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day 42 a check-up

Chinese TOCFL B in 220 days
unit 7 · body & health

Get through a health check: weight, blood, skin and teeth, and say how lucky you were with 幸虧 (luckily, thanks to).

Sooner or later everyone in Taiwan visits a clinic, and 幸虧 is how you tell the story of the time it went fine.

words

word	pinyin	meaning	example
牙	yá	tooth	我的牙有一點痛，明天得{dei3-tw}去看醫生。 My tooth hurts a bit; I have to see the doctor tomorrow.
檢查	jiǎnchá	check, examine	醫生幫我檢查了身體。 The doctor gave me a check-up.
皮膚	pífū	skin	夏天要注意保護皮膚。 In summer, take care of your skin.
躺	tǎng	lie down	請你躺在床上，不要動。 Please lie on the bed and keep still.
血	xiě	blood	護士要{=need to}抽一點血。 The nurse needs to take a little blood.
體重	tǐzhòng	body weight	我的體重比去年增加了兩公斤。 I weigh two kilos more than last year.
差別	chābié	difference	這兩種藥有什麼差別？ What's the difference between these two medicines?
當年	dāngnián	back then, in those years	當年我爺爺是一位醫生。 Back then, my grandfather was a doctor.
改善	gǎishàn	improve	多運動可以改善你的健康。 More exercise can improve your health.
僅	jǐn	only, merely (written)	這次檢查僅需要十分鐘。 This check only takes ten minutes.
可靠	kěkào	reliable	他是一個很可靠的朋友。 He's a very reliable friend.
年代	niándài	decade; era (the 1980s)	這家{=(measure word)}醫院是1980年代蓋的。 This hospital was built in the 1980s.
弱	ruò	weak	她小時候身體很弱，常常感冒。 She was weak as a child and often caught colds.
無	wú	no, without (written)	我要一杯無糖的綠茶。 A sugar-free green tea, please.
現實	xiànshí	reality; realistic	你的想法不太現實。 Your idea isn't very realistic.
造成	zàochéng	cause, result in	睡得太少會{=will}造成很多問題。 Too little sleep causes lots of problems.
把握	bǎwò	seize; be sure (有把握)	我有把握通過這次考試。 I'm confident I'll pass this exam.

幸虧	xìngkuī	luckily, thanks to	幸虧你來了，要不然我真不知道怎麼辦。 Luckily you came, or I really wouldn't know what to do.

pattern 幸虧: luckily (or else...)

幸虧 **the lucky thing** **，要不然 / 才 + what you escaped**

幸虧 opens with the lucky fact that saved you. The second half says what would have happened (要不然..., 否則...) or what it made possible (才...). It is always about something good that kept something bad away.

幸虧你帶了傘，要不然我們都濕了。 **xìngkuī nǐ dài le sǎn yàobùrán wǒmen dōu shī le** Luckily you brought an umbrella, or we'd both be soaked.

幸虧醫生檢查得早，現在已經沒問題了。 **xìngkuī yīshēng jiǎnchá de zǎo xiànzài yǐjīng méi wèntí le** Luckily the doctor caught it early: it's fine now.

幸虧當年爸爸堅持，我才學了中文。 **xìngkuī dāngnián bàba jiānchí wǒ cái xué le zhōngwén** Thanks to Dad insisting back then, I learned Chinese.

dialogue the health check

anna 美玲，幸虧你陪我來，我一個人會很緊張。
Měilíng xìngkuī nǐ péi wǒ lái wǒ yí ge rén huì hěn jǐnzhāng · Meiling, thank goodness you came with me. On my own I'd be so nervous.

meiling 別怕，這家醫院很可靠。按照通知，你先檢查體重，再去抽血。
bié pà zhè jiā yīyuàn hěn kěkào ànzhào tōngzhī nǐ xiān jiǎnchá tǐzhòng zài qù chōu xiě · Don't worry, this hospital is very reliable. The notice says weight first, then the blood test.

anna 抽血？我最怕看到血了！
chōu xiě wǒ zuì pà kàn dào xiě le · A blood test? Seeing blood is my worst fear!

meiling 那你躺著，照護士說的做，別看就好了。抽血僅需要幾秒。
nà nǐ tǎng zhe zhào hùshì shuō de zuò bié kàn jiù hǎo le chōu xiě jǐn xūyào jǐ miǎo · Then lie down, do what the nurse says and don't look. It only takes a few seconds.

anna 好了！醫生說我的皮膚有點乾，牙也要再檢查一下。
hǎole yīshēng shuō wǒ de pífū yǒudiǎn gān yá yě yào zài jiǎnchá yíxià · Done! The doctor says my skin is a bit dry, and my teeth need another look.

meiling 你的體重呢？跟去年有差別嗎？
nǐ de tǐzhòng ne gēn qùnián yǒu chābié ma · What about your weight? Any different from last year?

anna 多了兩公斤！都是因為王阿姨的早餐太好吃，我每次都吃光。
duō le liǎng gōngjīn dōu shì yīnwèi Wáng āyí de zǎocān tài hǎochī wǒ měi cì dōu chī guāng · Two kilos more! Auntie Wang's breakfasts are too good: I clear the plate every time.

meiling 假如你每天走路去上課，身體的情況就會改善。
jiǎrú nǐ měi tiān zǒulù qù shàngkè shēntǐ de qíngkuàng jiù huì gǎishàn · If you walked to class every day, your health would improve.

anna 走路？算了，現實一點吧，我每天早上都來不及。
zǒulù suànle xiànshí yìdiǎn ba wǒ měi tiān zǎoshàng dōu láibùjí · Walk? Forget it, let's be realistic: I'm late every morning as it is.

meiling 醫生說睡覺的時間不足，身體會變弱，還會造成很多問題。你有把握早點睡嗎？
yīshēng shuō shuìjiào de shíjiān bùzú shēntǐ huì biàn ruò hái huì zàochéng hěn duō wèntí nǐ yǒu bǎwò zǎodiǎn shuì ma · The doctor says not getting enough sleep makes you run-down and causes lots of problems. Are you sure you can go to bed earlier?

write it trace the grey, then write your own

變
biàn
change, become

節
jié
(measure word for class periods)

數
shǔ
count

猜
cāi
guess



good to know · Many Taiwanese companies ask new staff and interns for a basic health check (體檢), done in one morning at a hospital. 幸虧 and 還好 both mean “luckily”; 幸虧 stresses what you were saved from, so it loves a 要不然 after it.

You can now go through a health check and tell the story of a lucky escape.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 43 hurt and healing

Talk about an injury and getting better, give examples with 像……什麼的 (like… and so on) and say "no wonder!" with 難怪.

