

**Lesson 280**

**Vocabulary Summary: Simplified:**

爬山  
páshān  
Hiking

雨衣  
yǔyī  
Raincoat

晒伤  
shàishāng  
Sunburn

防晒霜  
fángshàishuāng  
Suntan lotion

皮肤  
pífū  
Skin

晒太阳  
shài tàiyáng  
To get a suntan

散步  
sànbù  
To go for a walk

晒  
shài  
to sunbathe

防  
fáng  
To protect / to defend

**Vocabulary Summary: Traditional:**

爬山  
páshān  
Hiking

雨衣  
yǔyī  
Raincoat

曬傷  
shàishāng  
Sunburn

防曬霜  
fángshàishuāng  
Suntan lotion

皮膚  
pífū  
Skin

曬太陽  
shài tàiyáng  
To get a suntan

散步  
sànbù  
To go for a walk

曬  
shài  
to sunbathe

防  
fáng  
To protect / to defend

**Vocabulary Summary: Simplified:**

霜  
shuāng  
Frost

肤  
fū  
Skin

散  
sàn  
Scatter

健行  
jiànxíng  
To hike

**Vocabulary Summary: Traditional:**

霜  
shuāng  
Frost

膚  
fū  
Skin

散  
sàn  
Scatter

健行  
jiànxíng  
To hike

**Lesson 280 Notes (Simplified / Traditional):**

1. While [páshān](#) technically refers to mountain climbing, it is commonly used to refer to general hiking as well. The actual word for general hiking is [jiànxíng](#).

<a href="#">páshān</a>	爬山 / 爬山	hiking
<a href="#">jiànxíng</a>	健行 / 健行	hiking

2. Note how [sǎn](#) is short for [yǔsǎn](#).

Similarly [dàn](#) is used in place of [dànshì](#) in [dàn sànbù duì wǒmen yě shì yī zhǒng hěn hǎo de yùndòng](#).

<a href="#">sǎn</a>	伞 / 傘	umbrella
<a href="#">yǔsǎn</a>	雨伞 / 雨傘	umbrella
<a href="#">dàn</a>	但 / 但	but
<a href="#">dànshì</a>	但是 / 但是	but

dàn sànbù duì wǒmen yě shì yī zhǒng hěn hǎo de yùndòng .

但散步对我们也是一种很好的运动 / 但散步對我們身體也是一種很好的運動.

going for a walk is still a good exercise for us .

3. To say the sun is very hot, we literally say the sun is very “big”, as seen in [Nà rùguǒ tàiyáng hěn dà](#) , [wǒmen de shēntǐ kěnéng huì zěn yàng](#) ?

那如果太阳很大，我们的身体可能会怎样 / 那如果太陽很大，我們的身體可能會怎樣？

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

4. The verb used to describe “rubbing” lotion is [cā](#) , as seen in [Nà yàoshì fángshàishuāng méi cā hǎo](#) , [wǒmen shēnshàng de nǎge bùfèn huì shàishāng ne](#) ? and [Suǒyǐ zuì hǎo de fāngfǎ jiù shì chū mén qián jiù yào bǎ fángshàishuāng cā hǎo](#) .

[cā](#)

擦 / 擦

to wipe

[Nà yàoshì fángshàishuāng méi cā hǎo](#) , [wǒmen shēnshàng de nǎge bùfèn huì shàishāng ne](#) ?

那要是防晒霜没擦好，我们身上的哪个部分会晒伤呢？ / 那要是防曬霜沒擦好，我們身上的哪個部分會曬傷呢？

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

[Suǒyǐ zuì hǎo de fāngfǎ jiù shì chū mén qián jiù yào bǎ fángshàishuāng cā hǎo](#)

所以最好的方法就是出门前就要把防晒霜擦好 / 所以最好的方法就是出門前就要把防曬霜擦好.

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

5. Becoming “more black” is used to describe something becoming darker, as seen in [yīnwèi tāmen xiǎngyào ràng tāmen de pífū biàn hēi yīdiǎn](#) .

[yīnwèi tāmen xiǎngyào ràng tāmen de pífū biàn hēi yīdiǎn](#)

因为他们想要让他们的皮肤变黑一点 / 因為他們想要讓他們的皮膚變黑一點.

since they want their skin to become darker .

6. Technically **shài tàiyáng** refers to “tanning the sun”. The proper description should then be **bèi shài tàiyáng** .

**shài tàiyáng**                      晒太阳 / 曬太陽                      to get a suntan

**bèi shài tàiyáng**                      被晒太阳 / 被曬太陽                      to get suntanned

This is similar to how **shàishāng** is described and used in **Wǒ xiǎng yīnggāi méiyǒu rén xǐhuān bèi shàishāng ba** .

**shàishāng**                      晒伤 / 曬傷                      sunburn

**Wǒ xiǎng yīnggāi méiyǒu rén xǐ huān bèi shàishāng ba** .

我想应该没有人喜欢被晒伤吧 / 我想應該沒有人喜歡被曬傷吧

I don't think anyone likes to be sunburned

Yet it is common to omit the **bèi** and instead refer directly to **shài tàiyáng** , as seen in **Kěshì dàbùfēn de rén qù páshān** , **búshì wèile shài tàiyáng** and **Yàoshì xiǎng shài tàiyáng de huà** , **qù hǎibiān yīnggāi huì bǐjiào hǎo** .

**bèi**                      被 / 被                      passive voice particle

**shài tàiyáng**                      晒太阳 / 曬太陽                      to get a suntan

**Kěshì dàbùfēn de rén qù páshān** , **búshì wèile shài tàiyáng**

可是大部分的人去爬山，不是为了晒太阳 / 可是大部分的人去爬山，不是為了曬太陽

But when most people go hiking , it isn't to get a sun tan

**Yàoshì xiǎng shài tàiyáng de huà** , **qù hǎibiān yīnggāi huì bǐjiào hǎo** .

要是想晒太阳的话，去海边应该会更好 / 要是想曬太陽的話，去海邊應該會比較好

If you they want to get a sun tan , it would probably be better to go to the seaside