

Make English Friends

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1) Take a look at this guy, he is a Chinese and he is lived in Canada for 30 years. But he does not have any English friend.

看看这个人，他是中国人，他在加拿大生活了 30 年。但他没有任何英语朋友。

2) Take a look at this woman, she is from India and she is lived in Canada for more then 30 years. But she does not have any English friend. Wow!

看看这位女士，她来自印度，她在加拿大生活了 30 多年。但她没有任何英语朋友。哇！

3) This is a such common problem in Canada which might surprise you.

这在加拿大是一个常见的问题，可能会令你感到奇怪。

4) Because Canada is known as its diversity, Canada welcomes people from all around world. It does not matter what religion from, what skin they have.

因为加拿大以其多元化而闻名，加拿大欢迎来自世界各地的人们。什么宗教，他们有什么皮肤并不重要。

5) Look at this guy he is Moslem, this woman is Jew, this guy is Chinese, ... people from all around world to Canada.

看看这个人他是穆斯林，这个女人是犹太人，这个人是中国人，.....来自世界各地的人到加拿大。

6) Canada is a such diverse place, the problem is that all these people do not mix, OK, they all live in their own life, and they do not interact to each other.

加拿大是一个多元化的地方，问题是所有这些人都不相交，好吧，他们都生活在自己的生活中，而且他们互不相互交往。

- 7) Here is a map of my city, Calgary.
这是我的城市卡尔加里的地图。
- 8) In the north west, this where Chinese people live and middle class, and white people.
在西北，这里是中国人，白人中产阶级的居住区。
- 9) In the north east, this where the South Asians, Africans, Poor white people.
在东北部，这里有南亚人，非洲人，穷人白人。
- 10) In the south west, there was a lot of rich white people, a lot of expensive houses, nice cars.
在西南部，有很多富裕的白人，很多昂贵的房子，漂亮的汽车。
- 11) In the south east, there is a lot of factories.
在东南部，有很多工厂。
- 12) I live in the north east, because I am poor.
我住在东北，因为我很穷。
- 13) I like immigrants, I like people from India, from China Africa.
我喜欢移民，我喜欢来自印度，来自中国。非洲的人。
- 14) Why does this happen? Why all the Chinese are over there and Indies are over here? Why? Why they don' t mixed?
为什么会这样？为什么所有的中国人都在那里，印度人都在这里？为什么？他们为什么不混住？
- 15) This is because people stay in their comfort zone.
这是因为人们(喜爱)待在他们的舒适区。

16) A comfort zone is an area that you are comfortable live in. People just like stay in comfortable.

舒适区是一个让您感觉舒适的区域。人们只是想住得舒适点。

17) Look at this guy, he is a Moslem from Pakistan, all his friends are Moslems from Pakistan and he shops at Pakistan's supermarket here in Calgary.

看看这个人，他是来自巴基斯坦的穆斯林，他的所有朋友都是来自巴基斯坦的穆斯林，他只在卡尔加里的巴基斯坦超市购物。

18) He is lived in Calgary for 30 years he does not have any English friend.

他在卡尔加里生活了 30 年，他没有任何英国朋友。

19) why? because he stays in his comfort zone he doesn't leave his comfort zone.

為什麼？因為他留在他的舒適區，他不離開他的舒適區。

20) okay so the secret if you want to make English-speaking friends is you have to leave your comfort zone.

好，所以如果你想交說英語的朋友，你必須離開你的舒適區。

21) okay but that means you have to take risks and you have to be uncomfortable as soon as you leave your comfort zone, it's a bit scary right you get uncomfortable

但這意味著你必須承擔風險，一旦離開舒適區就必感到不舒服，這有點嚇人。對，你會感到不舒服

22) okay you're gonna have new situations that you might not know how to deal with

好吧你會遇到一些你可能不知道如何應對的新情況

23) okay but that's fun try not to be scared try to think of it as a challenge something that's fun

但這很有趣，盡量不要害怕嘗試，將其視為一種有趣的挑戰

24) okay now you might say yes I will take the risks but what do I do what do what do I do

現在你可能會說是的我會承擔風險，但是我該做什麼？

25) okay I'm willing to take the risks but I don't know what to do well I'm going to tell you what to do

