而是我要努力工作赚钱，

what they actually say is that they'd rather work hard to make money

455

mǎi zìjǐ de fángzi.

买自己的房子。

to buy their own home.

456

Nǚxìng zuòchū tóngyàng bù mǎifáng bù mǎi chē,

女性做出同样不买房不买车，

Why Are Chinese Lying Flat?

When women make the same choices to not buy a home, a car,

457

bù guòdù xiāofèi zhèxiē xuǎnzé de shíhòu,

不过度消费这些选择的时候，

or to not over-consume,

458

qíshí shèhuì de qiǎnzé shì hěn shǎo de.

其实社会的谴责是很少的。

there is actually very little condemnation from society.

459

Bùhuì yǒu yī gè rén shuō nǐ yīdìngyào hǎohào nǚlì gōngzuò, zhèngqián

不会有一个人说你一定要好好努力工作，挣钱

No one will say that you must work hard to make money

460

yǐhòu cái néng yǎngjiāhúkǒu.

以后才能养家糊口。

so that you can provide for your family.

461

Bùhuì duì wǒ yī gè nǚháizi tíchū zhèzhǒng yāoqiú de.

不会对我一个女孩子提出这种要求的。

Why Are Chinese Lying Flat?

They wouldn't demand a girl to do this.

462

Wǎngwǎng shì duì jiālǐ yǒude nánháizi tíchū zhège yāoqiú,

往往是对家里有的男孩子提出这个要求，

This demand is usually placed on the boys in the family.

463

nǐ hǎohào gōngzuò, zhuànqián yǎngjiā

你好好工作，赚钱养家

(As a guy) you need to work hard and earn money to support your family.

464

zhèyàng nǐ cái huì juéde héqíng hélǐ

这样你才会觉得合情合理

Only this way, will you feel right

465

yīnwèi zhěnggè shèhuì de zhǔliú sīxiǎng,

因为整个社会的主流思想，

because that's the mainstream thinking

466

chuántǒng guānniàn tā jiùshì zhème de yī gè móshì.

传统观念它就是这么一个模式。

Why Are Chinese Lying Flat?

and traditional ideas in this society.

467

Suǒyǐ wǒmen zài shuō tǎngpíng de shíhòu,

所以我们在说躺平的时候，

So when we are talking about “lying flat”,

468

wǒmen zhǔyào háishi cóng nánxìng de jiǎodù lái chūfā shuō tǎngpíng qīngnián

我们主要还是从男性的角度来出发说躺平青年

we talk mainly from the men's point of view.

469

Dàjiā duì tǎngpíng de tàidu shì shénmeyàng de?

大家对躺平的态度是什么样的？

What are people's attitude towards “lying flat”?

470

jiù bùtóng rén duì tǎngpíng de tàidu shì shénmeyàng de?

就不同人对躺平的态度是什么样的？

What is the attitude of different people towards this?

471

Wǒ juéde fùmǔ nà yī bèi rén tāmen dàbùfen

我觉得父母那一辈人他们大部分

Why Are Chinese Lying Flat?

I think our parents generation mostly

472

háishi xīwàng niánqīngrén nénggòu bù tǎngpíng de,

还是希望年轻人能够不躺平的，

hope that young people do not “lie flat”

473

xīwàng niánqīngrén nénggòu nǔlì shàngjìn de

希望年轻人能够努力上进的

and instead, work hard.

474

Bìjìng dàbùfēn jiātíng háishi pǔtōng de gōngxīnjiēcéng,

毕竟大部分家庭还是普通的工薪阶层，

After all, most families are ordinary working class

475

tāmen méiyǒu tài duō de yíchǎn nénggòu liúgěi tāmen zìjǐ de hái zi.

他们没有太多的遗产能够留给他们自己的孩子。

and don't have much inheritance to leave to their children.

476

Suǒyǐ xīwàng hái zi nénggòu zìjǐ dú lì,

所以希望孩子能够自己独立，

Why Are Chinese Lying Flat?

So they will hope that their children can be independent

477

yōngyǒu gèng hǎo de gèng gāo de shèhuì dìwèi

拥有更好的更高的社会地位

and have higher social status

478

lái wèi tāmen de jiāzú zhēngguāng,

来为他们的家族争光,

to make their families feel proud.

479

zhège shì shèhuì dàzhòng de yīzhǒng pǔbiàn kànfǎ.

这个是社会大众的一种普遍看法。

This is the common opinion of the general public.

480

Wǒ rènwéi dàbùfen de fùmǔ hái shì huì xīwàng zìjǐ de zǐnǚ

我认为大部分的父母还是会希望自己的子女

I think most parents want their children

481

nénggòu guò shàng yīzhǒng xiāngduì wěndìng de shēnghuó

能够过上一种相对稳定的生活

Why Are Chinese Lying Flat?

to live a relatively stable life.

