wishyou.today learning

day 150 team sports

Chinese TOCFL B in 220 days
unit 23 · sport & free time

Talk about team sports, training and scoring, and say where something comes from or how it came about with 經由……而來.

Office sports days, school teams, a game in the park: sport is how a lot of friendships in Taiwan start.

words

word	pinyin	meaning	example
假期	jiàqí	holiday, vacation	這個假期你打算做什麼？ What are you planning to do these holidays?
球隊	qiúduì	(sports) team	我們的球隊今天贏了！ Our team won today!
得分	défēn	score (points)	這場比賽，她得分最|多。 She scored the most points in this match.
排球	páiqiú	volleyball	我們週末在海邊打排球。 We play volleyball by the sea at weekends.
隊員	duìyuán	team member	排球|隊有十二個隊員。 A volleyball team has twelve players.
贏得	yíngdé	win, gain	這家{=(measure word)}店用好服務贏得|了客人的心。 This shop has won its customers' hearts with good service.
鍛鍊	duànliàn	exercise, build up	他每天早上跑步鍛鍊身體。 He runs every morning to keep fit.
飄	piāo	flutter, float (in the air)	旗子在風中飄。 The flag flutters in the wind.
染	rǎn	dye	她把頭髮染成紅色了。 She dyed her hair red.
鑽	zuān	squeeze through, drill	小貓鑽到床下面去了。 The kitten squeezed under the bed.
備	bèi	prepare, have ready	開會要用的東西都已經備好|了。 Everything we need for the meeting is ready.
上述	shàngshù	the above-mentioned	上述的問題，我們明天再討論。 We'll discuss the above questions tomorrow.
探討	tàntǎo	explore, look into	這本書探討了現代人的壓力。 This book looks at the stresses of modern life.
誤	wù	by mistake; miss	他誤把我的傘拿走了。 He took my umbrella by mistake.
以往	yǐwǎng	the past, before	跟以往比起來，今年的夏天比較熱。 This summer is hotter than in past years.
贊同	zàntóng	agree with, approve of	我贊同你的看法。 I agree with you.
轉機	zhuǎnjī	change planes	去加拿大，我們要在日本轉機。 To get to Canada, we change planes in Japan.

扁	biǎn	flat	這個排球扁了，不能用了。 This volleyball has gone flat: it's no good any more.

pattern 經由……而來: come about through, come by way of

something	(是)經由	a route, a process, people	而來(的)

經由 means "by way of, through": a place, a channel or a process. 經由……而來 says where something came from or how it came about: 經由討論而來 (came out of a discussion). It is formal, at home in reports and speeches; in chat people say 是從……來的.

很多中文詞是經由日本而來的。 **hěn duō zhōngwén cí shì jīngyóu Rìběn érlái de** Many Chinese words came in by way of Japan.

這次的隊員，大都是經由朋友介紹而來的。 **zhè cì de duìyuán dàdōu shì jīngyóu péngyǒu jièshào érlái de** Most of this year's players came through friends.

他的經驗是經由多年的工作而來的。 **tā de jīngyàn shì jīngyóu duō nián de gōngzuò érlái de** His experience comes from years of work.

dialogue sports day!

manager li 大家好！下個月公司要舉辦第一次運動會，每個部門都要參加。
dàjiā hǎo xià ge yuè gōngsī yào jǔbàn dì yī cì yùndòng huì měi ge bùmén dōu yào cānjiā · Morning, everyone! Next month the company is holding its first sports day, and every department has to take part.

anna 這個想法是經由大家討論而來的吧？上個月開會的時候，我們就有人提過。
zhè ge xiǎngfǎ shì jīng yóu dàjiā tǎolùn ér lái de ba shàng ge yuè kāihuì de shíhòu wǒmen jiù yǒu rén tí guo · This idea came out of everyone's discussion, didn't it? Someone mentioned it at last month's meeting.

david 運動會？請問是否每個人都要參加？
yùndòng huì qǐngwèn shìfǒu měi ge rén dōu yào cānjiā · A sports day? Does everyone have to join in?

manager li 基本上是。那天雖然是星期六，可是不算假期，是上班時間。有排球、籃球，還有很多小比賽。上述的事情，我都在信裡寫下了。
jīběnshàng shì nà tiān suīrán shì xīngqíliù kěshì bú suàn jiàqí shì shàngbān shíjiān yǒu páiqiú lánqiú háiyǒu hěn duō xiǎo bǐsài shàngshù de shìqíng wǒ dōu zài xìn lǐ xiě xià le · Basically, yes. Although that day is a Saturday, it's not a holiday: it counts as working time. There's volleyball, basketball and lots of little contests. I've put all of that in my email.

anna 我們設計部可以組一個排球隊嗎？
wǒmen shèjì bù kěyǐ zǔ yí ge páiqiú duì ma · Can the design team put together a volleyball team?

manager li 當然。不過工廠的同事每天搬東西，最會鍛鍊身體。以往公司打球，都是他們贏得比賽。
dāngrán búguò gōngchǎng de tóngshì měi tiān bān dōngxi zuì huì duànliàn shēntǐ yǐwǎng gōngsī dǎ qiú dōu shì tāmen yíngdé bǐsài · Of course. But our factory colleagues lift things all day: they're the fittest. Whenever the company played sport before, they were the ones who won.

david 那我們的前途不太光明……我打排球打得很差，球一來，我就想鑽到地下去。
nà wǒmen de qiántú bú tài guāngmíng wǒ dǎ páiqiú dǎ de hěn chà qiú yì lái wǒ jiù xiǎng zuān dào dì xiàqù · Then our prospects don't look bright… I'm terrible at volleyball: when the ball comes, I want to dig a hole and hide.

anna 別怕，球又不會咬你！你不用得分，站在後面就好。我們週末去公園練習，好不好？
bié pà qiú yòu bú huì yǎo nǐ nǐ búyòng défēn zhàn zài hòumiàn jiù hǎo wǒmen zhōumò qù gōngyuán liànxí hǎo bu hǎo · Don't be scared, the ball won't bite! You don't have to score: just stand at the back. Shall we practise in the park at the weekend?

david 我贊同！我還要把頭髮染成我們隊的顏色。
wǒ zàntóng wǒ háiyào bǎ tóufǎ rǎn chéng wǒmen duì de yánsè · I'm in! And I'll dye my hair our team colour.

manager li 好主意。飲料和毛巾，公司會備好。大衛，你下星期去加拿大出差，要在日本轉機，別誤了回來的飛機！
hǎo zhǔyì yǐnliào hé máojīn gōngsī huì bèi hǎo Dàwèi nǐ xià xīngqí qù Jiānádà chūchāi yào zài Rìběn zhuǎnjī bié wù le huí lái de fēijī · Good idea. The company will provide drinks and towels. David, you're off to Canada next week, changing planes in Japan: don't miss your flight back!

david 放心！這次我一定準時。
fàngxīn zhè cì wǒ yídìng zhǔnshí · Don't worry! This time I'll definitely be on time.

write it trace the grey, then write your own

炸 炸 炸 炸 炸 炸 炸 炸 炸

炸
zhá
deep-fry

禍
huò
disaster, trouble

搶
qiǎng
rob, grab; rush to

簽
qiān
sign

good to know · 運動會 (sports day) is a big event at every Taiwanese school, and many companies hold one too, often with tug-of-war and relay races. 上述 (the above-mentioned) is an email and report word: 上述問題, 上述時間. In speech, say 剛才說的.

Teams, training and a little rivalry: you can now talk about sport the way colleagues do at the water cooler.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 151 champions and referees

Chinese TOCFL B in 220 days
unit 23 · sport & free time

Follow a match: who's leading, what the referee said, who won, and turn the story round with 然而 (however).

