

Mandarin Corner

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I Hate Getting My Period

00:00:04,466 --> 00:00:09,171

Hā luō, dàjiā hǎo! Huānyíng lái dào Mándarín Cǎojiǎo!

哈啰，大家好！欢迎来到 Mandarin Corner!

Hello, everybody! Welcome to Mandarin Corner!

00:00:11,210 --> 00:00:15,680

Bù zhīdào dàjiā néng bù néng kàn chū lái jīntiān wǒ kàn qǐ lái hěn pí bèi?

不知道大家能不能看出来今天我看起来很疲惫？

I don't know if you can tell that I look very exhausted.

00:00:15,680 --> 00:00:18,739

Érqiě wǒ liǎn shàng zhǎng le hěnduō dòu dòu

而且我脸上长了很多痘痘

and a lot of pimples on my face.

00:00:20,856 --> 00:00:29,521

Jīntiān wǒ xiǎng gēn dàjiā liáo de jiùshì nǚrén zuìdà de bēi'āi

今天我想跟大家聊的就是女人最大的悲哀

Today I want to talk about one of the most annoying aspects of being a woman.

00:00:31,403 --> 00:00:35,128

Bù zhīdào dàjiā juéde zuò nǚrén zuìdà de bēi'āi shì shénme?

不知道大家觉得做女人最大的悲哀是什么？

I don't know what you think is the difficult thing about being a woman?

00:00:35,128 --> 00:00:37,266

Duìyú wǒ lái shuō de huà,

对于我来说的话，

As far as I am concern,

00:00:37,951 --> 00:00:38,383

wǒ juéde

我觉得

I think

00:00:39,245 --> 00:00:43,872

Mùqián wéizhǐ, zuòwéi nǚrén zuìdà de bēi'āi jiùshì

目前为止，作为女人最大的悲哀就是

Up to now, I think the most difficult aspect of being a woman is..

00:00:43,872 --> 00:00:49,479

Měi gè yuè dōu xūyào jīnglì de yīcì màncháng ér tòngkǔ de

每个月都需要经历的一次漫长而痛苦的

Every month you need to go through a long and painful period.

00:00:50,969 --> 00:00:52,930

Nà jiùshì yuèjīng

那就是月经

It is having to go through a period.

00:00:53,831 --> 00:00:58,772

dāngránle, qíshí zài zhōngguó wǒmen yǒu hěnduō zhǒng shuōfǎ

当然了，其实在中国我们有很多种说法

Of course, in China we actually call the period many different names.

00:00:58,772 --> 00:01:05,085

Bǐrú shuō, yǒuyī zhǒng bǐjiào chángyòng de shuōfǎ jiùshì "lái dà yímā"

比如说，有一种比较常用的说法就是“来大姨妈”

For example, there is a common expression which is "my aunt comes".

00:01:05,085 --> 00:01:09,045

Suīrán wǒ bù zhīdào zhège dāncí cóng hé ér lái

虽然我不知道这个单词从何而来

Although I do not know where this phrase comes from.

00:01:11,241 --> 00:01:17,083

È ~dànshì ne, mùqián niánqīng rén bǐjiào jīngcháng yòng de jiùshì "lái dà yímā"

呃~但是呢，目前年轻人比较经常用的就是“来大姨妈”

Uh ~ "my aunt comes" is more often used by young people.

00:01:17,083 --> 00:01:19,592

Huòzhě shuō, wǒmen shuō

或者说，我们说

Or can we say that ...

00:01:19,592 --> 00:01:25,513

A ~ wǒ dùzi hǎo tòng a! Jīntiān wǒ "lái nàgèle"

啊~ 我肚子好痛啊! 今天我“来那个了”

my stomach hurts! Today my "THAT comes".

00:01:26,062 --> 00:01:31,081

Suǒyǐ shuō "lái nàgè", "lái dà yímā", "lái yuèjīng"

所以说“来那个”，“来大姨妈”，“来月经”

So we can say "that comes" "my aunt comes" and "my period comes"

00:01:32,061 --> 00:01:37,943

Dōu shì nǚrén měi gè yuè yīcì de nàgè, hēhē ~

都指女人每个月一次的那个，呵呵~

All this phrases refers to this event that comes to a woman every month.

