

Mandarin Corner

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One Year in The Chinese Countryside

1. 大家好！欢迎来到Mandarin Corner，我是Eileen

大家	dàjiā	everyone
好	hǎo	good
欢迎	huānyíng	to welcome
来到	láidào	to come
我	wǒ	I
是	shì	am

2. 首先非常感谢大家对我们新的视频的肯定

首先	shǒuxiān	first (of all)
非常感谢	fēichángǎnxiè	extremely grateful

大家	dàjiā	everyone
对	duì	towards
我们	wǒmen	our
新	xīn	new
的	de	used after an attribute
视频	shìpín	video
的	de	used to form a nominal expression
肯定	kěndìng	approval

3.也谢谢你们的鼓励

也	yě	also
谢谢	xièxie	to thank
你们	nǐmen	you (plural)
的	de	~'s (possessive particle)
鼓励	gǔlì	to encourage

4.让我对写作更加有信心了

让	ràng	to make sb (feel sad etc)
我	wǒ	me
对	duì	towards
写作	xiězuò	writing
更加	gèngjiā	even more
有	yǒu	to have
信心	xìnxīn	confidence
了	le	modal particle intensifying preceding clause

5. 上个视频我讲了在浙江工作的经历

上个	shàngge	previous
视频	shìpín	video
我	wǒ	I
讲	jiǎng	to speak
了	le	completed action marker
在	zài	(located) at
浙江	Zhèjiāng	Zhejiang province (Chekiang)
工作	gōngzuò	to work
的	de	used to form a nominal expression
经历	jīnglì	experience

6. 虽然辛酸

虽然	suīrán	even though
辛酸	xīnsuān	bitter

7. 却很开心有这样一段经历来跟大家分享

却	què	but
很	hěn	very
开心	kāixīn	to feel happy
有	yǒu	to have
这样	zhèyàng	this kind of
一	yī	one
段	duàn	classifier for stories, periods of time, lengths of thread etc

经历	jīnglì	experience
来 action	lái	used before a verb, indicating an intended or suggested
跟	gēn	with
大家	dàjiā	everyone
分享	fēnxiǎng	to share

8.经常饿肚子是一种很难受的感觉

经常	jīngcháng	constantly
饿肚子	èdùzi	to starve
是	shì	is
一种	yīzhǒng	one kind of
很	hěn	very
难受	nánshòu	to be difficult to bear
的	de	used to form a nominal expression
感觉	gǎnjué	feeling

9.所以当我爸妈提出让我回老家的时候

所以	suǒyǐ	so
当	dāng	when
我	wǒ	my
爸妈	bànmā	dad and mom
提出	tíchū	to suggest
让	ràng	to let sb do sth
我	wǒ	me
回老家	huílǎojiā	to return to one's native place

的	de	used to form a nominal expression
时候	shíhou	time (when)

10.我欣然答应了

我	wǒ	I
欣然	xīnrán	gladly
答应	dāying	to agree
了	le	completed action marker

11.我的爸爸不像多数农村人一样

我	wǒ	my
的	de	~'s (possessive particle)
爸爸	bàba	(informal) father
不	bù	not
像	xiàng	to be like
多数	duōshù	most
农村	nóngcūn	village
人	rén	people
一样	yīyàng	just like

12.去外地打工赚钱

去	qù	to go to (a place)
外地	wàidì	parts of the country other than where one is
打工	dǎgōng	to work a temporary or casual job
赚钱	zhuànrqián	to earn money

13. 而是在家经营着自己的小生意

而是	érshì	rather
在	zài	(located) at
家	jiā	home
经营	jīngyíng	to run
着	zhe	aspect particle indicating action in progress
自己	zìjǐ	one's own
的	de	~'s (possessive particle)
小	xiǎo	small
生意	shēngyi	business

14. 虽然辛苦，但也够养活一家人

虽然	suīrán	although
辛苦	xīnkǔ	hard
但	dàn	but
也	yě	also
够	gòu	to be enough
养活	yǎnghuo	to provide for
一家人	yījiārén	the whole family

15. 况且可以待在自己的家乡是一件很幸福的事情

况且	kuàngqiě	besides
可以	kěyǐ	able to
待	dāi	to stay
在	zài	(located) at

自己	zìjǐ	one's own
的	de	~'s (possessive particle)
家乡	jiāxiāng	hometown
是	shì	is
一	yī	one
件	jiàn	classifier for events, things, clothes etc
很	hěn	very
幸福	xìngfú	happy
的	de	used after an attribute
事情	shìqing	thing

16. 平时妈妈需要跟爸爸一起去送货

平时	píngshí	in normal times
妈妈	māma	mommy
需要	xūyào	to need
跟	gēn	to go with
爸爸	bàba	(informal) father
一起	yīqǐ	together
去	qù	to go
送货	sònghuò	to deliver goods

17. 所以经常忙到没时间做饭

所以	suǒyǐ	as a result
经常	jīngcháng	often
忙	máng	busy
到	dào	verb complement denoting completion or result of an

action

没	méi	have not
时间	shíjiān	time
做饭	zuòfàn	to prepare a meal

18.而我回家正好可以帮忙干家务活

而	ér	and so
我	wǒ	I
回家	huíjiā	to return home
正好	zhènghǎo	just (in time) / just right
可以	kěyǐ	can
帮忙	bāngmáng	to help
干	gàn	to do
家务活	jiāwùhuó	housework

19.让他们一回家就有饭吃

让	ràng	to let sb do sth
他们	tāmen	they
一	yī	as soon as
回家	huíjiā	to return home
就	jiù	right away
有	yǒu	to have
饭	fàn	food
吃	chī	to eat

20.我们住的房子有两层

我们	wǒmen	we
住	zhù	to live
的	de	used to form a nominal expression
房子	fángzi	house
有	yǒu	to have
两	liǎng	two
层	céng	floor (of a building)

21.爸妈的卧室和客厅

爸妈	bà mā	dad and mom
的	de	~'s (possessive particle)
卧室	wò shì	bedroom
和	hé	and
客厅	kè tīng	living room

22.还有一个堆放杂物的小房间在楼下

还	hái	also
有	yǒu	there is
一	yī	one
个	gè	classifier for people or objects in general
堆放	duī fàng	to pile up / to stack
杂物	zá wù	items of no value
的	de	used to form a nominal expression
小	xiǎo	small
房间	fáng jiān	room

在	zài	(located) at
楼下	lóuxià	downstairs

23.我的房间在楼上

我	wǒ	my
的	de	~'s (possessive particle)
房间	fángjiān	room
在	zài	(located) at
楼上	lóushàng	upstairs

24.从房间里的窗户向外看

从	cóng	from
房间	fángjiān	room
里	lǐ	inside
的	de	used to form a nominal expression
窗户	chuānghu	window
向	xiàng	towards
外	wài	outside
看	kàn	to look at

25.能看到远处的山和村民的房子

能	néng	can
看	kàn	to see
到 action	dào	verb complement denoting completion or result of an
远处	yuǎnchù	distant place

