

Lynn 访谈选辑

Lynn in Conversation

生活、迁徙与写作

Life, migration and writing

中文与英文对照 · 访谈时长26:08

Chinese-English | Bilingual listening companion

Lynn 与 Leo、Lily 谈生活、迁徙、家庭、归属与写作。这份中外文对照文本配合26分08秒的访谈选辑，既为《结 / The Knot》的读者提供作者生活背景，也为中高级中文学习者提供真实的普通话听力材料。

Lynn joins Leo and Lily to discuss life, migration, family, belonging and writing. This bilingual transcript accompanies the 26-minute, 8-second interview selection. It offers readers of The Knot a glimpse into the author's life and provides authentic Mandarin listening material for intermediate and advanced learners.

如何使用

How to use this companion

建议先听一小段，再对照中文和译文阅读，最后重听一次。可利用目录选择感兴趣的话题。时间码对应剪辑后的选辑：主要章节从标题卡开始，正文按完整意思和说话者转换分段，时间码标示各段起点。

Listen to a short passage first, read the Chinese alongside the translation, then listen again. Use the contents to choose a topic. Times refer to the edited selection: main sections begin with their title cards, while the transcript is grouped by complete thoughts and speaker changes, with a timestamp at the start of each passage.

访谈录制于2024年。本稿是经过编辑的阅读文本，并非逐字稿：部分口头重复已删去，语句有所精简和整理。译文依据整理后的中文，可能与原声措辞不同。学习者可用它理解内容、对照阅读；逐字听辨或跟读时，请以视频原声为准。部分私人细节已省略。已确认的主持人单独署名，其余标作“Leo / Lily”；“对话”不区分说话者。

Recorded in 2024. This is an edited reading text, not a verbatim transcript: repetitions have been omitted and wording condensed or rephrased. Translations follow the edited Chinese. Use it for comprehension; for exact listening or shadowing, follow the video audio. Some personal details are omitted. Confirmed hosts are named individually; others are labelled Leo / Lily. Exchange does not identify individual speakers.

访谈：Leo & Lily · 原访谈摄于2024年

无界生活 Boundless Living · Leo & Lily @ 天马行

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00:00 Life and writing

生活与写作

00:20

主持人 Leo / Lily

Hosts - Leo / Lily

我们最近也感觉，像你们这样的前辈，跟你们聊天一定能有很多收获。

We have been feeling that we can learn a great deal from conversations with people like you, who have more experience than we do.

00:27

主持人 Leo / Lily

Hosts - Leo / Lily

我顺便再说一句，Lynn 还写了一本短篇小说集，叫《错位》，现在在 Amazon 上有卖。你刚才说的很有意思：50后、60后，可能还有一部分70后，正好是中国改革开放以后首先出来的这一批中国人。来西方留学的这批人，大部分都是拿着奖学金出来的。你在小说里描写了形形色色的人生，我觉得很有意思。我印象特别深的是，有人经营出租房、Airbnb民宿；哪一个房间当天晚上没租出去他们俩就住在哪个房间里，这让我印象很深。当初在国内相对贫穷，到了西方比较富裕、又有钱可赚的地方，很多人可能把钱看得特别重。这里头好几个故事都是真实的吗？

Let me also mention that Lynn has written a short-story collection called Dislocation, available on Amazon. What you just said is interesting: people born in the 1950s and 1960s, and some in the 1970s, were among the first Chinese people to go abroad after China's reform and opening up. Most of those who went to study in the West had scholarships. Your stories portray all kinds of lives, which I find fascinating. One example really stayed with me: a couple ran rental rooms, an Airbnb, and whichever room was unoccupied that night was where the two of them would sleep. That made a strong impression on me. Coming from relatively poor circumstances in China to a wealthier place where money could be made, many people may have attached great importance to money. Are several of these stories true?

Lynn

Lynn

应该百分之八九十都是真实的。其他像 Airbnb 民宿的事情，还真是我们亲身经历的，那时候我们已经开始把房子卖掉，当时正好在洛杉矶。这是我们亲身经历的。所以我觉得，用健康来换钱，代价太大了，就把它写出来了。

About eighty or ninety percent is based on real life. The Airbnb episode was something we experienced ourselves. By then we had started selling our house, and we happened to be in Los Angeles. We experienced this ourselves. So I felt that exchanging your health for money was too high a price to pay, and I wrote about it.

01:50 America, family and returning to China

美国、家庭、回到中国

01:53

主持人 Leo / Lily

Hosts - Leo / Lily

请简单介绍一下你们的心路历程：怎么来美国的，为什么最后这里、那里都不喜欢，选择了西班牙？

Could you briefly tell us about your journey: how you came to America, and why, after finding that different places did not suit you, you eventually chose Spain?

