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day 16 manners

Chinese HSKK advanced in 37 days
unit 4 · society & relationships

Say how you feel about a point with 毕竟, 根本, 反正 and 的确, hold your view with 即使……也……, retell a story heard only once, and argue whether loud phone calls should be banned on public transport.

From this unit the passage plays once, as in the real test, and attitude adverbs like 毕竟 and 的确 are what make a should-or-shouldn't answer sound like a real opinion.

words to say

word	pinyin	meaning	example
场合	chǎnghé	occasion, situation	在正式场合，最好穿得正式一点。 On formal occasions it's best to dress smartly.
秩序	zhìxù	order (orderly state)	请大家排队，遵守秩序。 Please queue and keep things orderly.
规矩	guīju	rules, manners	每个家庭都有自己的规矩。 Every family has its own rules.
素质	sùzhì	quality, calibre	学校不但要教知识，还要提高学生的素质。 Schools should build students' all-round qualities, not just teach facts.
文明	wénmíng	civilisation; civilised	中国是世界上最古老的文明之一。 China is one of the world's oldest civilisations.
约束	yuēshù	to restrain; constraint	没有规则的约束，比赛就会乱成{=into}一团。 Without rules to hold it together, a match turns into chaos.
遵守	zūnshǒu	to obey, keep to (rules)	大家都应该遵守公司的规定。 Everyone should follow the company's rules.
违反	wéifǎn	to break, go against (rules)	他违反了公司的规定，被经理批评了。 He broke company rules and was told off by the manager.
公共	gōnggòng	public	我每天坐公共汽车上班。 I take the bus to work every day.
禁止	jìnzhǐ	forbid, prohibit	这里禁止拍照。 No photos here.

pattern 毕竟, 根本, 反正, 的确 (how you feel about it) and 即使……，也…… (even if)

毕竟 | the deciding fact | ·根本 + 不/没 | ·反正 | ·的确 | ·即使……，也……

毕竟 gives the fact that settles it (“after all”); 根本 with 不 or 没 means “not at all”; 反正 means “anyway, whatever happens”; 的确 grants a point (“it’s true that”). 即使 X，也 Y keeps Y true even if X happens. Together they turn a bare yes or no into an opinion with a voice.

毕竟地铁是公共场合，说话应该小声一点儿。 **bìjìng dìtiě shì gōnggòng chǎnghé shuōhuà yīnggāi xiǎo shēng yìdiǎnr** After all, the subway is a public place: you should keep your voice down.

他打电话的声音太大，根本没注意到别人在看他。 **tā dǎ diànhuà de shēngyīn tài dà gēnběn méi zhùyì dào biérén zài kàn tā** He was talking so loudly on the phone he didn’t notice at all that people were looking at him.

反正我也不急，你先上车吧。 **fǎnzhèng wǒ yě bù jí nǐ xiān shàng chē ba** I’m not in a hurry anyway: you get on first.

即使有急事，也可以小声说。 **jíshǐ yǒu jí shì yě kěyǐ xiǎo shēng shuō** Even if it’s urgent, you can speak quietly.

dialogue a loud call

anna 你听，那位先生打电话的声音那么大，整个车厢都能听见。
nǐ tīng nà wèi xiānsheng dǎ diànhuà de shēngyīn nàme dà zhěnggè chēxiāng dōu néng tīngjiàn · Listen: that man is talking so loudly on the phone the whole carriage can hear.

xiaoming 的确有点儿吵，不过他可能有急事吧。
díquè yǒudiǎnr chǎo búguò tā kěnéng yǒu jí shì ba · It’s a bit noisy, it’s true, but maybe it’s urgent.

anna 即使有急事，也可以小声说啊。我觉得地铁上应该禁止大声打电话。
jíshǐ yǒu jí shì yě kěyǐ xiǎo shēng shuō a wǒ juéde dìtiě shàng yīnggāi jìnzhǐ dà shēng dǎ diànhuà · Even if it’s urgent, he could speak quietly. I think loud phone calls should be banned on the subway.

xiaoming 禁止？那谁来管呢？毕竟不能每个车厢都派一个人看着。
jìnzhǐ nà shéi lái guǎn ne bìjìng bù néng měi gè chēxiāng dōu pài yí gè rén kàn zhe · Banned? Who would enforce it? You can’t put someone in every carriage, after all.

anna 有了规矩，至少大家可以提醒他，“这里禁止大声打电话”。
yǒu le guīju zhìshǎo dàjiā kěyǐ tíxǐng tā zhèlǐ jìnzhǐ dà shēng dǎ diànhuà · With a rule, at least people could remind him: “Loud calls aren’t allowed here.”

xiaoming 我还是觉得，这种事靠的是素质，规矩根本约束不了。
wǒ háishi juéde zhè zhǒng shì kào de shì sùzhì guīju gēnběn yuēshù bu liǎo · I still think this is about manners. Rules can’t control it at all.

anna 反正我觉得，规矩和素质都需要，少了哪个都不行。
fǎnzhèng wǒ juéde guīju hé sùzhì dōu xūyào shǎo le nǎge dōu bùxíng · Well, I think you need both rules and manners: neither works without the other.

repeat listen, then say it back

在拥挤的地铁上大声打电话，的确会影响到身边的每一个人。 zài yōngjǐ de dìtiě shàng dà shēng dǎ diànhuà díquè huì yǐngxiǎng dào shēnbiān de měi yí gè rén Shouting into your phone on a crowded subway really does affect everyone around you.

即使没有人看见，我们也应该自觉遵守公共场合的规矩。 jíshǐ méiyǒu rén kànjiàn wǒmen yě yīnggāi zìjué zūnshǒu gōnggòng chǎnghé de guīju Even when nobody sees us, we should follow the rules of public places of our own accord.

毕竟公共汽车不是自己家，说话的声音应该小一点儿。 bìjìng gōnggòng qìchē bú shì zìjǐ jiā shuōhuà de shēngyīn yīnggāi xiǎo yìdiǎnr After all, a bus isn't your own home: you should speak a little more quietly.

一个城市文明不文明，往往要看普通人在小事上的表现。 yí gè chéngshì wénmíng bù wénmíng wǎngwǎng yào kàn pǔtōng rén zài xiǎo shì shàng de biǎoxiàn Whether a city is civilised usually shows in how ordinary people behave in small things.

reply answer out loud

你怎么看在地铁上吃东西？ nǐ zěnme kàn zài dìtiě shàng chī dōngxi What do you think about eating on the subway?

→ 我觉得最好不要在地铁上吃东西。 wǒ juéde zuìhǎo búyào zài dìtiě shàng chī dōngxi

→ 车厢里人多，味道很难散出去，别人会不舒服。 chēxiāng lǐ rén duō wèidào hěn nán sǎn chuqu biérén huì bù shūfu

→ 实在饿了，喝几口水，下车以后再吃。 shízài è le hē jǐ kǒu shuǐ xià chē yǐhòu zài chī

公共场合该不该禁止抽烟？ gōnggòng chǎnghé gāi bu gāi jìnzhǐ chōu yān Should smoking be banned in public places?

→ 我认为应该。 wǒ rènwéi yīnggāi

→ 抽烟不但对自己不好，别人也得跟着吸。 chōu yān búdàn duì zìjǐ bù hǎo biérén yě děi gēn zhe xī

→ 比如在饭馆里，旁边的孩子根本没办法躲开。 bǐrú zài fànguǎn lǐ pángbiān de háizi gēnběn méi bànfǎ duǒ kāi

你觉得规矩重要还是素质重要？ nǐ juéde guīju zhòngyào háishi sùzhì zhòngyào Which matters more: rules or good manners?

→ 我觉得素质更重要。 wǒ juéde sùzhì gèng zhòngyào

→ 规矩只能管有人看着的时候，素质在没人看着的时候也起作用。 guīju zhǐ néng guǎn yǒu rén kàn zhe de shíhou sùzhì zài méi rén kàn zhe de shíhou yě qǐ zuòyòng

→ 不过刚开始的时候，规矩可以帮大家养成好习惯。 búguò gāng kāishǐ de shíhou guīju kěyǐ bāng dàjiā yǎngchéng hǎo xíguàn

read aloud 110 seconds

在一个大城市里，我们每天都会遇到成千上万的陌生人。我们不知道他们的名字，以后也不一定再见面，可是城市的温度，往往就藏在这些陌生人之间。早上，有人在电梯里多等了你两秒；中午，有人帮你捡起掉在地上的钥匙；晚上，地铁上有个年轻人站起来，把座位让给一位老人。这些事都很小，没有规矩要求我们这样做，也没人会表扬我们。可正是这一点一点的温暖，使得拥挤的城市变得可爱。也许，文明不只是不违反规定，更是在每一个场合都愿意多考虑别人的感受。 zài yí gè dà chéngshì lǐ wǒmen měi tiān dōu huì yùdào chéngqiān shàngwàn de mòshēng rén wǒmen bù zhīdào tāmen de míngzi yǐhòu yě bù yídìng zài jiànmiàn kěshì chéngshì de wēndù wǎngwǎng jiù cáng zài zhèxiē mòshēng rén zhījiān zǎoshang yǒu rén zài diàntī lǐ duō děng le nǐ liǎng miǎo zhōngwǔ yǒu rén bāng nǐ jiǎn qǐ diào zài dì shàng de yàoshi wǎnshang dìtiě shàng yǒu gè niánqīng rén zhàn qǐlái bǎ zuòwèi ràng gěi yí wèi lǎorén zhèxiē shì dōu hěn xiǎo méiyǒu guīju yāoqiú wǒmen zhèyàng zuò yě méi rén huì biǎoyáng wǒmen kě zhèng shì zhè yìdiǎn yìdiǎn de wēnnuǎn shǐde yōngjǐ de chéngshì biàn de kěài yěxǔ wénmíng bù zhǐshì bù wéifǎn guīdìng gèng shì zài měi yí gè chǎnghé dōu yuànyì duō kǎolǜ biérén de gǎnshòu

words to watch

场合 chǎnghé · 藏 cáng · 一点 yìdiǎn · 一位 yí wèi

talk 120 seconds

Should loud phone calls be banned on the subway and buses? Why? Talk for two minutes.

