

Simplified Speech #205 – Learning to scuba with Luke (ad free)

Episode description

In this episode of Simplified Speech, Andrew is joined by his longtime friend Luke, who recently took up scuba diving! Listen in as Luke shares stories about learning to scuba dive in Bali and the Philippines, including the different kinds of dives he experienced and all of the training he went through. Andrew and Luke discuss Luke's diving adventures and the different sights he saw in the ocean – such as a World War II shipwreck!

Fun fact

Scuba divers can thank Jacques Cousteau and Émile Gagnan for inventing the modern scuba system in 1943! They created the first reliable "aqualung," which allowed divers to breathe underwater with ease. This invention opened up the world beneath the waves for exploration and is the foundation of the scuba diving gear that adventurers like Luke use today.

Expressions included in the study guide

- Time flies
- To walk someone through something
- Baby steps
- Sketchy
- To get one's feet wet
- To pop one's ears



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 205, "Learning how to scuba dive." Featuring Andrew and special guest, Luke. Hello and welcome to Simplified Speech. My name is Andrew. I'm a Canadian based in Seoul, South Korea. And in today's episode, I'm excited to be joined by a very special guest, my long-time friend, Luke. In fact, Luke and I have been friends for over 30 years, and I asked him on to Culips today to talk about learning how to scuba dive. This is Luke's brand-new hobby. And in fact, we haven't directly talked about it yet. We've texted about it a little bit, and I've seen some of his scuba photos on social media. But I thought it would be fun to invite him on to Culips so that we could have this conversation and let you guys listen in. So that's what we'll talk about today. Luke's brand-new scuba hobby and some of his recent adventures learning how to scuba dive in both Bali and in the Philippines.

Let's get started with today's episode. I hope you enjoy it. A talk with my buddy, Luke. As I mentioned, we've been friends for over 30 years, and we grew up together. We met for the first time, I think, in grade four of elementary school. And we're still friends today. Over 30 years of friendship. That blows my mind. And actually, Luke has appeared on Culips before in the past. And we mentioned that conversation a little bit in our scuba conversation. So, you'll hear us talk about that episode. And if you'd like to go back and listen to that one, the first time that Luke appeared on Culips, I'll leave a link in the description for that episode so you can check that out easily. Just follow that link that's in the description to do that. OK, so without any further ado, let's get right to the conversation. Here we go. Enjoy. Joining me here today to talk about scuba, all about scuba, is my buddy, Luke. Hey, Luke, how's it going? Thank you for joining me today.

Luke: Hello. Thanks for having me.

Andrew: Yeah, actually, this is your second appearance on Culips, I think. We had you on the show a long, long time ago, right? Am I correctly recalling that?

Luke: That's true. I actually looked it up just to see. I think it was 2015.

Andrew: No way. 2015? Man, **time flies**. That's wild. OK, so maybe we can drop the link for that interview in the description for this episode for anyone who wants to go back. If you're a new Culips listener, then obviously you probably wouldn't have heard that. And yeah, I don't know if I want to go back and listen to that. I always get a little embarrassed and feels a little cringy to listen to my old self from like a decade ago, but maybe I'll do it too. I can't remember what we talked about in that episode, but I'm sure it was a good one. Did you listen to it, Luke?

Luke: I did not, but I saw the description. It was about some stories in Australia that took place when I was younger.

Andrew: OK, yeah, on your big trip to Australia.

Luke: Yeah, not sure what else, but I think that was it.

Andrew: OK, well, anyways, today we're not talking about Australia, but we are going to keep it kind of in the region, right? Because we're going to start by talking about your recent trip to Bali and then after Bali, going to the Philippines. And especially I want to hear about how you learned how to scuba dive, because that's something that you did recently, and you were telling me about it. And I saw on your Instagram as well, you uploaded like all these stories from under the sea. And I thought, I got to talk to Luke about this. How did he learn to scuba dive? What is it like to scuba? To me, it seems like slightly scary, that kind of experience. So, I want to know your thoughts and how you enjoyed it, but let's start at the start. So as far as I know, you went to Bali in Indonesia and yeah, set the stage for us. When was this trip exactly?

Luke: So, this was at the end of or the start of July, I guess. Just before I went back to Canada, I did a little trip to Bali, and I think I was there for about one week. And we did some scuba training for about three days.

Andrew: OK, so you're in Bali for a week and you did scuba training for three days. You use the pronoun we. So, who is we? That's you and your girlfriend or did you go with friends? Who's we?

Luke: That's right. So, I went with my girlfriend and her two friends. They're both or all three of them are Chinese. And I was the one, I mean, they all kind of speak English, but I was the one native English speaker. So, I had kind of my own dive trainer, and they had a Chinese trainer that trained them. So that was related to this somewhat scary part is because I was off by myself, and they were doing their training with the three of them together.