好吧我願意承擔風險，但我不知道該做些什麼？我會告訴你該怎麼做。

26) okay you need to go from your comfort zone to a zone with friendly people you need, friendly people you don't want to go to a place where people are mean or racist or anything like that

你需要從你的舒適區走到一個友好人們的區域，友善的人們的區域。你不要去一個卑鄙或種族主義類似的地方。

27) okay they need to be friendly so I'm going to give you two things that if you do you will make lots of English-speaking friends guaranteed

他們也需要友好的朋友，所以我會教你做兩件事，如果你這樣做，保證你交到很多說英語的朋友

28) guaranteed means for sure, absolutely 100% okay

Guaranteed 即保證，絕對 100%。

29) the first thing is volunteering a volunteering this means helping people for free.

首先是做志願服務，這意味著免費幫助人們。

30) helping people for free now people who volunteer are very nice people they're kind people

免費幫助人們或志願者是非常好的人，他們是善良的人

31) they're helping people for free so if you are volunteering with them they're going to help you for free

他們免費幫助人們，所以如果你也是志願者，他們會免費幫助你

32) Wow so if you make some nice friends who are also volunteers they're going to help you, if you need anything you want to know

哇，所以如果你交了一些也是志願者的好朋友，如果你需要任何你要知道的東西，他們會幫助你。

33) maybe you need help with some paperwork like visas or a driver's license or something they're going to help you or if you need help with something with the culture or the language either going to help you.

也許你需要幫助一些文書工作，如簽證或駕駛執照，他們會幫助你，或者如果你需要幫助與文化或語言的東西，他們會幫助你。

34) it's very hard living in a new country right where you don't speak the language you don't know the culture it's very intimidating right but if you have friends who are Canadians they're going to help you

生活在一個新的國家是非常困難的，在那裡你不會說一種你不懂的文化的語言，這是非常令人生畏的，但如果你有加拿大人的朋友，他們會幫助你

35) okay so this is a great way to do that now you might ask how do I volunteer what do I do

好，所以這是一個很好的方法。現在你可能會問我：如何做志願者，我該做什麼？

36) well, the first thing you can do is just Google volunteering opportunities in Calgary and you're going to find results like this The Salvation Army

你可以做的第一件事就是谷歌上找(本地)卡爾加里的志願服務機會，你會找到像這樣的志願服務機會，如“救世軍”(美国，加拿大一个国际的帮穷人服务的組織)

37) okay that's an organization that helps poor people and homeless people okay

好，這是一個幫助窮人和無家可歸者的組織，

38) or you might find the Calgary Zoo if you like animals this would be a great place to volunteer

如果你喜歡動物，你可能會找到卡爾加里動物園的志願服務機會，這是一個很好的志願者工作點。

39) you can take care of some animals and you can meet some great people who love animals as well

你可以照顧一些動物，你可以遇到一些很好的喜歡動物的人

40) okay if you like reading or if you like working in a very quiet peaceful place then maybe you should volunteer at a library

好的，如果你喜歡讀書，或者你喜歡在一個非常安靜的地方工作，那麼也許你應該在圖書館做志願者

41) okay that's also an option or you could volunteer at the Catholic family services okay this is an organization that helps poor people and people who are struggling with different things in life

好的，這也是一個選擇，或者你可以自願參加天主教家庭服務，好吧這是一個幫助窮人和生活中不同事物掙扎的人的組織

42) okay you don't need to be a Catholic to volunteer here anyone can volunteer

好吧，你不需要成為天主教徒就可以在這裡做志願者，任何人都可以成為志願者

43) okay you could volunteer at festivals like the Calgary Stampede do you know what that is the Calgary Stampede is a huge festival that happens every summer here in Calgary

好吧你可以在卡爾加里牛仔節這樣的節日做志願者。你知道那是什麼？卡爾加里牛仔節是一個很大的節日，每年夏天都會在卡爾加里舉辦。

44) okay you might enjoy volunteering there you can really get used to Canadian culture, okay that would be really great.

好吧，你可能喜歡在那裡做志願者，你可以真正習慣加拿大文化，OK 這真的很棒

45) or you could volunteer at the Calgary Food Bank this is a great organization that gives food to poor people who can't afford to buy food.

