

爸爸妈妈你们好！

这个星期一我的汉语课开始了。我现在上三级的班。老师们教汉语的方法都很好。我最喜欢语法和口语课。上个星期我去中国的西部旅行。你们都知道去西藏是我小时候的梦想。我终于去了有趣又迷人的西藏。我觉得去这个遥远的地方，应该找一位朋友陪我。在浙江大学我找不到，所以我在网上找旅行朋友。在“沙发漫”的网站上我终于找到一位加拿大人愿意一起去。去西藏对老外有一点点辛苦，因为去那以前，每个人必须得到一张通行证。我们让一个成都的旅行社帮我们办手续。我们是两个人一起去所以每个人付一半。

我跟这位加拿大人（名字是尼古拉斯）在成都第一次见面。我们一见到彼此就成了好朋友。坐火车从成都到拉萨需要四十二个小时。有一点点长，但是风景特别好看。看到火车窗外的景色我想起了 discovery channel 的电视节目。我感到安静，感到非常轻松。在火车上我碰到了两个瑞士人，一位葡萄牙人，一个印度人，和一位德国人。这位德国人的故事特别有意思。他二十年前第一次来西藏。那时候，他尝试爬 kailash 山，但是他没能够爬到山顶，因为他生病了。当时他得了高原反应和腹泻。他告诉我们：我感到很奇怪，因为我想像中的西藏跟现实中的西藏太不一样了。这几年西藏改变了更多。我觉得这真是不好的事情。他讲的故事让我兴奋。今年他再次尝试爬 kailash 山。也没有成功，因为他在德国买飞机票的时候，没人告诉他必

须先得到通行证。买票后，他觉得可以去西藏旅行，爬 kailash 山。他的机票不是从德国直到拉萨的，他在成都必须下飞机。但是最后他还是得到了通行证，于是他跟我们一起去西藏了。这次西藏的旅行引起了我对西藏更大的兴趣。

请向我亲爱的妹妹问好。

祝你们身体好，
祝你们天天开心
心想事成

期待看见你们！

小 T

爸爸	[ba4 ba]	/(informal) father/
妈妈	[ma1 ma]	/mama/mommy/
你们	[ni3 men]	/you (plural)/
好	[hao3]	/good/well/
这个	[zhe4 ge4]	/this/
星期一	[xing1 qi1 yi1]	/Monday/
我的	[wo3 de]	/my/mine/
汉语	[Han4 yu3]	/Chinese language/
课	[ke4]	/subject/class/lesson/
开始	[kai1 shi3]	/begin/beginning/start/initial/
了	[le]	/(modal particle intensifying preceding clause)/(completed action marker)/
我	[wo3]	/I/me/
现在	[xian4 zai4]	/modern/current/present/at present/now/nowadays/
上	[shang4]	/on/on top/upon/first (of two parts)/previous or last (week, etc.)/upper/higher/above/previous/to climb/to go into/above/to go up/
三	[san1]	/three/3/
级	[ji2]	/level/grade/rank/step/
的	[de]	/(possessive particle)/of/
班	[ban1]	/team/class/rank/squad/a work shift/a measure word/(a surname)/
老师	[lao3 shi1]	/teacher/
们	[men]	/(plural marker for pronouns and a few animate nouns)/
教	[jiao4]	/religion/teaching/
方法	[fang1 fa3]	/method/way/means/
都	[dou1]	/all/both (if two things are involved)/entirely (due to)each/even/already/
很好	[hen3 hao3]	/well/
最	[zui4]	/(the) most/-est/
喜欢	[xi3 huan]	/to like/to be fond of/
语法	[yu3 fa3]	/grammar/
和	[he2]	/and/together with/with/peace/harmony/union/
口语	[kou3 yu3]	/colloquial speech/spoken language/vernacular language/slander/gossip/
上个星期	[shang4 ge4 xing1 qi1]	/last week/
去	[qu4]	/to go/to leave/to remove/
中国	[Zhong1 guo2]	/China/Chinese/
西部	[xi1 bu4]	/western part/
旅行	[lü3 xing2]	/travel/
知道	[zhi1 dao]	/know/be aware of/
西藏	[xi1 zang4]	/Tibet/Xizang/Xizang autonomous region/
是	[shi4]	/is/are/am/yes/to be/
小时	[xiao3 shi2]	/hour/
候	[hou4]	/wait/
梦想	[meng4 xiang3]	/to dream of (in vain)/
终于	[zhong1 yu2]	/at last/in the end/finally/eventually/
有趣	[you3 qu4]	/interesting/fascinating/amusing/
又	[you4]	/(once) again/also/both... and.../again/
迷人	[mi2 ren2]	/fascinating/enchanting/charming/tempting/
觉得	[jue2 de]	/to think/to feel/
遥远	[yao2 yuan3]	/distant/remote/
地方	[di4 fang]	/area/place/local/
应该	[ying1 gai1]	/ought to/should/must/
找	[zhao3]	/to try to find/to look for/to call on (sb)/to find/to seek/to return/to look for/
一	[yi1]	/one/1/
位	[wei4]	/position/location/(measure word for persons)/place/seat/
朋友	[peng2 you]	/friend/
陪	[pei2]	/to accompany/to keep sb. company/
在	[zai4]	/(located) at/in/exist/(before verbs) immediately involved in/right in the middle of doing/
浙江	[zhe4 jiang1]	/Zhejiang province, China/
大学	[da4 xue2]	/university/
找不到	[zhao3 bu4 dao4]	/couldn't find/
所以	[suo3 yi3]	/therefore/as a result/so/

