

Simplified Speech #196 – Heat waves and cold snaps (Ad free)

Episode description

In this Simplified Speech episode, Andrew and Kassy talk about dealing with extreme weather, such as heat waves and cold snaps. They discuss their favorite methods for staying cool during heat waves. Then, they share experiences about staying warm during cold snaps, including the use of heating gadgets.

Fun fact

The highest temperature ever recorded on Earth was a scorching 134 degrees Fahrenheit (56.7 degrees Celsius) in Furnace Creek Ranch, Death Valley, California, USA, on July 10, 1913. That's hot enough to fry an egg on the sidewalk! The coldest inhabited place on Earth is Oymyakon, Russia, where temperatures can plummet to a bone-chilling -58 degrees Fahrenheit (-50 degrees Celsius). It's so cold there that sometimes people's eyelashes freeze solid!

Expressions included in the study guide

- Hang in there
- For the most part
- Sun's out, guns out
- Once in a blue moon
- Key into
- I'm with you



Transcript

Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript. The transcript has been edited for clarity.

Andrew: Simplified Speech episode 196, "Heat waves and cold snaps." Featuring, Andrew and Kassy. Kassy, hello. How's it going?

Kassy: I'm doing well, Andrew. And you?

Andrew: **I'm hanging in there**, Kassy. I'm hanging in there. And what I really want to know is, are you hanging in there? And we'll get to that in a second because that's going to be the focus for today's Simplified Speech conversation. We are going to talk about heat waves and cold snaps. Heat waves and cold snaps. And the reason why I'm asking you if you're hanging in there and doing OK is because I know, well, maybe it's finished now. I'm not so sure. I'll have to get an update from you, but was it last week or a couple of weeks ago, there was a heat wave in Thailand and around many parts of Southeast Asia, actually, I believe. And so, it was very, very hot. And I was thinking, how are you doing? How can you stand the heat? And so, you said, "Oh, we should talk about that. And we could share our different ways of standing the heat and during the heat, and also what we do in cold weather as well to stay warm." So, I thought, that's a cool idea. Let's talk about this topic on Culips. And so that's what we're doing now. And yeah, maybe I'll throw it over to you, Kassy. We could start off the conversation just by talking about how you beat the heat over the last little while. What was that experience like living through the heat wave?

Kassy: Pretty rough, Andrew. So, I guess in Thailand in April, there's always some sort of heat wave. That's why they have the holiday Songkran where, you know, a bunch of people come together and throw water on each other and have water gun fights. But I usually, I mean, I've only lived here two years, but I thought that the Songkran holiday would be the hottest time of the year, but honestly, the week or two after Songkran was just insanely hot this year. When you went outside, it felt almost like you were walking

through soup. Like it was just so humid, and the air was so hot. And for those of you who use Celsius, the temperature was like a high of 40, but it felt like 44 and the only people who use Fahrenheit would be in the US and UK who already speak native English. So, I guess we don't have to do that translation, but for my family back home, I was telling them how it felt like it was 115 degrees outside, which is insane.

Andrew: Very, very hot. That's a really nice way to put it. Like you're walking through hot soup and that sounds terrible. I was wondering what kind of heat it was because in Canada, where I grew up, kind of interestingly, the area where I grew up is right beside Canada's only desert. We have just this little area of desert starts, I guess, somewhere in the Southwestern United States, and it goes up through the Western part of the States into Washington state and peaks just a little bit into my home province of British Columbia, and I live right beside that area of the desert. So, growing up, even though I come from Canada in the summer months, it's very, very hot, it can get up also to around 40 degrees sometimes in Celsius. Of course, we'll use the world's measuring system here. And so, it can get really hot, but it's dry, just like a desert, right? So, it's a very dry heat and that's the kind of heat that I'm accustomed to. I don't mind if it's hot, but if it's humid, that's when I really start to suffer. So, I imagine there in Thailand, it's like, since you said it's like soup, it's hot, hot air, but also really wet and really humid at the same time.

Kassy: Yeah. It's not always like that throughout the year. Sometimes it's just hot, but like last week and two weeks ago, it was crazy. And you have to be outside. For me, I'm a teacher, so I'm inside most of the day, but I have recess duty where students go on lunch, and I have to watch them as they play soccer. Why they want to play soccer in this heat, I don't know, but I just imagine all of the workers, the road guards who are outside on the streets and the farmers who are out working the fields, I cannot imagine how they survived the past two weeks. It must've been brutal.

Andrew: Yeah, absolutely. We are kind of lucky that our jobs, **for the most part**, Kassy, are inside, right? So, for our answer, I think probably you and me, we will both be on the

same page when we try to answer this question. How do you beat the heat during a heat wave? Well, probably both you and I, we just stay inside and turn on the air conditioning, crank the air conditioning, right? But we are privileged. We are lucky in that way that we don't have to work outside and yeah, really, we only have to go outside like to get to work or to do some errands, something like that. But you're right, there are so many people around that do work outside, right? From construction workers to the crossing guards to farmers and so many people make their livelihoods, earn a living by working outside. So yeah, that is really gotta be quite difficult in terms of your kids, your students who are playing soccer. I don't think they feel the heat as much as adults do.