Watching a big match together is half the fun of sport, and you want to cheer, argue with the referee and tell the story afterwards.

words

word	pinyin	meaning	example
彈	tán	play (piano, guitar); bounce	她會彈鋼琴，也會彈吉他。 She plays the piano and the guitar.
勝利	shènglì	win; victory	我們終於勝利了！ We've won at last!
領先	lǐngxiān	lead, be ahead	現在我們領先五分{=points}。 We're five points ahead now.
裁判	cáipàn	referee, umpire	裁判說這一球不算。 The referee says that point doesn't count.
冠軍	guànjūn	champion, first place	我們隊拿到了冠軍！ Our team won the championship!
勝	shèng	win, beat	我們三比一勝了他們。 We beat them three to one.
跳高	tiàogāo	high jump	他跳高跳得很好。 He's very good at the high jump.
牽	qiān	lead (by the hand)	媽媽牽著孩子的手過馬路。 The mother leads her child across the road by the hand.
轉身	zhuǎnshēn	turn round	他轉身就走了。 He turned round and left.
然而	rán'ér	however	我們很努力。然而，|還是{==still}輸了。 We tried hard. However, we still lost.
日後	rìhòu	in future, later on	這些經驗對{=for}你日後的工作很有用。 This experience will help you in your future work.
神奇	shénqí	magical, amazing	這種藥真神奇，吃了馬上就不痛了。 This medicine is amazing: the pain went straight away.
透	tòu	through, completely	下{xia4-tw}大雨，我全身都濕透了。 It poured, and I got soaked to the skin.
顯著	xiǎnzhù	marked, notable	他的中文有了顯著的進步。 His Chinese has improved markedly.
一一	yīyī	one by one	他把客人一一介紹給我。 He introduced the guests to me one by one.
遭到	zāodào	suffer, meet with	這個計畫遭到很多人反對。 The plan met with a lot of opposition.

足以	zúyǐ	be enough to	這些錢不足以買一輛車。 This little bit of money isn't enough to buy a car.
背面	bèimiàn	the back, reverse side	請在照片的背面寫上名字。 Please write your name on the back of the photo.

pattern 然而: however

what you expect | 。/， | 然而 | ， | what really happened

然而 means "however": it turns the story against what you expected. It starts the second sentence or clause, often followed by a comma. It is written and formal, like a news report; in chat you would say 可是 or 不過.

這個計畫很好，然而遭到很多人反對。 **zhè ge jìhuà hěn hǎo ránér zāodào hěn duō rén fǎnduì** The plan was good. However, a lot of people opposed it.

大家都說他會勝。然而，結果完全相反。 **dàjiā dōu shuō tā huì shèng ránér jiéguǒ wánquán xiāngfǎn** Everyone said he would win. In the end, though, it was quite the opposite.

她以前練跳高。然而，現在她打排球。 **tā yǐqián liàn tiàogāo ránér xiànzài tā dǎ páiqiú** She used to do the high jump. Now, however, she plays volleyball.

dialogue the big match

meiling 快來看！臺灣隊連贏了三場，今天贏了就是冠軍！

kuài lái kàn Táiwān duì lián yíng le sān chǎng jīntiān yíng le jiù shì guànjūn · Come and watch! Taiwan have won three in a row, and if they win today, they're champions!

david 嘿，現在是誰領先？

hēi xiànzài shì shéi lǐngxiān · Hey, who's ahead?

anna 臺灣隊領先兩分。然而，對方的球隊很強，還是很難說。

Táiwān duì lǐngxiān liǎng fēn ránér duìfāng de qiúduì hěn qiáng háishì hěn nán shuō · Taiwan are two points up. Still, the other team are strong: it's hard to say.

meiling 裁判！那一球應該是我們的！

cáipàn nà yì qiú yīnggāi shì wǒmen de · Ref! That point should be ours!

david 你看那個隊員，她轉身就把球打過去了，太神奇了！

nǐ kàn nà ge duìyuán tā zhuǎnshēn jiù bǎ qiú dǎ guoqu le tài shénqí le · Look at that player: she spun round and hit it straight back. Amazing!

anna 這一局，她一個人得分最多。

zhè yì jú tā yí ge rén défēn zuìduō · She's scored more points than anyone this set.

anna 聽說她以前是練跳高的，跳得特別高。

tīngshuō tā yǐqián shì liàn tiàogāo de tiào de tèbié gāo · Apparently she used to do the high jump: she can jump really high.

meiling 最後一球……贏了！我們勝利了！

zuìhòu yì qiú yíng le wǒmen shènglì le · Last point… they've won! Victory!

david 我的心跳到現在還很快！

wǒ de xīntiào dào xiànzài hái hěn kuài · My heart's still racing!

david 這次贏得冠軍，足以讓全臺灣高興好幾天。

zhè cì yíngdé guànjūn zúyǐ ràng quán Táiwān gāoxìng hǎojǐ tiān · Winning the title this time will keep the whole of Taiwan happy for days.

anna 經由這場比賽，日後一定有更多女生想打排球。

jīngyóu zhè chǎng bǐsài rìhòu yídìng yǒu gèng duō nǚshēng xiǎng dǎ páiqiú · Thanks to this match, more girls will want to play volleyball in future.

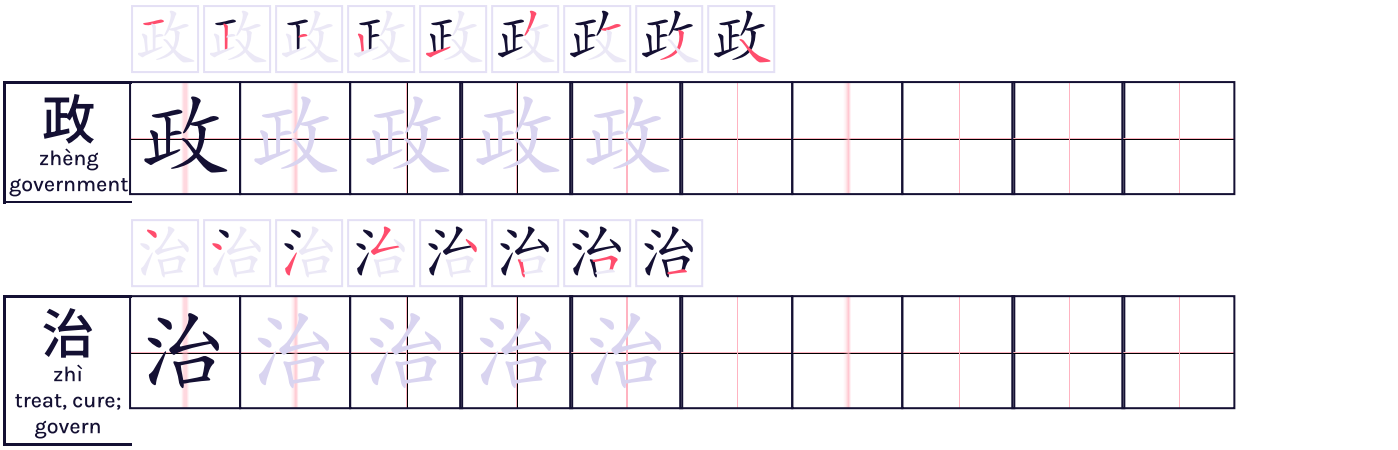
meiling 我就想！明天開始，我也要跟你們一起練習。

wǒ jiù xiǎng míngtiān kāishǐ wǒ yě yào gēn nǐmen yìqǐ liànxí · I do, for one! From tomorrow I'm practising with you.

write it trace the grey, then write your own

放
fàng
put, place

制
zhì
make rules



good to know · Cheer like a Taiwanese fan: 加油！(go!), 好球！(great shot!), and the chant 臺灣隊加油! 勝 and 敗 are the written pair for win and lose; in chat you'll hear 贏 and 輸.

Leads, comebacks and a referee to shout at: you can now follow a match and tell the story with a proper twist.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 152 the great outdoors

Talk about outdoor fun, rowing and martial arts, and say two things are about the same with A 跟 B 相當.

