



Learn Japanese Pod with Ami and Alex

Podcast 25: Adverbs of frequency

In this lesson you will learn the following:

- ✓ How to talk about how often you do things
- ✓ Ask people how often they do things
- ✓ Learn how to say *never*, *occasionally*, *sometimes*, *often* and *always* in Japanese

LEVEL: Upper Beginner



Introduction

In this podcast you're going to learn about how to use adverbs of frequency in daily speech. In other words, you'll learn how to ask and answer questions about how often you do things in Japanese. You'll learn how to ask questions such as "How often do you...". You'll also be able to reply that you do something never, occasionally, sometimes, often and always.

This kind of grammar and vocabulary comes up often in daily conversation as well as the Japanese Language Proficiency Exam so it's well worth learning.

First of all, have a look at the vocabulary lists to get an idea of the main phrases used in this podcast. After that you can practice how to use that vocabulary naturally with the dialog examples. Following that are extra grammar and sentence examples.

Also, while reading this PDF lesson, you can listen along to either the main audio podcast which contains all the dialogs and explanations in English. Alternatively you can listen to the Japanese only audio file. Just click on the links below to access them and enjoy!

[Main Audio Podcast](#) - Includes English explanations

[Japanese only audio](#) - Dialog and sentence examples only.



Main Vocabulary for the lesson

Japanese	Pronunciation	English
どれくらい...*	<i>Dore kurai...</i>	How often do you...?
全然...ない	<i>Zenzen...shinai</i>	I never do something
滅多に...ない	<i>Metta ni...shinai</i>	I hardly ever do something
たまにする	<i>Tama ni suru</i>	I occasionally do something
時々する	<i>Tokidoki suru</i>	I sometimes do something
よくする	<i>Yoku suru</i>	I often do something
いつもする	<i>Itsumo suru</i>	I always do something



Main Dialog 1 - Adverbs of frequency - (Japanese)

- A: アレックスはどれくらい^{うんどう}*運動するの？
- B: 全然^{ぜんぜん}しないよ。時間^{じかん}がないからさ。
- A: そうなんだ。
- A: 昔^{むかし}はよくしてただけだね。あみは？
- B: 時々^{ときどき}ジョギングするよ。たまに^{すいえい}水泳もするよ。
- A: じゃ、もうすぐオリンピックだから毎日^{まいにち うんどう}運動しよう。

* It's common for native speakers to say either *Dore Kurai* or *Dore Gurai*. Both are OK.

English follows on the next page.



Main Dialog 1 - Adverbs of frequency - (English)

A: *Arekkusu wa dore kurai undō suru no.*

Alex, how often do you exercise?

B: *Zenzen shinai yo. Jikan ga nai kara sa.*

Never. It's cos I don't have any time, you know.

A: *Sō nan da.*

Really?

B: *Mukashi wa yoku shiteta kedo ne. Ami wa?*

I used to however. How about you Ami?

A: *Tokidoki jogingu suru yo. Tama ni suiei mo suru yo.*

I sometimes go jogging. I occasionally also go swimming.

B: *Ja, mō sugu orinpikku dakara mainichi undō shiyō.*

Well, it's almost time for the Olympics so exercise everyday!

Particles used in this dialog:

Wa - Sentence subject marker (As for so and so...)

Ga - Similar to Wa and is often used in sentences about having or not having something

No - Turns sentence into a question (Casual)

Yo - Emphasizes the statement

Ne - Means isn't it or right?

Sa - Means something like "You know?" or "You see what I mean"



Extra example sentences

[Japanese only dialog audio](#) (From 00:47)

Zenzen - Not at all (00:47)

- | | |
|--|---|
| 1: どれくらいお寿司食べるの？
<i>Dore kurai osushi taberu no?</i>
How often do you eat sushi? | ぜんぜん食べないよ。
<i>Zenzen tabenai yo.</i>
I never eat it. |
| 2: どれくらい映画を見るの？
<i>Dore kurai eiga o miru no?</i>
How often do you watch movies? | ぜんぜん見ないよ。
<i>Zenzen minai yo.</i>
I never watch them. |

Metta ni - Hardly ever (01:11)

- | | |
|--|--|
| 1: どれくらいお寿司食べるの？
<i>Dore kurai osushi taberu no?</i>
How often do you eat sushi? | 滅多に食べないよ。
<i>Metta ni tabenai yo.</i>
I hardly ever eat it. |
| 2: どれくらい映画を見るの？
<i>Dore kurai eiga o miru no?</i>
How often do you watch movies? | 滅多に見ないよ。
<i>Metta ni minai yo.</i>
I hardly ever watch them. |

Tama ni - Occasionally (01:38)

- | | |
|--|---|
| 1: どれくらいお寿司食べるの？
<i>Dore kurai osushi taberu no?</i>
How often do you eat sushi? | たまに食べるよ。
<i>Tama ni taberu yo.</i>
I occasionally eat it. |
| 2: どれくらい映画を見るの？
<i>Dore kurai eiga o miru no?</i>
How often do you watch movies? | たまにに見るよ。
<i>Tama ni miru yo.</i>
I occasionally watch them. |



Tokidoki - Sometimes (02:03)

- 1: どれくらい運動するの？
Dore kurai undō suru no?
How often do you exercise? ときどきするよ。
Tokidoki suru yo.
I sometimes exercise.
- 2: どれくらいカラオケに行くの？
Dore kurai karaoke iku no?
How often do you go to Karaoke? ときどき行くよ。
Tokidoki iku yo.
I sometimes go.

Yoku - Often (02:29)

- 1: どれくらい運動するの？
Dore kurai undō suru no?
How often do you exercise? よく運動するよ。
Yoku undō suru yo.
I often exercise.
- 2: どれくらいカラオケに行くの？
Dore kurai karaoke iku no?
How often do you go to Karaoke? よく行くよ。
Yoku iku yo.
I often go.

Itsumo - Always (02:53)

- 1: どれくらいゲームやるの？
Dore kurai geemu yaru no?
How often do you play video games? いつもやってるよ。
Itsumo yatteru yo.
I'm always playing them



Hi, this is Alex, the creator of Learn Japanese Pod. Thanks for downloading these show notes, I hope you find them useful. If you need any help with your Japanese or have any questions or comments please drop me a line at info@learnjapanesepod.com

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Enjoy!

Alex