Kassy: Not just that, but they love soccer, and they only get to play together for a few minutes of a day. So, rain, shine, crazy heat, crazy cold. They're going to be playing together.

Andrew: Nice. Yeah, for sure. So, Kassy, what did you do to beat the heat? What are some of your strategies when it's just like soup outside? What do you do?

Kassy: I really don't love air con, air conditioning. However, I was kind of living in it during that time.

Andrew: Yeah. AC on full blast 24 seven.

Kassy: Yeah. Our AC bill is going to be a little scary next month, but I'm already expecting it. So, it's OK.

Andrew: I don't know about you, but in our house, Kassy, you'll know, and our listeners will know as well that we just moved into our, well, now it's been about almost a year, actually. We moved into our house almost a year ago, but when we moved into this new place, we installed two air conditioners in our house. And the problem is because we live in a smaller house, you turn on the air conditioner and it's like nice for three minutes, four

minutes, and then it starts to get a little cold and you're like, "Ohh," so you turn the air conditioner off. But then three minutes later, you're like, "Oh it's hot again!" And so, it's really hard to find that perfect balance. I think if the air conditioner were a little bit farther away from where we hang out, then it probably would be OK. But since our house is small, we don't have that much distance between the air conditioning unit and where we hang out. So that's kind of something that we are always adjusting with the remote control about the air conditioner temperature and the fan speed and all of these things. This year, we actually decided to buy a fan instead. We're like, "Maybe a fan's a better option." So, we're going to try that out. And probably in combination with the air conditioner a bit, but I'm curious, do you ever have that issue where you sometimes get too cold because of the air conditioner or what is the reason why you don't like it? I guess that's why I'm curious.

Kassy: Yeah, I'm the same way as you. My husband can be in the air conditioner full blast, like right in front of it all day and he has no problems.

Andrew: Really?

Kassy: Yeah. I'm like you and your wife where it's like, OK, turn it on, turn it off, turn it on, turn it off, but I usually keep it on a higher setting and then wear a long sleeve or a sweatshirt, which seems to defeat the purpose. However, I'm much more comfortable in air conditioning with a long sleeve on than I would be without the air conditioning on. So that's how I manage it. I think it's also interesting coming from a Western culture, when it was hot in Pennsylvania, where I'm from, people tended to wear less clothes. You would wear crop tops and shorts and, you know, some guys would wear no shirts and they'd just walk around in their shorts. But here, the hotter it gets, the more you wear because you're trying to protect yourself from the sun and also in Asia, people don't like to tan their skin as much, so it's crazy here because it's a billion degrees, but everybody's wearing big hats and then like scarves that cover the bottom of their face and long sleeves and long pants. You can't see a speck of skin and it's 45 degrees outside. It's mind boggling.

Andrew: Yeah, it's a very different approach to dealing with hot weather, the different types of attire. Also growing up in Canada, we're the same way. As soon as the **sun's out, guns out**. That's what we say. "Sun's out, guns out."

Kassy: Yep.

Andrew: And "guns," this is a funny expression, listeners. "Guns" here means muscles. So, "Sun's out, guns out" means guys can take off their shirt in the hot weather and show off their muscles. Sun's out, guns out is how we deal with it. And yeah, Kassy, you know, I was recently in Australia and that's one of the things, it was like a little bit of reverse culture shock. I think I've talked about this on Culips a little bit before in a different episode, but I noticed, you know, everybody in the park where I would go to run, like all the guys are running with no shirt. And it was so weird to me because that doesn't happen in Korea. I think maybe Korea is sort of in the middle between a Western thinking way of like, the hotter it is, the less clothes you wear. Whereas it seems like maybe in Southeast Asia, it's more clothes that you wear. And Korea is kind of in the middle, I think, of those two.

Kassy: So, they'll wear t-shirts, maybe not the full sleeve.

Andrew: Yeah, something like that. And like from time to time, you'll see an older guy with no shirt, like **once in a blue moon**, right? Like really, really rarely. But yeah, so it's kind of not completely covered, but not sun's out, guns out for sure. One thing that's interesting here, though, that I do see in Korea often that I don't really see in the West is using a parasol in the summer. So, like an umbrella, right? Essentially, instead of blocking the rain, you're blocking the sun's rays. How about in Thailand? Do people use parasols there as well?

Kassy: Yeah, I definitely see them around. I don't see as many like cute, fancy ones as I did in Korea, but you see a lot. And then it's so funny. Americans don't even use umbrellas when it's raining. So why would they use it when it's sunny outside, too?