Weekends in Taiwan mean getting out of the city: lakes, rivers and mountains are never far away.

words

word	pinyin	meaning	example
享受	xiǎngshòu	enjoy	週末我喜歡在家享受安靜的時間。 At weekends I like to enjoy some quiet time at home.
休閒	xiūxián	leisure; relax	你平常有什麼休閒活動？ What do you usually do in your free time?
戶外	hùwài	outdoors	天氣好的時候，我們常常去戶外走走。 When the weather's nice we often go for walks outdoors.
跳遠	tiàoyuǎn	long jump	她在跳遠比賽中拿了第一名。 She came first in the long jump.
選手	xuǎnshǒu	athlete, competitor	他是國家隊的選手。 He's on the national team.
划	huá	row, paddle	我們在湖上划船。 We went rowing on the lake.
瞧	qiáo	look (at)	你瞧，那邊有一隻鳥！ Look, there's a bird over there!
塞	sāi	stuff, squeeze in	他把衣服都塞進背包裡了。 He stuffed all his clothes into his backpack.
拖	tuō	drag, pull; delay	這件事不能再拖了。 This can't be put off any longer.
睜	zhēng	open (the eyes)	早上我睜開眼睛，已經九點了。 When I opened my eyes this morning, it was already nine.
捉	zhuō	catch	孩子們在河邊捉魚。 The children are catching fish by the river.
奔	bēn	run, rush	小狗一看到我，就向我奔過來。 As soon as the puppy saw me, it came rushing towards me.
武術	wǔshù	martial arts	他從小學武術。 He has learned martial arts since he was small.
數目	shùmù	number, amount	這個數目不太對，請再算一次。 This figure isn't quite right: please work it out again.
消除	xiāochú	get rid of, remove	運動可以消除壓力。 Exercise can get rid of stress.
圓滿	yuánmǎn	successful, satisfactory	活動圓滿結束了。 The event ended successfully.
暗中	ànzhōng	secretly, behind the scenes	他暗中幫了我很多忙。 He helped me a lot behind the scenes.

標誌	biāozhì	sign, symbol, logo	這個標誌表示不能停車。 This sign means no parking.

pattern a 跟 b 相當: about the same as

A 跟 / 和 B 相當

相當 as a verb means “match, be about equal”. A 跟 B 相當 says two things are about the same in size, price, level or strength. You can name what you compare: A 的價錢跟 B 相當. Before an adjective, 相當 is the adverb “quite”: 相當好.

他的身高跟我相當。 **tā de shēngāo gēn wǒ xiāngdāng** He’s about my height.

這兩家店的價錢相當。 **zhè liǎng jiā diàn de jiàqián xiāngdāng** These two shops cost about the same.

划一個小時船的熱量，跟跑一個小時相當。 **huá yí ge xiǎoshí chuán de rèliàng gēn pǎo yí ge xiǎoshí xiāngdāng** An hour’s rowing burns about the same energy as an hour’s running.

dialogue a race on the lake

zhiming 天快亮了！大家快起來，我們去湖上划船。
tiān kuài liàng le dàjiā kuài qǐlai wǒmen qù hú shàng huá chuán · It's nearly light! Everyone up: we're going rowing on the lake.

david 我還睜不開眼睛……乾脆讓我再睡十分鐘吧。
wǒ hái zhēng bu kāi yǎnjīng gāncuì ràng wǒ zài shuì shí fēnzhōng ba · I can't even open my eyes yet… Just let me sleep ten more minutes.

meiling 大衛，你的背包怎麼塞了這麼多東西？
Dàwèi nǐ de bēibāo zěnme sāi le zhème duō dōngxi · David, why have you stuffed so much into your backpack?

david 吃的、喝的、外套、維他命……在戶外，什麼都要帶！
chī de hē de wàitào wéitāmìng zài hùwài shénme dōu yào dài · Food, drinks, a jacket, vitamins… outdoors, you bring everything!

anna 你們瞧，湖上已經有人在划船了。
nǐmen qiáo hú shàng yǐjīng yǒu rén zài huá chuán le · Look, people are already rowing on the lake.

meiling 湖上的小船好像浮在雲上，好神奇！
hú shàng de xiǎo chuán hǎoxiàng fú zài yún shàng hǎo shénqí · The little boats look as if they're floating on the clouds. Magical!

zhiming 划一個小時船，跟跑一個小時相當。我學過武術，力氣大，誰要跟我比？
huá yí ge xiǎoshí chuán gēn pǎo yí ge xiǎoshí xiāngdāng wǒ xué guo wǔshù lìqì dà shéi yào gēn wǒ bǐ · An hour's rowing is about the same as an hour's running. I've done martial arts, I'm strong: who'll race me?

david 我！我是加拿大人，從小就在湖上划船。每年假期都划。
wǒ wǒ shì Jiānádà rén cóngxiǎo jiù zài hú shàng huá chuán měi nián jiàqí dōu huá · Me! I'm Canadian: I've been rowing on lakes since I was little. Every holiday.

meiling 我看你們兩個的速度相當，不知道誰會贏。
wǒ kàn nǐmen liǎng ge de sùdù xiāngdāng bù zhīdào shéi huì yíng · I reckon you two are about as fast as each other. Who knows who'll win?

anna 在戶外運動，最能消除壓力。此外，空氣也特別好。這是我來臺灣以後，至今最享受的一個早上。
zài hùwài yùndòng zuì néng xiāochú yālì cǐwài kōngqì yě tèbié hǎo zhè shì wǒ lái Táiwān yǐhòu zhìjīn zuì xiǎngshòu de yí ge zǎoshàng · Exercise outdoors is the best way to beat stress. And the air is wonderful. This is the best morning I've had since I came to Taiwan.

meiling 開始了！大衛領先……志明追上來了！
kāishǐ le Dàwèi lǐngxiān Zhìmíng zhuī shàng lái le · They're off! David's ahead… Zhiming's catching up!

zhiming 結果呢？我們一起到！比賽圓滿結束，大家去吃早餐！
jiéguǒ ne wǒmen yìqǐ dào bǐsài yuánmǎn jiéshù dàjiā qù chī zǎocān · And the result? A dead heat! The race ends happily: breakfast, everyone!

write it trace the grey, then write your own

類
lèi
kind, type (measure word)

何
hé
how

殺
shā
kill

爭
zhēng
compete, fight for; argue

good to know · 相當 has two jobs: verb “match” (A 跟 B 相當) and adverb “quite” (相當好, 相當貴). Look at what follows it. 瞧 is a lively “look!”: 你瞧 to point something out, 瞧不起 to look down on someone.

Lakes, races and a breakfast at sunrise: you can now plan and describe a day in the great outdoors. Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 153 leisure time

Talk about hobbies, clubs and amateur sport, and read fractions, percentages and the written 的 with 之.

Surveys, news reports and posters are full of 之: 三分之一, 百分之二十. Now you can read the numbers and talk about what people do for fun.

words

word	pinyin	meaning	example
閒	xián	idle, free, not busy	我最近很閒，可以去找你。 I'm not busy these days: I can come and see you.
娛樂	yúlè	entertainment	看電影是我最喜歡的娛樂。 Going to the cinema is my favourite entertainment.
釣魚	diàoyú	go fishing	爺爺週末常常去河邊釣魚。 Grandpa often goes fishing by the river at weekends.
俱樂部	jùlèbù	club	我參加了一個網球俱樂部。 I've joined a tennis club.
射	shè	shoot; shine (light)	陽光從窗戶射進房間裡。 Sunlight shines into the room through the window.
散	sàn	break up, scatter	下課以後，同學們都散了。 After class, everyone went their separate ways.
歇	xiē	rest, take a break	走累了，我們在這裡歇一下吧。 We're tired from walking: let's rest here a bit.
業餘	yèyú	amateur, spare-time	她是業餘選手，不是職業選手。 She's an amateur, not a professional.
拔	bá	pull out	他去看|牙醫{==dentist}，拔了一顆牙。 He went to the dentist and had a tooth out.
奔跑	bēnpǎo	run (fast, freely)	孩子們在草地上奔跑。 The children are running about on the grass.
之	zhī	(written 的)	百分{=parts}之八十的人都贊同。 Eighty per cent of people agree.
起初	qǐchū	at first, originally	起初我不喜歡這個工作，後來越來越喜歡了。 At first I didn't like this job, but I've come to like it more and more.
絲	sī	silk; thread; a trace	這件衣服是絲做的。 This top is made of silk.
突破	túpò	breakthrough; break through	他今年在工作上有了很大的突破。 He's made a big breakthrough at work this year.
原先	yuánxiān	originally, at first	原先的計畫是去臺中，後來改了。 The original plan was to go to Taichung, but it changed.
正面	zhèngmiàn	front; positive	他總是用正面的態度看事情。 He always looks on the bright side.