When a friend gets hurt you want to ask, comfort and give advice, and 難怪 is the word for the moment it all makes sense.

words

word	pinyin	meaning	example
全身	quánshēn	the whole body	跑完步，我全身都是汗。 After my run I was covered in sweat.
受傷	shòushāng	get hurt, be injured	他打球的時候受傷了。 He got hurt playing ball.
活	huó	alive, living	市場上的魚都是活的。 The fish at the market are all alive.
生命	shēngmìng	life	每個生命都很重要。 Every life matters.
醉	zuì	drunk	喝醉的人不可以開車。 People who are drunk must not drive.
減輕	jiǎnqīng	lighten, ease	這種藥可以減輕頭痛。 This medicine can ease a headache.
重新	chóngxīn	again, anew	我想重新開始。 I want to start over.
道理	dàolǐ	reason, sense	你說的很有道理。 What you say makes a lot of sense.
更加	gèngjiā	even more	受傷以後，他更加注意身體了。 Since his injury he takes even more care of his health.
僅僅	jǐnjǐn	only, merely	他僅僅休息了三天就回去上班了。 He rested for just three days and went back to work.
克	kè	gram	我買了三百克的牛肉。 I bought 300 grams of beef.
皮	pí	skin, peel	蘋果的皮也很有營養。 Apple peel is nutritious too.
時代	shídài	era, times	現在是網路的時代。 We live in the age of the internet.
吸收	xīshōu	absorb	吃太快，身體不容易吸收營養。 If you eat too fast, your body can't absorb the nutrients well.
現象	xiànxiàng	phenomenon	這是一個很普遍的現象。 This is a very common phenomenon.
哲學	zhéxué	philosophy	大衛很喜歡讀哲學的書。 David loves reading philosophy books.
差異	chāyì	difference (formal)	南部和北部的天氣有很大的差異。 The weather in the south and north differs a lot.

難怪	nánguài	no wonder	你昨天沒睡覺？難怪你這麼累。 You didn't sleep last night? No wonder you're so tired.

pattern 像……什麼的 (like… and so on) and 難怪 (no wonder)

像 | A、B | 什麼的

像 + one or two examples + 什麼的 means "like A, B and so on": a relaxed, spoken way to give examples. 難怪 (no wonder) comes after you learn the reason: first the cause, then 難怪 + what you noticed.

我喜歡運動，像游泳、爬山什麼的。 **wǒ xǐhuān yùndòng xiàng yóuyǒng pá shān shénmede** I love sport: swimming, hiking, that kind of thing.

冰箱裡有很多水果，像蘋果、西瓜什麼的。 **bīngxiāng lǐ yǒu hěn duō shuǐguǒ xiàng píngguǒ xīguā shénmede** There's lots of fruit in the fridge: apples, watermelon and so on.

他昨天爬了八個小時的山？難怪全身都痛。 **tā zuótiān pá le bā ge xiǎoshí de shān nánguài quánshēn dōu tòng** He hiked for eight hours yesterday? No wonder he aches all over.

dialogue visiting david

david 你們來了！我全身都痛，簡直不能動。
nǐmen lái le wǒ quánshēn dōu tòng jiǎnzhí bù néng dòng · You came! Everything hurts; I can hardly move.

anna 你怎麼受傷的？是不是被蛇咬了？
nǐ zěnme shòushāng de shì bu shì bèi shé yǎo le · How did you get hurt? Did a snake bite you?

david 我一個人去山區爬山，走錯了路，腳受傷了。幸虧有人經過，幫我下山。
wǒ yí ge rén qù shānqū pá shān zǒu cuò le lù jiǎo shòushāng le xìngkuī yǒu rén jīngguò bāng wǒ xià shān · I went hiking in the hills alone, took a wrong path and hurt my foot. Luckily someone came by and helped me down.

anna 難怪你昨天沒來上課！我們帶了水果，像蘋果、香蕉什麼的。
nánguài nǐ zuótiān méi lái shàngkè wǒmen dài le shuǐguǒ xiàng píngguǒ xiāngjiāo shénmede · No wonder you missed class yesterday! We've brought fruit: apples, bananas, that kind of thing.

meiling 蘋果的皮也很有營養，身體容易吸收。王阿姨還送你三百克的牛肉。
píngguǒ de pí yě hěn yǒu yíngyǎng shēntǐ róngyì xīshōu Wáng āyí hái sòng nǐ sānbǎi kè de niú ròu · Apple peel is good for you too, and easy for your body to absorb. And Auntie Wang sent you 300 grams of beef.

david 太好了！醫生說僅僅是小問題，他給我的藥可以減輕痛苦，休息兩個星期就好了。
tài hǎo le yīshēng shuō jǐnjǐn shì xiǎo wèntí tā gěi wǒ de yào kěyǐ jiǎnqīng tòngkǔ xiūxí liǎng ge xīngqí jiù hǎo le · Great! The doctor says it's only a small thing: the medicine he gave me eases the pain, and two weeks' rest and I'll be fine.

anna 那我們就安心了。這兩個星期，你的情況一定會改善。
nà wǒmen jiù ānxīn le zhè liǎng ge xīngqí nǐ de qíngkuàng yídìng huì gǎishàn · That's a relief. You're sure to get better over these two weeks.

meiling 你要把這次受傷當作一個機會，以後更加小心。新聞說，一個人去爬山受傷，是很普遍的現象。
nǐ yào bǎ zhè cì shòushāng dàngzuò yí ge jīhuì yǐhòu gèngjiā xiǎoxīn xīnwén shuō yí ge rén qù pá shān shòushāng shì hěn pǔbiàn de xiànxiàng · Take this injury as a lesson and be even more careful from now on. The news says people hiking alone getting hurt is really common.

david 我知道。我那時候一邊走一邊想哲學的問題，想生命的事，就走錯了。
wǒ zhīdào wǒ nà shíhòu yì biān zǒu yì biān xiǎng zhéxué de wèntí xiǎng shēngmìng de shì jiù zǒu cuò le · I know. I was thinking about philosophy as I walked, about life and all that, and took the wrong path.

