

HSIN YEH TAIWANESE MANDARIN



Cathy

哈囉Cindy, 我跟你說喔, 我最近把所有的社群媒體的app都刪掉了

Hi Cindy, I want to tell you that I recently deleted all my social media apps.

Cindy

怎麼會突然想刪掉阿

Why did you suddenly decide to delete them?

Cathy

因為我覺得我一天之內花在社群平台的時間有點太多

Because I felt I was spending too much time on social media each day.

Cindy

這應該是這個時代大家的通病吧!

That seems to be a common issue in this era!

Cathy

對阿, 所以我覺得應該做出一些改變。就把app都刪掉了。

Yes, so I thought I should make a change. I deleted the apps.

Cindy

我之前也試過這樣做, 但我發現我有很多朋友都因為這樣失去聯繫, 覺得蠻可惜的

I've tried that before too, but I found that I lost touch with many friends, which I thought was a pity.

Cathy

確實啦! 可能因為我沒什麼朋友, 所以這樣的改變對我來說反而是件好事

That's true! Maybe since I don't have many friends, this change is actually good for me.

Cindy

那這樣真的會比較少用手機嗎?

Does that really help in using the phone less?

Cathy

對阿! 但沒有很明顯的不同, 因為我還是會用youtube, 最近想把youtube也一起刪掉。

Yes! But the difference isn't very noticeable since I still use YouTube. I'm thinking of deleting YouTube as well.

Cindy

哈哈, 要徹底執行就對了。

Haha, going all the way, right?

Cathy

沒錯, 說到社群媒體, 我發現最近的小孩用的app都跟我不一樣了欸

Exactly. Speaking of social media, I've noticed that the apps kids use these days are different from mine.

Cindy

發現世代的不同了嗎?

Noticed the generational gap?

Cathy

沒錯, 有種覺得自己老了的感覺

Yes, it makes me feel a bit old.

Cindy

真的, 有時候我弟跟我妹在聊小紅書的時候我都覺得我跟他們沒有話題了

Indeed. Sometimes when my younger brother and sister talk about Xiaohongshu, I feel like I have nothing to talk about with them.

Cathy

對阿, 我就是個老人, 連現在最流行什麼都不知道。

Yes, I feel like an old person who doesn't know what's trendy now.

Cindy

但確實也沒必要對每個潮流都掌握啦, 這樣會很累。

But it's true that you don't need to keep up with every trend. It can be exhausting.

Cathy

所以小紅書到底是什麼啊?

So what exactly is Xiaohongshu?

Cindy

就是有很多關於化妝跟保養的知識的app, 然後是中國開發的。

It's an app with a lot of information about makeup and skincare, developed in China.

Cathy

大家會分享自己用的化妝品跟保養品，也會分享自己的保養跟化妝技巧
People share their cosmetic and skincare products, as well as their beauty and makeup tips.

Cindy

如果你有喜歡的話也可以直接在小紅書買產品，聽說很方便。
If you like something, you can also buy products directly on Xiaohongshu, which is said to be very convenient.

Cathy

很多年輕女孩子會用這個app 學化妝
Many young girls use this app to learn makeup.

Cindy

好羨慕他們喔，我以前學化妝都靠youtube而已欸
I envy them. I used to learn makeup only through YouTube.

Cathy

現在有很多管道啦！時代真的不一樣了
There are many more channels now! Times have really changed.

Cindy

有點羨慕現在的小朋友呢~
I do envy the kids today~

Cathy

這也不一定是好事啦！有時候有太多選擇反而也不是一件好事
But it's not necessarily a good thing! Sometimes too many choices can be overwhelming.

Cindy

是阿！雖然我沒有下載過小紅書，但我聽說有一些用小紅書的年輕女生很憂鬱。
Yes! Although I haven't downloaded Xiaohongshu, I've heard that some young women using it feel quite depressed.

Cathy

因為會一直比較吧！比外表、比行頭、比追蹤數之類的。
It's because they keep comparing themselves—appearance, fashion, follower counts, and so on.

Cindy

其實那樣活著也蠻辛苦的，會被很多數字跟網路上的資訊綁架。

Living like that is quite stressful. You get trapped by numbers and online information.

Cathy

而且比較心態是真的不太健康。

And a comparative mindset is truly unhealthy.

Cindy

雖然大家一開始只是單純想分享，但你也知道人就是這樣，看到別人有的東西就想要，時間久了就變成一種比誰的東西更好、更貴的比賽。

Even though people start with the simple intention of sharing, you know how it goes—seeing what others have makes you want it too. Over time, it turns into a competition of who has better or more expensive things.

Cindy

真的是這樣欸。

It really is like that.

Cathy

但又說回來，這跟使用的人還是比較有關係啦！因為在小紅書裡面也有很多不同主題的貼文，像是穿搭、室內設計、油畫、芭蕾舞等等，如果你只是單純對這些東西有興趣的話，小紅書就是一個不錯的reference

But then again, it depends on the user! Xiaohongshu has posts on various topics like fashion, interior design, oil painting, ballet, etc. If you're simply interested in these things, Xiaohongshu can be a great reference.

Cindy

確實，我有一個朋友的興趣是山水畫，他就很常用小紅書找山水畫相關的資料，因為在資源的豐富度上，小紅書比台灣的網站好很多。

Indeed. I have a friend who is interested in landscape painting, and he often uses Xiaohongshu to find information on it. The resources there are much richer than on Taiwanese websites.

Cathy

確實，如果是當成資料收集的工具的話會蠻不錯的。心態真的很重要欸~把小紅書當成一種工具而不是控制注意力的產品

Definitely. If used as a research tool, Xiaohongshu is quite useful. The mindset is crucial—treat it as a tool rather than something that controls your attention.

Cindy

這樣想的話小紅書，或者說是群媒體就沒那麼可怕了

With that perspective, Xiaohongshu, or social media in general, isn't that scary.

Cathy

是阿! 所以關鍵的地方是使用的心態

Exactly! The key is the mindset you have while using it.

Cindy

沒錯沒錯, 大家有使用小紅書的經驗嗎? 你覺得怎麼樣呢? 歡迎跟我們分享喔!

That's right. Have you used Xiaohongshu? What do you think about it? Feel free to share with us!

Cathy

今天的podcast就到這邊, 我們下次見, 掰掰

That's it for today's podcast. See you next time, goodbye.

Cindy

各位掰掰~

Goodbye everyone~