的	de	used after an attribute
山	shān	mountains
和	hé	and
村民	cūnmín	villager
的	de	~'s (possessive particle)
房子	fángzi	house

26. 以及来来往往的摩托车

以及	yǐjí	as well as
来来往往	láiláiwǎngwǎng	come and go in great numbers
的	de	used after an attribute
摩托车	mótuōchē	motorcycle (loanword)

27. 家门口有个大院子

家	jiā	home
门口	ménkǒu	doorway
有	yǒu	there is
个	gè	classifier for people or objects in general
大	dà	big
院子	yuànzi	yard

28. 爸爸的小工厂就在这个院子里

爸爸	bàba	(informal) father
的	de	~'s (possessive particle)
小	xiǎo	small

工厂	gōngchǎng	factory
就	jiù	just (emphasis)
在	zài	(to be) in
这个	zhège	this
院子	yuànzi	yard
里	lǐ	inside

29.堆放着各种用来制作产品的机器和原材料

堆放	duīfàng	to pile up
着	zhe	aspect particle indicating action in progress
各种	gèzhǒng	all kinds of
用来	yòng lái	to be used for
制作	zhì zuò	to make
产品	chǎn pǐn	product
的	de	used to form a nominal expression
机器	jī qì	machine
和	hé	and
原材料	yuán cái liào	raw materials

30.还有爸爸用来送货的三轮车

还	hái	also
有	yǒu	there is
爸爸	bàba	(informal) father
用来	yòng lái	to be used for
送货	sòng huò	to deliver goods

的	de	used to form a nominal expression
三轮车	sānlúnchē	vehicle with 3 wheels

31. 机器运作的时候噪音很大

机器	jīqì	machine
运作	yùnzuo	to operate / workings
的	de	used after an attribute
时候	shíhou	time (when)
噪音	zàoyīn	noise
很	hěn	very
大	dà	big

32. 空气中的粉尘也很多

空气	kōngqì	air
中	zhōng	in
的	de	used to form a nominal expression
粉尘	fěichén	dust
也	yě	also
很	hěn	very
多	duō	much

33. 所以每次爸爸工作的时候

所以	suǒyǐ	so
每次	měicì	every time
爸爸	bàba	(informal) father

工作	gōngzuò	to work
的	de	used to form a nominal expression
时候	shíhou	time (when)

34. 我就把门和窗户关起来

我	wǒ	I
就	jiù	then
把	bǎ	particle marking the following noun as a direct object
门	mén	door
和	hé	and
窗户	chuānghu	window
关	guān	to close
起来 an action or a state	qilai	(after a verb) indicating the beginning and continuation of

35. 院子里还有一个小菜园

院子	yuànzǐ	yard
里	lǐ	inside
还	hái	also
有	yǒu	to have
一	yī	one
个	gè	classifier for people or objects in general
小	xiǎo	small
菜园	càiyuán	vegetable garden

36. 辛勤的妈妈在里面种满了各式各样的蔬菜

辛勤	xīnqín	industrious
的	de	used after an attribute
妈妈	māma	mommy
在	zài	(to be) in
里面	lǐmiàn	inside
种	zhòng	to plant
满	mǎn	full
了	le	completed action marker
各式各样	gèshìgèyàng	(of) all kinds and sorts
的	de	used after an attribute
蔬菜	shūcài	vegetables

37.有黄瓜，青椒，胡萝卜，茄子，土豆等等

有	yǒu	there is
黄瓜	huángguā	cucumber
青椒	qīngjiāo	green pepper
胡萝卜	húluóbo	carrot
茄子	qiézi	eggplant
土豆	tǔdòu	potato
等等	děngděng	and so on ...

38.我们很少用农药

我们	wǒmen	we
很	hěn	very
少	shǎo	seldom

用	yòng	to use
农药	nóngyào	agricultural chemical

39.所以这些蔬菜很安全

所以	suǒyǐ	so
这些	zhèxiē	these
蔬菜	shūcài	vegetables
很	hěn	very
安全	ānquán	safe

40.每天一早起床我就蹲在菜园里

每天	měitiān	every day
一早	yīzǎo	early in the morning
起床	qǐchuáng	to get up
我	wǒ	I
就	jiù	then
蹲	dūn	to crouch / to squat
在	zài	(to be) in
菜园	càiyuán	vegetable garden
里	lǐ	inside

41..观察这些蔬菜是否长大了

观察	guānchá	to observe / to watch
这些	zhèxiē	these
蔬菜	shūcài	vegetables

是否	shǐfǒu	whether (or not)
长大	zhǎngdà	to grow up
了	le	completed action marker

42. 时不时地还能看到

时不时	shíbùshí	from time to time
地	de	structural particle: used before a verb or adjective, linking it to preceding modifying adverbial adjunct
还	hái	also
能	néng	to be able to
看	kàn	to see
到 action	dào	verb complement denoting completion or result of an action

43. 一群蚂蚁在地里爬来爬去

一	yī	one
群	qún	group
蚂蚁	mǎyǐ	ant
在	zài	(to be) in
地	dì	field
里	lǐ	inside
爬	pá	to crawl
来	lái	to come
爬	pá	to crawl
去	qù	to go

44. 树林里的小鸟

树林	shùlín	woods
里	lǐ	inside
的	de	used to form a nominal expression
小	xiǎo	small
鸟	niǎo	bird

45. 偶尔会飞来偷吃我们家的菜

偶尔	ǒu'ěr	occasionally
会	huì	will
飞	fēi	to fly
来	lái	used after a verb, indicating motion towards the speaker
偷吃	tōuchī	to eat on the sly
我们	wǒmen	our
家	jiā	home
的	de	~'s (possessive particle)
菜	cài	vegetable

46. 妈妈用破衣服制作了一个假人

妈妈	māma	mommy
用	yòng	to use
破	pò	broken
衣服	yīfu	clothes
制作	zhìzuò	to make
了	le	completed action marker
一	yī	one

个	gè	classifier for people or objects in general
假人	jiǎrén	dummy (scarecrow)

47. 插在菜园中央用来吓走小鸟

插	chā	to stick in
在	zài	(to be) in
菜园	càiyuán	vegetable garden
中央	zhōngyāng	center
用来	yòng lái	to be used for
吓	xià	to scare
走	zǒu	to go away
小	xiǎo	small
鸟	niǎo	bird

48. 但这些鸟儿也不笨

但	dàn	but
这些	zhèxiē	these
鸟儿	niǎor	bird
也	yě	also
不	bù	not
笨	bèn	stupid

49. 根本不相信，照样偷吃

根本	gēnběn	(not) at all
不	bù	not

相信	xiāngxìn	to believe
照样	zhàoyàng	(same) as usual
偷吃	tōuchī	to eat on the sly

50.我们平时很少需要买菜

我们	wǒmen	we
平时	píngshí	in normal times
很	hěn	very
少	shǎo	few
需要	xūyào	to need
买	mǎi	to buy
菜	cài	vegetable

