



DON'T
BE SHY

周建华◎著

JUST
SAY HI!

与老外 交朋友

【美】周树华◎著
Joshua Ogden-Davis

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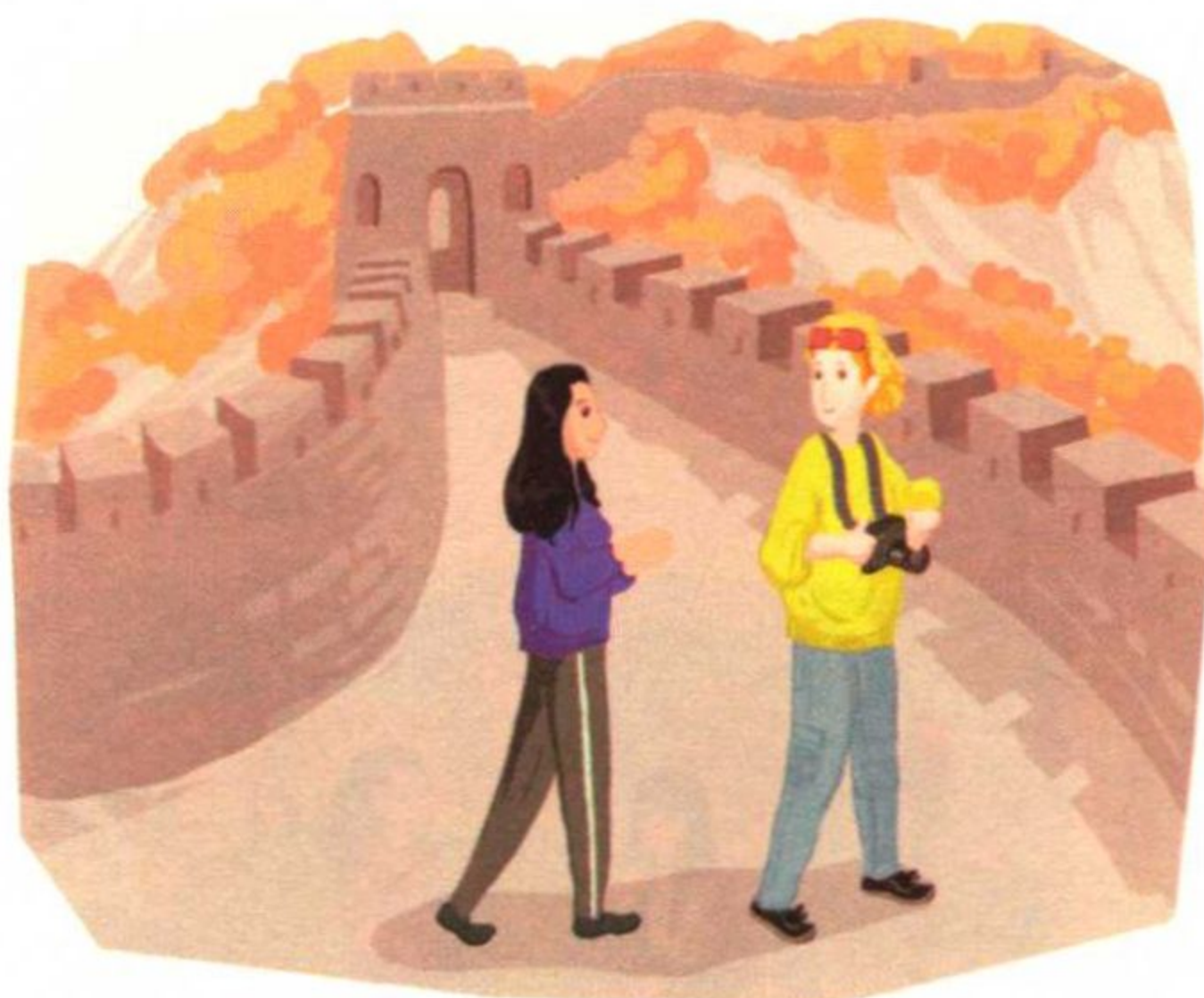
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Our Story 我们的故事



Josh's Story: I've Done What You're Trying to Do

Josh 的故事：今天的我可能就是明天的你



扫码听录音

Hi! I'm Josh. My Chinese name is Zhou Shuhua (周树华).

I'm from Texas, USA.

I'm 1.92 meters tall.

I don't play basketball. I don't have a girlfriend.

I do like Chinese food.

I don't have a gun.

Do you think sharing these facts is the best way to introduce myself? I don't. So, why did I tell you these facts? I told you because these are the questions that people often ask me when they meet me.

