Chinese Internet Slang with Pinyin and Examples (2016–2022)

This extended version contains over 30 trending Chinese expressions from recent years, complete with pinyin for pronunciation, definitions, and real-life example sentences. This reference is ideal for translators, learners, content creators, and marketers who want to stay fluent in modern Chinese culture and social media slang.  
  
These expressions reflect China’s digital transformation, generational mindset shifts, pop culture evolution, and policy commentary. Understanding how these terms are used allows you to connect better with younger audiences and interpret cultural nuance with greater accuracy.

# 💼 Work & Society

* 内卷 (nèi juǎn)

Meaning: Involution; senseless, self-consuming competition

Example: 现在的职场真是内卷严重，大家加班到深夜。

* 躺平 (tǎng píng)

Meaning: Lying flat; opting out of toxic hustle culture

Example: 面对压力，他选择了躺平，不再拼命工作。

* 打工人 (dǎ gōng rén)

Meaning: Working-class hero with humor/self-mockery

Example: 我是个普通的打工人，每天为生活奔波。

* 社畜 (shè chù)

Meaning: Corporate livestock; overworked employee

Example: 每天加班到半夜，我感觉自己就是个社畜。

* 摆烂 (bǎi làn)

Meaning: To give up trying; let it rot

Example: 他决定摆烂，不再为升职发愁。

* 工具人 (gōng jù rén)

Meaning: A person only valued for their utility

Example: 在这个团队里我只是个工具人。

# 📱 Internet & Pop Culture

* 凡尔赛文学 (fán ěr sài wén xué)

Meaning: Humblebragging, especially online

Example: 她发了一篇凡尔赛文学微博，说‘我家太小，只能放一台钢琴’。

* 云养猫 (yún yǎng māo)

Meaning: Raising a cat online; watching pets without owning one

Example: 我很想养猫，只能在网上云养猫。

* 电子榨菜 (diàn zǐ zhà cài)

Meaning: Light entertainment while eating

Example: 晚饭时我喜欢配点电子榨菜，比如脱口秀节目。

* emo (emo)

Meaning: Feeling melancholic or down

Example: 今天心情好emo，什么都不想做。

* YYDS (yǒng yuǎn de shén)

Meaning: GOAT; 'forever a god'

Example: 这个歌手简直YYDS，太好听了。

* 绝绝子 (jué jué zǐ)

Meaning: Slang for awesome or extreme

Example: 她的穿搭简直绝绝子。

# ❤️ Relationships & Life

* 佛系 (fó xì)

Meaning: Buddha-like attitude; indifferent

Example: 他对生活很佛系，从不争抢。

* 海王 (hǎi wáng)

Meaning: Player; dating many at once

Example: 他是个海王，同时跟好几个女生聊天。

* 备胎 (bèi tāi)

Meaning: Backup partner

Example: 她发现自己不过是他的备胎。

* 恋爱脑 (liàn ài nǎo)

Meaning: Obsessed with love

Example: 她一恋爱就恋爱脑，整天想着男友。

* 母胎单身 (mǔ tāi dān shēn)

Meaning: Never been in a relationship since birth

Example: 他母胎单身，从来没谈过恋爱。

* 颜值经济 (yán zhí jīng jì)

Meaning: Looks economy

Example: 颜值经济时代，长得好看真的有优势。

# 💻 Tech, Gaming & Geek

* 元宇宙 (yuán yǔ zhòu)

Meaning: Metaverse

Example: 越来越多公司进入元宇宙领域。

* 打call (dǎ call)

Meaning: Cheering for idols

Example: 粉丝们为爱豆打call助威。

* 云玩家 (yún wán jiā)

Meaning: Cloud gamer; one who watches games

Example: 我虽然不玩，但是个资深云玩家。

* 氪金 (kè jīn)

Meaning: Paying money in games

Example: 为了抽到好角色他氪金几千元。

* 非酋 (fēi qiú)

Meaning: Unlucky gamer

Example: 十连抽全是白卡，真是非酋本人。

* 欧皇 (ōu huáng)

Meaning: Lucky gamer

Example: 他一次就抽到SSR，简直欧皇！

# 📰 Politics, News & Trends

* 清朗行动 (qīng lǎng xíng dòng)

Meaning: Online content cleanup campaign

Example: 清朗行动整顿网络环境。

* 双减政策 (shuāng jiǎn zhèng cè)

Meaning: Double reduction policy in education

Example: 实施双减政策后，孩子作业变少了。

* 共同富裕 (gòng tóng fù yù)

Meaning: Common prosperity

Example: 政府提倡共同富裕，缩小贫富差距。

* 流量明星 (liú liàng míng xīng)

Meaning: Traffic-driven celebrity

Example: 他靠炒作成了流量明星。

* 割韭菜 (gē jiǔ cài)

Meaning: Exploiting inexperienced consumers

Example: 这款理财产品就是在割韭菜。

* 反内卷联盟 (fǎn nèi juǎn lián méng)

Meaning: Anti-involution alliance

Example: 大家组了个反内卷联盟，拒绝加班。