Andrew: OK. Well, you had like a private lesson though. That must be a little bit, maybe more reassuring.

Luke: A little bit. They were in the shallow end. So, they thought, oh, well, this guy is probably used to swimming. So just go into the deep end and you can do your practice there.

Andrew: So, I guess I got to ask why, why did you decide to start scuba diving and learn and do the training? What was the impetus for that?

Luke: Mainly my girlfriend wanted to, and I thought it would be kind of interesting, although I was a little bit apprehensive. I wasn't sure if I'd like it or if I'd kind of be a little bit scared, like you're saying. But once you started, it was OK once you started swimming, but the basic training was a little bit hard to get used to breathing underwater. It felt like you weren't really getting enough oxygen.

Andrew: So before doing the scuba, what would you rank your swimming skills as? Like on a scale of one to 10? One being barely being able to keep your head above water and 10 being Phelps, Phelps level. What would you say your swimming skill was at?

Luke: Probably, I don't know, average swimmer. Would that be about a five or a six if Phelps is 10?

Andrew: I'll give you a solid five then. OK.

Luke: Grew up swimming, so.

Andrew: Yeah, you're a pretty solid swimmer. Yeah, Luke and I are friends from back in our hometown. We've been friends for probably over 30 years now, which is crazy to think about. **Time** really, really **flies**. But Luke's home back in Kelowna, you have a swimming pool, right? And so, we spent a lot of time in the swimming pool back in the summers growing up. And yeah, you were probably in the water everyday swimming during those summers, right? So, I think you have a lot of swimming experience. Now, I want to hear more about like getting all the gear on and this breathing. You said that breathing was difficult, and you felt like you weren't getting enough oxygen. To me, that would be the scariest thing is like the weight of all the equipment and then getting in the water and then trying to breathe and feeling like you don't have enough oxygen in your lungs and trying to swim quickly to the surface and then having to rip the mask off. And what do you call the mouthpiece that connects to the oxygen? Is there any like special name for this?

Luke: Yeah, so we had to before all this, we had to do a bunch of online learning. Probably took about, I don't know, six or seven hours of learning. So, I was diligently writing notes and stuff like that because I was afraid if anything went wrong or you make a mistake, who knows what could happen. So yeah, when you put on the gear, the mouthpieces, the respirator, it's usually not too bad in the water. It's not so heavy because

you're more buoyant. But as you kind of go down and then you start breathing out of the respirator, it kind of feels, I think mine might have had a little bit of water in it. So, it kind of felt like there was not enough air going in. So, you have to make sure to clear the respirator fully so that you can get all that oxygen.

Andrew: I love that word that you just used, "buoyant." Buoyant. It's a fun one to say. And it just means that you float in the water, right? You're floating, you're lighter in the water and can float. So, OK. It sounds like you really attacked this seriously, like several hours of training before you even got into the water. Were those just like videos that you had to watch or something?

Luke: Yeah, kind of like an online course. So, there was... you had to do reading and then you had to do some multiple-choice questions for each one. And then at the end, you have to take an exam and you have to get over 80% or something like that to pass so that you could get into the pool and start your training.

Andrew: OK. And is that what's called scuba certified is like finishing that course, then you get the certificate, or you have to complete some in the water training too?

Luke: Yeah, that's the first step so that you could do the training. And this is through PADI. So, there's a few different organizations that you can do your certification for. But this one, you have to take the test and then you can get in the water. And then you have one day that you're just kind of doing or two days, I guess, that you're doing that in the pool session. And then you'll go out into the ocean.

Andrew: Now, **walk us through** the names of all the gear that you have to wear. You have to wear what? Let's go. Let's start at the bottom and work our way to the top. Are you wearing flippers on your feet?

Luke: Yeah. Once you get into the water, you're wearing flippers. You got your dry suit or no, your wetsuit on. Wetsuit, I guess. Dry suit is for colder climates. And then you would have your tank, your oxygen tank, your BCD, which is your buoyancy control device. Essentially, like, it's like a life jacket that you could pump up and release the air as well. So, when you get into the water, you can release all the air so you can start sinking down. And then as you're swimming, you can also pump it up slightly. So that keeps you neutrally buoyant.

Andrew: I see. Interesting. I didn't know about that. OK. And then you have your respirator that goes in your mouth and a big face mask or goggles? What are you wearing to keep the water out of your eyes?

Luke: Yeah, basically like a regular snorkel goggles, the bigger ones. And you also have a backup respirator, which is called an octopus that you could use just in case. And maybe your respirator has something wrong with it, or you can actually give it to somebody else. So, you kind of do some training where you lock arms and you have to be very close to one another because the cord, I guess the pipe is not very long. So, you have to be very close and still, and then you can ascend or do different things, whatever is going to happen at that point.