网上	[wang3 shang4]	/on-line/
沙发	[sha1 fa1]	/sofa/
漫	[man4]	/free/unrestrained/inundate/
网站	[wang3 zhan4]	/website/network station/node/
找到	[zhao3 dao4]	/find (what one was searching for)/succeeded in finding/
加拿大	[jia1 na2 da4]	/Canada/Canadian/
人	[ren2]	/man/person/people/
愿意	[yuan4 yi4]	/to wish/to want/ready/willing (to do sth)/
一起	[yi4 qi3]	/together/
对	[dui4]	/couple/pair/to be opposite/to oppose/to face/for/to/correct (answer)/t
老外	[lao3 wai4]	/foreigner/
有一点儿	[you3 yi1 dianr3]	/a bit/
辛苦	[xin1 ku3]	/hard/exhausting/with much toil/
因为	[yin1 wei]	/because/owing to/on account of/
那	[na4]	/that/those/
以前	[yi3 qian2]	/before/formerly/previous/
每个人	[mei3 ge ren2]	/everybody/everyone/
必须	[bi4 xu1]	/to have to/must/
得到	[de2 dao4]	/to get/to obtain/to receive/
一张	[yi1 zhang1]	/sheet/
通行	[tong1 xing2]	/license (computer)/
证	[zheng4]	/certificate/proof/to prove/to demonstrate/to confirm/certificate/proof/
我们	[wo3 men]	/we/us/ourselves/
让	[rang4]	/to ask/to let/permit/have (someone do something)/to yield/to allow/
一个	[yi1 ge4]	/a/an/
成都	[Cheng2 du1]	/Chengdu (city)/
旅行社	[lü3 xing2 she4]	/(n) travel agency/
帮	[bang1]	/to assist/to support/to help/group/gang/party/
办	[ban4]	/to do/to manage/to handle/to go about/to run/to set up/to deal with/
手续	[shou3 xu4]	/formalities/
两	[liang3]	/both/two/ounce/some/a few/tael/
个人	[ge4 ren2]	/individual/personal/oneself/
付	[fu4]	/pay/
一半	[yi1 ban4]	/half/
跟	[gen1]	/to follow/to go with/heel/with/and/
这位	[zhe4 wei4]	/this (person)/
名字	[ming2 zi]	/(a person`s) name/
尼古拉斯	[ni2 gu3 la1 si1]	/non-Chinese name or place/
第一次	[di1 yi1 ci4]	/first/first time/number one/
见面	[jian4 mian4]	/meet/see (someone)/
见	[jian4]	/to see/to meet/to appear (to be sth)/to interview/
到	[dao4]	/to (a place)/until (a time)/up to/to go/to arrive/
彼此	[bi3 ci3]	/each other/one another/
就	[jiu4]	/at once/then/right away/only/(emphasis)/to approach/to move towards/to undertake/
成	[cheng2]	/finish/complete/accomplish/become/turn into/win/succeed/one tenth/
好朋友	[hao3 peng2 you]	/good friend/
坐	[zuo4]	/to sit/to take a seat/to take (a bus, airplane etc.)/
火车	[huo3 che1]	/train/
从	[cong2]	/from/obey/observe/follow/
拉萨	[la1 sa4]	/Lhasa, capital city of Tibet in west China/
需要	[xu1 yao4]	/to need/to want/to demand/needs/to require/
四十二	[si4 shi2 er4]	/42/
个	[ge4]	/(a measure word)/individual/
长	[chang2]	/length/long/forever/always/constantly/
但是	[dan4 shi4]	/but/however/
风景	[feng1 jing3]	/scenery/landscape/
特别	[te4 bie2]	/especially/special/particular/unusual/
好看	[hao3 kan4]	/good-looking/
看到	[kan4 dao4]	/see (that)/note/