在地铁和公共汽车上，该不该禁止大声打电话？为什么？ zài dìtiě hé gōnggòng qìchē shàng gāi bu gāi jìnzhǐ dà shēng dǎ diànhuà wèi shénme

我认为应该……，毕竟…… wǒ rènwéi yīnggāi bìjìng

即使……，也…… jíshǐ yě

总之，…… zǒngzhī

model answer

我认为，在地铁和公共汽车上，应该禁止大声打电话。 wǒ rènwéi zài dìtiě hé gōnggòng qìchē shàng yīnggāi jìnzhǐ dà shēng dǎ diànhuà

首先，地铁和公共汽车是公共场合，特点就是人多、地方小，毕竟不是自己家。 shǒuxiān dìtiě hé gōnggòng qìchē shì gōnggòng chǎnghé tèdiǎn jiùshì rén duō dìfang xiǎo bìjìng bú shì zìjǐ jiā

我坐地铁去公司实习的时候，车上常常有人大声打电话，一打就是二十分钟，整个车厢都能听见。 wǒ zuò dìtiě qù gōngsī shíxí de shíhou chē shàng chángcháng yǒu rén dà shēng dǎ diànhuà yì dǎ jiùshì èrshí fēnzhōng zhěnggè chēxiāng dōu néng tīngjiàn

很多人上了一天班已经很累了，想闭上眼睛休息一会儿，却根本无法安静下来。 hěn duō rén shàng le yì tiān bān yǐjīng hěn lèi le xiǎng bì shàng yǎnjing xiūxi yíhuìr què gēnběn wúfǎ ānjìng xialai

其次，有些电话涉及个人的事，大声说出来，对自己也不好。 qícì yǒuxiē diànhuà shèjí gèrén de shì dà shēng shuō chulai duì zìjǐ yě bù hǎo

当然，我也理解，有时候的确会有急事。 dāngrán wǒ yě lǐjiě yǒu shíhou díquè huì yǒu jí shì

可是即使有急事，也可以小声说，或者到站以后再打回去。 kěshì jíshǐ yǒu jí shì yě kěyǐ xiǎo shēng shuō huòzhě dào zhàn yǐhòu zài dǎ huiqu

有人可能会说，规矩太多会让人不舒服。 yǒu rén kěnéng huì shuō guīju tài duō huì ràng rén bù shūfu

不过，如果只靠个人的素质，总有一些人不在乎别人的感受。 búguò rúguǒ zhǐ kào gèrén de sùzhì zǒng yǒu yìxiē rén bú zàihu biérén de gǎnshòu

所以，有一条明确的规矩，再加上大家互相提醒，车上的秩序才能更好。 suǒyǐ yǒu yì tiáo míngquè de guīju zài jiāshàng dàjiā hùxiāng tíxǐng chē shàng de zhìxù cáinéng gèng hǎo

总之，禁止大声打电话不是为了约束谁，而是为了让每个人都能安安静静地坐一会儿。 zǒngzhī jìnzhǐ dà shēng dǎ diànhuà bú shì wèile yuēshù shéi ér shì wèile ràng měi gè rén dōu néng ānānjìngjìng de zuò yíhuìr

I think loud phone calls should be banned on the subway and buses. First, they are public places, crowded and cramped by nature: after all, they're not your own home. When I take the subway to my internship, there's often someone shouting into a phone for twenty minutes at a time so the whole carriage can hear. After a day at work, many people are already tired and want to close their eyes and rest, but they simply can't get any quiet. Second, some calls involve personal matters, and saying them out loud isn't good for the caller either. Of course, I understand that sometimes it really is urgent. But even then you can speak quietly, or call back when you get off. Some people may say that too many rules make life uncomfortable. But if we rely only on manners, there will always be a few people who don't care how others feel. So a clear rule, plus people reminding each other, is what keeps order on board. In short, banning loud calls isn't about restricting anyone: it's so that everyone can sit quietly for a while.

good to know · One play only from today. Listen for the shape first (who, what happened, the turn, the point) and let the details hang on it. 的确 is the polite way to grant the other side before you push back: 的确会有急事，可是…… 场合 is chǎnghé (third tone), and 约束 is yuēshù: shù, not shǔ.

First passage heard only once: done. Small kindnesses, clear opinions: see you tomorrow.
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day 17 trust

Define an abstract idea with 真正的……不是……，而是……, move on to a side question with 至于……, retell an anecdote heard once, and say what real trust is.

"What is real X?" questions reward one clear definition up front. 不是……而是…… gives it in a single sentence, and 至于 lets you take up a second point without losing the thread.

words to say

word	pinyin	meaning	example
信赖	xìnlài	to trust	他是一个值得信赖的朋友。 He's a friend you can trust.
诚信	chéngxìn	honesty, integrity	做生意最重要的是诚信。 In business, integrity matters most.
承诺	chéngnuò	to promise; commitment	他承诺一定会按时完成。 He promised he'd finish on time.
欺骗	qīpiàn	to deceive	他觉得自己被朋友欺骗了，非常难过。 He felt his friend had lied to him, and was really upset.
真相	zhēnxiàng	the truth, the real story	事情的真相终于清楚了。 The truth finally came out.
误解	wùjiě	to misunderstand	你误解我的意思了。 You've misunderstood what I meant.
实话	shíhuà	the truth	说实话，我不太喜欢这部电影。 To be honest, I don't really like this film.
老实	lǎoshi	honest; well-behaved	他是个老实人，从来不骗人。 He's an honest man who never lies to anyone.
当面	dāngmiàn	face to face	有问题我们当面说清楚吧。 If there's a problem, let's talk it through face to face.
守	shǒu	to guard, stay by; to keep	他每天守在病房里照顾妈妈。 He stays in the ward every day looking after his mum.

pattern 至于…… (as for…) and 不是……，而是…… (not a but b)

真正的……　不是　what people think　，而是　what it really is　·至于　the next point，……

不是 A，而是 B corrects a common idea and puts yours in its place: the perfect first sentence for “what is real X?”. 至于 (“as for”) opens a new, related point, often one you’re less sure about or want to treat separately.

真正的信任不是从来不问，而是相信对方会说实话。 **zhēnzhèng de xìnrèn bú shì cónglái bú wèn ér shì xiāngxìn duìfāng huì shuō shíhuà** Real trust isn’t never asking: it’s believing the other person will tell the truth.

他迟到不是因为不守承诺，而是路上出了事。 **tā chídào bú shì yīnwèi bù shǒu chéngnuò ér shì lùshang chū le shì** He wasn’t late because he broke his promise, but because something happened on the way.

我相信他的能力，至于他什么时候能做完，我就不太清楚了。 **wǒ xiāngxìn tā de nénglì zhìyú tā shénme shíhou néng zuò wán wǒ jiù bú tài qīngchu le** I trust his ability; as for when he can finish, I’m not so sure.

答应的事我一定做到，至于结果怎么样，就要看大家了。 **dāying de shì wǒ yídìng zuò dào zhìyú jiéguǒ zěnmeyàng jiù yào kàn dàjiā le** I’ll definitely do what I promised; as for how it turns out, that’s up to everyone.

dialogue check or trust?

xiaoming 有个同事答应我上个星期五把他那部分做完，结果到现在还没做。
yǒu gè tóngshì dāying wǒ shàng gè xīngqīwǔ bǎ tā nà bùfen zuò wán jiéguǒ dào xiànzài hái méi zuò · A colleague promised me he’d finish his part last Friday, and it still isn’t done.

anna 你没有提前问问他进度吗?
nǐ méiyǒu tíqián wèn wen tā jìndù ma · Didn’t you check on his progress beforehand?

xiaoming 我不想问。我觉得真正的信任就是从来不怀疑别人。
wǒ bù xiǎng wèn wǒ juéde zhēnzhèng de xìnrèn jiùshì cónglái bù huáiyí biérén · I didn’t want to ask. I think real trust means never doubting people.

anna 我不太同意。信任不是什么都不问，而是问了也不伤感情。
wǒ bú tài tóngyì xìnrèn bú shì shénme dōu bú wèn ér shì wèn le yě bù shāng gǎnqíng · I don’t really agree. Trust isn’t asking nothing: it’s being able to ask without hurting the friendship.

xiaoming 可是我一问，他难道不会觉得我不信赖他吗?
kěshì wǒ yí wèn tā nándào bú huì juéde wǒ bú xìnlài tā ma · But if I ask, won’t he think I don’t trust him?

anna 如果你当面好好说，他就不会误解。至于他为什么没做完，你听他说了才知道。
rúguǒ nǐ dāngmiàn hǎohǎo shuō tā jiù bú huì wùjiě zhìyú tā wèi shénme méi zuò wán nǐ tīng tā shuō le cái zhīdào · If you talk to him nicely, face to face, he won’t take it the wrong way. As for why he hasn’t finished, you’ll only know once you hear him out.

xiaoming 好吧，下午我去找他聊聊，问问究竟是怎么回事。
hǎo ba xiàwǔ wǒ qù zhǎo tā liáo liao wèn wen jiūjìng shì zěnme huí shì · All right, I’ll go and talk to him this afternoon and ask what’s really going on.

repeat listen, then say it back

真正的信任不是从来不怀疑，而是遇到问题愿意先听对方解释。 zhēnzhèng de xìnrèn bú shì cónglái bù huáiyí ér shì yùdào wèntí yuànyì xiān tīng duìfāng jiěshì Real trust isn't never doubting: it's being willing to hear the other person out first when there's a problem.

