

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH116, p. 165

胡介鸣（上海籍 大学副教授）

我现在整天忙忙碌碌，学校里忙于教学行政工作；家里花费不少时间，精力，还要忙于工作室的多媒体艺术创作，参加各种展览。我现在没有时间，就希望儿子好好读书，赶快长大。

Hu Jieming (Shanghainese, Associate Professor)

I'm having a hustle and bustle life both in the university and at home. I'm busy taking care of the family, working on multimedia art creation in the studio and attending all kinds of exhibitions. I don't have enough time and now I hope my son will be good at his studies and grow up soon.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH120, p. 113

黄豆豆 (上海籍 舞蹈家)

我现在团里担任艺术总监、编导、主演，工作非常地繁忙。平时连练功的时间都没有，只能边工作边练功，节省时间，一举二得。希望能出国去进修现代舞的编导，在业务上再提高一步。要说痛苦，那就是我现在没有正常人的生活。

Huang Dou Dou (Shanghainese, Dancer)

I work as the art director and leading role of the troupe. I'm quite busy and even don't have time for practicing. I have to practice while working, two birds with one stone. I want time to go abroad for further studies and improve my skills. My pain is that I can't have a normal life.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH123, p. 136

宋海冬（上海籍 大学副教授）

应 骊（上海籍 大学讲师）

我们想过自由自在的生活，但工作上压力很大。评职称要考外语，写论文，为了这事头很大的。希望能做自己感兴趣的事，有一间书房，便于读书，画画。愿中国的传统文化能继续发扬光大。痛苦总是有的，要靠自己去调整心态。

Song Haidong (Shanghainese, Associate Professor)

Ying Li (Shanghainese, University Instructor)

We are under a lot of pressure and longing for a life without stress. To apply for a higher title we have to pass second language examinations and get many articles published. It's pain in the neck. We want to do things in which we are interested, and we want to study where we can read and paint. We want to carry forward traditional Chinese culture. Every one has pains, and the thing is that we should adjust ourselves to them.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH125, p. 84

蔡小松（上海籍 大学教师）

我的生活基本上是自由自在，随心所欲，喜欢呼朋唤友，玩赏玉器，绘画，写书法。经济上有压力，入不敷出，有朝不保夕的感觉。我分分秒秒都是开心的，即使痛苦也是自找的。所以痛苦也是开心的，我知足。我的理想不能说，因为太大了，我有野心。像我这种 60 年代的理想主义者，光说没用，只有去做。决心是坚定的，前途是明白的，失败是肯定的，放弃是不足取的。

Cai Xiaosong (Shanghainese, University Teacher)

Basically I'm leading an easy and carefree life. I like meeting friends, appreciating jade articles, painting and calligraphy. I'm financially stressed and sometimes can't make ends meet. I'm happy about everything, even the pains in my life. I have dreams, but I'm not going to tell you because they are too wild. I'm ambitious, people like me, an idealist of the 1960s, believes that action speaks louder than words. I'm determined and I know the challenges and failures I'm going to meet, but I'm not going to give up.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH126, p. 77

牛安（上海籍 画家）

我是一个自由散漫的人，生活没有规律。没有理想和目标，太吃力了。一个人生活蛮好，每天想做啥就做啥，不用为任何人负责。开开心心，就是觉悟得太晚了。一直画画很吃力的，有空去荡荡马路，淘点衣裳回来，修改式样，很好玩的。喜欢和朋友泡酒吧，喝咖啡，聊天。反正我又不缺钞票，可以按照自己的方式去生活。不喜欢有压力。至于结婚，一切随缘。

Niu An (Shanghainese, Artist)

I'm a carefree person and I don't have a regular life. It's too stressful to have dreams or objectives. I'm happy to live alone and I don't have to be responsible for anybody. It's tiring to paint all the time, so I sometimes go shopping and then modify the clothes I buy, it's fun. I like meeting my friends in bars or cafes and chatting with them. I have enough money to live a life I want and I don't like pressure. Marriage? It all depends.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH127, p. 105