Andrew: Yeah, it's true. In Canada, we don't really use umbrellas too often when it's raining either. We just think a good raincoat is enough. However, you know, Kassy, these days, the hair situation on the top of my head isn't as plentiful as I would like. And so, I've noticed like this just happened maybe a year or two ago really made me sort of **key into** the fact that, "Oh, I'm really balding up top." Is that in the summer, this never used to happen. I would never get a sunburn on the top of my head. Because the hair would be blocking my head. But now that's not the case. And I actually can feel my head, the top of my head burn quickly. Like that's when I know that the sun is too strong, and I probably need to get out of the sun as I can feel the top of my head burning.

Kassy: Do you wear a hat or put sunscreen on?

Andrew: The sunscreen would be too messy and gross, I think. But I do have a hat that I carry around all the time. And yeah, definitely on a sunny day, hot day, the hat has to go on or else I'll burn. But it's made me feel like maybe I should get a parasol as well.

Kassy: That would be so cute.

Andrew: Yeah, I would save the top of my head, my scalp from the sun, right? So....

Kassy: Listeners, if you ever see Andrew walking around with his parasol, be sure to ask him for a picture.

Andrew: Yeah, absolutely. So, Kassy, we talked about the AC, but I'm wondering, are there any other ways that you beat the heat? Any other strategies that you have?

Kassy: I think a lot of people hang out in the pool. I don't know if a lot of Thai citizens do. They might have their water hoses or whatever. But for me, I used to love to play badminton and rock climbing and things like that. But during this time of the year, I pretty much exclusively swim laps because it's just so hot to do anything else. And you're trying

to conserve your energy and your body fluids, not spend them even faster than you would just walking outside.

Andrew: Yeah, for sure. So, spending time in the water. One thing that I do in the summer when it's super hot and I'm trying to beat the heat is cold showers. I love a good cold shower. And Korea gets pretty humid, right? In the summer. You know, Kassy. And yeah, for listeners who don't know, in the summertime, Eastern Asia gets really humid. I think all through China and into Japan and Korea here, it's very, very hot, very, very humid. And so, I usually feel like a minimum two showers a day in the summer, but probably more than likely three. And they're always cold and quick, cold, and quick showers. And I think that's one of the most effective things, especially in the summer. Especially in the morning, if I start my day with a cold shower, then I've kind of like cooled my body down right from the start. I don't know if that's like a psychological thing or not, but it seems to work a little bit. It's probably just not as hot in the morning when I leave the house. Maybe that's why.

Kassy: Yeah, I don't know. I hate feeling wet all the time. So, I'm not the three-shower type of person, but I'm glad it works for you.

Andrew: What about food or drinks? Is there anything that you eat or drink to stay cool?

Kassy: Honestly, for me, not really. But I'm guessing maybe more people have ice cream and more smoothies because smoothies are so delicious here. Fresh fruit is abundant.

Andrew: That sounds good. I'm wondering in Thailand or in the States back home as well, are there any like cold foods that you eat? Like here in Korea, we have naengmyeon, which translates directly to cold or ice noodles, right? And it's a delicious kind of noodle dish that actually has chunks of ice in the broth. So, it's like a soupy noodle dish, but there are ice chunks in the broth. And it's really a nice thing to eat on a hot day, I think. What

about in the context that you know, Kassy, are there any like cold Thai foods? That would make sense if there were.

Kassy: I feel so bad to say it, but I am not a Thai food expert. However, the Thai tea is pretty popular over here because everybody loves to drink it. So even I started drinking a lot more Thai tea, iced Thai tea, during this Songkran season. A lot of times when you buy juice, it just comes in like a bag, not always a cup.

Andrew: Yeah, I've seen that before. Do you know why that happens? Like what's the reason behind that?

Kassy: Yeah, I don't know. Maybe it's just cheaper for packaging. Not so great for the environment, but you know.

Andrew: What about drinking? How do you drink out of the bag?

Kassy: It'll usually give you a straw.

Andrew: Oh, OK. And you just hold it from the top.

Kassy: Yeah, yeah.

Andrew: Interesting. Cool. Well, Kassy, are there any other things that we didn't talk about for beating the heat that you'd like to mention before we move on to the cold?

Kassy: No, I think we thoroughly established the heat wave. I can say I've never experienced a cold snap in Thailand, but I'm sure you have experienced a bunch of them in Canada.

Andrew: Yeah. Yeah. And even in Korea, like Korea in a lot of ways is a little bit more extreme in this weather than Canada, I think, because here in Korea it will get really hot and really humid in the summertime. And I'm talking about in Seoul because there are different regions and different areas of the country. I think in the summertime it's hot across the whole country, but in the wintertime, it stays a little warmer down south, some of the areas down south. But here in Seoul, it can get quite cold in the winter. And it's not crazy or unheard of for it to get down to minus 10, maybe minus 15 degrees Celsius in the winter. So, you do have a wide range of temperatures. Maybe I think Korea is hotter in the summer than Canada, but Canada is colder than Korea in the winter, but not by that much. I think Korea is like colder than I would have expected.