朋友之间有什么想法，最好当面说清楚，不然很容易产生误解。 péngyou zhījiān yǒu shénme xiǎngfǎ zuìhǎo dāngmiàn shuō qīngchu bùrán hěn róngyì chǎnshēng wùjiě Between friends, it's best to say what you think clearly and face to face; otherwise misunderstandings come easily.

一个人如果总是守承诺，时间久了，大家自然就会信赖他。 yí gè rén rúguǒ zǒngshì shǒu chéngnuò shíjiān jiǔ le dàjiā zìrán jiù huì xìnlài tā If someone always keeps their promises, in time people naturally come to rely on them.

至于他当时为什么没说实话，我觉得已经不那么重要了。 zhìyú tā dāngshí wèi shénme méi shuō shíhuà wǒ juéde yǐjīng bú nàme zhòngyào le As for why he didn't tell the truth at the time, I don't think it matters that much any more.

reply answer out loud

如果朋友骗了你一次，你还会相信他吗？ rúguǒ péngyou piàn le nǐ yí cì nǐ hái huì xiāngxìn tā ma If a friend deceived you once, would you still trust them?

→ 我想我还会给他一次机会。 wǒ xiǎng wǒ hái huì gěi tā yí cì jīhuì

→ 我会先问清楚他为什么这样做，也许他有自己的难处。 wǒ huì xiān wèn qīngchu tā wèi shénme zhèyàng zuò yěxǔ tā yǒu zìjǐ de nán chù

→ 不过如果有第二次，我就很难再信赖他了。 búguò rúguǒ yǒu dì èr cì wǒ jiù hěn nán zài xìnlài tā le

为什么说实话有时候很难？ wèi shénme shuō shíhuà yǒu shíhou hěn nán Why is telling the truth sometimes hard?

→ 因为实话有时候会让人不舒服。 yīnwèi shíhuà yǒu shíhou huì ràng rén bù shūfu

→ 比如朋友穿了一件新衣服，问我好不好看，我真的不喜欢，也很难直接说。 bǐrú péngyou chuān le yí jiàn xīn yīfu wèn wǒ hǎobù hǎokàn wǒ zhēn de bù xǐhuan yě hěn nán zhíjiē shuō

→ 所以说实话也要注意方式。 suǒyǐ shuō shíhuà yě yào zhùyì fāngshì

你怎么看朋友之间借钱？ nǐ zěnme kàn péngyou zhījiān jiè qián What do you think about lending money between friends?

→ 我觉得可以借，但最好说清楚什么时候还。 wǒ juéde kěyǐ jiè dàn zuìhǎo shuō qīngchu shénme shíhou huán

→ 上次我借给朋友五百块，我们当面说好下个月还，他到时候就还了。 shàng cì wǒ jiè gěi péngyou wǔbǎi kuài wǒmen dāngmiàn shuō hǎo xià gè yuè huán tā dào shíhou jiù huán le

→ 说清楚了，反而不会伤感情。 shuō qīngchu le fǎnér bú huì shāng gǎnqíng

read aloud 110 seconds

很多人喜欢做出很大的承诺：明年一定要学会一门外语，以后一定要带父母去旅行。可是，真正让人信赖的，往往不是这些大的承诺，而是一个个被做到的小承诺。答应朋友八点见面，就八点准时出现；答应同事明天交材料，就不让对方再来催。这些事看起来很小，却最能看出一个人是否诚信。人们常说，说到就要做到。如果实在做不到，也应该提前当面说清楚，而不是找各种理由。守住一个小承诺，比说一百句好听的话更能让人放心。 hěn duō rén xǐhuan zuò chū hěn dà de chéngnuò míngnián yídìng yào xuéhuì yì mén wàiyǔ yǐhòu yídìng yào dài fùmǔ qù lǚxíng kěshì zhēnzhèng ràng rén xìnlài de wǎngwǎng bú shì zhèxiē dà de chéngnuò ér shì yí gè gè bèi zuò dào de xiǎo chéngnuò dāying péngyou bā diǎn jiànmiàn jiù bā diǎn zhǔnshí chūxiàn dāying tóngshì míngtiān jiāo cáiliào jiù bú ràng duìfāng zài lái cuī zhèxiē shì kàn qǐlai hěn xiǎo què zuì néng kàn chū yí gè rén shìfǒu chéngxìn rénmen cháng shuō shuō dào jiù yào zuò dào rúguǒ shízài zuò bu dào yě yīnggāi tíqián dāngmiàn shuō qīngchu ér bú shì zhǎo gèzhǒng lǐyóu shǒu zhù yí gè xiǎo chéngnuò bǐ shuō yìbǎi jù hǎotīng dehuà gèng néng ràng rén fàngxīn

words to watch

一门 yì mén · 当面 dāngmiàn · 答应 dāying · 一定 yídìng

talk 120 seconds

In your view, what is real trust? Talk for two minutes.

在你看来，什么是真正的信任？ zài nǐ kànlái shénme shì zhēnzhèng de xìnrèn

在我看来，真正的信任不是……，而是…… zài wǒ kànlái zhēnzhèng de xìnrèn bú shì ér shì

一方面……，另一方面…… yì fāngmiàn lìng yì fāngmiàn

至于……，我觉得…… zhìyú wǒ juéde

model answer

在我看来，真正的信任不是从来不怀疑，而是即使有怀疑，也愿意先听对方解释。 zài wǒ kànlái zhēnzhèng de xìnrèn bú shì cónglái bù huáiyí ér shì jíshǐ yǒu huáiyí yě yuànyì xiān tīng duìfāng jiěshì

一方面，信任需要时间。 yì fāngmiàn xìnrèn xūyào shíjiān

比如我刚来北京的时候谁也不认识，是小明一次又一次地帮我，我才慢慢开始信赖他。 bǐrú wǒ gāng lái Běijīng de shíhou shéi yě bú rènshi shì Xiǎomíng yí cì yòu yí cì de bāng wǒ wǒ cái màn màn kāishǐ xìnlài tā

三年下来，我们之间有任何想法都会当面说，从来不用猜。 sān nián xiàlái wǒmen zhījiān yǒu rènhé xiǎngfǎ dōu huì dāngmiàn shuō cónglái búyòng cāi

另一方面，信任也需要每个人守承诺。 lìng yì fāngmiàn xìnrèn yě xūyào měi gè rén shǒu chéngnuò

我在公司实习的时候，刘经理一开始只交给我一些小事，我每次都按时做好。 wǒ zài gōngsī shíxí de shíhou Liújīnglǐ yì kāishǐ zhǐ jiāo gěi wǒ yìxiē xiǎo shì wǒ měi cì dōu ànshí zuò hǎo

后来，她越来越认可我，交给我的事情也越来越重要了。 hòulái tā yuè lái yuè rènkě wǒ jiāo gěi wǒ de shìqing yě yuè lái yuè zhòngyào le

这让我明白，信任是靠一件件小事积累起来的。 zhè ràng wǒ míngbai xìnrèn shì kào yí jiàn jiàn xiǎo shì jīlěi qǐlai de

当然，信任也很容易被破坏，一次欺骗就可能让多年的信赖一下子没了。 dāngrán xìnrèn yě hěn róngyì bèi pòhuài yí cì qīpiàn jiù kěnéng ràng duō nián de xìnlài yíxià zi méi le

至于怎么才能重新得到别人的信任，我觉得只有一个办法：老老实实地承认错误，然后用行动证明自己。 zhìyú zěnme cáinéng chóngxīn dédào biérén de xìnrèn wǒ juéde zhǐyǒu yí gè bànfǎ lǎolǎoshishi de chéngrèn cuòwù ránhòu yòng xíngdòng zhèngmíng zìjǐ

总之，真正的信任不是一句承诺，而是两个人一起慢慢做出来的。 zǒngzhī zhēnzhèng de xìnrèn bú shì yí jù chéngnuò ér shì liǎng gè rén yìqǐ màn màn zuò chulai de

In my view, real trust isn't never having doubts: it's being willing to hear the other person out even when you do. On the one hand, trust takes time. When I first came to Beijing, for example, I didn't know anyone; it was because Xiaoming helped me again and again that I slowly came to rely on him. Three years on, whatever's on our minds we say face to face, and we never have to guess. On the other hand, trust needs everyone to keep their promises. When I started my internship, Ms Liu gave me only small tasks at first, and each time I did them well and on time. After that, she came to value my work more and more, and the tasks she gave me got more and more important. That taught me that trust is built up from small things, one by one. Of course, trust is also easily broken: a single deception can wipe out years of it in an instant. As for how to win back someone's trust, I think there's only one way: honestly admit your mistake, then prove yourself with what you do. In short, real trust isn't a promise: it's something two people build together, slowly.

good to know · Start a "what is real X?" answer with 真正的X不是……，而是……: it gives a definition and shows you've thought about the usual view. 至于 opens a side point, so put it near the end, after your main reasons. 当面 is dāngmiàn (face to face). In 当作 ("to treat as") the same character is dàng.

