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day 25 how do you feel?

Chinese HSK 6 in 90 days
unit 4 · people & feelings

Say how you really feel, from anxious and gloomy to relieved, with the little adverbs that carry the mood.

Feelings are where small words do big work: 明明, 总算 and 干脆 tell people how you feel about what happened.

words

word	pinyin	meaning	example
恰好	qiàhǎo	just, as it happens	你来得恰好，我们正要吃饭。 You've come at just the right time: we're about to eat.
倒是	dàoshì	actually, though	这家{=(measure word)}店不大，菜倒是挺好吃的。 The place isn't big, but the food is actually pretty good.
干脆	gāncuì	just, simply; clear-cut	太晚了，我们干脆打车回家吧。 It's too late. Let's just take a taxi home.
明明	míngmíng	clearly, obviously (but…)	他明明很难过，却说自己没事。 He's clearly upset, but he says he's fine.
总算	zǒngsuàn	at long last, finally	下了一个星期的雨，今天总算晴了。 After a week of rain, it's finally sunny today.
悲伤	bēishāng	sad, grief-stricken	听到这个消息，她非常悲伤。 She was heartbroken when she heard the news.
悲观	bēiguān	pessimistic	别太悲观，事情没有你想的那么糟糕。 Don't be so pessimistic: things aren't as bad as you think.
欢乐	huānlè	joyful, happy	节日里到处都是欢乐的笑声。 During the holiday there's happy laughter everywhere.
痛快	tòngkuài	to your heart's content; frank	考完试，我们痛快地玩了一天。 After the exam we had a whole day of fun.
惊讶	jīngyà	surprised, amazed	听说他辞职了，大家都很惊讶。 Everyone was surprised to hear he'd quit.
大吃一惊	dàchīyījīng	to be taken aback	看到房间里那么多人，她大吃一惊。 She was taken aback to see so many people in the room.
吓	xià	to scare, frighten	你突然站{zhan4-3}在我后面，吓了我一跳！ You suddenly standing behind me made me jump!
恐惧	kǒngjù	fear, dread	他从小就对水有一种恐惧。 He's been afraid of water since he was little.
愤怒	fènnù	angry, furious	听到这样的回答，顾客非常愤怒。 The customer was furious at an answer like that.
焦虑	jiāolǜ	anxious	考试前，很多学生都会感到焦虑。 Lots of students feel anxious before exams.

不安	bùān	uneasy, worried	他一直没回消息，我心里|有点{==a bit, rather}不安。 He still hasn't replied, and I feel a bit uneasy.
担忧	dānyōu	to worry, be concerned	父母总是担忧孩子的健康。 Parents always worry about their children's health.
发愁	fāchóu	to fret, worry	他正在为房租发愁。 He's worrying about the rent.
愁	chóu	to worry	别愁了，办法总会有的。 Stop worrying: there's always a way.
灰心	huīxīn	discouraged, disheartened	失败一次没关系，别灰心。 One failure doesn't matter. Don't lose heart.
绝望	juéwàng	to despair	就算遇到再大的困难，也不要绝望。 However hard things get, don't give up hope.
沉重	chénzhòng	heavy (heart, burden)	听医生说完以后，他的心情很沉重。 His heart was heavy after the doctor had spoken.
单调	dāndiào	monotonous, dull	每天都做同样的事，生活|有点{==a bit, rather}单调。 Doing the same thing every day makes life a bit dull.
极为	jíwéi	extremely (written)	这个问题极为重要。 This issue is extremely important.

pattern mood adverbs: 明明, 总算, 干脆, 恰好, 倒是

who	明明 / 总算 / 干脆	what happens

These adverbs go before the verb and show how you feel about the facts. 明明 "clearly (but…)" complains that reality doesn't match; 总算 "at last" sighs with relief; 干脆 "just" makes a quick decision; 恰好 "as it happens" marks good timing; 倒是 "actually" turns against what you expected.

我明明把钥匙放在桌子上了，怎么不见了？ **wǒ míngmíng bǎ yàoshi fàng zài zhuōzi shàng le zěnme bújiàn le** I definitely put my keys on the table, so where have they gone?

你来得恰好，我正想给你打电话。 **nǐ lái de qiàhǎo wǒ zhèng xiǎng gěi nǐ dǎ diànhuà** Perfect timing: I was just about to ring you.

这部电影很欢乐，最后倒是有点悲伤。 **zhè bù diànyǐng hěn huānlè zuìhòu dàoshì yǒudiǎn bēishāng** The film is mostly joyful, but the end is actually rather sad.

下雨了，干脆在家看电影吧。 **xià yǔ le gāncuì zài jiā kàn diànyǐng ba** It's raining. Let's just watch a film at home.

dialogue anna can't sleep

anna 小明，我这几天特别焦虑，晚上一直睡不着。
Xiǎomíng wǒ zhè jǐ tiān tèbié jiāolǜ wǎnshang yìzhí shuì bu zháo · Xiaoming, I've been so anxious these last few days. I can't sleep at night.

xiaoming 怎么了？你一向很乐观，看到你这么发愁，我有点惊讶。
zěnme le nǐ yíxiàng hěn lèguān kàn dào nǐ zhème fāchóu wǒ yǒudiǎn jīngyà · What's up? You're always so positive. I'm surprised to see you this worried.

anna 下周要跟客户开会，我总担忧自己准备得不够好。
xià zhōu yào gēn kèhù kāihuì wǒ zǒng dānyōu zìjǐ zhǔnbèi de búgòu hǎo · I've got a client meeting next week, and I keep worrying I'm not prepared enough.

xiaoming 你明明准备了一个月，还担心什么？
nǐ míngmíng zhǔnbèi le yí gè yuè hái dānxīn shénme · You've been preparing for a whole month. What are you worried about?

anna 我也知道，可心里就是不安。一想到要用中文讲，我就有点恐惧。
wǒ yě zhīdào kě xīnlǐ jiùshì bùān yì xiǎng dào yào yòng Zhōngwén jiǎng wǒ jiù yǒudiǎn kǒngjù · I know, but I still feel uneasy. Just thinking about presenting in Chinese scares me a bit.

xiaoming 别说得这么沉重，又不是什么让人绝望的事。
bié shuō de zhème chénzhòng yòu bú shì shénme ràng rén juéwàng de shì · Don't make it sound so heavy. It's hardly the end of the world.

xiaoming 除非你自己放弃，否则谁也拦不住你。
chúfēi nǐ zìjǐ fàngqì fǒuzé shéi yě lán bu zhù nǐ · Unless you give up yourself, nobody can stop you.

anna 被你这么一说，我心里倒是轻松多了。
bèi nǐ zhème yì shuō wǒ xīnlǐ dàoshì qīngsōng duō le · Now that you put it like that, I actually feel a lot better.

xiaoming 那干脆今天别想工作了，我们痛快地吃一顿！
nà gāncuì jīntiān bié xiǎng gōngzuò le wǒmen tòngkuài de chī yí dùn · Then let's forget about work tonight and have a proper feast!

anna 好啊，我恰好也饿了。
hǎo a wǒ qiàhǎo yě è le · Sounds good. As it happens, I'm starving.

write it trace the grey, then write your own

悲
bēi
grief

讶
yà
surprised

吓
xià
to scare, frighten



忧 yōu worry											

good to know · 明明 almost always comes with a “but”: 他明明知道，却不说. If there’s no contrast, use 当然 or 很明显 instead. 干脆 also describes people: 他说话很干脆 “he gets straight to the point”. 倒 dào on its own is also an adverb of contrast: 你说得倒容易 “easy for you to say”, 东西不贵，味道倒不错 “it’s cheap, but actually tasty”.

Now you can tell a friend exactly how you feel, and hear the relief in 总算 when it’s over.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 26 missing someone

Chinese HSK 6 in 90 days
unit 4 · people & feelings

Talk about missing people and places, the years gone by and the wishes you carry.

Homesickness, nostalgia and hope come up in every real friendship, and in every Chinese song and film.

words

word	pinyin	meaning	example
孤独	gūdú	lonely, solitary	刚到国外的时候，我常常觉得很孤独。 When I first moved abroad, I often felt lonely.
寂寞	jìmò	lonely, lonesome	孩子们都搬走以后，老人觉得{有点|==a bit, rather}寂寞。 After the children all moved out, the old man felt a bit lonely.
思念	sīniàn	to miss, long for	每到过节，她就特别思念家人。 Every holiday she misses her family terribly.
怀念	huáiniàn	to look back fondly on	我很怀念上大学的那几年。 I really miss my university years.
怀	huái	arms, bosom; to keep in mind	孩子在妈妈怀里睡着{zhao2}了。 The child fell asleep in his mother's arms.
心爱	xīnài	beloved, treasured	这是我最心爱的一本书。 This is my most treasured book.
心疼	xīnténg	to feel for; to hate to see	看到孩子这么累，妈妈很心疼。 It hurt Mum to see her child so tired.
心底	xīndǐ	the bottom of one's heart	我从心底感谢你。 I thank you from the bottom of my heart.
心灵	xīnlíng	soul, inner self	音乐能给人的心灵带来安慰。 Music can bring comfort to the soul.
心目	xīnmù	mind, view (in 心目中)	在我心目中，她是最好的老师。 In my eyes, she's the best teacher there is.
心愿	xīnyuàn	wish, dream	带父母去旅行是我多年的心愿。 Taking my parents on a trip has been my wish for years.
向往	xiàngwǎng	to yearn for	很多年轻人向往大城市的生活。 Many young people dream of life in a big city.
渴望	kěwàng	to long for, crave	他渴望得到大家的理解。 He longs to be understood.
盼望	pànwàng	to look forward to	孩子们盼望着放暑假。 The children can't wait for the summer holidays.
期望	qīwàng	to expect; expectation	父母对他的期望很高。 His parents have high expectations of him.
欲望	yùwàng	desire	广告总是想让人产生购买的欲望。 Adverts always try to make you want to buy.
幻想	huànxiǎng	to dream, fantasise; fantasy	小时候，我常常幻想自己能飞。 As a child, I often dreamed I could fly.