Kassy: Really, I'm surprised by that because I lived in the Midwest for a year, which is the middle part of the United States, Iowa specifically, and I experienced a real cold snap. And for listeners who might not know, a cold snap is when a front of really cold air settles in an area and it stays there for a day or several days. And it's much colder than other times of the year. It's like a freakish cold. And I can say that the freakishly cold, cold snaps that I experienced in Iowa were way colder than any I'd experienced in Korea, even when going up to Seoul.

Andrew: Yeah, definitely. I think it's colder in North America, but not that much because here's my argument that I want to make. And I'll see if you agree with me here, Kassy, because the coldest place I ever lived in my whole life was Calgary, Alberta. I only lived there for a minute. I think I only spent one winter in Calgary, but it's a pretty cold place in the winter. It would not be unheard of it for it to hit minus 40 degrees Celsius.

Kassy: That's cold.

Andrew: Actually, I think minus 40 is the point where Celsius and Fahrenheit meet. So, it's the same in both ways of measuring the temperature. So that's pretty cold. Minus 40 is cold. And the thing is, I also lived in Montreal, which was a pretty cold place. And, yeah,

sometimes it would be minus 25, minus 30 on a really cold day in Montreal. But to me, it doesn't feel that much different. Like minus 25, heck, even minus 15. It's just cold. You go outside, you're cold and you don't want to spend any time out there. Like, I don't really notice too big of a difference between minus 15 and minus 40.

Kassy: So, you're saying that if there's a heat difference, even a little bit, you can really feel the heat difference. But if it's a difference in cold temperatures, you know, it's all pretty relative.

Andrew: Yeah, sometimes when it does get to be really, really cold, like minus 40, sometimes it can hurt a little bit to breathe. Like when you breathe in the air through your nose, it's a little tingly and spicy in your nose. And you kind of get the feeling that if I stay outside too long, I'll actually die. Like, you know, it's it's a deadly cold. Like you can't just hang out outside like you'll die. It's too cold, right? So, you have to be moving.

Kassy: For our listeners who have never experienced that kind of cold, they're probably like, "OMG, where were you living, Andrew?"

Andrew: Right. Yeah. The thing is, in Calgary, the winters are really, really cold, but the weather is beautiful. Like every day the sky is just bright blue and clear, no clouds in the skies, really sunny. So, it's nice weather and you kind of want to go outside. And if you're sitting in like a windowsill and the sun is coming in through the window, it's kind of warm inside, too. Then you go outside and you're like, "Woah, no!" So, you definitely have to make sure that you always have your gloves. You always have a really high-quality winter coat. You always have a good pair of boots. And those are the supplies that you really, really need to be able to endure the cold weather like that. But in terms of what you can do during a cold snap, it's kind of similar to like how we beat the heat by staying inside. You have to beat the cold by staying inside as well. And just thinking of different activities to do. And yeah, there's a lot of winter activities that you can do that involve movement, which makes it a little bit easier to stay warm. A lot of people like to cross-country ski or

snowboard or ski, and often doing those exercises and those movements will help you to stay warm. But then it's so frustrating because then sometimes you get too hot, and you start to sweat. And if your jacket or your gloves or something gets sweaty, then it's the worst. Then you can get really cold and that's dangerous. So, yeah, it's a little bit boring, but I think just staying at home is often the best thing to do on some of those really cold days during a cold snap.

Kassy: Yeah, I agree. I actually prefer cold snaps. I don't know. If they last a long time, I might prefer a heat wave to a cold snap. But if it was just a few days, I prefer the cold snap because, one, you can always just put on more layers to feel warm, while in a heat wave, there's only so many layers you can take off before you... you run out of them. And then, likewise, I don't know about you, but in a heat wave, my brain shuts down. I feel sluggish and sleepy and irritated. But in a cold snap, I'm freezing, but my brain feels alive. Like the cold is like an adrenaline rush and it makes me feel like I've had two cups of coffee.

Andrew: Yeah, I completely agree with you. There's something about the cold. We say this word sometimes "invigorating." Invigorating. And invigorating just means like it makes you feel alive, refreshed, awake. And it's weird, but in a way, when you go outside, it's almost like people, you know, that the trend of these days is the cold plunges and the ice baths, right? The cold showers, which I like to do sometimes, is like you get into that cold water or that cold environment and it's like, "Wow, I feel awake." I feel alive. I'm invigorated, right? But you don't really get that in the heat. You get the opposite effect. You're like sluggish and tired and you want to take a nap. So, for those reasons, **I'm totally with you.** If I had to choose between always being in 40 degrees Celsius or always being in minus 40 degrees Celsius, I think 100% I would go with the minus 40, even though they both sound terrible. But I think minus 40, maybe this is my Canadian bias coming through, but it seems a little bit better to me. Which one would you choose, Kassy?

Kassy: Both sound pretty rough. Yeah, I think I would choose the cold one as well. I'm curious to hear what listeners would say, especially ones that are from, you know, the

tropical areas or those who are from the temperate zones where you have a little bit of both. Which ways would you go?

