

**Complete Lesson Transcript – Lesson 386 [English]**

Kirin: Chinese Learn Online lesson 386 .

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 today's lesson , we are going to use the question and answer method to review the words learned in previous lessons . This type of practice can help you know how to use the words you've learned in real life . As well, today , we are going to hear a new word .

Kirin: Confidence .

Adam: Confidence.

Raphael: First, let's listen to the first word and question .

Kirin: To relax / calm down .

Raphael: If you feel nervous , what method can you use to relax ?

Kirin: I am a person who gets nervous very easily , so learning how to relax is very important to me . When I am nervous , I listen to music or I go out for a walk , I don't think about anything . Chatting with friends is also a great way . I'm very lucky to have good friends who are willing to listen to me speak . Having them accompany me , really relaxes my mind .

Raphael: People who easily get nervous , perhaps because they think more , often don't have much confidence in themselves , as well, they tend to focus too seriously on their weaknesses . Sometimes it's because the pressure on them is too great , with too many unhappy feelings in their heart , which often makes them feel emotional .

Kirin: That's right . For example, if I felt nervous right now , I would first tell myself not to think so much , and slow down my breathing . Sometimes my good friends will tell me jokes , which would make me forget that I was just nervous !

Raphael: Hmmn, that sounds like a great method . Next, please listen to the second word and question .

Kirin: To admire .

Raphael: What type of person do you admire ?

Kirin: Some people admire rich people , since rich people can buy anything they want to buy . But I really admire people who plan what they want to do , since I never have plans for what I need to do , so I don't have enough time to finish many things , so I often give myself a headache . I really want to change this bad habit .

Raphael: If it was just admiring others , then bad habits would never change ! My suggestion is for you to first write down all the things you need to do , after you have arranged your schedule, then begin to do them . This way you won't be so busy , that you have no time to complete anything .

Kirin: That's a great method ! I often take the most important things and save them for the end , and when I do other things , I find that I can't concentrate , and in the end I find that I haven't done anything properly . So now I've decided what my first plan of action is which is to do things according to your suggestion .

Raphael: Hmmn, I hope my suggestion is helpful to you . Please listen to the third word and question .

Kirin: To pass through .

Raphael: What places do you pass through on the way from your house to school ?

Kirin: On the way from my house to school, I pass by a gas station , a supermarket and a post office . So when I finish class and go home , it is convenient to buy things at the supermarket to take home or go to the post office to mail a letter .

Raphael: That's convenient . Like on the way from my house to school , I don't pass by these types of places . If I want to buy some daily necessities , I have to take a road in an opposite direction from my house , before I can get to the supermarket .

Kirin: So that's how it is . No wonder sometimes after class , I see you taking a road that doesn't go straight home , instead you're going a different direction . That is definitely troublesome !

Raphael: That's right . Next, please listen to the fourth word and question .

Kirin: Counter .

Raphael: When you are embarking on an airplane , how much time earlier, do you need to get to the airport counter ?

Kirin: When embarking on an airplane , it is best to get to the airport counter two or three hours earlier , and give your plane ticket and passport to them , and ask them to arrange your seat . Apart from this , they also have to see how heavy your luggage is , if it's too heavy, you have to pay some money .

Raphael: Is that right ! I haven't taken an airplane yet , so it's not very clear to me . As well, next month I am going to travel abroad with a friend , so I don't yet know how to prepare my luggage . I'm afraid I might bring too many things or not enough , really quite troublesome !

Kirin: That's ok, the first time you always don't have experience . When the time comes, I'll tell you some methods , to quickly pack your luggage and not make it too heavy .

Raphael: Really ? Ok, then I'll consult you when the time comes . Lastly, please listen to the fifth word and question .

Kirin: To include .

Raphael: What expenses does your rent include ?

Kirin: My rent is 10 000 dollars each month , which includes the water and security fees , but it doesn't include the electricity fee . I have to calculate the electricity bill separately , since everyone's usage is different , the electricity bill is also more expensive than other bills , so most landlords aren't willing to pay the electricity bill for their tenants .

Raphael: Wow ! For most people, your rent , isn't very cheap ! Is there someone who lives with you ? If there is someone , the pressure from rent would decrease considerably . Since the electricity bill is paid together with your roommate , so the usage of electricity , should be made fair .

Kirin: Yes . Since I have two roommates , and none of us wastes too much , the electricity bill isn't very expensive . The rent, electricity bill and other expenses , even after you put them all together , is still within our budget .

Raphael: We hope this type of practice helps make the usage of these words more clear to you . You can practice these questions together with your friends , and increase your opportunities to speak Chinese . Our premium subscribers can visit our website [chineselearnonline-com](http://chineselearnonline-com) for more practice .

Kirin: See you next time .