窗	[chuang1]	/shutter/window/
外	[wai4]	/outside/in addition/foreign/external/
景色	[jing3 se4]	/scenery/scene/landscape/view/
想	[xiang3]	/to think/to believe/to suppose/to wish/to want/to miss/
起	[qi3]	/to rise/to raise/to get up/
电视节目	[dian4 shi4 jie2 mu4]	/television program/
感到	[gan3 dao4]	/to feel/to sense/to have the feeling that/think that/to move/to affect/
安静	[an1 jing4]	/quiet/peaceful/calm/
非常	[fei1 chang2]	/unusual/extraordinary/extreme/very/exceptional/
轻松	[qing1 song1]	/gentle/relaxed/
碰	[peng4]	/to touch/to meet with/to bump/
到了	[dao4 le]	/has arrived/when subj. arrives at a location or time/
瑞士人	[rui4 shi4 ren2]	/Swiss (person)/
葡萄牙人	[pu2 tao2 ya2 ren2]	/Portuguese (person)/
印度人	[yin4 du4 ren2]	/Indian (person)/
德国人	[De2 guo2 ren2]	/German person or people/
故事	[gu4 shi4]	/narrative/story/tale/
有意思	[you3 yi4 si]	/interesting/
他	[ta1]	/he/him/
二十	[er4 shi2]	/twenty/20/
年前	[nian2 qian2]	/...years ago/
来	[lai2]	/to come/
那时	[na4 shi2]	/(tw) at that time/
尝试	[chang2 shi4]	/to try/to attempt/
爬	[pa2]	/crawl/climb/
山	[shan1]	/mountain/hill/
没	[mei2]	/(negative prefix for verbs)/have not/not/
能够	[neng2 gou4]	/be capable of/can/is able/
山顶	[shan1 ding3]	/hilltop/
生病	[sheng1 bing4]	/ill/sick/
当时	[dang1 shi2]	/then/at that time/while/
得了	[de2 le]	/be finished/be ready/all right/that`s enough/
高原	[gao1 yuan2]	/plateau/
反应	[fan3 ying4]	/reaction/response/reply/
腹	[fu4]	/abdomen/stomach/belly/
泻	[xie4]	/to flow (out) swiftly/diarrhea/
告诉	[gao4 su]	/to tell/to inform/to let know/
很	[hen3]	/very/rather/quite/
奇怪	[qi2 guai4]	/strange/odd/
想像	[xiang3 xiang4]	/imagine/visualize/
中	[zhong1]	/within/among/in/middle/center/while (doing sth)/during/China/Chinese/
现实	[xian4 shi2]	/reality/actuality/real/actual/
太	[tai4]	/highest/greatest/too (much)/very/extremely/
不一样	[bu4 yi1 yang4]	/different/distinctive/unlike/
这	[zhe4]	/this/these/
几年	[ji3 nian2]	/a few years/several years/
改变	[gai3 bian4]	/to change/to alter/to transform/
更多	[geng4 duo1]	/more/even more/
真是	[zhen1 shi4]	/(idiom) "it is truly..."/
不好	[bu4 hao3]	/no good/
事情	[shi4 qing]	/affair/matter/thing/business/
讲	[jiang3]	/to talk/speech/to speak/to tell/to explain/
兴奋	[xing1 fen4]	/(be) excited/
今年	[jin1 nian2]	/this year/
再次	[zai4 ci4]	/one more time/again/one more/once again/
也	[ye3]	/also/too/
没有	[mei2 you3]	/haven`t/hasn`t/doesn`t exist/to not have/to not be/
成功	[cheng2 gong1]	/success/to succeed/
德国	[De2 guo2]	/Germany/German/

买	[mai3]	/buy/
飞机	[fei1 ji1]	/airplane/
票	[piao4]	/bank note/ticket/
的时候	[de shi2 hou4]	/when/during/at the time of/
先	[xian1]	/early/prior/former/in advance/first/
后	[hou4]	/back/behind/rear/afterwards/after/after/
可以	[ke3 yi3]	/can/may/possible/able to/
机票	[ji1 piao4]	/air ticket/passenger ticket/
不是	[bu2 shi4]	/(v) not be/(n) blame or fault/
直到	[zhi2 dao4]	/until/
下	[xia4]	/under/second (of two parts)/next (week, etc.)/lower/below/
最后	[zui4 hou4]	/final/last/finally/ultimate/
还是	[hai2 shi4]	/or/still/nevertheless/
于是	[yu2 shi4]	/thereupon/as a result/consequently/thus/hence/
这次	[zhe4 ci4]	/present/now/current/
引起	[yin3 qi3]	/to give rise to/to lead to/to cause/to arouse/
更大	[geng4 da4]	/bigger/even bigger/
兴趣	[xing4 qu]	/interest (directed towards, not inherent in something)/
请	[qing3]	/to ask/to invite/please (do sth)/to treat (to a meal, etc)/to request/
向	[xiang4]	/direction/part/side/towards/to/guide/opposite to/
亲爱	[qin1 ai4]	/Dear ... (way of starting a letter)/
妹妹	[mei4 mei4]	/(informal) younger sister/
问好	[wen4 hao3]	/say hello to/send one's regards to/
祝	[zhu4]	/invoke/pray to/wish/to express good wishes/
身体	[shen1 ti3]	/(human) body/health/
天天	[tian1 tian1]	/every day/
开心	[kai1 xin1]	/to feel happy/to have a great time/to make fun of somebody/
心	[xin1]	/heart/mind/
事	[shi4]	/matter/thing/item/work/affair/
期待	[qi1 dai4]	/to look forward to/to await/expectation/
看见	[kan4 jian4]	/to see/to catch sight of/
小	[xiao3]	/small/tiny/few/young/