Yes, it's true! Many people ask me if I have a girlfriend the first time we meet. Come on, people! Being single is hard enough already! I don't need you to remind me about it ten times a day!

Lots of Chinese people want to make friends with foreigners. They want to improve their English and learn more about the world. That's great! However, making friends with foreigners can be hard. It's not as easy as just asking all of those simple questions!

Making Friends with Foreigners: From the Foreigner's Side

与老外交朋友：从老外的角度看

I moved to China seven years ago. I couldn't speak any Chinese. I lived far outside of Guangzhou, so language was a big problem. Going shopping, going to the bank, and even going to a restaurant was difficult. Making a good friend or having a great conversation was impossible!

Even though I didn't have many friends, the people around me were all very warm. Every day someone would see me on the street and say, "Hi! Nice to meet you!" At first, I got excited when people talked to me. I thought, "I might make a new friend!" However, those conversations never became friendships. The conversations were just so... boring.

Soon, I started to be afraid of those people! When someone said, "Hi! Nice to meet you!" I would think, "Oh, no! Not again!" I stopped smiling at strangers. I started wearing headphones all the time. Sometimes, I pretended I couldn't speak English!

My American friends had the same problem. Most of us were teachers, and we worked hard in classrooms and in English Corners. When Chinese students tried to get free conversation practice from us on the street, we felt like we were working for free. Most of us hated it!

My friend Bryce had a funny habit. If a stranger said “Hi!” to him on the street, he would always say, “English practice is 150 per hour. Please pay first!” I thought this was funny, but I also knew that there was a problem. Those people were not trying to be rude. They just wanted to learn, but they did not know how to make friends with foreigners successfully!

I wanted to help those Chinese English learners, because I had exactly the same problem. You see, while you were trying to learn English, I was also trying to learn Chinese. Just like you, I also needed some help!

A Foreigner Tries to Learn Chinese

老外尝试学汉语

Chinese was not the first language I tried to learn. In America, I studied Spanish for five years. I could pass the tests, but I couldn't communicate. I thought I had no talent for languages.

When I came to China, I studied Chinese every night in my office at the school. Every night, I could see my students studying in their classrooms as well. I felt like we were working hard together, but we had the same problem: we could not communicate well.

Why couldn't we communicate? What was the problem?

Communication seemed impossible. My American friends in Guangzhou told me, “Chinese is so hard! You’ll never learn it. Don’t waste your time!”

I made a decision. I did something surprising. I did something not very inspiring: I gave up. Instead of staying in my office every night, I went out and walked around the city. I went to new places. I talked to people. I made new friends.

And then, something amazing happened: my Chinese communication started to get better!

That’s right. My Chinese got better after I gave up. That’s because when I stopped **studying** Chinese, I started **using** Chinese! I would use Chinese with people on the street. I would use Chinese with my new Chinese friends. I would use Chinese at every opportunity. That’s when I learned something important:

Language is not something to be studied. It’s something to be used.

语言不是用来研究的，而是用来交流的。

Language is alive. Words and grammar are like a body, but if you do not use it, the body will have no soul! You have to use the language in your daily life. Speaking Chinese in Chinese class or Chinese Corners was not enough. I had to use it in my real life, with my real friends.

This changed my life. I became crazy about using Chinese. I tried to make as many friends as possible. When I met Daniel, I knew that

he also understood this. He always teaches his students that “English isn’t about passing a test. It’s about communication!”

Daniel understood what I wanted to do. He helped me find a new job in a Chinese company, where I had to speak Chinese every day. The job was at a small company in a small town, and it was perfect. My other friends could not understand why I wanted to leave my comfortable life in Guangzhou, but I didn’t care. I knew what I needed to do.

My Chinese got better very quickly. After just one year, I found a better job at a Chinese company in Beijing. I translate and interpret every day. I have more Chinese friends. More importantly, I speak more Chinese than English in my everyday life.

The last time I visited Guangzhou, my old friends were amazed. “How did your Chinese get so good? Where did you study?” I just looked around the room and said, “The world is your classroom!”

Now, I want to help you do what I’ve done! I want to teach you how to use friendship to change your life. I hope that someday you can tell me the story of how you mastered English!