时光	shíguāng	time, days (of one's life)	在北京的那段时光，我永远不会忘记。 I'll never forget that time in Beijing.
岁月	suìyuè	the years (passing)	岁月过得真快，孩子都上大学了。 The years fly by: the kids are already at university.
青春	qīngchūn	youth	青春只有一次，要好好珍惜。 You're only young once, so make the most of it.
委屈	wěiqu	wronged, hurt; to put upon	被老师误会了，他觉得很委屈。 He felt wronged when the teacher misunderstood him.
可怜	kělián	pitiful; to pity	这只小狗又冷又饿，真可怜。 This little dog is cold and hungry, poor thing.
白白	báibái	in vain, for nothing	他没来，我白白等了一个小时。 He didn't come: I waited an hour for nothing.
默默	mòmò	silently, quietly	她一直在背后默默地支持我。 She's always quietly supported me behind the scenes.

pattern 那倒（也）是: "that's true, i suppose"

someone's point | **那倒（也）是** | **，不过...**

那倒是 or 那倒也是 agrees with someone, a little reluctantly: "fair point". It often comes before a 不过 or 可是 that keeps your own view. Spoken only.

"一个人住挺寂寞的吧？""那倒也是，不过很自由。" **yí gè rén zhù tǐng jìmò de ba nà dào yě shì búguò hěn zìyóu** "Living on your own must get lonely." "I suppose so, but it's very free."

"现在的广告总让人有购买的欲望。""那倒是，所以我很少看。" **xiànzài de guǎnggào zǒng ràng rén yǒu gòumǎi de yùwàng nà dàoshì suǒyǐ wǒ hěn shǎo kàn** "Ads always make you want to buy things." "True, which is why I hardly watch them."

"这么贵，买了也是白白浪费钱。""那倒也是，算了，不买了。" **zhème guì mǎi le yě shì báibái làngfèi qián nà dào yě shì suànle bù mǎi le** "It's so pricey, it'd just be wasted money." "Fair enough. Forget it, I won't buy it."

dialogue a birthday far from home

teacher wang 安娜，你怎么一个人默默地坐在这儿?
Ānnà nǐ zěnme yí gè rén mòmò de zuò zài zhèr · Anna, why are you sitting here all alone without a word?

anna 今天是我妈妈的生日，我特别思念家人。
jīntiān shì wǒ māma de shēngrì wǒ tèbié sīniàn jiārén · It's my mum's birthday today. I miss my family so much.

teacher wang 原来是这样。一个人在国外，难免会觉得寂寞。
yuánlái shì zhèyàng yí gè rén zài guó wài nánmiǎn huì juéde jìmò · I see. On your own abroad, it's natural to feel lonely.

anna 我本来盼望年底回英国，可公司早不忙晚不忙，就在年底最忙。
wǒ běnlái pànwàng niándǐ huí Yīngguó kě gōngsī zǎo bù máng wǎn bù máng jiù zài niándǐ zuì máng · I was hoping to go back to the UK at the end of the year, but of all times, that's when work is busiest.

teacher wang 那就跟家人视频吧。看到你，他们也会放心一些。
nà jiù gēn jiārén shìpín ba kàn dào nǐ tāmen yě huì fàngxīn yìxiē · Then video-call your family. Seeing you will put their minds at ease.

anna 我们刚视频完。我妈妈总是心疼我，说我太瘦了。
wǒmen gāng shìpín wán wǒ māma zǒngshì xīnténg wǒ shuō wǒ tài shòu le · We just did. Mum always fusses over me and says I'm too thin.

teacher wang 所有的父母都一样。在他们心目中，你永远是个孩子。
suǒyǒu de fùmǔ dōu yíyàng zài tāmen xīnmù zhōng nǐ yǒngyuǎn shì gè háizi · Parents are the same everywhere. In their eyes you'll always be a child.

anna 那倒也是。小时候我总渴望长大，现在倒是怀念那时候了。
nà dào yě shì xiǎoshíhou wǒ zǒng kěwàng zhǎng dà xiànzài dàoshì huáiniàn nà shíhou le · That's true. As a kid I longed to grow up, and now I miss those days.

anna 您看，这是我最心爱的一张照片，是我十岁生日拍的。
nín kàn zhè shì wǒ zuì xīnài de yì zhāng zhàopiàn shì wǒ shí suì shēngrì pāi de · Look, this is my favourite photo. It was taken on my tenth birthday.

teacher wang 照片里的你笑得真甜。你的心愿一定会实现的。走，我请你喝杯咖啡!
zhàopiàn lǐ de nǐ xiào de zhēn tián nǐ de xīnyuàn yídìng huì shíxiàn de zǒu wǒ qǐng nǐ hē bēi kāfēi · What a sweet smile. Your wish will come true one day. Come on, coffee's on me!

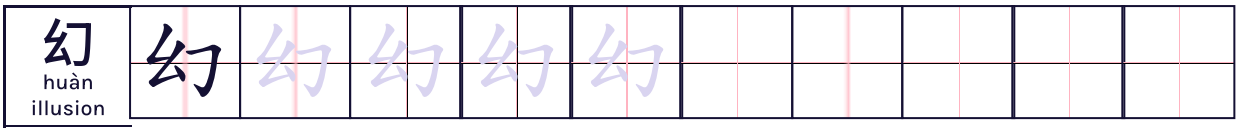
write it trace the grey, then write your own

愁
chóu
to worry

孤
gū
alone

盼
pàn
to long for





good to know · 想 is the everyday “miss”: 我想你. 思念 and 怀念 are deeper and more written: 思念 a person far away, 怀念 a time that has gone. 心目中 always comes as 在…心目中, “in someone’s eyes”. 宽 “wide” is also a verb, “to ease”: 宽心 or 宽宽心 “set your mind at ease”: 你宽宽心，别想太多了.

Now you can tell a friend that you miss home, and understand them when they miss theirs.
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day 27 what are they like?

Describe what people are like, inside and out, and tease a friend about how they're acting.

Describing people is half of all gossip, and the best way to show you really see someone.

words

word	pinyin	meaning	example
瞧	qiáo	to look, see (spoken)	你瞧，外面下雪了！ Look, it's snowing outside!
大方	dàfang	generous; natural, poised	他对朋友很大方，经常请大家吃饭。 He's generous with friends and often treats everyone to dinner.
小气	xiǎoqi	stingy; petty	别这么小气，借我用一下嘛。 Don't be so stingy. Let me borrow it for a bit!
老实	lǎoshi	honest; well-behaved	他是个老实人，从来不骗人。 He's an honest man who never lies to anyone.
谦虚	qiānxū	modest	她成绩那么好，还总是很谦虚。 Her grades are so good, and she's still always modest.
高尚	gāoshàng	noble	帮助别人是一种高尚的行为。 Helping others is a noble thing to do.
朴素	pǔsù	plain, simple	她穿得很朴素，但很有气质。 She dresses simply, but she has real presence.
平凡	píngfán	ordinary	他只是一个平凡的人，却做了不平凡的事。 He's just an ordinary man, but he did something extraordinary.
天真	tiānzhēn	innocent, naive	孩子天真的问题让大家都笑了。 The child's innocent question made everyone laugh.
单纯	dānchún	simple, pure; naive	她的想法很单纯，容易相信别人。 She sees things simply and trusts people easily.
淘气	táoqì	naughty, mischievous	我小时候特别淘气，常常让妈妈生气。 I was really naughty as a kid and often made my mum cross.
温和	wēnhé	mild, gentle	王老师说话总是很温和。 Teacher Wang always speaks gently.
温柔	wēnróu	gentle, tender	她对孩子说话特别温柔。 She speaks very tenderly to children.
气质	qìzhì	presence, bearing	这位老人很有气质。 This old gentleman has real presence.
外表	wàibiǎo	appearance, looks	不要只{zhi3}看一个|人的外表。 Don't judge people by their looks alone.
模样	múyàng	look, appearance	他长{zhang3}大了，模样越来越像他爸爸。 He's grown up and looks more and more like his dad.
头脑	tóunǎo	brains, mind	她很有头脑，什么问题都能解决。 She's got real brains: she can solve any problem.