林路（上海籍 大学副教授）

我工作比较紧张，忙不过来。业余时间几乎也都用在了工作上。但我会自己调整，不把自己搞得太累。抽空看看电视里的体育新闻，足球比赛，调剂放松一下身心。我喜欢过休闲放松的生活，有时间翻译国外的摄影理论，研究摄影家和作品，撰文著书。现在时间和精力都不够用。钱也都花在购买国外摄影画册上了。愿家人平安。我没有痛苦，一直以来都比较顺利。

Lin Lu (Shanghainese, Associate Professor)

I spend most of my leisure time working. I know I shouldn't work too much and therefore I make time to watch sports news or football matches to relax myself. I like to lead a comfortable and easy life and have tried to translate foreign photographic theories, study photographers and their works and write books. Now I don't have time and energy for all these and I spent a lot on albums of photographs. I hope my family safe and sound. I don't have pains, life has been favoring me all the time.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH128, p. 31

方敏华 (上海籍 咨询顾问)

冯建芳 (上海籍 公司职员)

我们俩以前都在外资公司里工作。工作时间长，压力大，收入与付出不成正比，所以辞职自己开公司当老板。目前还处于创业阶段，两套房子每月要还贷，经济上压力大。所以我们只能拼命地工作。每星期工作七天，每天没有上、下班的概念，除了吃饭和睡觉，其它时间都在忙于工作。创业很辛苦，目前请不起员工。但愿生意好。

Fang Minhua (Shanghainese, Consultant)

Feng Jianfang (Shanghainese, Office Clerk)

Both of us used to work in foreign corporations and were overwhelmed by the work there. Therefore, we quit our jobs and started our own business. We've just started and therefore have financial pressure. We have to work hard to pay back the loan for our two apartments. We work seven days a week and can't afford employees now. therefore, we have to do everything personally. Our hope is that we can have a good business.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH129, p. 16

陆元敏 (上海籍 文化馆馆员)

我的生活悠闲自在，没有啥压力，蛮舒适的。没有什么本事，只好过过太平日子(笑)。什么理想、心愿、希望，不去想。

Lu Yuanmin (Shanghainese, Clerk of Culture Center)

My life is easy and comfortable and has no pressure. I don't have special skills and thus have to get along with life. I don't want to think about things like dreams, hopes or ambitions.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH130, p. 27

罗丽华 (上海籍 退休职员)

费定邦 (上海籍 退休工人)

我们的生活比上不足，比下有余，还过得去。喜欢弹钢琴，安静地生活。希望多赚点钞票。痛苦谈不上。

Luo Lihua (Shanghainese, Retired Clerk)

Fei Dingbang (Shanghainese, Retired Worker)

We are leading a middle-income life and hope we could earn more. We like playing piano and live peacefully. Pain? It simply does not arise.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH131, p. 103

梁晨（上海籍 公司董事长）

做广告工作很辛苦，又繁忙，压力很大。我喜欢写店随笔、感想、打坐、念经，让身心放松，我信佛。如果人生可以再来一次的话，我愿意放弃现在的一切，去世界各地研究考古。

Liang Chen (Shanghainese Board Chairwoman)

Advertising is a tough work and gets a lot of pressure. I like writing essays, meditating, za-zen and pattering surta. I believe in Buddhism and if I had another life, I would give up everything to travel around the world for archaeological studies.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH132, p. 96

贺强（上海籍 公司总经理）

我对目前的工作不满意，为了业务各个环节都必须去求人。社会上的许多事不能按照规则做，没有信誉，这就很麻烦。与人合伙开公司，要保证合伙人的利益，也要让职员有希望，压力很大，太累。我想自由自在，无忧无虑，舒适休闲地生活。到清静无人的地方和朋友一起喝咖啡，聊天，晒太阳。最大的痛苦就是做事不被人理解，与男朋友不开心。

He Qiang (Shanghainese, General Manager)