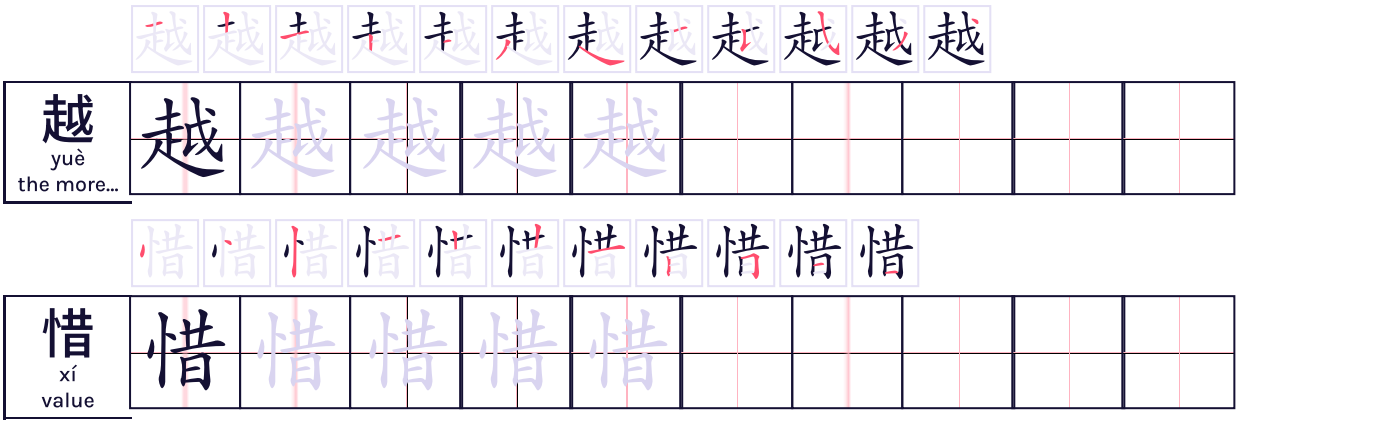
anna 現在是網路的時代，你躺在床上也可以讀哲學！等你好了，再重新開始爬山。
xiànzài shì wǎnglù de shídài nǐ tǎng zài chuáng shàng yě kěyǐ dú zhéxué děng nǐ hǎo le zài chóngxīn kāishǐ pá shān · It's the internet age: you can read philosophy lying in bed! When you're better you can start hiking again.

david 你說的有道理。活著，就是最好的事！
nǐ shuō de yǒu dàolǐ huó zhe jiù shì zuì hǎo de shì · You've got a point. Being alive is the best thing there is!

write it trace the grey, then write your own

錯
cuò
be wrong, make a mistake

誤
wù
by mistake; miss



good to know · 像……什麼的 is spoken and relaxed; in writing you'd say 例如……等. 難怪 and 怪不得 both mean "no wonder"; 怪不得 is the more northern, chatty one.

You can now ask about an injury, give advice with examples, and connect the dots out loud with 難怪. Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 44 tears and strength

Comfort a friend after a hard day, talk about teeth and tiredness, and say “apart from…” or “as well as…” with 除了……以外.

除了……之外 is everywhere: it lets you list exceptions and extras, from your health to your to-do list.

words

word	pinyin	meaning	example
牙齒	yáchǐ	teeth	每天刷牙，才|能保護牙齒。 Brush every day to look after your teeth.
體力	tǐlì	stamina, physical strength	爬山需要很好的體力。 Hiking takes good stamina.
淚	lèi	tear (written)	她聽了這個故事，感動得流淚了。 The story moved her to tears.
眼淚	yǎnlèi	tears	她笑得眼淚都出來了。 She laughed so hard she cried.
毛病	máobìng	fault, problem; ailment	我的電腦有一點毛病。 There’s something wrong with my computer.
力量	lìliàng	strength, power	家人的愛給了我很大的力量。 My family’s love gave me great strength.
創造	chuàngzào	create	機會要{=must}自己創造。 You have to make your own chances.
範圍	fànwéi	scope, range	考試的範圍是第一課到第五課。 The exam covers lessons 1 to 5.
好好	hǎohǎo	properly, well (do it well)	你生病了，要{=should}好好休息。 You’re ill: get some proper rest.
進行	jìnxíng	carry out, be under way	檢查正在進行，請等一下。 The check is under way; please wait a moment.
良好	liánghǎo	good, fine (formal)	他有良好的習慣，每天早睡早起{=get up}。 He has good habits: early to bed, early to rise.
平	píng	flat, level, even	這條路很平，騎腳踏車很舒服。 This road is flat, so it’s nice for cycling.
思考	sīkǎo	think deeply, reflect	遇到問題，要{=should}先好好思考。 When you hit a problem, think it through first.
線	xiàn	line, thread	你坐捷運紅線就可以到。 Take the MRT red line and you’ll get there.
一同	yītóng	together (formal)	歡迎大家一同參加。 Everyone is welcome to join in.
最初	zuìchū	at first, the beginning	最初我不習慣，現在很喜歡。 At first I wasn’t used to it; now I love it.
從不	cóngbù	never (as a habit)	他從不遲到。 He’s never late.

當天	dàngtiān	that same day	檢查的結果當天就可以拿到。 You get the results the same day.

pattern 除了……以外 / 之外: apart from, besides

除了 | X | 以外 | ，都… (all except X) / 還… (X and more)

除了 X 以外 sets X aside. With 都 in the second half, X is the exception: everything else is true. With 還 or 也, X is included and you add more. 以外 is often written 之外, and in speech it can be left out.

除了牙齒以外，我的身體都很好。 **chúle yáchǐ yǐwài wǒ de shēntǐ dōu hěn hǎo** Apart from my teeth, I'm perfectly healthy.

除了上班以外，她還得照顧奶奶。 **chúle shàngbān yǐwài tā hái děi zhàogù nǎinai** As well as working, she has to look after her grandma.

除了美玲以外，大家都來了。 **chúle Měilíng yǐwài dàjiā dōu lái le** Everyone came except Meiling.

dialogue a hard day

anna 美玲，我回來了。你怎麼了？怎麼都是眼淚？

Měilíng wǒ huí lái le nǐ zěnme le zěnme dōu shì yǎnlèi · Meiling, I'm back. What's wrong? Why all the tears?

meiling 今天的報告進行得很不順利，經理說我的想法不夠好。最初我很有信心，現在一點信心都沒有了。

jīntiān de bàogào jìnxíng de hěn bú shùnlì jīnglǐ shuō wǒ de xiǎngfǎ bú gòu hǎo zuìchū wǒ hěn yǒu xìnxīn xiànzài yìdiǎn xìnxīn dōu méiyǒu le · Today's presentation went really badly; my manager said my ideas weren't good enough. I was so confident at first, and now I've got none left.

anna 難怪你這麼難過。可是你從不怕困難啊！

nánguài nǐ zhème nánguò kěshì nǐ cóngbú pà kùnnán a · No wonder you're so upset. But you're never afraid of a challenge!

meiling 除了工作以外，我還得準備考試，範圍很大，所以更加辛苦，體力真的不夠了。

chúle gōngzuò yǐwài wǒ hái děi zhǔnbèi kǎoshì fànwéi hěn dà suǒyǐ gèngjiā xīnkǔ tǐlì zhēnde bú gòu le · On top of work I have to study for an exam that covers a huge amount. So it's even harder, and I've just run out of energy.

anna 自從你開始上班，天天都很晚睡。你得好好休息，再好好思考。

zìcóng nǐ kāishǐ shàngbān tiāntiān dōu hěn wǎn shuì nǐ děi hǎohǎo xiūxí zài hǎohǎo sīkǎo · Ever since you started work you've gone to bed late every night. Get some real rest, then think it over properly.

meiling 你說得對。最近我的皮膚也變差了。你呢？牙齒怎麼樣了？

nǐ shuō de duì zuìjìn wǒ de pífū yě biàn chà le nǐ ne yáchǐ zěnmeyàng le · You're right. My skin has got worse lately, too. What about you? How are your teeth?