Andrew: OK. So, there's a kind of element of helping one another or what to do in an emergency built into the training then, it sounds like.

Luke: Yeah. There's some of that as well as cleaning your mask or things like that, like taking it off in the water, getting the water out. I had an issue with my mask because I have a mustache. So, water would seep into the mask usually. So, I got very good at clearing my mask of water.

Andrew: One of the disadvantages of a mustache, not a tight seal with the goggles, I guess. OK. So that's good. So, you thoroughly trained, you were ready to go and then did some pool training, did some online training, then it was finally time to get into the ocean. What was your first dive like? Tell us about that.

Luke: So, the first dive, we all kind of put on our gear, wet suits, and then hopped into a truck, the back of a truck. And it was about a five-minute drive to the beach. And that's where we suited up. We got our tank on and everything. When you're wearing it on the beach, it's quite heavy and the beach was very rocky. So, you have to go carefully into the water until you can kind of start floating. And then everybody is kind of ready and they give the signal and then you kind of release the air from your BCD and you start to sink down to the bottom, essentially. And at that point, I think we had to do another little test, which was cleaning our mask. We just kind of kneeled down on the ocean floor. And that I always found a little bit tricky because the tank is quite heavy. So, I always have to kind of push myself or use my arms to kind of keep myself balanced. That was where I found it was the most, not a lot of anxiety, but I didn't like... I didn't think it was natural. But once you started swimming, I felt it was OK.

Andrew: So, what kind of ocean conditions are we talking here? How far out into the ocean did you go and how deep did you go for that first dive? Were you like in the middle of the ocean where there's no land around? Or were you essentially like in a bay where you weren't that far away from the shore?

Luke: Yeah, since we walked in from the beach, we didn't really swim that far on the top of the water to get to our place that we would go underwater. So, especially this course, it's called open water. So, we didn't really get too deep for right now, maybe about 10 feet or something like that. Just at the beginning, just in case there's any sort of issues, we could go back up.

Andrew: Right. OK, that's good. So, they didn't just throw you into the deep end right from the start. **Baby steps**, right? **Baby steps**.

Luke: Yeah, it depends on where you go. I thought Bali was pretty good for this, our location at least, because it was so close to the shore. If there's any issues, it was pretty easy to get back. But I think if you later, if we jump ahead to the Philippines, if you're going to do it there, in some of those locations, I think it would be a little bit more **sketchy**, I guess.

Andrew: So, we'll get to Philippines in just a second. But you said that you went diving for three days in Bali. Do I remember that correctly from the top of the episode?

Luke: Yeah, I think so. So, we did about two dives per day. Maybe one of them was three dives. You kind of do one dive and then you come back, have lunch, and then do another one a little bit later in the afternoon.

Andrew: Wow. So, it's like it's an all-day thing, essentially.

Luke: At least, yeah, at this place it was. In Bali, we actually went down on one of the dives, we got to see a World War II wreck that was at the bottom of the ocean. So that was quite interesting.

Andrew: OK, that's what I wanted to ask you about. Yeah, what kind of stuff did you see while you were under the water? A World War II wreck, that's crazy. It was like a ship or a submarine or something?

Luke: Yeah, it was a ship. I was going to look it up before we started, but I can't remember the name now. But it's a famous dive spot in Bali, so if you really wanted to find it, you could. There's a couple of little things set up, like there was a table and some kind

of wine-looking bottles. You could kind of do a little pose there and they'd take some video for you or a picture.

Andrew: OK. Do you know... it was an American ship or a Japanese ship or Indonesian ship? I don't know.

Luke: I believe it was an American one.

Andrew: OK, interesting. That would be pretty neat to see. And what about the wildlife? The fish? Did you see any whales or sharks or anything like that? Any big guys out there?

Luke: Nothing too big, which is good because that's one of my worries. I don't really want to go where there's sharks necessarily. We saw, I don't know if it was here, but a wide variety of those colorful-looking fish, angelfish, and I think we saw an electric clam, which kind of lights up, which is pretty interesting.

Andrew: What? Electric clam?

Luke: Yeah, I don't know if that's the official name, but it's almost like the edge of where the clam closes. It kind of like shines, like it's got some pulses to it.

Andrew: Wow, that's awesome. I've never even heard of that animal before. I'm going to Google it after our conversation here. Sounds pretty cool. I know about electric eels, but electric clams, that one's a new one to me. Sounds awesome. So, OK, Bali sounds great. You sort of figured out scuba and learned about it and **got your feet wet**, so to speak. Pardon the pun, everybody. But then a little while later, like not too much later, right? If you went to Bali in July, then you went to Philippines recently, right? Was it in August or September? Just a couple of months later, you went to Philippines, right?

