

沉浸中文 第五期 为什么我爱上海？

Part 1 Chinese Character

大家好，欢迎来到沉浸中文，和我一起从现在开始说中文。

不知道听众朋友里有多少人去过中国，又有多少人去过上海呢？我虽然不是上海出生的，但我非常喜欢上海。所以今天的这一期内容，我想和大家聊一聊上海，为什么我喜欢上海，但后来又为什么我离开了上海。

首先我和大家聊一聊我在上海生活的经历。我大学本科其实是在南京读的，南京是离上海很近的一个城市，坐高铁的话只需要一个半小时左右就到了。我大四，也就是大学第四年的时候，就经常到上海做实习。那时候我常常周末坐车从上海回南京，然后在周二的时候又坐车从南京到上海。因为我周一的时候需要上一些课程，很多人不理解为什么我要这样来回地跑，这里边有几个原因。一个原因呢，就是我本身非常喜欢上海，也很希望能够有机会在上海生活和工作，因为上海有更多的工作机会和实习机会。多亏了我在上海的实习经历，我大学毕业之后顺利地上海找到了一份满意的工作，然后我就一直在上海生活和工作，直到我离开中国之前。

为什么我这么喜欢上海，为什么我大学的时候要每周往返于上海和南京之间，这其实可以回到一个非常根本的问题，那就是什么样的城市让人幸福。这其实有几个标准，而上海符合里边的大多数标准。比如说，上海是一个对行人和自行车友好的城市。如果你是来自美国的朋友的话，也许你非常习惯了需要开车的这样一个城市设计，但是在上海就不一样。虽然开车也能够带你到绝大多数地方，但是公共交通或者自行车或者只是行走也能够到很多地方去。我在上海最喜欢做的一件事情就是从城市的一端到另一端，这一路走过去可以看到很多不同的景色。比如说，在上海的东部或者说“浦东”就有非常多的高楼大厦，但是在上海的西面，也就是“浦西”，城市的风貌就很不一样。有很多的老房子，也有很多街边的咖啡馆、商品店等等。上海的城市中间有一条很长很宽的河，我们叫它“黄浦江”。沿着黄浦江有非常好的行走的地方，可以让行人顺着河走很长的一段时间。这也是上海非常吸引人的一个景点。

总之，上海是一个非常适合从城市的一端走到另外一端的城市，这样一个城市。如果你是一个人在城市里面逛，那你可以欣赏街边的建筑或是各种各样的商店。但如果你是和朋友一起逛，你们就可以边聊天，边走路，又继续走。累了就在咖啡馆坐一坐，然后又继续走。我真的很喜欢这样的回忆。

第二个原因呢，就是上海有非常多的文化活动。什么是文化活动呢？可以是不同的美术展览，可以是各种各样的演出，可以是各种各样的演唱会等等。上海还有很多的书店和咖啡店，你可以在那里学习，也可以和朋友见面。我在上海的时候就经常参加那里的语言交换活动。我记得大概七八年前我就在上海参加一个中日韩的语言交换活动，也就是中国、日本和韩国之间的文化交流活动。我听说这个语言交换的活动到现在都还在继续进行着。

上海也是一个非常有包容性的地方。你可以穿很奇怪的衣服在路上走着，你也可以遇到很多不一样的人，和很多来自不同背景的人交朋友。所以，如果一个人他是从事艺术相关的，这样一些工作的话，那上海就是一个很不错的选择。第三个原因就是上海是一个非常方便的地方。我当时大学毕业的时候想学西班牙语，然后我在网上一搜，发现离我家很近的地方就有教西班牙语的。后来我又想学吉他，然后也发现上海有几家不错的吉他工作室。上海健身房和咖啡厅的密度也是相当高。基本上，你想要的一些服务在家附近都能够找到。这也是为什么很多人愿意到城市里生活的原因，因为城市就是一个让你生活变得更方便的地方，而上海就是其中的典型。

但为什么后来我又离开了上海，离开了中国，来荷兰生活呢？这里边也有几个原因。第一个原因是当我在上海的时候，我觉得我非常的渺小。也许有的朋友知道，上海的人口在2019年有2000多万，相比之下，荷兰一整个国家的人口也就才1700多万人。在这样一个人口众多的城市，我非常容易的就觉得自己非常地渺小。当时我工作的地方在陆家嘴，也就是浦东，那一块非常多高楼大厦的地方。每天早上上班的时候从地铁口里走出来，密密麻麻的人就像蚂蚁一样，而我也就是蚂蚁之一。我常常就在想，是不是其他人也是这样觉得的呢？为什么我一定要和其他人一样呢？为什么我不可以做不一样的人呢？这在我刚开始在上海工作的时候就开始了有这样的怀疑了。