Lynn	Lynn
我们是50后，经历过下放，然后考大学，再出国这个过程。那时候好像只有一条路。我们1988年到美国，我老公先去上学。我是陪读，所以一直打工，书里也有介绍，各种能干的活都干。	We were born in the 1950s. We went through being sent to the countryside, then taking university entrance exams, and later going abroad. There seemed to be only one path then. We went to America in 1988; my husband went first to study. I accompanied him, so I worked all the time. As the book describes, I did whatever work I could.
02:28	
Lynn	Lynn
我们大学毕业的时候，只拿54块钱。	When we graduated from university, we earned only 54 yuan.
主持人 Leo / Lily	Hosts - Leo / Lily
对，是这样。	Yes, that is right.
Lynn	Lynn
当时美元汇率是1比8点几，所以只能换几美元。父母拿的也是最基本的工资，多的一百多元，少的几十元。	The exchange rate then was over eight yuan to the dollar, so we could exchange that for only a few dollars. Our parents also earned basic salaries: a little over a hundred yuan at the higher end, or just a few dozen at the lower end.

02:48

Lynn

我们那一代人出去，基本上不打工就活不下去。他在德州上学，毕业后在芝加哥找到工作，我们在那里住了五年。他学的是电子工程，那边做研究，不太适合他，所以我们又回德州去工作，全家又搬回了德州，一待就是二十多年，把两个孩子养大了。

那段时间跟你们很像，你们买了大房子；我们也是在老二快上高中的时候买了大房子。你们住了五年，我们住得久一点，住了七年。开始还挺享受的，德州很热，大房子里空调开足一点也还好。但是老二离家后，我们就觉得很不对：两个人住这么大的房子楼上几乎全空着，楼下一半也空着。德州夏天又长又热，很费电。后院还有游泳池，浇草又费水。我说，我们这是在干什么？而且待了二十多年，实在太久了，虽然有很多好朋友。但我觉得，生活再这样过下去，人生的体验就太少了。是不是可以变一下？所以2014年我们把房子卖掉了。

Lynn

For our generation, you could hardly survive abroad without working. He studied in Texas, then found a job in Chicago after graduating, and we lived there for five years. His subject was electrical engineering. The work there was research, which did not really suit him, so we went back to Texas for work. The whole family moved back, and we stayed for over twenty years and raised our two children.

That part of our lives was similar to yours: you bought a big house, and so did we, around the time our younger child was about to start high school. You lived in yours for five years, and we stayed a little longer, seven years. At first we enjoyed it. Texas is very hot, but with enough air conditioning the big house was comfortable. Once our younger child left home, though, it began to feel wrong: just two people living in such a large house with almost the whole upstairs empty, and half the downstairs too. Texas summers are long and hot, which uses a lot of electricity. We also had a pool in the garden, and watering the lawn used water. I asked, "What are we doing?" We had been there for over twenty years, a very long time, although we had many good friends. But I felt that if we carried on like that, we would experience too little of life. Could we make a change? So in 2014 we sold the house.

04:29

Lynn

我们就在同一个城市租了一套两室公寓，那里比较热闹，有一条新建的街道旁边有酒店和很多餐馆，人来人往。我们觉得可能会改变寂寞的状态。

Lynn

We rented a two-bedroom apartment in the same city. It was in a livelier area, with a newly built street beside a hotel and lots of restaurants, with people coming and going. We thought it might relieve our loneliness.

主持人 Leo / Lily

Hosts - Leo / Lily

打断一下，你们第一次尝试是在原地缩小住房，没有换城市？

Let me interrupt: your first experiment was to downsize where you were, without changing cities?

Lynn

Lynn

是的，搬的时候也有很多舍不得，跟你们很像。

Yes. Like you, we found it hard to let go of many things when we moved.

05:02

Lynn

Lynn

但生活其实没变多少，后来又放弃了。正好他有回国工作的机会，我们去了深圳一年。到了深圳，发现二十多年没在国内长期住过了，感觉特别舒适。人来人往，去书店、咖啡店、饭店，朋友之间来往，都很舒服。住小房子，也完全没有比住大房子憋屈的感觉。反而特别轻松。德州的独立房，上有天下有地；有时候龙卷风、冰雹，地基裂缝、白蚁，无数的事情，老是在为房子忙。

But life had not really changed much, so we gave up that plan too. Then he had an opportunity to work in China, and we went to Shenzhen for a year. There, we realised we had not lived in China for any length of time for over twenty years, and it felt so comfortable, so cosy. People were out and about; you could go to bookshops, cafés and restaurants, and see friends easily. It was all very pleasant. Living in a small home did not feel cramped at all compared with living in a big house. Instead, we felt relieved. With a detached house in Texas, you are responsible for everything, from the roof down to the ground: tornadoes, hail, cracks in the foundations, termites, endless things. We were constantly busy looking after the house.