51.基本上都是吃菜园里新鲜的蔬菜

基本上	jīběnshàng	basically
都	dōu	all
是	shì	is
吃	chī	to eat
菜园	càiyuán	vegetable garden
里	lǐ	inside
新鲜	xīnxiān	fresh (experience, food etc)
的	de	used after an attribute
蔬菜	shūcài	vegetables

52.而且菜市场离家有点远，不是很方便

而且	érqiě	(not only ...) but also
菜市场	càishìchǎng	food market
离	lí	to be away from
家	jiā	home
有点	yǒudiǎn	a little
远	yuǎn	far
不是	bùshì	not
很	hěn	very
方便	fāngbiàn	convenient

53. 隔壁村有卖猪肉的人

隔壁	gébì	neighbor
村	cūn	village
有	yǒu	there is
卖	mài	to sell
猪肉	zhūròu	pork
的	de	used to form a nominal expression
人	rén	people

54. 他每天从市场运来新鲜的猪

他	tā	he or him
每天	měitiān	every day
从	cóng	from
市场	shìchǎng	marketplace
运	yùn	to move / to transport

来	lái	used after a verb, indicating motion towards the speaker
新鲜	xīnxiān	fresh (experience, food etc)
的	de	used after an attribute
猪	zhū	pig

55. 然后一大早杀了它

然后	ránhòu	then (afterwards)
一大早	yīdàzǎo	first thing in the morning
杀	shā	to kill
了	le	completed action marker
它	tā	it

56. 等着顾客上门购买

等	děng	to wait for
着	zhe	aspect particle indicating action in progress
顾客	gùkè	customer
上门	shàngmén	to visit
购买	gòumǎi	to buy

57. 这里的猪肉既干净又健康

这里	zhèlǐ	here
的	de	used after an attribute
猪肉	zhūròu	pork
既	jì	both... (and...)
干净	gānjìng	clean

又	yòu	both... and...
健康	jiànkāng	healthy

58.吃起来也很鲜美

吃	chī	to eat
起来 an action or a state	qilai	(after a verb) indicating the beginning and continuation of
也	yě	also
很	hěn	very
鲜美	xiānměi	delicious

59.闻起来也很香

闻	wén	to smell
起来 an action or a state	qilai	(after a verb) indicating the beginning and continuation of
也	yě	also
很	hěn	very
香	xiāng	fragrant / sweet smelling

60.我的妈妈每年会养十几只鸡

我	wǒ	my
的	de	~'s (possessive particle)
妈妈	māma	mommy
每年	měinián	every year
会	huì	will
养	yǎng	to raise (animals)
十几	shíjǐ	more than ten

只	zhī	classifier for birds and certain animals, one of a pair, some
utensils, vessels etc		

鸡	jī	chicken
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61.一般都是母鸡

一般	yībān	generally
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都	dōu	all
---	-----	-----

是	shì	is
---	-----	----

母鸡	mǔjī	hen
----	------	-----

62.等它们长大了之后

等	děng	when
---	------	------

它们	tāmen	they (for inanimate objects)
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长大	zhǎngdà	to grow up
----	---------	------------

了	le	completed action marker
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之后	zhīhòu	after
----	--------	-------

63.就会下蛋给我们吃

就	jiù	then
---	-----	------

会	huì	will
---	-----	------

下蛋	xiàdàn	to lay eggs
----	--------	-------------

给	gěi	for
---	-----	-----

我们	wǒmen	us
----	-------	----

吃	chī	to eat
---	-----	--------

64.我最喜欢傍晚的时候去鸡圈里捡鸡蛋了

我	wǒ	I
最	zuì	the most
喜欢	xǐhuan	to like
傍晚	bàngwǎn	in the evening
的	de	used after an attribute
时候	shíhou	time
去	qù	to go
鸡	jī	chicken
圈	juàn	pen
里	lǐ	inside
捡	jiǎn	to pick up
鸡蛋	jīdàn	hen's egg
了	le	modal particle intensifying preceding clause

65. 握在手里暖暖的

握	wò	to hold
在	zài	indicating an action in progress
手里	shǒulǐ	in hand
暖	nuǎn	warm
暖	nuǎn	warm
的	de	used after an attribute

66. 然后小心翼翼地把这些鸡蛋放在一个鞋盒里

然后	ránhòu	then (afterwards)
小心翼翼	xiǎoxīnyìyì	gently and cautiously
地	de	structural particle: used before a verb or adjective, linking it

to preceding modifying adverbial adjunct

把	bǎ	particle marking the following noun as a direct object
这些	zhèxiē	these
鸡蛋	jīdàn	hen's egg
放	fàng	to put
在	zài	(to be) in
一	yī	one
个	gè	classifier for people or objects in general
鞋	xié	shoe
盒	hé	small box
里	lǐ	inside

67. 早上我们的早餐是用米煮成的粥

早上	zǎoshang	early morning
我们	wǒmen	our
的	de	~'s (possessive particle)
早餐	zǎocān	breakfast
是	shì	is
用	yòng	to use
米	mǐ	rice
煮	zhǔ	to cook
成	chéng	to turn into
的	de	used to form a nominal expression
粥	zhōu	porridge

68.妈妈会煮很多

妈妈	māma	mommy
会	huì	will
煮	zhǔ	to cook
很	hěn	quite
多	duō	a lot of

69.然后将剩下的粥和米糠搅拌在一起喂鸡吃

然后	ránhòu	then (afterwards)
将 [bǎ]	jiāng	introduces object of main verb, used in the same way as 把
剩下	shèngxià	left over
的	de	used after an attribute
粥	zhōu	porridge
和	hé	with
米糠	mǐkāng	rice bran
搅拌	jiǎobàn	to stir
在一起	zàiyìqǐ	together
喂	wèi	to feed (an animal, baby, invalid etc)
鸡	jī	chicken
吃	chī	to eat

70.回家后照顾鸡的工作就成了我的了

回家	huíjiā	to return home
后	hòu	after
照顾	zhàogu	to take care of

鸡	jī	chicken
的	de	used to form a nominal expression
工作	gōngzuò	job
就	jiù	then
成	chéng	to become
了	le	completed action marker
我	wǒ	my
的	de	~'s (possessive particle)
了	le	modal particle intensifying preceding clause

71. 每次我端着一盆鸡食走进鸡圈

每次	měicì	every time
我	wǒ	I
端	duān	to hold sth level with both hands
着	zhe	aspect particle indicating action in progress
一	yī	one
盆	pén	basin
鸡	jī	chicken
食	shí	food
走进	zǒujìn	to enter
鸡	jī	chicken
圈	juàn	pen

72. 这些鸡都盯着我手上的食物

这些	zhèxiē	these
----	--------	-------

鸡	jī	chicken
都	dōu	all
盯	dīng	to stare at
着	zhe	aspect particle indicating action in progress
我	wǒ	my
手	shǒu	hand
上	shàng	on top
的	de	used to form a nominal expression
食物	shíwù	food

73.好像在说：我饿死了！

好像	hǎoxiàng	as if
在	zài	indicating an action in progress
说	shuō	to say
我	wǒ	I
饿死	èsǐ	to starve to death
了	le	modal particle intensifying preceding clause

