

# PRACTICAL ENGLISH COURSE FOR NEW IMMIGRANTS



“学习内容充实有用，教学灵活多变”

— 学生之一 —

一本集英语学习，加国基本生活常识为一体的实用英语教材



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# 序言

红叶文化协会成立于2013年。是一家位于加拿大安大略省荷顿地区伯灵顿市的非盈利组织。我们的宗旨是通过和各种文化背景的人共同努力，把我们的社区建设成一个积极向上的跨文化社区。我们的主要服务对象是来到加拿大的新老移民和留学生，因为他们在适应新的生活环境和社区时最需要得到及时的帮助。我们服务的内容主要包含社交，健康，文化和教育支持。

在红叶文化协会为本地社区提供的各类服务中，为老年移民常年提供的英文课程的项目在华人社区中享有盛誉。该英文课是由王新儿老师亲自编写及教授。

王新儿老师来自赣南师范大学外语学院英语专业讲师，有40年全职和兼职英语教学经验和国外多年工作经历。他编写的本套教材一共有30课。涵盖了新老移民在加拿大生活必须了解及学习的各个层面的内容，包括：加拿大的文化、旅游、就医、社交、税务等，既帮助大家学习了英文，同时还分享了非常有用的在加拿大生活的资讯，是针对移民英文培训的一套集知识性、趣味性和实用性为一体的教材。

王老师自移民加拿大后，积极参与社区的义工服务，常年在红叶文化协会下的康乐之家教授英文。王老师课堂语言简明精炼，在讲解中直译和意译灵活互补，运用恰如其分的中文词汇表达了英文含义。王老师驾驭课堂的能力很强，突出重点，分散难点，收放自如。即使是在新冠疫情期间仍然坚持在网上教学，让无数的老年移民受益匪浅，既学习到了英文，也排解了疫情居家期间的寂寞感。王老师因其在社区中的卓越服务，获得了伯灵顿市国会议员义工奖。

本次我们将王老师编写的课文汇集并印刷成册，供长者们反复学习及留存。我们也在此对王老师关心社区，利用自己的专长为社区服务的精神表示感谢！

张蕾  
红叶文化协会创办人  
于加拿大安大略省伯灵顿市  
2021年8月

# Preface

Redleaf Cultural Integration (RCI) was established in 2013. It is a non-profit organization located in Burlington, Ontario, Canada. Our aim is to build our community into a positive cross-culture community by working together with people of various cultural backgrounds. We provide services to new and old immigrants and international students, as most of them require timely help when adapting to their new living environment and community. Our services mainly include social connection, health, cultural, and educational support.

Among the various activities organized by RCI, English classes for immigrant seniors (which is written and taught by Mr. Xiner Wang) enjoys a high reputation.

Before immigrating to Canada, Mr. Wang was an English lecturer at Southern Jiangxi Normal University. He has over 40 years' experience of English language teaching at home and abroad.

This "Practical English Course for New Immigrants" includes 30 lessons. It covers all aspects of life in Canada, including Canadian culture, tourism, medical treatment, social networking, taxation, etc. It not only helps everyone learn English, but also shares very useful information of living in Canada which makes the course informative, interesting, and practical.

After immigrating to Canada, Mr. Wang has actively participated in community volunteer services and has been teaching seniors English at RCI all year round. During each class, Mr. Wang explained the content precisely and clearly. He also used appropriate Chinese vocabulary to express English meaning. Most importantly, he highlighted the key points for the seniors to review to help them remember useful phrases.

During the recent Covid-19 Pandemic, Mr. Wang still insisted to teach online which not only helped the seniors learn English but also alleviated their loneliness. Mr. Wang won the Burlington Member of Parliament Volunteer Award for his outstanding service in the community.

RCI is now printing the texts written by Mr. Wang into a booklet for the seniors to keep. We would like to express our gratitude to Mr. Wang for using his expertise to serve the community!

Lily Hudson

Founder & Executive Director  
Redleaf Cultural Integration  
Burlington, Ontario, Canada  
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## LESSON ONE: GO BY BUS 乘公交车

A: Hello, Mr. Chen, How are you? 喂, 老陈, 你好啊!

C: I am good, thanks. How are you doing? 很好, 谢谢。你呢?

A: Not bad. Are you going shopping? 还行, 你去购物?

C: Yes. I am going to Mississauga, Chinese Food Market. 是呀, 我去密西沙加, 中国食品超市。

A: Oh, How are you going? 哦, 你怎么去?

C: I'm gonna go by bus. 我乘公交车去。

A: By bus? Which number of bus can we reach Mississauga? 乘公交车? 哪路车可以到密市?

C: I have to take Bus 40 at Dundas 407 Hwy & park& ride (Richmond Hill Centre close to 407 carpool) and get off at Square One, then transit to Bus 6 westbound nearby (Living Arts Dr. at Prince of Wales Dr.) then get off at Burnhamthorpe West road + Credit view road, the Chinese Food supermarket is 400 meters away at sight.

我得在 Dundas 407 Hwy & park& ride (Richmond Hill Centre close to 407 carpool) 乘 40 公交车, 然后在 Square One 下, 下车后在附近换乘西行方向的 6 路车, (在 Living Arts Dr. at Prince of Wales Dr. 处), 然后在 Burnhamthorpe West road +Credit view road 下车, 中国食品超市 400 米处可见。

A: How long does it take to get to the food market by bus? 要多久才能到达中国食品超市?

C: It takes about 65 minutes altogether in general, depends on the time of transit. 一般大约要 65 分钟, 要看换车时间。

A: How can I go to 407 carpool? 怎样才能去 407 carpool?

C: By bus too, or you can go by bike. There are several Bus routes to Dundas 407 carpool. I'll show you the map. 也乘公交车, 或者骑自行车去。到 Dundas 407 carpool 有好几路公交车。我给你看地图。

A: Great, thanks. 太好了。谢谢、

C: My pleasure. 不客气。

### Sentence Pattern: 句型

- How are you?
- Go shopping/swimming/boating.
- How do you go?
- How long does it take to do something?

**Tips:**

Upmiddle line at Walkers line. (某条路与另一条路附近的交接之处, 用 at)

West bound/East bound 西行方向、东行方向

**注：黄色标记的地方。**

How are you doing? 这里不是, “你怎么做? 而是, 你好吗? ” 在不同的上下文中, 可以理解为, “你怎么做?” 比如: I don't know how to do this homework. How are you doing?

I'm gonna go/do, m 在口语中经常省略。同样, can we reach 中的 we.

## LESSON TWO: GO TO THE SUPERMARKET 去超市

A: Hello, Mr. Liang, How are you? 喂, 老梁, 你好!

L: I am fine, thanks. How are you getting along these days? 我好啊。谢谢。这些天你还好吗?

A: Very good. It's lovely day. What are you going to do today? 很好, 天气不错, 你今天准备干什么?

L: I am going to the supermarket nearby. It is said there are bundle of items on sale. 我准备去附近的超市, 据说有很多商品打折。

A: Oh, Which ones? 哦, 那些家有打折?

L: Walmart at Dundas + Appleby. Would you like to go with me? 沃尔玛, 在 Dundas + Appleby。你想和我一起去吗?

A: Sure, I need to buy something too. How do you go? 好啊, 我也要买点东西。你怎么去呢?

L: I am driving and there is a seat available. 我开车去, 有空位。

A: Good, thanks. Let's go. 那好, 谢谢。走吧。

L: I'll get a shopping cart and take a flyer first to see what are on sale. 我去拿辆购物车和广告宣传册, 看看那些东西打折。

A: Look, the eggs are on sale, only 3 dollars and 80 cents a pack of 18 pcs. I am looking for milk free of lactose too. 看, 鸡蛋打折。18 个一盒的仅卖 3 块 8, 我还要找一下不含乳糖的牛奶。

L: I'll buy some medication for my wife. She is suffering from some fungus nail. I don't know where is the pharmacy? 我想给我老伴买点治疗灰指甲的药, 不知药房在哪个位置。

A: Ask the porter or staff, they will help you. 问问员工或服务人员, 他们会帮助你的。

L: Excuse me, sir. Where is the pharmacy? 劳驾, 先生, 药房在哪个位置?

P: It's over there on the right corner. 药房在那边右边角落。

L: Yes? Madam, do you have any medication for fungus nail? 喂, 女士, 你这儿有治疗灰指甲的药吗?

Ph: Yes. There are 3 modals, do you have insurance or you pay on yourself? This medication is not covered by health card. 有, 有三款, 你是有医保还是自付? 这种要健康卡不能报。

L: Oh, there is no choice. 哦, 那也没办法了。

A: I'm gonna to buy some baking (yeast) powder, I make steamed bun myself. 我要买点发酵粉, 我自己做馒头。

L: Oh, you count each coin! Have you got what you need today? 哦, 你精打细算。你都买齐了吗?



A: Yes, let's head for home. 是的。我们回家吧。

L: We'll have to check out. How do you pay? 我们得去付账。你怎么支付?

A: I'll pay by Credit card and I can get points. 我用信用卡支付, 这样我可以赚积分。

L: You are too smart! 你真精明!

**Sentence pattern:**

- Excuse me
- On sale
- On the right corner
- It is said.

**Tips:**

- Head for=leave for=go
- What you need. 你所需要的。(这里是一个句子当一个词用)
- Bundle of=many=lots of = plenty of
- Shopping 最时髦的翻译, “血拼”, 表示借机狠狠地干一把。

**Homework:**

1. 熟读课文,
2. 记住句型 and 关键用词。
3. 试用英语表达下面的句子。
  - a. 我想买点面条 (noodle)
  - b. 有什么打折的食品吗?
  - c. 你怎么支付?
  - d. 我用信用卡支付。

## LESSON THREE: TALK ABOUT COVID-19 聊聊新冠病毒

A: Hi, Charles, haven't seen you for a long time. **Where have you been**? 喂, 查理士, 好久不见你, 你到哪儿去了? BE

C: I came back from Europe recently. 我最近刚从欧洲回来。

A: My god! **How was the pandemic in Europe**? 我的天啊! 欧洲疫情怎样? What was the pandemic like?

C: You mean the covid-19, don't mention it, it is too serious, horrible. I stayed in Rome Italy last month and saw the situation with my own eyes. The covid-19 cases increased by thousands day by day and death by hundreds. It is said it is more serious right now. 你是说新冠肺炎吧, 别提啦, 非常严重, 简直是恐怖。上个月我再意大利罗马, 亲眼看见这种场面。确诊病例每天几千例, 死亡几百例。现在据说更多了。

A: **Did you have any solution to protect yourselves**? 你有什么措施保护自己吗?

C: Yes, we did. We had to **wear** mask and wash hands frequently. **We were advised** to stay home, all the public activities were shutdown and many stores were closed. Schools were closed too. We were advised to keep social distance of 6 **feet**. However, foreigners were seldom wearing masks when they were out. 有。我们必须戴口罩, 勤洗手。信息告诉我们要呆在家里。所有的公共活动都取消了。很多商场都关门了。学校也停课了。告知我们要保持 6 英尺的社交距离。然而, 老外除外却不戴口罩。

A: Is this virus easy to spread **by air**? 这种病毒很容易通过空气传染吗?

C: I am not sure. But **I was told** it is spread by sneezing, coughing, and touching, so we must wear masks and clean our hands after we touch something. 我不肯定。我了解到的是这种病毒很容易通过打喷嚏, 咳嗽和接触传染, 所以我们必须戴口罩和接触东西后要洗手。

A: Are there any **symptoms** if we have been **infected**? 感染后有什么症状吗?

C: It looks like **flu** but with serious dry cough, fever and short breath and weakness. 这个病看上去像流感但有更严重的干咳, 发热, 呼吸急促和无力感。

A: Is there any **immune vaccine** for this covid-19? 对这种病毒有什么免疫疫苗吗?

C: No, **so far** no. 没有, 现在没有。

A: Are there any special **medications** for it? 有什么特效药吗?

C: Unfortunately, right now there is no **either**. 遗憾的是现在也没有。

A: What can we do to it? 哪怎么办啊?

C: Just as advised. Stay home, wear mask, wash hands and keep social distance. Do exercises as you can and eat well, sleep well. Covid-19 is kind of self restricted epidemic virus. Don't worry too much, release the stress, it will pass some day. When winter comes, is spring far away?

就按公布的忠告，呆在家里，带上口罩，勤洗手，保持社交距离。做些恰当的运动，吃好睡好。Covie-10 病毒是中自限性传染病毒。不用太担心，放下压力，疫情就会过去的。冬天来了，春天还会很远吗？

### Sentence pattern

- It is said
- We are advised.
- Where have you been?
- Are there any...

### Tips:

- By air=airborne
- So far
- Self restricted
- Medication/meditation

### Homework

1. 用英语说说自己防范新冠肺炎的做法
2. 用上面的句型各造一个句子
3. 熟读课文
4. 提一个问题

## LESSON FOUR : OPEN A BANK ACCOUNT 开银行账户

A: Hello, Mr. Lee, how are you getting on?

L: I am fine, thanks. And you? Do you know how to open a bank account? You know, I was newly immigrated.

A: I am good, thanks. Yes, which bank do you like to open with?

L: I don't know, do you have any recommendation?

A: You may open an account with BMO, HSBC or TD. It just depends on your choice, some of them is cheap, and some of them offers better service, but it costs more.

L: What do you mean by "costs more?"

A: It means the service fee in some bank is more expensive, such as TD, the saving account on-line costs you 10 dollars and 95 cents monthly.

L: I don't understand, why do we have to pay for service to the bank if we open an account with a bank? The bank can earn profit from the customer, so we can have interest monthly or quarterly on our deposit.

A: You are right, that's in China, but in Canada it is a little different, put it simple, if you open a saving account with TD, and the monthly average balance is less than 3000 dollars, you have to pay service for the month.

L: Oh, I am at a loss, since I am in Canada, I just do as the Roman do. I believe the cost means service in general. I'll open an account with TD.

C: Hi, what can I do for you?

L: I would like to open an account, how can I open it?

C: What account do you like? Saving account or some others?

L: I don't know, just open a saving account first as long as the service fee is cheap and convenient.

C: All right, please wait a few minutes, we'll arrange an interview with you.

M: Yes? Sir, how are you? Keep you waiting. I am pleased you choose us to open a bank account. May I ask you some information? your name, birthday, address, email, telephone, zip code, 2 photo ID etc.

L: All right, please go ahead. Here are my PR and passport.