Andrew: Yeah. And I would like to hear from our listeners who can chime in, especially from the Mideast. I know we have a lot of listeners in the Mideast and that is an area that is hotter even than the temperatures that we've been talking about. I know some countries and some places can get even into the 50s. And then sometimes at night, too, if you're in like a desert area, it can get really cold at night. So, you have this huge fluctuation, this huge variation in temperatures. So, I'm wondering if our listeners from that area of the world could chime in or just really any area of the world. Chime in with your stories. Guys, let us know. The best place to share your opinions with us is on our Discord server. Of course, we'd love to hear what you have to say. And also, if you have any tips for beating the heat or beating the cold weather in a cold snap, we'd love to hear from you. So please share your opinion. We'll be waiting to hear from you on our Discord server. All right, Kassy, we're going to leave the tape rolling for a little bit longer, and that's just an expression that goes way back to the olden days of recording studios when recording studios used to use tape to record in the studio. They would roll the tape on those old recording machines, right? But still, we use it today to talk about recording something. So, we are keeping the tape rolling here and we're going to leave it for a little bit longer. We're keeping the tape rolling here, and I have a question for you that I'd like to ask. The question is, in the winter, in this extreme cold, like we've been talking about a cold snap, do you like to use a kind of electric heating pad or electric blankets, anything like that?

Kassy: Honestly, I never once in my life used an electric blanket or heating pad until this summer, not the winter.

Andrew: Summer?

Kassy: The summer.

Andrew: OK, why?

Kassy: Yes. In Scotland, it was freezing in Scotland in the summer.

Andrew: OK.

Kassy: I loved it. I would totally do it again. Do you use those?

Andrew: I don't, but my wife loves them. And I think it's got something to do with here in Korea, the ondol, which is the kind of I think as far as I know, it's unique to Korea, maybe some other places have this kind of heating system. I've seen actually in North America, some new houses are using this kind of heating system, which is pretty cool. But if listeners, if I'm leaving out your country and I'm saying it's only Korea, please excuse my ignorance and just send me a message to let me know. But as far as I know, it's like a Korean way of heating the house. And what it is is simply under the floor, you have lots of pipes and these pipes carry hot water and the floor is heated by the hot water and that heat rises and heats the house that way. So, because of that, a Korean house, especially a traditional house, will have a really warm floor in the wintertime, which I think maybe I mean, I haven't studied this at all, but just my guess is like that is why there's a strong floor culture in Korea. People like to sit on the floor is because the floor would be warm in the winter. That's my guess anyways. So, because of this, I think my wife is kind of used to lying on something that's warm, right? And so, it makes sense then that she would also like this on the bed. So, she'll put like a hot pad down on the bed in the winter and then fall asleep on that. And she's got one that has like this timer so she could fall asleep, and it will turn itself off automatically after 30 minutes or 40 minutes or who knows. I feel like she uses it all night. But she tells me she turns it off after a bit. But me, on the other hand, because I'm not used to this and I didn't grow up with this kind of system, I actually hate it. I find the heating pad to be way too hot and really gross. Like I don't like being that hot in bed or lying on the floor, even ondol. Like if I have to sleep on the floor from time to time, I've found myself in a situation where I have to sleep in a hotel room or something like that.

And there's no bed. You got to sleep on the floor. And sometimes the floor is hot and it's like gross, you know, like I can fall asleep. OK. But then I wake up after an hour or so and I'll be like, "Eeck yeah, I'm too hot!" And there's no escaping it, right? Like it's everywhere on the floor. So, you can't escape it. So, for me, yeah, I'm not a big fan of these heating pads and heating blankets.

Kassy: What about the hand and foot warmers? You know, those things that you can buy in the convenience store that you crack and then put it in your gloves. I also didn't use those very much. But when I do, I'm like, "Wow, these are really nifty. I should use them more!" And then I don't.

Andrew: Yeah, so for listeners who don't know, and I don't think I saw these until I came to Korea, we might have them in North America, Kassy. I feel like probably they do exist, but I'm not so sure. But just to quickly explain what we're talking about, everyone, there are these things that you can buy in Korea that look like a little bean bag almost. What do you say, Kassy? It looks like a mini bean bag. And I don't know how they work, some kind of magic dust inside or something. But if you shake it and break it, then they heat up and they're really quite warm and they'll stay warm for several hours, really. And so, people use these hand and feet warmers. They'll throw a pair in their shoes or just hold them in their hands. You'll see a lot of students in the wintertime just walking around with no gloves. Instead, they'll just have their hands in their pockets, and they'll hold on to these little hand warmers. They're quite cheap to buy, actually. To answer your question, Kassy, I don't really use them, but I like them. Like, I don't know why I don't use them. I think I did use them at one point because I was cycling a lot in the winter and my hands were just absolutely freezing one day. I honestly thought like I might have gotten frostbite because I was biking in the really cold and my hands were so cold that I couldn't even feel my hands anymore. The rest of my body was totally fine. But my fingers and my fingertips were just like freezing, freezing cold. I had some gloves, but they were just really terrible quality gloves, I guess. So, I thought, OK, I'm going to die. I have to stop riding my bike. Like, really, honestly, like...

