

Dàjiā hǎo, huānyíng lái dào Emily Chinese.
大家好，欢迎来到 Emily Chinese。
Hello everyone, welcome to Emily Chinese.

Dāng wǒmen rènshí xīn péngyǒu shí, chángcháng huì liáo dào yīgè huàtí,
当我们认识新朋友时，常常会聊到一个话题，
When we meet new friends, we often talk about a topic,

nǐ píngshí xǐhuān zuò shénme? Huòzhě nǐ yǒu shénme àihào?
你平时喜欢做什么？或者你有什么爱好？
what do you like to do in your spare time? Or, what are your hobbies?

Zhè shì yīgè hěn zìrán de kāishǐ, rúguǒ biérén wèn nǐ, nǐ kěyǐ shuō
这是一个很自然的开始，如果别人问你，你可以说
This is a very natural start. If someone asks you, you can say

wǒ píngshí xǐhuān bālābālā huòzhě wǒ de àihào shì bùlābùlābùlā.
我平时喜欢巴拉巴拉或者我的爱好是不啦不啦不啦。
"I usually like to... blah blah blah..." or "My hobbies are... blah blah blah..."

Jīntiān wǒ xiǎng hé nǐ fēnxiǎng sān gè wǒ de àihào, wǒ huì màn man shuō.
今天我想和你分享三个我的爱好，我会慢慢说。
Today, I want to share three of my hobbies with you. I'll speak slowly.

Nà wǒ de dì yī gè àihào, dānbǎn huáxuě.
那我的第一个爱好，单板滑雪。
So, my first hobby is snowboarding.

Wǒ xǐhuān huáxuě, yóuqí shì
我喜欢滑雪，尤其是
I like skiing, especially

dēngdēng dānbǎn huáxuě.
噔噔单板滑雪。
ding-ding... snowboarding.

Xiànzài
现在
Now

zhù zài Yīngguó, zhōumò yǒu kòng de shíhòu, wǒ hé wǒ de xiānshēng ǒu'ěr huì qù shìnèi
huáxuě chǎng.
住在英国，周末有空的时候，我和我的先生偶尔会去室内滑雪场。
living in the UK, when we have free time on weekends, my husband and I occasionally go to

indoor ski slopes.

Wèishéme wǒ xǐhuān huáxuě ne?

为什么我喜欢滑雪呢?

Why do I like skiing?

Yīnwèi wǒ zài Zhōngguó dōngběi zhǎng dà, nàlǐ de dōngtiān fēicháng lěng, yǒu de shíhòu qìwēn huì jiàng dào líng xià 20 dù.

因为我在中国东北长大，那里的冬天非常冷，有的时候气温会降到零下 20 度。

Because I grew up in Northeast China, where winters are very cold. Sometimes the temperature drops to minus 20 degrees Celsius.

Hánlěng de tiānqì ràng xuězhì hěn hǎo, tèbié shìhé huáxuě.

寒冷的天气让雪质很好，特别适合滑雪。

The cold weather makes for excellent snow quality, which is perfect for skiing.

Wǒ xiǎo de shíhòu, zhǐyào bàba māmā yǒu shíjiān, tāmen jiù huì dài wǒ qù huáxuě.

我小的时候，只要爸爸妈妈有时间，他们就会带我去滑雪。

When I was little, whenever my parents had time, they would take me skiing.

Duì wǒ lái shuō, huáxuě bù zhǐshì yī zhǒng yùndòng, yě chéngle yī zhǒng xíguàn.

对我来说，滑雪不只是一种运动，也成了一种习惯。

For me, skiing is not just a sport; it has also become a habit.

Zhídào xiànzài, wǒ měi nián dōngtiān hái huì qù huáxuě.

直到现在，我每年冬天还会去滑雪。

Even now, I still go skiing every winter.

Lái dào Yīngguó yǐhòu, wǒmen qiánnián qùle Fǎguó de Ā'ěrběisī shān, qùnián dōngtiān qùle Yìdàlì de Duōluòmǐdì.