A definition, two sides and a conclusion: that's an idea question answered. Keep your small promises to yourself, like tomorrow's lesson.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 18 neighbours

Give practical advice with 我会建议他……, push it with 尽量 and 亲自, warn with ……，不然……, retell a short explainer about queues, and advise a friend in a quarrel with a neighbour.

Advice questions want concrete steps, not just “be nice”. 尽量 and 亲自 make each step specific, and 不然 shows why it matters.

words to say

word	pinyin	meaning	example
纠纷	jiūfēn	dispute	他们为了房子的事发生了纠纷。 They got into a dispute over the flat.
矛盾	máodùn	conflict; contradiction	邻居之间有点儿小矛盾很正常。 It’s normal for neighbours to have the odd disagreement.
沟通	gōutōng	to communicate	有问题要及时沟通。 If there’s a problem, talk about it straight away.
冲突	chōngtū	conflict; to clash	这两个会{hui4-3}的时间冲突了，我只能去一个。 The two meetings clash, so I can only go to one.
争吵	zhēngchǎo	to argue, quarrel	为了一点小事争吵，真不值得。 It’s really not worth arguing over little things.
隔壁	gébì	next door	隔壁住着一对{=pair, couple (measure word)}老夫妻。 An old couple live next door.
噪声	zàoshēng	noise	马路上的噪声太大了。 The traffic noise is terrible.
和谐	héxié	harmonious	他们一家人相处得很和谐。 The family gets along very harmoniously.
楼道	lóudào	stairwell, corridor (in a block of flats)	楼道里的灯坏了。 The light in the stairwell is broken.
邻居	línjū	neighbour	刘阿姨是我的新邻居。 Auntie Liu is my new neighbour.

pattern 尽量 (as far as possible), 亲自 (in person) and ……，不然…… (otherwise)

尽量 do it ·亲自 do it yourself ，不然 the bad result

尽量 + verb: do it as much as you possibly can. 亲自 + verb: do it yourself, in person, not through someone else. ……，不然 (or 要不然) …… adds what will happen if you don't. Together they turn vague advice into a plan: 尽量亲自去说，不然……

有问题尽量当面说，不然矛盾会越来越大。 **yǒu wèntí jǐnliàng dāngmiàn shuō bùrán máodùn huì yuè lái yuè dà** Say what the problem is face to face as far as you can, or the conflict will keep growing.

这种事你最好亲自去，打电话说不清楚。 **zhè zhǒng shì nǐ zuìhǎo qīnzì qù dǎ diànhuà shuō bu qīngchu** You'd better go in person for this kind of thing: you can't explain it properly on the phone.

晚上十点以后尽量小声一点儿，要不然隔壁会睡不着。 **wǎnshang shí diǎn yǐhòu jǐnliàng xiǎo shēng yìdiǎnr yào bùrán gébì huì shuì bu zháo** After ten at night keep the noise down as much as you can, or the people next door won't be able to sleep.

你得亲自去道歉，不然他不会原谅你的。 **nǐ děi qīnzì qù dàoqiàn bùrán tā bú huì yuánliàng nǐ de** You'll have to apologise in person, or he won't forgive you.

dialogue the boy upstairs

ms zhang 你听，楼上又在跑又在跳，都十点了！
nǐ tīng lóu shàng yòu zài pǎo yòu zài tiào dōu shí diǎn le · Listen: they're running and jumping upstairs again, and it's ten o'clock!

grandma 楼上那家的孩子才五岁，正是爱玩的时候。
lóu shàng nà jiā de háizi cái wǔ suì zhèng shì ài wán de shíhou · Their boy upstairs is only five: just the age when children love to play.

ms zhang 我明天就给物业打电话，让他们去说。
wǒ míngtiān jiù gěi wùyè dǎ diànhuà ràng tāmen qù shuō · Tomorrow I'm going to ring the building management and get them to say something.

grandma 我觉得还是亲自去比较好。找物业，人家会觉得你在找他们麻烦，矛盾反而更大。
wǒ juéde háishi qīnzì qù bǐjiào hǎo zhǎo wùyè rénjia huì juéde nǐ zài zhǎo tāmen máfan máodùn fǎnér gèng dà · I think it's better to go yourself. If you go to the management, they'll feel you're making trouble for them, and it'll make things worse.

ms zhang 可是当面说，我怕说着说着就吵起来了。
kěshì dāngmiàn shuō wǒ pà shuō zhe shuō zhe jiù chǎo qǐlai le · But face to face, I'm afraid we'll end up arguing.

grandma 那就带一点儿水果去，客客气气地说，尽量别生气。
nà jiù dài yìdiǎnr shuǐguǒ qù kèkèqiqi de shuō jǐnliàng bié shēngqì · Then take them some fruit, ask politely and try not to get angry.

ms zhang 好吧，那您陪我一起去。不然我一开口就着急。
hǎo ba nà nín péi wǒ yìqǐ qù bùrán wǒ yì kāi kǒu jiù zháojí · All right, but you come with me. Otherwise I'll lose my temper as soon as I open my mouth.

repeat listen, then say it back

邻居之间有了矛盾，最好尽量当面沟通，不然只会越来越严重。 **línjū zhījiān yǒu le máodùn zuìhǎo jǐnliàng dāngmiàn gōutōng bùrán zhǐ huì yuè lái yuè yánzhòng** When neighbours fall out, it's best to talk face to face as far as possible; otherwise it only gets worse.

楼上的噪声让他一个星期都没睡好，可是他一直不好意思去说。 **lóu shàng de zàoshēng ràng tā yí gè xīngqī dōu méi shuì hǎo kěshì tā yìzhí bù hǎoyìsi qù shuō** The noise upstairs kept him from sleeping well all week, but he felt too awkward to say anything.

这种事最好亲自去敲门，而不是在楼道里贴一张纸条。 **zhè zhǒng shì zuìhǎo qīnzì qù qiāo mén ér bú shì zài lóudào lǐ tiē yì zhāng zhǐ tiáo** With this kind of thing, it's best to knock on the door in person rather than stick a note in the stairwell.

与其在网上和邻居互相争吵，不如坐下来一起找个办法。 **yǔqí zài wǎngshang hé línjū hùxiāng zhēngchǎo bùrú zuò xialai yìqǐ zhǎo gè bànfǎ** Rather than quarrelling with your neighbours online, sit down together and find a way out.

reply answer out loud

晚上十点以后，该不该在家练钢琴？ **wǎnshang shí diǎn yǐhòu gāi bu gāi zài jiā liàn gāngqín** Should you practise the piano at home after ten at night?

→ 我觉得最好不要。 **wǒ juéde zuìhǎo búyào**

→ 我们楼的墙不太厚，钢琴的声音隔壁听得很清楚。 **wǒmen lóu de qiáng bú tài hòu gāngqín de shēngyīn gébì tīng de hěn qīngchu**

→ 实在要练，可以戴上耳机用电子钢琴。 **shízài yào liàn kěyǐ dài shàng ěrjī yòng diàn zi gāngqín**

你喜欢跟邻居很熟，还是互相不打扰？ **nǐ xǐhuan gēn línjū hěn shú háishi hùxiāng bù dǎrǎo** Do you like being close to your neighbours, or leaving each other alone?

→ 我更喜欢跟邻居熟一点儿。 **wǒ gèng xǐhuan gēn línjū shú yìdiǎnr**

→ 我一个人住，有时候出门忘了带钥匙，或者收快递，都要请邻居帮忙。 **wǒ yí gè rén zhù yǒu shíhou chūmén wàng le dài yàoshi huòzhě shōu kuàidì dōu yào qǐng línjū bāngmáng**

→ 大家熟了，住着也更放心。 **dàjiā shú le zhù zhe yě gèng fàngxīn**

如果隔壁的狗每天晚上叫，你会怎么办？ **rúguǒ gébì de gǒu měi tiān wǎnshang jiào nǐ huì zěnme bàn** If the dog next door barked every night, what would you do?