482

Jiùshì nǐ dào le suìshu nǐ děi jiéhūn la,

就是你到了岁数你得结婚啦，

In other words, when they come of age they must get married

483

nǐ jié le hūn ránhòu shēng hái zi,

你结了婚然后生孩子，

and have children afterwards,

484

děng nǐ lǎo le jiù yǒu hái zi de péibàn.

等你老了就有孩子的陪伴。

so that when they get old, they will have their children's companionship.

485

Zhèxiē zài tāmen de guānniàn lǐ

这些在他们的观念里

In the parents' thinking,

486

jiùshì yīzhǒng bǐjiào chénggōng de bǐjiào hǎo de shēnghuó.

就是一种比较成功的比较好的生活。

Why Are Chinese Lying Flat?

this is a successful and a good life.

487

Duì, érqǐě hái yǒu yī gè xiànxàng jiùshì wǒ guānchá dào hěn duō zhuānjiā

对，而且还有一个现象就是我观察到很多专家

Right. There is another situation and that is, I have observed that many experts

488

tāmen chūlái diǎnpíng niánqīngrén bù qiú shàngjìn bù nǔlì de shíhou,

他们出来点评年轻人不求上进不努力的时候，

have commented on young people that are not seeking to work hard.

489

tāmen huì shuō zhè shì yīnwèi xiànzài de shèhuì

他们会说这是因为现在的社会

They say that this is because our current society

490

jǐyǔ niánqīngrén tài duō de fúlì le,

给予年轻人太多的福利了，

gives too many benefits

491

jǐyǔ niánqīngrén tài duō de kuānróng le.

给予年轻人太多的宽容了。

Why Are Chinese Lying Flat?

and show too much tolerance to young people.

492

Tāmen huì juéde niánqīng jiùshì yīnggāi duō chīkǔ.

他们会觉得年轻就是应该多吃苦。

They feel that when one is young one should bear hardships.

493

Kěshì zhàn zài wǒ yī gè niánqīngrén de jiǎodù,

可是站在我一个年轻人的角度，

But looking from the perspective of a young person,

494

wǒ huì xiǎng, píngshénme ya!

我会想，凭什么呀！

I am thinking, why?

495

Píngshénme wǒ yī gè dúlì de gètǐ

凭什么我一个独立的个体

Why do I, as an independent individual,

496

láidào zhège shìjiè shang jiùshì lái chīkǔ de ya?

来到这个世界上就是来吃苦的呀？

Why Are Chinese Lying Flat?

come into this world just to endure hardships?

497

Rúguǒ wǒ xiǎngyào de shēnghuó,

如果我想要的生活,

If the life I want is,

498

bǐrúshuō wǒ xiǎngyào zhù dà fángzi, wǒ xiǎngyào mǎi háo chē

比如说我想要住大房子, 我想要买豪车

for example, to live in a big home, to buy a luxury car,

499

zhèzhǒng shēnghuó ràng wǒ gèrén hěn bù kāixīn hěn lèi dehuà,

这种生活让我个人很不开心很累的话,

but it makes me tired and unhappy,

500

nà wǒ jiù fàngqì zhè yīzhǒng dà fángzi dà chēzi de shēnghuó,

那我就放弃这一种大房子大车子的生活,

I can give up the big house and car.

501

wǒ xuǎnzé zìjǐ zài zìjǐ de yīmǔsānfēndì lǐmiàn shēnghuó de kāixīn jiù hǎo le

我选择自己在自己的一亩三分地里面生活地开心就好了

Why Are Chinese Lying Flat?

Instead, I choose to live happily in my own little domain - that's enough.

502

Zhè shì zhàn zài wǒ zìjǐ zuòwéi yī gè niánqīngrén de jiǎodù,

这是站在我自己作为一个年轻人的角度，

As a young person, this is my perspective

503

wǒ duì tǎngpíng de yīzhǒng tàidu.

我对躺平的一种态度。

and attitude towards “lying flat”.

504

Hǎo, nà jīntiān de bōkè dào zhèlǐ jiù jiéshù le.

好，那今天的播客到这里就结束了。

Okay, today's podcast wraps up here.

505

Duìyú tǎngpíng nǐmen yǒu shénme kànfǎ ne? Huānyíng liúyán tǎolùn.

对于躺平你们有什么看法呢？欢迎留言讨论。

What do you think about “lying flat”? Please leave a comment (below).

506

Rúguǒ nǐ xǐhuan zhège shìpín dehuà,

如果你喜欢这个视频的话，

Why Are Chinese Lying Flat?

If you liked this video,

507

nà jiù máfan nǐ gěi wǒmen diǎn gè zàn, zhuǎnfā

那就麻烦你给我们点个赞，转发

please give us a “like”, share

508

bìng dìngyuè wǒmen de píndào

并订阅我们的频道

and subscribe to our channel.

509

Wǒmen xiàqī zàijiàn! Báibái, Sharon!

我们下期再见！拜拜，Sharon！

See you next time! Goodbye, Sharon!