

**My First Vlog! | Snowboarding in Upstate New York, Falling, and Laughing**  
**(Taishanese Version)**

Taishanese	Wu's Phonetics System (WPS)	English
Hello, 大家好，我係阿 Ja de。	Hello, ai3-ga52 hao2, ngoi1 hai3 a1 Jade	Hi everyone, I'm Jade.
如果佢有同枚我到 inspirlang 一齊寫日 記嘅話	Ngui4-guo2 nieg5 yiu1 hung4-moi4 ngoi1 ao1 inspirlang yid2-tai4 lhie2 ngid3-gei1 ge1 va32	If you've been journaling with me on Inspirlang
佢都可能 a 隨	Nieg5 du2 huo2-nang4 ei1-tui4	You might know that
今年年初我講話一定要學識單板滑雪。	Gim1 nen42 nen4-cuo1 ngoi1 gong2 va3 yid2-en3 yieu1 hog3 sed2 an1- ban2 vad3-lhud2	Earlier this year I made a vow to learn how to snowboard.
因為今年嘅冷天來得比較遲	Yin1-vei3 gim1 nen4 ge1 lang1-hen52 loi4 ag2 bei2-gao1 ci4	Since this year's winter season came a little late
所以俾淨係一月份之後先可以開始去滑雪同枚滑單板。	Suo2-yi5 ngoi5 dieng3-hai3 yid2- ngud3-fun32 ji1-heu32 lhen1 huo2-yi5 hui1 vad3-lhud2 hung4-moi4 vad3 an1- ban2	We had to wait until late January to begin skiing and snowboarding.
該三個月入邊，佢去諗紐約上州四座唔同嘅山。	Koi5 lham1-goi1 ngud5 yid3-ben3, ngoi5 hui1 e1 niu2-yieg2 sieng3-jiu1 lhei1-duo3 m4 hung4 ge1 san1	In these three months, we went to four different mountains upstate.
其實我平時都真係冇乜運動細胞	Kei4-sid3 ngoi1 pen4-si4 du2 jin1 hai3 mao1 mod2 vun3-ung3 lhai1-bao12	Actually, I am not usually very athletic ...
(頂籠都係跑下步)	(en2-lung42 du2 hai3 pao2 ha5 bu32)	(I can run a little bit at most)

好似單板滑雪該尼算 係極端運動我都係第 一次嘗試	Hao2-lhu5 an1-ban2 vad3-lhud2 koi5- nai2 lhon1 hai3 ged3 on1 vun3-ung3 ngoi1 du2 hai3 ai3 yid2-lhu1 sieng4-si1	It is my first time trying an extreme sport like snowboarding
其實都幾大挑戰同枚 幾好玩㗎	Kei4-sid2 du2 gei2 ai3 hieu1-jen1 hung4-moi4 gei2 hao2-van2 ga1	and although I found it challenging it was quite fun.
碌碌仆仆靠都算係勉 強可以滑得落山	Pug1-pug1-lug1-lug1 kao52 du2 lhon1 hai3 men5-kieng52 vad3 ag2 log3 san1	Although I stumbled and fell a bit, I could get down the mountain!
唔講該多，我帶佢睇 下我由零開始學嘅過 程啦！	M4 gong2 koi5 uo1, ngoi1 ai1 nieg5 hai2 ha5 ngoi1 yiu4 lieng4 hoi1-ci2 hog3 ge1 guo1-cen4 la2	Without further ado, let's watch my experience snowboarding as a complete beginner!
該係我到 Gore Mountain 第一次上堂	Koi52 hai3 ngoi1 ao1 Gore Mountain ai3-yid2-lhu1 sieng1 hong4	This is my first time taking a lesson at Gore Mountain.
因為前一晚天氣好差 嘅原因	Yin1-vei3 ten4 yid2-man5 hen1-hei1 hao2 ca1 ge1 ngun4-yin1	Because the weather was very bad the night before
所有同學都有來上課	Suo2-yiu5 hung4-hog3 du2 mao1 loi4 sieng1 fuo1	No one came to class
我好好彩啦，可以同 教練單獨一對一上課	Ngoi1 hao2 hao2-toi2 la2, huo2-yi5 hung4 gao1-len4 an3-ug3 yid2-ui1-yid2 sieng1 fuo1	I am very lucky to have a one-on- one lesson!