来到英国以后，我们前年去了法国的阿尔卑斯山，去年冬天去了意大利的多洛米蒂。

After coming to the UK, we went to the French Alps the year before last, and last winter we went to the Italian Dolomites.

Jīnnián shèngdàn jié qījiān, wǒmen jìhuà zàicì qù Yìdàlì Duōluòmǐdì huáxuě.

今年圣诞节期间，我们计划再次去意大利多洛米蒂滑雪。

This Christmas, we plan to go skiing in the Italian Dolomites again.

Zài míngnián 1 yuèfèn, wǒmen jìhuà qù Àodìlì.

在明年 1 月份，我们计划去奥地利。

In January next year, we plan to go to Austria.

Nà zhè liǎng cì lǚxíng dōu ràng wǒ fēicháng qīdài.

那这两次旅行都让我非常期待。

So, I'm really looking forward to both of these trips.

Nà nǐ ne? Nǐ xǐhuān huáxuě ma?

那你呢? 你喜欢滑雪吗?

How about you? Do you like skiing?

Dì èr gè àihào: Shì nèi pānyán.

第二个爱好: 室内攀岩。

Second hobby: Indoor rock climbing.

Zhè shì wǒ zuìjìn kāishǐ xǐhuān de yùndòng.

这是我最近开始喜欢的运动。

This is a sport I've recently started to enjoy.

Zhègè yùndòng shì wǒ de yīgè xuéshēng jièshào gěi wǒ de.

这个运动是我的一个学生介绍给我的。

A student of mine introduced me to this sport.

Jǐ nián qián, wǒ hái méi shìguo pānyán, yě méi xiǎng dào zìjǐ huì xǐhuān shàng tā.

几年前, 我还没试过攀岩, 也没想到自己会喜欢上它。

A few years ago, I hadn't tried climbing and never thought I would like it.

Dàn yīcì chángshì zhīhòu, wǒ jiù ài shàng zhè xiàng yùndòngle.

但一次尝试之后, 我就爱上这项运动了。

But after one try, I fell in love with this sport.

Cóng jīnnián xiàtiān kāishǐ, rúguǒ gōngzuòrì wǎnshàng huò zhōumò yǒu liǎng sān gè xiǎoshí de kòngxián, wǒ hé wǒ de xiānshēng jiù huì xuǎnzé qù pānyán guǎn.

从今年夏天开始, 如果工作日晚上或周末有两三个小时的空闲, 我和我的先生就会选择去攀岩馆。

Since this summer, if we have two or three hours free on a weekday evening or weekend, my husband and I choose to go to the climbing gym.

Suīrán měi cì pá wán qiáng shǒu

虽然每次爬完墙手

Although every time after climbing, my hands

dōu huì biàn de cūcāo shènzhì pò pí, dàn wǒ juéde

都会变得粗糙甚至破皮, 但我觉得

become rough and even get skin breaks, but I think

yú hé xióngzhǎng bùnéng jiān dé.

鱼和熊掌不能兼得。

you can't have your cake and eat it too.

Hé zhèxiē xiǎo xīnkǔ xiāng bǐ, wǒ gèng xǐhuān měi yītiáo yǒuqù de xiànlù hé měi yīcì quánxīn de tiǎozhàn.

和这些小辛苦相比，我更喜欢每一条有趣的线路和每一次全新的挑战。

Compared to these minor hardships, I prefer each interesting route and every brand-new challenge.

Zhè xiàng yùndòng ràng wǒ biàn de gèng yǒu lìliàng, yě gèng yǒu nàixīn.

这项运动让我变得更有力量，也更有耐心。

This sport has made me stronger and more patient.

Dì sān gè àihào: Tiàosǎn.

第三个爱好：跳伞。

Third hobby: Skydiving.

Nà zhège jiù shì wǒ de sǎn bāo.

那这个就是我的伞包。

So, this is my parachute pack.

Qíshí wǒ yǐjīng hěn jiǔ méiyǒu qù tiàosǎnle, nà zhè xiàng yùndòng shì wǒ 2020 nián kāishǐ de.