或者你可以在卡爾加里食品銀行做志願者。這是一個很大的組織，為無力購買食物的窮人提供食物

46) okay so there's so many different options to volunteer here in Canada and if you do any of these you're going to make a lot of English friends

好的，所以在加拿大有很多不同的志願者選擇，如果你做了這些，你會交到很多說的英國朋友

47) okay and if you start volunteering at a place and you don't really like it or there's not that many good people working there I mean then you can just leave and you can go to some somewhere else

好的，如果你開始在一個地方做志願者，你真的不喜歡它，或者那裡沒有那麼多優秀的人在那里工作，我的意思是你可以離開，你可以去別的地方

48) okay and you can volunteer at another place and make some English friends there I'm sure if you volunteer at one or two places these places you're going to make so many English-speaking friends

好的，你可以自願去另一個地方，並在那裡結交一些英語朋友。我敢肯定，如果你在一兩個地方做志願者，在那些地方你會交到很多說英語的朋友

49) okay just volunteer somewhere for a few months one or two months and that will be amazing

50) now the second thing I want to tell you as a good strategy to make friends it's even easier than volunteering and I think it's even better is go to a church

51) go to a church now you're probably thinking what I can't go to a church I'm not a Christian it doesn't matter you don't need to be a Christian to go to a church

52) okay and you told me you will take risks okay you will be uncomfortable if you go to a church

53) yeah you're going to be uncomfortable for a little bit okay but then when you realize that people like you and you're making friends then you're going to relax and everything's going to be okay

53) okay so don't worry if you go to a church just relax don't worry you don't have to become a Christian

54) you don't have to be a Christian you never have to become a Christian if you want to go to a church okay you could be a Muslim you could be a Hindu you can be a Buddhist you're welcome at the church

55) okay you don't have to do anything special you don't have to wear special clothes you don't have to say anything just be yourself just be yourself

57) okay now look at a church you are welcome you will find love and acceptance you will find help you will find very kind people who speak English

58) okay a lot of people come to Canada and they want to meet friends who have white skin and who speak English as their mother tongue

59) okay if you want to do that the best place to find these friends is at a church

60) okay churches full of white people and they are very friendly and they will be your friend they'll be happy to be your friend and they speak English fluently they are in native English speakers

61) now you'll find great people at a church but if you don't if you go to a church and the people nobody talks to you and the people seem a little bit cold forget about it

62) okay don't go to that church anymore go to a different Church okay I want you to go to four churches in a month

63) okay just one month when you come to Canada go to church for a whole month

okay now Christians go to church on

Sunday mornings okay so one Sunday

you're gonna go to one church the next

Sunday you're going to go to a different

church and then a different Church and a

different Church so in one month you're

going to go to four churches okay and

then you're going to think and you're

going to decide which one have the

nicest people okay and then you're going

to go to that church for a few months

and I guarantee you you are going to

make so many friends english-speaking

friends okay now here's a tip look for
small churches okay this church here
probably has about 50 people who attend
this church okay so that would be a
great choice now some churches have
thousands and thousands of people okay
don't go to those churches because
nobody will notice you okay if you go to
this church everyone will see you maybe
you have brown skin maybe you'll be the
only person with brown skin in the
church okay they'll notice you and
they'll come talk to you to say hi how
are you are you new here you know and
and then you can build a friendship it's
going to be amazing I promise you okay
now like I said Christians go to church
on Sunday morning now how do you find
the time that you should go to the
church we'll see that sign there in
front of the church that sign probably
says the Sunday morning service the
service is when people meet together for
one or two hours in the church that's
called a service starts at 10:00 a.m.
10:00 a.m. okay
then you should go to the church a
little bit early like maybe 20 minutes