Kassy: I'm going to die!

Andrew: Wasn't really painful, but it felt just like dangerous, dangerously cold. And to the point where I was almost crying because it was like this weird pain, like not like a stabbing pain, but just this aching pain from my fingers being so cold. So, I was like, "OK, I'm going to die. I have to warm up my hands or I'm going to lose all my fingers." And so, the nice thing about biking in Korea is there are convenience stores all over the place. So, I just stopped at a convenience store. I got some hot packs and I put one in each glove. And then it was awesome, my hands warmed up and I was like, "Why don't I do this all the time?" And I actually looked into it a little bit further down the line and I found that now there are gloves that you can buy that have like a little USB battery inside which heats the glove.

Kassy: Really? So, like you can charge them and then, wow, that is an amazing invention. It sounds a little scary, like it could short circuit on you and cause a small fire, but also kind of cool.

Andrew: Yeah, yeah. I thought it was pretty cool. So, I'm the kind of guy that I don't know why maybe I have bad circulation or something, but I tend to get pretty cold hands in the winter. I think colder than most people.

Kassy: Might be because your torso is so long, and your arms are so long. So, your hands are very far away from your heart pumping the blood to them.

Andrew: Yeah, there's some kind of thing. I think I have bad circulation to my hands for sure, because, yeah, it's something I've noticed in the winter that they get really, really cold. And so, I even thought like, "Hey, maybe I should buy these USB powered gloves could be a good purchase." But they're very expensive. So not yet. For now, just those hand warmers in the glove worked well. And I think I don't really bike in the winter

anymore. I'm not as hardcore as I used to be. But if I did start again, then definitely I'd have to put those in my gloves.

Kassy: Well, Andrew, I think we have talked about cold snaps and heat waves for quite enough today. And like we said earlier, I'm very excited to hear about what you guys have to say about these topics on the Discord server. So, make sure you stop on over there and tell us what you think.

Andrew: Sounds good. We'll be waiting to hear from you all. Guys, take care and we'll talk to you in the next episode. Bye bye.

Kassy: See ya.

Andrew: That brings us to the end of this lesson. Talk to you next time, bye!

Detailed Explanations

Hang in there

Idiom, informal

At the very beginning of the episode, Kassy asks Andrew how he's doing, to which he responds, "I'm **hanging in there**." Andrew uses this expression to show that, despite maybe feeling tired or having a busy day, he's getting by just fine.

You can use "**hang in there**" when you're going through a tough time or facing challenges. For instance, if you've been under a lot of stress at work and your friend asks you how you're dealing with that, you could answer, "**I'm hanging in there**."

Another way you can use this expression is when you want to encourage someone who is in a difficult situation. For example, if a friend is stressed about exams, you might say, "**Hang in there**, you're almost done!" It's a good way to express support and tell them that you believe they can get through the tough times.

The expression "**hang in there**" likely comes from the idea of literally hanging onto something, like a rope, not letting go of it even though it's hard. You can use this image to help you remember this expression better.

Some similar phrases to "**hang in there**" include "**keep going**" or "**stay strong**." Both these phrases communicate the same idea of enduring through difficult or challenging times.

Here are a couple more examples with **hang in there**:

Angela: Moving to a different country must be tough. How are you doing?

Sam: Honestly, it's been hard. I miss home a lot, and adapting to new ways of living is definitely a challenge. But **I'm hanging in there**, trying to meet new people and, you know, learn from this experience.

Laura: I don't know how to live now that Dan and I broke up. It feels like a piece of me is missing.

Ben: I totally get it, Laura. Breakups are never easy, especially when you've invested so much time and emotion into the relationship. **Just hang in there**, and with time, it'll get easier. Surround yourself with supportive friends and activities that bring you joy.

For the most part Phrase

When discussing ways to beat the heat during a heat wave, Andrew says, “We are kind of lucky that our jobs, **for the most part**, are inside.” Here, he means that both he and Kassy spend most of their time working inside buildings, although there may be exceptions.

For the most part means mainly or generally. You can use it in situations where something is true most of the time, but not always. For instance, if someone says, “I enjoy my job **for the most part**,” they mean that they generally like their job, but there may be some aspects they don’t enjoy so much.

You can also use this phrase to describe an experience of some sort, when you want to refer to the main part of it, but also mention exceptions. For example, if someone asks you about your trip to Europe, you might say something like, “My trip was great **for the most part**, but the weather in London wasn’t so good.”

Similar phrases to “**for the most part**” include “**mostly**,” “**largely**,” “**generally speaking**.” All these phrases can often be used interchangeably to communicate a similar meaning of something being mostly, but not totally, true.

Here are a couple more examples with **for the most part**:

Gabrielle: Hey, Tony, have you ever ordered anything from this online shop? I’m thinking of buying a couple of things, but I’m not sure if it’s reliable.