M: Do you like to open a Credit card too?

L: I am a new comer, I'll have a saving account first.

M: That's all right. Thank you. We'll post you your Debit card to your mailbox in a few days. See you next time.

L: Bye!

## 开银行账户

喂，李先生，你好啊？，

谢谢，我很好，你呢？你知道这样开银行账户吗？我是新移民

我很好，谢谢。我知道怎么开银行账户，你向到哪家银行开户？

我也不知道，你有什么推荐吗？

你可在 BMO, 汇丰或 TD 开户。这看你的选择。有的便宜些，有的服务好些，但费用高一些。

你说费用高什么意思？

就是有的银行服务费贵一些，比如 TD，一个月要 10 点 95 刀。

我不明白，我们在银行开户为什么还要付服务费。银行可以在客户身上赚到利润，我们应该每月或每季度收到利息。

对，你说得对。那是在中国。但在加拿大有点不同。如你在 TD 开一个储蓄账户，月平均余额低于 3000 刀的话，你得支付服务费。

哦，我有点晕。既然在加拿大，那就入乡随俗吧。一般来说，价格意味着服务，我就到 TD 开一个户吧。

嗨，你好，需要办理什么业务吗？

我想开个银行账户，怎样开户呢？

你想开什么账户？储蓄账户还是其他账户

我也不懂，就先开个储蓄账户吧，只要费用便宜服务方便就行。

好的，请等会，我为你安排一个面谈。

先生，你好，让你久等啦。我很高兴你选择在我银行开户。我想问问一些有关信息，比如：你的名字，出生日期，住址，邮箱，电话号码，邮箱编码，两张带照片的身份证明，等等。

好的，请问吧。这是我的枫叶卡和护照

你想也开个信用卡吗？

我是新人，我还是先开个储蓄账户吧。

好的，谢谢，我们会几天内把你的银行卡寄到你的信箱。下次见。

再见！

**Sentence pattern:**

- Do you know how to?
- It depends.
- At a loss
- Would like to
- Here are my PR card and passport.

**Tips:**

- By “costs more”
- A little/little, a few/few
- As long as
- Do the Roman do

**Homework:**

1. 熟读课文
2. 背熟课文的主要单词
3. 用英语简单描述在银行开户
4. 用英语说出以下几个句子
  - a. 开银行账户要付费是什么意思?
  - b. 我的水杯几乎没水了
  - c. 只要能节约开支又方便就行
  - d. 既然来了加拿大, 就得入乡随俗。

## LESSON FIVE: GO TO THE AIRPORT 去机场

A: Hi, Buddy, How are you doing?

你好，老友，进来怎样？

W: I am pretty good. My spring class is over. My daddy is going to take us to have a seashore vacation.

很好，春季课程结束了。老爸准备带我们去海边度假。

A: Oh, that's great! How are you going? 哦，好啊！怎么去呀？

W: We are going by Air Canada. 我们乘加航去

A: How do you go to the airport? 那你怎么去机场？

W: We are driving to the airport and leave the car on the parking lot till we come back.

我们开车去机场然后把车留在机场停车场到我们返回。

A: It must be very expensive to leave a car at airport parking lot for several days.

那在机场停车场停几天停车费一定很贵

W: No, it is free. This is special offer by the tourist agent Sunwing. Have you ever heard of it?

不，免费的。这是旅行社 Sunwing 的特别促销。你听说过吗？

A: No, this is my first time to know that parking at airport lot is free of charge. By the way, is it complicated to go through the flight check in? clear

没有，我第一次听说机场停车免费。顺便问问，乘机登机手续复杂吗？

W: No, it is simple and convenient. You can either check in online or check in at the count. If you don't have check-in luggage, you can go through self check in, it is much quicker.

不复杂，简单方便。你可以在网上办理登机，也可以在柜台上办理。如果你没有托运行李，你可以自助办理登机，更快。

A: Is there any restriction to go through the security inspection?

过安检有什么限制吗？

W: Yes, it is somewhat complicated. In general, any harmful item is forbidden to carried with on the flight. Such as weapons, knives, lighters, gasoline, large battery, matches, water and so on. You have to refer to the detail before you have security check.

有。有点复杂。一般来说，有害的东西都不准带上飞机。比如说：武器，刀具，打火机，汽油，大电池，火柴，水呀等等。安检之前最好详细了解一下。

A: Can I select my seat by the window or by the aisle online?

我可以在网上选座位吗？比如靠走廊货靠窗

W: Yes, you can.

可以的。

A: Do I need to **print out the flight confirmation** before check-in?

登机前我要把机票确认书打印出来吗？

W: No, you don't have to, you can check in with your passport, but **there is no hurt to print it out** in case you forget your flight number.

不需要，我可以用护照办理登机。但是打印出来也未必不可，以防忘记了航班号码。

A: I see, thanks a lot.

知道啦。太谢谢你啦！

### **Tips:**

- Till 的用法
- Till 表示到什么时候止。
- Please be waiting for me till I appear. (I am coming) 请等到我来。
- I won't leave till you come. 你来了我才走。
- I didn't understand it till you show me the truth. 直到你告诉我真相我才明白。

### **Must 表示推测的用法（除表示“必须”外）**

Must 表示推测

- You must have forgotten it, 你肯定忘了那件事。
- He must be late for the meeting. 这个会议他肯定会迟到了。

表示对现在的推测，直接用 Must+

表示对过去的推测，用 must have +

### **Homework:**

1. 用 must 表示推测造两个句子，一个对现在的推测，一个对过去的推测。
2. 熟读课文。
3. 用 till 造两个句子，一个表示延续到什么时候，一个表示到什么时候截止，即开始。
4. 提出一个问题。



## LESSON SIX : GO TO THE TRAIN STATION 去火车站

A: Hello, Ms. Yang, do you know how to get to the train station nearby? 喂, 杨太, 你知道怎样去附近的火车站吗?

Y: Yes. Where are you going? 知道, 你去哪里?

A: I am going to Lawrence West Toronto. 我要去多伦多劳伦士西。

Y: You can either go to Appleby GO or Burlington Go, take the train line LW first. 你可以到 Appleby GO 或 Burlington GO 火车站先乘 LW (lakeshore west) 线。

A: Is the price different? 价格不同吗?

Y: No, they are the same. 不, 一样的。

A: Do I need to transfer to other train line? 我要换乘其他火车线吗? change

Y: Yes, you have to transit at Union Station Toronto. That is say, you get off at Union Station and get on the subway Line 1. We call it yellow line. 你得在多伦多联合车站换乘。就是说, 你得在联合车站下车, 然后换乘地铁一号线, 我们把它称作黄线。

A: Is the subway Line 1 near the Union Station? 地铁一号线离联合车站近吗?

Y: Yes, it is inter-connected. 是的, 很近。是相互连接的。

A: Do I need to book a ticket beforehand? 我要预先订票吗?

Y: No, you don't. You can buy a ticket at the GO station or you may get a ticket online. 不需要, 你可在车站买或在网上买。

A: How do I pay for it? 这样支付呢?

Y: You can either pay in cash or by CC. To count each coin, you may buy a Presto card, with Presto card it costs much cheaper. What is more, it saves 50% for seniors if you trip from 9:00 AM to 2:30 PM with a Presto card in Burlington bus line. \* 你可用先进支付或用信用卡支付。如想节约开支, 你可以买张公交车卡 (Presto), 那便宜很多。而且, 老年人在上午九点到下午两点半用在 Burlington 线还可以打 5 折。

A: That's great! I like it, thank you. 那太好了。我喜欢, 谢谢你!

Y: You welcome. 不客气!

\* Presto card in Burlington, discount applies only in Burlington bus line for seniors at designated time.

Apply – applies, study –studies, play –plays He teaches/goes

### **Either ... or 要么... 要么... (二者选一)**

You may either stay home or go to work online.

### **Transfer/transit**

From the railway to transfer to bus

Your flight to Toronto will be transit at Doha.

Subway/underground railway

### **Homework**

1. 熟读课文
2. 用 either...or 造一个句子
3. 简单用英语叙述怎样乘火车去多伦多
4. 简单用英语叙述加拿大火车和中国的区别
5. 用英语提一个问题

### **Dragon boat Festival**

Have you prepared any special food for Dragon boat festival?

Zongzi 粽子

Chinese traditional food on special day.

Bamboo leaf,

箬叶 indocalamus leaf

### **There is/are, 和 have/has 的区别, 表示“有”**

There are 2 windows in my bedroom.

I have got 2 backpacks.

My room has 2 windows.

## LESSON SEVEN: TALK ABOUT HEALTH 聊聊健康

A: Hi, William, how are you doing? You are **breathing** heavily, what did you do?

你好，威廉，近来可好？你喘大气，干嘛去啦？

W: I have just done running exercise. 我刚跑完步。

A: That's good. That's why you are **in good shape**.

真棒，怪不得你身材棒棒的。

W: Yes, thank you. **You know**, we have to do exercises regularly to keep ourselves **in good condition**.

谢谢！你知道，我们必须经常锻炼来保持身体健康。

A: William, can you **share** with me your experiences to **keep in good health**, you know it is **more** important than **anything else** for us seniors to keep in health.

威廉，你能和我分享你保持健康的经验吗？你知道，对我们老年人来说，保持健康比什么都重要。

W: It is my pleasure. **You see**, to keep ourselves in good condition, **in my opinion**, first of all, it is to keep ourselves in good **mood** (mindset), that is to say, being optimistic and grateful, thinking in positive way more than in negative, don't worry too much, believe that everything, good or bad, will pass by in the end. After retirement, only health is our **priority**.

很高兴与你分享。就我的看法，要保持健康，首先，要有一个正常的心态。那就是说，要保持乐观感恩的心态，遇事从正面去思考而不是负面去思考。不要太多担心。要相信，不管好的事情，坏的事情终究会过去。退了休，健康就是第一需要。

A: It **sounds complicated**. I only understand **eating well**, **sleeping well** and **having funs** as many as possible.

听上去好复杂，我仅知道吃好，睡好和开心就好。

W: You are right. But that is not enough, we need doing exercises regularly and properly.

你说的对。但这还不够，我们需要恰当的经常锻炼。

A: I don't like doing exercises, it is **boring and tiring**. 我不喜欢锻炼，又烦又累。

W: Nothing is easy. **No pain no gain**.

没有什么事情是容易的，没有付出就没有收获。

A: You **make sense**. Tell me more about your experiences.

你说的有道理。在给我说说你的经验。

W: Doing exercises, have good rest, including sleep well, and eat well. Eating well does not mean to eat as good as possible, but eat in scientific way.

锻炼，休息好，包括睡好，吃好，吃好不是说有什么好吃的就吃，而是科学的吃。

A: Thank you. I'll learn how to keep myself in good mindset first.

谢谢，我得先学会怎样建立良好的心态。

W: Yes, Well begun half done. Only persistence can make it.

对啦，良好的开端是成功的一半。只有坚持才能成功。

### Tips:

Ing 与 ed 构词意义不同

- I am interested in growing vegetables.
- He is funny, he is interesting. (teasing)
- I am bored with his gossip.
- This story is boring.

### Keep 的常用短语

Keep up, keep in, keep out, keep on, keep off

- Keep off the grass! 请勿践踏草地!
- Keep on doing and you'll make it! 坚持努力你就会成功!
- How are you keep ing up? 你近来可好?
- Keep in, Keep in the news to yourself. 这个消息你自己知道为止。
- Keep out of, Keep out of the reach of children. 放在小孩拿不到的地方。
- Keep up with. We'll have to keep up with them or we'll lost in the forest. 我们必须赶上他们，否则我们会迷路的。

### Homework

1. 用 Keep 短语动词造两个句子
2. 用同一个动词的 ed 形式和 ing 形式写两个不同的句子
3. 熟读课文
4. 提一个问题

## LESSON EIGHT: EXPERIENCE IN GOING HIKING 远行的体验

A: Hello, Mr. Li, How are you? Summer vacation is ongoing, it is good time for travelling, do you have any program? 你好啊? 李先生, 现正当时暑假期间, 是很好的旅行季节, 你有什么安排吗?

Li: I am fine, thanks. And you? I am interested in hiking, you may know, so I went to Hilton falls last week. What do you like do in summer? 我很好, 谢谢。你呢? 我对远行很感兴趣, (你也许知道) 我上周去 Hilton 瀑布玩了, 你夏季喜欢玩什么?

A: Go hiking? It sounds exciting. How is it? 去远行, 听上去很刺激, 好玩吗?

Li: It was fun, we had a good day. Before we made this arrangement, I had checked online, there are several choices, such as Bruce Trail, Hamilton Escarpment Trail, or Hilton falls. 很开心。我们玩得好好爽。在出行之前, 我们在网上搜索, 有很多地方可选。比如说, 布鲁斯小道, 哈密顿山岳小道还有希尔顿瀑布。

A: I have no idea about it, but escarpment trail must be tiresome and dangerous, I prefer to Hilton waterfall. Is it far away? 我对此一点不了解。但山岳小道肯定很危险又很累, 我回选择希尔顿瀑布。里这儿很远吗?

Li: That's ok, it is not much far away, about 18 KM away from Millcroft Burlington. We went along Appleby line NW bound down to end, then turn left for 200 Meters, you'll see the sign directing to the conservative area of Hilton falls in front of you. 还好吧。不是很远, 大约 18 公里从伯灵顿走的话。我们沿着 Appleby 西北方向一直走到底, 然后左转走大约 200 米, 就可以看到希尔顿保护区的方向牌在我们眼前。

A: How long does it take by driving from Millcroft to Hilton falls? 从 Millcroft 到希尔顿瀑布开车要多久时间?

L: It takes about 20 minutes. 大约 20 分钟。

A: What about the sightseeing? 那儿风景怎样?

L: It's wonderful! There is reservoir by the side of the trail. It is wide and green, water in the reservoir reflects the sunshine, making a beautiful picture of landscape. In the shade of trees, you can hear the soft sound of creeks, breeze kisses your face and mixes with the nice smell of trees, you can't help inhaling it. There are many maple tree, oak trees and filbert trees in the forest, the others I can't tell. 一只顶啦! 在小路旁有个水库, 水库又宽又绿, 绿水映衬着阳光, 风景如画。绿荫树下, 小溪潺潺, 微风轻拂送来绿色的清香, 我们尽情享受美好时光。林中有许多枫树, 橡树和榛树, 还有很多我说不出名字。

A: It looks like a nice poem and attractive, I'll go someday. 看上去像诗一样迷人, 那天我得去玩玩。

L: Sure, don't miss it. 那是必须的。

A: What do I have to bring with me to go hiking? 远行要带些什么东东?