Luke: Yeah, I actually went a couple of weeks ago in October break. Yeah, so we went there because if you do the first training, you have to do the next one within six months. Otherwise, you have to do like a reactivation course to do all the basics again. So, we're trying to avoid doing that. So, we wanted to do it a little bit more quickly.

Andrew: OK. And so, what was scuba diving in the Philippines like? How was that experience?

Luke: So, my first dive, I really thought I don't like scuba diving anymore. This is bad.

Andrew: OK, why?

Luke: Well, leading up to that week, I started getting a cold. And if you get a cold, you cannot scuba dive. So, I thought, great, my whole trip is going to be ruined. I'm not going to be able to do any diving. I just wasted a bunch of money. So, I was trying to take as much medication, natural things, vitamins as I could before I left. I even took a day off, which I haven't done in 10 years. So, I was really trying to recoup and get ready for this trip.

Andrew: Sorry, just to cut in here, but why can't you scuba dive if you have a cold? Is that because you're breathing through your nose? Where do you breathe through? Actually, this is an interesting question. I don't know. Do you breathe through your nose or your mouth when you're under the water?

Luke: Yeah, so you breathe through your mouth. And you could breathe through your nose just to clear your mask if there's any water. You kind of tilt your mask back and get rid of the water. But I think it has to do with your sinuses and your ears. So, as you go down in the water, your ears will start to kind of hurt slightly, not a lot. But if you keep going down without clearing them, it's called, then you can get some kind of major problems with

your **ears**. So, to clear them, you have to pinch your nose and then you kind of blow outwards and it kind of forces them to, I don't know. You could say **pop**. I guess you can feel the pressure change in your ears.

Andrew: Right. OK. That makes sense. Yeah. That sounds like an unpleasant experience being under the water with a sinus pressure and having a cold. Imagine if you had to cough or something too. Like probably not a good situation to be in. So yeah, I'm sure you were pretty worried about that. But did all the rest and vitamins and supplements, did that work? Did you feel better by the time you arrived?

Luke: Yeah, it seemed to. I even tried one Chinese one. It's like boiling ginger and green onion, just drinking that.

Andrew: How does that taste?

Luke: Like ginger and green onion. Not the best, but it's not bad. It's doable if you're sick. It feels all right. I stopped taking Tylenol cold a day or two before because we got there and we just kind of rested for a day. So, I stopped taking it just to make sure that it wasn't the medicine that was making me feel better, that I was actually kind of feeling better. One of the issues, if you go down, you can regulate your ears kind of by **popping them**. But one of the things that can happen is when you try to go back up, they don't re-regulate, I guess. Or... So that can actually cause death. Essentially, your... your head, yeah, your head kind of explodes to some degree because your ears can't regulate.

Andrew: Is that what the bends is? What is the bends?

Luke: Bends is if you go up too quickly. So, as you're down at the bottom, you actually have to wait at about 5 meters, and then you have to wait there for 3 minutes to let the nitrogen get out of your muscles and your tissues. And otherwise, if you go up too quickly,

all of it tries to, I guess, escape at the same time, and can cause medical problems. I'm not sure what.

Andrew: Cause the bends, I guess.

Luke: Yeah. So, if that happens, you have to go up and get like direct oxygen and things like that. It's a lot of problems also with your ears too, because if you go up too quickly, it can be painful.

Andrew: OK. Not really selling me on this scuba stuff. I don't know. Sounds a little **sketchy**, like you said. So, I guess, yeah, you were going into this experience, not really excited. And you said that first dive didn't go very well?

Luke: No, because I jumped in, well, it's been a few months, so there's no real refresher course of like, this is what you do at the kind of camp, I guess. We're putting on our regulator onto the tank, we're doing everything like the coach is not really showing us anything. And when I jumped in after, it was quite wavy. So already I was feeling a little bit seasick. And then I jumped in and as I was descending, the mask was very tight on my face because of the pressure. And I didn't, I couldn't really remember how to relieve that. So, I kind of pull it off my face or stuff like that, but I just couldn't get it. So it was, I already had a bit of a headache. So, it was kind of just creating more of a headache. And then once I got down and we're finished our first dive, once I got up to the top, I took my respirator out because you kind of just want to breathe normally. But one of the waves came and crashed in my face and I just shot a bunch of seawater in, and I swallowed it all. So, by the time I got back on the boat, I got, I was feeling queasy from like salt water, the waves, headache, mask pressure, and I was just thinking, this is terrible. And I still had to do one more dive after that.