→ 我会先亲自去问问，估计狗的主人上夜班，根本不知道。 **wǒ huì xiān qīnzì qù wèn wen gūjì gǒu de zhǔrén shàng yè bān gēnběn bù zhīdào**

→ 说清楚以后，大家一起想办法。 **shuō qīngchu yǐhòu dàjiā yìqǐ xiǎng bànfǎ**

→ 要是还不行，再请物业帮忙。 **yàoshi hái bùxíng zài qǐng wùyè bāngmáng**

read aloud 110 seconds

傍晚的小区，是一天里最热闹、最温暖的时候。下班的人提着菜走进楼道，隔壁的厨房里传来炒菜的声音，窗户一个接一个地亮起了灯。楼下，几位老人坐在一起聊天，孩子们在旁边跑来跑去，时不时传来一阵笑声。邻居之间也会有矛盾，比如谁家的声音太大，谁把东西放在了楼道里。可是在这样的傍晚，大家见面笑着问一句“吃了吗”，很多不愉快就慢慢过去了。和谐并不是没有冲突，而是大家愿意互相理解。家，不只是门后面的房间，也是门外这些熟悉的声音。 bàngwǎn de xiǎoqū shì yì tiān lǐ zuì rènao zuì wēnnuǎn de shíhou xiàbān de rén tí zhe cài zǒu jìn lóudào gébì de chúfáng lǐ chuán lái chǎo cài de shēngyīn chuānghu yí gè jiē yí gè de liàng qǐ le dēng lóu xià jǐ wèi lǎorén zuò zài yìqǐ liáotiān háizimen zài pángbiān pǎo lái pǎo qù shí bùshí chuán lái yízhèn xiào shēng línjū zhījiān yě huì yǒu máodùn bǐrú shéi jiā de shēngyīn tài dà shéi bǎ dōngxi fàng zài le lóudào lǐ kěshì zài zhèyàng de bàngwǎn dàjiā jiànmiàn xiào zhe wèn yí jù chī le ma hěn duō bù yúkuài jiù màn màn guoqu le héxié bìng bú shì méiyǒu chōngtū ér shì dàjiā yuànyì hùxiāng lǐjiě jiā bù zhǐshì mén hòumiàn de fángjiān yě shì mén wài zhèxiē shúxi de shēngyīn

words to watch

冲突 chōngtū · 传来 chuán lái · 一阵 yízhèn · 熟悉 shúxi

talk 120 seconds

If a friend has fallen out with a neighbour over noise, what advice would you give? Talk for two minutes.

如果朋友和邻居因为噪声吵架了，你会给他什么建议？ rúguǒ péngyou hé línjū yīnwèi zàoshēng chǎojià le nǐ huì gěi tā shénme jiànyì

我会建议他…… wǒ huì jiànyì tā

与其……，不如…… yǔqí bùrú

尽量……，不然…… jǐnliàng bùrán

model answer

如果朋友和邻居因为噪声吵架了，我会建议他先冷静下来，再想办法好好沟通。 rúguǒ péngyou hé línjū yīnwèi zàoshēng chǎojià le wǒ huì jiànyì tā xiān lěngjìng xialai zài xiǎng bànfǎ hǎohǎo gōutōng

首先，我会让他弄清楚，噪声到底是从哪儿来的。 shǒuxiān wǒ huì ràng tā nòng qīngchu zàoshēng dàodǐ shì cóng nǎr lái de

我有个同学就跟楼上吵过好几次，后来才发现，声音其实是从隔壁的水管里传来的。 wǒ yǒu gè tóngxué jiù gēn lóu shàng chǎo guo hǎo jǐ cì hòulái cái fāxiàn shēngyīn qíshí shì cóng gébì de shuǐ guǎn lǐ chuán lái de

其次，我会建议他尽量亲自去敲门，当面说清楚。 qícì wǒ huì jiànyì tā jǐnliàng qīnzì qù qiāo mén dāngmiàn shuō qīngchu

与其在楼道里贴一张生气的纸条，不如带一点儿水果，客客气气地聊一聊。 yǔqí zài lóudào lǐ tiē yì zhāng shēngqì de zhǐ tiáo bùrú dài yìdiǎnr shuǐguǒ kèkèqiqi de liáo yi liao

很多时候，对方根本不知道自己的声音那么大，知道以后自然会注意。 hěn duō shíhou duìfāng gēnběn bù zhīdào zìjǐ de shēngyīn nàme dà zhīdào yǐhòu zìrán huì zhùyì

另外，说的时候要具体一点儿，比如“晚上十一点以后能不能小声一点儿”，不然对方不知道该怎么改。 lìngwài shuō de shíhou yào jùtǐ yìdiǎnr bǐrú wǎnshang shíyī diǎn yǐhòu néng bu néng xiǎo shēng yìdiǎnr bùrán duìfāng bù zhīdào gāi zěnme gǎi

如果这样还解决不了，要么请小区的工作人员帮忙协调，要么再找时间坐下来进行一次沟通。 rúguǒ zhèyàng hái jiějué bu liǎo yàome qǐng xiǎoqū de gōngzuò rényuán bāngmáng xiétiáo yàome zài zhǎo shíjiān zuò xialai jìnxíng yí cì gōutōng

当然，邻居之间难免会有矛盾，关键是不要让小争吵变成大纠纷。 dāngrán línjū zhījiān nánmiǎn huì yǒu máodùn guānjiàn shì búyào ràng xiǎo zhēngchǎo biànchéng dà jiūfēn

总之，我会建议他把对方当成要长期相处的人，而不是要吵赢的人。 zǒngzhī wǒ huì jiànyì tā bǎ duìfāng dàngchéng yào chángqī xiāngchǔ de rén ér bú shì yào chǎo yíng de rén

毕竟，大家每天都要见面，多沟通能促进彼此的了解，关系不好了，对谁都没有好处。 bìjìng dàjiā měi tiān dōu yào jiànmiàn duō gōutōng néng cùjìn bǐcǐ de liǎojiě guānxì bù hǎo le duì shéi dōu méiyǒu hǎochù

If a friend had fallen out with a neighbour over noise, I'd advise them to calm down first and then find a way to talk it over properly. First, I'd get them to work out where the noise is really coming from. A classmate of mine argued with the people upstairs several times, and only later found out the noise was coming from the water pipes next door. Second, I'd advise them, as far as possible, to knock on the door in person and talk it over face to face. Rather than sticking an angry note in the stairwell, take some fruit and have a polite chat. Very often the other people have no idea how loud they are, and once they know, they'll naturally be careful. Also, be specific when you ask, for example "could you keep it down after eleven at night?", or they won't know what to change. If that still doesn't solve it, either ask the compound's staff to help mediate, or find another time to sit down and talk it through. Of course, neighbours are bound to disagree sometimes; the key is not to let a small quarrel turn into a big dispute. In short, I'd advise them to see the neighbour as someone they'll live alongside for years, not

someone to win an argument against. After all, you see each other every day; talking more helps you understand each other, and a bad relationship does nobody any good.

good to know · Advice that sounds real is specific: who to talk to, when, and what to say. 尽量亲自去敲门 beats 要好好沟通. 不然 always follows the advice, never comes before it: 尽量小声一点儿，不然…… In 一阵笑声, 一 changes to yí before the fourth tone of 阵.

Specific steps, a back-up plan and a kind conclusion: that's advice worth listening to. See you tomorrow.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 19 helping

Narrate the turn in a story with 不料, show effort with 好不容易, retell a story with a point, and tell a time you helped or were helped, ending with what it taught you.

An experience answer lives or dies on its turning point. 不料 marks the moment things went differently, and 好不容易 tells the listener how hard it was.

words to say

word	pinyin	meaning	example
志愿者	zhìyuànzhě	volunteer	周末我在图书馆当志愿者。 At weekends I volunteer at the library.
公益	gōngyì	public good, charity	她经常参加公益活动，比如给山区的孩子送书。 She often does charity work, like taking books to children in the mountains.
奉献	fèngxiàn	to devote, give	王老师把一生都奉献给了教育。 Teacher Wang has given her whole life to teaching.
捐	juān	to donate	我把旧衣服捐给了需要的人。 I gave my old clothes to people who need them.
捐赠	juānzèng	to donate (things)	这家{=(measure word)}公司向学校捐赠了一百台电脑。 The company donated a hundred computers to the school.
互助	hùzhù	mutual help	小区里的老人成立了一个互助小组。 The older residents set up a mutual-help group.
自愿	zìyuàn	voluntary; of one's own will	参加这个活动完全是自愿的。 Taking part is completely voluntary.
感激	gǎnjī	grateful	我非常感激你那时候帮了我。 I'm so grateful you helped me back then.
回报	huíbào	to repay; return	父母为我们付出了很多，我们应该好好回报他们。 Our parents gave us so much; we should repay them.
热心	rèxīn	warm-hearted, eager to help	邻居们都很热心，常常帮我拿包裹。 The neighbours are all so kind. They often take in my parcels.
善良	shànliáng	kind-hearted	他是一个很善良的人，总是帮助别人。 He's a kind man who's always helping others.

pattern 不料 (unexpectedly, but then) and 好不容易 (at long last, with great difficulty)

what you expected, **不料** **what actually happened** **·好不容易** **才** **a hard-won result**

不料 opens the turn of a story: you expected one thing, "but then, unexpectedly" something else. 好不容易 (or 好容易, the same meaning) + 才 + verb says something finally happened after a lot of effort. Both are written-style narrative words that make a spoken story sound vivid.

我们准备了一百份饭，不料来了两百个人。 **wǒmen zhǔnbèi le yìbǎi fèn fàn búliào lái le liǎngbǎi gèrén** We made a hundred meals, but two hundred people came.

他好不容易才找到那位帮过他的人。 **tā hǎobù róngyì cái zhǎo dào nà wèi bāng guo tā de rén** After a long search he finally found the person who had helped him.

那天下着大雨，不料还是有很多志愿者来了。 **nà tiān xià zhe dà yǔ búliào háishi yǒu hěn duō zhìyuànzhě lái le** It was pouring that day, yet to our surprise lots of volunteers still came.