L: You might bring with you some water, snacks, sunglasses, hat and towel, and mobile phone of course.

你最好带点水，点心，太阳眼镜，帽子和毛巾，当然要带上手机哦。

A: Do I need to bring with me some bandage? 要带上点绑贴吗?

L: Oh, band-aid, yes. It is good to bring some bandage, in case there is any scratch or injury. Yes, bring some sun screen to protect sun burn on your skin and mosquito dispelling oil, in the forest there are countless mosquitoes and their biting are horrible. 哦，对啦，应该带上绑贴，预防有什么碰伤。还有，带上防晒霜保护皮肤和带上驱蚊油。林子里好多蚊子，咬起人来好恐怖。

A: Oh, that must be yack! I am sensitive and scared of mosquitoes. How were you going? 哇塞，那肯定不好受。我对蚊子又敏感又害怕。

L: I drove to Hilton falls and rode bicycle along the trail. You may drive there and walk along the trail or ride a bike. 我是开车去，然后沿路踩自行车。你可开车去，然后步行或骑自行车。

A: That'll be great! Thank you. 太好了！谢谢你。

L: Fine. (Fist bump) 不客气（碰拳）

A: I owe you a dinner. (fist bump) 我改日请你搓一顿。（碰拳）

### **Tips:**

过去时和过去分词

规则动词的过去时形式和过去分词的形式是一样的，但运用不一样。

过去时只是表示动词时间是过去发生的，叙述一个事实，而过去分词不仅表示动词时间是过去发生的，而且强调对现在的影响，结果，用于现在完成时。过去分词还可以用作形容词。

例：I saw the film last year, I have seen the film, I am impressed. The film is impressing.

### **Look, sound, smell, feel**

这类词汇我们称为感觉动词，可直接跟形容词，如：

- It looks interesting.
- It sounds workable.
- It smells delicious.
- It feels soft and warm.

### **Homework:**

1. 熟读课文
2. 用感觉动词造两个句子。
3. 写一个句子里含过去时和现在完成时。
4. 提个问题。

## LESSON NINE: GROW VEGETABLES 种菜

A: Hello, Lao Chen, how are you?

老陈，你好啊？

C: I am fine, thanks. How are you doing?

还行，谢谢。你呢？

A: I am not bad. It is sunny. What are you going to do today? Are you going out for a walk?

我不错。今天阳光灿烂，你准备干点什么？你去散步吗？

C: Oh, no, I am going to grow some vegetables.

不，我准备种点菜。

A: Grow vegetable, that's great. I am interested in gardening, but I don't know much how to grow vegetables. What are you growing?

种菜？太好啦！我喜欢园林苗圃，但我不太知道怎样种菜。你种些什么菜呢？

C: I am planning to plant some eggplants, tomato, chili pepper, lettuce, leeks, Chinese onion, broccoli and white beans.

我计划种点茄子，西红柿，辣椒，生菜，韭菜，葱，西兰花菜和白豆。

A: I wonder where we can have the plant shoots?

不知道到哪儿去买种苗啊？

C: You may find some in Nation Gardening, but I am not sure if all is fit to you.

你可以在耐森果园买到一些种苗，但我不敢肯定所有都适合你。

A: What do you mean "not fit to me?"

你说“不适合我”是什么意思？

C: I mean some foreign vegetable shoots look nice, but the taste of it may not fit you. For example, the big round shape eggplant is not easy to cook. The taste is strange.

我意思是说外国的种苗看上去很漂亮，但口味不一定适合你。比如说，那种大大个的园型茄子就不太好做，味道怪怪的。

A: If I like to get some Chinese plant seeds or shoots, where I can get them?

如果我想弄点中国菜种货种苗，我再哪儿能买到呢？

C: They are available in some farms, such as in Hamilton, by the Dundas Road, there is a Chinese farm, they grow various vegetables shoots and sell them in wholesale, they will have some retail sales too.

有些农场有。比如说哈密尔顿，在 Dundas 路旁有个农场，他们种植各种蔬菜苗而且批发种苗货种子，他们会卖点零售种苗。

A: That's good. I am an entirely **green hand** for growing vegetables, would you tell me something about it?

那好啊。种菜我纯是个新手，你可以告诉我一些种菜的知识吗？

C: Sure, it sounds easy, but it takes long term to practice and it is indeed troublesome.

当然可以。听上去很简单，但需要长期实践而且的确很麻烦。

A: It doesn't matter. Enjoy is first.

没关系，先玩玩。

C: With good mindset, I believe you will make it. There are mainly four points in general, that is soil, fertilizer, water and look-after. You have to dig the ground and mix with garden soil, and plant the vegetables shoots, water them and place some vegetable food and look after them day by day. It takes several months before you taste them.

心态好，我敢肯定你能种好。主要有四点，土，肥，水，管。你首先要挖好地，混合好菜园土，然后种植种苗，浇水，施肥，还要天天照顾他们。一般要一两个月才能尝到它。

A: Wow, it would be easy to have them in the supermarket!

哇塞，那还不如去超市容易！

C: Yah. I have some extra vegetables shoots at home, if you like, I will share some of them with you.

是啊，我有点多余的种苗在家，如你要，我可以分点给你。

A: Thanks. But I have not prepared a piece of field for them yet.

谢谢。但我还没有准备好地呢。

### **Take:**

- It takes 20 minutes for me to finish the homework.
- Daddy took his son to the park
- The airplane will take off in 10 minutes.
- I would like to have some takeaway for lunch.
- Take one dose a day after breakfast.

### **Take action**

This picture is taking.



## Be going to/will/shall

表示将来时可用 will/shall 或 be going to, 还可以直接用现在分词, 如 coming.

Will 用于第二和第三人称, shall 用于第一人称, 如:

- When will you come to see us in China?
- He will go to China next year, when the epidemic is over.

但 will 不仅表示将来时态, 还含有意愿的意思。如:

- I will be a diplomatic officer in the future.
- We shall be at the meeting on time.
- I shall call you first before leaving.

如 shall 用于第二人称时, 不仅表示将来, 还有承担责任的含义。如:

- You shall be responsible for the subsequences.

Going to 多用于即将发生和计划的事情。如:

- I am going to visit the company in Aug.

直接用现在分词表示将来时, 如:

- He is coming this afternoon.

## Homework

1. 用 take 分别造两个句子, 其中一句是表示“花费多少时间”
2. 用任意两个词造将来时的句子
3. 熟读课文
4. 提个问题

## LESSON TEN: TALK ABOUT THE WEATHER 聊聊天气

A: What a beautiful day it is today! 今天天气真好!

H: Yes, it is indeed a good day. We had a couple of days in furnace. Usually it won't be so hot for such a long time in GTA Canada.

是的，的确是个好天气。我们好多天都在火炉里，通常在安省大多地区天气不会怎么长时间的这么热。

A: You know, before I came to Canada, I imagined that it must be very cool in Canada in summer, I could not make myself believe it was so hot last two weeks.

你知道吗，我来加拿大之前以为加拿大夏天天气一定很凉快，我简直不相信上两个星期天气那么热。

H: In fact, it is hot in summer in GTA Canada, but it lasts very short time and only it is hot in daytime. How is the weather in your area?

事实上，安省的夏天也是很热的。但夏天时间很短而且只是在白天很热。

A: I used to live in Canton close to sea, (Guangdong) it is very hot in summer, but it rains very often, almost it rains once a week, so it is not so intolerable.

我以前住在广东，靠海，夏天天气很热，但经常会下雨，几乎每星期都会下雨，所以不会那么难受。

H: What is the weather like in winter in your city?

你那个城市冬天天气怎样?

A: It is mild warm, usually the temperature is around 15 degrees C. (Centigrade, Celsius 瑞典天文学家)

天气比较温暖，温度通常在 15 摄氏左右。

H: How is the weather in spring in your town?

你那个城市春天天气怎样?

A: It is warm and a bit hot, it rains occasionally but it remains warm. It does not like the weather in Kunming, it turns to autumn when it rains.

天气很暖和还有点热，经常会下雨但天气还是暖和。不象昆明的天气，一雨便是秋。

H: What season do you like best?

你最喜欢什么季节?

A: I like autumn, it is bright and sunshining, though it is somewhat hot. I like swimming and sunshining, what is more, there are plenty of fruits you can enjoy.

我喜欢秋天，阳光明媚灿烂，虽然有点热。我喜欢游泳和阳光，另外，秋天可以享受很多水果。

H: I like winter. That is why I chose to immigrate into Canada, I like skating and skiing though it is very cold in winter in Canada.

我喜欢冬天。这就是我为什么选择移民加拿大。我喜欢滑冰和滑雪，尽管加拿大冬天天气很冷。

A: I am a new-comer, I am still not used to the chilly cold weather. I can't make myself believe it still snows several times in May! That is summer in my hometown. If I try to grow some vegetables, I don't know what it is the best season to plant them into field.

我是新移民。我还不习惯这儿地严冬。我从来没想到这儿5月份还会下几次雪！我老家这时已是夏天了。如果我想种点菜，我不知道什么季节最好种菜。

H: That is not so bad, there is no flood usually in Canada, no volcano, no typhoon and no earthquake in Canada except sometimes there is tornado. One thing is important, that is there is no such humidity as it is in southern China, I can't bear it.

加国的天气也不是那么差，这儿通常没有洪水，没有火山爆发，没有台风，没有地震，除了有时有龙卷风外。还有一件很重要的是，这儿不象中国南方气候那么潮湿。

A: You hit the point! I don't like humidity either, but you can't have something in both ends.

你说的绝准。我也不喜欢潮湿的气候。但你不能熊掌和鱼翅兼得

H: How do you like spring? 你认为春天怎样？

A: You mean spring in Canada? People often say there is no spring nor autumn in Canada.

你是说加拿大的春天？人们说加拿大没有春天和秋天。

H: It hails in summer.

这儿夏天还下冰雹。

A: I don't like hail, it hurts my vegetables and my car.

我不喜欢冰雹，它会打坏我的菜和车。

H: One thing you may know, most farmers in Canada like winter best because they don't need do anything but eating food and drinking beer in front of TV around the furnace.

有件事你也许知道，多数加拿大农民喜欢冬天，因为冬天什么都不做，只是围着火炉看着电视山吃海喝。

A: Hahaha! 哈哈！

## **Used to 和 be used to**

Used to 是个短语动词，表示过去经常性的行为。如：

- He used to do part time job when he was in college.
- Mr. Chen's used to live in China before immigration.

Be used to 也是个短语动词，表示“习惯”做某事，如：

- You'll get (be) used to the weather in Canada after you stay here for years.
- She is used to food half-done.
- They are used to staying home at weekends in winter and watching TV around the furnace.

注意，be used to 后面接名词或动名词（现在分词）

问天气，可用 how, 也可用 what, 如：

- What is the like today?
- How will be the weather tomorrow?

回答时，用 it

- It is warm today.

感叹句的结构

What 接名词，如：

- What a cute boy he is!
- What a nice doggy it is!

How 接动词或副词/形容词，如：

- How happy we were at the party last night!
- How fast she is running at the 100-meter dash!
- How did he make such a mess!

## Homework

1. 归纳天气，气候的词汇
2. 用 used to 和 be used to 两个句子.
3. 说说你喜欢什么天气，为什么？
4. 熟读课文
5. 提个问题

## LESSON ELEVEN: BOOKING A ROOM IN A HOTEL 预定旅馆

C: Hi, This is Excelwestern Hotel, how can I help you?

你好，这是卓越西方酒店，有什么可以帮到你的吗？

A: I'd like to book a room in your hotel for my vacation.

我想在你酒店订个房间度假。

C: It's my pleasure you choose our hotel. Please advise when you're gonna check in?

好的，非常高兴你选择我们酒店。请问您什么时候入住？

A: I plan to check in next Fri, that is Sep 12. Do you have any vacancy?

欧文计划下周五入住，即是九月 12 日。有空房吗？

C: Yes, what room do you like? We have 2-bed standard rooms and suites with a king size double bed.

有。您希望什么样的房间？我们有双床标准间和大双人床套间。

A: Can you tell me the price?

你可以告知价格吗？

C: Yes, a 2-bed standard room is 110 CAD a night, excluding tax; a suite with a king size bed is 149 CAD a night.

没问题，双人标准间每晚 110 刀，不含税。大床套间每晚 140 刀。

A: Does it include breakfast?

含早餐吗？

C: Of course, breakfast is inclusive. We serve comfortable buffet breakfast, including western food and middle east food.

当然啦。含早餐。我们提供舒适自助早餐，包括西式餐点和中东餐点。

A: Do you serve Chinese food?

你们提供中式餐点吗？

C: Yes, we do. We can order it for you.

有哇，我们可以给您预订。

A: If I order Chinese food, do I have to pay any extra?

如果我订中式餐点，需要额外付钱吗？

C: No, you don't, but the variety of Chinese food is limited.

不，您不需要额外支付，但是中式餐点品种有限。

A: I am senior, can I have some discount?

我是年长者，可以享受某些优惠吗？

C: Yes, you can enjoy 20% off, but you have to show your photo ID.

是的，您可以享受 20%折扣，但是您必须出示您的有照片的身份证件。

A: If I stay for a week or longer, can I have any discount?

如果我住一个星期或更长时间，可以享受任何优惠吗？

C: Yes, you can. How long do you plan to stay in?

您可以。您准备住多久呢？

A: I saw your ad on TV, it says: 2 nights and another night free. Does it mean if I stay for 3 nights, I can have one night free?

我在电视上看到你们的广告，说，两晚和一晚免费。那意思是不是说，如果住三个晚上，可以享受一晚免费。

C: Yes, you'll have to make a reservation in 7 days notice or above. It is Wednesday today, if you book it before tomorrow, you can have the privilege. You know, the promotion of room is limited.

是的，您必须提前 7 天以上预订。今天是星期三，如果您在明天之前预订，您可享受这种优惠。您知道，这种优惠是有限的。

A: That's great! I'll book 14 days. Can I have 4 nights free?

那太好了。我预订 14 天，我可以享受 4 晚免费吗？

C: No, you can only enjoy 1 night free if you book a room in one order.

不，如果一次下单订一间房，您只能享受一晚免费。

A: Can you try your best to help me? You know, I am making a living with my limited retirement pension.