主張	zhǔzhāng	advocate; view, position	他主張多走路，少開車。 He's all for walking more and driving less.
笨重	bènzhòng	heavy, cumbersome	這張桌子太笨重了，我們搬不動。 This table is too heavy and awkward for us to move.
分之	fēnzhī	(in fractions) of … parts	三分之一的同事喜歡釣魚。 A third of my colleagues like fishing.
百分之	bǎifēnzhī	per cent (百分之五 = 5%)	百分之九十的人都贊同這個主張。 Ninety per cent of people support this idea.

pattern 之 (written 的): 三分之一, 百分之五, 成長之路

number of parts | 分之 | how many of them

之 is the old written 的. You meet it every day in fractions and percentages: 三分之一 is "of three parts, one" (a third), 百分之五 is 5%. Notice the order: the whole comes first. It also turns up in set phrases: 之一 (one of), 成長之路 (the road of growing up).

公司一半以上的人週末都在家休息；三分之一的人喜歡運動。 **gōngsī yíbàn yǐshàng de rén zhōumò dōu zài jiā xiūxí sān fēnzhī yī de rén xǐhuān yùndòng** Over half the company stay home at weekends; a third like sport.

這本書寫的是一個選手的成長之路。 **zhè běn shū xiě de shì yí ge xuǎnshǒu de chéngzhǎng zhī lù** This book is about an athlete's journey growing up.

釣魚是我爸爸最大的娛樂之一。 **diàoyú shì wǒ bàba zuì dà de yúlè zhī yī** Fishing is one of my dad's great pleasures.

dialogue the hobby survey

david 李經理，休閒活動的調查結果出來了，數目我都確認過了。
Lǐ jīnglǐ xiūxián huódòng de diàochá jiéguǒ chū lái le shùmù wǒ dōu quèrèn guo le · Manager Li, the hobby survey results are in, and I've checked all the numbers.

manager li 好，請說。
hǎo qǐng shuō · Go on, then.

david 公司一共六十個人。三分之一的人週末喜歡在家休息，看電視是最大的娛樂。百分之二十的人喜歡運動，特別是戶外運動。
gōngsī yígòng liùshí ge rén sān fēnzhī yī de rén zhōumò xǐhuān zài jiā xiūxí kàn diànshì shì zuì dà de yúlè bǎifēnzhī èrshí de rén xǐhuān yùndòng tèbié shì hùwài yùndòng · There are sixty of us. A third like to rest at home at weekends: TV is their main entertainment. Twenty per cent like sport, especially outdoor sport.

anna 還有呢？
háiyǒu ne · What else?

david 有五個人參加了釣魚俱樂部，三個人是業餘的足球選手，兩個人在學武術。還有一個人每天在公園奔跑十公里，是誰呢？
yǒu wǔ ge rén cānjiā le diàoyú jùlèbù sān ge rén shì yèyú de zúqiú xuǎnshǒu liǎng ge rén zài xué wǔshù háiyǒu yí ge rén měi tiān zài gōngyuán bēnpǎo shí gōnglǐ shì shéi ne · Five people are in a fishing club, three are amateur footballers and two are learning martial arts. And one person runs ten kilometres in the park every day. Guess who?

anna 起初我以為是你，可是你這麼閒……
qǐchū wǒ yǐwéi shì nǐ kěshì nǐ zhème xián · At first I thought it was you, but you're so idle…

david 瞧你說的！我週末也很忙，要拖地、洗衣服……
qiáo nǐ shuō de wǒ zhōumò yě hěn máng yào tuō dì xǐ yīfú · Listen to you! I'm busy at weekends too: mopping the floor, doing the laundry…

manager li 是我。我原先主張運動會只有跑步和排球。然而看了這個結果，我覺得大家需要一些輕鬆的比賽。
shì wǒ wǒ yuánxiān zhǔzhāng yùndòng huì zhǐyǒu pǎobù hé páiqiú ránér kàn le zhè ge jiéguǒ wǒ juéde dàjiā xūyào yìxiē qīngsōng de bǐsài · It's me. I originally wanted sports day to be just races and volleyball. But seeing these results, I think people need some easier games.

anna 對於很少運動的人來說，拔河最好玩。不用跑，大家一起拉就好。
duìyú hěn shǎo yùndòng de rén láishuō báhé zuì hǎo wán búyòng pǎo dàjiā yìqǐ lā jiù hǎo · For people who rarely exercise, tug-of-war is the most fun. No running: everyone just pulls together.

manager li 好主意！兩隊的力氣要相當，才好看。這是我們公司的一個突破！
hǎo zhǔyì liǎng duì de lìqì yào xiāngdāng cái hǎokàn zhè shì wǒmen gōngsī de yí ge túpò · Good idea! The two teams need to be evenly matched to make it fun. This is a breakthrough for our company!

anna 拔河可以消除壓力，大家一定會很享受。
báhé kěyǐ xiāochú yālì dàjiā yídìng huì hěn xiǎngshòu · Tug-of-war gets rid of stress: everyone will love it.

david 李經理真是一個很正面的領導。好，今天就到這裡，散會！
Lǐ jīnglǐ zhēnshì yí ge hěn zhèngmiàn de lǐngdǎo hǎo jīntiān jiù dào zhèlǐ sàn huì · Manager Li, you really are a positive leader. Right, that's all for today: meeting over!

write it trace the grey, then write your own

德 德 德 德 德 德 德 德 德 德 德 德 德 德 德

德
dé
virtue

騙
piàn
cheat, deceive, scam

隊
duì
team, line (measure word)

亂
luàn
messy

good to know · Fractions put the whole first: 四分之三 is three quarters (“of four parts, three”). 百分之百 is 100%, “totally”. 領導 as a noun (a leader, the leadership) is formal; in a Taiwanese office people usually just say 老闆, 主管 or the person’s title.

Thirds, percentages and one surprising runner: you can now read a survey and talk about how people spend their free time.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 154 races and games

Talk about races, beaches and defence, and say one thing can't compare with another with 比不上.