anna 醫生說我的牙齒有一點毛病，是因為吃太多甜點的關係。不過不嚴重，當天就弄好了。

yīshēng shuō wǒ de yáchǐ yǒuyìdiǎn máobìng shì yīnwèi chī tài duō tiándiǎn de guānxì búguò bù yánzhòng dàngtiān jiù nòng hǎo le · The doctor says there's a small problem with my teeth, from eating too many sweets. But it's not serious; it was fixed the same day.

grandma lin 美玲啊，奶奶跟你說，生活不是一條很平的線，有好的時候，也有壞的時候。

Měilíng a nǎinai gēn nǐ shuō shēnghuó bú shì yì tiáo hěn píng de xiàn yǒu hǎo de shíhòu yě yǒu huài de shíhòu · Meiling dear, listen to Grandma: life isn't a flat line. There are good times and bad times.

grandma lin 累的時候，就做一點喜歡的事，像唱歌、散步什麼的。你們兩個要一同加油，用自己的力量創造未來。

lèi de shíhòu jiù zuò yìdiǎn xǐhuān de shì xiàng chànggē sànbù shénmede nǐmen liǎng ge yào yìtóng jiāyóu yòng zìjǐ de lìliàng chuàngzào wèilái · When you're tired, do something you enjoy, like singing or a walk. You two keep going together, and build your future with your own strength.

meiling 謝謝奶奶！聽了您的話，我的煩惱減輕了很多。那我今天早點睡，明天再努力！

xièxie nǎinai tīng le nín de huà wǒ de fánnǎo jiǎnqīng le hěn duō nà wǒ jīntiān zǎodiǎn shuì míngtiān zài nǔlì · Thanks, Grandma! Hearing that, my worries feel a lot lighter. Then I'll go to bed early tonight and try again tomorrow!

write it trace the grey, then write your own

受

shòu

receive, be subjected to



跳
tiào
jump

發
fā
send out,
give out



決
jué
decide

good to know · 除了……以外 and 除了……之外 mean the same; in speech people often drop the second half: 除了你，大家都來了. 好好 + verb means “do it properly”: 好好休息, 好好吃飯, 好好想想. Taiwan rarely says 好好兒.

You can now list what’s included and what isn’t, and find the words when a friend needs comfort.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 45 a smile and stiff shoulders

Chinese TOCFL B in 220 days
unit 7 · body & health

Talk about aches from desk work, set limits with 以上 / 以下 / 以外, and say "I simply must" with 非……不可.

Desk jobs come with stiff shoulders, and 非……不可 is how Taiwanese colleagues say a deadline can't move.

words

word	pinyin	meaning	example
微笑	wéixiào	smile	她微笑著說：「沒關係。」 She smiled and said, "It's fine."
腦子	nǎozi	brain, head (mind)	我今天累得腦子都不清楚了。 I'm so tired today I can't think straight.
力	lì	force, strength	我累得一點力都沒有。 I'm so tired I have no strength left.
肩膀	jiānbǎng	shoulder	我在電腦前面坐太久，肩膀好痛。 I've sat at the computer too long and my shoulders really hurt.
保養	bǎoyǎng	look after, maintain	機車要{=need to}常常保養。 A scooter needs regular servicing.
處理	chǔlǐ	deal with, handle	這件事我來處理。 I'll handle this.
符合	fúhé	meet, fit (a standard)	你的體重符合標準。 Your weight is within the normal range.
基本	jīběn	basic	這是最基本的問題。 This is the most basic question.
進一步	jìnyībù	further, a step further	醫生說要{=need to}進一步檢查。 The doctor says further tests are needed.
了不起	liǎobùqǐ	amazing, terrific	你八十歲還能爬山，真了不起！ Still hiking at eighty? That's amazing!
期	qí	issue, term (measure word)	這本雜誌我每一期都看。 I read every issue of this magazine.
挑戰	tiǎozhàn	challenge	學中文是一個很大的挑戰。 Learning Chinese is a big challenge.
相關	xiāngguān	related	我想找跟健康相關的工作。 I want a job related to health.
以來	yǐlái	since	自從搬到臺北以來，我胖了三公斤。 Since moving to Taipei I've put on three kilos.
哎	āi	oh, hey (surprise, regret)	哎，我又忘了帶傘！ Oh no, I forgot my umbrella again!
存在	cúnzài	exist	這個問題一直存在。 This problem has always been there.
獨特	dútè	unique, distinctive	這家{=(measure word)}店的口味很獨特。 This shop's flavours are really distinctive.

非	fēi	not; must (非……不可)	這件事我非做不可{ke3-tw2}。 I simply have to do this.

pattern 以上 / 以下 / 以外 (limits) and 非……不可 (simply must)

number / place | **以** | **上 · 下 · 外** | **非 + verb + 不可**

以 + a direction word sets a limit: 六十歲以上 (sixty and over), 三歲以下 (under three), 臺北以外 (outside Taipei). Notices also use 以內 (within) and 以東 (east of). 非 + verb + 不可 means “simply must”: literally, not doing it is not allowed.

三歲以下的小孩子不用買票。 **sān suì yǐxià de xiǎoháizi búyòng mǎi piào** Children under three don’t need a ticket.

除了臺北以外，我還想去南部走走。 **chúle Táiběi yǐwài wǒ hái xiǎng qù nánbù zǒuzǒu** Besides Taipei, I want to see the south too.

這件事我非做不可。 **zhè jiàn shì wǒ fēi zuò bù kě** I simply have to do this.

dialogue stiff shoulders

manager li 安娜，你怎麼一直動肩膀？哪裡不舒服？
Ānnà nǐ zěnme yìzhí dòng jiānbǎng nǎlǐ bù shūfu · Anna, why do you keep rolling your shoulders? Something wrong?

anna 哎，自從開始做這個計畫以來，我天天坐在電腦前面，肩膀痛得一點力都沒有，腦子也很累。
āi zìcóng kāishǐ zuò zhè ge jìhuà yǐlái wǒ tiāntiān zuò zài diànnǎo qiánmiàn jiānbǎng tòng de yìdiǎn lì dōu méiyǒu nǎozi yě hěn lèi · Oh, ever since I started this project I've been at the computer all day. My shoulders are so sore I've got no strength left, and my brain's fried.

manager li 不休息不行。保養身體跟保養機車一樣，不保養就會出毛病。
bù xiūxí bù xíng bǎoyǎng shēntǐ gēn bǎoyǎng jīchē yíyàng bù bǎoyǎng jiù huì chū máobìng · You have to rest. Looking after your body is like servicing a scooter: skip it and something goes wrong.

anna 可是這個計畫我非完成不可，客人下星期就要看。
kěshì zhè ge jìhuà wǒ fēi wánchéng bù kě kèrén xià xīngqí jiù yào kàn · But I absolutely have to finish this project: the client wants to see it next week.