我们好不容易把活动办起来，大家都很高兴。 **wǒmen hǎobù róngyì bǎ huódòng bàn qǐlai dàjiā dōu hěn gāoxìng** After a lot of work we finally got the event going, and everyone was delighted.

dialogue boxes of clothes

xiaoming 奶奶，您家里怎么这么多箱子？
nǎinai nín jiā lǐ zěnme zhème duō xiāngzi · Grandma, why are there so many boxes in your flat?

grandma 这是邻居们捐赠的衣服和书。下个星期六的公益活动，我们要送给需要的人。
zhè shì línjūmen juānzèng de yīfu hé shū xià gè xīngqīliù de gōngyì huódòng wǒmen yào sòng gěi xūyào de rén · Clothes and books the neighbours have donated. We're giving them to people who need them at next Saturday's charity event.

xiaoming 这么麻烦！在网上捐钱多方便，点一下就行了。
zhème máfan zài wǎngshang juān qián duō fāngbiàn diǎn yíxià jiù xíng le · What a lot of trouble! Donating money online is so much easier: one tap and it's done.

grandma 网上捐钱也好，可是我觉得，亲手把东西交给别人，意义不一样。
wǎngshang juān qián yěhǎo kěshì wǒ juéde qīn shǒu bǎ dōngxi jiāo gěi biérén yìyì bù yíyàng · Donating online is fine too, but I feel that handing things to people yourself means something different.

xiaoming 有什么不一样？钱到了，东西不也能买到吗？
yǒu shénme bù yíyàng qián dào le dōngxi bù yě néng mǎi dào ma · What's different? Once the money arrives, they can buy the things, can't they?

grandma 你见过他们收到东西时候的样子吗？那种感激，在手机上是看不到的。
nǐ jiàn guo tāmen shōudào dōngxi shíhou de yàngzi ma nà zhǒng gǎnjī zài shǒujī shàng shì kàn bu dào de · Have you ever seen their faces when they receive the things? You don't see that kind of gratitude on a phone.

xiaoming 那倒也是。好吧，星期六我也去帮您搬箱子。
nà dào yě shì hǎo ba xīngqīliù wǒ yě qù bāng nín bān xiāngzi · That's true, I suppose. All right, on Saturday I'll come and help you carry the boxes.

repeat listen, then say it back

他本来以为没人会来帮忙，不料第二天来了二十多个邻居。 tā běnlái yǐwéi méi rén huì lái bāngmáng búliào dì èr tiān lái le èrshí duō gè línjū He thought nobody would come to help, but the next day more than twenty neighbours turned up.

大家好不容易才把店里的水弄干净，第二天又开门了。 dàjiā hǎobù róngyì cái bǎ diàn lǐ de shuǐ nòng gānjìng dì èr tiān yòu kāi mén le After a lot of work everyone finally cleared the water out of the shop, and it opened again the next day.

很多志愿者是自愿来的，他们帮助别人，并不是为了回报。 hěn duō zhìyuànzhě shì zìyuàn lái de tāmen bāngzhù biérén bìng bú shì wèile huíbào Many volunteers come of their own accord: they help others not for anything in return.

我一直很感激那位老师，是她让我明白了什么是善良。 wǒ yìzhí hěn gǎnjī nà wèi lǎoshī shì tā ràng wǒ míngbai le shénme shì shànliáng I've always been grateful to that teacher: she showed me what kindness is.

reply answer out loud

为什么有的人愿意做志愿者？ wèi shénme yǒude rén yuànyì zuò zhìyuànzhě Why are some people willing to be volunteers?

→ 我觉得做志愿者不只是奉献，帮助别人也能让自己快乐。 wǒ juéde zuò zhìyuànzhě bù zhǐshì fèngxiàn bāngzhù biérén yě néng ràng zìjǐ kuàilè

→ 比如我的一个朋友每个月去教孩子画画，她说那是她一个月里最开心的一天。 bǐrú wǒ de yí gè péngyou měi gè yuè qù jiāo háizi huà huà tā shuō nà shì tā yí gè yuè lǐ zuì kāixīn de yì tiān

→ 而且做志愿者还能认识很多新朋友。 érqiě zuò zhìyuànzhě hái néng rènshi hěn duō xīn péngyou

你怎么看在网上捐钱？ nǐ zěnme kàn zài wǎngshang juān qián What do you think of donating money online?

→ 我觉得很方便，也是一种好办法。 wǒ juéde hěn fāngbiàn yě shì yì zhǒng hǎo bànfǎ

→ 不过捐以前最好查一查，这个平台可靠不可靠。 búguò juān yǐqián zuìhǎo chá yi cha zhège píngtái kěkào bù kěkào

→ 目前我只给自己了解的公益组织捐钱。 mùqián wǒ zhǐ gěi zìjǐ liǎojiě de gōngyì zǔzhī juān qián

学生该不该参加公益活动？ xuéshēng gāi bu gāi cānjiā gōngyì huódòng Should students take part in charity and community work?

→ 我认为应该，但最好是自愿的。 wǒ rènwéi yīnggāi dàn zuìhǎo shì zìyuàn de

→ 参加公益活动，学生能看到书本以外的社会。 cānjiā gōngyì huódòng xuéshēng néng kàn dào shū běn yǐwài de shèhuì

→ 可是如果学校规定必须参加，有的学生就只是为了完成任务了。 kěshì rúguǒ xuéxiào guīdìng bìxū cānjiā yǒude xuéshēng jiù zhǐshì wèile wánchéng rènwu le

read aloud 110 seconds

上个星期六，我第一次去养老院做志愿者。出发以前，我有点儿紧张，不知道该跟老人们聊些什么。不料一进门，一位老太太就拉着我的手，问我吃早饭了没有。那天上午，我们一起包饺子，一起唱老歌。有位爷爷以前是音乐老师，他坐在钢琴前，弹了一首又一首。快走的时候，那位老太太把一个苹果塞到我手里，说下次一定要再来。回家的路上，我一直在想：我本来是去帮助别人的，结果却收到了这么多温暖。也许善良就是这样，你给出去一点，它会用另一种方式回报你。 shàng gè xīngqīliù wǒ dì yī cì qù yǎnglǎoyuàn zuò zhìyuànzhě chūfā yǐqián wǒ yǒudiǎnr jǐnzhāng bù zhīdào gāi gēn lǎorénmen liáo xiē shénme búliào yí jìn mén yí wèi lǎotàitai jiù lā zhe wǒ de shǒu wèn wǒ chī zǎofàn le méiyǒu nà tiān shàngwǔ wǒmen yìqǐ bāo jiǎozi yìqǐ chàng lǎo gē yǒu wèi yéye yǐqián shì yīnyuè lǎoshī tā zuò zài gāngqín qián tán le yì shǒu yòu yì shǒu kuài zǒu de shíhou nà wèi lǎotàitai bǎ yí gè píngguǒ sāi dào wǒ shǒu lǐ shuō xià cì yídìng yào zài lái huí jiā de lùshang wǒ yìzhí zài xiǎng wǒ běnlái shì qù bāngzhù biérén de jiéguǒ què shōudào le zhème duō wēnnuǎn yěxǔ shànliáng jiùshì zhèyàng nǐ gěi chuqu yìdiǎn tā huì yòng lìng yì zhǒng fāngshì huíbào nǐ

words to watch

音乐 yīnyuè · 弹 tán · 一首 yì shǒu · 塞 sāi

talk 120 seconds

Tell us about a time you helped someone or someone helped you. What did it teach you? Talk for two minutes.

说说一次你帮助别人或者被别人帮助的经历。这件事让你明白了什么？ shuō shuo yí cì nǐ bāngzhù biérén huòzhě bèi biérén bāngzhù de jīnglì zhè jiàn shì ràng nǐ míngbai le shénme

那是……的时候，不料…… nà shì de shíhou búliào

好不容易……，结果…… hǎobù róngyì jiéguǒ

这件事让我明白了…… zhè jiàn shì ràng wǒ míngbai le

model answer

那是我刚来北京的第一个星期的时候。 nà shì wǒ gāng lái Běijīng de dì yī gè xīngqī de shíhou

有一天，我一个人去银行办卡，办完以后已经快天黑了，不料手机也没电了。 yǒu yì tiān wǒ yí gè rén qù yínháng bàn kǎ bàn wán yǐhòu yǐjīng kuài tiān hēi le búliào shǒujī yě méi diàn le

那时候我的中文水平还很低，问了好几个人，可是怎么也说不清楚自己要去哪儿。 nà shíhou wǒ de Zhōngwén shuǐpíng hái hěn dī wèn le hǎo jǐ gè rén kěshì zěnme yě shuō bu qīngchu zìjǐ yào qù nǎr

我站在路边，心里特别着急，差点儿哭了。 wǒ zhàn zài lùbiān xīnlǐ tèbié zháojí chàdiǎnr kū le

这时候，一位阿姨走过来，问我是不是需要帮忙。 zhè shíhou yí wèi āyí zǒu guolai wèn wǒ shì bu shì xūyào bāngmáng

她听说我找不到学校，就热心地带着我走了二十多分钟，一直把我送到学校门口。 tā tīngshuō wǒ zhǎo bu dào xuéxiào jiù rèxīn de dài zhe wǒ zǒu le èrshí duō fēnzhōng yìzhí bǎ wǒ sòng dào xuéxiào ménkǒu