第二个原因也和人口有关，在上海如果你想在市中心租房子的话，房租非常地高。所以当时我租的房子离我的办公室其实有一段距离。这样造成的后果就是每天当我从家里出门到办公室去上班的时候需要坐地铁，而地铁上人特别多，有时候你甚至需要排队进地铁站。进了地铁站之后呢，你还需要排队上地铁，在地铁上根本一点站的空间都没有。这其实非常大地影响了我在这个城市生活的幸福感。

第三个原因就是消费主义。消费主义在上海是非常明显的。当我在上海的时候我和朋友约出来见面，90%的时候我们见面的地方都是在商场里边，要么一起去看电影，要么一起去餐厅里吃饭，要么一起去买东西。总之，就是各种各样花钱的地方。因为上海真的太方便了，到哪都可以买各种各样的东西。但是这样真的好吗？我真的需要这些东西吗？我其实只是想和朋友一起度过一段时间而已。那为什么我们不可以就只是去公园里逛一逛呢？这只是上海消费主义的一个侧面而已。如果你在上海市中心走着，你会看到很多打扮得非常精致的男男女女，也会有各种各样精致的商店和咖啡馆供你选择。这虽然让我的生活变得更加方便，但也让我陷入了消费主义的陷阱。

最后一个我离开上海的原因并不仅仅是上海的问题，而是整个国家的问题。那就是工作加班。也许有的朋友也知道，在中国加班现象非常地严重。不管是我自己还是我身边的朋友，所有人都需要加班。我也不理解为什么有那么多的工作需要做。但总之，我是没有自己的生活的。但我并不想我这一辈子所有的时间都拿来工作。所以当我后来得到离开上海或者离开中国的机会的时候，我也就毫不犹豫地接受了。

说了这么多上海好的和不好的，但其实我还是非常想念上海的。想念上海的生活，一起在那里的朋友。如果我是以一个游客的身份回去的话，我会非常地享受上海。不知道你有没有去过上海，如果你去过的话，你喜欢上海吗？欢迎和我分享你喜欢的城市以及你喜欢这个城市的原因。

下面让我们来看一看这一期播客当中出现的几个有意思的单词吧。第一个单词是"多亏了"。多亏了你的帮助，我才能及时完成作业。

第二个单词是"包容性"。其中的"什么什么性"就相当于英文里的"-ness"。我们的公司倡导包容性，欢迎不同背景和观点的员工加入。

第三个单词是"典型"。这个案例是典型的成功经验，我们可以学习。

第四个单词是"消费主义"。其中的"什么什么主义"就相当于英语中的"-ism"。比如说，理想是"ideal"，而理想主义就是"idealism"。现代社会，大部分人都被消费主义所影响，追求物质享受。

第五个单词是"精致"。这家咖啡店的装饰非常精致，环境优雅。

那以上就是这期播客的所有内容了。我们下期再见，拜拜！

Part 2 Chinese Character with Pinyin

dà jiā hǎo, huān yíng lái dào chén jìn zhōng wén, hé wǒ yì qǐ cóng xiàn zài kāi shǐ shuō zhōng wén.
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bù zhī dào tīng zhòng péng yǒu lǐ yǒu duō shǎo rén qù guò zhōng guó, yòu yǒu duō shǎo rén qù guò shàng hǎi ne? wǒ suī rán bù shì shàng hǎi chū shēng de, dàn wǒ fēi cháng xǐ huān shàng hǎi. suǒ yǐ jīn tiān de zhè yī qī nèi róng, wǒ xiǎng hé dà jiā liáo yī liáo shàng hǎi, wèi shí me wǒ xǐ huān shàng hǎi, dàn hòu lái yòu wèi shí me wǒ lí kāi le shàng hǎi.
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shǒu xiān wǒ hé dà jiā liáo yī liáo wǒ zài shàng hǎi shēng huó de jīng lì. wǒ dà xué běn kē qí shí zài nán jīng dú de, nán jīng shì lí shàng hǎi hěn jìn de yī gè chéng shì, zuò gāo tiě de huà zhǐ xū yào yī gè xiǎo shí zuò yòu jiù dào le. wǒ dà sì, yě jiù shì dà xué dì sì nián de shí hòu, jiù jīng cháng dào shàng hǎi zuò shí xí. nà shí hòu wǒ cháng cháng zhōu mò zuò chē cóng shàng hǎi huí nán jīng, rán hòu zài zhōu èr de shí hòu yòu zuò chē cóng nán jīng dào shàng hǎi. yīn wèi wǒ zhōu yī de shí hòu xū yào shàng yī xiē kè chéng, hěn duō rén bù lǐ jiě wèi shí me wǒ yào zhè yàng lái huí de pǎo, zhè lǐ biān yǒu jǐ gè yuán yīn. yī gè yuán yīn ne, jiù shì wǒ běn shēn fēi cháng xǐ huān shàng hǎi, yě hěn xī wàng néng gòu yǒu jī huì zài shàng hǎi shēng huó hé gōng zuò, yīn wèi shàng hǎi yǒu gēng duō de gōng zuò jī huì hé shí xí jī huì. duō kuǎn le wǒ zài shàng hǎi de shí xí jīng lì, wǒ dà xué bì yè yě zhǐ hòu shùn lì de zài shàng hǎi zhǎo dào le yī fèn mǎn yì de gōng zuò, rán hòu wǒ jiù yì zhí zài shàng hǎi shēng huó hé gōng zuò, zhí dào wǒ lí kāi zhōng guó zhī qián.
首先我和大家聊一聊我在上海生活的经历。我大学本科其实是在南京读的，南京是离上海很近的一个城市，坐高铁的话只需要一个半小时左右就到了。我大四，也就是大学第四年的时候，就经常到上海做实习。那时候我常常周末坐车从上海回南京，然后在周二的时候又坐车从南京到上海。因为我周一的时候需要上一些课程，很多人不理解为什么我要这样来回地跑，这里边有几个原因。一个原因呢，就是我本身非常喜欢上海，也很希望能够有机会在上海生活和工作，因为上海有更多的工作机会和实习机会。多亏了我在上海的实习经历，我大学毕业之后顺利地上海找到了一份满意的工作，然后我就一直在上海生活和工作，直到我离开中国之前。