05:58

Lynn

Lynn

回到深圳就觉得特别舒服，好像打开了一扇小门：是不是可以换地方，不一定非住美国？但一年后公司又让他回去，我们就回了美国。我很舍不得，回去后挺失落，又住回了以前那套公寓。再试一次还是不行，觉得还得变。正好他有机会退休。

Being in Shenzhen felt wonderful. It opened a small door: perhaps we could live somewhere else, not necessarily in America. But after a year his company asked him to return, so we went back to the United States. I was reluctant to leave and felt quite disappointed afterwards. We moved back into the apartment where we had lived before. We tried again, but it still did not work for us; we needed another change. Then he had an opportunity to retire.

06:31

Lynn

Lynn

退休后，2017年我们搬去了圣地亚哥。

After retiring, we moved to San Diego in 2017.

主持人 Leo / Lily

Hosts - Leo / Lily

那是很多人梦想的地方，按理说很理想。就我们俩的经历来说，圣地亚哥很完美，四季如春。

That is a dream destination for many people; you would expect it to be ideal. In our experience, San Diego seems perfect, with spring-like weather all year.

06:48

Lynn

是的。我们有朋友在那里，方便落脚，也了解周围，所以选了圣地亚哥。想买个大一点的房子，定下来就不走了。可是看中了几个房子，买了机票过去才发现房子已经没了，或者不太理想。来回几次以后，我们想，干脆先买小房子搬过去，住下来再慢慢找大房子。后来就买了个小房子。

Lynn

Yes. We had friends there, which helped us get settled and learn about the area, so we chose San Diego. We thought we would buy a larger house, settle down and stay. But we would find houses we liked, buy plane tickets to see them, and then discover the houses were already gone, or were not quite right. After several trips back and forth, we decided to buy a small place first, move there, and look for a bigger house once we were settled. So we bought a small home.

07:25

Lynn

有了小房子，我们就可以出去旅行，像你们一样，开始到处跑。不是短短几天，而是在这个国家住一个月，那个国家住一个月。等回去以后，我们又改变了主意我不太想继续住在圣地亚哥了。这时国内又邀请他回去工作。我们这个年纪，父母都老了，身体随时可能出问题。我想也好。所以在国内住了五年。因为深圳给我们留下了很好的印象，觉得在国内退休也不失为一条路。

Lynn

Having a small home made it possible to travel. Like you, we began going all over the world. We did not just make short visits: we would spend a month in one country and a month in another. When we returned, we changed our minds again I no longer particularly wanted to stay in San Diego. Then he was invited to work in China again. At our age, our parents were getting older and could develop health problems at any time. I thought it might be a good idea. So we lived in China for five years. Shenzhen had left us with such a positive impression that we thought retiring in China could be an option too.

08:16

Lynn

疫情那三年我们在上海，你们知道上海发生了什么。所以最后还是决定放弃，因为不适合就是不适合。

Lynn

We were in Shanghai during those three years of the pandemic; you know what happened there. In the end we decided to give up the plan. If a place does not suit you, it does not suit you.

08:27 Choosing Spain

选择西班牙

08:30

Lynn	Lynn
我们来西班牙之前，从来没来过。很多朋友觉得我们太敢冒险了，连去都没去过。不过我们去欧洲很多国家，就是没去过葡萄牙和西班牙。选择西班牙有几个必要条件。首先，西班牙允许移民。如果想去瑞士、瑞典或欧洲其他很多国家，除非去工作、拿工作许可，否则并没有这样的移民途径。西班牙靠着地中海，天气、食物很有名，西班牙人平和的心态我们也知道。说到西班牙殖民南美的历史，我们挺喜欢南美人，也喜欢墨西哥人，因为他们很放松、很平和。	We had never visited Spain before moving here. Many friends thought we were taking quite a risk: we had never even been there. We had visited many European countries, just not Portugal or Spain. In choosing Spain there were several essential considerations. First, Spain offered an immigration route. If you wanted to move to Switzerland, Sweden or many other European countries, there was not that kind of route unless you went there to work and obtained a work permit. Spain is on the Mediterranean and is well known for its weather and food. We also knew about the relaxed attitude of Spanish people. Thinking of Spain's colonial history in South America, we have always liked South Americans and Mexicans because they seem so relaxed and easygoing.