眼光	yǎnguāng	eye, taste, judgement	这件衣服真好看，你眼光不错！ This top looks great: you've got good taste!
活跃	huóyuè	active, lively	他在课堂上很活跃，经常回答问题。 He's very active in class and often answers questions.
活力	huólì	energy, vitality	年轻人总是充满活力。 Young people are always full of energy.
有劲	yǒujìn	strong, energetic; fun	他七十岁了，走路还很有劲。 He's seventy and still walks with a spring in his step.
呆	dāi	blank, stunned; dull	听到这个消息，他一下子呆住了。 When he heard the news, he froze on the spot.
崇拜	chóngbài	to idolise, look up to	他从小就崇拜那位科学家。 He's looked up to that scientist since he was a boy.
听话	tīnghuà	obedient, well-behaved	大白很听话，叫它坐它就坐。 Dabai is very obedient: tell him to sit and he sits.

pattern 瞧你急的: "look how worked up you are!"

看 / 瞧 **你 / 他** **state (急, 高兴, 累)** **的**

看 or 瞧, then a person, then how they look, then 的: 瞧他急的, "look how worried he is". It comments on a state you can see, teasing or caring, between people who are close. Often a second clause says what to do about it.

瞧你急的，先喝口水。 **qiáo nǐ jí de xiān hē kǒu shuǐ** Look at you, all in a state. Have some water first.

看他高兴的，嘴都合不上了。 **kàn tā gāoxìng de zuǐ dōu hé bu shàng le** Look how happy he is: he can't stop grinning.

看你呆的，叫你半天都没听见。 **kàn nǐ dāi de jiào nǐ bàntiān dōu méi tīngjiàn** Look at you, miles away! I've been calling you for ages.

dialogue photos from campus

little sister 安娜，你瞧，这是我们班的照片！
Ānnà nǐ qiáo zhè shì wǒmen bān de zhàopiàn · Anna, look, this is a photo of my class!

anna 哇，这张照片把大家的活力都拍出来了！笑得最开心的是谁？
wā zhè zhāng zhàopiàn bǎ dàjiā de huólì dōu pāi chulai le xiào de zuì kāixīn de shì shéi · Wow, this photo really captures everyone's energy! Who's the one laughing the most?

little sister 那是我的好朋友。她特别活跃，也很大方，买了零食总分给大家。
nà shì wǒ de hǎo péngyou tā tèbié huóyuè yě hěn dàfang mǎi le língshí zǒng fēn gěi dàjiā · That's my best friend. She's really lively and generous: whenever she buys snacks, she shares them.

anna 旁边这个男生呢？看起来很老实。
pángbiān zhège nánshēng ne kàn qǐlai hěn lǎoshi · And the boy next to her? He looks very well-behaved.

little sister 他啊，看起来又老实又天真，其实特别淘气，经常跟老师开玩笑。
tā a kàn qǐlai yòu lǎoshi yòu tiānzhēn qíshí tèbié táoqì jīngcháng gēn lǎoshī kāi wánxiào · Him? He looks so good and innocent, but he's really cheeky. He's always joking with the teachers.

anna 那你们的教授呢？
nà nǐmen de jiàoshòu ne · And your professor?

little sister 她很温和，也很谦虚，是一个特别高尚的人，我很崇拜她。
tā hěn wēnhé yě hěn qiānxū shì yí gè tèbié gāoshàng de rén wǒ hěn chóngbài tā · She's gentle and modest, a truly good person. I really look up to her.

anna 瞧你激动的！你是不是也想当教授？
qiáo nǐ jīdòng de nǐ shì bu shì yě xiǎng dāng jiàoshòu · Look how excited you are! Do you want to be a professor too?

little sister 得了吧，我可没那个头脑。我还是做个平凡的人吧。
déle ba wǒ kě méi nàge tóunǎo wǒ háishi zuò gè píngfán de rén ba · Come off it, I haven't got the brains. I'll stick to being ordinary.

anna 平凡也很好啊。不过你眼光不错，交的朋友都挺好的。
píngfán yě hěn hǎo a búguò nǐ yǎnguāng búcuò jiāo de péngyou dōu tǐng hǎo de · Ordinary is fine! But you've got good judgement: your friends are all lovely.

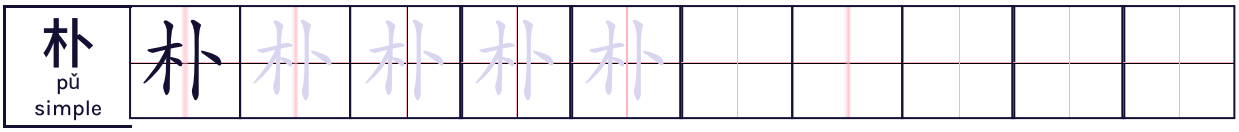
write it trace the grey, then write your own

委
wěi
to bend

瞧
qiáo
to look, see (spoken)

尚
shàng
to esteem





good to know · 老实 is praise for honesty, but 太老实 can mean “too easily fooled”. Context decides. 小气 is a common, gentle tease among friends: 别这么小气！ “don’t be so stingy!” 土 “earth, soil” also means “unfashionable, a bit rustic”: 这件衣服太土了. It’s a tease, so keep it for friends.

Next time a friend is flustered, try 瞧你急的 with a smile: it says “I see you, calm down” in three words.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 28 getting along

Talk about manners, visits and trust, and catch a friend out with a playful 好你个....

Knowing how to visit, address people and keep face is what makes you a welcome guest in China.

words

word	pinyin	meaning	example
交际	jiāojì	to socialise	她很会交际，到哪儿都能交到朋友。 She's good at socialising and makes friends wherever she goes.
打交道	dǎjiāodao	to deal with (people)	做销售每天都要跟不同的人打交道。 In sales you deal with different people every day.
来往	láiwǎng	to keep in touch, have dealings	毕业以后，我们还一直有来往。 We've stayed in touch since we graduated.
拜访	bàifǎng	to pay a visit	过年的时候，我们去拜访了王老师。 At New Year we paid Teacher Wang a visit.
好客	hàokè	hospitable	这里的人非常好客，一定要请我们吃饭。 People here are really hospitable and insisted on treating us to a meal.
周到	zhōudào	thoughtful, considerate	你想得真周到，连雨伞都准备好了。 You think of everything: you've even brought umbrellas.
称呼	chēnghu	to address; form of address	我应该怎么称呼您? How should I address you?
场合	chǎnghé	occasion, situation	在正式场合，最好穿得正式一点。 On formal occasions it's best to dress smartly.
面子	miànzi	face, pride	他很要面子，从来不承认自己错了。 He cares a lot about face and never admits he's wrong.
规矩	guīju	rules, manners	每个家庭都有自己的规矩。 Every family has its own rules.
气氛	qìfēn	atmosphere	晚会的气氛特别热闹。 The atmosphere at the party was really lively.
氛围	fēnwéi	atmosphere, ambience	这家{=(measure word)}书店的氛围很轻松。 This bookshop has a relaxed feel.
好感	hǎogǎn	good impression, liking	第一次见面，我就对他很有好感。 I liked him from the moment we first met.
亲密	qīnmì	close, intimate	她们是从小一起长{zhang3}大的亲密朋友。 They're close friends who grew up together.
同伴	tóngbàn	companion	出去爬山最好有同伴。 It's best to go hiking with a companion.
大伙儿	dàhuǒr	everyone, all of us (spoken)	大伙儿一起来帮忙吧! Come on, everyone, let's all help out!
信赖	xìnlài	to trust	他是一个值得信赖的朋友。 He's a friend you can trust.

依赖	yīlài	to depend on	现在很多人太依赖手机了。 These days lots of people depend too much on their phones.
赖	lài	to blame; to rely on; to stay on	这件事不能全赖他。 You can't blame it all on him.
承诺	chéngnuò	to promise; commitment	他承诺一定会按时完成。 He promised he'd finish on time.
诚信	chéngxìn	honesty, integrity	做生意最重要的是诚信。 In business, integrity matters most.
回报	huíbào	to repay; return	父母为我们付出了很多，我们应该好好回报他们。 Our parents gave us so much; we should repay them.
感激	gǎnjī	grateful	我非常感激你那时候帮了我。 I'm so grateful you helped me back then.
待	dài	to treat (people)	她待{dai4-6}人很热情。 She treats people warmly.

pattern 好你个...！ "why, you...!"

好 | 你个 | person | ，what they did

好你个 + name catches someone out, half scolding, half laughing: 好你个小明！ "Why, you rascal, Xiaoming!" Then say what they did. Use it only with people you know well, or with pets.

好你个大白，又把我的鞋咬坏了！ **hǎo nǐ gè Dàbái yòu bǎ wǒ de xié yǎo huài le** Dabai, you rascal, you've chewed my shoe again!

好你个小明，你承诺过的事又忘了！ **hǎo nǐ gè Xiǎomíng nǐ chéngnuò guo de shì yòu wàng le** Xiaoming, you! You've forgotten what you promised again!