wèi shí me wǒ zhè me xǐ huān shàng hǎi, wèi shí me wǒ dà xué de shí hòu yào měi zhōu wǎng fǎn yú shàng hǎi hé nán jīng zhī jiān, zhè qí shí kě yǐ huí dào yī gè fēi cháng gēn běn de wèn tí, nà jiù shì shí me yàng de chéng shì ràng rén xìng fú. zhè qí shí yǒu jǐ gè biāo zhǔn, ér shàng hǎi fú hé lǐ biān de dà duō shù biāo zhǔn. bǐ rú shuō, shàng hǎi shì yī gè duì xíng rén hé zì xíng chē yǒu hǎo de chéng shì. rú guǒ nǐ shì lái měi guó de péng yǒu de huà, yě xǔ nǐ fēi cháng xí guǎn liǎo xū yào kāi chē de zhè yàng yī gè chéng shì shè jì, dàn shì zài shàng hǎi jiù bù yí yàng. suī rán kāi chē yě néng dài nǐ dào jué dà duō shù dì fāng, dàn shì gōng gòng jiāo tōng huò zì xíng chē huò zhǐ shì xíng zǒu yě néng dào hěn duō dì fāng qù. wǒ zài shàng hǎi zuì xǐ huān zuò de yī jiàn shì qing jiù shì cóng chéng shì de yī duān dào lìng yī duān, zhè yī lù zǒu guò kě yǐ kàn dào hěn duō bù tóng de jǐng sè. bǐ rú shuō, zài shàng hǎi de dōng bù huò zhě shuō “pǔ dōng” jiù yǒu fēi cháng duō de gāo lóu dà shà, dàn shì zài shàng hǎi de xī miàn, yě jiù shì “pǔ xī”, chéng shì de fēng mào jiù hěn bù yí yàng. yǒu hěn duō de lǎo fáng zi, yě yǒu hěn duō jiē biān de kā fēi guǎn, shāng pǐn diàn dēng dēng. shàng hǎi de chéng shì zhōng jiān yǒu yī tiáo hěn cháng hěn kuān de hé, wǒ men jiào tā “huáng pǔ jiāng”. yán zhuó huáng pǔ jiāng yǒu fēi

cháng hǎo de xíng zǒu de de fāng kě yǐ ràng xíng rén shùn zhuó hé zǒu hěn cháng de yí duàn shí jiān zhè yě shì shàng hǎi fēi cháng xī yǐn rén de yí gè jǐng diǎn.
常好的行走的地方，可以让行人顺着河走很长的一段时间。这也是上海非常吸引人的一个景点。