09:31

Lynn	Lynn
我记得住芝加哥时，社区一边住着科学家、工程师，另一边住着西班牙的工人，他们踢球什么的。我们也没有多少钱，大家基本住在同一个社区。工程师下班后很累，无精打采，不想出门。那些工人却在窗边弹吉他、踢足球、喝啤酒，非常开心。我就觉得，他们钱不多，为什么能过得那么开心。这是最初的印象，南美人、西班牙人都这样。 我们也六十多岁了，不想再不停地跑。我觉得不住下来，只去一两个星期就是走马观花，还不如看别人拍的视频。我们想，冒一次险吧。我们就去了。	I remember our neighbourhood in Chicago: scientists and engineers lived on one side, and Spanish workers on the other, playing football and so on. We did not have much money either; we all lived in essentially the same area. After work, the engineers looked exhausted and did not want to go out. But those workers would stand by the window playing guitar, play football and drink beer, looking so happy. I wondered how, with relatively little money, they could live so happily. That was my first impression, of South Americans and Spanish people alike. We were in our sixties and no longer wanted to keep moving around. If you do not settle somewhere, a week or two is only a superficial visit; you might as well watch someone else's video. So we thought, let us take a chance. And we went.

主持人 Leo / Lily	Hosts - Leo / Lily
从上海直接去西班牙，没有再回美国？	Straight from Shanghai to Spain, without going back to America first?

Lynn	Lynn
没有。当时疫情还有尾声。2023年的移民手续是我老公自己办的。所以已经没有精力再去考察一趟，然后回来决定去不去。我说算了，直接去吧，就让他把工作辞了。	Yes. The pandemic was still tailing off. My husband handled the immigration paperwork himself in 2023. So we no longer had the energy to make a scouting trip and then come back to decide whether to go. I said, let's just go, and asked him to leave his job.
11:06	
Lynn	Lynn
到西班牙已经八个月了：前六个月在马德里，最近两个月在瓦伦西亚。我们觉得瓦伦西亚还是比马德里更适合一些。	We have been in Spain for eight months: the first six in Madrid, and the last two in Valencia. We feel that Valencia suits us a little better than Madrid.

11:15 Rethinking belonging

重新理解归属

11:15	
主持人 Leo / Lily	Hosts - Leo / Lily
但是，到了退休阶段是不是还合适？那就是个问题。	But is it still suitable once you reach retirement? That is a question.
11:19	
Lynn	Lynn
退休了，找个适合退休的地方没有错，也不是占便宜。你也可以这样选择。大家互相尊重，你可以在老家退休、落叶归根。不过，我们觉得这个根已经不是以前的根了。所以我们要选择一个让自己觉得有根的地方。我觉得大家都可以互相理解。	There is nothing wrong with looking for somewhere that suits your retirement; it is not taking advantage. You can make that choice too. We should respect one another. You can retire in your hometown and return to your roots. But for us, those roots are no longer what they used to be. So we want to choose somewhere that feels like a place where we can put down roots. I think we can all understand one another.

11:50 Everyday independence

日常生活与独立

11:53

Lynn	Lynn
说到出行，离开美国也是因为到哪儿都要开车。圣地亚哥尤其明显，一座山包接一座山包，到处都要上高速。我很怕开高速。想到老了以后，连买个菜拿药、看病，都得上高速，出行对我们太不友好了。可是不管多大年纪，十几岁也好，八九十岁也好，出门就得开车。这也是我对美国出行的感受：除了开车，就是坐飞机。	As for getting around, one reason for leaving America was that you had to drive everywhere. That was especially true in San Diego, with one hill after another and so much motorway driving. I am nervous about driving on motorways. I thought about getting older and having to drive even just to buy groceries pick up medicine or see a doctor, everything involved the motorway. Getting around was simply too difficult for us. But whatever your age, whether you are in your teens or in your eighties or nineties, you have to drive to go out. That is how getting around in America feels to me: you either drive or fly.

12:35 Food and familiarity

饮食与熟悉感

12:35

主持人 Leo / Lily	Hosts - Leo / Lily
现在讲吃的是吧？很多观众有“中国胃”，尤其是男士。	Now we are talking about food, right? Many of our viewers have a “Chinese stomach” and prefer Chinese food, especially the men.
Lynn	Lynn
西班牙食物在西方国家里，其实最接近中国食物。	Among Western countries, Spanish food is actually the closest to Chinese food.
主持人 Leo / Lily	Hosts - Leo / Lily
是吗？	Really?