好你个妹妹，偷偷把账单付了！ **hǎo nǐ gè mèimei tōutōu bǎ zhàngdān fù le** You sneaky thing, you secretly paid the bill!

dialogue a visit to teacher wang

anna 第一次来王老师家拜访，我有点紧张。
dì yī cì lái Wánglǎoshī jiā bàifǎng wǒ yǒudiǎn jǐnzhāng · It's my first visit to Teacher Wang's home. I'm a bit nervous.

xiaoming 别担心，王老师特别好客。我们来往这么多年了，我最了解她。
bié dānxīn Wánglǎoshī tèbié hàokè wǒmen láiwǎng zhème duō nián le wǒ zuì liǎojiě tā · Don't worry, she's very hospitable. We've known each other for years.

teacher wang 欢迎欢迎！快进来，大伙儿都在等你们呢。
huānyíng huānyíng kuài jinlai dàhuǒr dōu zài děng nǐmen ne · Welcome! Come in, everyone's waiting for you.

anna 王老师，您准备得真周到！您家的氛围真温暖。
Wánglǎoshī nín zhǔnbèi de zhēn zhōudào nín jiā de fēnwéi zhēn wēnnuǎn · Teacher Wang, you've thought of everything! Your home feels so warm.

teacher wang 今天不是正式场合，没那么多规矩，大家随便坐，气氛轻松一点。
jīntiān bú shì zhèngshì chǎnghé méi nàme duō guīju dàjiā suíbiàn zuò qìfēn qīngsōng yìdiǎn · It's not a formal occasion. No rules: sit anywhere and relax.

anna 我刚来北京的时候，什么都依赖您。我一直很感激您。
wǒ gāng lái Běijīng de shíhou shénme dōu yīlài nín wǒ yìzhí hěn gǎnjī nín · When I first came to Beijing, I relied on you for everything. I've always been grateful.

teacher wang 你学得这么认真，就是对我最好的回报。
nǐ xué de zhème rènzhēn jiùshì duì wǒ zuìhǎo de huíbào · The way you've studied is the best thanks I could have.

teacher wang 哎，好你个小明，还没开饭，你就先吃了三个饺子！
āi hǎo nǐ gè Xiǎomíng hái méi kāi fàn nǐ jiù xiān chī le sān gè jiǎozi · Hey! Why, Xiaoming, we haven't even started and you've already had three dumplings!

xiaoming 这可不能赖我，您做的饺子太香了！
zhè kě bù néng lài wǒ nín zuò de jiǎozi tài xiāng le · You can't blame me, your dumplings smell too good!

write it trace the grey, then write your own

凡
fán
ordinary

呆
dāi
blank, stunned; dull

氛
fēn
atmosphere

good to know · When you visit a Chinese home, bring a small gift such as fruit or tea, and expect your host to insist you eat more. 面子 is face: your standing in others' eyes. 给面子 is showing someone respect; 没面子 is losing face.

You can now be a guest who says the right things, and tease your friends like a local.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 29 arguing and making up

Describe a quarrel, say how it made people feel, and make up.

Every friendship and family has rows. Being able to explain and apologise in Chinese is a real-life skill.

words

word	pinyin	meaning	example
吵架	chǎojià	to quarrel, have a row	他们昨天吵架了，今天谁也不跟谁说话。 They had a row yesterday, and today they're not speaking.
争吵	zhēngchǎo	to argue, quarrel	为了一点小事争吵，真不值得。 It's really not worth arguing over little things.
打架	dǎjià	to fight, come to blows	两个孩子为了一个玩具打架了。 The two kids fought over a toy.
嘲笑	cháoxiào	to laugh at, mock	不要嘲笑别人的缺点。 Don't make fun of other people's flaws.
指责	zhǐzé	to blame, criticise	出了问题，不要只{zhi3}会指责别人。 When something goes wrong, don't just blame others.
嫌	xián	to dislike, mind	他嫌这家{=(measure word)}饭馆太贵。 He thinks this restaurant is too expensive.
恨	hèn	to hate; to regret	我恨自己当时太冲动了。 I hate myself for being so rash back then.
狠	hěn	harsh, ruthless; firmly	这次老师狠狠地批评了他。 This time the teacher gave him a real telling-off.
逼	bī	to force, press	父母不应该逼孩子学自己不喜欢的东西。 Parents shouldn't force children to learn things they don't like.
强迫	qiǎngpò	to force, compel	你不想去就算了，没人强迫你。 If you don't want to go, fine. Nobody's forcing you.
妨碍	fángài	to get in the way of	对不起，妨碍你工作了。 Sorry to interrupt your work.
干扰	gānrǎo	to disturb, interfere	手机的声音会干扰别人学习。 Phone noise can disturb other people studying.
困扰	kùnrǎo	to trouble, bother	这个问题困扰了我很久。 This problem has been bothering me for ages.
误解	wùjiě	to misunderstand	你误解我的意思了。 You've misunderstood what I meant.
认错	rèncuò	to admit a mistake, apologise	他终于向妈妈认错了。 He finally said sorry to his mum.

为难	wéinán	awkward; to make things hard	你别为难他了，他也没办法。 Don't give him a hard time: there's nothing he can do.
尴尬	gāngà	awkward, embarrassing	叫错了别人的名字，真尴尬。 Calling someone by the wrong name is so embarrassing.
不耐烦	bùnàifán	impatient	等了半天，他开始{==有点 a bit, rather}不耐烦了。 After waiting so long, he started getting impatient.
冲动	chōngdòng	impulsive; impulse	生气的时候不要冲动。 Don't act on impulse when you're angry.
疑惑	yíhuò	puzzled; doubt	她疑惑地看着我，不知道我在说什么。 She looked at me, puzzled, not knowing what I meant.
看不起	kànbuqǐ	to look down on	不要看不起任何一种工作。 Never look down on any kind of job.
看得起	kàndeqǐ	to think highly of	谢谢你看得起我，把这么重要的事交给我。 Thank you for trusting me with something so important.
当面	dāngmiàn	face to face	有问题我们当面说清楚吧。 If there's a problem, let's talk it through face to face.
顿时	dùnshí	at once, suddenly	听到大家的笑声，他的脸顿时红了。 When he heard everyone laugh, his face instantly went red.

pattern 这件事把他急坏了: 把 + the person affected

event / thing | 把 | person | feeling + result

Here the subject is an event or thing, and the person after 把 is the one it affects: 这件事把他急坏了, "this business drove him frantic". After the person comes a feeling verb plus a result: 气坏了, 吓了一跳, 累坏了.

这个消息把大家吓了一跳。 zhège xiāoxi bǎ dàjiā xià le yí tiào The news gave everyone a fright.

这么多作业把孩子累坏了。 zhème duō zuòyè bǎ háizi lèi huài le All that homework wore the kids out.

一场误会把两个好朋友弄得很尴尬。 yì chǎng wùhuì bǎ liǎng gè hǎo péngyou nòng de hěn gāngà A misunderstanding made things awkward between two good friends.

dialogue too loud!

xiaoming 妹妹，你能不能把那扇门关上？你的音乐一直干扰我工作！
mèimei nǐ néng bu néng bǎ nà shàn mén guān shàng nǐ de yīnyuè yìzhí gānrǎo wǒ gōngzuò · Can you shut that door? Your music keeps disturbing my work!

little sister 你嫌吵就去别的房间啊，干吗逼我关音乐？
nǐ xián chǎo jiù qù biéde fángjiān a gàn ma bī wǒ guān yīnyuè · If it's too loud for you, go to another room. Why force me to turn it off?

xiaoming 你总是这样！上次我当面说你，你还嘲笑我像个老人。
nǐ zǒngshì zhèyàng shàng cì wǒ dāngmiàn shuō nǐ nǐ hái cháoxiào wǒ xiàng gè lǎorén · You're always like this! Last time I told you to your face, you laughed and said I was like an old man.

little sister 是你先指责我的！你根本看不起我的爱好。
shì nǐ xiān zhǐzé wǒ de nǐ gēnběn kànbuqǐ wǒ de àihào · You started blaming me first! You look down on everything I like.

ms zhang 你们俩又在吵架？声音那么大，把大白都吓跑了。
nǐmen liǎ yòu zài chǎojià shēngyīn nàme dà bǎ Dàbái dōu xià pǎo le · Are you two rowing again? You're so loud you've scared Dabai away.

xiaoming 妈妈，她的音乐太吵了，这个问题困扰我好几天了。
māma tā de yīnyuè tài chǎo le zhège wèntí kùnrǎo wǒ hǎo jǐ tiān le · Mum, her music is too loud. It's been bothering me for days.

ms zhang 小明，妹妹在家学习也不容易，你别为难她。妹妹，你也别冲动。
Xiǎomíng mèimei zài jiā xuéxí yě bù róngyì nǐ bié wéinán tā mèimei nǐ yě bié chōngdòng · Xiaoming, it's not easy for her studying at home either, so don't give her a hard time. And you, calm down.

xiaoming 好吧，是我态度不好。妹妹，我向你认错。
hǎo ba shì wǒ tàidù bù hǎo mèimei wǒ xiàng nǐ rèncuò · All right, I was out of line. Sorry, sis.

little sister 听你这么说，我的气顿时就没了。以后我戴耳机，不妨碍你工作。
tīng nǐ zhème shuō wǒ de qì dùnshí jiù méi le yǐhòu wǒ dài ěrjī bù fángài nǐ gōngzuò · Hearing that, I'm not cross any more. I'll wear headphones from now on, so I won't get in your way.

ms zhang 这就对了。一家人有什么误解，说开了就好，别再争吵了。
zhè jiù duì le yì jiā rén yǒu shénme wùjiě shuō kāi le jiù hǎo bié zài zhēngchǎo le · That's more like it. If family members misunderstand each other, talk it out. No more arguing.

write it trace the grey, then write your own

恨
hèn
to hate; to regret

迫
pò
to press

妨
fáng
to hinder

good to know · 吵架 is a row with words; 打架 is a fight with fists. 争吵 is the more written word for arguing. To make up, say 是我不对 “it was my fault” or 我向你道歉 “I apologise to you”.