Friendly rivalry is half of sport: who's faster, who's stronger, and who's just making excuses.

words

word	pinyin	meaning	example
敗	bài	lose, be defeated	我們隊敗給了他們。 Our team lost to them.
奪	duó	seize; win (a title)	她奪下{=(V下: take)}了這次比賽的冠軍。 She took the title in this competition.
沙灘	shātān	beach	我們在沙灘上打排球。 We played volleyball on the beach.
賽跑	sàipǎo	race (on foot)	我們來賽跑，看誰先到！ Let's race and see who gets there first!
溜冰	liūbīng	skate	冬天的時候，我們去溜冰。 In winter we go skating.
望	wàng	gaze, look into the distance	她望著窗外，一句話也不說。 She gazed out of the window without a word.
印	yìn	print	我要把這份報告印出來。 I need to print this report.
防守	fángshǒu	defend; defence	他們的防守很好，我們很難得分。 Their defence is strong: it's hard for us to score.
賭	dǔ	gamble, bet	比賽的時候不可以賭錢。 No betting on the matches.
撥	bō	dial; push aside	有問題，請撥這個號碼。 If you have a problem, please dial this number.
清晨	qīngchén	early morning	清晨的公園很安靜。 The park is quiet in the early morning.
艘	sāo	(measure) for boats	海上有兩艘船。 There are two boats out at sea.
塑膠	sùjiāo	plastic	我們少用塑膠袋吧。 Let's use fewer plastic bags.
雜	zá	mixed, miscellaneous	抽屜裡的東西太雜了，很難找。 There's so much stuff in the drawer, it's hard to find anything.
證實	zhèngshí	confirm, prove	這個消息已經證實了。 The news has been confirmed.
足	zú	full, a whole; enough	我足足等了兩個小時！ I waited a whole two hours!
罷了	bàle	that's all, merely	我只是隨便說說罷了。 I was only saying it, that's all.

便	biàn	then (written 就)	他一到家，便開始做飯。 As soon as he got home, he started cooking.

pattern 比不上: can't compare with

A 比不上 B

比不上 is the "can't" form of 比得上 (can compare with): A 比不上 B means A isn't as good as B, A is no match for B. You can say in what: 跑步，我比不上他. It is a little more modest and personal than A 不如 B.

我的中文比不上他。 **wǒ de zhōngwén bǐbúshàng tā** My Chinese is nowhere near as good as his.

在家做的菜，比不上媽媽做的。 **zài jiā zuò de cài bǐbúshàng māma zuò de** My home cooking can't compare with Mum's.

這家店的咖啡比不上那家。 **zhè jiā diàn de kāfēi bǐbúshàng nà jiā** This café's coffee isn't a patch on that one's.

dialogue races at dawn

zhiming 清晨的沙灘人不多，正好練習。我們先來賽跑！

qīngchén de shātān rén bù duō zhènghǎo liànxí wǒmen xiān lái sàipǎo · The beach is quiet at dawn: perfect for training. Let's start with a race!

david 跑步我比不上志明。可是溜冰，我一定贏。

pǎobù wǒ bǐbúshàng Zhìmíng kěshì liūbīng wǒ yídìng yíng · I'm no match for Zhiming at running. But skating, I'd win for sure.

meiling 這裡又沒有冰！好，跑到那面旗子，看誰先到。

zhèlǐ yòu méiyǒu bīng hǎo pǎo dào nà miàn qízi kàn shéi xiān dào · There isn't any ice here! Right: run to that flag, and see who gets there first.

anna 我來當裁判。預備……開始！

wǒ lái dāng cáipàn yùbèi kāishǐ · I'll be the referee. Ready... go!

meiling 我贏了！大衛，你敗給我了！

wǒ yíng le Dàwèi nǐ bài gěi wǒ le · I won! David, you lost to me!

david 我只是昨天沒睡好罷了。而且我的鞋子太笨重了。

wǒ zhǐshì zuótiān méi shuì hǎo bàle érqiě wǒ de xiézi tài bènzhòng le · I just didn't sleep well last night, that's all. And my shoes are too heavy.

meiling 不過，你今天跑得比上次快，算是一個突破。

búguò nǐ jīntiān pǎo de bǐ shàng cì kuài suànshì yí ge túpò · Still, you ran faster than last time: that counts as a breakthrough.

anna 大衛，你的速度比不上美玲，可是你的防守很好。打排球的時候，你就在後面防守吧。

Dàwèi nǐ de sùdù bǐbúshàng Měilíng kěshì nǐ de fángshǒu hěn hǎo dǎ páiqiú de shíhòu nǐ jiù zài hòumiàn fángshǒu ba · David, you're not as fast as Meiling, but your defending is good. In volleyball, you can defend at the back.

meiling 我剛才撥電話給公司，確認了運動會的日期：下個月五號。我也把練習的時間表印出來了。

wǒ gāngcái bō diànhuà gěi gōngsī quèrèn le yùndòng huì de rìqí xià ge yuè wǔ hào wǒ yě bǎ liànxí de shíjiānbiǎo yìn chū lái le · I just phoned the company and confirmed the sports day date: the fifth of next month. And I've printed out the training schedule.

zhiming 我們足足練習了兩個小時，歇一下吧。你們寧可多練習，也不要在運動會上輸給工廠那一隊！

wǒmen zú zú liànxí le liǎng ge xiǎoshí xiē yíxià ba nǐmen níngkě duō liànxí yě bú yào zài yùndòng huì shàng shū gěi gōngchǎng nà yí duì · We've trained for a full two hours: let's take a break. Better to practise more than lose to the factory team on the day!

david 沒問題，我們要奪下冠軍！

méi wèntí wǒmen yào duó xià guànjūn · No problem: we're going to take the title!

zhiming 對！工廠那一隊起初也很弱，後來才變強的。我們也可以。

duì gōngchǎng nà yí duì qǐchū yě hěn ruò hòulái cái biàn qiáng de wǒmen yě kěyǐ · Right! The factory team were weak at first too; they only got strong later. We can do it as well.

anna 走以前，我們把沙灘上的垃圾撿一撿吧。好雜，有塑膠瓶、紙，還有玻璃。

zǒu yǐqián wǒmen bǎ shātān shàng de lèsè jiǎn yi jian ba hǎo zá yǒu sùjiāo píng zhǐ háiyǒu bōlí · Before we go, let's pick up the rubbish on the beach. There's all sorts: plastic bottles, paper and glass.

write it trace the grey, then write your own

偷
tōu
steal



毒
dú
poison; poisonous



選
xuǎn
choose, pick; elect

腐
fǔ
rot



good to know · 比得上 / 比不上 work like other potential verbs: 吃得完 / 吃不完. Questions use 比得上..... 嗎? 罷了 at the end of a sentence plays things down, like 而已: 我只是問問罷了 (I was only asking).

Races, excuses and a clean beach: you can now compare, tease and train like a team.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 155 chess and tai chi

Talk about tai chi, chess and quiet hobbies, and say where things come from with 來自 / 出自 and where they are with 位於 (V自, V於).

Hobbies and their stories (where they come from, who does them) are a great way into a conversation with older Taiwanese.

words

word	pinyin	meaning	example
閃	shǎn	dodge; flash	車來了，他趕快閃到旁邊。 A car came, and he quickly jumped aside.
載	zài	carry, give a lift	我騎機車載你去車站吧。 I'll give you a lift to the station on my scooter.
桌球	zhuōqiú	table tennis	下班以後我們去打桌球。 Let's play table tennis after work.
太極拳	tàijíquán	tai chi	公園裡有很多老人在打太極拳。 Lots of older people do tai chi in the park.
下棋	xiàqí	play chess	爺爺喜歡跟朋友下棋。 Grandpa likes playing chess with his friends.
登山	dēngshān	climb mountains, hike	他是登山俱樂部的會員。 He's a member of a hiking club.
釣	diào	fish (with a hook)	我今天釣到了一條大魚。 I caught a big fish today.
棋	qí	chess, board game	這副棋是爺爺留下來的。 This chess set was left to us by Grandpa.
集郵	jíyóu	collect stamps	我爸爸從小就喜歡集郵。 My dad has loved collecting stamps since he was a boy.
自	zì	from (written)	這句話出自一本老書。 This saying comes from an old book.
圈	quān	(measure) a circle, a lap	我每天在公園跑五圈。 I run five laps of the park every day.
牠	tā	it (animals)	這隻貓很怕人，你別碰牠。 This cat is scared of people: don't touch it.
為何	wèihé	why (formal)	他為何沒來？ Why didn't he come?
引發	yǐnfā	trigger, set off	這個問題引發了很多討論。 This question set off a lot of discussion.
重心	zhòngxīn	centre of gravity; focus	打太極拳的時候，重心要放低。 In tai chi, keep your centre of gravity low.
阻礙	zǔài	hinder; obstacle	語言不會阻礙我們做朋友。 Language won't stop us being friends.
半數	bànshù	half (the number)	半數的同事都參加了。 Half of my colleagues took part.

pattern v自 / v於: 來自, 出自; 位於, 屬於

something	來 / 出 + 自	the source	·位 / 屬 / 善 + 於	place / owner / skill

Written Chinese glues 自 (from) and 於 (at, in, to) onto a verb. 來自 is "come from", 出自 "come out of (a book, a person)". 位於 is "be located in", 屬於 "belong to", 善於 "be good at". In speech the same ideas are 從……來, 在, 是……的; later you will also meet 畢業於 (graduated from).