睇下我幾認真到該上課！	Hai2 ha5 ngoi1 gei2 ngin3-jin1 ao1 koi52 sieng1-fuo12!	Look at how serious I was in class
停！	Hen4!	Stop!
...唔到	... m4 ao2	I can't quite (stop) yet...
同越多朋友去越好溜	Hung4 yod3 uo1 pang4-yiu5 hui1 yod3 hao2-lao5	It's more fun with more friends!
因為個個都可以提供一尼唔同嘅意見	Yin1-vei3 goi1-goi1 du2 huo2-yi5 hai4-gung1 yid2-nai2 m4 hung4 ge1 yi1-gen1	Since everyone can offer unique advice.
佢大概嘅意思就係話唔好淨係郁上半身	Kieg5 ai3-koi1 ge1 yi1-lhu1 diu3 hai3 va3 m4 hao2 dieng3-hai3 ngug1 sieng3 bon1 sin1	They were mostly saying that you can't just move your upper body
下半身都要跟住佢郁先可以平衡	Ha3 bon1 sin1 du2 yieu1 gin1 ji3 kui1 ngug1 lhen1 huo2-yi5 pen4-hang4	The lower body has to move with the board.
佢見到右邊嘅通道其實就係上 bunny hill 嘅 magic belt	Nieg5 gen1 ao2 yiu3-ben3 ge1 hung1-hang4-ao3 kei4-sid3 diu3 hai3 sieng1 bunny hill ge1 magic belt	You can see the passageway on the right where the magic carpet for the bunny hill is located.
Bunny hill 係初學者專門用來練習嘅地方	Bunny hill hai3 cuo1-hog3-jie2 jon1-mon42 yung3 loi4 len3-dib3 ge1 ei3-fong12	The bunny hill is the place where beginners practice
練完兔仔山嘅下一步就係 T-bar 喇	Len3 yon4 hu1-doi2 san1 ge1 ha3 yid2-bu3 diu3 hai3 T-bar la1	After practicing at the bunny hill, the next step is the T-bar.

好多人都覺得坐 T-bar 好奇怪	Hao2 uo1 ngin4 du2 gog1-ag2 tuo1 T-bar hao2 kei4-gai1	Many people think that T-bars are very strange
因為係夾緊到兩隻腳中間	Yin1-vei3 hai3 gab3 gin2 ao1 lieng2-jjeg1 gieb1 jung1-gan1	because it goes in between your legs
同時佢嘅座位係推住你嘅 pat pat 行	Hung4-si4 kui1 ge1 duo3-vei32 hai3 tui1-ji3 nei1 ge1 pat pat hang4	while the seat pushes your butt to go!
全程都要企緊	Tun4-cen4 du2 yieu1 kei1 gin2	(You) must stand the whole time and
有時一唔小心就會彈誼出來	Yiu1-si52 yid2-m4-lhie2-lhim12 diu3 voi5 dan3 e1 cud2-loi4	Sometimes the (T-bar) comes out when you are not careful
如果你覺得自己準備好，就可以坐纜車上山頂滑落來喇	Ngui4-guo2 nei1 gog1-ag2 du3-gei2 jun2-bei3 hao2, diu3 huo2-yi5 tuo1 lam3-cie1 sieng1 san1-dieng2 vad3 log3-loi4 la1!	If you think you are ready, you can ride the lift
上山之前首先要掃描下你張卡	Sieng1 san1 ji1-ten4 siu2-lhen1 yieu1 lhao1 mieu4 ha5 nei1 jieng1 ka2	Before going up the mountain, you have to scan your card
買誼 day pass 就可以上山無限次㗎喇	Mai1 e1 day pass diu3 huo2-yi5 sieng1 san1 mu4-han3 lhu1 ga1 la1	If you buy the day pass, you can go up the mountain for an unlimited number of times
如果你係自己一個人坐纜車	Ngui4-guo2 nei1 hai3 du3-gei2 yid2-goi1 ngin4 tuo1 lam3-cie1	If you are taking the lift alone,

大多數時候都要同陌生人一齊坐	Ai3-uo1-su1 si4-heu3 du2 yieu1 hung4 mag3-sang1-ngin4 yid2-tai4 tuo1	you will most likely be sitting next to a stranger
因為靠樣後面等嘅人就唔使等該久啦	Yin1-vei3 kao5-yieng52 heu3-men3 ge1 ngin4 diu3 m4 soi2 ang2 koi5 giu2 la2	so that the people after you won't have to wait too long.
變身！	Ben1-sin1!	Transformation!
該次係我第一次坐纜車由山頂開始滑	Koi5-lhu1 hai3 ngoi5 ai3-yid2 lhu1 tuo1 lam3-cie1 yiu4 san1 ieng2 hoi1-ci2 vad3	This is my first time taking a chair lift to snowboard from the top
對我來講都係一個好大概挑戰	Ui1 ngoi1 loi4 gong2 du2 hai3 yid2-goi1 hao2 ai3 ge1 hieu1-jen1	For me, it is quite a large challenge.
嗰日真係好冷	Nen5-ngid1 jin1 hai3 hao2 lang1	It was really cold on this day,
但係好在唔係好大風	An3-hai3 hao2-doi3 m4 hai3 hao2 ai3-fung1	but luckily it was not very windy.
氣溫大概 0 華氏度	Hei1-vun1 ai3-koi1 lieng4 va4-si3 u32	The temperature was about 0°F
即係大概零下 18 攝氏度	Ded2-hai3 ai3-koi12 lieng4-ha32 sib3-bad1 nieb2-si3-u32	(or about -18°C )
你冇睇我著好少衫	Nei1 mao2 hai2 ngoi1 jieg1 hao2 sieu2 sam5	It may look like I am wearing very little clothes but
著住兩層防寒內衣褲同戴住頭盔都幾防寒㗎	Jieg1 ji3 lieng2-tang4 fong4-hon4 nui3-yi1-fu5 hung4 ai1 ji3 heu4-foi12 du2 gei2 fong4-hon4 ga1	wearing two layers of thermals and a winter helmet kept me very warm!
雖然該座係標記住綠色嘅『初學山』	Lhui1-ngen4 koi5-duo3 hai3 bieu1-gei1 ji3 lug3-sed2 ge1 "cuo1-hog3 san1"	Although this mountain was labeled a green