Rows happen. Now you can explain what went wrong, and say sorry in a way that actually lands.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 30 keep going

Talk about setbacks and determination, praise someone, and say “what’s done is done”.

Encouraging a friend after a failure is one of the kindest things you can do in any language.

words

word	pinyin	meaning	example
挫折	cuòzhé	setback	人生中谁都会遇到挫折。 Everyone hits setbacks in life.
艰难	jiānnán	hard, difficult	那几年，他们的生活非常艰难。 Life was very hard for them in those years.
艰辛	jiānxīn	hardship; hard	创业的路很艰辛。 Starting a business is a hard road.
考验	kǎoyàn	to test; a trial	这次比赛对他是一个很大的考验。 This match is a big test for him.
忍受	rěnshòu	to bear, endure	这里吵得让人无法忍受。 It’s unbearably noisy here.
顽强	wánqiáng	tenacious	她顽强地坚持到了最后。 She stuck it out to the very end.
坚定	jiāndìng	firm, steadfast	他的态度很坚定，谁也说服不了{liao3-4}他。 His mind is made up: nobody can talk him round.
坚决	jiānjué	resolute, firmly	我坚决反对这个计划。 I’m firmly against this plan.
勇于	yǒngyú	to dare to, be brave in	我们要勇于承认自己的错误。 We should have the courage to admit our mistakes.
冒险	màoxiǎn	to take a risk; adventure	这样做太冒险了，再想想吧。 That’s too risky. Think it over again.
冒	mào	to risk, brave; to give off	他冒着大雨去车站接我。 He braved the heavy rain to meet me at the station.
闯	chuǎng	to venture out; to rush	他二十岁就一个|人去大城市闯了。 At twenty he went off on his own to make it in the big city.
摆脱	bǎituō	to break free of	运动帮助她摆脱了焦虑。 Exercise helped her shake off her anxiety.
脆弱	cuìruò	fragile, vulnerable	人在生病的时候，心理会比较脆弱。 When you’re ill, you feel more vulnerable.
勉强	miǎnqiǎng	reluctantly; barely; to force	不想吃就别勉强了。 If you don’t want to eat it, don’t force yourself.
一帆风顺	yīfānfēngshùn	plain sailing	人生不可能一帆风顺。 Life is never plain sailing.
鼓舞	gǔwǔ	to inspire, encourage	她的故事鼓舞了很多人。 Her story inspired many people.

佩服	pèifú	to admire	我真佩服你，每天早上六点起床跑步。 I really admire you, getting up at six every morning to run.
赞赏	zànshǎng	to appreciate, praise	经理很赞赏他的工作态度。 The manager really values his attitude to work.
夸	kuā	to praise; to boast	老师夸她中文说得好。 The teacher praised her Chinese.
夸奖	kuājiǎng	to praise	被大家夸奖，他有点{==a bit, rather}不好意思。 He was a bit embarrassed when everyone praised him.
夸张	kuāzhāng	exaggerated	你说得太夸张了吧！ You're exaggerating!
自豪	zìháo	proud	我为我的家乡感到自豪。 I'm proud of my hometown.
信念	xìnniàn	belief, conviction	正是这个信念让他坚持了下来。 It was this belief that kept him going.

pattern 输了就输了: what's done is done

X了 就 X了 ，没什么 / 有什么...

Say the same verb with 了 on both sides of 就: 输了就输了, "we lost, so we lost". It accepts what has happened and moves on. A second part usually says it doesn't matter, or what to do next.

错过了就错过了，我们冒着雨走过去吧。 **cuòguò le jiù cuòguò le wǒmen mào zhe yǔ zǒu guoqu ba**
We've missed it, so what. Let's walk there in the rain.

失败了就失败了，冒险总比什么都不做好。 **shībài le jiù shībài le màoxiǎn zǒng bǐ shénme dōu bú zuò hǎo** If it fails, it fails. Taking a risk beats doing nothing.

说了就说了，我不后悔。 **shuō le jiù shuō le wǒ bú hòuhuǐ** I said it and that's that. I don't regret it.

dialogue fifth place

anna 妹妹，演讲比赛的结果出来了吗？
mèimei yǎnjiǎng bǐsài de jiéguǒ chūlái le ma · So, are the speech contest results out?

little sister 出来了，我只得了第五名。准备了三个月，我真是累透了。
chūlái le wǒ zhǐ dé le dì wǔ míng zhǔnbèi le sān gè yuè wǒ zhēn shì lèi tòu le · Yes. I only came fifth. Three months of preparation, and I'm worn out.

xiaoming 输了就输了，有什么大不了的？你敢参加比赛，就说明你勇于挑战自己。
shū le jiù shū le yǒu shénme dà bu liǎo de nǐ gǎn cānjiā bǐsài jiù shuōmíng nǐ yǒngyú tiǎozhàn zìjǐ · So you lost. Big deal! Entering at all shows you dare to push yourself.

little sister 哥哥，你别勉强安慰我了。我知道自己太脆弱，就是无法忍受失败。
gēge nǐ bié miǎnqiǎng ānwèi wǒ le wǒ zhīdào zìjǐ tài cuìruò jiùshì wúfǎ rěnshòu shībài · Don't force yourself to comfort me. I know I'm too fragile: I just can't stand failing.

anna 谁的人生都不是一帆风顺的。我刚来中国的时候，也遇到过很多挫折。
shéi de rénshēng dōu bú shì yìfān fēngshùn de wǒ gāng lái Zhōngguó de shíhou yě yùdào guo hěn duō cuòzhé · Nobody's life is plain sailing. When I first came to China, I had lots of setbacks too.

little sister 真的吗？大家都夸你很顽强。
zhēn de ma dàjiā dōu kuā nǐ hěn wánqiáng · Really? Everyone says you're so tough.

anna 是一个信念让我摆脱了那段艰难的日子：每一次失败都是一次考验。
shì yí gè xìnniàn ràng wǒ bǎituō le nà duàn jiānnán de rìzi měi yí cì shībài dōu shì yí cì kǎoyàn · One belief got me through those hard days: every failure is a test.

xiaoming 而且老师们明明很赞赏你，还夸奖你很有勇气。
érqiě lǎoshīmen míngmíng hěn zànshǎng nǐ hái kuājiǎng nǐ hěn yǒu yǒngqì · And the teachers clearly thought highly of you. They praised you for being brave.

little sister 那倒是……好吧，我不能就这样放弃。明年我还要再闯一次！
nà dàoshì hǎo ba wǒ bù néng jiù zhèyàng fàngqì míngnián wǒ hái yào zài chuǎng yí cì · That's true... All right, I won't give up. Next year I'll have another go!

xiaoming 这才是我妹妹！我真佩服你，也为你感到自豪。
zhè cái shì wǒ mèimei wǒ zhēn pèifú nǐ yě wèi nǐ gǎndào zìháo · That's my sister! I really admire you, and I'm proud of you.

write it trace the grey, then write your own

闯
chuǎng
to venture out; to rush

帆
fān
sail

佩
pèi
to wear, admire



夸 kuā to praise; to boast											

good to know · 夸 is everyday “praise”: 老师夸我. 夸奖 is a little more formal, and 赞赏 is what a boss or critic does. 一帆风顺 makes a lovely wish for a journey or a new job: 祝你一帆风顺!

When a friend stumbles, you now have the words to pick them up, and the shrug to help them move on.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 31 talking and listening

Talk about conversations and listening, share your thoughts, and say “look how happy it’s made you!”.

Good listeners make good friends and good colleagues, and they learn languages faster too.

words

word	pinyin	meaning	example
交谈	jiāotán	to talk, converse	我们用中文交谈了半个小时。 We talked in Chinese for half an hour.
谈论	tánlùn	to talk about, discuss	大家都在谈论昨天的比赛。 Everyone’s talking about yesterday’s game.
议论	yìlùn	to comment, gossip about	别在背后议论别人。 Don’t talk about people behind their backs.
倾听	qīngtīng	to listen closely	好朋友会耐心地倾听你的烦恼。 A good friend listens patiently to your worries.
暗示	ànshì	to hint	她看了看手表，暗示我们该走了。 She glanced at her watch, hinting it was time to go.
手势	shǒushì	gesture	他用手势告诉我等一下。 He gestured to me to wait a moment.
笑容	xiàoróng	smile	她的脸上总是带着笑容。 She always has a smile on her face.
实话	shíhuà	the truth	说实话，我不太喜欢这部电影。 To be honest, I don’t really like this film.
自言自语	zìyánzìyǔ	to talk to oneself	他一边找钥匙，一边自言自语。 He talked to himself while he looked for his keys.
自我	zìwǒ	self, oneself	面试的时候，先做一个简单的自我介绍。 At an interview, start with a short introduction of yourself.
在意	zàiyì	to mind, care about	别太在意别人怎么说。 Don’t worry too much about what others say.
无所谓	wúsuǒwèi	to not mind, not matter	吃什么都行，我无所谓。 I’m happy to eat anything. I don’t mind.
乐于	lèyú	to be happy to	他总是乐于帮助别人。 He’s always happy to help others.
关爱	guānài	to care for	社会应该多关爱老人。 Society should take better care of the elderly.
关怀	guānhuái	care, concern	谢谢大家对我的关怀。 Thank you all for your kindness and care.
打动	dǎdòng	to move, touch (feelings)	他的真诚打动了每一个人。 His sincerity touched everyone.
感想	gǎnxiǎng	thoughts, impressions	看完这本书，你有什么感想? What did you make of the book?