Daniel's Story: I've Been Where You Are Now

Daniel 的故事：昨天的我可能就是今天的你



An Amazing American Journey

神奇的美国之旅

Bob: Daniel, Tom 已经和我提到你好几次了，你来过凤凰城吗？

Daniel: 没有，这是我第一次来，而且也是我第一次在美国参加朋友的生日 party。Bob, 你去过中国吗？

Bob: Tom 每次去中国都会和我们分享他在中国的神奇之旅。我很想去，可是我太太她……

Daniel: 在中国有这样一句俗语——“不到长城非好汉”，意思就是，你没有去过长城的话，就不算是一个真正的男人。我在中国等着你！(In China, we say “bu dao chang cheng fei hao han”. It means that if you haven't been to the Great Wall, you're not a real man. I'll be waiting for you in China!)

Bob: Tom, 明年你去中国记得提前告诉我。我和 Daniel 有个约定，明年一起去爬长城。

Daniel: 就这样定了！在中国喝酒有这样一句话：感情浅，舔一舔；感情深，一口闷！意思就是，如果我们交情一般的话，喝一点点就可以，但是如果我们交情很好的话，那就干了吧！(It's a deal! In China, when we make a toast, we say “gan qiang qian, tian yi tian; gan qing shen, yi kou men!” It

means that if you're not good friends, then just take a sip. But if you are really close, then bottoms up!)

Bob: 为中国之旅干杯!

Daniel: 干杯!

.....

这是我参加美国朋友 Tom Hopkins 生日 party 的一个对话小片段。Tom 是美国销售培训的权威，面授的学员全球超过 500 万，也是美国超级畅销书《掌握销售的艺术》的作者。

那晚的生日 party 氛围轻松愉悦，在有说有笑中我们度过了三个多小时的美好时光，我也认识了 Tom 的朋友 James, Bob, Robert 等。在回 Tom 家的路上，Tom 和我分享道：“Daniel，很高兴你能从中国来参加我的生日 party，我的朋友们很喜欢你。如果明年你还来我家度假的话，他们想邀请你去他们家住几天。顺便说一下，James 拥有凤凰城最漂亮的别墅。”

“太棒了！如果你不介意的话，我希望我以后每一年都能来凤凰城看你。”

“看来你在美国又多了一个家了！”

当晚，我躺在床上久久不能入睡，还在回味我在美国这四天的神奇之旅：住进美国超大超漂亮的豪宅，体验美国精英人士的私人高尔夫俱乐部，欣赏 Tom 过去 40 年收集的艺术品，认识 Tom 的好友……而 16 年前，这一切都是难以想象的。

当年大一英语晨读时，有个同学问了一个让我大吃一惊的问题：“你在学法语吗？”读完一段文章，英语老师却告诉我：“你读完了？！我好像就听到前面几个单词……”从此以后，不管春夏秋冬，我就在同一棵树下整整坚持自学了两年英语。

为了学习英语，我每天早起读英语；为了学习英语，我甚至翘其他课去读英语；为了学习英语，我把省下的大部分钱用来买英语学习资料。

直到 2012 年 4 月的某一天，我的自学之旅被一个陌生人终结了。

那天我像往常一样在同样的地方读英语，有个人从我前面走过去，然后他又走了回来，突然跟我说了一大段英语。我完全没有听懂，最后回了他一句：“I'm sorry. My English is very poor.”他的回答大大超乎我的意料：“你的英语这么差！还好意思大声读！不是学英语的料就不要再学了！”

自学两年的英语之路，我学到了一个道理：

There's always a way to success, and failure always has a reason! If you have the wrong method, your hard work is wasted. When you find the right method, you're already halfway done!

成功一定有方法，失败一定有原因！方法不对努力白费，方法一对事半功倍。

一个月之后，我报名参加了一个英语课程。

我很喜欢这位老师互动、启发式的教学风格，一天下来，我的笔记记了满满的一本。

晚上老师来找我聊天，他说：“我发现你今天一直都在记笔记，却很少参与到课堂中。”

当时我心里想：“不是我不参与，而是我英语太差了，怕出洋相！”

老师问道：“你今天有什么收获吗？”

我瞬间自信爆棚，把当天记得满满的笔记本递给老师。

老师很惊讶我这么用心记笔记，突然他又问道：“能和我分享一下你今天的突破吗？”

我被这个问题问蒙了。一天下来记了很多笔记，却没有任何突破。

我发现自己陷入了一个学习的怪圈：我渴望讲一口漂亮的英语，却不愿意举手参与；我渴望讲一口漂亮的英语，却不愿意开口说英语；我渴望讲一口漂亮的英语，却在重复自己的过去！

我突然意识到：我还是在用过去的方式学习英语，只是换了一个环境而已。

改变其实就在一瞬间！第二天，我开始抓住一切机会来改变自己。

毕业那一天，我获得了“最大突破奖”，并代表近 300 名学员发表了毕业感言。