00:01:37,943 --> 00:01:43,393

Qíshí wǒ xiǎng shuō de shì lái dà yímā zuì fánrén de jǐ jiàn shìqíng

其实我想说的是来大姨妈最烦人的几件事情

In fact, what I want to talk about is the most annoying things about having a period.

00:01:43,393 --> 00:01:48,412

Dì yī diǎn, dàjiā kěyǐ zhùyì dào wǒ de étóu shàngmiàn

第一点，大家可以注意到我的额头上面

First point is, you can notice what is on my forehead.

00:01:48,412 --> 00:01:52,686

Shì bùshì yǒu hěnduō dòu dòu?

是不是有很多痘痘？

Are there a lot of pimples?

00:01:52,686 --> 00:01:55,470

Hái yǒu (xiàbā) a ~ zhè yīcì méiyǒu zhǎng

还有（下巴）啊~ 这一次没有长

And on my chin, although this time I don't have any.

00:01:55,470 --> 00:02:01,508

Tōngcháng dehuà, xiàng zài wǒ de zuǐjiǎo zhōubiān dōu huì zhǎng dòu dòu 🙄

通常的话，像在我的嘴角周边都会长痘痘🙄

Usually, I get a lot of pimples around the corners of my mouth.

00:02:02,135 --> 00:02:05,311

Zhège jiùshì nǐ lái dà yímā zhīqián de yīxiē zhèngzhuàng

这个就是你来大姨妈之前的一些症状

This is some of the symptoms before your period comes.

00:02:07,468 --> 00:02:09,075

Wǒ hěn tǎoyàn, hǎo ma?

我很讨厌好吗？

I really hate it, ok?

00:02:10,252 --> 00:02:12,761

Suǒyǐ zhè shì yīdiǎn ràng wǒ hěn fán de

所以这是一点让我很烦的
But there is one point that makes me really upset.

00:02:13,428 --> 00:02:14,722

Hái yǒu yīgè jiùshì

还有一个就是

That is...

00:02:14,722 --> 00:02:19,427

Zài nǐ lái dà yímā zhīqián huòzhě shì lái dà yímā de shíhòu

在你来大姨妈之前或者是来大姨妈的时候

Before your period comes and during the period,

00:02:19,897 --> 00:02:22,368

Nǐ huì juéde xīnqíng hěn fánzào

你会觉得心情很烦躁

You will feel very irritable.

00:02:22,720 --> 00:02:25,622

Gǎnjué zhěnggè shìjiè dōu hěn bēi'āi!

感觉整个世界都很悲哀!

The whole world feels annoying!

00:02:25,740 --> 00:02:27,779

Gǎnjué zìjǐ de rénshēng hěn bēi'āi

感觉自己的人生很悲哀

I feel unhappy with my whole life!

00:02:29,308 --> 00:02:32,327

Bìngqiě duì suǒyǒu shìqíng dōu huì juéde hěn fánzào

并且对所有事情都会觉得很烦躁

And all things make me really upset!

00:02:32,327 --> 00:02:36,013

Érqiě hái shí bù shí de huì fā píqì

而且还时不时地会发脾气

And from time to time, I will lose my temper.

00:02:37,659 --> 00:02:40,326

Dāngránle, hái yǒu shēntǐ shàng de tòngkǔ

当然了，还有身体上的痛苦

Of course, my body also feels terrible.

00:02:40,326 --> 00:02:43,737

Jiùshì dùzi huì fēicháng de tòng! Nǐ zhīdào ma?

就是肚子会非常得痛！你知道吗？

My stomach feels really painful, you know?!

00:02:43,737 --> 00:02:48,599

Jiùshì, xiǎo dùzi, bǐrú shuō zhèlǐ, hěn tòng!

就是，小肚子，比如说这里，很痛！

Right here! Very painful!

00:02:48,599 --> 00:02:54,206

Suǒyǐ nǐ kàn jīntiān zhème rè de tiān, wǒ dōu xìzhe yīgè máoxiàn shān

所以你看今天这么热的天，我都系着一个毛线衫

So today even though it's very hot, I still have this sweater to protect myself in this area.