		"beginners' mountain,"
但係對我來講難度都幾高	An3-hai3 ui1 ngoi1 loi4 gong2 nan4-u3 du2 gei2 gao1	it was quite difficult for me
因為好窄，我好怕撞到尼樹	Yin1-vei3 hao2 jag1, ngoi1 hao2 pa1 jong3 ao2 nai2 si3	because the trail was very narrow, and I was worried about running into the trees.
所以到未撞之前『先下手為強』	Suo2-yi5 ao1 mei3 jong3 ji1-ten4 "lhen1 ha3 siu2 vei4 kieng4"	So before going into the trees, I struck first
自己跌倒先！	Du3-gei2 ed1-dao2 lhen!	And fell down on purpose!
山上面唔係時時都係有斜度㗎	San1 sieng3-men3 m4 hai3 si4 si4 du2 hai3 yiu1 tie4-u3 ga1	The mountain is not steep all of the time.
有時遇到尼平嘅地方	Yiu1-si52 ngui3-ao2 nai2 pen4 ge1 ei3-fong12	Sometimes when you are on a flat part,
如果你之前係冇衝勁嘅話	Ngui4-guo2 nei1 ji1-ten4 hai3 mao1 cung1-gen3 ge1 va32	If you don't have enough momentum
到該就自然會停落來	Ao1 koi52 diu3 du3-ngen42 voi5 hen4 log3-loi4	you will naturally stop.
該個情況係你唔想見到嘅	Koi5-goi1 ten4-fong2 hai3 nei1 m4 lhieng2 gen1 ao2 ge1	This isn't a situation you want to run into
如非必要，我都唔會到山腳除晒尼裝備	Ngui4 fei1 bed2-yieu1, ngoi1 du2 m4 voi5 ao1 san1 gieg1 cui4 lhai1 nai2 jong1-bei3	If not necessary, I wouldn't unbuckle until I was at the bottom of the mountain.

我覺得堅持唔係該重要	Ngoi1 gog1-ag2 gen1-ci4 m4 hai3 koi5 jung3-yieu1	I don't think persistence was as important as
享受過程先係最重要	Hieng2-siu3 guo1-cen4 lhen1 hai3 dui1 jung3-yieu1	enjoying the process, which was most important.
所以我該日嘅晏晝都係準備到滑雪小屋度過	Suo2-yi5 ngoi1 koi5 ngid1 ge1 an1-jiu5 du2 hai3 jun2-bei3 ao1 vad3-lhud2 lhieu2 ug2 u3-guo1	I was planning on spending my afternoon at the ski lodge
入滑雪小屋之前要先將滑雪板放好	Yib3 vad3-lhud2 lhieu2 ug2 ji1-ten4 yieu1 dieng1 vad3-lhud2-ban2 fong1 hao2	Before entering the ski lodge, we must put our snowboards down
如果你好似我靠住慣市內	Ngui4-guo2 nei1 hao2-lhu5 ngoi1 kao52 ji3 gon1 si5 nui32	If you are like me, who is so used to living in a city,
你可能會問	Nei1 huo2-nang4 voi5 mun3	You might ask
『安唔安全㗎？』	"on1 m4 on1-tun4 ga1?"	"Is that safe?"
『有冇人偷㗎？』	"Yiu1 mao1 ngin4 heu1 ga1?"	"Is anyone going to steal that?"
我到紐約上州尼朋友都唔係好理解	Ngoi1 ao1 niu2-yieg2 sieng1-jiu1 nai2 pang4-yiu5 du2 m4 hai3 hao2 lei5-gai2	My upstate friends don't seem to really understand that fear.
該個就係俾休息同吃嘢嘅地方	Koi5-goi1 diu3 hai3 ngoi5 hui1-lhed2 hung4 hieg1 yie1 ge1 ei3-fong12	This is the ski lodge where we took a break and ate.
二樓還有酒吧同好靚嘅景	Ngei3 leu42 van4 yiu1 diu2-ba2 hung4 hao2 lieng1 ge1 gen2	The second floor has a bar and beautiful view.