我好不容易才用中文说了一句“谢谢”，想请她喝杯咖啡，她笑着摆摆手就走了。 wǒ hǎobù róngyì cái yòng Zhōngwén shuō le yí jù xièxie xiǎng qǐng tā hē bēi kāfēi tā xiào zhe bǎi bai shǒu jiù zǒu le

后来，我再也没有遇见过她，可是我一直很感激她。 hòulái wǒ zài yě méiyǒu yùjiàn guo tā kěshì wǒ yìzhí hěn gǎnjī tā

这件事让我明白了，对于一个刚到陌生城市的人来说，一点儿热心可能就是很大的帮助。 zhè jiàn shì ràng wǒ míngbai le duìyú yí gè gāng dào mòshēng chéngshì de rén lái shuō yìdiǎnr rèxīn kěnéng jiùshì hěn dà de bāngzhù

自从那以后，我在路上看到有人着急找路，特别是外国人，也会主动问一句：“需要帮忙吗？” zìcóng nà yǐhòu wǒ zài lùshang kàn dào yǒu rén zháojí zhǎo lù tèbié shì wàiguó rén yě huì zhǔdòng wèn yí jù xūyào bāngmáng ma

我觉得，人和人之间的互助，就是这样传下去的。 wǒ juéde rén hé rén zhījiān de hùzhù jiùshì zhèyàng chuán xiaqu de

It was during my very first week in Beijing. One day I went to a bank on my own to open an account; by the time I'd finished it was nearly dark, and then, to make things worse, my phone died. My Chinese was still at a very low level then; I asked several people, but however hard I tried, I couldn't make clear where I wanted to go. I stood by the road, terribly anxious, nearly in tears. Just then a woman came over and asked if I needed help. When she heard I couldn't find my university, she kindly walked with me for more than twenty minutes, all the way to the university gate. With a struggle I managed to say "thank you" in Chinese and wanted to buy her a coffee, but she just smiled, waved it away and left. I never ran into her again, but I've always been grateful to her. That taught me that for someone who has just arrived in a strange city, a little warm-heartedness can be a very big help. Ever since, whenever I see someone anxiously trying to find their way, especially a foreigner, I ask them: "Do you need help?" I think that's how people helping each other gets passed on.

good to know · Put 不料 right where the story turns, and pause a little before it: listeners hear that something is about to change. 好不容易 and 好容易 mean the same thing ("with great difficulty"). Add 才 before the verb: 好不容易才找到. 弹钢琴 is tán gāngqín. The same character is dàn in 子弹 (a bullet), a word you won't need here.

A scene, a turn, an ending and a lesson: that's a story worth hearing. See you tomorrow for the volunteer day.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 20 mission: the volunteer day

Retell an anecdote and an explainer heard once, prepare for five minutes, read a passage about neighbours aloud, then answer two questions in a row: weigh two views on helping strangers, and plan an event where you live.

This is the real test's order in miniature: passages first, then a timed preparation with an outline on paper, then the reading and two long answers.

chapter 1 grandma's plan

grandma 这个星期六，我想发起一个志愿者日，把院子打扫干净，再办一个换书活动。
zhège xīngqīliù wǒ xiǎng fāqǐ yí gè zhìyuànzhě rì bǎ yuànzi dǎsǎo gānjìng zài bàn yí gè huàn shū huódòng · This Saturday I want to start a volunteer day: clean up the courtyard, and hold a book swap too.

little sister 奶奶，社区里的人会来吗？好多居民我都不认识。
nǎinai shèqū lǐ de rén huì lái ma hǎoduō jūmín wǒ dōu bú rènshi · Grandma, will people in the neighbourhood come? I don't even know lots of the residents.

grandma 所以要号召大家参与啊。你画画好，能不能帮我做几张漂亮的通知？
suǒyǐ yào hàozhào dàjiā cānyù a nǐ huà huà hǎo néng bu néng bāng wǒ zuò jǐ zhāng piàoliang de tōngzhī · That's why we need to call on everyone to join in. You're good at drawing: could you make me a few nice notices?

little sister 没问题！我今天晚上就做，明天贴在每个楼道里。
méi wèntí wǒ jīntiān wǎnshang jiù zuò míngtiān tiē zài měi gè lóudào lǐ · No problem! I'll make them tonight and put them up in every stairwell tomorrow.

anna 奶奶，我也来帮忙。我可以给小朋友们教几首英国的歌。
nǎinai wǒ yě lái bāngmáng wǒ kěyǐ gěi xiǎopéngyǒumen jiāo jǐ shǒu Yīngguó de gē · Grandma, I'll help too. I can teach the little ones a few English songs.

grandma 太好了！有孩子，大人就一定会来。
tài hǎo le yǒu háizi dàren jiù yídìng huì lái · Wonderful! Where the children go, the grown-ups are sure to follow.

chapter 2 saturday in the courtyard

xiaoming 没想到来了这么多人！连楼上那位从来不说话的先生都来了。
méi xiǎng dào lái le zhème duō rén lián lóu shàng nà wèi cónglái bù shuōhuà de xiānsheng dōu lái le · I never expected so many people! Even the man upstairs who never talks to anyone came.

anna 他刚才拿来了一大堆书，说是他女儿小时候看的。
tā gāngcái ná lái le yí dà duī shū shuō shì tā nǚér xiǎoshíhou kàn de · He's just brought a big pile of books: he said his daughter read them when she was little.

xiaoming 你看，几个小朋友已经坐在那儿看起书来了。
nǐ kàn jǐ gè xiǎopéngyǒu yǐjīng zuò zài nàr kàn qǐ shū lái le · Look, some of the kids are already sitting there reading them.

anna 等他们看完，我就教他们唱歌。
děng tāmen kàn wán wǒ jiù jiāo tāmen chàng gē · When they've finished, I'll teach them to sing.

xiaoming 我去帮奶奶搬桌子。一个人的力量很小，大家一起就不一样了。
wǒ qù bāng nǎinai bān zhuōzi yí gè rén de lìliàng hěn xiǎo dàjiā yìqǐ jiù bù yíyàng le · I'll go and help Grandma carry the tables. One person can't do much, but together it's different.

anna 是啊，这就叫团结！
shì a zhè jiù jiào tuánjié · Exactly: that's what pulling together means!

chapter 3 a dinner every month

ms zhang 妈妈，今天的活动办得真好！大家都说下次还要来。
māma jīntiān de huódòng bàn de zhēn hǎo dàjiā dōu shuō xià cì hái yào lái · Mum, today's event went really well! Everyone says they'll come next time.

grandma 刚才几家邻居跟我商量，以后每个月一起吃一次饭。
gāngcái jǐ jiā línjū gēn wǒ shāngliang yǐhòu měi gè yuè yìqǐ chī yí cì fàn · Just now a few neighbours suggested we all have dinner together once a month from now on.

dr li 这个主意不错。每家带一个菜，就是一顿热热闹闹的集体晚饭。
zhège zhǔyi búcuò měi jiā dài yí gè cài jiùshì yí dùn rèrènaonao de jítǐ wǎnfàn · That's a good idea. If every family brings a dish, it's a lively dinner for the whole compound.

anna 那我第一次就做英国菜，让大家尝一尝。
nà wǒ dì yī cì jiù zuò Yīngguó cài ràng dàjiā cháng yi chang · Then for the first one I'll make a British dish so everyone can try it.

grandma 我们这个小区住了几十年，今天才像一个真正的大家庭。
wǒmen zhège xiǎoqū zhù le jǐ shí nián jīntiān cái xiàng yí gè zhēnzhèng de dà jiātíng · We've lived in this compound for decades, and only today does it feel like a real big family.

read aloud 110 seconds

小时候，我以为家就是爸爸妈妈和自己。长大以后搬了几次家，我才慢慢明白，家还包括住在隔壁的人。是他们在你出差的时候帮你收快递，在你忘带钥匙的时候让你在他们家等一会儿，也是他们在楼道里跟你打招呼，让一个陌生的城市变得熟悉。现在很多人住在高楼里，家家户户都关着门，有人住了好几年，还不知道对门的邻居姓什么。其实，邻居之间不需要多么亲密，一句“你好”、一次帮忙就够了。和谐的社区不是盖好房子就有的，而是住在里面的人慢慢相处的结果。 xiǎoshíhou wǒ yǐwéi jiā jiùshì bàba māma hé zìjǐ zhǎng dà yǐhòu bān le jǐ cì jiā wǒ cái màn màn míngbai jiā hái bāokuò zhù zài gébì de rén shì tāmen zài nǐ chūchāi de shíhou bāng nǐ shōu kuàidì zài nǐ wàng dài yàoshi de shíhou ràng nǐ zài tāmen jiā děng yíhuìr yě shì tāmen zài lóudào lǐ gēn nǐ dǎ zhāohu ràng yí gè mòshēng de chéngshì biàn de shúxi xiànzài hěn duō rén zhù zài gāo lóu lǐ jiājiāhùhù dōu guān zhe mén yǒu rén zhù le hǎo jǐ nián hái bù zhīdào duì mén de línjū xìng shénme qíshí línjū zhījiān bù xūyào duōme qīnmì yí jù nǐhǎo yí cì bāngmáng jiù gòu le héxié de shèqū bú shì gài hǎo fángzi jiù yǒu de ér shì zhù zài lǐmiàn de rén màn màn xiāngchǔ de jiéguǒ

words to watch

邻居 línjū · 出差 chūchāi · 相处 xiāngchǔ · 长大 zhǎng dà

talk 120 seconds

Some say we should always help strangers; others say we should protect ourselves first. What do you think? Talk for two minutes.