I'm not satisfied with my present job because I have to plea for business. This society is not regularized, and without credit, you'll meet many difficulties. When you start a business, you have to guarantee the benefit of your partner and let your employees feel hopeful. It's stressful and tiring. I want a carefree and comfortable life that I can drink coffee and chat with my friends and enjoy the sunshine in a quiet place. My greatest pain is being misunderstood by people and having quarrels with my boyfriend.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH133, p. 59

朱明（上海籍 公司职员）

我的日常生活很松弛，随遇而安，任其自然，不会去主动争取什么。有痛苦的话我也能自我化解。我一直有一个梦想；生活在西班牙的南方，躺在海边的沙滩上，喝着法国的葡萄酒，享受着明媚的阳光。在德国开一家平面设计工作室，员工不要多，只要二三个人就可以了。

Zhu Ming (Shanghainese, Office Clerk)

I'm having a relaxing life and always take things as they come. I never do things on my own initiative and I can sooth my own pains. I always have a dream, that is, I can live in the south of Spain, Lying down at the beach and enjoying wine and sunshine, and at the same time, own a studio with two or three employees in Germany.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH135, p. 164

李惜珍（上海籍 待退休员工）

学校里待退休之后，我就到外面的旅行社去工作。天天忙于交际应酬，开拓业务。我喜欢过休闲的生活。织毛衣，做衣服，制作手工艺品是我的业余爱好。但目前我没有时间，生活质量不高，我不太满意现在的生活。做自己喜欢的事，再苦，再累，又花钱，我也乐意。心里开心，有成就感。我最想去学习工艺品的设计，开一家自己设计，制作的手工艺品作坊。这是我从小的梦想，至今一直没能实现。生活中痛苦总是有的，但我会把它缩小，缩小，再缩小。希望女儿将来生活得比我好。

Li Xizhen (Shanghainese, Retiree-to-be)

I used to work in a university and now I've found a job at a travel agency. Everyday I'm busy with dealing with different people and developing my business, but I prefer an easy life. Knitting, making clothes and making handicraft articles are my hobbies, but now I don't have time for them. Life is not satisfying and I want to have my own art ware studio, it's my dream. Pains always exist in life but I always try my best to minimize them. I hope my daughter will live a better life than mine.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH136, p. 129

陈刚（上海籍 公司职员）

我对目前的生活不太满意，每天朝九晚五的上班，就为了每月一份稳定的工资收入过日子。我想自由自在地生活，不用去上班，每天做自己喜欢的事，但这很难生存，所以只能暂时维持现状。业余时间我喜欢看书，拍 DV，创作歌曲和录制 CD,我是一个理想主义者。现在已经想通了，生活达不到理想的目标，只能无奈地面对现实了。我的心愿是通过我创作的 DV 和歌曲，向众人表达我的思想和哲学观念，起到警醒众人的作用。最大的痛苦就是没有时间。

Chen Gang (Shanghainese, Office Clerk)

I'm not satisfied with my present life- a life that I'm working just for the salary. I dream of a carefree life that I don't need to go to the office and that I can do things I like. At leisure time I like reading, making DV and CD and composing music. I'm an idealist, I feel helpless confronted with the realities. My wish is to express my thoughts and philosophical ideas through my DV and songs and tell people to be more vigilant. My greatest pain is that I don't have enough time.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH143, p. 64

陈墙（上海籍 中专讲师）

我们俩的收入还可以，现在家里该有的基本上都有了。每月养房，养车，养工作室，开销很大。如果要生孩子，时间，精力和经济上都有问题，压力很大。我喜欢在工作室里的画画的感觉，轻松自在，让我兴奋，愉快。一回到家就不知道干什么，时常坐着发呆。精神上很孤独。

Chen Qiang (Shanghainese, Technical Secondary Instructor)
My wife and I have comparatively decent salaries but our monthly expense is high. We have to pay for the apartment, the car and the studio, and therefore, we have pressure from time, energy and money. I like painting in the studio, it's free and relaxing. I don't know what to do when I come back home and usually I just stare blankly. I feel spiritually lonely.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH144, p. 65

张志勇 (上海籍 公司企管)