這句話出自一本老書。 **zhè jù huà chū zì yì běn lǎo shū** This saying comes from an old book.

大衛來自加拿大。 **Dàwèi láizì Jiānádà** David comes from Canada.

這副棋屬於爺爺，不屬於我。 **zhè fù qí shǔyú yéye bù shǔyú wǒ** This chess set belongs to Grandpa, not to me.

王阿姨善於打太極拳，也善於做菜。 **Wáng āyí shànyú dǎ tàijíquán yě shànyú zuò cài** Auntie Wang is good at tai chi, and at cooking too.

dialogue sunday in the park

auntie wang 安娜，早！清晨在公園打太極拳最舒服了。來跟我們一起打吧。
Ānnà zǎo qīngchén zài gōngyuán dǎ tàijíquán zuì shūfu le lái gēn wǒmen yìqǐ dǎ ba · Morning, Anna! Early morning in the park is the best time for tai chi. Come and join us.

anna 好啊！太極拳是不是來自中國？
hǎo a tàijíquán shì bu shì láizì Zhōngguó · I'd love to! Does tai chi come from China?

auntie wang 對，太極拳來自中國，已經有幾百年了。打的時候，重心要放低，動作要慢。
duì tàijíquán láizì Zhōngguó yǐjīng yǒu jǐ bǎi nián le dǎ de shíhòu zhòngxīn yào fàng dī dòngzuò yào màn · Yes, it comes from China and it's hundreds of years old. Keep your centre of gravity low and move slowly.

anna 我做得是否正確？
wǒ zuò de shìfǒu zhèngquè · Am I doing it right?

auntie wang 不錯！不過你比不上那位老先生，他打了三十年了。你看，打太極拳的人不見得都是老人，半數是年輕人。
búcuò búguò nǐ bǐbúshàng nà wèi lǎo xiānshēng tā dǎ le sānshí nián le nǐ kàn dǎ tàijíquán de rén bújiànde dōu shì lǎorén bànshù shì niánqīng rén · Not bad! But you're no match for that old gentleman: he's been at it thirty years. And look: not everyone doing tai chi is old. Half of them are young.

david 王阿姨早！我騎機車載志明來的，他在那邊打桌球。安娜，小心，球！
Wáng āyí zǎo wǒ qí jīchē zài Zhìmíng lái de tā zài nà biān dǎ zhuōqiú Ānnà xiǎoxīn qiú · Morning, Auntie Wang! I brought Zhiming on my scooter: he's playing table tennis over there. Anna, look out, the ball!

anna 還好我閃得快！
háihǎo wǒ shǎn de kuài · Good thing I ducked in time!

david 上次在沙灘上賽跑，我敗給了美玲。今天打桌球，我一定要贏！
shàng cì zài shātān shàng sàipǎo wǒ bài gěi le Měilíng jīntiān dǎ zhuōqiú wǒ yídìng yào yíng · Last time, on the beach, I lost a race to Meiling. Today at table tennis I'm going to win!

auntie wang 我先生在樹下下棋。他說下棋可以鍛鍊大腦，太極拳可以鍛鍊身體。那隻小狗又來了，牠每天都來看我們打太極拳。
wǒ xiānshēng zài shù xià xiàqí tā shuō xiàqí kěyǐ duànliàn dànǎo tàijíquán kěyǐ duànliàn shēntǐ nà zhī xiǎo gǒu yòu lái le tā měi tiān dōu lái kàn wǒmen dǎ tàijíquán · My husband is playing chess under the tree. He says chess trains the brain and tai chi trains the body. Oh, that puppy's back: it comes to watch us every day.

anna 牠坐在那裡望著我們，好可愛。
tā zuò zài nàlǐ wàng zhe wǒmen hǎo kěài · It sits there gazing at us. So cute.

david 牠還沒有名字嗎？我來命名：就叫「太極」！
tā hái méiyǒu míngzi ma wǒ lái mìng míng jiù jiào Tàijí · Hasn't it got a name yet? I'll name it: let's call it "Tai Chi"!

auntie wang 好名字！來，大家跟著我，先在公園走一圈。
hǎo míngzi lái dàjiā gēn zhe wǒ xiān zài gōngyuán zǒu yì quān · Good name! Come on, everyone follow me: first a lap of the park.

write it trace the grey, then write your own

敗
bài
lose, be defeated

且
qiě
and also (written)

嚴
yán
strict, tight



粗
cū
thick; rough

good to know · Taiwan calls table tennis 桌球; 乒乓球 is understood too. In Taiwan, 撞球 is pool or billiards. 牠 is “it” for animals, 它 for things; all are read tā, and in speech you can’t hear the difference.

Tai chi, chess and a puppy called Tai Chi: you can now chat about where hobbies come from and who loves them.
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day 156 mission: the company sports day

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Read a sports day notice, follow a volleyball final, a tug-of-war and a prize-giving, and talk about winning, losing and having fun.

A company sports day packs a whole unit into one day: teams, races, referees, hobbies and a lot of cheering.

chapter 1 manager li's email

david 李經理寄來運動會的通知了，我念給大家聽。
Lǐ jīnglǐ jì lái yùndòng huì de tōngzhī le wǒ niàn gěi dàjiā tīng · Manager Li has sent the sports day notice. I'll read it out.

david 「各位同事：明天的運動會在河邊的運動場舉行，位於公司對面。早上八點報名，請不要遲到。比賽有：排球、賽跑、跳高、跳遠、桌球和拔河。此外，王阿姨的太極拳俱樂部會來表演。公司會備好飲料，可是請自己帶水瓶，少用塑膠杯。比賽的時候不可以賭錢。冠軍隊可以多放一天假。上述的事情，如果有問題，請撥我的電話。祝大家玩得開心！李經理」
gèwèi tóngshì míngtiān de yùndòng huì zài hé biān de yùndòng chǎng jǔxíng wèiyú gōngsī duìmiàn zǎoshàng bā diǎn bàomíng qǐng bú yào chídào bǐsài yǒu páiqiú sàipǎo tiàogāo tiàoyuǎn zhuōqiú hé báhé cǐwài Wáng āyí de tàijíquán jùlèbù huì lái biǎoyǎn gōngsī huì bèi hǎo yǐnliào kěshì qǐng zìjǐ dài shuǐ píng shǎo yòng sùjiāo bēi bǐsài de shíhòu bù kěyǐ dǔ qián guànjūn duì kěyǐ duō fàng yì tiān jià shàngshù de shìqíng rúguǒ yǒu wèntí qǐng bō wǒ de diànhuà zhù dàjiā wán de kāixīn Lǐjīnglǐ · "Dear colleagues: tomorrow's sports day is at the sports ground by the river, opposite the office. Sign in at 8 am: please don't be late. Events: volleyball, a running race, high jump, long jump, table tennis and tug-of-war. Auntie Wang's tai chi club will also give a demonstration. The company will provide drinks, but please bring your own water bottle and use fewer plastic cups. No betting on the events. The winning team gets an extra day off. If you have questions about any of the above, call me. Have fun! Manager Li"

anna 多放一天假？那我們非贏不可！
duō fàng yì tiān jià nà wǒmen fēi yíng bù kě · An extra day off? Then we simply have to win!