充实	chōngshí	full, rich; to enrich	这个周末过得很充实。 It was a full, rewarding weekend.
激情	jīqíng	passion	他对工作充满了激情。 He's full of passion for his work.
急切	jíqiè	eager, anxious	她急切地想知道考试结果。 She was dying to know her exam results.
匆忙	cōngmáng	hasty, in a rush	早上起晚了，他匆忙出了门。 He overslept and rushed out of the door.
逗	dòu	to tease, amuse; funny	他讲的笑话把大家都逗笑了。 His jokes had everyone laughing.
妙	miào	wonderful, clever	这个主意太妙了！ What a brilliant idea!
举动	jǔdòng	act, move	他这个小小的举动让我很感动。 That small gesture of his really touched me.
恰恰	qiàqià	exactly, precisely	事实恰恰相反。 In fact, it's exactly the opposite.

pattern 瞧把他高兴得: "look how happy it's made him!"

看 / 瞧 | 把 | someone | feeling | 得

看 or 瞧, then 把 + a person, then a feeling, then 得: 瞧把他高兴得, "look how happy it's made him". It's stronger than 瞧他高兴的 from day 27, and the sentence can stop right after 得: the listener fills in the rest.

瞧把你急得，慢慢说。 **qiáo bǎ nǐ jí de màn màn shuō** Look at you, all worked up. Take it slowly.

看把大白高兴得，尾巴摇个不停。 **kàn bǎ Dàbái gāoxìng de wěiba yáo gè bù tíng** Look how happy Dabai is: his tail won't stop wagging.

瞧把他得意得，好像拿了第一名一样。 **qiáo bǎ tā déyì de hǎoxiàng ná le dì yī míng yíyàng** Look how pleased with himself he is, as if he'd come first.

dialogue the meeting went well

xiaoming 瞧把你高兴得！你刚才匆忙跑进来，我还以为出事了。
qiáo bǎ nǐ gāoxìng de nǐ gāngcái cōngmáng pǎo jinlai wǒ hái yǐwéi chū shì le · Look how happy you are! You rushed in so fast, I thought something had happened.

anna 会议好不容易才结束，可是结果特别好！客户当场就说要跟我们合作。
huìyì hǎobù róngyì cái jiéshù kěshì jiéguǒ tèbié hǎo kèhù dāngchǎng jiù shuō yào gēn wǒmen hézuò · The meeting took forever, but it went brilliantly! The client said on the spot they want to work with us.

xiaoming 太妙了！上周你还急切地找我帮你练习呢。
tài miào le shàng zhōu nǐ hái jíqiè de zhǎo wǒ bāng nǐ liànxí ne · Fantastic! Last week you were desperate for me to help you practise.

anna 说实话，我那天讲得不算多。我发现，倾听恰恰比说更重要。
shuō shíhuà wǒ nà tiān jiǎng de bú suàn duō wǒ fāxiàn qīngtīng qiàqià bǐ shuō gèng zhòngyào · Honestly, I didn't say much. I found that listening matters even more than talking.

xiaoming 什么意思？
shénme yìsi · What do you mean?

anna 客户谈论他们的问题时，我一直带着笑容认真听。最后是我们的真诚打动了他们。
kèhù tánlùn tāmen de wèntí shí wǒ yìzhí dài zhe xiàoróng rènzhēn tīng zuìhòu shì wǒmen de zhēnchéng dǎdòng le tāmen · While the client talked about their problems, I listened carefully with a smile. In the end it was our sincerity that won them over.

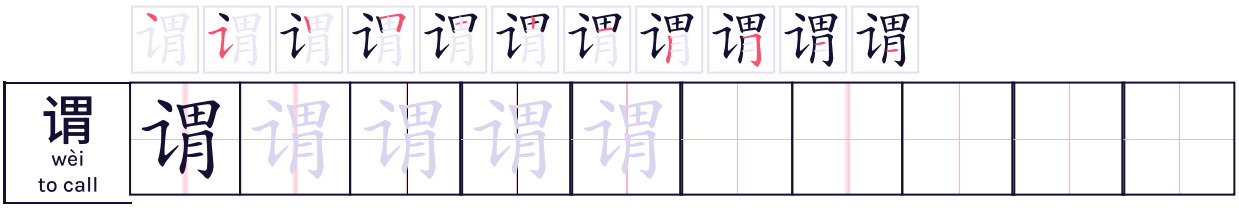
xiaoming 那倒是。很多人跟别人交谈的时候，只想着说自己的。
nà dàoshì hěn duō rén gēn biérén jiāotán de shíhou zhǐ xiǎng zhe shuō zìjǐ de · That's true. Lots of people only talk about themselves in a conversation.

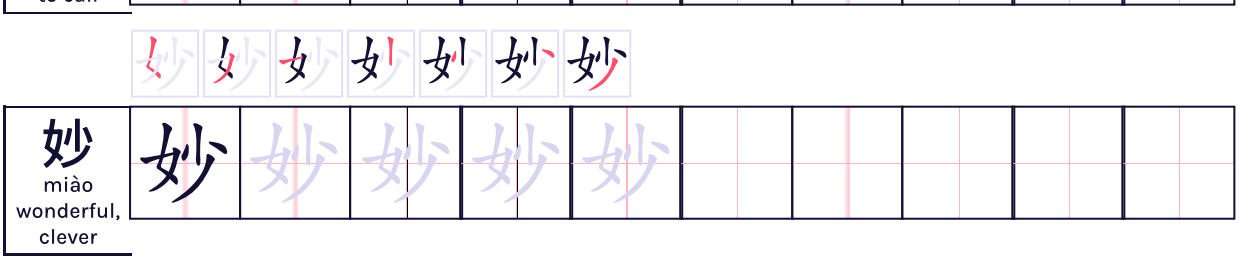
anna 而且刘经理用手势暗示我，先别急着介绍产品。
érqiě Liújīnglǐ yòng shǒushì ànshì wǒ xiān bié jí zhe jièshào chǎnpǐn · And Manager Liu signalled to me not to rush into presenting the product.

xiaoming 你们经理这个举动真聪明。那你现在有什么感想？
nǐmen jīnglǐ zhège jǔdòng zhēn cōngmíng nà nǐ xiànzài yǒu shénme gǎnxiǎng · Smart move by your manager. So how do you feel about it now?

anna 这个月过得特别充实，我对这份工作越来越有激情了！
zhège yuè guò de tèbié chōngshí wǒ duì zhè fèn gōngzuò yuè lái yuè yǒu jīqíng le · This month has been so full. I'm more and more passionate about this job!

write it trace the grey, then write your own





good to know · 无所谓 is handy but can sound careless. To be polite, say 我都可以 "anything is fine with me". 议论 often means talking about someone behind their back; 谈论 is neutral "talk about". 恰恰 points at exactly this, often against expectation: 恰恰相反 "quite the opposite", 问题恰恰在这里. 恰好 is "as it happens, just right": 我恰好有空.

You can now listen like a pro, and react with real warmth when a friend's news makes them glow.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 32 mission: the surprise party

Follow a five-part family story that reviews the feelings, character and getting-along words of unit 4, and say a heartfelt thank-you in Chinese.