Tony: Let me see... Oh yeah, I shop in this one quite a lot actually.

Gabrielle: And how’s your experience with it so far?

Tony: It’s been good **for the most part**. I think I only had a little delivery delay once, but overall, the quality of the products has been great, and their customer service is quite good.

Ellen: So, are you guys happy with your new apartment?

Matt: Yeah, **for the most part**. It’s convenient living in the city center, and the place is bigger than our old one. The only thing is that it can be a bit noisy at times, you know, when people are out on the weekends.

Sun's out, guns out Slang, North American

When discussing cultural differences in clothing during hot weather, Andrew explains that in his home country Canada, when the weather is sunny and warm, men tend to take off their shirts to show off their muscles. He adds, “**Sun's out, guns out** is how we deal with the heat.”

“**Sun's out, guns out**” is an informal and humorous way of saying that when the weather is sunny, it's the perfect time for people to display their muscular arms by wearing sleeveless shirts or taking off their shirts altogether. This expression communicates a relaxed and positive attitude towards dressing in hot weather, focusing on comfort and enjoying the sunshine.

In this expression, the word “guns” refers to muscles. “To show off your guns” is slang for displaying one's muscles, particularly the biceps. It's a casual way of talking about muscular arms, typically used in informal settings.

You can use “**sun's out, guns out**” when you want to express in a joking way the idea of embracing warm weather and showing off your muscles. For instance, if you're heading to the beach on a sunny day and you're excited to wear a tank top to show your arms, you might say, “**Sun's out, guns out!**” It's a fun way to acknowledge the nice weather and the opportunity to display your muscles.

Here are a couple more examples with **sun's out, guns out**:

Jess: It's finally warming up outside!

John: Yeah, time to swap out the winter wardrobe. I can't wait to pack away the sweaters and put on a tank top.

Jess: Oh yeah! **Sun's out, guns out!**

Lisa: Are you sure it's a good idea to play volleyball topless? Maybe throw on a t-shirt or something. You'll get a sunburn!

Luke: Oh, come on, Lisa! **Sun's out, guns out!** But you're right, I'll grab some sunscreen, just to be safe.

Once in a blue moon

Idiom, informal

In this episode, Andrew explains that while it's normal in Western cultures for men to take off their shirts in hot weather, in Korea, it's much less common. He says, "From time to time, you'll see an older guy with no shirt, like **once in a blue moon**. Like really, really rarely."

Once in a blue moon is an idiomatic expression that means very rarely or almost never. You can use "**once in a blue moon**" when you want to talk about something that doesn't happen often. It's helpful in situations where you want to emphasize how special an occasion or an event is, because it doesn't happen a lot.

For example, if you have a friend who rarely goes out to social events, you might say, "I only see him at parties **once in a blue moon**." Another example: say, someone asks you if it snows a lot where you live. To communicate the message that it's a rare occasion, you might say, "It snows **once in a blue moon**."

The phrase comes from the idea of a "blue moon," which is a rare event where there's an extra full moon in a calendar month. Since blue moons are rare, people started using the phrase "**once in a blue moon**" to talk about other rare things.

Here are a couple more examples with **once in a blue moon**:

Emma: So, how was your first week at our office? Do you like it here?

Kirk: It's been pretty good, thank you! I was just wondering about one thing. Do you guys ever have any after work meetups or something to socialize?

Emma: You know, it's funny you ask. We used to have them more often, but lately, it's been pretty rare, I'd say **once in a blue moon**.

Mark: How's life in Australia?

Grace: It's good, but it's tough being so far away from my family. Now that we're in different time zones, we can only talk **once in a blue moon**. I really miss them.

Mark: Oh, I understand. It must be challenging not being able to see or talk to them regularly. But hey, at least you have some amazing experiences to share with them once in a while!

Key into Phrasal verb

When talking about using parasols for blocking the sun, Andrew explains that a year or two ago, he noticed that he was getting sunburned on the top of his head in the summer, which made him **key into** the fact that he's balding.

Key into means to understand or realize something. It means you're paying more attention to something in your life or experiences. This phrasal verb is helpful in situations where you start noticing or focusing on something more than before.

You can use "**key into**" when you want to talk about becoming more aware or attentive to a particular aspect of something. For example, imagine you visited an English-speaking country for the first time since you started learning English. After struggling to communicate with native speakers, you might say, "Trying to speak with locals really made me **key into** the importance of practicing my pronunciation." It means that your experience helped you understand the importance of improving your pronunciation skills.

The origin of the phrasal verb "**key into**" likely comes from the idea of using a key to unlock or open something, suggesting that becoming "**keyed into**" something unlocks an understanding or awareness of it.

Some synonyms for "**key into**" include "**tune into**," "**zero in on**," or "**become attuned to**." All these expressions convey the same idea of paying close attention to something or gaining a better understanding of it.

Here are a couple more examples with **key into**:

Fred: I've noticed that your performance has improved a lot lately. What's your secret?