zǒng zhī shàng hǎi shì yí gè fēi cháng shì hé cóng chéng shì de yí duàn zǒu dào líng wài yí duàn de chéng shì zhè yàng yí gè chéng shì rú guǒ nǐ shì yí gè rén zài chéng shì lǐ miàn guāng nà nǐ kě yǐ xīn shǎng jiē biān de jiàn zhù huò shì gè zhǒng gè yàng de shāng diàn dàn rú guǒ nǐ shì hé péng yǒu yì qǐ guāng nǐ men jiù kě yǐ biān liáo tiān biān zǒu lù yòu jì xù zǒu lèi le jiù zài kā fēi guǎn zuò yí zuò rán hòu yòu jì xù zǒu wǒ zhēn de hěn xǐ huān zhè yàng de huí yì.
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dì èr gè yuán yīn ne jiù shì shàng hǎi yǒu fēi cháng duō de wén huà huó dòng shí me shì wén huà huó dòng ne kě yǐ shì bù tóng de měi shù zhān lǎn kě yǐ shì gè zhǒng gè yàng de yǎn chū kě yǐ shì gè zhǒng gè yàng de yǎn chàng huì děng děng shàng hǎi hái yǒu hěn duō de shū diàn hé kā fēi diàn nǐ kě yǐ zài nà lǐ xué xí yě kě yǐ hé péng yǒu jiàn miàn wǒ zài shàng hǎi de shí hòu jù jīng cháng cān jiā nà lǐ de yǔ yán jiāo huàn huó dòng wǒ jì de dà gài qī bā nián qián wǒ jiù zài shàng hǎi cān jiā yí gè zhōng rì hán de yǔ yán jiāo huàn huó dòng yě jiù shì zhōng guó rì běn hé hàn guó zhī jiān de wén huà jiāo liú huó dòng wǒ tīng shuō zhè gè yǔ yán jiāo huàn de huó dòng dào xiàn zài zài dōu hái zài jì xù jìn xíng zhe.
第二个原因呢，就是上海有非常多的文化活动。什么是文化活动呢？可以是不同的美术展览，可以是各种各样的演出，可以是各种各样的演唱会等等。上海还有很多的书店和咖啡店，你可以在那里学习，也可以和朋友见面。我在上海的时候就经常参加那里的语言交换活动。我记得大概七八年前我就在上海参加一个中日韩的语言交换活动，也就是中国、日本和韩国之间的文化交流活动。我听说这个语言交换的活动到现在都还在继续进行着。

shàng hǎi yě shì yí gè fēi cháng yǒu bāo róng xìng de de fāng nǐ kě yǐ chuān hěn qí guài de yī fú zài lù shàng zǒu zhuó nǐ yě kě yǐ yù dào hěn duō bù yí yàng de rén hé hěn duō lái zì bù tóng bèi jǐng de rén jiāo péng yǒu suǒ yǐ rú guǒ yí gè rén tā shì cóng shì yì shù xiāng guān de zhè yàng yí xiē gōng zuò de huà nà shàng hǎi jiù shì yí gè hěn bù cuò de xuǎn zé dì sān gè yuán yīn jiù shì shàng hǎi shì yí gè fēi cháng fāng biàn de de fāng wǒ dāng shí dà xué bì yè de shí hòu xiǎng xué xī bān yá yǔ rán hòu wǒ zài wǎng shàng yì sōu fā xiàn lí wǒ jiā hěn jìn de de fāng jiù yǒu jiāo xī bān yá yǔ de hòu lái wǒ yòu xiǎng xué jí tā rán hòu yě fā xiàn shàng hǎi yǒu jǐ jiā bù cuò de jí tā gōng zuò shì shàng hǎi jiàn shēn fáng hé kā fēi tīng de mì dù yě shì xiāng dāng de gāo jī běn shàng nǐ xiǎng yào de yí xiē fú wù zài jiā fù jìn dōu néng gòu zhǎo dào zhè yě shì wéi shí me hěn duō rén yuàn yì dào chéng shì lǐ shēng huó de yuán yīn yīn wéi chéng shì jiù shì yí gè ràng nǐ shēng huó biàn dé gèng fāng biàn de de fāng ér shàng hǎi jiù shì qí zhōng de diǎn xíng.
上海也是一个非常有包容性的地方。你可以穿很奇怪的衣服在路上走着，你也可以遇到很多不一样的人，和很多来自不同背景的人交朋友。所以，如果一个人他是从事艺术相关的，这样一些工作的话，那上海就是一个很不错的选择。第三个原因就是上海是一个非常方便的地方。我当时大学毕业的时候想学西班牙语，然后我在网上一搜，发现离我家很近的地方就有教西班牙语的。后来我又想学吉他，然后也发现上海有几家不错的吉他工作室。上海健身房和咖啡厅的密度也是相当高。基本上，你想要的一些服务在家附近都能够找到。这也是为什么很多人愿意到城市里生活的原因，因为城市就是一个让你生活变得更方便的地方，而上海就是其中的典型。