有人认为应该随时帮助陌生人，也有人认为帮助陌生人以前要先保护好自己。你怎么看？ yǒu rén rènwéi yīnggāi suíshí bāngzhù mòshēng rén yě yǒu rén rènwéi bāngzhù mòshēng rén yǐqián yào xiān bǎohù hǎo zìjǐ nǐ zěnme kàn

我比较同意……，虽……，但…… wǒ bǐjiào tóngyì suī dàn

不过，我们也不能忽视…… búguò wǒmen yě bù néng hūshì

model answer

我比较同意第二种看法，不过我觉得，这两种看法其实并不矛盾。 wǒ bǐjiào tóngyì dì èr zhǒng kànfǎ búguò wǒ juéde zhè liǎng zhǒng kànfǎ qíshí bìng bù máodùn

帮助陌生人当然是好事。 bāngzhù mòshēng rén dāngrán shì hǎo shì

我刚来北京的时候，就是一位不认识的阿姨把我送回了学校，我到现在还很感激她，所以只要有能力，我们就应该帮一把。 wǒ gāng lái Běijīng de shíhou jiùshì yí wèi bú rènshi de āyí bǎ wǒ sòng huí le xuéxiào wǒ dào xiànzài hái hěn gǎnjī tā suǒyǐ zhǐyào yǒu nénglì wǒmen jiù yīnggāi bāng yì bǎ

但是，帮助别人以前，先保护好自己也很重要。 dànshì bāngzhù biérén yǐqián xiān bǎohù hǎo zìjǐ yě hěn zhòngyào

比如晚上一个人走在路上，有陌生人说手机没电了，要借你的手机，你就要小心一点儿。 bǐrú wǎnshang yí gè rén zǒu zài lùshang yǒu mòshēng rén shuō shǒujī méi diàn le yào jiè nǐ de shǒujī nǐ jiù yào xiǎoxīn yìdiǎnr

这种情况下，与其把手机交给他，不如帮他打个电话，或者带他去附近的商店。 zhè zhǒng qíngkuàng xià yǔqí bǎ shǒujī jiāo gěi tā bùrú bāng tā dǎ gè diànhuà huòzhě dài tā qù fùjìn de shāngdiàn

这样做虽麻烦一点儿，但既帮了别人，又保护了自己。 zhèyàng zuò suī máfan yìdiǎnr dàn jì bāng le biérén yòu bǎohù le zìjǐ

还有，有些忙我们帮不了，比如有人落水了，不会游泳的人就算再着急，也不应该自己跳下去，而应该马上打电话叫人。 hái yǒu yǒuxiē máng wǒmen bāng bu liǎo bǐrú yǒu rén luò shuǐ le bú huì yóuyǒng de rén jiùsuàn zài zháojí yě bù yīnggāi zìjǐ tiào xiaqu ér yīnggāi mǎshàng dǎ diànhuà jiào rén

不过，我们也不能忽视另一个问题：如果大家都因为怕被欺骗就对陌生人冷冰冰的，人和人之间就没有信赖了，这个社会也会越来越冷。 búguò wǒmen yě bù néng hūshì lìng yí gè wèntí rúguǒ dàjiā dōu yīnwèi pà bèi qīpiàn jiù duì mòshēng rén lěng bīng bīng de rén hé rén zhījiān jiù méiyǒu xìnlài le zhège shèhuì yě huì yuè lái yuè lěng

总之，我认为善良和小心可以同时做到，关键是用对方法。 zǒngzhī wǒ rènwéi shànliáng hé xiǎoxīn kěyǐ tóngshí zuò dào guānjiàn shì yòng duì fāngfǎ

I agree more with the second view, but I think the two views don't really contradict each other. Helping strangers is of course a good thing. When I first came to Beijing, it was a woman I didn't know who got me back to my university, and I'm still grateful to her, so as long as we're able to, we should lend a hand. But before helping others, protecting yourself matters too. Say you're walking alone at night and a stranger says their phone is dead and asks to borrow yours: you need to be a bit careful. In a case like that, rather than handing over your phone, you could make the call for them, or take them to a shop nearby. It's a bit more trouble, but you've helped them and protected yourself. Also, there are some kinds of help we can't give: if someone falls into the water, a person who can't swim, however anxious, shouldn't jump in, but should call for help at once. Still, we can't ignore the other side: if everyone turned cold towards strangers for fear of being cheated, there would be no trust between people, and society would grow colder and colder. In short, I think we can be kind and careful at the same time; the key is doing it the right way.

talk 120 seconds

If you were organising an event where you live, how would you plan it? Talk for two minutes.

如果你要在你住的小区组织一次活动，你打算怎么安排？ rúguǒ nǐ yào zài nǐ zhù de xiǎoqū zǔzhī yí cì huódòng nǐ dǎsuàn zěnme ānpái

首先……，接着……，最后…… shǒuxiān jiēzhe zuìhòu

之所以……，是因为…… zhīsuǒyǐ shì yīnwèi

model answer

如果我要在我住的小区组织一次活动，我打算办一个邻居美食节。 rúguǒ wǒ yào zài wǒ zhù de xiǎoqū zǔzhī yí cì huódòng wǒ dǎsuàn bàn yí gè línjū měishí jié

之所以选美食，是因为美食最容易让陌生人聊起来。 zhīsuǒyǐ xuǎn měishí shì yīnwèi měishí zuì róngyì ràng mòshēng rén liáo qǐlai

首先，我会在楼道和小区门口贴通知，再在小区的群里发消息，号召大家自愿报名参加。 shǒuxiān wǒ huì zài lóudào hé xiǎoqū ménkǒu tiē tōngzhī zài zài xiǎoqū de qún lǐ fā xiāoxi hàozhào dàjiā zìyuàn bàomíng cānjiā

每家只要带一个自己最会做的菜就可以了。 měi jiā zhǐyào dài yí gè zìjǐ zuì huì zuò de cài jiù kěyǐ le

接着，我会找几个热心的志愿者一起准备，有人负责借桌子，有人负责维持秩序，有人负责照顾孩子，每个人都有自己的角色。 jiēzhe wǒ huì zhǎo jǐ gè rèxīn de zhìyuànzhě yìqǐ zhǔnbèi yǒu rén fùzé jiè zhuōzi yǒu rén fùzé wéichí zhìxù yǒu rén fùzé zhàogù háizi měi gè rén dōu yǒu zìjǐ de juésè

活动那天，大家可以一边吃一边介绍自己家的菜，我也会做几个英国菜，让邻居们尝一尝。 huódòng nà tiān dàjiā kěyǐ yìbiān chī yìbiān jièshào zìjǐ jiā de cài wǒ yě huì zuò jǐ gè Yīngguó cài ràng línjūmen cháng yi chang

大家只要遵守一个规矩：吃完以后，把自己的东西带走，把公共的地方打扫干净。 dàjiā zhǐyào zūnshǒu yí gè guīju chī wán yǐhòu bǎ zìjǐ de dōngxi dài zǒu bǎ gōnggòng de dìfang dǎsǎo gānjìng

我还会带上相机，给每家拍一张照片。 wǒ hái huì dài shàng xiàngjī gěi měi jiā pāi yì zhāng zhàopiàn

最后，活动结束以后，我会把照片打印出来，贴在小区门口。 zuìhòu huódòng jiéshù yǐhòu wǒ huì bǎ zhàopiàn dǎyìn chulai tiē zài xiǎoqū ménkǒu

这样，就算有人那天没来参与，也能看到大家开心的样子，下次说不定就会来了。 zhèyàng jiùsuàn yǒu rén nà tiān méi lái cānyù yě néng kàn dào dàjiā kāixīn de yàngzi xià cì shuōbudìng jiù huì lái le

总之，我希望通过这次活动，让邻居之间多一些沟通，不再只是住在隔壁的陌生人。 zǒngzhī wǒ xīwàng tōngguò zhè cì huódòng ràng línjū zhījiān duō yìxiē gōutōng bú zài zhǐshì zhù zài gébì de mòshēng rén

If I were organising an event where I live, I'd hold a neighbours' food festival. The reason I'd choose food is that it's the easiest way to get strangers talking. First, I'd put up notices in the stairwells and at the gate of the compound, and post a message in the compound's group chat calling on anyone who'd like to come to sign up. Each family would only need to bring the dish they cook best. Next, I'd find a few warm-hearted volunteers to help prepare: someone to borrow tables, someone to keep order, someone to look after the children; everyone would have their own role. On the day, everyone could eat and tell the others about their family's dish, and I'd make a few British dishes for the neighbours to try. There'd be just one rule for everyone to follow: when you've eaten, take your things home and leave the shared space clean. I'd also bring my camera and take a photo of each family. Finally, after the event, I'd print the photos and put them up at the compound gate. That way, even people who didn't take part that day could see how happy everyone was, and next time they might come along. In short, I hope an event like this would get neighbours talking more, so they're no longer just strangers living next door.

Two retells, a timed preparation, a reading and two answers: that's the test's order, and you got through it. Unit 4 done.
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