

Mountain Madness: Episode 5

To Trip

by International Mountain Connection

Hi, I'm Michelle Onofrey with International Mountain Connection.

Welcome to Mountain Madness.

In this episode, I'm going to talk about what it means "to trip".

Now, I can see you. Now you're thinking, "But Michelle, I know the word "trip". I take a *trip* to Fontainebleau. I'm going on a ski *trip* this winter. Or maybe last week, I went on a business *trip*. See? I know the word "trip".

Well, yes I agree, you know the word *trip*, but do you know the verb "to trip" because it's not the same thing! Ah-ha!

So, if I say that it's an action verb, that means that there's something that's moving. Are we talking about an object, or a person, or an animal? Well, an object, like a car or a ball does not trip, so that's one hint. And an animal technically could trip, but usually they don't. So it's definitely people who trip.

So, if people trip, are we talking about fingers, nose, eyes, toes? What is it that trips? Hmm... Well, it's your feet. So, you can be walking or hiking or running...technically even dancing, but if you're swimming, you can't trip while you swim or when you're climbing. We don't say that you trip.

You have an action where you're moving and you're, you're using your feet and your foot gets caught or stuck on something. So, imagine you are walking in the mountains. You're talking, I know it's difficult to imagine that I am walking and talking.

So I'm walking... I'm talking and maybe I'm not looking at the path in front of me and there's a rock and normally your foot should go over the rock, or on the rock, or around the rock, but like I said, I wasn't looking at the path and my foot touches this rock and it causes me to trip!

So, if your foot [um] is caught or stuck on something and you lose your balance, sometimes you might take a few steps to the side and to the side to try to regain your balance. But sometimes when you trip, you fall and you can hurt yourself, for example your wrist or a knee or an ankle.

So we often trip in the mountains [um] there are some people who trip a lot. Sometimes there isn't a rock or an obstacle in front of their foot, they just they trip a lot, and so we say that those people have "two left feet". They are not very coordinated.

So I don't know, are you someone who has "two left feet"? Do you trip a lot? So now you understand that if you are on a trip in the mountains and you *trip*, you can hurt yourself. Right? Ah, I used "trip" two times in the same sentence, but it's not the same trip, but now you understand the difference!

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And remember, why trust International Mountain Connection with your English training?

Because Brian isn't in the kitchen. He's in the mountains! And I will see you soon. Bye!