

# HSIN YE TAIWANESE MANDARIN



Cathy

哈囉大家好, 最近天氣突然變得很冷, 身邊的人都開始吃火鍋了欸。

Hi everyone, the weather suddenly got really cold lately, and everyone around me has started eating hot pot.

Cindy

對啊! 我覺得今年得氣溫下降的好快喔, 上個禮拜明明還有26度, 但是兩天後就突然變成15度, 真的很可怕。

Yeah! I think the temperature dropped really fast this year. It was 26 degrees just last week, but then it suddenly dropped to 15 degrees two days later. It's really scary.

Cathy

對啊, 所以我覺得台灣的天氣可怕的地方就是這裡。雖然大家都覺得台灣天氣很熱、很潮濕, 但天氣變化的速度非常快, 有時候會因為來不及買冬天的衣服, 或是忘記穿多一點而感冒。

Exactly, that's what makes Taiwan's weather so scary. Even though everyone thinks Taiwan is hot and humid, the weather can change very quickly. Sometimes, you can catch a cold because you didn't have time to buy winter clothes or forgot to wear more layers.

Cindy

真的, 氣溫突然從26度跌到15度很容易讓一些身體不好的老人猝死。

Seriously, when the temperature drops suddenly from 26 to 15 degrees, it can easily cause sudden death in elderly people who aren't in good health.

Cathy

沒錯, 所謂的猝死是指突然且未能預測的死亡事件, 通常發生在短時間內, 例如數分鐘至數小時內。這種死亡通常是由於心臟問題或其他突發性疾病引起, 而且經常在沒有明顯的先兆或症狀的情況下發生。

Exactly. Sudden death refers to an unexpected and rapid event, usually happening within minutes to hours. It's often caused by heart problems or other sudden illnesses and often occurs without obvious signs or symptoms.

Cindy

對啊, 每年冬天都會有很多老人家因為天氣突然改變而過世。真的很可怕。

Yeah, every winter, many elderly people pass away because of sudden weather changes. It's really scary.

Cathy

而且更可怕的是這種情況不只會發生在老人家身上，在年輕族群身上也很常發生。所以不管在哪一個年齡階段，平常都要好好照顧自己的身體。

What's even scarier is that this can happen not only to the elderly but also to younger people. So, no matter your age, you should always take good care of your body.

Cindy

像我的話，我平常就會關注氣象預報，所以都會知道什麼時候會有重大的天氣改變，這樣就很好預防。

As for me, I always pay attention to the weather forecast, so I know when there will be major weather changes. It helps me prevent issues.

Cathy

哇！原來你會關注天氣預報喔？我完全不會欸！我是完全不看天氣預報的人。

Wow! You actually pay attention to the weather forecast? I never do! I'm the type who never checks the weather.

Cindy

真假，那突然下雨的話怎麼辦？

Really? What do you do if it suddenly rains?

Cathy

就新買一支雨傘啊！哈哈！所以我家雨傘超級多。

I just buy a new umbrella! Hahaha! That's why I have a ton of umbrellas at home.

Cindy

可是你不會覺得這樣很不方便嗎？而且如果每次下雨都要新買一支雨傘的話也很貴吧！

But don't you find it inconvenient? And isn't it expensive to buy a new umbrella every time it rains?

Cathy

還好欸，因為雨傘買了也是會被偷走，所以我已經放棄擁有一把屬於我自己的雨傘了。

Not really, because my umbrellas always get stolen anyway. I've given up on having an umbrella that's truly mine.

Cindy

對欸，大家知道在台灣，雨傘是公共財的一種嗎？這聽起來很好笑，但是是真的喔！因為台灣人什麼都不偷，只會偷別人的雨傘，所以不管去哪裡，只要看到雨傘，就算不是自己的也會拿，久而久之，大家也都習慣這種不好的文化了。

True! Did you know that in Taiwan, umbrellas are basically public property? It sounds funny, but it's true! Taiwanese people don't steal anything, except umbrellas.