生活问题我已经解决了，目前有房、有车、有存款。现正处在提升自我价值阶段。工作上压力很大，领导信任我，让我担任公司的管理工作，我有责任干好。每星期六我都义务加班，星期天在家玩玩电子游戏，发呆片刻，放松身心。也会陪太太逛街购物，虽然我不喜欢(笑)。我最想看足球比赛，过瘾!等赚够了钱，想让自己早点退休，做小时爱玩的手工制作，特开心。

Zhang Zhiyong (Shanghainese, Corporate Executive)

I have an apartment, a car and savings and I want to perfect myself. Work gives me pressure but I'm quite responsible. I'm trusted by my boss and charge the management of the company. Every Saturday I work overtime and on Sundays, I stay at home, playing computer games or just relaxing. Sometimes I go shopping with my wife, even I don't like shopping that much. I enjoy watching football matches most. I want to retire early when I earn enough money, and then I can make those handmade articles I made when I was a kid. It's fun.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH145, p. 124

景茗（上海籍 公务员）

我们的生活过得舒适，悠闲，对目前的生活状况感到满意。我想学一门手艺，如木工或机械制作。因为我从小就喜欢摆弄钟表，很开心。但生活中有许多无奈。

叶敬（上海籍 英语翻译）

英语翻译是我的爱好，能将爱好变成我的职业我很开心。但自由职业开头接业务很难，我希望多工作。我还想从事与动物有关的工作，比如：开动物园，水族馆和宠物医院。遗憾的是没有时间。

Jing Ming (Shanghainese, Civil Servant)

We are satisfied with our present life, it's nice and comfortable. I want to learn a skill, such as woodworking or mechanical facture. I like studying watches and clocks from childhood. I'm happy but many things are just helpless.

Ye Jing (Shanghainese, English Translator)

English translation has always been my hobby and I'm happy that i become a professional translator. It's difficult to be a freelancer at the very beginning. I want to take up jobs that are related to animals, like working in a zoo, aquaria or pets clinic. The only pity is that I don't have time.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH146, p. 80

刘佳（上海籍 公司职员）

我过去喜欢奢华的生活，爱名牌。经历过出国的生活之后，我现在喜欢简单的生活，舒适就好。没有痛苦，挺开心。

朱玲（中国台湾籍 秘书）

我的生活简单，平凡，悠闲，喜欢逛逛书店，周末与朋友去郊外聚会。想开一家温馨的咖啡厅。希望自己身体好，开开心心过好每一天。生活中痛苦总是有的，我能化解。

Liu Jia (Shanghainese, Office Clerk)

I used to like the expensive mode of living and always bought famous-brand products. After having lived abroad for a period of time, I prefer a simple but comfortable life. I don't have pains and I'm happy about my life.

Zhu Ling (Taiwanese, Secretary)

My life is simple. I like going to the book stores and visiting the suburbs with my friends on weekends. I want to open a café and to be healthy and happy everyday. There are always pains in life, but I can sooth mine.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH147, p. 178

顾正华（上海籍 大学副教授）

我生活得悠哉悠哉，不受社会的影响。我行我素，以自己喜欢的方式安逸地生活。

Gu Zhenghua (Shanghainese, Associate Professor)

I'm having an easy and carefree life and I persist my own ways in everything.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH161, p. 32

谭洪章 (上海籍 退休工程师) 陈玲妹 (上海籍 退休工人) 早就说这房子要拆, 但至今也没有确切的消息。我现在也无所谓了, 反正拆了我也买不起市中心的房子。郊外的房子我又觉得不方便, 牌友太远。我们现在与大儿子一家挤在市中心的这套老石库门房子里, 房间虽小, 但已习惯了, 出门方便。小儿子结婚住在女方家里, 房子的事也是我们两人的心病。

Tan Hongzhang (Shanghainese, Retired Engineer)

Chen Lingmei (Shanghai, Retired Worker)