00:02:55,801 --> 00:03:01,408

Yīnwèi dùzi pángbiān hěn nánshòu, huì juéde hěn lěng

因为肚子旁边很难受，会觉得很冷

Because the area next to the stomach feels painful and a little cold.

00:03:01,408 --> 00:03:05,015

Ránhòu jiùshì, xūyào jīngcháng dānxīn

然后就是，需要经常担心

Also, you need to constantly worry.

00:03:05,015 --> 00:03:08,073

Bǐrú shuō zhè yīcì, wǒ yào qù huìzhōu

比如说这一次，我要去惠州

For example, I'm going to Huizhou soon.

00:03:08,073 --> 00:03:12,582

Dài xiàlìngyíng, dàgài yào qītiān de shíjiān

带夏令营，大概要七天的时间

I will be staying in a summer camp for probably 7 days.

00:03:12,582 --> 00:03:16,582

Wǒ jiù fēicháng dānxīn wǒ huì zài huìzhōu lái dà yímā

我就非常担心我会在惠州来大姨妈

I was very worried that my period was gonna come during this coming trip.

00:03:16,582 --> 00:03:21,405

Yīnwèi qùle huìzhōu dehuà wǒ huì xūyào pǎobù a, páshān a

因为去了惠州的话我会需要跑步啊，爬山啊

Because I will need to run and climb mountains over there.

00:03:21,405 --> 00:03:24,894

Nà rúguǒ wǒ lái dà yímā jiù huì hěn bù fāngbiàn

那如果我来大姨妈就会很不方便

So it would have been very inconvenient if my period had come during that time.

00:03:24,894 --> 00:03:28,070

Āi ~ suǒyǐ zuò nǚrén zhēn de hěn bēi'āi 🥹

哎~ 所以做女人真的很悲哀 🥹

So a woman's life is very difficult!

00:03:28,070 --> 00:03:29,952

Érqiě

而且

And

00:03:29,952 --> 00:03:33,089

Hái yǒu hěn fán de jiùshì

还有很烦的就是

another thing that is very annoying,

00:03:33,089 --> 00:03:37,794

dāng nǐ lái dà yímā de shíhòu nǐ yǒu hěnduō dōngxī shì bùnéng chī de

当你来大姨妈的时候你有很多东西是不能吃的

There are a lot of food you can't eat when you going through your period.

00:03:37,794 --> 00:03:39,677
Hái yǒu hěnduō shì shì bùnéng zuò de
还有很多事是不能做的
and a lot of things you can't do.

00:03:40,461 --> 00:03:43,872
Bǐrú shuō nǐ bùnéng hē kāfēi
比如说你不能喝咖啡
For example, you can't drink coffee.

00:03:43,872 --> 00:03:48,342
Suīrán wǒ gānggāng hēle, dànshì xiànzài wǒ dùzi hǎo tòng
虽然我刚刚喝了，但是现在我肚子好痛
Although I just drank some, now my stomach hurts!

00:03:49,753 --> 00:03:51,204
Nǐ bùnéng hē kāfēi
你不能喝咖啡
You can't drink coffee,

00:03:51,204 --> 00:03:55,596
Nǐ bùnéng hē chá, nǐ bùnéng hē liángshuǐ
你不能喝茶，你不能喝凉水
you can't drink tea, you can't drink cold water.

00:03:56,654 --> 00:03:58,968
Nǐ bùnéng chī liáng xìng de shuǐguǒ
你不能吃凉性的水果
You can't eat "cool" fruits,

00:03:59,007 --> 00:04:01,007
Nǐ bùnéng chī tài là de
你不能吃太辣的
you can't eat spicy food,

00:04:01,595 --> 00:04:03,359

Nǐ bùnéng chī tài suān de
你不能吃太酸的
you can't eat food that is too sour,

00:04:03,516 --> 00:04:06,575
fǎnzhèng suǒyǒu de dōngxī nǐ dōu bùnéng chī, hǎoxiàng
反正所有的东西你都不能吃, 好像
It feels like you can't eat anything!

00:04:06,575 --> 00:04:09,319
Zhǐyào nǐ lái dà yímā, nǐ jiù shà dōu bùnéng chīle
只要你来大姨妈, 你就啥都不能吃了
As long as your period last, there are many things you can't eat!