So, wherever they go, they'll take an umbrella, even if it's not theirs. Over time, everyone just got used to this bad habit.

Cathy

可能就是因為太常下雨的關係吧! 所以自己如果沒帶傘就會去偷別人的, 哎呀這是不好的文化啦! 請大家千萬不要學習。

Maybe it's because it rains so often! So, if someone forgets their umbrella, they'll just take someone else's. But this is a bad habit, everyone, please don't follow this!

Cindy

哈哈真的, 現在有很多人已經不會偷雨傘了, 所以這個不好的文化應該在不久的將來就會消失了。

Hahaha, true! Nowadays, many people don't steal umbrellas anymore, so this bad habit should disappear soon.

Cathy

希望是這樣啦! 話又說到天氣的變化, Cindy你會不會覺得, 一旦天氣變得很糟糕, 就會覺得很憂鬱啊?

I hope so! Speaking of weather changes, Cindy, don't you feel depressed when the weather turns bad?

Cindy

會啊! 就是季節性憂鬱症嘛! 特別是在秋天跟冬天的時候很容易出現, 像我自己在這段時間, 心情會變得特別低落, 精神也會比較差。

Yeah! That's seasonal depression! It's especially common in autumn and winter. For me, during this time, I feel particularly down, and my energy levels drop.

Cathy

我也是欸, 有時候會覺得不管怎麼睡都不夠, 甚至還不想起床。有時候還會暴飲暴食。Same here! Sometimes I feel like no matter how much I sleep, it's never enough, and I don't even want to get out of bed. Sometimes I even binge eat.

Cindy

這搞不好是身體正在為過冬做準備啊~

Maybe your body is getting ready for winter!

Cathy

什麼啦! 我又不是熊, 又不用冬眠。

What! I'm not a bear, I don't need to hibernate.

Cindy

哈哈哈哈哈, anyways, 對於這種季節性憂鬱症, 就是一到冬天心情就會不好的狀況, 我個人的解法是多出去散步。有時候只要出門晃一下, 狀況就會好很多了。

Hahahaha, anyways, for seasonal depression, when you start feeling down in the winter, my personal solution is to take more walks. Sometimes, just getting out and walking around helps a lot.

Cathy

嗯嗯，這個方法我也試過，應該說我一直以來都很喜歡散步，所以不管遇到什麼事情，只要開始覺得心情不好，就會出門走走。

Yeah, I've tried that too. I've always liked walking, so whenever I feel down, I just go out for a walk.

Cindy

對啊，而且我記得我們住的地方都算蠻好散步的對不對？

Right! And I remember, where we live is a great place for walking, isn't it?

Cathy

對啊！妳就住台大附近嘛！超級方便的啊！很多地方可以走，我現在的家旁邊也有一個河堤，常常去那附近走來走去，有時候也會帶一本書去河堤上坐著看。

Yeah! You live near NTU, right? It's super convenient! There are so many places to walk. There's a riverbank near my place now, and I often walk around there.

Sometimes I even bring a book and sit by the riverbank to read.

Cindy

哇~聽起來也太愜意了吧！好喜歡這樣的生活方式喔。

Wow~ That sounds so relaxing! I really like that kind of lifestyle.

Cathy

雖然沒住在歐洲，但是心裡有歐洲，生活的步調也很歐洲。

Even though I don't live in Europe, I have Europe in my heart, and my lifestyle is very European.

Cindy

有時候這種慢慢地生活步調也很好啊！特別適合秋天跟冬天這種微涼的天氣~

Sometimes, this kind of slow-paced lifestyle is really nice! Especially in the cool autumn and winter weather.

Cathy

謝啦！那我們今天的podcast內容就到這邊，我是主持人Cathy 期待下次再見囉！

Thanks! That's it for today's podcast. I'm your host, Cathy, and I look forward to seeing you next time!

Cindy

我是主持人Cindy 大家下次見

I'm your host, Cindy. See you all next time.

Together

掰掰~

Bye!