david 我已經把頭髮染成藍色了。你瞧，跟我們隊的旗子一樣！
wǒ yǐjīng bǎ tóufǎ rǎn chéng lánsè le nǐ qiáo gēn wǒmen duì de qízi yíyàng · I've already dyed my hair blue. Look: it matches our team flag!

anna 滿好看的！可是李經理要是看到了……
mǎn hǎokàn de kěshì Lǐ jīnglǐ yàoshì kàn dào le · It looks pretty good! But if Manager Li sees it…

david 我剛才打電話問過了，明天運動場可以用。通知我也印出來了，貼在門口。
wǒ gāngcái dǎdiànhuà wèn guo le míngtiān yùndòng chǎng kěyǐ yòng tōngzhī wǒ yě yìn chū lái le tiē zài ménkǒu · I just phoned to check: we can use the sports ground tomorrow. And I've printed the notice and put it up by the door.

chapter 2 on your marks

manager li 各位早！以往我們只是一起工作，今天我們一起享受運動。這個運動會的想法，是經由大家討論而來的。

gèwèi zǎo yǐwǎng wǒmen zhǐshì yìqǐ gōngzuò jīntiān wǒmen yìqǐ xiǎngshòu yùndòng zhè ge yùndòng huì de xiǎngfǎ shì jīngyóu dàjiā tǎolùn érlái de · Morning, everyone! Until now we've only worked together; today we enjoy sport together. The idea for this sports day came from all of you.

david 李經理今天看起來好年輕，像一個選手。

Lǐ jīnglǐ jīntiān kànqǐlái hǎo niánqīng xiàng yí ge xuǎnshǒu · Manager Li looks so young today, like an athlete.

anna 聽說他每天清晨都在公園奔跑十公里，一直在暗中鍛鍊身體。

tīngshuō tā měi tiān qīngchén dōu zài gōngyuán bēnpǎo shí gōnglǐ yìzhí zài ànzhōng duànliàn shēntǐ · Apparently he runs ten kilometres in the park every morning at dawn: he's been secretly training.

meiling 安娜、大衛，加油！我跟志明來給你們加油了！

Ānnà Dàwèi jiāyóu wǒ gēn Zhìmíng lái gěi nǐmen jiāyóu le · Go, Anna! Go, David! Zhiming and I have come to cheer you on!

zhiming 你們看，那些是工廠的隊員。三分之一的人都比我還高！

nǐmen kàn nàxiē shì gōngchǎng de duìyuán sān fēnzhī yī de rén dōu bǐ wǒ hái gāo · Look, those are the factory players. A third of them are taller than me!

auntie wang 大家好！打太極拳的時候，重心要放低，眼睛要睜開，慢慢地轉身。

dàjiā hǎo dǎ tàijíquán de shíhòu zhòngxīn yào fàng dī yǎnjīng yào zhēng kāi mànmàn de zhuǎnshēn · Hello, everyone! In tai chi, keep your centre of gravity low, keep your eyes open, and turn slowly.

anna 王阿姨的俱樂部，半數以上都是年輕人！你們瞧，連小狗「太極」也來了。

Wáng āyí de jùlèbù bànshù yǐshàng dōu shì niánqīng rén nǐmen qiáo lián xiǎo gǒu Tàijí yě lái le · More than half of Auntie Wang's club are young! Look, even the puppy Tai Chi has come.

david 牠為何也來了？

tā wèihé yě lái le · Why has it come too?

auntie wang 牠每天都跟我們在公園走三圈，現在牠也是我們的隊員了！

tā měi tiān dōu gēn wǒmen zài gōngyuán zǒu sān quān xiànzài tā yě shì wǒmen de duìyuán le · It walks three laps of the park with us every day: it's one of our members now!

david 我們的身高比不上他們。然而，我們有速度！

wǒmen de shēngāo bǐbúshàng tāmen ránér wǒmen yǒu sùdù · We can't match them for height. But we've got speed!

chapter 3 set point

meiling 現在是工廠隊領先三分。他們的防守太好了，我們很難得分。
xiànzài shì gōngchǎng duì lǐngxiān sān fēn tāmen de fángshǒu tài hǎo le wǒmen hěn nán défēn · The factory team are three points ahead. Their defence is so good: it's hard for us to score.

anna 球飛過來，我趕快閃開了。旗子在風中飄，大家都在喊加油！
qiú fēi guò lái wǒ gǎnkuài shǎn kāi le qízi zài fēng zhōng piāo dàjiā dōu zài hǎn jiāyóu · The ball flew at me and I ducked. The flags are flapping in the wind, and everyone's shouting "come on!"

zhiming 裁判！那個球扁了，不能用了。
cáipàn nà ge qiú biǎn le bù néng yòng le · Ref! That ball's gone flat: it's no good.

anna 換了新球以後，大衛一轉身就把球打過去了！
huàn le xīn qiú yǐhòu Dàwèi yì zhuǎnshēn jiù bǎ qiú dǎ guoqu le · With the new ball, David spun round and hit it straight over!

meiling 太神奇了！我們連拿了四分！
tài shénqí le wǒmen lián ná le sì fēn · Amazing! Four points in a row!

david 最後一球……我們贏了！我們勝了工廠隊！
zuìhòu yì qiú wǒmen yíng le wǒmen shèng le gōngchǎng duì · Last point... we won! We beat the factory team!

manager li 以往都是工廠隊贏，今天你們贏得很漂亮。你們的進步很顯著！
yǐwǎng dōu shì gōngchǎng duì yíng jīntiān nǐmen yíngdé hěn piàoliàng nǐmen de jìnbù hěn xiǎnzhù · The factory team always used to win. Today you won in style. You've improved enormously!

anna 下了一場大雨，我們全身都濕透了，可是太值得了！
xià le yì chǎng dà yǔ wǒmen quánshēn dōu shī tòu le kěshì tài zhíde le · There was a downpour and we're soaked to the skin, but it was so worth it!

manager li 你們的球隊奪下了冠軍，我很驕傲！
nǐmen de qiúduì duó xià le guànjūn wǒ hěn jiāoào · You've taken the title: I'm proud of you!

chapter 4 pull!

zhiming 拔河開始了！兩隊的力氣相當，不知道誰會贏。
báhé kāishǐ le liǎng duì de lìqì xiāngdāng bù zhīdào shéi huì yíng · The tug-of-war's starting! The teams are evenly matched: who knows who'll win?

david 這條繩子好笨重！
zhè tiáo shéngzi hǎo bènzhòng · This rope is so heavy!

meiling 哎喲，大衛跌倒了，還把李經理也拖下去了！
āiyāo Dàwèi diédǎo le hái bǎ Lǐ jīnglǐ yě tuō xiaqu le · Oops, David's fallen over, and he's pulled Manager Li down with him!

manager li 沒事，沒事！我們敗了，可是我玩得很開心。
méi shì méi shì wǒmen bài le kěshì wǒ wán de hěn kāixīn · I'm fine, I'm fine! We lost, but I had a great time.

anna 接下來是賽跑。李經理，您是否要參加？
jiēxiàlái shì sàipǎo Lǐ jīnglǐ nín shìfǒu yào cānjiā · Next is the race. Manager Li, are you going to take part?

manager li 當然！我每天都在練。我比不上年輕人，可是不會輸給大衛。
dāngrán wǒ měi tiān dōu zài liàn wǒ bǐbúshàng niánqīng rén kěshì bú huì shū gěi Dàwèi · Of course! I train every day. I'm no match for the youngsters, but I won't lose to David.

david 我只是剛才跌倒了罷了！
wǒ zhǐshì gāngcái diédǎo le bàle · I only fell over just now, that's all!