您可以尽量帮我吗？你知道，我仅靠有限的退休金生活

C: I am ready to help you, you might register a membership of our hotel if you like, it is free of charge and we are keeping it to ourselves only for your confidential. I'll talk with my manager about it. Just a moment.

我很乐意帮助您，您愿意的话，需要加入我们的会员，入会员是免费的，对您的私密信息我们保密。我和经理谈一下，请您稍等片刻。

A: Thanks, hope for the best.

谢谢你。希望有好运。

C: Hi, you can place 4 orders one by one, I'll manage to settle it.

您好，您可以分四次下单，我想法给您解决。

A: Thank you very much! I'll book it right now. How do I pay? Do I have to place deposit?

太谢谢你啦！我现在就预订，我应该怎样支付？我需要付定金吗？

C: You don't need to place deposit, but you have to leave us your credit card number and CVC (card verification code) when you are booking.

您不需要预付定金，但预订时您必须留下您的信用卡号码和安全代码。

A: I see, thanks.

知道了，谢谢。

### Sentence Pattern

- I'd like to = I would like to
- 20% off, 减 20%, 即打 8 折
- In 7 days notice
- Make a living
- I am ready to 乐意做

### Tips:

- CVC 很重要，不能轻易告诉别人。
- Not everything is changeless as nailed with hook.

### Homework:

1. Find your CVC, where it is.
2. 熟读课文
3. 用 Be ready to do something 造两个句。
4. 用 in 3 days notice 造一个句。
5. 提个问题。

## LESSON TWELVE: SEE A DOCTOR 看医生

A: I am not feeling very well today, I don't have any appetite to eat and feeling a bit cold and dizzy.

M: You might have caught cold, do you have any cough, fever and feel tired?

A: Yes, I do. I am worrying about it if I have been infected with Covid-19.

M: Take it easy! You'd better (had better) see a doctor in this case.

A: Yes, I'll call the family doctor first.

A: Hello, this is Alison speaking, I'd like (would like) to see Dr. Heidi.

P: Just a minute, he is seeing a patient. What wrong with you?

A: I am not very well, have cough, fever and dizzy.

P: I'll have him to call you back, be patient.

M: Hello, Alison, how are you? Are you coughing seriously and feeling breathing heavily? [bri: \* ]

A: I can hardly tell, I can't hear you very clearly and make sure, may I go to see you at your clinic?

M: That'll be good, let me see my list, how about next Wednesday, at 2:30 PM?

A: Fine, I'll see you then, thank you.

M: You welcome.

A: Hi, Dr. Heidi, I am still not feeling very well, but coughing seems alleviated a little.

M: Let me have your blood pressure and temperature. I'll check your heart and lungs with stethoscope, (echometer) please take off your jacket and lift your T-shirt.

A: All right. (doctor is checking)

M: Your blood pressure is a little bit high, that is 138/95, heart rate is 88, but it is acceptable as you are aged. The temperature is 37.6 Centigrade (Celsius), a bit higher. How long have you kept coughing? Breathe in deeply, and release, try again. Open your mouth, let me see your throat. You'll have to take blood test for quarantine. You had better stay home, drink more water, I'll prescribe some medication for you, don't worry. Our nurse will take your blood in minutes.

A: Thank you. When shall I come to see the result of my blood test?

M: In a week.

A: Is that all? Dr. Heidi.

M: Yes, go to the front desk and take your prescription. See you next time.



A: Thank you, bye bye.

### Sentence pattern:

What is wrong with you? What's the matter with you?

What about ... How about ...

Might have ...

表示过去的推测

如: He may have forgotten to join the meeting online.

They might have taken the short cut to the park, that's why we did not see them.

### Homework:

1. 熟读课文、听录音两遍以上。
2. 用 what about 口头造句
3. 用 what is wrong with 编两句对话
4. 试用简单英语讲述你看医生的经历

课文翻译:

我今天感到不舒服, 我没胃口而且有点冷和头晕。

你可能是感冒了。你会有咳嗽, 发热和疲倦乏力吗?

是的, 我所担心是我是否感染了新冠肺炎。

不要太担心。这样的话, 你最好去看医生。

是的, 我先给家庭医生打个电话。

你好, 这是爱丽生电话, 我向见海蒂医生。

稍等, 他正在看病人, 请问, 你哪儿不舒服?

我感到不舒服, 咳嗽, 发热和头晕。

我会让他回复你的电话, 请耐心等待。

你好, 你咳嗽很厉害吗? 有没有感到呼吸困难?

我讲不清楚, 我听不太清, 不敢肯定。我可以来你的诊所看病吗?

那好, 我看看我的安排, 下周三, 下午 2 点半, 行吗?

可以, 到时见。谢谢你。

你好, 海蒂医生, 我依旧感到不舒服, 但咳嗽有些减轻,

让我量量你的血压和体温。我要用听诊器听听你的胸腔和肺部声音。脱下外衣, 把 T 恤挽起。

好的, (医生检查)

你的血压有点高, 138 收缩压, 95 舒张压。心跳 88, 但就年长者来说, 还过的去。体温 37.6, 有点高, 你这样持续咳嗽多久了? 做深呼吸, 放松, 再来一次。打开嘴巴, 让我看看你的喉咙。你

需要做验血检查，你要待在家里，多喝水，我给你开点药，不要担心。护士一会儿回来给你抽血。

谢谢，我什么时候可以看到验血结果？

一个星期。

完了吗？海蒂医生。

是的，去前台拿处方，下次见。

谢谢您，再见！

## LESSON THIRTEEN: HOW TO USE HOW 怎样用 How

A: Hello, Maria, I am interested in the use of “how”. Do you know how many how-phrases in English?

M: You asked a very good question. I don't know how many how-words in English in fact. There are so many how-phrases, I will list some of them to satisfy you a little.

A: The more the better. Please go ahead.

M: **How many** people are there in your family?

A: Three.

M: **How much** do you get for your retirement?

A: Can I refuse to answer it? This is confidential.

M: **How often** do you go to supermarket?

A: I go to a supermarket once a week before Covid-19 pandemic, but now I don't go.

M: **How long** have you stayed in Canada?

A: I have stayed in Canada for 7 years.

M: **How soon** do you plan to visit China?

A: I plan to visit China the moment the pandemic is over. I miss China and relatives of mine. I am long for the close of this pandemic.

M: **How far** is it from Toronto to Beijing?

A: It is about 10 thousand km, depending on the route (line).

M: **How about** traveling by sea?

A: Oh, my goodness, it must be boring, I don't know. I'll never have a try.

M: **How old** is your eldest grandson?

A: He is 6 years old.

M: **How** is the weather today?

A: It is cloudy and windy.

M: **How excited** we are when we hear of the news, that is, the Beidou (Big Dipper) satellite system is completed and getting on service of the world in a few weeks.

A: Me too. We'll use our own satellite system in future and not (any more) **be controlled** by GPS.

你好，玛利亚，我对用“how”很感兴趣，你知道英语中有多少 how 的短语吗？

你提了个非常好的问题。事实上我不知道英语中有多少带 how 的短语。英语中有那么多带 how 的短语。我给你列举一些满足你的一点愿望。

越多越好，请吧。

你家有多少人？

三个。

你退休收入多少？

我可以拒绝回答吗？这是个人秘密。

你隔多久去一次超市？

新冠流行前。我每周去一次超市，现在不去了。

你在加拿大住了多久了？

我住了 7 年了。

你计划最快什么时候回访中国？

我计划疫情一结束即回中国。

我很想念中国和我的亲戚。我苦苦地等待疫情的结束。

多伦多到北京多远？

大约一万公里，看航线不同。

坐轮船去怎样？

哦，我的天啊！我不知道，肯定很郁闷。我不想试。

你的大孙子多大啦？

他 6 岁了。

今天天气怎样？

今天天气多云有风。

当我们听到这个消息的时候，我们是多么的激动。即是我们的北斗卫星系统全部完成而且准备就绪在几个星期后向全世界提供服务，

我也是同样激动。以后我们将使用我们自己的卫星系统，不再被 GPS 控制。

**Tips:**

- How long 有两个意思，即，多久，多长，如：
- How long have you been learning English? I have been learning English for more than ten years, but I am still poor in listening.
- How long is the Yangzi River in China? It is about 5000 KM.
- How far 指距离多远，有时可以听到，How far away. 如：
- How far away is your hometown from downtown of Burlington?

1. 听录音两遍以上
2. 自选 5 个 HOW 造句
3. 提一个问题
4. 列举除课文中以外的 how 短语，不包括感叹句。
5. 用 how 的短语翻译下面几句话：
  - a. 你知道地球有多大吗？
  - b. 你估计 (estimate) 地球有多重？
  - c. 怎么回事？

## LESSON FOURTEEN: TRICK OR TREAT 想不作弄请款待

A: Hello, Gee, how are you doing?

W: I am good, thank you. How are you getting on these days?

A: I am great, thanks. You see, the end of Oct is drawing near, do you have any program?

W: Yes, we do. You know, the end of Oct is Halloween [ˈi:n] , do you have that day as holiday in China?

A: No, we don't. I don't know what Halloween is.

W: Well, simply speaking, Halloween is the short cut of All Hallows' Eve, which means the evening before All Hallows' Day. It is a popular western religious holiday, when people in the United States, Canada, Australia, New Zealand and other western countries and Christian communities are in memorizing all hollows, that is to say, honoring the saints and praying for the recently departed souls who have yet to reach Heaven.

A: I have no idea about it at all. I heard of the words "Trick or treat" popular on Halloween, what does it mean?

W: Yah, about a month before, many families who believe in Christianity or not would decorate their home front with pumpkin and various lights, spider web, some even put on skeleton, symbols of ghost, on Halloween, Children are usually dressed themselves in costumes, some of them look like ghosts, some look like spiderman, some look like fairy girls, in whatever models they are interested. They are visiting their neighbour door by door, asking candies and snacks with words "Trick or treat".

A: It must be fun! Then people may have to prepare lots of candies and snacks that day.

W: Yes, people in these countries love that tradition and ready to prepare candies for children, some of them prepare very good candies to wish good luck. Some people leave candies and cookies at the front door unattended if they are outdoors.

A: I was told that Halloween is something like Chinese "Zhongyuan Festival", Does it make sense?

W: Something is similar, yes, people who celebrate the tradition believe that day souls of the departed or ghosts will come out of the grave and would be close to their relatives, to meet them with soul. On the Chinese "Zhongyuan Festival", it is said the passed predecessors come out of the grave to collect money from their offspring. People usually clean the graveyard and burn the self-made money (symbols) to honour their predecessors.

A: Interesting! That is the reason why some children would be dressed themselves as ghosts, meaning they are come out of grave to collect something or they will play tricked.

W: You are smart. Do you like join us that evening with your children, and we collect candies door by door to see who get the most.

A: I love to. I'll be ready that afternoon.

老朋友，你好啊？

还不错，谢谢。老伙计，你进来可好啊？

谢谢，进来很好。马上是十月底了，你有什么活动安排吗？

有啊！十月底是万圣节，你们中国有这个节日吗？

没有，我不知道什么是万圣节。

嗯，简单来说，万圣节是 All Hallows' Eve 的简写，意思是天下圣徒节前夜。那是西方国家一个流行的宗教节日，那天是美国，加拿大，澳大利亚，新西兰和其他西方国家，和基督教区域的人们纪念圣徒的日子。即是说，纪念圣人和祈祷近期去世的期待升天的灵魂。

我对此一点都不懂。我听到那天很流行一句话，“Trick or treat (想不作弄请款待)”，那是什么意思？

啊，大约一个月之前，信基督教或不信基督教的很多家庭就会用南瓜，各式各样的灯饰，蜘蛛网装饰在家门口，有的甚至摆上骷髅，鬼的形象装饰。小孩子通常会打扮成鬼，蜘蛛侠，仙女，他们喜爱的样子，然后挨家挨户去要糖果和点心，嘴上说，“Trick or treat”。

那挺好玩的，那天各家要准备好多糖果和点心呀。

是的，这些国家喜欢这个传统，各家乐意准备很多糖果和点心，有的会准备很好的糖果，祈祷好运。有些人如出门了，他们会留些糖果在门口随意拿取。

听说圣徒节之夜很像中国的中元节，有道理吗？

有点相似，庆祝这个传统的人们相信那天逝去的先人的灵魂会从墓地里出来，这是他们最接近他们的亲人，他们用灵魂和亲人相会。在中国的中元节那天，据说逝去的先人的会从墓地里出来向后人收钱，人们通常会打扫墓地，焚烧一些民间纸做的冥币来告慰先辈。

真有趣！那就是为什么孩子们要打扮成鬼神的样子，以为着他们是从墓地里出来收领糖果的，否则就会作弄一番。

你真聪明，那天你想带孩子出来和我们一起与那糖果吗？看看谁拿的多。

我很愿意去，那天下午我会准备好的。

## 可数名词的复数

普通可数名词，后面直接 +s, 如：

Apple – apples, cat – cats, [...ts], bed – beds, [...dz], animal – animals;

以 ch, sh, s, x, o, 结尾的普通可数名词，后面 + es, 如：

Bench – benches, fish – fishes, \* dish – dishes, class – classes, box – boxes, tomato – tomatoes, potatoes  
\* zoo – zoos,

以 y 结尾, y 前面是辅音的, 去 y ,+ ies, y 前面是元音的, 直接+ s, 如:

Lady – ladies, country – countries,

Play – plays, boy – boys,

### 特殊名词

Child – children, man – men, woman – women, [wimin], tooth – teeth, mouse – mice, moose – moose,  
deer – deer

### Hear 和 hear of 的区别

Hear 表示听到什么声音, 暗示听到了, 如: I am hearing his speech. 我在听他的演讲。

Hear of 表示听到过 (某事), 如: Have you ever heard of “drone fighter”?

Hear 和 Listen 都表示听, 但两者有不同, hear 指听到, listen 指听的行为, 如:

- Listen to me, listen carefully. Keep listening. I listened but did not hear anything.
- I hear a crying over there, Is there anyone in need of help?

### Homework:

1. Listen to the record of the text as much as you can till you are familiar with it.
2. Make up sentences with “hear”, “hear of” and “listen”.
3. Keep in mind the plural form of typical nouns.
4. Ask a question you are interested.
5. Talk about something you know about Halloween in English.



## LESSON FIFTEEN: INDIAN SUMMER 印地安之夏

A: Hello, Ryan, how are you doing?

R: I am good, thanks. How are you keeping these days?