dàn wéi shí me hòu lái wǒ yòu lí kāi le shàng hǎi lí kāi le zhōng guó lái hōlān shēng huó ne zhè lǐ biān yě yǒu jǐ gè yuán yīn dì yí gè yuán yīn shì dāng wǒ zài shàng hǎi de shí hòu wǒ jué de wǒ fēi cháng de miǎo xiǎo yě xǔ yǒu de péng yǒu zhī dào shàng hǎi de rén kǒu zài 2019 nián yǒu 2000 duō wàn xiāng bǐ zhī xià hé lán yí zhěng gè guó jiā de rén kǒu yě jiù cái 1700 duō wàn rén zài zhè yàng yí gè rén kǒu zhòng duō
但为什么后来我又离开了上海，离开了中国，来荷兰生活呢？这里边也有几个原因。第一个原因是当我在上海的时候，我觉得我非常的渺小。也许有的朋友知道，上海的人口在2019年有2000多万，相比之下，荷兰一整个国家的人口也就才1700多万人。在这样一个人口众多

de chéng shì wǒ fēi cháng róng yì de jiù jué dé zì jǐ fēi cháng de miǎo xiǎo dāng shí wǒ gōng zuò de de fāng zài lù jiā zuǐ yě jiù shì pǔ dōng
的城市，我非常容易的就觉得自己非常地渺小。当时我工作的地方在陆家嘴，也就是浦东，
nà yí kuài fēi cháng duō gāo lóu dà shàng de de fāng měi tiān zǎo shàng shàng bān de shí hòu cóng de tiě kǒu lǐ zǒu chū lái mì mì má má de rén jiù xiàng
那一块非常多高楼大厦的地方。每天早上上班的时候从地铁里走出来，密密麻麻的人就像
mǎ yǐ yí yàng ér wǒ yě jiù shì mǎ yǐ zhī yī wǒ cháng cháng jiù zài xiǎng shì bù shì qí tā rén yě shì zhè yàng jué de de ne wéi shí me
蚂蚁一样，而我也就是蚂蚁之一。我常常就在想，是不是其他人也是这样觉得的呢？为什么
wǒ yí dìng yào hé qí tā rén yí yàng ne wéi shí me wǒ bù kě yǐ zuò bù yí yàng de rén ne zhè zài wǒ gāng kāi shǐ zài shàng hǎi gōng zuò de shí
我一定要和其他人一样呢？为什么我不可以做不一样的人呢？这在我刚开始在上海工作的时候
hòu jiù kāi shǐ yǒu zhè yàng de huái yí liǎo。
就开始有这样的怀疑了。

dì èr gè yuán yīn yě hé rén kǒu yǒu guān zài shàng hǎi rú guǒ nǐ xiǎng zài shì zhōng xīn zū fáng zǐ de huà fáng zū fēi cháng de gāo suǒ yǐ dāng shí
第二个原因也和人口有关，在上海如果你想在市中心的租房子的话，房租非常地高。所以当时
wǒ zū de fáng zǐ lí wǒ de bàn gōng shì qí shí yǒu yí duàn jù lí zhè yàng zào chéng de hòu guǒ jiù shì měi tiān dāng wǒ cóng jiā lǐ chū mén dào bàn gōng
我租的房子离我的办公室其实有一段距离。这样造成的后果就是每天当我从家里出门到办公
shì qù shàng bān de shí hòu xū yào zuò de tiě ér de tiě shàng rén tè bié duō yǒu shí hòu nǐ shèn zhì xū yào pái duì jìn de tiě zhàn jìn liǎo de
室去上班的时候需要坐地铁，而地铁上人特别多，有时候你甚至需要排队进地铁站。进了地
tiě zhàn zhī hòu ne nǐ hái xū yào pái duì shàng de tiě zài de tiě shàng gēn běn yí diǎn zhàn de kōng jiān dōu méi yǒu zhè qí shí fēi cháng dà de yǐng
铁站之后呢，你还需要排队上地铁，在地铁上根本一点站的空间都没有。这其实非常大地影
xiǎng liǎo wǒ zài zhè gè chéng shì shēng huó de xìng fú gǎn。
响了我在这个城市生活的幸福感。