manager li 就算再忙，也要休息。另外，客人說，希望我們的想法更獨特，可是也要符合他們的基本要求。
jiùsuàn zài máng yě yào xiūxí lìngwài kèrén shuō xīwàng wǒmen de xiǎngfǎ gèng dútè kěshì yě yào fúhé tāmen de jīběn yāoqiú · However busy you are, take breaks. Also, the client says they want our ideas to be more original, but still meet their basic requirements.

anna 這是一個很大的挑戰。有一個問題一直存在：他們要的東西太多了，我不知道怎麼處理。
zhè shì yí ge hěn dà de tiǎozhàn yǒu yí ge wèntí yìzhí cúnzài tāmen yào de dōngxi tài duō le wǒ bù zhīdào zěnme chǔlǐ · That's a real challenge. There's one problem that won't go away: they want so much that I don't know how to handle it.

manager li 先處理最基本的，再進一步想別的。三十頁以上的資料，你不用一次看完。
xiān chǔlǐ zuì jīběn de zài jìnyíbù xiǎng biéde sānshí yè yǐshàng de zīliào nǐ búyòng yí cì kàn wán · Deal with the basics first, then take it further. You don't need to read thirty-odd pages of material in one go.

anna 好，我先看跟這個計畫相關的部分。
hǎo wǒ xiān kàn gēn zhè ge jìhuà xiāngguān de bùfen · OK, I'll start with the parts related to this project.

manager li 這一期的雜誌介紹了一位八十歲的畫家，他每天都畫畫，可是也天天運動，體力比年輕人還好。真了不起！
zhè yì qí de zázhì jièshào le yí wèi bāshí suì de huàjiā tā měi tiān dōu huà huà kěshì yě tiāntiān yùndòng tǐlì bǐ niánqīng rén hái hǎo zhēn liǎobùqǐ · This issue of the magazine has a piece on an eighty-year-old painter. He paints every day, but he also exercises every day, and he's fitter than young people. Amazing!

anna 我明白您的意思了。那麼，我現在就去走走！
wǒ míngbái nín de yìsi le nàme wǒ xiànzài jiù qù zǒuzǒu · I get what you mean. Then I'll go for a little walk right now!

manager li 對，別太緊張，微笑一下！
duì bié tài jǐnzhāng wéixiào yíxià · Right. Don't be so tense: smile!

write it trace the grey, then write your own

頁												
yè page												



超
chāo
surpass

當
dāng
when; as (a job)



遇
yù
meet, run into (written)

good to know · Signs and rules love 以上 and 以下; in Taiwan they usually include the number itself: 六十五歲以上 = 65 and over. 非……不可 is strong. In chat people also say 非……不行, but 不可 is the standard form.

You can now set limits, insist on what must be done, and still remember to take a break.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 46 an upset stomach

Describe an upset stomach and a small cut, pick up a topic with 說到 (speaking of), and weigh two sides with 一方面……一方面……

Night markets are a joy, until they aren't: today you can explain what went wrong, and 說到 lets you jump into any conversation.

words

word	pinyin	meaning	example
拉肚子	lādùzi	have diarrhoea	我吃了不新鮮的海鮮，拉肚子了。 I ate some seafood that wasn't fresh and got an upset stomach.
腦	nǎo	brain	考試前{qian2-tw2}一天，要{=should}讓腦{nao3-tw}好好休息。 The day before an exam, give your brain a proper rest.
流血	liúxiě	bleed	你的手流血了！ Your hand is bleeding!
肩	jiān	shoulder (short form)	他的肩很寬。 He has broad shoulders.
身上	shēnshàng	on you, on one's body	我身上沒有錢。 I don't have any money on me.
此	cǐ	this (written)	此路不通。 No through road.
付出	fùchū	give, put in (effort, time)	他為這個家付出了很多。 He has given so much for this family.
記憶	jìyì	memory	這首{=(measure word for songs)}歌帶給我很多美好的記憶。 This song brings back lots of happy memories.
絕對	juéduì	absolutely	我絕對不會{=will}忘記你。 I'll never, ever forget you.
能夠	nénggòu	be able to	希望你能夠早一點好起來。 I hope you get better soon.
期間	qíjiān	period, during	生病期間，請多休息。 While you're ill, rest as much as you can.
穩定	wěndìng	stable, steady	他現在的情況很穩定。 He's stable now.
項	xiàng	item (measure word)	今天的檢查一共有五項。 Today's check-up has five parts.
有效	yǒuxiào	effective; valid	這種藥很有效。 This medicine works really well.
寶貴	bǎoguì	precious, valuable	謝謝你寶貴的意見。 Thank you for your valuable advice.
代替	dàitì	replace, stand in for	你可以用水代替牛奶。 You can use water instead of milk.

一方面	yīfāngmiàn	on the one hand	我一方面想休息，一方面又想去玩。 Part of me wants to rest, and part of me wants to go out.

pattern 說到 (speaking of) and 一方面……一方面…… (on the one hand… on the other)

說到 / 談到 / 講到 + a topic + , what you want to say about it

說到 X (or 談到, 講到) picks up a topic, often one someone just mentioned: “speaking of X…”. 一方面……一方面…… sets two sides or two reasons side by side; add 又 or 也 in the second half.

說到夜市，我最喜歡臺南的。 **shuō dào yèshì wǒ zuì xǐhuān Táinán de** Speaking of night markets, Tainan’s are my favourite.

談到健康，睡覺絕對是最重要的。 **tán dào jiànkāng shuìjiào juéduì shì zuì zhòngyào de** When it comes to health, sleep is absolutely the most important thing.

我一方面想去，一方面又怕太累。 **wǒ yìfāngmiàn xiǎng qù yìfāngmiàn yòu pà tài lèi** On the one hand I want to go; on the other I’m afraid it’ll be too tiring.

dialogue too much night market

auntie wang 美玲，你的臉色不太好，怎麼了？
Měilíng nǐ de liǎnsè bú tài hǎo zěnme le · Meiling, you look pale. What's up?

meiling 阿姨，我昨天在夜市吃了太多東西，今天一直拉肚子。
āyí wǒ zuótiān zài yèshì chī le tài duō dōngxi jīntiān yìzhí lādùzi · Auntie, I ate far too much at the night market last night, and my stomach's been upset all day.

zhiming 說到夜市，我早就跟你說過，海鮮要新鮮，不能亂吃。
shuō dào yèshì wǒ zǎo jiù gēn nǐ shuō guo hǎixiān yào xīnxian bù néng luàn chī · Speaking of night markets, I told you ages ago: seafood has to be fresh, you can't just eat anything.

auntie wang 夜市的東西是好吃，可是不能天天吃。來，趁熱喝這碗湯。今天別太用腦，好好休息。
yèshì de dōngxi shì hǎochī kěshì bù néng tiāntiān chī lái chèn rè hē zhè wǎn tāng jīntiān bié tài yòng nǎo hǎohǎo xiūxí · Night-market food IS tasty, but not every day. Here, drink this soup while it's hot. Don't think too hard today; get some proper rest.

