

My First Vlog! | Snowboarding in Upstate New York, Falling, and Laughing

Cantonese	Phonetics (Jyutping)	English
Hello, 大家好，我係阿 Jade。	Hello, daai6-gaa1 hou2, ngo5 hai6 aa3 Jade.	Hi everyone, I'm Jade.
如果你哋有同我嘅 inspirLang 一齊寫日記嘅話	jyu4-gwo2 nei5-dei6 jau5 tung4 ngo5 hai2 inspirLang jat1-cai4 se2 jat6 gei3 ge3 waa2	If you've been journaling with me on Inspirlang
你哋都可能知道	nei5-dei6 dou1 ho2-nang4 zi1-dou6	You might know that
今年年初我誓神劈願嘅話一定要學識單板滑雪。	gam1 nin2 nin4 co1 ngo5 sai6-san4-pek3-jyun6 gam2 waa6 jat1-ding6 jiu3 hok6 sik1 daan1-baan2 waat6-syut3.	Earlier this year I made a vow to learn how to snowboard.
由於今年嘅冬季嚟得比較遲	jau4-jyu1 gam1 nin2 ge3 dung1-gwai3 lei4 dak1 bei2-gaa3 ci4	Since this year's winter season came a little late
所以我哋淨係一月份之後先可以開始去滑雪同埋滑單板。	so2-ji5 ngo5-dei6 zing6-hai6 jat1-jyut6-fan6 zi1-hau6 sin1 ho2-ji5 hoi1-ci2 heoi3 waat6-syut3 tung4-maa4 waat6 daan1-baan2.	We had to wait until late January to begin skiing and snowboarding.
嘅呢三個月裏面，我哋去咗紐約上州四座唔同嘅山。	hai2 ni1 saam1-go3-jyut6 leoi5-min6, ngo5-dei6 heoi3 zo2 nau2-joek3 soeng6-zau1 sei3-zo6 m4 tung4 ge3 saan1.	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-sat6 ngo5 ping4-si4 dou1 zan1-hai6 mou5 mat1 wan6-dung6 sai3-baa1	Actually, I am not usually very athletic ...
(極其量都係跑下步)	(gik6-kei4-loeng6 dou1 hai6 paau2 haa5 bou6)	(I can run a little bit at most)
好似單板滑雪呢啲算係極端運動我都係第一次嘗試	hou2-ci5 daan1-baan2 waat6-syut3 ni1-di1 syun3 hai6 gik6-dyun1 wan6-dung6 ngo5 dou1 hai6 dai6-jat1-ci3 soeng4-si3	It is my first time trying an extreme sport like snowboarding

其實都幾有挑戰性同埋幾好玩㗎	kei4-sat6 dou1 gei2 jau5 tiu1-zin3-sing3 tung4-maai4 gei2 hou2 waan2 gaa3	and although I found it challenging it was quite fun.
一仆一碌都算係勉強可以滑得落山	jat1-puk1-jat1-luk1 dou1 syun3 hai6 min5-koeng5 ho2-ji5 waat6 dak1 lok6 saan1	Although I stumbled and fell a bit, I could get down the mountain!
事不宜遲，我帶你哋睇下我由零開始學嘅過程啦！	si6-bat1-ji4-ci4, ngo5 daai3 nei5-dei6 tai2 haa5 ngo5 jau4 ling4 hoi1-ci2 hok6 ge3 gwo3-cing4 laa1!	Without further ado, let's watch my experience snowboarding as a complete beginner!
呢度係我嘅 Gore Mountain 第一次上堂。	ni1-dou6 hai6 ngo5 hai2 Gore Mountain dai6-jat1-ci3 soeng5 tong4.	This is my first time taking a lesson at Gore Mountain.
因為前一晚天氣好差嘅原因	jan1-wai6 cin4 jat1 maan5 tin1-hei3 hou2 caa1 ge3 jyun4-jan1	Because the weather was very bad the night before
所有同學都有嚟上堂	so2-jau5 tung4-hok6 dou1 mou5 lei4 soeng5 tong4	No one came to class
我好好彩啦，可以同教練單獨一對一上堂	ngo5 hou2 hou2-coi2 laa1, ho2-ji5 tung4 gaau3-lin6 daan1-duk6 jat1 deoi3 jat1 soeng5 tong4	I am very lucky to have a one-on-one lesson!
睇下我幾認真嘅度上堂！	tai2 haa5 ngo5 gei2 jing6-zan1 hai2 dou6 soeng5 tong4!	Look at how serious I was in class
停！	ting4!	Stop!
...唔到	...m4 dou2	I can't quite (stop) yet...
同越多朋友去越好玩	tung4 jyut6 do1 pang4-jau5 heoi3 jyut6 hou2-waan2	It's more fun with more friends!
因為每個人都可以提供一啲唔同嘅意見	jan1-wai6 mui5-go3 jan4 dou1 ho2-ji5 tai4-gung1 jat1-di1 m4 tung4 ge3 ji3-gin3	Since everyone can offer unique advice.