Lynn	Lynn
对。他们的烹饪很不一样，尤其跟英国、美国相比，那边常常就是沙拉比较没味道。这里调理得有味道，也做得精致。不像美国，一块牛排、一份土豆泥，再倒一大杯冰水。这里的咖啡是小小的一杯，还有各种精致的小点心、西班牙小食。 说起来，西班牙、葡萄牙，还有意大利都不错，但意大利的食物我没那么喜欢，比方说披萨，比较固定。西班牙就很灵活，基本上没什么连锁店，多是有特色的小店。有的从十九世纪、二十世纪二十年代起，就一家人一直经营下来，特别有特色。	Yes. The cooking is very different, particularly from Britain and America, where it is often just salads which can be rather bland. Here the food is well seasoned and delicately prepared. It is not like America: a steak, mashed potatoes and a big glass of iced water. Here the coffee comes in a little cup, with all kinds of carefully made pastries and little Spanish dishes. Spain, Portugal and Italy all come to mind, though I am less keen on Italian food: things like pizza seem more fixed. Spanish cooking feels more flexible. There are hardly any chain restaurants; mostly small places with their own character. Some have been run by the same family since the nineteenth century or the 1920s, and have a very distinctive character.

13:47

主持人 Leo / Lily	Hosts - Leo / Lily
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你前面提过唐人街，中国食品多吗？	You mentioned a Chinatown earlier. Is there much Chinese food?
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Lynn	Lynn
看城市。马德里有挺大的华人食品区域，不过离比较好的住宅区稍微远一点。我现在住的瓦伦西亚不大，有八十多万人，人口比较集中。热闹的中心旁边就是唐人街，卖各种中国食材，也有各种饭店。浙江温州人比较多，他们做的南方菜也比较合我们的胃口。越南菜、台湾菜，各种都有。食材方面，应季的丝瓜、茄子、苋菜、苦瓜，国内有的基本都有。	It depends on the city. Madrid has quite a large Chinese food area, but it is some distance from the nicer residential areas. Valencia, where I live now, is not huge, with a population of over 800,000 concentrated in a fairly compact area. The Chinatown is right beside the lively centre, with all sorts of Chinese ingredients and restaurants. Many people come from Wenzhou in Zhejiang, so the food they cook is southern Chinese cooking, which suits our tastes. There is Vietnamese food, Taiwanese food, all kinds. As for ingredients, there are seasonal vegetables such as loofah gourds, aubergines, amaranth greens and bitter melon: practically everything you would find in China.

14:37 A walkable life

可以步行的生活

14:37

主持人 Leo / Lily	Hosts - Leo / Lily
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医、食、住，现在讲行。	We have covered healthcare, food and housing; now transport.
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Lynn	Lynn
出行太舒服了，根本不需要自己买车。这里公共交通特别方便，有公交、地铁。瓦伦西亚也有地铁，马德里更是。还有的城市有 tram就是有轨电车。稍远的郊外有小火车，再远有高铁。西班牙的高铁规模仅次于中国，世界第二，基本上各个城市都有。坐上两三个小时就到了。很方便。去欧洲其他城市，坐两三个小时飞机也就到了。所以出行没问题。我们住的地方连公交也基本不用坐，走路就行，几百米内什么都能办。	Getting around is so easy that you do not need to buy a car. Public transport is very convenient: buses and the metro. Valencia has a metro, and Madrid certainly does. Some cities also have trams that run on tracks. There are local trains to the outskirts and high-speed trains for longer journeys. Spain's high-speed network is second only to China's, the second largest in the world, and reaches practically every city. You sit down for two or three hours and you are there. It is very convenient. Other European cities are only a two- or three-hour flight away, so transport is no problem. Where we live, we hardly even need the bus. We can walk and do everything within a few hundred metres.
主持人 Leo / Lily	Hosts - Leo / Lily
你们选的位置真好。	You chose a very good location.

15:38 The scale of a city

城市的尺度

15:38

主持人 Leo / Lily	Hosts - Leo / Lily
还有一个问题，我觉得我们想法很像，想确认一下：我们俩偏爱中型或中小城市，你们没选巴塞罗那而选瓦伦西亚，也是这个原因吗？	Another question: I think we have similar preferences, and I want to check. We prefer medium-sized or smaller cities. Is that also why you chose Valencia instead of Barcelona?
Lynn	Lynn
是的。其实住大城市没什么优势。为什么呢？因为办事情要跑得远，毕竟是几百万人口的城市。相对来说，我们不想坐地铁、公交，想走过去。这里办所有事都能步行，也相当于锻炼，还能到处看看、逛逛。中小城市的人也相对更友好一点，大城市好像显得很冷漠。	Yes. There is not really an advantage to living in a big city. Why? Because you have to travel farther to do things; after all, these are cities of several million people. We would rather walk than take the metro or a bus. Here we can walk to run all our errands. It counts as exercise, and we can look around and enjoy ourselves along the way. People in smaller and medium-sized cities also seem friendlier. Big cities can feel rather cold.