74.等我把盆子放在地上

等	děng	when
我	wǒ	I
把	bǎ	particle marking the following noun as a direct object
盆子	pénzi	basin
放	fàng	to put
在	zài	(located) at

地上	dìshang	on the ground
----	---------	---------------

75. 它们便开始争先恐后地抢食物

它们	tāmen	they
便	biàn	soon afterwards
开始	kāishǐ	to begin
争先恐后	zhēngxiānkǒnghòu	striving to be first and fearing to be last (idiom);
地	de	used before a verb or adjective, linking it to preceding modifying adverbial adjunct
抢	qiǎng	to fight over
食物	shíwù	food

76. 有时候我也会将从菜园里摘回来的蔬菜

有时候	yǒushíhou	sometimes
我	wǒ	I
也	yě	also
会	huì	will
将 [bǎ]	jiāng	introduces object of main verb, used in the same way as 把
从	cóng	from
菜园	càiyuán	vegetable garden
里	lǐ	inside
摘	zhāi	to pick (flowers, fruit etc)
回来	huílai	(used after a verb) back (here)
的	de	used to form a nominal expression
蔬菜	shūcài	vegetables

77. 分一些给鸡吃

分	fēn	to divide
一些	yīxiē	some
给	gěi	for
鸡	jī	chicken
吃	chī	to eat

78. 扔进去的那一瞬间

扔	rēng	to throw
进去	jìnqù	to go in
的	de	used to form a nominal expression
那	nà	that
一瞬间	yīshùnjiān	split second

79. 它们会立即扑上来抢

它们	tāmen	they (for inanimate objects)
会	huì	will
立即	lìjí	immediately
扑	pū	to throw oneself at
上来	shànglái	verb complement indicating success
抢	qiǎng	to fight over

80. 非常好玩！

非常	fēicháng	very
好玩	hǎowán	amusing

81.一般只有过年的时候

一般	yībān	generally
只有	zhǐyǒu	only
过年	guònián	to celebrate the Chinese New Year
的	de	used after an attribute
时候	shíhou	time

82. 我们才会杀一两只鸡吃

我们	wǒmen	we
才	cái	only then
会	huì	will
杀	shā	to kill
一	yī	one
两	liǎng	two
只 utensils, vessels etc	zhī	classifier for birds and certain animals, one of a pair, some
鸡	jī	chicken
吃	chī	to eat

83.平时就留着它们下鸡蛋

平时	píngshí	in normal times
就	jiù	just (emphasis)
留	liú	to keep
着	zhe	aspect particle indicating action in progress
它们	tāmen	they (for inanimate objects)
下	xià	to lay (eggs)

鸡蛋	jīdàn	hen's egg
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84.过春节那天

过	guò	to celebrate (a holiday)
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春节	Chūnjié	Spring Festival (Chinese New Year)
----	---------	------------------------------------

那天	nàtiān	that day
----	--------	----------

85.我的妈妈总要求我帮她一起杀

我	wǒ	my
---	----	----

的	de	~'s (possessive particle)
---	----	---------------------------

妈妈	māma	mommy
----	------	-------

总	zǒng	always
---	------	--------

要求	yāoqiú	to ask
----	--------	--------

我	wǒ	me
---	----	----

帮	bāng	to help
---	------	---------

她	tā	her
---	----	-----

一起	yīqǐ	together
----	------	----------

杀	shā	to kill
---	-----	---------

86.这是我最讨厌的事情

这	zhè	this
---	-----	------

是	shì	is
---	-----	----

我	wǒ	I
---	----	---

最	zuì	the most
---	-----	----------

讨厌	tǎoyàn	to dislike
----	--------	------------

的	de	used to form a nominal expression
事情	shìqing	thing

87.妈妈拿刀杀鸡的时候，鸡会挣扎

妈妈	māma	mommy
拿	ná	to hold
刀	dāo	knife
杀	shā	to kill
鸡	jī	chicken
的	de	used to form a nominal expression
时候	shíhou	time (when)
鸡	jī	chicken
会	huì	will
挣扎	zhēngzhá	to struggle

88.所以我抓住鸡的脚

所以	suǒyǐ	so
需要	xūyào	to need
我	wǒ	me
抓住	zhuāzhù	to grab
鸡	jī	chicken
的	de	~'s (possessive particle)
脚	jiǎo	leg (of an animal or an object)

89.防止它乱动

防止	fángzhǐ	to prevent
它	tā	it
乱动	luàndòng	to move randomly

90.可我很害怕，不敢看

可	kě	but
我	wǒ	I
很	hěn	very
害怕	hàipà	to be scared
不	bù	not
敢	gǎn	to dare
看	kàn	to look at

91.手里抓住鸡脚，眼睛闭得紧紧的

手里	shǒulǐ	in hand
抓住	zhuāzhù	to grab
鸡脚	jījiǎo	chicken feet
眼睛	yǎnjing	eye
闭	bì	to close
得	de	structural particle: used after a verb (or adjective as main verb), linking it to following phrase indicating effect, degree, possibility etc
紧紧	jǐnjǐn	tightly
的	de	used at the end of a declarative sentence for emphasis

92.嘴里还不时问我妈：“好了没？”

嘴里	zuǐlǐ	in the mouth
----	-------	--------------

还	hái	also
不时	bùshí	frequently
问	wèn	to ask
我	wǒ	my
妈	mā	mother
好了	hǎole	done
没	méi	not

93. 我妈总是不耐烦地回我一句

我	wǒ	my
妈	mā	mother
总是	zǒngshì	always
不耐烦	bùnàifán	impatient
地	de	structural particle: used before a verb or adjective, linking it to preceding modifying adverbial adjunct
回	huí	to answer
我	wǒ	me
一句	yījù	a sentence

94. “你抓紧一点，别让它动”

你	nǐ	you (informal, as opposed to courteous 您[nín])
抓紧	zhuājǐn	to grasp firmly
一点	yīdiǎn	a little
别	bié	do not
让	ràng	to let sb do sth
它	tā	it

动	dòng	(of sth) to move
---	------	------------------

95.我爸爸跟我一样非常胆小，不敢杀生

我	wǒ	my
爸爸	bàba	(informal) father
跟	gēn	as (compared to)
我	wǒ	me
一样	yīyàng	same
非常	fēicháng	very
胆小	dǎnxiǎo	cowardice / timid
不	bù	not
敢	gǎn	to dare
杀生	shāshēng	kill (life)

96.有一次，爸爸在家里发现了一只死老鼠

有一次	yǒuyīcì	once
爸爸	bàba	(informal) father
在	zài	(to be) in
家里	jiālǐ	home
发现	fāxiàn	to find
了	le	completed action marker
一	yī	one
只 utensils, vessels etc	zhī	classifier for birds and certain animals, one of a pair, some
死	sǐ	to die / dead
老鼠	lǎoshǔ	rat

97. 他被吓了一跳

他	tā	he or him
被	bèi	indicates passive-voice clauses
吓	xià	to scare
了	le	completed action marker
一	yī	one
跳	tiào	to jump