meiling 謝謝阿姨。我一方面很餓，一方面又不敢吃東西。希望明天能夠好起來。
xièxie āyí wǒ yìfāngmiàn hěn è yìfāngmiàn yòu bù gǎn chī dōngxi xīwàng míngtiān nénggòu hǎo qǐlái · Thanks, Auntie. On the one hand I'm starving, on the other I don't dare eat. I hope I'm better tomorrow.

auntie wang 拉肚子期間，別喝冰的，也別吃辣的。這種藥很有效，也很可靠，你吃一包。
lādùzi qíjiān bié hē bīng de yě bié chī là de zhè zhǒng yào hěn yǒuxiào yě hěn kěkào nǐ chī yì bāo · While your stomach's upset, no cold drinks and nothing spicy. This medicine works well and you can trust it: take one packet.

zhiming 阿姨，你的手流血了！我身上沒有衛生紙，用你肩上的毛巾吧，我幫你擦一下。
āyí nǐ de shǒu liúxiě le wǒ shēnshàng méiyǒu wèishēngzhǐ yòng nǐ jiān shàng de máojīn ba wǒ bāng nǐ cā yíxià · Auntie, your hand is bleeding! I've got no tissues on me; let's use the towel on your shoulder. I'll wipe it for you.

auntie wang 哎，沒關係，剛才拿刀子的時候不小心。你們這些孩子真好。
āi méiguānxi gāngcái ná dāozi de shíhòu bù xiǎoxīn nǐmen zhèxiē háizi zhēn hǎo · Oh, it's nothing, I just wasn't careful with the knife. You kids are so sweet.

auntie wang 我開了三十年的早餐店，付出了很多，最寶貴的記憶，就是跟你們在一起的時候。
wǒ kāi le sānshí nián de zǎocān diàn fùchū le hěn duō zuì bǎoguì de jìyì jiù shì gēn nǐmen zài yìqǐ de shíhòu · I've run this breakfast shop for thirty years and put so much into it, and my most precious memories are the times with you lot.

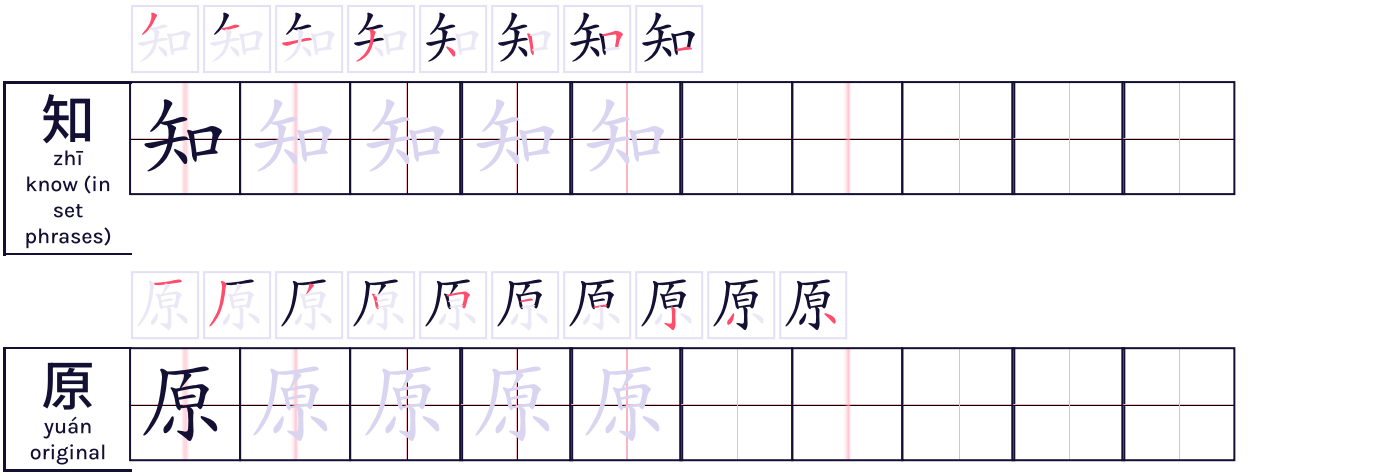
meiling 阿姨，我們也愛你！從今天起，我絕對不在夜市吃太多了！
āyí wǒmen yě ài nǐ cóng jīntiān qǐ wǒ juéduì bú zài yèshì chī tài duō le · We love you too, Auntie! From now on I'll never overeat at the night market again!

zhiming 我也從不吃太多……好吧，只吃三份。
wǒ yě cóngbù chī tài duō hǎo ba zhǐ chī sān fèn · I never overeat either… OK, just three portions.

write it trace the grey, then write your own

答
dá
answer

絕
jué
absolutely
(+ negative)



good to know · In Taiwan, an upset stomach traditionally means plain rice porridge and nothing cold, spicy or oily for a day or two. 此 is the written 這: 從此 (from then on), 因此 (so), and road signs like 此路不通.

You can now talk about feeling unwell, pick up any topic with 說到 and weigh up both sides of a choice.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 47 mission: zhiming's bike accident

Chinese TOCFL B in 220 days
unit 7 · body & health

Follow a whole story about an accident: a message from a friend, a hospital visit, getting better and a fresh start.

Health is where your Chinese has to work under pressure: today all of unit 7 comes back in one story.

chapter 1 zhiming's message

meiling 安娜，快來！志明給我們留言了，他受傷了！
Ānnà kuài lái Zhìmíng gěi wǒmen liúyán le tā shòushāng le · Anna, quick! Zhiming's left us a message: something's happened to him!

anna 什麼？你念給我聽。
shénme nǐ niàn gěi wǒ tīng · What? Read it to me.

meiling 「美玲、安娜：別擔心，我沒事！今天早上下大雨，我騎機車去上班，路不平，車子倒了。我的肩膀和手受傷了，流了一點血，現在在醫院。幸虧我騎得不快，也幸虧有一位先生幫我叫了救護車。醫生要進一步檢查，我可能得躺一兩天。下午能不能幫我帶一點東西來？像衣服、毛巾、牙刷什麼的。謝謝！志明」
Měilíng Ānnà bié dānxīn wǒ méi shì jīntiān zǎoshàng xià dà yǔ wǒ qí jīchē qù shàngbān lù bù píng chēzi dǎo le wǒ de jiānbǎng hé shǒu shòushāng le liú le yìdiǎn xiě xiànzài zài yīyuàn xìngkuī wǒ qí de bú kuài yě xìngkuī yǒu yí wèi xiānshēng bāng wǒ jiào le jiùhùchē yīshēng yào jìnyíbù jiǎnchá wǒ kěnéng děi tǎng yìliǎng tiān xiàwǔ néng bu néng bāng wǒ dài yìdiǎn dōngxi lái xiàng yīfú máojīn yáshuā shénmede xièxie Zhìmíng · "Meiling, Anna: don't worry, I'm fine! It poured this morning, I was riding to work, the road was uneven and the scooter went over. I've hurt my shoulder and hand and bled a bit; I'm in hospital now. Luckily I wasn't going fast, and luckily a man called an ambulance for me. The doctor wants to do more tests, so I may have to stay in bed a day or two. Could you bring a few things this afternoon? Clothes, a towel, a toothbrush, that kind of thing. Thanks! Zhiming"

anna 難怪他早上沒接我的電話！
nánguài tā zǎoshàng méi jiē wǒ de diànhuà · No wonder he didn't answer my call this morning!