A: I am fine, thanks. You see, it is getting warm today, I don't know why it changes so quickly, it was chilly cold, rained and even snowed last week, but this week it turns to warm as if spring is coming.

R: You are asking the **very** question many newcomers would ask. You know this is typical climate in the north America, including GTA and Quebec that are close to the north America. It is called, "Indian summer".

A: "Indian summer"? What is "Indian summer"? I have not yet heard of it.

R: An "Indian summer" is referred to a certain period, not very long, when the climate in late autumn, is changed **periodically** to warm, there is usually some hazy in the morning, looking like smoky, no wind, and the barometer is standing high. The days are shining and warm while the nights are clear and chilly.

A: When does it appear normally:

R: Well, it usually occurs between St. Martin's Day (November 11) and November 20. There is a saying in 《The Old Farmer's Almanac》 that reads, "If All Saints brings out winter, St. Martin's brings out Indian summer".

A: Wow! You are a walking **encyclopedia!** Then, where does it usually occur?

R: It usually **show up** in the north America and areas that are close to the north America.

A: Is there any legend with this? Why is it called "Indian summer"?

R: It is said, "Indian summer" was originated from the north America in 16<sup>th</sup> century where the first immigrants landed on the new territory, they suffered from chilly cold and starvation in late autumn, indigenous folks helped them with food and clothes. The newcomers were thankful for the locals' help and later set up a Thanksgiving Day. After a period of cold days it turned into warm, the sun was shining and least wind was blowing, the newcomers didn't know what season it was, they simply named it "Indian summer".

A: It sounds a fairy tale.

R: Do you have such climate in China?

A: Well, I don't know for sure. But I **did** hear of the words, "Xiao yang chun", it looks very similar to the "Indian summer".

R: Really? How is it?

A: "Xiao yang chun" usually shows up in Nov as well after a period of chilly raining in late autumn. The weather turns to warm with plenty of sunshining, and some fruit trees are in blossom for the second

time. It happens normally in the southern China and lasts about a week or two. It looks like as if spring is coming. So that people call it "Xiao yang chun". That means small spring.

R: It must be miraculous!

A: The world is big, but small. Only peace counts first!

你好，雷恩，进来怎样？

不错，谢谢！你呢？

我也很好。你看，今天天气变暖了。不懂，为什么这天气变化得这么快。上个星期天气又下雨，又冷，甚至下雪。这个星期天气一下变暖，好像春天来了。

你问了个许多新移民问的问题。你知道吗，这是北美包括靠近北美的大多地区和魁北克地区的特别气候。人们叫它叫“印地安之夏”。

“印地安之夏”？什么是“印地安之夏”？我还没听过呢。

“印地安之夏”是指在北美一个特定的时期，不是很长，在深秋后，天气短暂变暖。通常早晨有薄雾，看上去像烟雾那样。没有风，大气压较高。白天阳光灿烂暖和，晚上却清冷。

通常什么时候会出现这种天气？

哦，通常在十一月 11 日（圣马丁日）到 20 日之间，在《农夫年鉴》中有这么个说法，“如果说天下圣徒给你带来冬天，那马丁给你带来印地安之夏”。

哇塞，你是本活百科全书哇！那么，什么地方会出现这种天气呢？

通常出现在北美和靠近北美的地区。

有没有什么传说？怎么叫“印地安之夏”？

据说，“印地安之夏”源于北美 16 世纪首批新移民来到这块新大陆，他们遭受深秋寒冷的天气和饥饿，当地的居民帮助他们食品和衣物，他们非常感激当地居民的帮助，后来还为此，设定了感恩节。过了一段时间，天气变暖，阳光灿烂，无风无云。这些新移民不知道这叫什么季节，他们就直接叫它“印地安之夏”。

听上去好像神话。

中国有这样的气候吗？

哦，我不清楚。但我听说过一个叫“小阳春”，看上去和这个气候有点相似。

是吗？那是怎样的？

“小阳春”通常也是出现在 11 月，经过一段深秋的冷雨，天气变得暖和，充满阳光。有些果树会开第二次花，通常发生在南方，大约经过一两个星期。看上去好像春天来了。所以人们叫它“小阳春”，即是“小小的春天”。

那听上去好神奇也！

世界很大，也很小。和平才是最重要！

注， St. Martin's Day: This is holiday feast day originated in France, then spread to the low countries. Such as British, German and eastern Europe. It celebrates the end of agrarian year, the main annual harvest, people would have big feast and meat permitted. Martin was known as friend of the children and the patron of the poor.

### 强调语气

通常会用 very, do, right 等词，如：

- This is the very person I mentioned in the story.
- He did remind us of the danger before we went out.
- This is the right place where the accident happened.

### Turn 的用法：

表示转变，如：Please turn to the right when you see the sign.

表示变化，如：

- It turns warm.
- The leaves turned yellow.

表示变化结果，如：It turned out Trump failed in election.

表示关闭，如：Please turn off the lights.

### Homework:

1. Read aloud the text with record till you are familiar with it.
2. Make up 3 sentences with “turn”.
3. Make up sentences with “very, do, right” as affirmative word.
4. Talk about “Indian summer” in your own words.
5. Ask a question.

## LESSON SIXTEEN: BE FRIENDLY WITH WILD ANIMALS 善待野生动物

A: Hi, Mr. Wu, what did you do last weekend?

W: I went to the African Lion Safari at Cooper Road, Cambridge.

A: Yes? Is it reopened? How is it?

W: Yes. I went there on last Friday, there were not many visitors. The safari park reopened, there were various wild animals dispersed around, they are in low spirits, though it was a nice sunny day on last Friday.

A: Why? Are these animals suffering from the pandemic season?

W: I don't think so, but you may make sense. As there were much less visitors in the park, the atmosphere was depressed. As known, the king of the forest, lions were sleeping in the sunshine or lying in the shade as if they were not well fed. Looked at their fur, I believed they had not been taken bath for a month.

A: How were the elephants? I saw the elephants show last year, it was fantastic, they made an excellent show and it was amazing they were able to paint colors.

W: Yes, they did. But this year there was no elephants show at all. We saw them at the barn eating grass. It was so exciting the mammy elephant had given birth of a baby.

A: What animals else did you see?

W: We saw many other animals, such as giraffes, zebras, rhinoceroses, antelopes, ostriches, deer (plural form), moose and many others I could not name them. One of most dangerous wild animals is cheetah, it can attain speeds of up to 97 kph. (km per hour) moose 麋鹿

A: Wow! A cheetah can run faster than a normal car! I wonder why a moose has such strange antlers.

W: You're asking a very good question, I had not gotten to know before I googled it up in the dictionary, a moose's antler is used to shovel snow in winter so that he can find grass to feed.

A: Are there any other fancy parrots?

W: Yes, there were white parrots, their singing is beautiful though I don't understand what they were singing. One of the attractive parrots is red-headed, green wings, I wished I could have one as a pet at home.

A: That is amazing! Did you any tigers?

W: It was dismay, I did not see a tiger in the park, I don't know what happened to them.

A: They must have been shifted to somewhere else as it was not a favorite season to keep a rare animal, tigers are getting less and less, they are in imminent danger. Not only tigers, but there are many other animals endangered to live in the world, we have to find out ways to save and protect them from extinction.

W: Yes, we must be friendly with wild animals.

你好，吴先生，上个周末你干嘛去啦？

我去 Cambridge 的非洲狮子野生动物园了。

是吗？那个动物园重新开放了吗？怎么样？

是的。我是上周五去的，没有很多游客。

野生动物游览区重新开放了，各种动物分散周围。尽管天气很好，但动物一个个无精打采的，怎么回事呢？是不是这些动物也受疫情影响呢？

我想不是吧。不过你说得有点道理。因为动物园的游客少了很多，整个气氛很压抑。众所周知的森林之王，狮子在太阳底下懒洋洋的睡觉，有的躺在树荫下好像没有吃饱的样子。看看它们的皮毛，我估计它们有一个月没有洗澡了。

那些大象怎么样？去年我看了大象表演，棒极了！大象做了许多精彩表演，让人惊讶的是大象还会上颜色。

是的，它们会上颜色。不过今年根本就没有大象表演。我看到它们被关在象栏里吃草呢。令人兴奋的是大象妈妈生了个小象。

你还看了其他动物吗？

我们看了好多其他动物，有长颈鹿，斑马，犀牛，羚羊，鸵鸟，梅花鹿，麋鹿和很多其他动物我说不出名字。其中有一种最危险的动物，叫猎豹，它的奔跑速度可以达到每小时 97 公里。

哇哦，猎豹比普通的小车跑得还快。我不明白为什么麋鹿长着那么奇怪的鹿角。

你问了一个非常好的问题，我在谷歌查阅之前也不知道为什么。麋鹿的鹿角可以用来冬天铲雪，这样它们就可以找到草吃。

动物园还有其它神马有趣的鹦鹉吗？

有啊，有一些白色的鹦鹉，它们的歌声美妙极了不过我听不懂它们唱什么。最吸引人的是一只红头绿翅的鹦鹉，我真想有一只作为家中宠物。

太神奇了。你看到老虎吗？

非常郁闷，我没有看到老虎，我不知道老虎怎么样了？

也许它们转移到其他什么地方去了，因为现在这个不利的季节很难饲养稀有动物。老虎越来越少了。它们现处于濒危状态。不仅仅是老虎，世界上还有其它很多动物处于危险的生存状态。我们必须找到拯救和保护它们的办法，让其生存下来。

是的，我们必须友善对待动物。

### Practise asking and answer:

- What did Mr. Wu do last weekend?
- Where is the African Lion Safari?
- How was the Safari park when Mr. Wu visited?
- Why did the wild animals look in low spirit?
- What wild animals did Mr. Wu see in the Safari park?
- Which wild animal do you like best?
- What should we do to deal with wild animals?
- What animal do you like best to keep as a pet?
- What is the use of the antler of a moose?
- Which safari park did you visit that impressed you most?

### 动词第三人称单数的变化

#### 规则动词

在该动词后面直接加 s, 如:

Work >>> works, put >>> puts, get >>> gets

以 s, ch, sh, x, o 结尾的规则动词加 es, 如:

Pass >>> passes, teach >>> teaches, wash >>> washes, relax >>> relaxes, go >>> goes

以 y 结尾, 而且 y 前面是辅音字母的动词, 去掉 y 后加 es, 如是元音字母, 则直接加 s, 如:

Study >>> studies, rely >>> relies

Play >>> plays, relay >>> relay

以上和名词变复数很相似。

### Homework:

1. Practise the questions and answers listed above.
2. Read the text with listening the record of the text as much as you can till you get familiar with it.
3. List verbs in third personal singular form ended with s, x, ch, sh, and o as many as you can.
4. Put forward a suggestion to the class. For example, do you like 2 classes a week?
5. Ask a question you are interested in.
6. How do you like the English class?

## LESSON SEVENTEEN: SINGING IS MORE THAN SONGS 唱歌岂止是歌声

A: Hi, Buddy, I was told you are good at singing. How charming you are singing in front of many audiences.

W: Thank you. To some extent, I am still a beginner, I am learning to sing with my passion.

A: Could you tell me what it is beneficial by singing.

W: I don't know too much about it, but I can share with you my understanding of singing.

A: I am all ears. I long for to sing a song as well as I can, I wish to look best of myself.

W: Well, to sing a song is not only singing in my opinion. We have to as well understand the background of the song and the author, a song is the reflection of the time and passionate feeling of the author.

A: That is understandable. What is more?

W: To sing is not merely to open our mouths and follow tune, but we have to have a good grasp of the tone of the music, the intonation and pace, and the accuracy of pronunciation of words.

A: Wow, it is not easy job.

W: Do you know singing is helpful to release stress?

A: I believe it. I saw many people relaxed after singing.

W: When we are singing, we forget the stress in work and boring of household chores. We concentrate ourselves on the enjoyment of singing.

A: Yes, you'll have to, otherwise you forget the tune and words.

W: To sing a song helps to improve our health, do you agree?

A: I don't know, probably, singing makes you happy.

W: You are right. By singing songs, we inhale and breathe out deeply that helps the exercises of our lungs and blood flowing. Many scientists find singing improve our life span. You see, the majority of singers in general live longer than normal workers who don't sing.

A: It seems singing benefits a lot.

W: Yes, that's why we say singing is more than songs.

A: I'll start to learn to sing, can you help me?

W: Sure, let's learn from each other.

你好,老友。听说你的歌唱得很好。你在听众面前唱歌时好帅气。

谢谢。在某种程度上来说吧,我还是个初学者,我在学习如何用情感唱歌。

你可以告诉唱歌有些什么好处吗?

我也不是很懂。但我可以和你分享我的理解。

我洗耳恭听，我一直渴望能尽我所能唱好一首歌曲。我想展示我最好的一面。

嗯，就我的看法，唱歌不仅仅是唱而已，我们还需了解歌曲的背景和作者，一首歌是当时时代的反映和作者的情感。

那可以理解，还有呢？

唱歌不仅仅是张开嘴巴跟着旋律唱就行，还必须准确掌握音乐的音调，轻重和节奏。以及每一个字要字正腔圆。

哇，那可不是一项简单的工作。

你知道唱歌可以缓解压力吗？

我相信，我看到很多人唱歌后感到很放松。

当我们唱歌的时候，我们忘记了工作的压力和家务繁杂的烦恼。我们集中精力在享受唱歌的快乐。

是啊，你必须这样做，否则，你就忘了旋律和歌词。

唱歌有助于增强我们的身体健康，你同意吗？

我不知道，也许是吧。唱歌让你感到快乐。

对啦，唱歌时我们呼气和吸气有助于肺部的锻炼和血液循环。很多科学家发现唱歌能延年益寿。普遍来说，唱歌的人比普通不唱歌的人寿命更长。

看上去唱歌益处很大。

是的，这就是我们说唱歌岂止是歌声。

我也要开始学唱歌，你能帮助我吗？

当然可以，我们相互学习。

### **Key words and phrases**

- Be good at
- To some extent (not extend)
- All ears
- Long for
- Look up, look for, look at, look into, look out, look after, look down upon, look forward to + v. ing, .....