A surprise party needs everything from this unit: plans, secrets, a quarrel, a making-up and a lot of feelings.

chapter 1 the plan

little sister 下周六是妈妈的五十岁生日，我们给她办一个惊喜聚会吧！
xià zhōu liù shì māma de wǔshí suì shēngrì wǒmen gěi tā bàn yí gè jīngxǐ jùhuì ba · Next Saturday is Mum's fiftieth birthday. Let's throw her a surprise party!

xiaoming 这个主意妙！妈妈一向不喜欢麻烦别人，我们干脆什么都不告诉她。
zhège zhǔyi miào māma yíxiàng bù xǐhuan máfan biérén wǒmen gāncuì shénme dōu bú gàosu tā · Brilliant idea! Mum never wants to put anyone out, so let's just not tell her anything.

anna 我也来帮忙！第一次拜访你们家，你们妈妈就待我像家人一样，我一直想回报她。
wǒ yě lái bāngmáng dì yī cì bàifǎng nǐmen jiā nǐmen māma jiù dài wǒ xiàng jiārén yíyàng wǒ yìzhí xiǎng huíbào tā · I'll help too! The first time I visited your home, your mum treated me like family. I've always wanted to pay her back.

little sister 妈妈的心愿是全家人一起去她最喜欢的那家饭店吃饭。
māma de xīnyuàn shì quán jiārén yìqǐ qù tā zuì xǐhuan de nà jiā fàndiàn chī fàn · Mum's wish is to have a meal with the whole family at her favourite restaurant.

xiaoming 那家饭店氛围很轻松，恰好有个大包间。
nà jiā fàndiàn fēnwéi hěn qīngsōng qiàhǎo yǒu gè dà bāojiān · That restaurant has a relaxed feel, and as it happens it has a big private room.

little sister 妈妈很好客，又会交际，朋友特别多，请谁不请谁真为难。
māma hěn hàokè yòu huì jiāojì péngyou tèbié duō qǐng shéi bù qǐng shéi zhēn wéinán · Mum's so hospitable and sociable, she has loads of friends. Deciding who to invite is tricky.

xiaoming 就请跟她来往了二十年的老朋友吧。不过谁都不能在她面前议论这件事。
jiù qǐng gēn tā láiwǎng le èrshí nián de lǎo péngyou ba búguò shéi dōu bù néng zài tā miànqián yìlùn zhè jiàn shì · Let's just invite the old friends she's kept in touch with for twenty years. But nobody can talk about it in front of her.

little sister 说实话，我最发愁的是爸爸。他太老实了，什么事都写在脸上。
shuō shíhuà wǒ zuì fāchóu de shì bàba tā tài lǎoshi le shénme shì dōu xiě zài liǎn shàng · To be honest, it's Dad I'm most worried about. He's so honest, everything shows on his face.

xiaoming 别愁，我当面跟他说清楚，让他承诺不说出去。
bié chóu wǒ dāngmiàn gēn tā shuō qīngchu ràng tā chéngnuò bù shuō chuqu · Don't worry. I'll talk to him face to face and make him promise not to tell.

little sister 你说得倒容易！爸爸最不会演戏了。
nǐ shuō de dào róngyì bàba zuì bú huì yǎn xì le · That's easier said than done! Dad's the worst actor ever.

anna 布置就交给我吧，我的眼光你们放心。你们家过生日有什么规矩吗？
bùzhì jiù jiāo gěi wǒ ba wǒ de yǎnguāng nǐmen fàngxīn nǐmen jiā guò shēngrì yǒu shénme guīju ma · Leave the decorating to me; you can trust my taste. Does your family have any birthday customs?

little sister 有一个：长辈过生日要吃长寿面。别弄得太夸张，妈妈喜欢朴素一点的。
yǒu yí gè zhǎngbèi guò shēngrì yào chī chángshòu miàn bié nòng de tài kuāzhāng māma xǐhuan pǔsù yìdiǎn de · Just one: older people eat long-life noodles on their birthday. And don't overdo it; Mum likes things simple.

chapter 2 a row over balloons

anna 只挂红色的气球太单调了，加点黄色的吧。
zhǐ guà hóngsè de qìqiú tài dāndiào le jiā diǎn huángsè de ba · Only red balloons is a bit dull. Let's add some yellow.

little sister 哥哥，红色的应该挂在门口，你明明知道妈妈最喜欢红色！
gēge hóngsè de yīnggāi guà zài ménkǒu nǐ míngmíng zhīdào māma zuì xǐhuan hóngsè · The red ones should go by the door, brother. You know perfectly well Mum loves red!

xiaoming 你别指责我，我已经忙了一下午了！
nǐ bié zhǐzé wǒ wǒ yǐjīng máng le yí xiàwǔ le · Don't blame me, I've been at it all afternoon!

little sister 你总是这样，一忙就不耐烦。
nǐ zǒngshì zhèyàng yì máng jiù bú nàifán · You're always like this: the moment you're busy, you get impatient.

xiaoming 你呢？当着安娜的面嘲笑我挑的气球太土，一点面子都不给我！
nǐ ne dāng zhe Ānnà de miàn cháoxiào wǒ tiāo de qìqiú tài tǔ yìdiǎn miànzi dōu bù gěi wǒ · And you? Mocking the balloons I picked as tacky, right in front of Anna. You don't spare my pride at all!

little sister 这事不能全赖我！我又没强迫你挂，你委屈什么？
zhè shì bù néng quán lài wǒ wǒ yòu méi qiǎngpò nǐ guà nǐ wěiqu shénme · You can't pin this all on me! I didn't force you to hang them, so why act so hard done by?

anna 瞧你们俩急的！再吵下去，聚会就办不了了，我们就白白忙了一下午。
qiáo nǐmen liǎ jí de zài chǎo xiaqu jùhuì jiù bàn bu liǎo le wǒmen jiù báibái máng le yí xiàwǔ · Look at the pair of you! If you keep arguing, there won't be a party, and we'll have wasted the whole afternoon.

anna 你们这么一争吵，气氛顿时变得好尴尬，还妨碍服务员工作。
nǐmen zhème yì zhēngchǎo qìfēn dùnshí biàn de hǎo gāngà hái fángài fúwù yuán gōngzuò · The moment you two started arguing, the mood turned really awkward, and you're getting in the waiters' way.

xiaoming 那倒也是。妹妹，刚才是我太冲动了，我向你认错。
nàdàoyěshì mèimei gāngcái shì wǒ tài chōngdòng le wǒ xiàng nǐ rèncuò · Fair point. Sorry, sis, I lost my temper just now. My fault.

little sister 我也不对，刚才说得太狠了。挂错了就挂错了，没什么大不了的。
wǒ yě bú duì gāngcái shuō de tài hěn le guà cuò le jiù guà cuò le méi shénme dà bu liǎo de · My fault too, I was too harsh just now. If they're in the wrong place, so what? It's no big deal.

xiaoming 我们俩从小就这样，小时候为了一块糖都能打架。
wǒmen liǎ cóngxiǎo jiù zhèyàng xiǎoshíhou wèile yí kuài táng dōu néng dǎjià · We've been like this since we were small. As kids we'd come to blows over one sweet.

little sister 不过我们吵架从来不过夜，也从来不恨对方。
búguò wǒmen chǎojià cónglái bú guò yè yě cónglái bú hèn duìfāng · But our rows never last overnight, and we never hold a grudge.

chapter 3 almost found out

ms zhang 老李，你今天怎么一直看手机？还对着手机自言自语。
lǎo Lǐ nǐ jīntiān zěnme yìzhí kàn shǒujī hái duì zhe shǒujī zìyán zìyǔ · Lao Li, why do you keep looking at your phone today? And talking to yourself at it.

dr li 没什么，一个同事给我讲了个笑话，太逗了。
méi shénme yí gè tóngshì gěi wǒ jiǎng le gè xiàohua tài dòu le · It's nothing. A colleague told me a joke, it's hilarious.

ms zhang 你脸上的笑容也太奇怪了。孩子们都不在家，家里好寂寞，大白也真可怜。
nǐ liǎn shàng de xiàoróng yě tài qíguài le háizimen dōu bú zài jiā jiā lǐ hǎo jìmò Dàbái yě zhēn kělián · That smile on your face is very odd. And the kids are both out: the place feels so empty, and poor Dabai too.

ms zhang 昨天妹妹打电话，说了一半就匆忙挂了。我心里有点不安。
zuótiān mèimei dǎ diànhuà shuō le yíbàn jiù cōngmáng guà le wǒ xīnlǐ yǒudiǎn bùān · Yesterday our daughter called and hung up in a rush halfway through. I feel a bit uneasy.

dr li 你误解了，能有什么事？你别太在意。
nǐ wùjiě le néng yǒu shénme shì nǐ bié tài zàiyì · You've got it wrong. What could be going on? Don't worry about it so much.

dr li 你最近工作太累了，我看着都心疼。晚上我们干脆出去吃吧。
nǐ zuìjìn gōngzuò tài lèi le wǒ kàn zhe dōu xīnténg wǎnshang wǒmen gāncuì chuqu chī ba · You've been working so hard lately, I hate to see it. Let's just eat out tonight.

ms zhang 你不是一直嫌那家饭店贵吗？你平时那么小气，今天倒是大方了。
nǐ bú shì yìzhí xián nà jiā fàndiàn guì ma nǐ píngshí nàme xiǎoqi jīntiān dàoshì dàfang le · Don't you always say that restaurant is too expensive? You're usually so tight-fisted, and today you're suddenly generous.

dr li 好你个老张，我什么时候小气过？今天我坚决不让你做饭。
hǎo nǐ gè lǎo zhāng wǒ shénme shíhou xiǎoqi guo jīntiān wǒ jiānjué bú ràng nǐ zuòfàn · Why, you! When have I ever been stingy? Today I absolutely won't let you cook.

dr li 你宽宽心，换件衣服，我们六点出门。
nǐ kuān kuān xīn huàn jiàn yīfu wǒmen liù diǎn chūmén · Put your mind at rest. Get changed; we leave at six.