anna 他說肩膀受傷了，不知道會不會造成什麼大問題。
tā shuō jiānbǎng shòushāng le bù zhīdào huì bu huì zàochéng shénme dà wèntí · He says he's hurt his shoulder. I hope it won't turn into anything serious.

meiling 我一方面很擔心，一方面又有一點生氣。我早就跟他說過，下雨天非騎慢一點不可！
wǒ yìfāngmiàn hěn dānxīn yìfāngmiàn yòu yǒuyìdiǎn shēngqì wǒ zǎo jiù gēn tā shuō guo xiàyǔ tiān fēi qí màn yìdiǎn bù kě · Part of me is worried and part of me is a bit cross. I told him ages ago: on rainy days you simply have to ride slowly!

anna 現在別生氣了。我們先去醫院看他，絕對不能讓他一個人在那裡。
xiànzài bié shēngqì le wǒmen xiān qù yīyuàn kàn tā juéduì bù néng ràng tā yí ge rén zài nàlǐ · Don't be cross now. Let's go and see him first; we can't leave him there on his own.

meiling 好，我去拿他要的東西。說到牙刷，我們家還有一支新的。
hǎo wǒ qù ná tā yào de dōngxi shuō dào yáshuā wǒmen jiā hái yǒu yì zhī xīn de · OK, I'll get the things he wants. Speaking of toothbrushes, we've still got a new one at home.

chapter 2 how bad is it?

zhiming 你們來了！哎，我現在全身都痛。
nǐmen lái le āi wǒ xiànzài quánshēn dōu tòng · You came! Ugh, I ache all over.

anna 你還好嗎？醫生怎麼說？
nǐ háihǎo ma yīshēng zěnme shuō · Are you OK? What did the doctor say?

zhiming 醫生幫我檢查了，除了肩膀以外，別的地方都沒有大問題。手上僅僅破了一點皮。
yīshēng bāng wǒ jiǎnchá le chúle jiānbǎng yǐwài biéde dìfāng dōu méiyǒu dà wèntí shǒu shàng jǐnjǐn pò le yìdiǎn pí · The doctor checked me over. Apart from my shoulder there's nothing serious; the skin on my hand is only grazed.

meiling 血呢？手還在流血嗎？
xiě ne shǒu hái zài liúxiě ma · And the blood? Is your hand still bleeding?

zhiming 已經不流了。今天一共檢查了五項，結果當天就能夠拿到。醫生給我的藥很有效，可以減輕痛苦。
yǐjīng bù liú le jīntiān yígòng jiǎnchá le wǔ xiàng jiéguǒ dàngtiān jiù nénggòu ná dào yīshēng gěi wǒ de yào hěn yǒuxiào kěyǐ jiǎnqīng tòngkǔ · It's stopped. They did five tests today, and the results come back the same day. The medicine the doctor gave me works well; it eases the pain.

anna 你得躺多久？
nǐ děi tǎng duō jiǔ · How long do you have to stay in bed?

zhiming 兩三天。可是這一期的工作我非完成不可，我躺在這裡也可以用手機處理。
liǎngsān tiān kěshì zhè yì qí de gōngzuò wǒ fēi wánchéng bù kě wǒ tǎng zài zhèlǐ yě kěyǐ yòng shǒujī chǔlǐ · Two or three days. But I absolutely have to finish this round of work; I can handle it on my phone from here.

meiling 不行！你為工作付出得太多了，要好好休息，工作可以請別人代替你。生命比工作寶貴多了！
bù xíng nǐ wèi gōngzuò fùchū de tài duō le yào hǎohǎo xiūxí gōngzuò kěyǐ qǐng biérén dàitì nǐ shēngmìng bǐ gōngzuò bǎoguì duō le · No way! You give too much to your job. Get proper rest; someone else can cover for you. Your life is worth far more than work!

zhiming 你說的有道理。好吧，這幾天我不想工作的事了。
nǐ shuō de yǒu dàolǐ hǎo ba zhè jǐ tiān wǒ bù xiǎng gōngzuò de shì le · You've got a point. All right, no thinking about work for a few days.

anna 休息期間，我們每天都來看你。
xiūxí qíjiān wǒmen měi tiān dōu lái kàn nǐ · While you're resting, we'll come and see you every day.

chapter 3 teacher chen visits

teacher chen 志明，姑姑給你帶了雞湯，趁熱喝吧。
Zhìmíng gūgu gěi nǐ dài le jī tāng chèn rè hē ba · Zhiming, your aunt's brought you chicken soup. Drink it while it's hot.

zhiming 謝謝姑姑！我記得小時候，奶奶也常常做雞湯給我喝，那是我最美好的記憶。
xièxie gūgu wǒ jìde xiǎo shíhòu nǎinai yě chángcháng zuò jī tāng gěi wǒ hē nà shì wǒ zuì měihǎo de jìyì · Thanks, Auntie! I remember Grandma often made me chicken soup when I was little. Those are my happiest memories.

teacher chen 對，那是1990年代。當年你身體很弱，騎腳踏車受傷，哭得眼淚都出來了。喝了奶奶的雞湯，馬上就不哭了。
duì nà shì niándài dāngnián nǐ shēntǐ hěn ruò qí jiǎotàchē shòushāng kū de yǎnlèi dōu chū lái le hē le nǎinai de jī tāng mǎshàng jiù bù kū le · Yes, that was the 1990s. You were a frail little boy back then; you hurt yourself on your bike and cried your eyes out, and after Grandma's soup you stopped crying straight away.

teacher chen 可是時代不同了，現在路上的車子比當年多很多，騎車要更加小心，也要養成良好的習慣。
kěshì shídài bùtóng le xiànzài lù shàng de chēzi bǐ dāngnián duō hěn duō qí chē yào gèngjiā xiǎoxīn yě yào yǎng chéng liánghǎo de xíguàn · But times have changed: there are far more vehicles on the road than back then, so you have to be even more careful and get into good habits.

zhiming 躺了這幾天，我的腦子清楚多了。我讀了一點哲學的書，想了很多我以前從不思考的問題。
tǎng le zhè jǐ tiān wǒ de nǎozi qīngchǔ duō le wǒ dú le yìdiǎn zhéxué de shū xiǎng le hěn duō wǒ yǐqián cóngbù sīkǎo de wèntí · After a few days in bed my head is much clearer. I read a bit of philosophy and thought about lots of things I never used to think about.