dì sān gè yuán yīn jiù shì xiāo fèi zhǔ yì xiāo fèi zhǔ yì zài shàng hǎi shì fēi cháng míng xiǎn de dāng wǒ zài shàng hǎi de shí hòu wǒ hé péng yǒu yuē chū
第三个原因就是消费主义。消费主义在上海是非常明显的。当我在上海的时候我和朋友约出
lái jiàn miàn 90% de shí hòu wǒ men jiàn miàn de de fāng dōu shì zài shāng chǎng lǐ biān yào me yì qǐ qù kàn diàn yǐng yào me yì qǐ qù cān tīng lǐ
来见面，90%的时候我们见面的地方都是在商场里边，要么一起去看电影，要么一起去餐厅里
chī fàn yào me yì qǐ qù mǎi dōng xī zǒng zhī jiù shì gè zhǒng gè yàng huā qián de de fāng yīn wéi shàng hǎi zhēn de tài fāng biàn le dào nǎ
吃饭，要么一起去买东西。总之，就是各种各样花钱的地方。因为上海真的太方便了，到哪
dōu kě yǐ mǎi gè zhǒng gè yàng de dōng xī dàn shì zhè yàng zhēn de hǎo ma wǒ zhēn de xū yào zhè xiē dōng xī ma wǒ qí shí zhǐ shì xiǎng hé péng
都可以买各种各样的东西。但是这样真的好吗？我真的需要这些东西吗？我其实只是想和朋
yǒu yì qǐ dù guò yí duàn shí jiān ér yǐ nà wéi shí me wǒ men bù kě yǐ jiù zhǐ shì qù gōng yuán lǐ guàng yì guàng ne zhè zhǐ shì shàng hǎi xiāo fèi
友一起度过一段时间而已。那为什么我们不可以就只是去公园里逛一逛呢？这只是上海消费
zhǔ yì de yí gè cè miàn ér yǐ rú guǒ nǐ zài shàng hǎi de shì zhōng xīn zǒu zhe nǐ huì kàn dào hěn duō dǎ fān de fēi cháng jīng zhì de nán nán nǚ
主义的一个侧面而已。如果你在上海市中心走着，你会看到很多打扮得非常精致的男男女
nǚ yě huì yǒu gè zhǒng gè yàng jīng zhì de shāng diàn hé kā fēi guǎn gòng nǐ xuǎn zé zhè suī rán ràng wǒ de shēng huó biàn de gēng jiā fāng biàn dàn yě
女，也会有各种各样精致的商店和咖啡馆供你选择。这虽然让我的生活变得更加方便，但也
ràng wǒ xiàn rù liǎo xiāo fèi zhǔ yì de xiàn jǐng。
让我陷入了消费主义的陷阱。

zuì hòu yí gè wǒ lí kāi shàng hǎi de yuán yīn bìng bù jǐn jǐn shì shàng hǎi de wèn tí ér shì zhěng gè guó jiā de wèn tí nà jiù shì gōng zuò jiā
最后一个我离开上海的原因并不仅仅是上海的问题，而是整个国家的问题。那就是工作加
bān yě xǔ yǒu de péng yǒu yě zhī dào zài zhōng guó jiā bān xiàn xiàng fēi cháng de yán zhòng bù guǎn shì wǒ zì jǐ hái shì wǒ shēn biān de péng yǒu
班。也许有的朋友也知道，在中国加班现象非常地严重。不管是我自己还是我身边的朋友，
suǒ yǒu rén dōu xū yào jiā bān wǒ yě bù lǐ jiě wéi shí me yǒu nà me duō de gōng zuò xū yào zuò dàn zǒng zhī wǒ shì méi yǒu zì jǐ de shēng
所有人都需要加班。我也不理解为什么有那么多的工作需要做。但总之，我是没有自己的生

huó de dàn wǒ bìng bù xiǎng wǒ zhè yí bèi zǐ suǒ yǒu de shí jiān dōu ná lái gōng zuò suǒ yǐ dāng wǒ hòu lái dé dào lí kāi shàng hǎi huò zhě lí kāi
活的。但我并不想我这一辈子所有的时间都拿来工作。所以当我后来得到离开上海或者离开
zhōng guó de jī huì de shí hòu wǒ yě jiù háo bù yóu yù de jiē shòu liǎo
中国的机会的时候，我也就毫不犹豫地接受了。

shuō liǎo zhè me duō shàng hǎi hǎo de hé bù hǎo de dàn qí shí wǒ huán shì fēi cháng xiǎng niàn shàng hǎi de xiǎng niàn shàng hǎi de shēng huó yì qǐ zài nà
说了这么多上海好的和不好的，但其实我还是非常想念上海的。想念上海的生活，一起在那
lǐ de péng yǒu rú guǒ wǒ shì yí yí gè yóu kè de shēn fèn huí qù de huà wǒ huì fēi cháng de xiǎng shòu shàng hǎi bù zhī dào nǐ yǒu méi yǒu qù
里的朋友。如果我是以一个游客的身份回去的话，我会非常地享受上海。不知道你有没有去
guò shàng hǎi rú guǒ nǐ qù guò de huà nǐ xǐ huān shàng hǎi ma huān yíng hé wǒ fēn xiǎng nǐ xǐ huān de chéng shì yì jǐ nǐ xǐ huān zhè gè chéng shì
过上海，如果你去过的话，你喜欢上海吗？欢迎和我分享你喜欢的城市以及你喜欢这个城市
de yuán yīn
的原因。