Andrew: Yikes. Yeah. Sounds like a nightmare. What about your girlfriend? How was she doing? Was she loving it? Or was she in the same boat as you and just kind of not feeling it?

Luke: No, she liked it. She was having fun. She did get some salt water as well. She swallowed some, we went on a boat this time and it was quite big and you could lay down on kind of a sofa. So, I just did that, and I drank some ginger tea, which is supposed to help with motion sickness. So that was the first dive.

Andrew: No green onion this time though, right?

Luke: No green onion there. Should add that.

Andrew: So that was the first dive. Did things turn around for the subsequent dives?

Luke: Yeah. So, I continued to kind of have a headache. I just ended up taking a Tylenol every day, essentially, just to get rid of it. But the next day it was much better. That's when we did our deep dive. So that we went down to 30 feet or 18 meters. And that was the second training. So, this is advanced open water where you do a deeper dive. You do navigation, you do a night dive, and you do a drift dive as well.

Andrew: A night dive?

Luke: Yeah.

Andrew: OK. Night dive sounds terrifying. To add another kind of **sketchy** thing on top of this already. And then what is a drift dive? What's that?

Luke: So basically, all of ours ended up being drift dives because there was a current. So, you can go down and kind of get neutrally buoyant where you're just floating in a space, you're not going up or down. And then the drift will just kind of carry you along and you can just use less energy and you can look at all the wildlife and things like that.

Andrew: So, you're getting pushed by the currents. Yeah. OK. So, does that mean that when you come up, you're quite a far distance away from the boat?

Luke: So, when you surface the trainer or the coach has, I don't know what it's called now, but anyways, he has basically like a buoy that you can inflate and then you have to come up like right underneath there so that no boats hit you because you are kind of coming up at a random spot.

Andrew: Oh yeah. That's another terrifying aspect that I didn't think of coming up, surfacing to a boat, running you over. It's pretty dangerous, right? There's a lot of things that can go wrong with scuba diving. It sounds like.

Luke: Yeah. That's why I tried to study and focus and make sure I knew what I was doing. Cause there are things that can go wrong, and the coach is not always really paying attention. They're just kind of going around and looking at the sea life. And so, you could be every once in a while, actually, I shouldn't say that he did have like a little, almost like a rear-view mirror on his wrist and he'd check to see if we're behind him and stuff like that. But the one time, I forgot to mention, when you're taking the photo at the kind of wine table, they're setting up the shot there. I look back and my girlfriend was just sinking like down into the water and then she's kind of like bouncing off of the rocks and stuff. And there could be, I don't know, sea urchins or things like that pokey things that could be poisonous. And I think she didn't want to damage any of the sea life. So, she was kind of just moving without moving her arms too much. So, I had to quickly go down. And you kind of, in an emergency situation, you're not really thinking about equalizing your ears or

things like that. You just, I just quickly went down and grabbed her and brought her back up again, but both the guides didn't really notice that that was happening. So, you kind of have to be, you dive with a buddy for a reason. So, you should always have a buddy that you're kind of watching out for.

Andrew: So don't expect too much supervision is what you're saying from the trainers.

Luke: Yeah, especially as you go more advanced, I would say.

Andrew: So, all in all, now that you finished two dive vacations, how do you feel now? Has your attitude changed from that first day in the Philippines when you weren't quite so into it now that you've done it and you're back, back home? How does it feel now?

Luke: It feels good. I would go to another dive location. I'm not much for sitting on the beach and sun tanning. So usually, it will take up half the day. So, it's a nice kind of activity to see something that you wouldn't have seen usually. The sites under the water were quite interesting in the Philippines, all these kind of giant mounds of coral and different structures that you don't imagine that exist. So, it's quite good to see that side of the world.

Andrew: So, do you think you'll be doing like vacations for scuba diving in the future? Or will it just be like you're on vacation, you're somewhere and you're like, "Oh, we could go scuba diving. Why not?" What do you think will happen going forward?

Luke: I think probably a bit of both, but we already have one location in mind maybe in the Maldives. There's a lot of stingrays or manta rays. So, it'd be quite interesting to see that.

Andrew: I think you got to go scuba diving in Okanagan Lake back in our hometown, Kelowna. Look for the Ogopogo and see some of the beautiful lake silt and seaweeds that

they have in Okanagan Lake. Maybe not the most scenic place to scuba, but I'm sure you could probably do it there.

Luke: Yeah, there's different ones. You can do like reservoirs, and I was actually looking up in Victoria, in British Columbia. There's a lot of famous diving spots. You could go there.

Andrew: Cool. A lot of kelp too. Kelp forests.

Luke: Yeah. They have the kelp forest. Yeah.