佢哋大概嘅意思就係話唔好淨係郁上半身	keoi5-dei6 daai6-koi3 ge3 ji3-si1 zau6 hai6 waa6 m4 hou2 zing6-hai6 juk1 soeng6 bun3 san1	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	haa6 bun3 san1 dou1 jiu3 gan1- zyu6 keoi5 juk1 sin1 ho2-ji5 ping4- hang4	The lower body has to move with the board.
你哋見到右邊嘅通道其實就係上 bunny hill 嘅 magic belt	nei5-dei6 gin3 dou2 jau6-bin6 ge3 tung1-hang4-dou6 kei4-sat6 zau6 hai6 soeng5 bunny hill ge3 magic belt	You can see the passageway on the right where the magic carpet for the bunny hill is located.
Bunny hill 係初學者專門用嚟練習嘅地方	Bunny hill hai6 co1-hok6-ze2 zyun1- mun2 jung6 lei4 lin6-zaap6 ge3 dei6-fong1	The bunny hill is the place where beginners practice
練完兔仔山嘅下一步就係 T-bar 喇	lin6 jyun4 tou3-zai2 saan1 ge3 haa6 jat1 bou6 zau6 hai6 T-bar laa3	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	hou2 do1 jan4 dou1 gok3-dak1 co5 T-bar hou2 kei4-gwaai3	Many people think that T-bars are very strange
因為係夾喺兩隻腳中間	jan1-wai6 hai6 gep6 hai2 loeng5- zek3 goek3 zung1-gaan1	because it goes in between your legs
同時佢嘅座位係推住你嘅 pat pat 行	tung4-si4 keoi5 ge3 zo6-wai2 hai6 teoi1 zyu6 nei5 ge3 pat pat haang4	while the seat pushes your butt to go!
全程都要企住	cyun4 cing4 dou1 jiu3 kei5 zyu6	(You) must stand the whole time and
有時一唔小心就會彈咗出嚟	jau5-si4 jat1-m4-siu2-sam1 zau6 wui5 daan6 zo2 ceot1-lei4	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嚟喇	jyu4-gwo2 nei5 gok3-dak1 zi6-gei2 zeon2-bei6 hou2, zau6 ho2-ji5 co5 laam6-ce1 soeng5 saan1 deng2 waat6 lok6-lei4 laa3	If you think you are ready, you can ride the lift

上山之前首先要掃描下你張卡	soeng5 saan1 zi1-cin4 sau2-sin1 jiu3 sou3-miu4 haa5 nei5 zoeng1 kaa1	Before going up the mountain, you have to scan your card
買咗 day pass 就可以上山無限次喇	maai5 zo2 day pass zau6 ho2-ji5 soeng5 saan1 mou4-haan6 ci3 gaa3 laa3	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	jyu4-gwo2 nei5 hai6 zi6-gei2 jat1-go3 jan4 co5 laam6-ce1	If you are taking the lift alone,
大多數時候都要同陌生人一齊坐	daai6-do1-sou3 si4-hau6 dou1 jiu3 tung4 mak6-sang1 jan4 jat1-cai4 co5	you will most likely be sitting next to a stranger
因為噉樣後面嘅人就唔使等咁耐啦	jan1-wai6 gam2-joeng2 hau6-min6 ge3 jan4 zau6 m4 sai2 dang2 gam3 noi6 laa1	so that the people after you won't have to wait too long.
變身！	bin3-san1!	Transformation!
呢次係我第一次坐纜車上山頂開始滑	ni1-ci3 hai6 ngo5 dai6-jat1 ci3 co5 laam6-ce1 soeng5 saan1 deng2 hoi1-ci2 waat6	This is my first time taking a chair lift to snowboard from the top
對我嚟講都係一個好大嘅挑戰	deoi3 ngo5 lei4 gong2 dou1 hai6 jat1-go3 hou2 daai6 ge3 tiu1-zin3	For me, it is quite a large challenge.
嗰日真係好凍	go2 jat6 zan1 hai6 hou2 dung3	It was really cold on this day,
但係好在唔係好大風	daan6-hai6 hou2-zoi6 m4 hai6 hou2 daai6-fung1	but luckily it was not very windy.
氣溫大概 0 華氏度	hei3-wan1 daai6-koi3 ling4 waa4-si6 dou6	The temperature was about 0°F
即係大概零下 18 攝氏度	zik1-hai6 daai6-koi3 ling4-haa6 sap6-baat3 sip3-si6 dou6	(or about -18°C)
你有睇我著好少衫	nei5 mou5 tai2 ngo5 zoek3 hou2 siu2 saam1	It may look like I am wearing very little clothes but