ms zhang 出去吃个饭而已，穿什么我无所谓。
chūqù chī gè fàn éryǐ chuān shénme wǒ wúsuǒwèi · We're only going out for a meal. I don't mind what I wear.

dr li 那可不行，今天这种场合……哦，我是说，穿你心爱的那条红裙子吧，你穿红色最有气质。
nà kě bùxíng jīntiān zhè zhǒng chǎnghé ò wǒ shì shuō chuān nǐ xīnài de nà tiáo hóng qúnzi ba nǐ chuān hóngsè zuì yǒu qìzhì · No, that won't do, an occasion like today… I mean, wear that red dress you love. You look your most elegant in red.

ms zhang 又请客又夸我……你明明有事！算了，你不说，我也不逼你。
yòu qǐngkè yòu kuā wǒ nǐ míngmíng yǒu shì suànle nǐ bù shuō wǒ yě bù bī nǐ · Treating me and paying me compliments… you're clearly up to something! Fine, if you won't say, I won't push you.

chapter 4 surprise!

anna 李医生刚发消息暗示我们，他们已经到门口了！
Lǐyīshēng gāng fā xiāoxi ànshì wǒmen tāmen yǐjīng dào ménkǒu le · Dr Li has just texted us a hint: they're at the door!

xiaoming 大家安静！我一打手势，你们就一起喊。……妈妈，生日快乐！
dàjiā ānjìng wǒ yì dǎ shǒushì nǐmen jiù yìqǐ hǎn māma shēngrì kuàilè · Quiet, everyone! When I give the signal, all shout together. … Happy birthday, Mum!

ms zhang 天啊！你们……我真是大吃一惊，整个人都呆住了！
tiān a nǐmen wǒ zhēn shì dàchī yìjīng zhěnggè rén dōu dāi zhù le · Oh my goodness! You… I'm completely taken aback, I'm just standing here stunned!

little sister 妈妈，没吓到您吧？这是我们给您的惊喜！
māma méi xià dào nín ba zhè shì wǒmen gěi nín de jīngxǐ · Mum, we didn't scare you, did we? This is our surprise for you!

teacher wang 看你惊讶的！我们早就到了。
kàn nǐ jīngyà de wǒmen zǎo jiù dào le · Look how surprised you are! We got here ages ago.

ms zhang 我总算明白了，难怪老李今天的举动那么奇怪！
wǒ zǒngsuàn míngbai le nánguài lǎo Lǐ jīntiān de jǔdòng nàme qíguài · Now at last I understand: no wonder Lao Li's been acting so strangely today!

dr li 这件事把我急坏了，一整天都怕说漏嘴，真是个考验。
zhè jiàn shì bǎ wǒ jí huài le yì zhěng tiān dōu pà shuō lòu zuǐ zhēn shì gè kǎoyàn · This whole thing had me in a real state. All day I was afraid I'd let it slip; what a test.

teacher wang 看到大家这么欢乐，我真怀念我们的青春时光。你那时候最活跃了。
kàn dào dàjiā zhème huānlè wǒ zhēn huáiniàn wǒmen de qīngchūn shíguāng nǐ nà shíhou zuì huóyuè le · Seeing everyone so happy, I really miss the days of our youth. You were always the liveliest one.

ms zhang 是啊，岁月过得真快。年轻时我向往大城市，现在最渴望的就是全家人在一起。
shì a suìyuè guò de zhēn kuài niánqīng shí wǒ xiàngwǎng dà chéngshì xiànzài zuì kěwàng de jiùshì quán jiārén zài yìqǐ · Yes, the years fly by. When I was young I dreamed of the big city; now what I long for most is the whole family together.

teacher wang 你还是年轻时的模样，对工作还是那么有激情。
nǐ háishi niánqīng shí de múyàng duì gōngzuò háishi nàme yǒu jīqíng · You still look just like you did when you were young, and you're still so passionate about your work.

ms zhang 谢谢夸奖！这些年工作再艰难，有你们在，我就觉得很充实。
xièxie kuājiǎng zhèxiē nián gōngzuò zài jiānnán yǒu nǐmen zài wǒ jiù juéde hěn chōngshí · Thank you for saying so! However hard work has been these years, having you all makes life feel full.

xiaoming 瞧把妈妈高兴得，眼泪都流出来了。
qiáo bǎ māma gāoxìng de yǎnlèi dōu liú chulai le · Look how happy it's made Mum: she's in tears.

chapter 5 a letter for mum

little sister “亲爱的妈妈：小时候我们特别淘气，一点也不听话，可您总是温柔地跟我们讲道理。

qīnài de māma xiǎoshíhou wǒmen tèbié táoqì yìdiǎn yě bù tīnghuà kě nín zǒngshì wēnróu de gēn wǒmen jiǎng dàolǐ · “Dear Mum: when we were little we were really naughty and didn’t listen at all, but you always reasoned with us gently.

little sister 我怕水，是您把我抱在怀里，帮我摆脱了恐惧。有一次下大雨，您冒着雨来学校接我。

wǒ pà shuǐ shì nín bǎ wǒ bào zài huái lǐ bāng wǒ bǎituō le kǒngjù yǒu yí cì xià dà yǔ nín mào zhe yǔ lái xuéxiào jiē wǒ · I was afraid of water, and you held me in your arms and helped me get over my fear. Once, in a downpour, you braved the rain to pick me up from school.

little sister 那些年您在外面闯，经历了不少挫折，心情沉重的时候也从来没有灰心过。

nàxiē nián nín zài wàimiàn chuǎng jīnglì le bù shǎo cuòzhé xīnqíng chénzhòng de shíhou yě cónglái méiyǒu huīxīn guo · In those years you made your way out in the world and had plenty of setbacks, but even when your heart was heavy you never lost heart.

little sister 您常说：“遇到困难不要绝望，也不要悲观，要勇于面对。”这个信念一直鼓舞着我们。

nín cháng shuō yùdào kùnnan búyào juéwàng yě búyào bēiguān yào yǒngyú miànduì zhège xìnniàn yìzhí gǔwǔ zhe wǒmen · You always said: “When things get hard, don’t despair and don’t be pessimistic. Have the courage to face it.” That belief has always inspired us.

little sister 您每天跟那么多人打交道，待人温和，讲诚信，所以朋友们都信赖您。

nín měi tiān gēn nàme duō rén dǎ jiāodao dài rén wēnhé jiǎng chéngxìn suǒyǐ péngyoumen dōu xìnlài nín · Every day you deal with so many people; you treat them kindly and keep your word, so your friends all trust you.

little sister 我第一次离开家上大学，觉得很孤独，才知道自己多依赖您。最脆弱的时候，总是您在倾听。

wǒ dì yī cì líkāi jiā shàng dàxué juéde hěn gūdú cái zhīdào zìjǐ duō yīlài nín zuì cuìruò de shíhou zǒngshì nín zài qīngtīng · When I first left home for university, I felt very alone and realised how much I depend on you. At my lowest, you were always the one listening.

little sister 您说自己只是一个平凡的妈妈，可在我们心目中，您是最顽强、最让人佩服的人，我们从小就崇拜您。

nín shuō zìjǐ zhǐ shì yí gè píngfán de māma kě zài wǒmen xīnmù zhōng nín shì zuì wánqiáng zuì ràng rén pèifú de rén wǒmen cóngxiǎo jiù chóngbài nín · You say you’re just an ordinary mum, but in our eyes you’re the most tenacious, most admirable person there is. We’ve looked up to you since we were small.

little sister 您对我们没有很高的期望，只希望我们快乐。您总是默默地付出，从来不说有多艰辛。

nín duì wǒmen méiyǒu hěn gāo de qīwàng zhǐ xīwàng wǒmen kuàilè nín zǒngshì mòmò de fùchū cónglái bù shuō yǒu duō jiānxīn · You never expected great things of us; you only wanted us to be happy. You always gave quietly and never said how hard it was.

little sister 现在我们长大了，盼望您少一点焦虑，多一点自己的时间。谢谢您的关爱，我们爱您！”

xiànzài wǒmen zhǎng dà le pànwàng nín shǎo yìdiǎn jiāolǜ duō yìdiǎn zìjǐ de shíjiān xièxie nín de guānài wǒmen ài nín · Now that we’ve grown up, we hope you’ll worry a little less and have a little more time for yourself. Thank you for all your love and care. We love you!”

ms zhang 你们这封信真打动我了。我从心底里感激你们，也谢谢大家的关怀。

nǐmen zhè fēng xìn zhēn dǎdòng wǒ le wǒ cóng xīndǐ lǐ gǎnjī nǐmen yě xièxie dàjiā de guānhuái · This letter has really touched me. I’m grateful to you from the bottom of my heart, and thank you all for your kindness.

anna 祝您身体健康，一切一帆风顺！

zhù nín shēntǐ jiànkāng yíqiè yìfān fēngshùn · Wishing you good health and plain sailing in everything!

ms zhang 我为我的家人感到自豪！好了，长寿面来了，大家今天痛快地吃吧！

wǒ wèi wǒ de jiārén gǎndào zìháo hǎo le chángshòu miàn lái le dàjiā jīntiān tòngkuài de chī ba · I’m so proud

of my family! Right, here come the long-life noodles. Let’s all eat to our hearts’ content today!

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