Natalie: Well, I've started using a productivity app to track my tasks and schedule breaks. It really helped me **key into** how important time management is for my productivity.

Brian: Hey, is everything OK? You haven't been joining us for meals out lately.

Stella: Yeah, I've been trying to save up on takeout and eat healthier. I realized I was spending way too much money on fast food. It kind of made me **key into** the necessity of meal planning and cooking at home.

Brian: I see. Good for you! I should probably do the same, to be honest.

I'm with you Expression

In this episode, Andrew and Kassy talk about whether they prefer cold snaps or heat waves. Kassy says she likes cold snaps because they make her feel alive, while heat waves make her feel tired. Andrew agrees with Kassy, saying he also feels more awake in the cold. He says, **"I'm totally with you,"** meaning he agrees with Kassy's preference for cold weather.

You can use **"I'm with you"** when you want to express your agreement or alignment with someone else's opinion or viewpoint. This expression is often followed by "on that one", meaning "about that particular thing." For example, if a friend expresses a preference for pizza over burgers and you agree with them, you might say, **"I'm with you on that one.** Pizza is definitely my favorite too." It's a good expression to use as an alternative to "I agree with you."

The origin of the phrase **"I'm with you"** comes from the idea of standing beside someone or being on the same side as them, suggesting agreement or support. You're on the same team, you are with that person. This is a good image that can help you remember this expression easier.

Some similar expressions include **"I feel the same way"** and **"I'm on the same page."** You can use both when expressing agreement.

Here are a couple more examples with **I'm with you**:

Paula: I know we said we were going to go on a tour of the city today, but the weather is just so depressing. How about we just stay at the hotel and relax in the spa instead?

Greg: **I'm with you!** I'm not a huge fan of walking around in the rain either. We can do the tour tomorrow. I think it's supposed to clear up then.

Olivia: Can you imagine, Roy goes to the gym every single day! I don't get it. I mean, I understand staying active, but isn't that a bit too much? I think having rest days is important, don't you?

Keith: Absolutely, **I'm totally with you on that.** Going to the gym every day seems a bit intense. Our bodies need time to recover and build muscle.

Quiz

1. **If someone says, “For the most part,” what are they likely referring to?**
 - a) Something that is true in every situation
 - b) Something that happens rarely
 - c) Something that is true in general but may have exceptions
 - d) Something that is completely false

2. **What does the expression "Sun's out, guns out" suggest?**
 - a) It's time to exercise outdoors
 - b) It's time to show off muscles in sunny weather
 - c) It's time to go to the beach and relax
 - d) It's time to buy a gun and head outdoors

3. **True or false? If something happens once in a blue moon, it's a rare occasion.**
 - a) True
 - b) False

4. **If you "key into" something, what are you doing?**
 - a) Unlocking a door with a key
 - b) Ignoring something important
 - c) Becoming aware or understanding something
 - d) Changing your password

5. **Which of the following is NOT a good synonym for “I’m with you”?**
 - a) I support you
 - b) I feel the same way
 - c) I’m on the same page
 - d) I’m against that idea

Comprehension quiz

6. What does Kassy describe the heat in Thailand feeling like?
7. How does Kassy describe the clothes people wear during hot weather in Asia compared to Western countries?
8. Does Andrew prefer heat waves or cold snaps? Why?
9. What is the heating system Andrew mentions being common in Korean houses?
10. Why does Andrew express dislike for electric heating pads and blankets?

Writing and Discussion Questions

1. How do you typically cope and deal with extreme heat waves or cold snaps in your area? Do you have any strategies to **hang in there** during challenging weather?
2. Are you a supporter of the “**sun’s out, guns out**” approach on sunny days, or do you prefer to stay covered up to avoid the sun?
3. Can you think of something that happens **once in a blue moon** in your life?
4. Has there been a moment when you suddenly **keyed into** something new about yourself or your surroundings?
5. **Are you with** Andrew and Kassy in term of preference for cold snaps over heat waves? Why or why not?

Quiz Answers

1.c 2.b 3.a 4.c 5.d

6. She compares it to walking through soup, mentioning the intense humidity.

7. Kassy notes that in Asian countries like Thailand, people tend to wear more clothing to protect themselves from the sun, while in Western countries, people may wear less clothing to stay cool.

8. Andrew mentions that he would prefer cold snaps over heat waves because he finds the cold invigorating and feels more alert in cold weather.

9. Andrew mentions the "*ondo*" system, which involves heating the house through pipes under the floor carrying hot water.

10. Andrew expresses dislike for heating pads and blankets, particularly in beds, because he finds them too hot and uncomfortable to sleep with.

Episode credits

Hosts: Andrew Bates and Kassy White

Music: *Something Elated* by Broke for Free

Episode preparation/research: Andrew Bates

Audio editor: Marshall Vaillancourt

Transcriptionist: Heather Bates

Study guide writer: Alina Morozova

English editor: Andrew Bates

Operations: Tsuyoshi Kaneshima

Image: Jarosław Kwoczała (Unsplash.com)