98. 大喊大叫让我妈过来丢掉死老鼠

大喊大叫	dàhǎndàjiào	shouting and screaming (idiom); to scream loudly
让	ràng	to let sb do sth
我	wǒ	my
妈	mā	mother
过来	guòlái	to come over
丢掉	diūdiào	to throw away
死	sǐ	to die / dead
老鼠	lǎoshǔ	rat

99. 农村人一般家里都有口水井

农村	nóngcūn	village
人	rén	people
一般	yībān	in general
家里	jiālǐ	home
都	dōu	all

有	yǒu	to have
口 cannons, wells etc)	kǒu	classifier for things with mouths (people, domestic animals,
水	shuǐ	water
井	jǐng	a well

100.我们都是喝井里的水

我们	wǒmen	we
都	dōu	all
是	shì	is
喝	hē	to drink
井	jǐng	a well
里	lǐ	inside
的	de	used to form a nominal expression
水	shuǐ	water

101.但不用它洗衣服

但	dàn	but
不	bù	not
用	yòng	to use
它	tā	it
洗	xǐ	to wash
衣服	yīfu	clothes

102.每天早上我会收集脏的衣服

每天	měitiān	every day
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早上	zǎoshang	early morning
我	wǒ	I
会	huì	will
收集	shōují	to collect
脏	zāng	dirty
的	de	used after an attribute
衣服	yīfu	clothes

103. 然后用篮子拎去池塘边洗

然后	ránhòu	then (afterwards)
用	yòng	to use
篮子	lánzi	basket
拎	līn	to carry in one's hand
去	qù	to go to (a place)
池塘	chítáng	pond
边	biān	side
洗	xǐ	to wash

104. 洗衣服的时候非常热闹

洗	xǐ	to wash
衣服	yīfu	clothes
的	de	used to form a nominal expression
时候	shíhou	time (when)
非常	fēicháng	very
热闹	rènao	bustling with noise and excitement

105.每天一群妇女围着干净的池塘洗一家人的衣服

每天	měitiān	every day
一	yī	one
群	qún	group
妇女	fùnǚ	woman
围	wéi	to encircle
着	zhe	aspect particle indicating action in progress
干净	gānjìng	clean
的	de	used after an attribute
池塘	chítáng	pond
洗	xǐ	to wash
一家人	yījiārén	the whole family
的	de	~'s (possessive particle)
衣服	yīfu	clothes

106.不一会儿池塘里的水就变得污浊不堪

不一会儿	bùiyīhuìr	in a little while, in a moment
池塘	chítáng	pond
里	lǐ	inside
的	de	used to form a nominal expression
水	shuǐ	water
就	jiù	then
变得	biànde	to become
污浊	wūzhuó	dirty

不堪 bùkān (used after words of negative meaning) extremely

107. 随着水的流动，池塘里的水又变得清澈见底了。

随着	suízhe	following
水	shuǐ	water
的	de	used after an attribute
流动	liúdòng	to flow
池塘	chítáng	pond
里	lǐ	lining
的	de	used after an attribute
水	shuǐ	water
又	yòu	(once) again
变得	biànde	to become
清澈见底	qīngchèjiàndǐ	water so clear you can see the bottom
了	le	modal particle intensifying preceding clause

108. 这些妇女喜欢围在一起大声聊天

这些	zhèxiē	these
妇女	fùnǚ	woman
喜欢	xǐhuan	to like
围	wéi	(to gather) around
在一起	zàiyìqǐ	together
大声	dàshēng	in a loud voice
聊天	liáotiān	to gossip

109.聊各种有趣的八卦

聊	liáo	to chat
各种	gèzhǒng	all kinds of
有趣	yǒuqù	interesting
的	de	used after an attribute
八卦	bāguà	gossip

110.我就安静地蹲在一边

我	wǒ	I
就	jiù	just (emphasis)
安静	ānjìng	quiet
地	de	structural particle: used before a verb or adjective, linking it to preceding modifying adverbial adjunct
蹲	dūn	to crouch / to squat
在	zài	(located) at
一边	yībiān	one side

111.边洗衣服边听她们聊天

边	biān	simultaneously
洗	xǐ	to wash
衣服	yīfu	clothes
边	biān	simultaneously
听	tīng	to listen
她们	tāmen	them (for females)
聊天	liáotiān	to gossip

112.夏天的时候衣服单薄

夏天	xiàtiān	summer
的	de	used after an attribute
时候	shíhou	time (when)
衣服	yīfu	clothes
单薄	dānbó	thin

113.很快就能洗完

很	hěn	very
快	kuài	quick
就	jiù	just (emphasis)
能	néng	can
洗	xǐ	to wash
完	wán	to finish

114.但冬天的衣服厚重

但	dàn	but
冬天	dōngtiān	winter
的	de	used after an attribute
衣服	yīfu	clothes
厚重	hòuzhòng	thick / heavy

115.每次拎着一篮子衣服去池塘

每次	měicì	every time
拎	līn	to carry in one's hand

着	zhe	aspect particle indicating action in progress
一	yī	one
篮子	lánzi	basket
衣服	yīfu	clothes
去	qù	to go
池塘	chítáng	pond

116.都要在路上休息好几次

都	dōu	all
要	yào	will
在	zài	(to be) in
路上	lùshang	on the road
休息	xiūxi	to rest
好几	hǎojǐ	quite a few
次	cì	times

117.池塘里的水温很低

池塘	chítáng	pond
里	lǐ	inside
的	de	used to form a nominal expression
水温	shuǐwēn	water temperature
很	hěn	very
低	dī	low

118.就像从冰箱里拿出来的冰块一样

就	jiù	just (emphasis)
像	xiàng	to be like
从	cóng	from
冰箱	bīngxiāng	refrigerator
里	lǐ	inside
拿	ná	to take
出来	chulai	after a verb, indicates coming out, completion of an action, or ability to discern or detect
的	de	used to form a nominal expression
冰块	bīngkuài	ice cube
一样	yīyàng	the same as

119.等我洗完所有的衣服

等	děng	when
我	wǒ	I
洗	xǐ	to wash
完	wán	to finish
所有	suǒyǒu	all
的	de	used after an attribute
衣服	yīfu	clothes

120.我的手就会被冻得红红肿肿

我	wǒ	my
的	de	~'s (possessive particle)
手	shǒu	hand
就	jiù	then

会	huì	will
被	bèi	indicates passive-voice clauses
冻	dòng	to freeze
得	de	structural particle: used after a verb (or adjective as main verb), linking it to following phrase indicating effect, degree, possibility etc
红	hóng	red
肿	zhǒng	swollen

121.洗完衣服后我就得回家做饭了

洗	xǐ	to wash
完	wán	to finish
衣服	yīfu	clothes
后	hòu	after
我	wǒ	I
就	jiù	then
得	děi	to have to
回家	huíjiā	to return home
做饭	zuòfàn	to prepare a meal
了	le	modal particle intensifying preceding clause