zhiming 姑姑，我知道了。我想了很多：一方面我喜歡騎機車，一方面又覺得太危險。
gūgu wǒ zhīdào le wǒ xiǎng le hěn duō yìfāngmiàn wǒ xǐhuān qí jīchē yìfāngmiàn yòu juéde tài wéixiǎn · I know, Auntie. I've been thinking a lot: on the one hand I love my scooter, on the other it feels too dangerous.

teacher chen 這是很現實的問題。你好好思考，自己做決定。
zhè shì hěn xiànshí de wèntí nǐ hǎohǎo sīkǎo zìjǐ zuò juédìng · That's a very real question. Think it over properly and decide for yourself.

anna 你的體力恢復得怎麼樣？
nǐ de tǐlì huīfù de zěnmeyàng · How's your strength coming back?

zhiming 越來越好了！醫生說我的情況很穩定，明天就可以回家。
yuèláiyuè hǎo le yīshēng shuō wǒ de qíngkuàng hěn wěndìng míngtiān jiù kěyǐ huí jiā · Better and better! The doctor says I'm stable and can go home tomorrow.

teacher chen 來，多喝一點湯，身體才容易吸收營養。
lái duō hē yìdiǎn tāng shēntǐ cái róngyì xīshōu yíngyǎng · Here, have some more soup: it helps your body take in the goodness.

chapter 4 a new plan

zhiming 我決定了：上班的時候，我用捷運代替機車。坐藍線，三十分鐘就到了。我覺得我好像重新活了一次。

wǒ juédìng le shàngbān de shíhòu wǒ yòng jiéyùn dàitì jīchē zuò lán xiàn sānshí fēnzhōng jiù dào le wǒ juéde wǒ hǎoxiàng chóngxīn huó le yí cì · I've decided: for work I'll take the MRT instead of the scooter. The blue line gets me there in thirty minutes. I feel like I've been given a second life.

meiling 了不起！看你又能微笑了，我們都很放心。那週末呢？

liǎobùqǐ kàn nǐ yòu néng wéixiào le wǒmen dōu hěn fàngxīn nà zhōumò ne · Brilliant! It's good to see you smiling again. And at weekends?

zhiming 週末我還是想騎車。我的機車有一點毛病，我會先拿去保養，也會改掉我的壞習慣，像騎太快、一邊騎車一邊看手機什麼的。

zhōumò wǒ háishì xiǎng qí chē wǒ de jīchē yǒuyìdiǎn máobìng wǒ huì xiān ná qù bǎoyǎng yě huì gǎi diào wǒ de huài xíguàn xiàng qí tài kuài yì biān qí chē yì biān kàn shǒujī shénmede · At weekends I still want to ride. My scooter has a few problems, so I'll get it serviced first, and I'll fix my bad habits, like riding too fast or checking my phone while I ride.

anna 說到安全，我們公司最近做了一個跟交通安全相關的計畫，想法很獨特，可是最基本的是：每個人都要小心。

shuō dào ānquán wǒmen gōngsī zuìjìn zuò le yí ge gēn jiāotōng ānquán xiāngguān de jìhuà xiǎngfǎ hěn dútè kěshì zuì jīběn de shì měi ge rén dōu yào xiǎoxīn · Speaking of safety, my company has just done a project on road safety. The ideas are really original, but the basic message is: everyone has to be careful.

anna 我也有一個挑戰：我的體重增加了，從明天起，我要跟你一同走路去捷運站。最初幾天一定很累，可是我有把握！

wǒ yě yǒu yí ge tiǎozhàn wǒ de tǐzhòng zēngjiā le cóng míngtiān qǐ wǒ yào gēn nǐ yìtóng zǒulù qù jiéyùn zhàn zuìchū jǐ tiān yídìng hěn lèi kěshì wǒ yǒu bǎwò · I've got a challenge too: I've put on weight, so from tomorrow I'll walk to the MRT station with you. The first few days will be tiring, but I'm sure I can do it!

david 我也參加！自從我的腳受傷以來，我一直沒有運動。

wǒ yě cānjiā zìcóng wǒ de jiǎo shòushāng yǐlái wǒ yìzhí méiyǒu yùndòng · Count me in! I haven't exercised since I hurt my foot.

zhiming 你們真好。這次受傷，給了我很大的力量，也讓我明白：朋友最可靠！

nǐmen zhēn hǎo zhè cì shòushāng gěi le wǒ hěn dà de lìliàng yě ràng wǒ míngbái péngyǒu zuì kěkào · You're all so good. Getting hurt has made me stronger, and it's taught me that friends are the people you can count on!

meiling 那就這樣決定了！明天早上七點，捷運站見！

nà jiù zhèyàng juédìng le míngtiān zǎoshàng qī diǎn jiéyùn zhàn jiàn · Then it's settled! Tomorrow, seven a.m., see you at the MRT station!

chapter 5 rain and accidents

meiling 今天早上，臺北下大雨，路上很危險。從七點到九點，全市一共有二十多個人出了事。路上的車很多，很多人上班都遲到了。

jīntiān zǎoshàng Táiběi xià dà yǔ lù shàng hěn wéixiǎn cóng qī diǎn dào jiǔ diǎn quán shì yígòng yǒu èrshí duō ge rén chū le shì lù shàng de chē hěn duō hěn duō rén shàngbān dōu chídào le · This morning it poured in Taipei and the roads were dangerous. Between seven and nine over twenty people had accidents across the city. The roads were packed, and many people were late for work.

meiling 有三位騎機車的人受傷了，已經送到醫院。醫生說，他們都沒有生命危險，請大家不要擔心。

yǒu sān wèi qí jīchē de rén shòushāng le yǐjīng sòng dào yīyuàn yīshēng shuō tāmen dōu méiyǒu shēngmìng wéixiǎn qǐng dàjiā bú yào dānxīn · Three people on scooters were hurt and have been taken to hospital. The doctors say none of them are in danger, so please don't worry.

meiling 請大家記得：下雨的時候，騎車要慢一點，不要看手機，也一定要戴安全帽。

qǐng dàjiā jìde xiàyǔ de shíhòu qí chē yào màn yìdiǎn bú yào kàn shǒujī yě yídìng yào dài ānquán mào · Please remember: when it rains, ride slowly, don't look at your phone, and always wear a helmet.

meiling 明天還會下雨，請大家出門以前先看天氣，路上小心。

míngtiān hái huì xiàyǔ qǐng dàjiā chūmén yǐqián xiān kàn tiānqì lù shàng xiǎoxīn · It will rain again tomorrow. Please check the weather before you go out, and take care on the road.

A whole accident story in Chinese, from the first message to the fresh start: unit 7 is done!
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