xià miàn ràng wǒ men lái kàn yí kàn zhè yí qī bō kè dāng zhōng chū xiàn de jǐ gè yǒu yì sī de dān cí ba dì yí gè dān cí shì "duō kuī liǎo"
下面让我们来看一看这一期播客当中出现的几个有意思的单词吧。第一个单词是"多亏了"。

duō kuī liǎo nǐ de bāng zhù wǒ cái néng jí shí wán chéng zuò yè
多亏了你的帮助，我才能及时完成作业。

dì èr gè dān cí shì "bāo róng xìng" qí zhōng de "shí me shí me xìng" jiù xiāng dāng yú yīng wén lǐ de "-ness" wǒ men de gōng sī chàng dǎo bāo
第二个单词是"包容性"。其中的"什么什么性"就相当于英文里的"-ness"。我们的公司倡导包
róng xìng huān yíng bù tóng bèi jīng hé guān diǎn de yuán gōng jiā rù
容性，欢迎不同背景和观点的员工加入。

dì sān gè dān cí shì "diǎn xíng" zhè gè àn lì shì diǎn xíng de chéng gōng jīng yàn wǒ men kě yǐ xué xí
第三个单词是"典型"。这个案例是典型的成功经验，我们可以学习。

dì sì gè dān cí shì "xiāo fèi zhǔ yì" qí zhōng de "shí me shí me zhǔ yì" jiù xiāng dāng yú yīng wén zhōng de "-ism" bǐ rú shuō lǐ xiǎng
第四个单词是"消费主义"。其中的"什么什么主义"就相当于英语中的"-ism"。比如说，理想
shì "ideal", ér lǐ xiǎng zhǔ yì jiù shì "idealism" xiàn dài shè huì dà bù fēn rén dōu bèi xiāo fèi zhǔ yì suǒ yǐng xiǎng zhuī qiú wù
是"ideal", 而理想主义就是"idealism"。现代社会，大部分人都被消费主义所影响，追求物
zhì xiǎng shòu
质享受。

dì wǔ gè dān cí shì "jīng zhì" zhè jiā kā fēi diàn de zhuāng shì fēi cháng jīng zhì huán jìng yōu yǎ
第五个单词是"精致"。这家咖啡店的装饰非常精致，环境优雅。

nà yǐ shàng jiù shì zhè qī bō kè de suǒ yǒu nèi róng liǎo wǒ men xià qī zài jiàn bài bài
那以上就是这期播客的所有内容了。我们下期再见，拜拜！

Part 3 English Translation

Hello everyone, welcome to Real Chinese Talk. Let's start speaking Chinese together from now on.

I'm not sure how many of you in the audience have been to China, and how many of you have been to Shanghai. Although I wasn't born in Shanghai, I really love the city. So in today's episode, I want to talk to you all about Shanghai—why I love it and why I eventually left.

First, let's talk about my experience living in Shanghai. I actually went to university in Nanjing, which is a city very close to Shanghai. It only takes about an hour by high-speed train to get there. During my senior year of college, I frequently did internships in Shanghai. I used to travel back to Nanjing by train on weekends and then return to Shanghai on Tuesdays. Many people couldn't understand why I kept shuttling between the two cities, and there are a few reasons behind it. One reason is that I really love Shanghai and I hoped to have the opportunity to live and work there because the city offers more job and internship opportunities. Thanks to my internship experience in Shanghai, I was able to find a satisfying job there after graduating from university. I continued living and working in Shanghai until I left China.

Why do I love Shanghai so much? Why did I travel between Shanghai and Nanjing every week during my college years? This actually comes down to a fundamental question—what kind of city brings happiness to people. There are several criteria, and Shanghai meets most of them. For example, Shanghai is a city that is friendly to pedestrians and cyclists. If you're someone from the United States, you may be accustomed to a city designed around driving, but it's different in Shanghai. Although driving can take you to most places, public transportation, bicycles, or simply walking can also get you to many destinations. One of my favorite things to do in Shanghai was walking from one end of the city to the other, where I could see a variety of scenery. For instance, in the eastern part of Shanghai, known as "Pudong," there are many tall buildings, but in the western part, called "Puxi," the city has a different character. There are many old houses, as well as cafes and shops along the streets. In the middle of Shanghai, there is a long and wide river called the "Huangpu River." Along the Huangpu River, there are great places for walking, allowing pedestrians to stroll along the river for a long stretch. It's also a very appealing attraction in Shanghai.