122.刚开始做的菜很难吃

刚	gāng	just
开始	kāishǐ	beginning
做	zuò	to make
的	de	used after an attribute
菜	cài	dish (type of food)

很	hěn	very
难吃	nánchī	taste bad

123.我就上网查找菜谱，学做各种美食

我	wǒ	I
就	jiù	then
上网	shàngwǎng	to be on the Internet
查找	cházǎo	to search for
菜谱	càipǔ	recipe
学	xué	to learn
做	zuò	to make
各种	gèzhǒng	all kinds of
美食	měishí	fine food

124.但每次不管好吃难吃

但	dàn	but
每次	měicì	every time
不管	bùguǎn	no matter
好吃	hǎochī	tasty
难吃	nánchī	taste bad

125.我爸妈从来不会抱怨

我	wǒ	my
爸妈	bà mā	dad and mom
从来	cóng lái	never (if used in negative sentence)

不会	bùhuì	will not (act, happen etc)
抱怨	bàoyuàn	to complain

126.自从初中毕业我便离开了家

自从	zìcóng	ever since
初中	chūzhōng	junior high school
毕业	bìyè	graduation
我	wǒ	I
便	biàn	then
离开	líkāi	to leave
了	le	completed action marker
家	jiā	home

127.在外面吃的食物既不卫生又不健康

在	zài	(located) at
外面	wàimian	outside
吃	chī	to eat
的	de	used to form a nominal expression
食物	shíwù	food
既	jì	both... (and...)
不	bù	not
卫生	wèishēng	clean
又	yòu	also
不	bù	not
健康	jiànkāng	healthy

128.而且吃零食也不节制

而且	érqiě	in addition
吃	chī	to eat
零食	língshí	snacks
也	yě	also
不	bù	not
节制	jiézhì	to control

129.导致我胖了一大圈

导致	dǎozhì	to cause
我	wǒ	me
胖	pàng	fat
了	le	completed action marker
一	yī	one
大	dà	big
圈	quān	circle

130.大部分的赘肉都是长在肚子上

大部分	dàbùfen	the majority
的	de	used after an attribute
赘肉	zhuìròu	unwanted fat
都	dōu	all
是	shì	is
长	zhǎng	to grow

在	zài	(to be) in
肚子	dùzi	belly
上	shàng	on top

131.坐着的时候，这一层一层的肉非常不舒服

坐	zuò	to sit
着	zhe	aspect particle indicating action in progress
的	de	used to form a nominal expression
时候	shíhou	time (when)
这	zhè	this
一层	yīcéng	layer
一层	yīcéng	layer
的	de	used to form a nominal expression
肉	ròu	meat
非常	fēicháng	extreme
不舒服	bùshūfu	to feel uncomfortable

132.所以我下定决心要减掉这难看的肥肉。

所以	suǒyǐ	so
我	wǒ	I
下定决心	xiàdìngjuéxīn	to make a firm resolution
要	yào	will
减掉	jiǎndiào	to lose (weight)
这	zhè	this
难看	nánkàn	ugly

的	de	used after an attribute
肥肉	féiròu	fat

133.我减肥的秘诀就是

我	wǒ	I
减肥	jiǎnféi	to lose weight
的	de	used after an attribute
秘诀	mìjué	recipe (for success)
就	jiù	just
是	shì	is

134.把食物放进嘴里后慢慢咀嚼

把	bǎ	particle marking the following noun as a direct object
食物	shíwù	food
放进	fàngjìn	to put into
嘴里	zuǐlǐ	mouth
后	hòu	after
慢慢	mànmàn	slowly
咀嚼	jǔjué	to chew

135.数30下再往下吞

数	shǔ	to count
下	xià	measure word to show the frequency of an action
再	zài	then (after sth, and not until then)
往	wǎng	to go (in a direction)

下	xià	down
吞	tūn	to swallow

136.这样不仅对胃好

这样	zhèyàng	this way
不仅	bùjǐn	not only (this one)
对	duì	for
胃	wèi	stomach
好	hǎo	good

137.而且还能防止因为吃多而长胖

而且	érqiě	(not only ...) but also
还	hái	even
能	néng	can
防止	fángzhǐ	to prevent
因为	yīnwèi	because
吃	chī	to eat
多	duō	much
而	ér	and so
长	zhǎng	to grow
胖	pàng	fat

138.加上晚饭前做30分钟左右的运动

加上	jiāshàng	on top of that
晚饭	wǎnfàn	dinner

前	qián	before
做	zuò	to do
分钟	fēnzhōng	minute
左右	zuǒyòu	approximately
的	de	used to form a nominal expression
运动	yùndòng	exercise

139. 我喜欢跳舞和瑜伽

我	wǒ	I
喜欢	xǐhuan	to like
跳舞	tiàowǔ	to dance
和	hé	and
瑜伽	yújiā	yoga (loanword)

140. 买了一些DVD教学视频，跟着练习

买	mǎi	to buy
了	le	completed action marker
一些	yīxiē	some
教学	jiàoxué	education
视频	shìpín	video
跟着	gēnzhe	to follow after
练习	liànxí	practice

141. 一年后我肚子上的肉不见了

一	yī	one
---	----	-----

年	nián	year
后	hòu	later
我	wǒ	my
肚子	dùzi	belly
上	shàng	on
的	de	used to form a nominal expression
肉	ròu	fat
不见	bùjiàn	to have disappeared
了	le	completed action marker

142. 体重也下降了！

体重	tǐzhòng	body weight
也	yě	also
下降	xiàjiàng	to go down
了	le	completed action marker

143. 如果你有同样的烦恼

如果	rúguǒ	if
你	nǐ	you
有	yǒu	to have
同样	tóngyàng	same
的	de	used after an attribute
烦恼	fánnǎo	worries

144. 也可以试试这个方法哦！

也	yě	also
可以	kěyǐ	can
试试	shìshì	to have a try
这个	zhège	this
方法	fāngfǎ	method
哦	o	sentence-final particle that conveys informality, warmth, friendliness or intimacy

145. 上午的时间我都是在干家务活中度过

上午	shàngwǔ	morning
的	de	used after an attribute
时间	shíjiān	time
我	wǒ	I
都	dōu	all
是	shì	is
在	zài	(to be) in
干	gàn	to do
家务活	jiāwùhuó	housework
中	zhōng	while (doing sth) / during
度过	dùguò	to pass / to spend (time)

146. 下午我一般会看电视，或四处溜达

下午	xiàwǔ	afternoon
我	wǒ	I
一般	yībān	generally
会	huì	will

看	kàn	to watch
电视	diànshì	television
或	huò	or
四处	sìchù	everywhere and all directions
溜达	liūda	to go for a walk

147.我爸爸给我买了辆电动车

我	wǒ	my
爸爸	bàba	(informal) father
给	gěi	for
我	wǒ	me
买	mǎi	to buy
了	le	completed action marker
辆	liàng	classifier for vehicles
电动	diàndòng	electric powered
车	chē	car (but in this case, a bicycle)