early or even half an hour early okay
now another way to find a church is to
look on Google Maps okay but I mean
there's so many churches in Canada you
can just walk down the street and say oh
there's a church there's a church okay
so you don't need to look online but if
you want to look on Google Maps just
search for the church in Calgary or
something like that okay and you're
going to find tons and tons of churches
now most churches have websites okay so
go to the website and see what kind of
church is this what what are the people
like okay just so you can think a little
bit and be prepared I think that's a
good way to do it okay now if you want
to be more comfortable and less shocked
or surprised when you go to a church
then do some research they do research
what do Christians believe what is a
church service of like just search for
these things on Google what is a church
service like okay you'll find things
like well in most church services you
might do some singing sing some songs
for like 30 minutes okay and then there
might be some preaching that's where the
pastor stands at the front of the church

and speaks or preaches on something from the Bible okay and then the service is done okay so this is how it's going to go okay

the service starts at 10 o'clock you're going to go there at 9:30 a.m. you walk in the door you walk to the church you open the door you walk in okay someone is going to talk to you someone is going to say hi how are you welcome here okay instantly you'll probably have one friend right there okay you talked to someone who is a native English speaker okay then you can talk for about half an hour and then at 10:00

o'clock the service will start okay then you sit down somewhere and then just watch people watch people and copy them if they stand up stand up if they sit down sit down

just look around you learn just just enjoy the moment don't be afraid it's a it's going to be a very a very interesting experience for you okay so don't be afraid of it it's just a learning process that's gonna that's what's going to happen it's a very friendly place okay then after the

service usually people mix and mingle
mix and mingle means they talk to each
other they laugh they have fun they ask
each other how was your week my week was
great would you like to come over for
lunch

sure okay so after church probably
someone might invite you to their house
for lunch okay I've met some people in
Canada from China India I always ask
them do you have any English friends and
they say no I say have you ever been at
the home of an english-speaking person
and they say no they've never even been
to an english-speaking person's house if
you go to a church you're going to get
invited to someone's house and they'll
give you a meal and they'll be your
friend okay now they might have a picnic
very often after a church service there
might be a picnic or something given you
can go to a picnic and you could maybe
meet like 10 20 people in one day you
have like 15 20 friends that you've made
in one day that's more than other people
make in their entire lifetime in just
one day okay and it's very common that
churches will go and do something fun
like camping in the summers wiki they

might go camping for a weekend
so they would probably invite you to go
camping with them so then you can spend
a weekend in the mountains going on
hikes fishing swimming playing games
sleeping in a tent okay that would be
such a good experience for you you'd be
speaking English all weekend making
friends it would be a crazy cultural
experience for you you would learn so
much about Canada life people language
okay look if you do this I'm telling you
you will make friends this is the best
way to make english-speaking friends
okay look at these people the guy from
China and the woman from India they've
been in Canada for 30 years and they
don't know any English speakers if they
had gone out of their comfort zone and
if they had taken my advice and watched
this lesson if they had gone to a church
or done some volunteering okay their
lives would be completely different it
would be completely different they
wouldn't be in their own community in
their own safety comfort zone right with
just Chinese people or just Indian
people they would have English friends

and their lives would be much easier
okay they want English friends but they
don't know what to do well I'm telling
you exactly what to do and hey I would
be happy to answer any of your questions
if you want to know what you should do
in a church or or how you should have a
conversation with someone at a
volunteering place then just let me know
down in the comments maybe you have a
lot of questions I would be happy to
answer your questions
and to to help you get friends you know
this is really important if you come to
Canada you need friends so even if
you're not coming to Calgary if you're
moving to Toronto or Vancouver
or something and you want advice maybe
you want me to look online and recommend
a church to you I'd be happy to do that
okay I'll go on Google I'll find you a
good church and I'll say okay maybe
check out this church or this church
okay
so I'll give you some recommendations
I'll help you but I want you to know
that you need to take some risks and
there are some very friendly people in
Canada you just need to meet them you

need to meet them okay so I want to know
when you come to Canada what is your
plan what is your plan you need to have
a plan if you're going to succeed in the
friendship area okay otherwise you're
not your life is not going to change if
you're from India it's like you live in
small India here in Canada or you live
in Chinatown here in Canada
okay Chinatown is full of Chinese shops
Chinese people okay if you come to
Canada you should go out of your comfort
zone and meet some wonderful Canadian
people native English speakers it's
going to help your life so much okay so
that's the best advice I have for you
let me know if you have any questions
down there and tell me what your plan is
down in the comments okay see you over
in the next episode of mad English TV
take care
you