We've heard about news about government's pulling down the house, but nothing has happened yet. Now I don't care much, anyhow we won't be able to afford an apartment in downtown. However, apartments in the suburbs are too far way and it's invonvenient for me to find any mah-jong playmates. Now we live with our elder son in this shijumen house, it's small but the traffic is very convenient. Our younger son lives with his wife's family. Our greatest pain is about the housing.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH152, p. 102

陈檬嘉（上海籍 公司董事长）

我爱好广泛，生活丰富。打高尔夫球，游泳，听音乐会，与朋友一起喝咖啡，聊天，还喜欢到世界各地去旅游。希望拥有一座庄园，养一匹良驹，我喜欢骑在马上感觉。过悠闲的田园生活。国内的人际关系太复杂，心理上有压力。自己开公司也挺烦的，很累。

Chen Mengjia (Shanghai, Corporate Chairman)

I have many hobbies and a rich life. I play golf, swim, go to concerts, have coffee and chat with my friends and go traveling. I dream to have a manor and a horse. I enjoy riding horses and having a carefree life. Human relations are too complicated in China and I'm stressed. It's tiring to have your own company.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH154, p. 97

何 涛 (上海籍 媒体编辑)

我很少有空在家里，报社的工作很忙。偶尔有空在家，我就喝茶与猫玩，让自己身心放松。

He Tao (Shanghai, Press Editor)

I spend most of my time at the office. When I'm home, I make tea and play with my pet cat and try to relax myself."

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH157, p. 12

李 游 (上海籍 公司职员)

我在一家外资公司工作。白天上班心理压力很大，精神上紧张，工作又忙。下班回到家什么事都不想干，先把自己泡在浴缸里身心放松二小时，看一部碟片享受一下。我还是一位业余的网络作家。

LI You (Shanghainese, Corporate Staff)

I work in a foreign company and have a lot of pressure. The only thing I want to do after work is to have a bath for two hours and then watch a DVD. Besides, I'm an amateur writer on the Internet.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH158, p. 51

陈晓兰（浙江籍 公司经理）

我的生活很有规律，每天朝八晚八往返于家和公司之间。几乎没有空闲的时间。我喜欢唱卡拉OK、跳舞、内心很浪漫。但因为男友不喜欢这些，所以只能放弃这些爱好，现在生活很单调。除了挣钱工作，还是挣钱工作。真的空闲下来，我也感觉无聊。只要能挣到钱，越忙越好。现在市场竞争很激烈的，做生意有许多烦心的事。但愿自己能多挣点钱，我们还没有自己的住房。想去偏僻的地方，环境和空气好的地方安家，生活快乐一点。远离亲人，孤身一人在外闯荡，心理上有种不安全感。寂寞，孤独。

Chen Xiaolan (Zhejiangnese, Manager)

I'm leading a well-disciplined life. I go to the office at 8 and come back at 8. I don't have much free time now. Singing karaoke and dancing were my hobbies but my boyfriend doesn't like it, I had to give up. Life is tedious now and I work just for the money. I feel bored when I'm free. Life is competitive and practical and we want to earn more money for an apartment of our own. I want to go to isolated places where the air is fresh. I feel lonely and insecure without my family here.

Hu Yang—Shanghai Living

胡杨—上海人家



HY_SH159, p. 110

进赤者（上海籍 技术支持）

我工作很忙，除了公司的工作，还在外面兼职。同时还经常为一帮艺术家朋友提供技术支持服务。业余爱好收藏仿真枪支，设计，制作各种上世纪六七十年代的机械工业产品。最大的心愿是哪天可以不为别人工作，自己拥有一间设计，制作工场，纯粹为了满足自己的兴趣爱好，设计，制作一些物品，圆小时候的梦。痛苦是没有自己的时间，不能为父母和自己家里分担一些家务活，身为儿子，丈夫感到内疚。

Jin Chizhe (Shanghainese, Technical Assistant)

I'm busy with my work in a company and I also work as a part-timer for my artistic friends. I like collecting artificial guns and enjoy designing and making mechanical products of the 1960s and the 1970s. I want to have my own studio and work for myself one day. My pain is that I don't have enough time to be with my parents and family.