16:29 Staying connected to life

与生活保持联系

16:29

Lynn	Lynn
我觉得年纪大了，住在热闹、能激活你的地方比较好。有的人内在动力强，可以学语言、看书、学音乐，做各种事情；有些人没那么多内在动力不知道退休后做什么。比如住在美国那样的地方，退休后就跟社会隔开了；想出去见到人，就只能去购物。我觉得对退休的人不太友好。这里外面到处都是人，也都很友好。这里的老太太，两三人、三五人一起，八九十岁了还穿着连衣裙，互相搀扶，有时推着助行车，逛街、购物、喝咖啡，坐下来喝点酒、聊很久。所以她们除了地中海食物、阳光和天气以外，这也是长寿的重要因素。	I think that as you get older, it helps to live somewhere lively that stimulates you. Some people have strong inner motivation: they can learn a language, read, study music and do all sorts of things. Others do not have that much inner drive and do not know what to do after retiring. In a place like where we lived in America, you become cut off from society once you retire. To go out and see people, you have to go shopping. I do not think that is very friendly to retirees. Here there are people everywhere outside, and they are friendly. Here you see elderly women in twos or small groups, in their eighties or nineties, wearing dresses and supporting one another, sometimes using walking frames. They go out, shop, drink coffee, sit down for a drink and chat for ages. That is why they live so long: besides Mediterranean food, sunshine and the climate, this is an important factor.
主持人 Leo / Lily	Hosts - Leo / Lily

对，我听说有一种“快乐疗法”。跟爱笑、爱唱、爱跳、爱吃、爱玩的人在一起，自己也会受感染，变得快乐。

Yes. I have heard of something called “happiness therapy”. If you spend time with people who love laughing, singing, dancing, eating and enjoying life, their happiness rubs off on you.

17:53

Lynn	Lynn
这里每隔几个星期就有节日，有游行、焰火。今天晚上我们就要去看烟火，还有各种表演、活动。我说，西班牙怎么这么会玩！	There is a festival every few weeks, with parades and fireworks. Tonight we are going to watch fireworks, and there are all kinds of shows and activities. I keep saying, “Spain really knows how to enjoy itself!”

18:08 Friends, dresses and everyday encounters

朋友、衣裙与日常交流

18:08

主持人 Leo / Lily	Hosts - Leo / Lily
再替观众问一个问题：离开熟悉的地方和朋友，会不会过一段时间觉得烦、觉得闷，还是得回美国，回到熟悉的环境？你想对他们说什么？	Here is another question from viewers: if you leave familiar surroundings and friends, will you eventually get bored or lonely and have to return to America, to what you know? What would you say to them?

Lynn 现在很多人都窝在家里刷手机，朋友联系大多在微信上。一年最多圣诞节或其他节日聚一下，大部分时间还是待在家里。所以我觉得，这里跟美国很大的不同，就是到处都有生活的烟火气。	Lynn These days, many people stay at home scrolling on their phones and keep in touch with friends mostly through WeChat. They may get together at Christmas or another holiday, but spend most of their time at home. So I think a big difference here compared with America is that there is everyday life and human warmth all around.
18:53 Lynn 一出门，好像天天都在旅行。在家不想做自己的事，就可以出去，外面很热闹，咖啡店也很温馨，人们穿得漂漂亮亮。 我在美国三十多年，刚去的第一年穿连衣裙，发现不对，别人都不穿。后来三十多年我就没怎么穿连衣裙。这次在这里，一下买了七八条。	Lynn When you step outside, it feels as if you are travelling every day. If you do not feel like doing your own things at home, you can go out: the streets are lively, the cafés are welcoming, and people dress nicely. I spent over thirty years in America. In my first year there I wore dresses, then realised nobody else seemed to wear them. For the next thirty-odd years I hardly wore dresses. Here I bought seven or eight at once.
主持人 Leo / Lily 我跟你说，公司里很多男同事更不讲究，全穿 Costco 的 Kirkland 衬衫，大家都一样。	Hosts - Leo / Lily Let me tell you, many of the men at my workplace were even less interested in clothes: they all wore Kirkland shirts from Costco. Everyone looked the same.
19:36 Lynn 这里满街的人，不论年轻年长，都穿得很漂亮，也不是特意盛装，还是舒服的。人总得稍微讲究一点，不然生活就没有热情了。吃、穿、住，都是生活的一部分。	Lynn Here people of all ages dress nicely. It is not that they are dressed up for a special occasion; they still look comfortable. You need to make a little effort, or life loses its spark. What you eat, what you wear and where you live are all part of life.
19:57 主持人 Leo / Lily 最后问一个问题：我们是亚洲面孔，在东南亚似乎比较容易融入。那么在西班牙，你觉得融入感好吗，能跟当地人打成一片吗？	Hosts - Leo / Lily One last question: with our Asian appearance, it seems easier to fit in in Southeast Asia. How about Spain? Do you feel you fit in and can mix with local people?