Andrew: Well, awesome. I'm stoked that you got this new hobby now. Maybe I'll have to learn too so we could do it together sometime. We could be scuba buddies.

Luke: Yeah. I think there's some in Jeju as well. I was looking up. They also have, so it could be good place to go meet up.

Andrew: Yeah. Sounds cool. Well, I'll think about it. I'm not a hundred percent convinced yet, but it could be fun. It's like, I don't know. It's like, I don't know if the risk outweighs the reward yet but hearing your story and that in the end you enjoy it, I think that could be convincing. So, we'll see. Maybe one day I'll gear up and get into the water. But anyways, Luke, I think this is a good place for us to wrap up our conversation. Thank you so much for sharing about your scuba experience. It was a really fun story. Thanks for coming on to Culips today.

Luke: Yep. No problem. Anytime. Thank you.

Andrew: That brings us to the end of this lesson. Talk to you next time. Bye.8

Detailed Explanations

Time flies Expression

When Andrew says, “Man, **time flies**,” he is expressing his surprise at how quickly time has passed since Luke’s last appearance on Culips. In this context, “**time flies**” means that time seems to move very quickly, and we may not notice how fast it’s going until we look back.

This phrase is often used when people are talking about a period that feels shorter than it actually was. It’s perfect for situations where you’re surprised by how much time has passed, like when catching up with an old friend, realizing how much your children have grown, or even when a vacation seems to end too soon. For example, you might say, “I can’t believe it’s already been three years since we graduated! **Time flies**.” Another example could be, “My son’s already in high school—**time** really **flies**!”

The origin of this expression comes from the Latin phrase *tempus fugit*, which means “time escapes” or “time flees.” Over time, people began to say “**time flies**” in English, capturing the idea that time can feel like it moves away from us quickly, almost like it’s flying.

To remember this phrase, think of time as a bird or a butterfly that flies away before you can fully appreciate it, just like a memory or a moment that feels like it slipped by too quickly. Some similar expressions include “Where did the time go?” and “In the blink of an eye,” which also describe time moving fast.

Here are a few more examples with **time flies**:

Mateo: I can’t believe we’re already graduating next month! It feels like we just started university.

Isabella: I know, right? **Time flies**! Four years went by so fast.

Mateo: Totally. I still remember our first day of classes like it was yesterday.

Kiki: Your daughter looks so grown up now! I feel like she was just a toddler last time I saw her.

Marcus: I know, **time flies**! She’ll be starting 1st grade in the fall.

Kiki: Wow, it’s amazing how fast they grow up.

To walk someone through something

Phrasal verb

The phrasal verb **to walk someone through something** means to carefully explain or show someone each step of a process. In the episode, Andrew asks Luke to “**walk us through** the names of all the gear,” which means he wants Luke to go through each piece of equipment, step by step, to help listeners understand it.

When you **walk someone through something**, you guide them through each part of a task or idea so they can understand it more easily. It’s often used when someone needs instructions for doing something new. For example, if you’re new to a job, your manager might “**walk you through**” how to use the computer system, explaining every step so you don’t get lost. Or, if a friend needs help cooking a recipe, you might “**walk them through**” the steps, showing them each action they need to take.

The origin of “**walk someone through**” comes from the idea of physically guiding someone step-by-step, as if you were holding their hand and **walking them through** a place. Over time, it came to mean guiding someone through a task or explaining something slowly and carefully. Similar expressions include “talk someone through” (when you give them instructions or explanations in detail) and “show someone the ropes,” which is often used for explaining the basics of a new job or task.

Here’s a common mistake to avoid:

- Incorrect: “Can you quickly **walk me through** the fundamentals of what the report is about?” ❌
- Correct: “Can you give me a quick summary of the report?” ✔

“**Walk me through**” shouldn’t be used for quick explanations; it’s for explaining in detail, step by step.

Here are a couple more examples using **to walk someone through something**:

Emmanuel: I’ve never used this software before, and it looks complicated.

Tiffany: It’s actually not too bad. I can **walk you through it** if you’d like!

Sarah: I need to file my taxes online this year, but I’m totally lost.

Liam: I just did mine yesterday. Here, I’ll **walk you through** the process!

Baby steps Expression

In the episode, Andrew says, “[You took] **baby steps**, right? **Baby steps**,” when talking about how Luke didn’t dive too deep right away during his scuba training. The phrase **baby steps** refers to starting something new slowly and taking small steps instead of rushing. By taking **baby steps**, Luke could learn and feel comfortable before moving on to more challenging parts of the dive.