zhiming 李經理一跑起來，便像一陣風。他足足領先大衛五十公尺！
Lǐ jīnglǐ yì pǎo qǐlai biàn xiàng yí zhèn fēng tā zú zú lǐngxiān Dàwèi wǔshí gōngchǐ · Once Manager Li gets going, he's like the wind. He's a good fifty metres ahead of David!

meiling 旁邊的老先生們在下棋，也都站起來看了。
pángbiān de lǎo xiānshēngmen zài xiàqí yě dōu zhàn qǐlai kàn le · Even the old gentlemen playing chess at the side stood up to watch.

zhiming 有一位老先生說，他年輕的時候也是跑步選手，現在只喜歡下棋、集郵和釣魚。
yǒu yí wèi lǎo xiānshēng shuō tā niánqīng de shíhòu yě shì pǎobù xuǎnshǒu xiànzài zhǐ xǐhuān xiàqí jíyóu hé diàoyú · One old gentleman says he used to be a runner when he was young; now he just likes chess, stamps and fishing.

chapter 5 champions

manager li 今天的運動會圓滿結束了！我們來一一念出今天的冠軍。
jīntiān de yùndòng huì yuánmǎn jiéshù le wǒmen lái yīyī niàn chū jīntiān de guànjūn · Today's sports day has been a great success! Let's read out today's winners one by one.

manager li 排球冠軍：設計部！跳高、跳遠：工廠隊。賽跑……是我。
páiqiú guànjūn shèjì bù tiàogāo tiàoyuǎn gōngchǎng duì sàipǎo shì wǒ · Volleyball champions: the design team! High jump and long jump: the factory team. The race... that was me.

david 李經理，您原來這麼會跑！我們設計部可以多放一天假嗎？
Lǐ jīnglǐ nín yuánlái zhème huì pǎo wǒmen shèjì bù kěyǐ duō fàng yì tiān jià ma · Manager Li, so you're a real runner! Does the design team get the extra day off?

manager li 可以。起初我只想讓大家消除壓力，然而今天的收穫比我想的多。
kěyǐ qǐchū wǒ zhǐ xiǎng ràng dàjiā xiāochú yālì ránér jīntiān de shōuhuò bǐ wǒ xiǎng de duō · Yes. At first I just wanted everyone to blow off some steam, but today gave us more than I expected.

anna 我贊同！以前我不認識工廠的同事，今天我們變成了朋友。日後一起工作，一定更順利。
wǒ zàntóng yǐqián wǒ bú rènshì gōngchǎng de tóngshì jīntiān wǒmen biànchéng le péngyǒu rìhòu yìqǐ gōngzuò yídìng gèng shùnlì · I agree! I didn't know our factory colleagues before; today we became friends. Working together will be easier from now on.

zhiming 李經理，您業餘時間還喜歡做什麼？
Lǐ jīnglǐ nín yèyú shíjiān hái xǐhuān zuò shénme · Manager Li, what else do you do in your spare time?

manager li 我原先喜歡登山和溜冰，後來太忙了。現在我最大的娛樂是跑步。這句話出自我的醫生：跑步可以消除壓力。
wǒ yuánxiān xǐhuān dēngshān hé liūbīng hòulái tài máng le xiànzài wǒ zuì dà de yúlè shì pǎobù zhè jù huà chū zì wǒ de yīshēng pǎobù kěyǐ xiāochú yālì · I used to love hiking and skating, but then I got too busy. Now my favourite pastime is running. That line comes from my doctor: running beats stress.

david 我最近很閒。假期我想去花蓮划船、釣魚，希望能釣到一條大魚！
wǒ zuìjìn hěn xián jiàqí wǒ xiǎng qù Huālián huá chuán diàoyú xīwàng néng diào dào yì tiáo dà yú · I'm not very busy these days. In the holidays I want to go rowing and fishing in Hualien: I hope I catch a big fish!

anna 這次的運動會是公司的一個突破，大家的態度都很正面。
zhè cì de yùndòng huì shì gōngsī de yí ge túpò dàjiā de tàidù dōu hěn zhèngmiàn · This sports day was a breakthrough for the company: everyone was so positive.

manager li 所以我主張，明年再辦一次！
suǒyǐ wǒ zhǔzhāng míngnián zài bàn yí cì · So I propose we do it again next year!

manager li 下次開會，我們來探討怎麼把運動會辦得更好。
xià cì kāihuì wǒmen lái tàntǎo zěnme bǎ yùndòng huì bàn de gèng hǎo · At the next meeting, let's look at how to make sports day even better.

meiling 明年我也要來，我要參加排球隊！
míngnián wǒ yě yào lái wǒ yào cānjiā páiqiú duì · I'm coming next year too: I want to be on the volleyball team!

chapter 6 autumn timetable

meiling 「運動中心，秋季課表」歡迎大家來運動！以下是這個秋天的上課時間。
yùndòng zhōngxīn qiūjì kè biǎo huānyíng dàjiā lái yùndòng yǐxià shì zhè ge qiūtiān de shàngkè shíjiān · "Sports Centre, Autumn Timetable." Everyone is welcome to come and exercise! Here are the class times for this autumn.

meiling 「排球班：星期二和星期四晚上七點到九點，在二樓球場。剛開始學的人先練習發球和接球，球打得不錯的人可以參加比賽。」
páiqiú bān xīngqíèr hé xīngqísì wǎnshàng qī diǎn dào jiǔ diǎn zài èr lóu qiúchǎng gāng kāishǐ xué de rén xiān liànxí fā qiú hé jiē qiú qiú dǎ de búcuò de rén kěyǐ cānjiā bǐsài · "Volleyball class: Tuesday and Thursday evenings, 7 to 9 pm, on the court on the second floor. Beginners practise serving and receiving first; those who play well can enter matches."

meiling 「太極拳班：星期一、三、五早上六點半到七點半，在公園旁邊。這個班適合老人，也適合剛開始運動的人，不需要特別的衣服。」
tàijíquán bān xīngqíyī sān wǔ zǎoshàng liù diǎn bàn dào qī diǎn bàn zài gōngyuán pángbiān zhè ge bān shìhé lǎorén yě shìhé gāng kāishǐ yùndòng de rén bù xūyào tèbié de yīfú · "Tai chi class: Monday, Wednesday and Friday mornings, 6.30 to 7.30, next to the park. This class suits older people as well as anyone just starting to exercise, and you don't need special clothes."

meiling 「桌球班：每個星期六上午，分成大人班和小孩班。每一桌最多四個人，輪流打球，老師會在旁邊告訴你怎麼拿球拍。」
zhuōqiú bān měi ge xīngqíliù shàngwǔ fēn chéng dàrén bān hé xiǎohái bān měi yì zhuō zuìduō sì ge rén lúnliú dǎ qiú lǎoshī huì zài pángbiān gàosù nǐ zěnme ná qiú pāi · "Table tennis class: every Saturday morning, split into an adults' class and a children's class. Each table has at most four people, who take turns playing, and the teacher will stand beside you and show you how to hold the bat."

meiling 「報名的方法：到一樓櫃臺填表，或者上網。每個班收費八百元，可以先試上一次，不喜歡就不用付錢。球、毛巾和水，請自己帶。每次上課，請早一點到。」
bàomíng de fāngfǎ dào yì lóu guìtái tián biǎo huòzhě shàngwǎng měi ge bān shōufèi bābǎi yuán kěyǐ xiān shì shàng yí cì bù xǐhuān jiù búyòng fù qián qiú máojīn hé shuǐ qǐng zìjǐ dài měi cì shàngkè qǐng zǎo yìdiǎn dào · "How to sign up: fill in a form at the counter on the first floor, or go online. Each class costs 800 dollars, and you can try one session first and pay nothing if you don't like it. Please bring your own ball, towel and water. For every class, please arrive a little early."

A notice, a final, a tug-of-war and a boss who runs like the wind: you followed a whole sports day in Chinese. Champions!
Do this day interactively, with audio and games, free at **wishyou.today/learning**