Lynn	Lynn
应该没问题。我们跟房产中介、设计师还有做室内装修的人，他们都特别容易相处。一见面就像认识了很久，大家说说笑笑，不是那种很正式、保持距离的职业关系。大家很自然就一起吃饭、一起做事。我们已经一起吃过好几顿饭了，就是这样。	I think it is fine. We deal with our estate agent, our designer and the people doing our interior renovation. They are all very easy to get along with. When we meet, it feels as if we have known each other for years; we chat and laugh. It is not a stiff, distant professional relationship. It is natural to go out for a meal or do things together. We have already had several meals together. That is how it is.
主持人 Leo / Lily	Hosts - Leo / Lily
哦，对。	Oh, yes.

20:42 Family and distance

家庭与距离

20:42

主持人 Leo / Lily	Hosts - Leo / Lily
还有孩子的问题。比如孩子在美国读书、工作，总跑过来……	There is also the question of the children. Suppose they are studying or working in America, and have to keep coming over...
Lynn	Lynn
这好像是个问题。但这样想：父母住在这里，孩子过来就像旅行：住在爸妈家，还能以这里为落脚点，去欧洲其他地方玩一圈。就有了新鲜感，因为跟美国很不一样。	That may seem like a problem. But think of it this way: when their parents live here, visiting becomes a holiday: they can stay with Mum and Dad and use it as a base to explore other parts of Europe. It feels fresh because, compared with America it is very different.
主持人 Leo / Lily	Hosts - Leo / Lily
如果在美国东岸或加拿大，其实挺近，六七个小时，七个半小时就到了。从美国东岸到西岸也要五六个小时，所以并不是特别远。	If you live on the US East Coast or in Canada, it is actually quite close: six or seven hours, perhaps seven and a half. Flying from the East Coast to the West Coast also takes five or six hours, so it is not really that far.

21:21 Language and communication

语言与交流

21:24

主持人 Leo / Lily	Hosts - Leo / Lily
这又说到语言问题。我们在法国的感觉是，有些人可能懂英语，但不太愿意说，特别旅游区除外。听说西班牙英语也没那么普及，你觉得怎么样？	That brings us to language. In France, we felt that some people might know English but did not really want to speak it, apart from in very touristy places. I have heard that English is not that widespread in Spain either. How do you find it?

Lynn	Lynn
语言是个问题。如果完全不会英语，到这里会很难办事。如果会英语，年轻人中会说的人不少，专业人士尤其如此。比如去银行，几个工作人员里总有一两个英语特别好。当然不是每个人都会。再比如买房中介、律师、公证人员都能说英语。餐馆有的会，有的不会；不会的就叫会的人来。如果非得跟某个人说，而他又不会，就用翻译软件。我们也在学西班牙语。	Language is an issue. If you know no English at all, it is very hard to get things done here. If you do speak English, quite a lot of younger people do too, especially professionals. At a bank, for instance, among several staff there will usually be one or two who speak very good English. Not everyone does, of course. Or if you are buying a home the estate agents, lawyers and notaries can speak English. In restaurants, some people can and some cannot; those who cannot will find someone who can. If you have to speak to a particular person who does not, you use a translation app. We are also learning Spanish.

22:27 Learning Spanish

学习西班牙语

22:27

主持人 Leo / Lily	Hosts - Leo / Lily
不过，语言会是很大的挑战。	But language will be a major challenge.

22:30

Lynn	Lynn
我们这样想的：年纪大了，认知、脑子的各方面慢慢衰退。如果学点新的东西，特别是语言——我查过，老年人学一门语言，对脑子很有好处相当于锻炼脑子。	This is how we think about it: as you get older, cognition and various aspects of brain function gradually decline. If you learn something new, particularly a language—I have looked into this—learning a language in later life is very good for the brain like giving your brain exercise.

主持人 Leo / Lily	Hosts - Leo / Lily
记得你说过。	I remember you mentioning that.

Lynn	Lynn
而且有成就感，学会后可以跟别人交流，也扩大了生活范围，都是收获。我们在努力学。至于能学多少、多快，我相信应该能学到跟人交流。需要时间，语言要学几年。	And it brings a sense of achievement. Once you learn it, you can communicate with others and broaden your life. These are all gains. We are working at it. As for how much we can learn and how quickly, I believe we can reach the point of communicating with people. It takes time, several years to learn a language.

23:15

主持人 Lily	Host - Lily
你们怎么学，自学、上课，还是网上学？	How are you studying: on your own, in classes or online?