When people say “**baby steps**,” they mean that it’s better to go slowly and take one small step at a time. This expression is often used when learning a new skill or facing a difficult task. For example, if you’re learning to play the piano, you might start with **baby steps** by practicing easy songs first. Or, if you’re trying to exercise more, you could take **baby steps** by working out for just ten minutes a day before doing longer sessions.

The origin of “**baby steps**” comes from the way babies learn to walk. Babies don’t start by running; they take small steps to learn how to balance and walk safely. Over time, this has come to mean starting any new thing slowly and building up from there. To remember this phrase, think about how babies move in little steps when they’re learning to walk. Just like babies, when you start with small steps, you can learn without feeling overwhelmed.

Similar expressions include “one step at a time” or “slow and steady,” which also mean to go slowly and not try to rush.

Here are some examples of how you can use **baby steps**:

Harry: My therapist recommended that I try meditation to help with my anxiety, but I can’t stay focused. My mind wanders and I can barely sit still for a few minutes!

Cynthia: That’s normal. Meditation takes practice! Just like with exercise or learning an instrument, you have to take **baby steps** to get better at meditating. Start with a couple minutes and add a little time each day.

Harry: Alright, I’ll keep trying. Thanks for the advice.

Alicia: I’m trying to declutter my apartment, but it’s so overwhelming with all this stuff.

Richard: Decluttering can feel like a huge task. Start with **baby steps**—maybe focus on one drawer or one corner each day.

Alicia: That sounds much more manageable. I’ll tackle one small area at a time.

Sketchy

Adjective (slang)

In the episode, Luke uses "sketchy" to describe certain places in the Philippines where scuba diving feels a little more dangerous. Andrew later uses the word "**sketchy**" to describe the sport of scuba diving itself after Luke explains the serious health risks of rising to the surface too quickly when deep-diving. Here, they both use "**sketchy**" to express that some things about scuba diving seem a little unsafe or risky.

When you describe a place, person, or situation as "**sketchy**," you're saying that it makes you feel cautious, uncomfortable, or worried about safety. For example, if you're in an abandoned building with broken windows and graffiti, you might say, "This place feels **sketchy**." You could also use it to describe a person who seems suspicious, like someone who is acting secretive or avoiding eye contact. For instance, you might say, "That guy in the corner who keeps looking around and checking his watch seems kind of **sketchy**."

The origin of "**sketchy**" comes from "sketch," which means a rough drawing. Over time, it started to mean something that's unclear or incomplete, and then it evolved to mean something unreliable or shady.

A common mistake is to use **sketchy** to describe something that's simply strange or unusual. **Sketchy** means that something feels suspicious or unsafe, not just different or unfamiliar.

- Incorrect: "That new music sounds **sketchy**." ❌
- Correct: "The email seems **sketchy** because it asks for my bank details and has spelling mistakes." ✓

Here are a few more examples with **sketchy**:

Maya: Did you end up renting that apartment you found online?

George: No, it seemed kind of **sketchy**. The landlord wanted cash only and wouldn't show me the lease agreement.

Olivia: I found a great deal on a used laptop online, but the seller's information seems **sketchy** since there's no contact number, and they're only accepting wire transfers.

Leonard: That sounds very suspicious. Maybe it'd be safer to buy from a more reliable site.

To get one's feet wet

Idiom

The idiom “**to get one's feet wet**” means to try something new for the first time, usually in a small or easy way. It does not mean literally getting your feet wet. However, in the episode, Andrew makes a pun by using this phrase in a literal sounding way when he talks about how Luke tried scuba diving for the first time in a beginner setting in Bali. Since scuba diving involves actually getting wet, this idiom works perfectly as a funny joke in this scenario. By “**getting his feet wet**,” Luke got his first experience of scuba diving.

When you “**get your feet wet**,” you are beginning to experience or learn about something new. This is often used to encourage someone to start with something small before doing more. For example, if you're nervous about public speaking, your friend might suggest “**getting your feet wet**” by presenting to a small group first instead of a large crowd. Or, if you want to learn how to bake, you could “**get your feet wet**” by baking something simple like cookies before trying a complex cake recipe.

The origin of this expression is easy to understand if you imagine literally stepping into water. When you just get your feet wet, you're only stepping in a little bit, not diving in fully. It's a gentle way to start. To remember this phrase, think about wading into a pool or ocean: you're only putting your feet in the water, so it's a small start rather than a big jump.

Similar expressions include “testing the waters” and “taking **baby steps**.” Both of these also mean trying something carefully or gradually, without jumping in too quickly.

Here are some examples to help you understand how to use **get one's feet wet**:

Bethany: I want to volunteer at the animal shelter, but I've never worked with animals before.

Adam: You could start with something simple, like helping with cleaning or feeding, **to get your feet wet**.

Bethany: Yeah, that would be a nice way to ease into it.