## See 和 see 的短语

- See something: I looked at it and saw something miraculous.
- See to: Please see to the child at home.
- See that: We were informed to see that all the regulations be followed up without abuse.
- See somebody do (doing): He saw his sister play at the park 2 hours ago, but now she is disappeared.
- See sb off: She was seeing off her friend at the airport that time

## 形容词的比较级和最高级

### 比较级,

通常一个音节的形容词, 直接在形容词后面加 er, 如:

Quick --- quicker, slow --- slower, high --- higher

注意: 如单词结尾是重读闭音节, 要重复一个辅音, 如:

Red --- redder, big --- bigger,

如单词结尾是开音节 e, 直接加 r. 如:

Blue --- bluer,

如单词结尾是 y, 而且 y 前面是辅音, 则去掉 y, 加 ier, 如:

Happy --- happier,

特殊形容词, 如:

Good --- better,

两个音节以上 (含) 的形容词

除特殊形容词和个别词外, 直接在形容词前面加 more 即可。

### 形容词的最高级

单音节的形容词, 加 est, 具体方法和比较级相同,

两个音节以上 (含) 形容词, 在单词前面加 most

注意: 最高级形容词前面要加一个定冠词 the

### Asking and answering practice

- Do you like singing or listening to songs and music?
- How do you like singing?
- List 3 benefits you believe by singing songs.
- What kind of songs or music you like best? (pop, classic, solo, choir, bel canto, light music, zen sound, others please advise)
- How often do you listen to music?
- In your opinion, is singing difficult or easy?
- Where do you usually sing songs? (at home, in the open air, in Karaoke, at friends party)
- Do you like to sing English songs? Why?

### Homework

1. Make up sentences with “to some extent, long for, all ears, as well as, concentrate)
2. Tell us your experiences in singing songs in your own simple words.
3. Singing, walking, running, swimming, Tai Ji exercises, calligraphy, meditation, are good for health and long life, which one do you enjoy best? Tell us how often do you practise it?
4. Keep in mind those “look phrases” and put it into practice.

## LESSON EIGHTEEN: MERRY CHRISTMAS 圣诞快乐

A: Merry Christmas, Mr. Song.

S: Merry Christmas and Happy new year to you, Mr. Mo. Time **flies**, the beginning of the year remains in my mind, it turns to the end of the year.

A: Yes, it is. I wonder why Christmas is so popular in the world, you know I am a Buddhist in China, right now Christmas celebration is **more popular** than other religion else.

S: I know very little about Christianity, but I **do enjoy** the **atmosphere** and the culture of Christmas.

A: Can you share with me something about the Christmas? I am interested in learning it.

S: It is my pleasure. Christmas is a Christian festival celebrating the birth of Jesus, and Catholics as well. The English term Christmas means Mass on **Christ's** [kraist] Day, it is of **fairly recent origin**. It is a hallowed night. Since early 20th century, it has been a **secular** family holiday, celebrated by Christians and non-Christian family.

A: What do people usually do at Christmas?

S: People in many countries at Christmas can have a long holiday, normally in western countries people have **7-day plus** long holiday. People would like to **make good use of** the Christmas season, they go traveling, go visiting friends and family relatives. Of course, they would have a big feast (banquet) to celebrate the unique holiday. Some people would like to roast a big turkey and share it with family members and neighbours.

A: Are there any fantastic activities at Christmas?

S: Yes, there are many interesting activities, among them the most popular activity is exchanging gifts. People **are pleased** to send **elaborated** Christmas cards among friends, relatives and workmates. Children are more exciting than ever, as they are expecting gifts from Santa Clause, they are told Santa Clause would slip into the house through the chimney and put the gifts into their socks. Children would find various gifts when they wake up the next morning.

A: **Who** is Santa Clause?

S: Santa Clause is a mythical and legendary figure, **who is the traditional patron of Christmas**.

A: Wow, that sounds **like** Chinese spring festival. While we were in China, we celebrated spring festival more than any other holidays else. We also have a long holiday and have big feast, the most unique tradition at spring festival is to distribute "Hongbao", (which is) a red envelope wrapped with cash, and to greet each other, saying "Happy New Year", "Gong xi fa cai" in Chinese Canton.

S: Do they have any special celebrating activities at spring festival?

A: Yes, they do. They would usually have dragon lantern dancing, that is a long paper-made, section by section, with light inside, about 15 meters long mythical dragon. They are playing dragon lantern to bless no disaster in the coming year and symbolize lucky in the coming year.

S: I like Chinese spring festival and hope someday I could visit China at spring season.

A: Sure. I like Christmas snow and the beautiful decoration at the season.

S: Have you ever heard of summer Christmas?

A: No, really? Where is it?

S: I had a summer Christmas vacation in New Zealand 3 years ago. The sunshining beach, dark blue sea water, flower-like clouds dotted in the light blue sky and warm climate, what an enjoyment it was! You had never thought of it that was Christmas Day. What beautiful memory it remains!

A: I wish I could have a summer Christmas vacation in New Zealand someday.

S: You certainly will. Don't forget to bring some Christmas gifts to me and send me Christmas cards with summer beach sightseeing dated Dec 25<sup>th</sup>.

宋先生，圣诞快乐！

莫先生。圣诞快乐，新年快乐！年初的记忆还在我脑海里，转眼又是年底了。

是啊，很快过。我觉得很奇，我是个佛教徒，圣诞节在世界上为何这样流行，看上去，现在圣诞的庆祝活动比其他宗教更流行。

我对基督教了解甚少，但是我很喜欢圣诞节的气氛和文化。

你可以和我分享一下圣诞节的知识吗？我很想学习一下。

我很乐意与你分享。圣诞节是基督教纪念耶稣诞生的节日，也包括天主教。Christmas 在英语专业词汇中意思是基督日的弥撒，也就是感恩祭礼。它具有现代渊源。那是一个神圣的圣徒之夜。从 20 世纪出开始，它就成为一个通俗流行的家庭节日，不管基督教家庭还是非基督教家庭都庆祝这个节日。

人们在圣诞节时通常在什么呢？

在很多国家，圣诞节会放长假。通常西方国家会有 7 天以上的假期。人们会充分利用这个假期，出去旅游，拜访亲戚和朋友。很自然，他们会大快朵颐；来庆祝这个神圣的节日。有些人喜欢烤一只大火鸡来款待家人和邻居。

圣诞节有什么精彩的活动吗？

有，圣诞节有很多有趣又精彩的活动。其中最流行和活动是交换圣诞礼物。人们喜欢在朋友，亲戚和同事间相互赠送精心制作的圣诞卡，小孩比任何时候都更加兴奋，因为他们期待圣诞老人的礼物。他们听说圣诞老人晚上会穿过烟囱来到屋子里然后把礼物放在袜子里面。孩子一早起来会发现各种各样的礼物。

Santa Clause 是谁？

Santa Clause 是传说中的神秘老人，他是圣诞节中的一个慈祥的顾主老人。

哇塞，那听上去好像中国的春节。我们在中国的时候，春节是比任何节日付更加隆重的节日。我们也有很长的假期，也大吃大喝，春节期间一个特别传统的活动就是分发红包。红包就是用红色的信封包有钱其中,互相赠送和祝愿，说，“新春快乐，恭喜发财”。

他们有什么特别的活动来庆祝春节吗？

有，通常他们有舞龙灯的活动。那是用纸做的神话中的龙，一节一节的，有十来米长，里面点有灯，舞龙灯是来祈祷来年没有灾害和新年好运。

我喜欢中国的春节，我希望有日在春节期间去中国旅游参观。

那是必须的。我喜欢圣诞节的白雪和圣诞的漂亮的节日装饰气氛。

你听过夏日圣诞吗？

没有，真的假的？在哪儿？

3年前我在新西兰度过一个夏日圣诞。阳光灿烂的海滩，深蓝色的海水，如花似锦的白云点缀在蔚蓝的天空，暖风徐徐，好不惬意。你曾未想过这是圣诞佳节。美好的感受至今记忆犹新。

我渴望有一天能在新西兰度一个夏日圣诞！

我肯定可以的。不要忘了给我带上圣诞礼物回来，并且寄上一张海滩景色的圣诞卡上面写着 12 月 25 日。

## Like

Like 可以作喜欢的意思，是个动词，如：

- I like summer and autumn in Canada.
- How do you like it?

Like 可以作介词，表示“像”，如：

- The lights shine like diamonds.
- She looks like a Bobby.
- What is the weather like today?

## 从句

英语有很多种从句，主要包括宾语从句，状语从句，定语从句。

本次讲宾语从句，

宾语从句，即是用一个句子作谓语动词(包括短语动词)的宾语。如：

- We determined that we'll make it.
- You'll have to judge what it is right by yourself.

- Please make a comment on “do or do not, that is a question”.
- Be grateful and thank to whoever helps you.
- Do you know if he will come to the zoom meeting?
- We have not decided when we would go visiting China.
- Please tell him we will leave for China the moment the pandemic is over.
- She is afraid she would loss her way in the dark forest.

### Asking and answering practice:

- Do you celebrate Christmas in China?
- What do you usually do at Christmas?
- Do you enjoy Christmas holidays?
- Which one do you like best, the Chinese spring festival or Christmas?
- What do you usually do on Chinese spring festival?
- How do you like the tradition of exchanging “hongbao” on spring festival in China?
- Have you ever been to New Zealand? How do you like it?
- Have you experienced summer Christmas? Where?
- What do you usually do on Chinese spring festival in Canada?

### Homework

1. Make sentences with “like”.
2. Make sentences with “make good use of”.
3. Say something you do at Christmas.
4. Say something you do on Chinese spring festival.
5. Say something about dragon lantern dancing.
6. Ask a question.

### 下节课课堂练习

1. 听写上节课的单词，短语和短句，如： like, Merry Christmas, make good use of, enjoy, enjoyment, spring festival, dragon lantern dancing. We are enjoying Christmas very much.
2. 操练以上短语和句子。
3. 听录音，跟录音朗读课文。
4. 反复操练部分句子。
5. 练习用英语提问和回答问题
  - What did you do at Christmas? (one sentence)
  - What do you usually do on spring festival? (one sentence)
  - Do you like dragon lantern dancing?
  - Do you exchange Christmas cards and gifts with your friends?

- What do you write on your Christmas cards?
- Have you ever been to any other foreign countries besides Canada?
- Which countries have you been to besides Canada?
- Which country do you like best in your opinion?
- How do you celebrate Chinese spring festival in Canada? (one sentence)
- Where are you going to spend your next Christmas?

抽查回答以上 5 个问题, (10 个)

## LESSON NINETEEN: NEW YEAR'S RESOLUTION 新年愿望

A: Hi, my friend, Mr. Ren, Happy New Year!

R: Happy New Year to you too. "Hongbao" please.

A: Hahaha, you are kidding, but I do have a "Hongbao" with a cion in it. Here you are.

R: Thanks. It doesn't matter as long as it will make us happy and good luck this year.

A: Mr. Ren, you know, I have made a New Year's resolution.

R: Really? I did not do it any longer. Could you tell me what you are writing on your New Year's resolution?

A: Sure. It is a long list. Please be patient.

R: All right, please go ahead.

A: I plan to get up at 7 in the morning, and prepare the breakfast for my family, and prepare lunch box for my grandson. It takes me about half an hour. I will practise "Taiji" for 15 minutes. After exercises I will take my breakfast.

R: That is the same as I do. What do you always do after breakfast? When do you send your grandson to the primary school?

A: I always watch TV news either in English or in Chinese after breakfast. I send my grandson to school at 9 AM. When I am back, I am always walking my younger grandson if it is fine.

R: After you are back from walking, what do you plan to do?

A: I could hardly find time with myself, I am tied with household chores. I have to look after the younger kid till he finishes his lunch.

R: You should have a break or you will be tired up.

A: Yes. You are right. I have a cat napping hour and sleeping in the evening. You might know, I have plenty of resolution to meet with.

R: What is your resolution?

A: I plan to write an article every day, read 3 pages of novel, listen to news for 30 minutes at least, do Taiji 15 minutes, practise calligraphy one hour, practise singing one hour, look after my vegetables, and chat with my friends on wechat. All in all, I am tied up with myself as well.

R: My goodness! You are too greedy!

A: I practise my New Year's resolution for a week and get tired of my long list, I wish I could continue it but bit by bit I have run out.

R: You know nothing is easy to make success if you don't keep up.



A: By the end of the year, I find I finish none of them! Then I make another New Year's resolution.

R: I did the same as you do when I was young, before long I found "More haste and less speed". Now I find nothing is more important than to keep myself in good health. I go fishing over singing, watch TV or mobile over drinking, I ride a bike along the creek, enjoying the water singing and fresh air. I eat well and sleep well having nothing to worry about. I have no resolution at all but to kill the time with enjoyment. I am happy-go-lucky like a fairy kid!

A: I am but envying!

你好，老任，新年快乐！

你也新年快乐！红包拿来？

哈哈，你真会搞笑。不过，我还真有红包，不过里面只有一个硬币。拿去吧。

谢谢，没关系，只要有，让我们开心和新年好运就行。

老任，你知道吗，我做了个新年祝愿。

真的假的？我不再做什么新年祝愿了。你可以告诉我你写了点什么东东在新年祝愿中吗？

当然可以，不过还挺长的。你得耐心点。

好的，说吧。

我计划早晨 7 点起床，然后给家里做早餐，和给外孙准备午餐。大概要半个小时。然后练练太极拳，大约 15 分钟。然后吃早餐。

这和我通常做的一样，早餐后你干啥呢？你什么时间送小孩上学？

早餐后我通常看看英语或中文电视，9 点我送小孩上学，回来后，如果天气好，我就带小孙子去遛弯。

散步回来干啥呢？

我很少自己的时间，我被家务蹭住不可开身。我还得照看小孙子知道他吃完中餐

你应该休息一下，否则你会累坏的。

是的，我有午休和睡觉时间。你知道，我有很多愿望想要实现。

那你的新年愿望是什么呢？

我想每天写一篇文章，读 3 页小说，至少听 30 分钟新闻，练 15 分钟太极拳，练一个小时书法，唱一个小时歌，种菜，和朋友微信聊天，总之，我一天排得满满的。

我的天哪！你太贪心啦！

我履行我的新年愿望大约一个星期，就对我长长的清单感到疲惫了。我希望我能继续下去，但很快我就精疲力竭了。

你知道任何事情不坚持都是不可能简单成功的。

到了年底，我发现我的愿望一事无成，我又拟定新的新年愿望。

我年轻的时候和你一样，很快我明白“欲速而不达”这个道理。现在我发现没有什么比健康更重要啦，我一边唱歌一边钓鱼，一边看电视或手机一边喝酒，我沿着小溪踩单车，听小溪潺潺，享受清新空气。我吃好睡好悠悠无事。我不再有什么新年愿望，只是高高兴兴地打发时间。我像个无忧无虑的小孩。

我真羡慕你。

### **Practice:**

1. When do you usually get up in the morning
2. What do you usually do after getting up?
3. Do you go for a walk after breakfast?
4. What do you usually have for breakfast?
5. Do you make New Year's resolution?
6. What is your New Year's resolution?
7. Can you keep your New Year's resolution to the end?
8. How can you keep it to the end?
9. Why do you have to make your New Year's resolution moderated?
10. What is your most important item for your New Year's resolution?

