

Complete Lesson Transcript – Lesson 280 [English]

Kirin: Chinese Learn Online lesson 280 .

Hello everyone , I am Teacher Yang .

Raphael: Hello everyone , I am Teacher Lai .

Adam: And hello, I'm Adam.

Kirin: Welcome to our learning Chinese course .

Raphael: In our last lesson , we discussed the topic of picnics . Now what is the reason that most people like picnics ?

Kirin: Probably because they have been working for a long time , and they want to get some relaxation , to forget the pressures from work . As well as to enjoy the natural scenery and breathe fresh air .

Raphael: Right . Now today's topic is, apart from picnics , what other activities can we do to appreciate nature's scenery and breathe fresh air . The first type of activity is

Kirin: Hiking .

Adam: Literally that's "climb mountain," but refers to general "hiking."

Raphael: In Taiwan, due to there being mountains everywhere , hiking is considered to be a very popular activity in Taiwan . When hiking, not only can you enjoy beautiful scenery , it is also considered to be a great exercise .

Kirin: Right . The last time I went hiking , when I woke up the next day , my body ached everywhere .

Raphael: That's probably because you don't often go hiking , so your body is not used to this type of exercise , so therefore it hurts . Now when we go hiking , what things do we have to pay attention to ?

Kirin: Before going hiking , you have to see if the weather on that day is suitable for hiking . As well, you should drink extra water when hiking .

Raphael: Right, it's best to prepare beforehand . But if when hiking , it suddenly starts to rain , other than taking an umbrella , what else might we wear ?

Kirin: Raincoat .

Adam: Literally that's "rain clothing" or "raincoat."

Raphael: Now if the sun is very hot , how might our body react ?

Kirin: Sunburn .

Adam: Literally that's "sun bathe injury" or "sunburn."

Raphael: I don't think anyone likes to be sunburned . So what kind of product can we use, to make it harder for us to get sunburned ?

Kirin: Suntan lotion .

Adam: Suntan lotion.

Raphael: Now if you haven't put on your sun tan lotion properly , what part of our body will get sunburned ?

Kirin: Skin .

Adam: Skin.

Raphael: So the best method is to put on suntan lotion before leaving the house .

Kirin: But some people like the sun , since they want their skin to become darker .

Raphael: Ah, so in this case they want ...

Kirin: To get a suntan .

Adam: To get a suntan.

Raphael: But when most people go hiking , it isn't to get a sun tan . If you they want to get a sun tan , it would probably be better to go to the seaside .

Kirin: Right, it is hotter by the sea , as well you don't need to exercise , so you can relax more .

Raphael: Now what other activity is there that can not only keep us feeling relaxed , but where we can also breathe fresh air ?

Kirin: To go for a walk .

Adam: To go for a walk.

Raphael: In the past we learned the word to run . Although going for a walk is more relaxing than going for a run , going for a walk is still a good exercise for our body . Ok, let's take a moment to review the new words taught in today's lesson .

Adam: Hiking.

Kirin: Hiking .

Adam: Raincoat.

Kirin: Raincoat .

Adam: Sunburn.

Kirin: Sunburn .

Adam: Suntan lotion.

Kirin: Suntan lotion .

Adam: Skin.

Kirin: Skin .

Adam: To get a suntan.

Kirin: To get a suntan .

Adam: To go for a walk.

Kirin: To go for a walk .

Raphael: Our premium subscribers can visit our website chineselearnonline-com for more practice .

Kirin: See you next time .