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Making Friends 交朋友

Helen: Hello. Welcome to Ask About Britain from BBC Learning English. I'm Helen.

Jean: 大家好，我是董征。欢迎收听英国问答节目，在这里我们会回答朋友们对英国风俗人情等提出的一些问题。

Helen: And today we hope to answer a question from Lili Yuan.

Jean: Lili 在电子邮件里问 – 如果她到英国学习，她怎样可以很快的适应英国的校园生活，以及怎样和外国人交朋友？其实 Lili 的这个问题，有很多其他朋友们也碰到过。It's a common question.

Helen: And today let's hear suggestions from teachers' perspectives.

Jean: 好的，我们采访了几位教育专家，听听他们有没有好的建议？

Helen: First, Dr Winkely from Rossall School believes that integration is very important.

Jean: Integration 融入，是适应英国校园生活的关键。

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Easily the best way of integrating is joining an organisation where people do things together. The outstanding example at my school for example is joining a basketball team, they can join the choir, they can join any activity which involves them working with other people. That's easily the best way of doing it. The trick is to get involved in the ordinary life of the school.

Jean: 要想适应一个新的环境，我们就需要融入这个环境和这里的人群。

Helen: And the best way to integrate is to do things with other people in the organisation.

Jean: Dr Winkely 以他的学校作为例子。比如同学们可以参加学校的各项集体活动。

Helen: Yes, there are lots of things students can do together, for example, joining the basketball team.

Jean: 参加篮球队。

Helen: Sing in the choir.

Jean: 参加 choir 唱诗班。就算一开始语言沟通上可能有问题，但是也都可以结交很多新的朋友。

Helen: Exactly, it doesn't matter if your English isn't perfect, as long as you show enthusiasm, people will want you to be part of their team.

Jean: Ann Marie Slack 是 Sherburne 国际学校的负责人，她认为要想结交新朋友，新同学需要学会关注周围的一切和显示主动性。

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What I would recommend is to immediately gain an awareness of the people around you. That sounds rather obvious but to gain a friend you make a friend. Start by asking simple questions.

Helen: To gain an awareness of the people around you.

Jean: 你需要主动地去注意你周围的人。虽然这一点说起来很容易，但是我们往往会忽略它。

Helen: If you notice people around you, then it becomes easier to start a conversation with them.

Jean: That's right. 一开始交朋友可以从简单,普通的问题开始。

Helen: You can ask simple questions like Where are you from? What are you doing here? How do you like it here? Just to get the conversation going.

Jean: 同时也别忘了介绍一下你自己。

Helen: It's never easy to settle into life in a new place, especially in a country thousands of miles away from home and your English isn't great.

Jean: 那么外国学生会有些什么样的感受呢? Dr Winkely 分析了他对外国学生的一些看法。

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Well of course everything is very strange, the language is strange, the people are strange ... and the strangeness often drives them to seek out the company of other people from the same background and indeed encourages them not to integrate.

Helen: Everything can be very strange. Do you agree Jean?

Jean: Yes of course Helen. 当然了, 刚到一个新的国家, 肯定有不习惯的地方。

Helen: It's natural to feel that way and when you see people you're familiar with, you are drawn to them immediately.

Jean: 往往也就是这种陌生的感觉让一些刚到英国的同学们自然而然的走到了一起, seek out the company of others from the same background. 大家的背景和语言都相同, 会觉得非常亲切, 但这也对融入当地社会造成一定的困难。

Helen: That's right. If you don't try to get involved with people from other countries, then you are not integrating with the rest of the school.

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And I think what they need to do is have the courage and determination to persist in making friendships with people from other ethnic groups.

Jean: Dr Winkely 的建议是新来的同学们需要有勇气 **courage** 和毅力 **determination** 不断努力的和来自不同种族背景的同学交朋友。

Helen: You have to be persistent with your effort. It's not easy, but if you keep it up, the benefits are huge. And you won't regret it.

Jean: 好了，我们今天的节目就到这儿，希望各位老师已经回答了 Lili 的问题。

Helen: And if you have any questions, please drop us an email. Our email address is chinaelt@bbc.co.uk.

Jean: 我们下次节目再见。

Helen: Bye.