148.我经常骑着它去附近的超市

我	wǒ	I
经常	jīngcháng	often
骑	qí	to ride (an animal or bike)
着	zhe	aspect particle indicating action in progress
它	tā	it
去	qù	to go to (a place)
附近	fùjìn	nearby

的	de	used after an attribute
超市	chāoshì	supermarket

149.买零食回来边吃边看电视

买	mǎi	to buy
零食	língshí	snacks
回来	huílai	to return
边	biān	simultaneously
吃	chī	to eat
边	biān	simultaneously
看	kàn	to watch
电视	diànshì	television

150.有时候也会骑去外婆家玩

有时候	yǒushíhou	sometimes
也	yě	also
会	huì	will
骑	qí	to ride (an animal or bike)
去	qù	to go to (a place)
外婆	wàipó	(coll.) mother's mother
家	jiā	home
玩	wán	to play / to have fun

151.乡下的马路坑坑洼洼

乡下	xiāngxia	countryside
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的	de	used after an attribute
马路	mǎlù	street / road
坑坑洼洼	kēngkengwāwā	bumpy / full of pot-holes

152. 又有很多大货车运着煤或石头路过

又	yòu	also
有	yǒu	there are
很	hěn	quite
多	duō	a lot
大	dà	big
货车	huòchē	truck
运	yùn	to transport
着	zhe	aspect particle indicating action in progress
煤	méi	coal
或	huò	or
石头	shítou	stone
路过	lùguò	to pass by or through

153. 每次在马路上骑车

每次	měicì	every time
在	zài	(located) at
马路	mǎlù	street / road
上	shang	on top
骑车	qíchē	to cycle

154.我都是一只手捂着嘴

我	wǒ	I
都	dōu	all
是	shì	is
一	yī	one
只	zhī	classifier for birds and certain animals, one of a pair, some utensils, vessels etc
手	shǒu	hand
捂	wǔ	to cover with the hand (one's eyes, nose or ears)
着	zhe	aspect particle indicating action in progress
嘴	zuǐ	mouth

155.另一只手掌握方向盘

另一	lìngyī	another
只	zhī	classifier for birds and certain animals, one of a pair, some utensils, vessels etc
手	shǒu	hand
掌握	zhǎngwò	to control
方向盘	fāngxiàngpán	steering wheel

156.眼睛也因为空气中的灰尘不停地眨

眼睛	yǎnjīng	eye
也	yě	also
因为	yīnwèi	because
空气	kōngqì	air
中	zhōng	in

的	de	used to form a nominal expression
灰尘	huīchén	dust
不停	bùtíng	incessant
地	de	structural particle: used before a verb or adjective, linking it to preceding modifying adverbial adjunct
眨	zhǎ	to blink

157. 爸妈总是很晚才到家

爸妈	bà mā	dad and mom
总是	zǒngshì	always
很	hěn	very
晚	wǎn	late
才	cái	only then
到	dào	to arrive
家	jiā	home

158. 而我经常一个人坐在房间里等他们回家吃晚饭

而	ér	and
我	wǒ	I
经常	jīngcháng	often
一个人	yīgè rén	alone (without company)
坐	zuò	to sit
在	zài	(to be) in
房间	fángjiān	room
里	lǐ	inside
等	děng	to wait for

他们	tāmen	they
回家	huíjiā	to return home
吃	chī	to eat
晚饭	wǎnfàn	dinner

159. 有时候很晚都没到家

有时候	yǒushíhou	sometimes
很	hěn	very
晚	wǎn	late
都	dōu	(used for emphasis) even
没	méi	have not
到	dào	to arrive
家	jiā	home

160. 我就开始胡思乱想

我	wǒ	I
就	jiù	then
开始	kāishǐ	to begin
胡思乱想	húsīluànxiǎng	to let one's imagination run wild

161. 担心他们会有什么意外

担心	dānxīn	to worry
他们	tāmen	they
会	huì	to be possible
有	yǒu	to have

什么	shénme	something
意外	yìwài	unexpected / accident

162.直到听到爸爸车的声音才放下心来

直到	zhídào	until
听到	tīngdào	to hear
爸爸	bàba	(informal) father
车	chē	car
的	de	used to form a nominal expression
声音	shēngyīn	sound
才	cái	only then
放下	fàngxià	to put down / to let go of
心	xīn	heart / mind
来	lái	used as a substitute for some other verb

163.有段时间，我迷上了中医

有	yǒu	there is
段	duàn	classifier for stories, periods of time, lengths of thread etc
时间	shíjiān	period
我	wǒ	I
迷上	míshàng	to become excited with
了	le	completed action marker
中医	Zhōngyī	traditional Chinese medicine

164.买了一大堆书闲来无事就开始研究

买	mǎi	to buy
了	le	completed action marker
一	yī	one
大	dà	big
堆	duī	pile / large amount
书	shū	book
闲来无事	xiánlái wúshì	at leisure
就	jiù	then
开始	kāishǐ	to start
研究	yánjiū	a study

165.晚上吃完晚餐，洗完澡

晚上	wǎnshang	evening
吃完	chīwán	to finish eating
晚餐	wǎncān	dinner
洗	xǐ	to wash
完	wán	to finish
澡	zǎo	bath

166.我们一家人坐在房间里聊天看电视

我们	wǒmen	we
一家人	yījiārén	the whole family
坐	zuò	to sit
在	zài	(to be) in
房间	fángjiān	room

里	lǐ	inside
聊天	liáotiān	to chat
看	kàn	to watch
电视	diànshì	television

167.我总是将我从书上学到的知识给他们按摩

我	wǒ	I
总是	zǒngshì	always
将	jiāng	to take
我	wǒ	I
从	cóng	from
书	shū	book
上	shàng	on top
学	xué	to learn
到 action	dào	verb complement denoting completion or result of an
的	de	used to form a nominal expression
知识	zhīshi	knowledge
给	gěi	for
他们	tāmen	they
按摩	ànmó	to massage

168.在老家陪伴父母的一年时间

在	zài	(located) at
老家	lǎojiā	hometown
陪伴	péibàn	to accompany

父母	fùmǔ	parents
的	de	used to form a nominal expression
一	yī	one
年	nián	year
时间	shíjiān	period

169.是我人生中最无忧无虑的时光

是	shì	is
我	wǒ	my
人生	rénshēng	life (one's time on earth)
中	zhōng	among
最	zuì	the most
无忧无虑	wúyōuwúlǜ	carefree and without worries (idiom)
的	de	used after an attribute
时光	shíguāng	period of time

170.我也很享受农村生活

我	wǒ	I
也	yě	also
很	hěn	very
享受	xiǎngshòu	to enjoy
农村	nóngcūn	village
生活	shēnghuó	life

171.但唯独一点我至今还是无法习惯

但	dàn	but
唯独	wéidú	only
一点	yīdiǎn	one point
我	wǒ	I
至今	zhìjīn	to this day
还是	háishi	still
无法	wúfǎ	unable
习惯	xíguàn	to be used to

172.那就是乡下的厕所

那	nà	that
就	jiù	just
是	shì	is
乡下	xiāngxia	rural area
的	de	used after an attribute
厕所	cèsuǒ	toilet