Lynn	Lynn
我现在自学。条件比以前学英语好多了。过去就一本“900句”，好不容易弄到一盘磁带，咋啦咋啦地跟着学。现在视频里各种教语言的都有，给小孩的、给大人的、讲语法的，各种各样。我们刚搬来两个月，还没有去上课。这里也有各种班，有收费的，也有免费的。	I am studying on my own at the moment. The resources are so much better than when we learned English. Back then you had a book like “900 Sentences” and, if you were lucky, a cassette tape to practise along with. Now there are all kinds of videos for language learning: for children, for adults, for grammar, all sorts. We moved here only two months ago, so I have not attended classes yet. There are various classes here too, some paid and some free.

23:50 The breadth of life

生命的宽度

23:50

对话	Exchange
在倾听别人的同时，还是要更多地倾听自己。静下来想想，自己到底要什么。人生短暂，有机会体验不同文化、不同生活，是很美好的事。有这个条件，应该觉得很幸运。	While listening to others, we should listen even more closely to ourselves. Be still and think about what you really want. Life is short. Having the chance to experience different cultures and ways of living is wonderful. If you have that opportunity, you are fortunate.

24:10

对话	Exchange
人不能增加生命的长度，但可以增加生命的宽度。经常体验不同的生活，会增加幸福感。	We cannot make life longer, but we can make it broader. Experiencing different ways of life can add greatly to our happiness.

对话	Exchange
对，我们两家很有同感。当然也尊重不愿意动的人，我们有些好朋友他们说“生命在于静止”，就是不愿意动。我说也对，乌龟活得久嘛。这也是一种活法，自己高兴就好，并不是非要别人像我们一样折腾。	Yes, our two families really share that feeling. Of course, we also respect people who do not want to move around. We have good friends who say, “Life is about staying still”; they do not want to move. I say, fair enough—tortoises live a long time! That is one way to live. As long as you are happy, that is fine. We are not insisting that everyone keep uprooting themselves as we do.
还有朋友说，你换个城市再换个城市、国家，最后还是会烦。我说，打个比方，让你一辈子只读一本书，你觉得有意思吗？我们上次也说过，在一个地方住二十年和住两年，体验可能差不多。如果经常体验不一样的生活，就会觉得生命长了很多。	Another friend says, you move to one city then another city, then another country, and eventually you will get bored anyway. I say, let me give you an example: would you find it interesting to read only one book for your entire life? As we discussed before, living in one place for twenty years can give you much the same experience as living there for two. If you keep experiencing different ways of life, life can feel much longer.

25:17 Accepting imperfection

接受不完美

25:17

Lynn	Lynn
也许我们还没遇到不好的事，但时间长了，肯定会发现一些问题。每个国家都不可能完美，就像夫妻一样，人也不可能完美。关键看你喜欢的部分是不是自己需要的，不喜欢的部分能不能容忍。如果不能容忍那就说再见吧。	Perhaps we have not experienced the bad side yet, but with time we will surely find some problems. No country is perfect, just as neither person in a marriage is perfect. What matters is whether the parts you like are what you need, and whether you can live with the parts you dislike. If you cannot then it is time to say goodbye.
主持人 Leo / Lily	Hosts - Leo / Lily
对。谢谢你。我想再过几年，你们会有更多、更深入的体验。	Yes. Thank you. I think that in a few years you will have more experiences and a deeper understanding.
Lynn	Lynn
是的，我们会再聊。	Yes, we will talk again.
主持人 Leo / Lily	Hosts - Leo / Lily
希望我们能过去见面，当面聊。	We hope we can visit, meet you and continue the conversation in person.

Sources and credits

来源与制作信息

原访谈由Leo & Lily主持和制作。以下链接指向四期完整访谈；本稿对应另行剪辑的访谈选辑。

The original interviews were hosted and produced by Leo & Lily. These links lead to the four complete interviews; this transcript follows the edited interview selection.

访谈中的《错位》是这部小说集于2018年初版时的书名，后经修订推出双语学习者版《结 / The Knot》。本稿保留访谈中的原书名；小说与生活经历不应一概等同。

The interviews refer to Dislocation, the collection's original 2018 title. It was later revised as the bilingual learner edition The Knot. This transcript retains the title used in the interviews; fiction and lived experience should not be treated as interchangeable.

1. 2024-07-19

https://www.youtube.com/watch?v=PFw_DPpfLuY

2. 2024-07-26

<https://www.youtube.com/watch?v=Xo0xR2Mf4q0>

3. 2024-08-23

<https://www.youtube.com/watch?v=l3WfB7zRXiQ>

4. 2024-08-30

<https://www.youtube.com/watch?v=kVE3RPX8leo>

Chinese source captions, edited for readability; English and Spanish translations prepared with AI assistance.