In summary, Shanghai is a city that is perfect for walking from one end to the other. If you're exploring the city alone, you can appreciate the architecture and various shops along the streets. But if you're strolling with friends, you can chat while walking and keep going. When you get tired, you can take a break at a café and then continue walking. I truly cherish these kinds of memories.

The second reason is that Shanghai has a lot of cultural activities. What are cultural activities? They can be various art exhibitions, all kinds of performances, concerts, and so on. Shanghai also has many bookstores and coffee shops where you can study or meet friends. When I was in Shanghai, I often participated in language exchange activities there. I remember about seven or eight years ago, I participated in a language exchange activity between China, Japan, and Korea in Shanghai, which was a cultural exchange activity among these three countries. I heard that this language exchange activity is still ongoing.

Shanghai is also a very inclusive place. You can walk on the streets wearing strange clothes, and you can meet different kinds of people and make friends with people from different backgrounds. So, if someone is involved in art-related work, Shanghai is a great choice. The third reason is that Shanghai is a very convenient place. When I

graduated from university, I wanted to learn Spanish, and I found out online that there were Spanish language classes near my home. Later, I wanted to learn guitar, and I also found several good guitar studios in Shanghai. The density of gyms and cafes in Shanghai is also quite high. Basically, you can find the services you need near your home. That's also why many people are willing to live in cities because cities make life more convenient, and Shanghai is a typical example of that.

But why did I later leave Shanghai, leave China, and come to the Netherlands to live? There are several reasons for that. The first reason is that when I was in Shanghai, I felt very small. Perhaps some friends know that Shanghai had a population of over 20 million in 2019, while the entire population of the Netherlands is just over 17 million. In such a densely populated city, it was easy for me to feel very small. I worked in Lujiazui, which is in Pudong, an area with many tall buildings. Every morning, when I walked out of the subway station to go to work, the crowd was like ants, and I was just one of them. I often wondered if other people felt the same way. Why did I have to be the same as everyone else? Why couldn't I be different? I started having these doubts when I first started working in Shanghai.

The second reason is also related to the population. If you want to rent an apartment in downtown Shanghai, the rent is very high. So the apartment I rented was actually quite far from my office. As a result, every day when I left home to go to the office, I had to take the subway, and the subway was always crowded. Sometimes you even had to line up to enter the subway station. After entering the subway station, you still had to line up to get on the subway, and there was no space to stand inside the subway at all. This greatly affected my sense of happiness living in this city.

The third reason is consumerism. Consumerism is very evident in Shanghai. When I was in Shanghai and met up with friends, 90% of the time we would meet in a shopping mall, either to watch a movie, have a meal in a restaurant, or go shopping. In short, it was always a place to spend money. Because Shanghai is so convenient, you can buy all kinds of things wherever you go. But is this really good? Do I really need all these things? I just wanted to spend time with my friends. Why couldn't we just go for a walk in the park? This is just one aspect of consumerism in Shanghai. If you walk in the city center of Shanghai, you will see many men and women dressed very elegantly, and there are various exquisite shops and cafes for you to choose from. Although this made my life more convenient, it also trapped me in consumerism.

The last reason why I left Shanghai is not just about Shanghai itself but about the whole country. That is overwork. Perhaps some friends also know that overwork is very serious in China. Whether it's me or my friends, everyone needs to work overtime. I also don't understand why there is so much work to be done. But the bottom line is that I don't have a life of my own. I don't want to spend all my time working for the rest of my life. So when I later had the opportunity to leave Shanghai or leave China, I accepted it without hesitation.

After talking about the good and bad things about Shanghai, I still miss Shanghai a lot. I miss the life in Shanghai and the friends I had there. If I were to go back as a tourist, I would greatly enjoy Shanghai. I don't know if you have been to Shanghai, but if you have, do you like it? Feel free to share with me your favorite city and the reasons you like it.

Now let's take a look at some interesting words that appeared in this podcast. The first word is "多亏了" (thanks to). Thanks to your help, I was able to complete the homework on time.

The second word is "包容性" (inclusiveness). The "什么什么性" part is equivalent to "-ness" in English. Our company advocates inclusiveness and welcomes employees with different backgrounds and perspectives.

The third word is "典型" (representative). This case is a typical success story that we can learn from.

The fourth word is "消费主义" (consumerism). The "什么什么主义" part is equivalent to "-ism" in English. For example, "ideal" is "理想" in Chinese, and "idealism" is "理想主义". In modern society, most people are influenced by consumerism and pursue material enjoyment.

The fifth word is "精致" (delicate). The decoration of this coffee shop is very exquisite, and the environment is elegant.

So, that's all for the content of this episode. See you in the next one. Goodbye!