著住兩層防寒內衣褲 同戴住頭盔都幾禦寒 㗎	zoek3 zyu6 loeng5-cang4 fong4 hon4 noi6-ji1-fu3 tung4 daai3 zyu6 tau4-kwai1 dou1 gei2 jyu6-hon4 gaa3	wearing two layers of thermals and a winter helmet kept me very warm!
雖然呢座係標記住綠 色嘅『初學山』	seoi1-jin4 ni1-zo6 hai6 biu1-gei3 zyu6 luk6-sik1 ge3 "co1-hok6 saan1"	Although this mountain was labeled a green "beginners' mountain,"
但係對我嚟講難度都 幾高	daan6-hai6 deoi3 ngo5 lei4 gong2 naan4-dou6 dou1 gei2 gou1	it was quite difficult for me
因為好窄，我好驚撞 到啲樹	jan1-wai6 hou2 zaak3, ngo5 hou2 geng1 zong6 dou2 di1 syu6	because the trail was very narrow, and I was worried about running into the trees.
所以喺未撞之前『先 下手為強』	so2-ji5 hai2 mei6 zong6 zi1-cin4 "sin1 haa6 sau2 wai4 koeng4"	So before going into the trees, I struck first
自己跌咗先！	zi6-gei2 dit3 zo2 sin1!	And fell down on purpose!
山上面唔係時時都係 有斜度㗎	saan1 soeng6-min6 m4 hai6 si4-si4 dou1 hai6 jau5 ce4-dou6 gaa3	The mountain is not steep all of the time.
有時遇到啲平嘅地方	jau5-si4 jyu6-dou2 di1 ping4 ge3 dei6-fong1	Sometimes when you are on a flat part,
如果你之前係冇衝勁 嘅話	jyu4-gwo2 nei5 zi1-cin4 hai6 mou5 cung1-ging6 ge3 waa2	If you don't have enough momentum
喺呢度就自然會停落 㗎	hai2 ni1-dou6 zau6 zi6-jin4 wui5 ting4 lok6 lei4	you will naturally stop.
呢個情況係你唔想見 到嘅	ni1-go3 cing4-fong3 hai6 nei5 m4 soeng2 gin3 dou2 ge3	This isn't a situation you want to run into
如非必要，我都唔會 喺山腳除低裝備	jyu4 fei1 bit1-jiu3, ngo5 dou1 m4 wui5 hai2 saan1 goek3 ceoi4-dai1 zong1-bei6	If not necessary, I wouldn't unbuckle until I was at the

		bottom of the mountain.
我覺得堅持唔係咁重要	ngo5 gok3-dak1 gin1-ci4 m4 hai6 gam3 zung6-jiu3	I don't think persistence was as important as
享受過程先係最重要	hoeng2-sau6 gwo3-cing4 sin1 hai6 zeoi3 zung6-jiu3	enjoying the process, which was most important.
所以我呢日嘅晏晝都係準備嘅滑雪小屋度過	so2-ji5 ngo5 ni1 jat6 ge3 aan3-zau3 dou1 hai6 zeon2-bei6 hai2 waat6-syut3 siu2-uk1 dou6-gwo3	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	jap6 waat6-syut3 siu2-uk1 zi1-cin4 jiu3 sin1 zoeng1 waat6-syut3 baan2 fong3-hou2	Before entering the ski lodge, we must put our snowboards down
如果你好似我嘅住慣城市	jyu4-gwo2 nei5 hou2-ci5 ngo5 gam2 zyu6 gwaan3 sing4-si5	If you are like me, who is so used to living in a city,
你可能會問	nei5 ho2-nang4 wui5 man6	You might ask
『安唔安全㗎？』	"on1 m4 on1-cyun4 gaa3?"	"Is that safe?"
『有冇人偷㗎？』	"jau5 mou5 jan4 tau1 gaa3?"	"Is anyone going to steal that?"
我嘅紐約上州嘅朋友都唔係好理解	ngo5 hai2 nau2-joek3 soeng6 zau1 ge3 pang4-jau5 dou1 m4 hai6 hou2 lei5-gaa2	My upstate friends don't seem to really understand that fear.
呢個就係我哋休息同食嘢嘅地方喇	ni1-go3 zau6 hai6 ngo5-dei6 jau1-sik1 tung4 sik6 je5 ge3 dei6-fong1 laa3	This is the ski lodge where we took a break and ate.
二樓仲有酒吧同好靚嘅景	ji6 lau2 zung6 jau5 zau2-baa6 tung4 hou2 leng3 ge3 ging2	The second floor has a bar and beautiful view.