### **Note:**

Practice and practise,

When we use practise as a verb, it should be followed by a v+ing, and the spelling of it is different in English.

### **Homework:**

1. Imitate reading with listening of the text till you are familiar to the text.
2. Write a New Year's resolution for yourself.

## LESSON TWENTY: You and I .... 我和你

There are two close friends, Letter "I" and Letter "U". One day, they are arguing about who is more important in life.

Letter "I" says,

How can you "SMiLE" without "I"?

Letter U says,

Yes, you are right. But how can you achieve "SuCCESS" without "U"?

Letter "I" nods and says again,

How can you be "FiNE" Without "I"?

Letter U thinks for a while and goes on,

How can you "uNIFY" the country without "U"?

Letter "I" jumps in,

How can you "WiSH" Without "I"?

How can you "LAuGH" without 'U'?

The 2 letters are arguing with each other aggressively, one by one.

How can you be "NiCE" without "I"?

How can you have "FuN" without "U"?

How can you make a "FRiEND" without "I" ?

How can you enjoy the "SuNSHINE" without "U"?

There seems to be no end of the argument between "U" and "I".

In the end, "U" and "I" burst out,

U and I are the same important in our life,

U and I means "友爱" in Chinese.

### Brain Puzzle:

What is the longest word in English?

The longest English word "smiles".

**Practice:**

- Besides “smile”, list other words which are similar in meaning to “smile”.
- Do you often make smiling face?
- To whom do you often make smiling face?
- Do you have anything successful to share with us?
- What is your successful story?
- Do you have any fun during the pandemic?
- What is the activity that makes you happy?
- Do you laugh at others?

**Homework:**

1. Practise reading of the text in pair.
2. Find more words with “I” and with “U” that makes interesting and funny in meaning.
3. Practise listening to the text.

## LESSON TWENTY-ONE: SPRING IS COMING 春天来了

A: Hello, Mr. Pan, how are you doing?

P: I am great! You see, it is beautiful today, how about going out for a walk?

A: Good idea. After a long and cold winter, spring is coming eventually. How I am missing the warmth and go out for a walk.

P: Me too. People often say, when spring comes, everything will turn to a new look.

A: Yes, you can see the buds on the trees, you are feeling refreshed and grateful.

A: You know there's an idiomatic saying, "Spring the keyest season of the year", I love it best

A: That's to say, "If you miss the time (chance) , you have to wait for another year.

A: So, we'll make good use of our time left.

P: That is to cherish our time as it is invaluable.

P: I am programming to visit Europe after the pandemic is over, including Austria, France, the Netherlands, Italia, Germany and Switzerland.

A: That will be amazing travel.

P: We don't have much time to wait, we have to seize the time. As the old saying, "Unexpected or tomorrow you don't know which one comes first."

A: Awesome!

### Rpigns

Try to rearrange the letters above to make a word.

嗨，潘先生，你好啊？

我很好，你看，今天天气很好，去散步怎样？

好啊，这么长的严冬，春天终于来了。我是多么渴望春天的温暖，出去散步啊。

人们常说，春天到了，一切都将展现新的面貌。

是啊，你可看到树上的嫩芽，你感到生机焕发，满腔感激之情。

你知道，有句老话，一年之季在于春，我特喜欢这句话。

那就是说，如果你错过了这个季节，你就得等下一年。

所以，我们要充分利用剩下的时间。

那就是说我们要珍惜时间，时间是宝贵的。

我计划疫情后去欧洲旅游，包括奥地利，法国，荷兰，意大利，德国和瑞士。

那够爽的！

我们没有很多剩余时间，我们必须抓紧时间。有句话说的，“意外和明天你不知道哪个先到。”

说得好！

### **Th 结尾的名词**

Growth, length, breadth, width, strength, youth, depth,

### **Invaluable 和 valueless 的区别**

Invaluable, 非常贵重，不可估价的

Eg: The invention and application of G5 technology is invaluable.

Be patient and earnest in his job is invaluable.

Valueless, 没有价值的，

Eg; His suggestion is valueless.

Some old coins are valueless.

### **Homework:**

1. Do you like spring?
2. Which season do you like best?
3. How many seasons are there in north pole in a year?
4. What do you like best in spring?
5. What do you like in summer in Canada?
6. What are do you plan to after the pandemic?
7. Have you ever been to Europe?
8. Which countries have you been in Europe?
9. Which countries do you like best in the world besides China?
10. How do you like the old saying, “spring is the keyset season in a year?”

## **Spring**

1. I love spring best.
2. A spring is one of the important parts in mechanism.
3. There is a world-famous spring in Jinan.
4. She sprang up on hearing the news.
5. There are many hot spring pools in southern China.
6. When the weather turns to warm, bamboo shoots spring up in the bamboo forest.
7. A spring washer is a washer in spring form.

## LESSON TWENTY-TWO: SEE A DENTIST 看牙医

A: Hi, this is Davidson Yao speaking, may I make an appointment with your dentist?

S: Hello, Mr. Yao, what the matter with your teeth?

A: I had one lower front tooth of mine broken when I was eating, I don't know if I should have it **extracted** or other treatment?

S: You'll have to come to dental clinic to examine, say, 1030 AM Thu next week, that is 13, Mar.

A: Fine, may I know your address?

S: Yes, that is 1920 Appleby line, name, Downtown dental care clinic.

A: Ok, I'll see you then.

N: Hi, how are you? What can I help you?

A: I have an appointment at 1030, I am Davidson Yao.

N: Do you have dental care insurance?

D: Dental care insurance? I don't, do you mean I have to pay by myself if I don't have insurance?

N: Yes, you'll have to pay yourself, the Ontario Health Insurance Plan (OHIP) does not **cover** your dental care.

D: That's not expected.

N: You can apply for OSDCP. Please visit the Canada service website, you'll find it.

D: (3 weeks later) Here is my OSDCP card, my last name is Yao, I was here 3 weeks ago and called yesterday.

N: Hi, Mr. Yao, please come with me this way.

Dr: Don't be nervous. Open your mouth widely, we'll have your teeth X-rayed first.

D: Can I have the broken tooth extracted today?

Dr: Yes, you have to take a shot of **anesthesia** (narcosis). Do you have any **allergy** or high blood pressure? It is a little painful.

D: All right, I can bear it, I don't have any allergy.

Dr. (20 minutes later, the dental specialist started operation) All right, I have it pulled out, you see, it is black, seriously infected. Bite the cotton tight on your tooth hole for 20 minutes to see if any bleeding and take some medication as described.

Y: Now I can go home?

D: Yes.



Y: Thank you, bye!

你好，这是戴维孙·姚，我可以预约牙医吗？Appleby

姚先生，请问你的牙齿什么情况？

我的下前牙吃饭时咬断了，我不知道是否要把牙根拔掉或治疗。

你必须到牙科诊所来检查，下周上午 10 点 30 分，即三月 13 号。

好的，我可以知道你的地址吗？

Appleby 路 1920 号，市区牙科诊所。

好的，到时见。

你好，有什么可以帮你的吗？

我有个预约，我叫戴维孙·姚。

你有牙医保险吗？

牙医保险？你是说如果我没有牙医保险，我需要自付药费？

是的，你的健康卡不包括牙医诊治。

哦，那没想到，

你可以申请老人牙医诊治方案，参考安省服务网站，有可以找到。

(三周后) 这是我的牙医诊治卡，我是姚先生，我三周前来过，昨天打过电话。

姚先生跟这边我来。

别紧张，张大嘴巴，我们要先拍 X 光。

今天可以把断牙取出来吗？

可以，我们要给你先打麻醉，你有任何过敏和高血压吗？会有点痛。

没有，没关系，我可以忍住。

(20 分钟后，医生开始手术) 好啦，我把牙根拔出来了。你看，黑黑的，感染严重。把棉球压在拔牙的洞口上 20 分钟，看有没有出血，再按处方拿点药。

我可以回家啦？谢谢你。再见。

## Grammar

Have + 名词+ 过去分词

表示让他人做某事

如:

- I'll have my hair cut in the barber tomorrow.
- He had one of his teeth pulled out (extracted) last week and he felt it remains painful.
- She was advised to have her lung X-rayed as soon as possible.

## 特殊名词复数形式

Tooth >>>> teeth

Man >>>> men

Woman >>>> women

Mouse >>>> mice

Child >>>> children

## Homework: (choose 6 or more of them)

1. Have you ever been to dental care clinic?
2. What was your experiences at dental care clinic?
3. What is wrong with your teeth when you went to the dental car clinic?
4. Have you joined in the OSDCP? Or have you joined in any other dental care program?
5. What does the OSDCP stand for?
6. How do you like the dental care system in Canada?
7. Are teeth very important in our health?
8. How do you keep your teeth in good condition? Can you share it with us?
9. Have you ever planted any teeth?
10. How do you like the artificial teeth you planted?
11. Have you ever had any teeth filled or treated?
12. How to apply for OSDCP?

## LESSON TWENTY-THREE: RENEW YOUR OHIP CARD 更换健康卡

We have to renew our Ontario Health Insurance Plan (OHIP) card every 5 year, when should I have it renewed?

We should apply for renew of OHIP card one month before it is expired.

You can find the expired date on your OHIP card.

Let me see. Oh, my God! It has been expired already. I have no idea about it. What can I do?

Don't worry, there is no problem to have it renewed in 3 months after expired.

God bless! How to renew my cards?

As mentioned in website, we are required to present 3 basic documents, including: 1, original OHIP card, 2, an approval for address, 3, 2 photo IDs, that can be passport, PR card, driving license, etc.

Where should I go to have the card renewed?

Go to the Ontario Service at Burlington nearby, that is located at 3440 Fairview Road.

My English is poor, I afraid I could not make myself understood.

Take it easy, you can make it, if there is any difficulty in communication, they are always ready to assist you.

Thank you very much!

### Question:

1. How often do we have to renew our OHIP card?
2. When should we have our OHIP card renewed?
3. Where should we have our OHIP card renewed?
4. What is OHIP card?
5. Who should have his/her OHIP card renew?
6. Why should we renew our OHIP card?
7. How do we renew our OHIP card?
8. Where is the nearest Ontario Service?
9. What does photo ID mean in the text?
10. Can we renew our OHIP card online?
11. What can you do if you are asked to present your approval of address?

每 5 年我们要换新健康卡，我应该什么时候换新呢？

我们应该在过期前 1 个月换新健康卡。

你可以在卡上找到过期日期。哦，我的天哪！它已经过期，我一点都不知道。那怎么办呢？

别担心，没问题。过期 3 个月内依然可以办理换新。

谢天谢地，怎样换新健康卡呢？

根据网上说明，我们要提供 3 项证件换新健康卡。包括：1. 健康卡原件，2. 住址证明，3. 2 张带相片的身份证明。你可以用枫叶卡，驾驶证，护照，等。

我应该到哪儿去换新的健康卡呢？

到附近的安省服务中心去办理。在 Fairview 3440 号。

我的英语不好，我担心我讲不清楚。

别担心，你可以的。如果有什么沟通的问题，他们很乐意帮助你解决。

太谢谢你啦！

### **Homework:**

1. read the dialogue till you are getting familiar with it.
2. Keep in minds those new words and get ready for dictation.
3. Answer 5 of the those questions above orally.
4. Asking a question on the text, such as how to renew the OHIP.

## LESSON TWENTY-FOUR: GO FISHING 钓鱼

When the weather is getting warm, I would like to have some out-door activities. What is your favorite activity in summer?

One of my favorite recreational activities is watching TV with a bag of snacks and a bottle of Coke. I could stay over the night watching TV play series.

My Dear! You enjoy eating junk food rather than watching TV. I wonder if you kick off with one TV play series you might have to follow it up for several weeks. That is self-killing! (commit suicide)

Oh, I don't think so. I could learn a lot on TV play programs. What is your favorite?

One of my recreational activities is to go fishing. I could spend a whole day in doing nothing but enjoying holding a fishing rod and waiting a fish to come up.

Fishing? It is one of the most boring activities I ever experienced.

How does it come up?

I could still remember years ago I went fishing several times and stayed there a couple of hours but caught nothing.

You must have been unlucky.

When I moved to Canada, there were not many activities I could enjoy. I was encouraged to go fishing and I gradually got interested in fishing.

Where do you usually go fishing? How do you learn to go fishing?

I usually go fishing in the river. I know little about fishing but I found it is more than interesting. I go fishing Not for the taste of fish but the enjoyment of sitting along the river with beautiful sightseeing and fresh air relaxing myself. You can't find it without going fishing yourself.

### Questions:

1. Do you like watching TV?
2. What are your favorite activities after work?
3. Do you like going fishing?
4. Where do you usually go fishing?
5. Do you enjoy going fishing?
6. What for do you go fishing?
7. When do you think is good season to go fishing?
8. Tell us your experiences in fishing.

9. Where do you find baits for fishing?
10. Do you use any artificial baits?
11. Do you know there are some restrictions in fishing in Canada?
12. Share with us what you know about the restrictions in fishing in Canada if any.

**Grammar:**

Some verbs to be followed by present participle,

Enjoy, finish, consider, feel like, avoid, keep, practice, prevent, look forward to, interested in, observe

**Homework:**

1. Find more verbs to be followed by V+ing-form.
2. Read the text with imitation till you are familiar to the text.
3. Practise talking about your favorite activities in pair.
4. Make sentences with verbs above that should be followed by gerund.

## LESSON TWENTY-FIVE: SAFE DRIVING 安全驾驶

Mr. Liu, I learned that you are one of the **eldest** seniors in our RCI, (RED LEAVES CULTURE INTERGRITY) You look much younger than you are, and you are still driving here and there.

Yes, **a man is as old as he knows**. I keep a regular life, including eating food properly, keep myself in good mood and do exercises, go to bed early and have a sufficient sleep. I am 80 right now.