其实我已经很久没有去跳伞了，那这项运动是我 2020 年开始的。

Actually, I haven't been skydiving for a long time. I started this sport in 2020.

Wǒ wèishéme huì xǐhuān zhè xiàng yùndòng ne?

我为什么会喜欢这项运动呢？

Why did I come to like this sport?

Zhè yīnwèi měi dāng tiào chū cāngmén de nà yīgè shùnjiān, nà yīkè wǒ fēicháng jǐnzhāng, dàn tóunǎo yě yìcháng qīngxǐng.

这因为每当跳出舱门的那一个瞬间，那一刻我非常紧张，但头脑也异常清醒。

It's because at that very moment of jumping out of the plane, I feel extremely nervous, but my mind becomes exceptionally clear.

Xiànzài, měi dāng wǒ yù dào kùnnán, jiù huì xiǎngdào tiàosǎn shí de nà fèn yǒngqì, zhèyàng jiù bù huì nàme hàipàle.

现在，每当我遇到困难，就会想到跳伞时的那份勇气，这样就不会那么害怕了。

Now, whenever I encounter difficulties, I recall the courage from skydiving, which helps me feel less afraid.

Lìngwài, zài tiàosǎn jīdì, wǒ hái rènshile hěnduō yǒuqù de péngyǒu.

另外，在跳伞基地，我还认识了很多有趣的朋友。

Additionally, at the skydiving dropzone, I've met many interesting friends.

Zài bǎozhàng ānquán de qiántí xià, dài jiā dōu huì fàng xià píngshí de yánsù hé rènzhēn,

dānchún xiǎngshòu wánshuǎ de kuàilè.

在保障安全的前提下，大家都会放下平时的严肃和认真，单纯享受玩耍的快乐。

Under the premise of ensuring safety, everyone sets aside their usual seriousness and earnestness, simply enjoying the fun of play.

Nà zhè jiù shì wǒ de sān gè àihào: Huáxuě, pānyán hé tiàosǎn.

那这就是我的三个爱好：滑雪、攀岩和跳伞。

So, these are my three hobbies: skiing, climbing, and skydiving.

Tāmen ràng wǒ de shēnghuó biàn de gèng fēngfù, yě ràng wǒ xuéhuì le yǒnggǎn hé jiānchí.

他们让我的生活变得更丰富，也让我学会了勇敢和坚持。

They have made my life more enriching and have taught me bravery and perseverance.

Hǎo le, xiànzài lún dào nǐ le.

好了，现在轮到你了。

Alright, now it's your turn.

Qǐng, qǐng zài xiàfāng liúyán, gàosù wǒ nǐ de àihào shì shénme, nǐ píngshí xǐhuān zuò shénme?

请，请在下方留言，告诉我你的爱好是什么，你平时喜欢做什么？

Please, please leave a comment below, telling me what your hobbies are, what you usually like to do?

Wǒ zhēn de hěn gǎn xìngqù, yě hěn qīdài dú dào nǐ de fēnxiǎng.

我真的很感兴趣，也很期待读到你的分享。

I am really interested and look forward to reading your sharing.

Fēicháng gǎnxiè nǐ guānkàn zhè qī shìpín.

非常感谢你观看这期视频。

Thank you very much for watching this video.

Rúguǒ nǐ xǐhuān wǒ de nèiróng, qǐng jìdé diǎnzàn hé dìngyuè wǒ de píndào.

如果你喜欢我的内容，请记得点赞和订阅我的频道。

If you like my content, please remember to like and subscribe to my channel.

Nǐ hái kěyǐ jiārù wǒ de wǎngzhàn de miǎnfèi huìyuán, chákàn běn shìpín de pīnyīn, zhōngwén hé yīngwén fānyì, bāngzhù nǐ gèng hǎo de xuéxí zhōngwén.

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You can also join as a free member on my website to access the Pinyin, Chinese, and English translation for this video, to help you learn Chinese better.

Nà wǒmen xià qī zàijiàn la, bàibài!

那我们下期再见啦，拜拜!

Well then, see you next time! Bye-bye!