Evan: I've always thought about starting a podcast, but I have no clue about the equipment or setup.

Tara: Why don't you **get your feet wet** by recording a short test episode on your phone? That way, you can see if you like it without buying a bunch of equipment.

To pop one's ears

Verb

“**To pop one's ears**” is a verb that means to release pressure in your ears, usually by doing something like swallowing, yawning, or holding your nose and gently blowing. In the episode, Luke talks about how he needed to “**pop his ears**” while scuba diving to relieve pressure that built up in his ears as he went underwater. This helped him avoid discomfort and pain in his ears.

When you **pop your ears**, you're trying to balance the pressure in your ears with the pressure outside. This often happens when there's a big change in pressure, like when you're on an airplane, going up a mountain, or diving underwater. For example, if you're on a plane and your ears feel blocked, you might chew gum or yawn to **pop your ears** and relieve the pressure.

The origin of this phrase is simple and comes from the sensation people feel in their ears during pressure changes—it can feel like a small “pop” or release of pressure. To remember this phrase, think about how a bubble “pops” and releases air. In a similar way, when you **pop your ears**, you're releasing pressure from inside your ears.

Similar expressions include “equalize your ears” or “clear your ears,” but **pop your ears** is the most common phrase people use in conversation.

Be careful with this phrase, as it's only used to talk about relieving pressure in your ears. Don't use it to talk about loud noises or popping sounds.

Common mistakes to avoid:

- Incorrect: “The loud noise of the fireworks **popped my ears**.” ❌
- Correct: “I had to **pop my ears** during the flight.” ✔

Here are a few more examples with **to pop one's ears**:

Bruno: Ugh, every time we drive up the mountain, my ears feel all blocked up.

Julia: Mine too! I usually chew gum to help **pop my ears**.

David: Mom, my ears hurt!

Felicia: It's okay, sweetie. It's just the pressure from being so high up in the air on this plane. Try pinching your nose and blowing out so **your ears pop**. You'll feel better.

Expressions Quiz

1. If someone says, "Wow, time flies!" what do they mean?

- a) Time is moving very slowly.
- b) Time seems to be passing very quickly.
- c) Time feels like it has stopped.
- d) They wish time would move faster.

2. If a teacher "walks you through" a math problem, what are they doing?

- a) Asking you to solve it quickly.
- b) Giving you the answer directly.
- c) Explaining each step to help you understand.
- d) Letting you figure it out on your own.

3. In which situation would you be most likely to describe something as "sketchy"?

- a) Visiting a well-lit, friendly store.
- b) Walking through an empty, dark alley.
- c) Eating at your favorite restaurant.
- d) Driving on a smooth, open road.

4. In which situation would someone need to pop their ears?

- a) Reading a book at home.
- b) Taking a walk in the park.
- c) Sleeping in a hotel room.
- d) Experiencing pressure changes in an airplane.

5. Which of the following is the OPPOSITE of "baby steps"?

- a) Learning to play guitar by practicing a few simple chords before moving to full songs.
- b) Trying out tennis by taking a beginner's class to learn the basics.
- c) Starting to learn painting by practicing simple brush strokes and color mixing.
- d) Signing up for an advanced cooking course with professional chefs on your first day of learning to cook.

Listening Comprehension Quiz

6. Where did Luke recently go scuba diving?
7. Who did Luke go scuba diving with?
8. What was challenging for Luke about scuba diving in the beginning?
9. What unique marine creature did Luke mention seeing?
10. Why is it dangerous to scuba dive with a cold, according to Luke?

Writing and Discussion Questions

1. Andrew mentions that he and Luke have been friends for over thirty years. Who is your oldest friend? (Not oldest by age, but the length of your friendship!) How do you keep in touch to keep your friendship strong?
2. Have you ever gone scuba diving? How about snorkeling? If not, do you think you would ever consider scuba diving in the future? Why or why not?
3. Why do you think some people are drawn to adventurous and potentially risky and **sketchy** activities like scuba diving, skydiving, or mountain climbing?
4. When you try a new activity or start a new hobby, do you prefer to dive right in or take **baby steps** and **get your feet wet**?
5. Luke discusses some of the incredible things he saw while scuba diving, such as exotic wildlife and a shipwreck from WWII. What are some of the most memorable sights you have seen while traveling or being out in nature?

Quiz Answers

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

6. Bali and the Philippines.

7. His girlfriend and her friends.

8. Breathing underwater was difficult for Luke. It felt like he was not getting enough oxygen when he tried to breathe underwater.

9. An electric clam, which is an animal that lights up on the edge of its shell.

10. It affects breathing and pressure in the sinuses and ears.

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Image: Pixabay (pexels.com]