173.农村的厕所不像城市里是建在房内的

农村	nóngcūn	village
的	de	used after an attribute
厕所	cèsuǒ	toilet
不	bù	not
像	xiàng	to be
城市	chéngshì	city
里	lǐ	inside

是	shì	is
建	jiàn	to build
在	zài	(to be) in
房	fáng	house
内	nèi	inside
的	de	used at the end of a declarative sentence for emphasis

174.而是单独建在外面

而是	érshì	rather
单独	dāndú	alone
建	jiàn	to build
在	zài	(to be) in
外面	wàimian	outside

175.我们家的厕所是在菜园里

我们	wǒmen	our
家	jiā	home
的	de	used to form a nominal expression
厕所	cèsuǒ	toilet
是	shì	is
在	zài	(to be) in
菜园	càiyuán	vegetable garden
里	lǐ	inside

176.一个小小的空间，里面一个洞

一	yī	one
个	gè	classifier for people or objects in general
小小	xiǎoxiǎo	very small
的	de	used after an attribute
空间	kōngjiān	space
里面	lǐmiàn	inside
一	yī	one
个	gè	classifier for people or objects in general
洞	dòng	hole

177. 又臭又恶心，夏天蚊子很多

又	yòu	both... and
臭	chòu	smelly
又	yòu	both... and
恶心	ěxīn	disgust
夏天	xiàtiān	summer
蚊子	wénzi	mosquito
很	hěn	quite
多	duō	a lot

178. 蹲在里面根本无法忍受

蹲	dūn	to squat / to stay (somewhere)
在	zài	(to be) in
里面	lǐmiàn	inside
根本	gēnběn	(not) at all

无法忍受 wúfǎrěnrshòu intolerable

179. 冬天又非常冷

冬天 dōngtiān winter

又 yòu also

非常 fēicháng extreme

冷 lěng cold

180. 特别是晚上半夜想上厕所了

特别 tèbié especially

是 shì is

晚上 wǎnshang night

半夜 bànyè midnight

想 xiǎng to want

上厕所 shàng cèsuǒ to go to toilet

了 le modal particle intensifying preceding clause

181. 外面一片漆黑，厕所里没有灯

外面 wàimian outside

一 yī one

片 piàn classifier for scenario, scene, feeling, atmosphere, sound
etc.

漆黑 qīhēi pitch-black

厕所 cèsuǒ toilet

里 lǐ inside

没有 méiyǒu to not have

灯	dēng	light
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182.我拿着手电筒一个人蹲在黑黑的厕所里

我	wǒ	I
拿	ná	to hold
着	zhe	aspect particle indicating action in progress
手电筒	shǒudiàntǒng	flashlight
一个人	yīgèrén	alone (without company)
蹲	dūn	to squat / to stay (somewhere)
在	zài	(to be) in
黑	hēi	dark
的	de	used after an attribute
厕所	cèsuǒ	toilet
里	lǐ	inside

183.脑子里想的都是恐怖画面

脑子	nǎozi	mind
里	lǐ	inside
想	xiǎng	to think
的	de	used to form a nominal expression
都	dōu	all
是	shì	is
恐怖	kǒngbù	frightful
画面	huàmiàn	scene / image

184.那年我19岁，思想单纯

那	nà	that
年	nián	year
我	wǒ	I
岁	suì	classifier for years (of age)
思想	sīxiǎng	thinking
单纯	dānchún	simple

185.没有什么远大理想

没有什么	méiyǒushénme	there's nothing ... about it
远大理想	yuǎndàlǐxiǎng	lofty ideal

186.在老家和家人生活了一年

在	zài	(located) at
老家	lǎojiā	hometown
和	hé	with
家人	jiārén	(one's) family
生活	shēnghuó	to live
了	le	completed action marker
一	yī	one
年	nián	year

187.渐渐习惯了这样的生活

渐渐	jiànjàn	gradually
习惯	xíguàn	to be used to

了	le	completed action marker
这样	zhèyàng	this kind of
的	de	used after an attribute
生活	shēnghuó	life

188.唯一的梦想是找一个好男人结婚生子

唯一	wéiyī	only
的	de	used after an attribute
梦想	mèngxiǎng	dream
是	shì	is
找	zhǎo	to try to find
一	yī	one
个	gè	classifier for people or objects in general
好	hǎo	good
男人	nánrén	a man
结婚	jiéhūn	to marry
生子	shēngzǐ	to give birth to a child or children

189.从此做一个快乐的家庭主妇

从此	cóngcǐ	from now on
做	zuò	to be
一	yī	one
个	gè	classifier for people or objects in general
快乐	kuàilè	happy
的	de	used after an attribute

家庭主妇	jiātfíngzhǔfù	housewife
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190. 所以我对相亲并不抵抗

所以	suǒyǐ	so
----	-------	----

我	wǒ	I
---	----	---

对	duì	towards
---	-----	---------

相亲 partner	xiāngqīn	arranged interview to evaluate a proposed marriage
---------------	----------	--

并不	bìngbù	emphatically not
----	--------	------------------

抵抗	dǐkàng	to resist
----	--------	-----------

191. 但这种当家庭主妇的思想并没有维持很久

但	dàn	but
---	-----	-----

这种	zhèzhǒng	this kind of
----	----------	--------------

当	dāng	to be
---	------	-------

家庭主妇	jiātfíngzhǔfù	housewife
------	---------------	-----------

的	de	used to form a nominal expression
---	----	-----------------------------------

思想	sīxiǎng	thinking
----	---------	----------

并	bìng	(not) at all
---	------	--------------

没有	méiyǒu	haven't
----	--------	---------

维持	wéichí	to maintain
----	--------	-------------

很	hěn	very
---	-----	------

久	jiǔ	(long) time
---	-----	-------------

192. 第二年我就改变主意了

第二	dì'èr	second
----	-------	--------

年	nián	year
我	wǒ	I
就	jiù	then
改变	gǎibiàn	to change
主意	zhǔyi	plan / decision
了	le	modal particle intensifying preceding clause

193. 因为待在老家实在太无聊了

因为	yīnwèi	because
待	dāi	to stay
在	zài	(located) at
老家	lǎojiā	hometown
实在	shízài	really
太	tài	too (much)
无聊	wúliáo	boring
了	le	modal particle intensifying preceding clause

194. 而且想到结婚后有了孩子

而且	érqiě	(not only ...) but also
想到	xiǎngdào	to think of
结婚	jiéhūn	to get married
后	hòu	after
有	yǒu	to have
了	le	completed action marker
孩子	háizi	child

195. 就会失去自由就觉得可怕

就	jiù	then
会	huì	will
失去	shīqù	to lose
自由	zìyóu	freedom
就	jiù	then
觉得	juéde	to feel
可怕	kěpà	fearful / horrible

196. 于是我决定要出去找工作

于是	yúshì	as a result
我	wǒ	I
决定	juéding	to decide (to do something)
要	yào	will
出去	chūqù	to go out
找	zhǎo	to try to find
工作	gōngzuò	job