00:04:10,456 --> 00:04:12,691
Zuìhòu lái shuō xià bùnéng zuò de shìqíng
最后来说下不能做的事情
Lastly, let's talk about some things you can't do.

00:04:12,691 --> 00:04:15,083
Nǐ bùnéng xǐ tóu fǎ
你不能洗头发
You can't wash your hair,

00:04:15,083 --> 00:04:17,044
Yīnwèi nǐ xǐ tóu fǎ dehuà
因为你洗头发的话
because if you wash your hair,

00:04:17,044 --> 00:04:21,749
Hánqì huì jìnrù nǐ de tóu bù, ránhòu jìnrù nǐ de shēntǐ
寒气会进入你的头部, 然后进入你的身体
the coldness will get into your head, and then into your body (this is Chinese thinking)

00:04:21,749 --> 00:04:23,552
Zhèyàng nǐ de dùzi huì hěn tòng
这样你的肚子会很痛
When this happens, your stomach will hurt.

00:04:24,690 --> 00:04:26,650
Hái yǒu nǐ bùnéng xǐ lěngshuǐ zǎo
还有你不能洗冷水澡
Also, you can't take a cold shower,

00:04:27,434 --> 00:04:30,767
Nǐ bùnéng yòng liángshuǐ chōng nǐ de jiǎo
你不能用凉水冲你的脚
you can't flush your feet with cold water,

00:04:30,767 --> 00:04:32,963
Nǐ bùnéng pǎobù!
你不能跑步!
you can not jog!

00:04:34,570 --> 00:04:39,080
Gǎnjué nǐ lái dà yímā nǐ jiùshì bìng rén, shénme dōu bùnéng zuò
感觉你来大姨妈你就是病人，什么都不能做
It feels like you are sick if you are going through your period, you can't do anything!

00:04:40,060 --> 00:04:42,452
Shénme dōu bùnéng chī, shénme dōu bùnéng zuò
什么都不能吃，什么都不能做
You can't eat anything and you can't do anything!

00:04:42,452 --> 00:04:44,647
Nà zuò rén hái yǒu shé me lèqù a?
那做人还有什么乐趣啊?
So what is the joy of being alive?

00:04:44,647 --> 00:04:48,843
Suǒyǐ zuòwéi nǚrén de nǐmen, wǒ shēn biǎo tóngqíng
所以作为女人的你们，我深表同情
So my fellow women, I deeply sympathize with all of you!

00:04:48,921 --> 00:04:53,038

Zuòwéi nánrén de nǐmen, nǐmen yīnggāi hěn qìngxìng nǐ néng chéngwéi nánrén
作为男人的你们，你们应该很庆幸你能成为男人
If you are a man, you should feel happy you are a man!

00:04:53,038 --> 00:04:56,450
Yīnwèi nǐ bù xūyào jīnglì lái yuèjīng a!
因为你不需要经历来月经啊!
Because you don't need to go through a period!

00:04:56,450 --> 00:05:01,547
Nǐ bù xūyào jīnglì lái dà yímā la! Duō hǎo a!
你不需要经历来大姨妈啦！多好啊！
You don't need to experience all this! How lucky you are!

00:05:01,547 --> 00:05:03,899
Nà zhè yī qī jiù zhèyàng zile
那这一期就这样子了
So that's all for now.

00:05:03,899 --> 00:05:08,213
Rúguǒ nǐ xǐhuān wǒ de shìpín dehuà, yīdìng yào gěi wǒ yīgè zàn 👍 ó!
如果你喜欢我的视频的话，一定要给我一个赞👍哦！
If you like my video, please give me a "like"!

00:05:08,213 --> 00:05:13,310
Bìngqiě dìngyuè wǒmen de píndào-Mandarin Corner
并且订阅我们的频道 – Mandarin Corner
And subscribe to our channel - Mandarin Corner.

00:05:13,310 --> 00:05:16,211
A ~ dùzi hǎo tòng a!
啊～ 肚子好痛啊！
Ah! My stomach hurts!

00:05:18,407 --> 00:05:20,642
Bàibài
拜拜👋

Bye bye.