**Brilliant!** You are still driving a car **to and from**. In China you are not allowed to drive at this age. Do you need to review your license every year?

To make a safe driving, at the age of 80, I am required to, 1, take a vision test every 2 years, 2, undergo a driving record review, 3, participate in a 45-minute Group Education Session, 4, take a road test if necessary.

That is more serious. How do you ensure for safe driving?

There are several tips to a safe driving, **besides** general requirements. 1, Keep in mind, some medications **prescribed** by health care professionals or sold over the counter **can affect** your ability to drive, you'll have to consult your physician or pharmacist to know the effects of your medication on driving.

Anything else?

Yes, 2, Road safety is a joint responsibility. Do your part, drive according to weather condition and follow the rules of road. Be cautious while driving around pedestrians, cyclists and motorcyclists.

3, If you are experiencing drive fatigue, pull off the road, find a safe spot to park your car and have a rest.

You will have to check your vehicle on a regular basis to make sure everything is working properly. For more information details, please refer to it at [www.torontopolice.on.ca/traffic/sd.php](http://www.torontopolice.on.ca/traffic/sd.php)

That will be great! I hope I can drive till I am 90 years old.

### Questions and Answer:

1. Do you ever have a driving license?
2. Is there any big difference in driving a car between China and Canada?
3. What are the differences in driving a car in between?
4. How old are you not allowed to drive in China?
5. How old are you not allowed to drive in Canada?
6. To keep safe driving, what should we do? List one or two of them.
7. How often do we have to renew our driving license in Ontario Canada?

8. Do you think it is necessary for you to a driving license in Canada?
9. Do you think it is fun to drive a car?
10. Why do you not try to have a driving license in Canada?
11. Do you have a car of your own?
12. Do you know regular maintenance for a car?

### **Effect and affect**

Effect, 效力, 影响, 如:

- This medication has a serious side effect on stomach. It may cause stomach ache.
- This rule has been out of effect.
- This Act is effective on the date of signatory.

### **Affect, 伤害/影响,**

- The unnecessary argue will affect their relationship.
- He keeps working day and night that affects his health seriously.
- Keeping on watching mobile phone will affect children's behaviors.
- She was indeed affected on hearing the bad news that her close friend has been infected with Covid-19.

### **Homework:**

1. Read aloud of the text and keep in mind the general rules of safe driving.
2. Find more word synonyms with meaning good.
3. Discuss your experiences in driving in pair.
4. Write sentences with word "affect" and "effect" separately.



## LESSON TWENTY-SIX: VISIT THE NIAGARA WATERFALL 参观尼亚加拉瀑布

A: Hi, What's up today?

H: Fine. Do you have any plan to go out?

A: Where to?

H: I'd like to visit the Niagara waterfall, but I don't like to drive to.

A: Let me see. I can shift my work today and ride you there, but my car is not available today.

H: That's cool! You can ride me with my car and I owe you a lunch.

A: Good, are you going with your family?

H: Yes, three of us will go together. Can we go as early as possible? I'll make good use of my time in Canada.

A: Ok, I'll get ready in couples of minutes and **get to** your home by riding a bike. Please wait for me at 0920 AM.

H: Great! I'll be waiting for you then.

A: Hi, Mr. He, I am at your gate.

H: Hi, Mr. Xu. You are **on the punch**. Let's **set off**.

A: Mr. He, is this your first visit to Niagara waterfall?

H: Yes, it is. I **was told** Niagara waterfall is the second largest waterfall in the world. I've never heard of the first one in the world.

A: You are right. **I've never heard of everything in the world.** You know there are 3 largest waterfalls in the world. That is, Iguazu waterfall in Argentine, Niagara waterfall in Canada and Victoria waterfall in Zambia.

H: Oh, have you visited all the 3 waterfalls?

A: No, I have visited Niagara waterfall several time and visited Iguazu waterfall last year.

H: Is there any difference?

A: Yah, Iguazu waterfall is much bigger and longer than Niagara waterfall.

H: You have visited many world **attractive spots**.

A: Yes, it is my favorite. It says, read **thousands** of books and walk thousands of roads.

H: You are **cute!**

你好，今天怎样？

很好，你有计划出去吗？

去哪儿？

我想去参观尼亚加拉大瀑布，但我不想开车。

让我想想，我可以换班开车送你们过去，但我的车今天没空。

那太好了。你可开我的车，我请你吃中饭。

好的，你是和家人一起去吗？

是的，我们三人一起去。可不可以早点走？在加拿大我要充分利用时间。

好的。我过十来分钟就好，然后我骑自行车去你家，9点20分等我。

太好了。我等你。

你好，我在你家门口了。

你好，徐先生。你准点打卡啊。让我们出发吧。

何先生，这是你第一次去游览尼亚加拉瀑布吗？

是呀，我听说尼亚加拉瀑布是世界第二大瀑布，我还没听说世界第一大瀑布呢。

是的，我也没听过世界上所有的事情。你可能知道，世界上有三大瀑布。一处是在阿根廷的伊瓜苏大瀑布，一处是加拿大的尼亚加拉大瀑布，还有一处是在赞比亚的维多利亚大瀑布。

哦，你三处大瀑布都去参观过吗？

没有，我去了很多次尼亚加拉大瀑布，去年去了伊瓜苏大瀑布。

有什么不同吗？。

是的，伊瓜苏大瀑布比尼亚加拉大瀑布大多了，长多了。

你游览了世界很多迷人的地方呀。

是的，旅游是我的爱好。人们常说，读万卷书，行万里路。

你真厉害！

### Comparison the following sentences :

- I have never heard of everyone of you talking about it.
- I have heard none of you talking about this event.
- All events are not look perfect.
- None of the events looks perfect.
- Don't trust all you read in the wechat.
- He trusts none of the news in unverified website.

注意英语中的部分否定的表达不同

### Questions and answers:

1. What does Mr. He plan to do?
2. Why Mr. He does not want to drive to Niagara Waterfall?
3. When does Mr. He wish to go the waterfall?
4. Is the Niagara Waterfalls the first waterfall in the world?
5. What name is the first waterfall in the world?
6. Have you ever visited Niagara Waterfalls?
7. How do you like the Niagara Waterfalls?
8. What impresses you most of the Niagara Waterfalls?
9. Which waterfall in China have you ever visited?
10. Did you visit Huangguoshu waterfall in Guizhou?
11. How do you like the Huangguoshu waterfall?

### Homework:

1. Read aloud of the text with imitation till you are familiar to the pronunciation of the instructor.
2. Find more words with meaning "get to".
3. Talk about your experiences in visiting waterfalls in group.
4. Make sentences that are partially negative.

## LESSON TWENTY-SEVEN: MAKING A TELEPHONE CALL 打电话

Hello, Mike, I have problem to make a telephone call. Could you help with some tips?

Sure, it is my pleasure. For example, if you're gonna make a call to the public health care clinic, you'd better to get ready your general personal information first.

What is the general personal information? Do you mean ID and OHIP?

Yes, that is right. And you ought to have your phone number, address ready as well. In case they will ask you such information and you may get nervous due to you forget information necessary.

You had better to prepare what you want to say to the nurse or to the auto phone answerer.

That is where the trouble I encountered.

Don't worry, easy does it! If you have prepared beforehand.

Usually, the clinic centre has an auto answering machine, you'll have to listen carefully, try not miss some important information.

What would the phone call answerer say? Can you tell me in detail?

This is a problem. There is no certain answer list, but you might have the general pattern of it.

Some will ask you to dial the extension number first, if you don't know the extension number, you'll have to talk to the operator telling him/her what you intend to.

How can I get in touch with the operator?

Don't worry. You just listen carefully, the machine will ask you what 're to do, such as, make a appointment, please dial 1, consult doctor about the medication you are using, dial 2, ..... It is really troublesome, to make it easy, you can dial 0 to talk to the operator. However, zero is not always the proper number to contact with the operator.

If I can't follow the auto operator, what can I do?

You may wait till the end, the auto operator will ask you to leave message. Then you leave your personal information such as name, phone number, address and what you want to do, etcetera. The clinic will call back someday.

That is NOT easy! I wonder when the clinic will call me back.

### **Pandemic/epidemic**

P 在广大区域流行，传染，世界传染

E 在某个区域爆发流行和传染

## Question s and answers

- Have you ever called someone and experienced trouble?
- What did you experience when you called him?
- Did you leave any message in the end of the call?
- What did you leave to the answering machine when you are to leave your information?
- What are the most important information you should get ready before you're gonna call a clinic?
- Have you ever called the pharmacy for medication?
- What did you call the pharmacy for?
- If you have problem in calling the nurse in the pharmacy, what did you do?
- What is the best way to get your medication during the pandemic season?
- Tell us your problem in making a call?
- List words you know with "red".

## Blue

- Her eyes are piercingly blue.
- She looks blue.
- She is feeling blue.
- She was dressed in blue.
- He was beaten black and blue.

## LESSON TWENTY-EIGHT: RENEW YOUR PR (PERMANENT RESIDENCE) CARD 更换枫叶卡 (长期居住绿卡)

As an immigrant, we have to renew our Permanent Resident (PR) card every 5 year from the date of landing. Do you know when should I have it renewed?

We can apply for renewal of PR card nine months before it is expired.

You can find the expired date on your PR card. It is the most important work **that matters your legal stay in Canada.**

If you don't renew it in time, that may bring you a lot of trouble if you intend to **stay still** in Canada as a permanent resident or you are NOT allowed to enter Canada if you are outside of Canada.

To renew our PR, the general procedures are as follows: You must fill in the Application for renewal of Permanent Resident Card (IMM5444), fully completed and signed.

Where can I find the Application form?

Referring to the following website, you'll find all information necessary for the application.

<https://www.livingcanadainfo.com/forms/pr-card-renewal>

What documents should I prepare for the Application?

You'll have to prepare a photocopy of your identification, such as passport. For details please refer to the Instruction Guide (IMM 5444).

You'll have to prepare 2 current photos of yours, the specification of the photo must meet the requirements for PR only. It is recommended you take a photograph at Costco where the quality is excellent and cheap.

You'll have to pay the processing fee, it is 50 CAD, the amount might be changed depending on the immigration situation.

I forget to ask the most important details, that is, how to fill in the Application for renew our Permanent Resident Card?

That is troublesome. If you are filling in online, you'll have retrieve the Application form first, that CANNOT be saved, so you have to fill out and printed out each time. If there are any errors, you'll have to redo.

My god! What information is included in the Application?

It's a long list, I can only mention some important ones, such as name, gender, address, Date of birth, contact telephone number, SIN, etc. The most headache is the stay address details for the last 5 years or ever since you landed as a permanent resident.

Why?

Because the applicant is required to provide every detail of your address history **in chronological order**

For the last 5 years or since you've become a permanent resident. For these details I did not sleep well for weeks. Awful!

Where should I submit the Application?

You'll have to mail the written forms as required by the checking list to the indicated address.

Thank you very much! I'll have to leave all the trouble to my son, I don't like to have another headache!

### Question:

- How often do we have to renew our PR card?
- When should we have our PR card renewed?
- Where should we have our PR card renewed?
- What is PR card?
- What are the most troublesome issues in application for renewal of PR cards?
- Why should we renew our PR card?
- How do we renew our PR card?
- Where do we mail to the application documents package?
- What does photo specification for renewal of our PR?
- Can we renew our PR card online? How to renew online?
- What can you do if you are out of Canada and your PR is expired?
- Do we have to pay for renewal of our PR card? How much does it cost?

### 更换永久居民卡

作为一名移民，从登陆日开始，每 5 年需要更换永久居民卡，（又称枫叶卡）你知道什么时候更换吗？

你可在过期日提前 9 个月申请更换永久居民卡。

过期日在枫叶卡上可以看到。这是一项非常重要的事宜，它关系到你是否合法在加拿大居住的问题。

如果你补及时更换枫叶卡，你想作为永久居民在加拿大居住就会有麻烦。如果你在加拿大以外的地方，你就不能回到加拿大。

更换枫叶卡，总体的步骤如下。必须完整填写更换枫叶卡申请表 (IMM5444)，并签名。

哪儿能拿到那个申请表呢？

参考下面的网页，你可找到申请需要的信息。

我应该准备些什么资料呢？

你需要准备好身份证明复印件，比如：护照，详细说明请参考申请指南。

你需要准备两张近照，照片的规格必须是专门用于办理枫叶卡的照片的规格。建议到 Costco 去办理，那里照相质量好，而且便宜。

你还得缴纳 50 加元处理费，这个价格可能根据加拿大移民形势变动。

我忘了最重要的事情，怎样填写枫叶卡更新申请表？

这有些麻烦。如果你是在网上填表，你需要先在网取得申请表，这个表不能保存，所以你每填写一次需要打印出来。如果填写有误，你必须重填。

我的天哪！申请表包括哪些信息？

那有点长，我只能告诉你主要的所需信息，比如：名字，性别，地址，出生年月日，电话号码，社会保障号，等等。最麻烦的是过去 5 年居住的详细地址，或从登陆至今居住的详细地址。

为什么？

因为申请表要求提供过去 5 年详细的连续的居住史。为了查清这些信息，我好几个星期没睡好觉。麻烦！

我应该向哪里提交申请表呢？

你要按照检查清单上列明的地址邮寄书面文本过去。

谢谢太谢谢你！我得让我儿子去做，我不想再来一个头痛！

### **Question and answers:**

- Do you prepare your application for renew of PR yourself?
- Talk about your experiences in preparing the application for renew PR in pair.
- List the information we have to present in preparing the application for renew PR.
- Read the text with imitation.



## LESSON TWENTY-NINE: FILE YOUR PERSONAL INCOME TAX (TAX RETURN) 报个人所得税

There is a well-known saying by Benjamin Franklin of USA. It reads, “Two things in one’s life are inevitable, those are ‘death and tax’ only”.

As long as we are eligible taxpayer, we are enforced by law to file our personal income tax each year.

Who are eligible or should file a tax return?

In general, those Canadian residents, immigrants and others listed in detail in CRA are required to file a tax return.

The due date of filing is by Apr 30 for individuals each year, and by Jun 15 for self employees each year. The date may change due to situation varies.

What should we report as income and claim in our tax return file?

There are many details we’ll have to refer to the guideline in CRA, generally including, various sorts of income, benefits, foreign investment, assets (property) and other earnings.

Meanwhile we should update our personal information in our filing, including address, marital status.....

Where are we to file the tax return?

We can either file it online or mail it by paper.

If you are noticed to owe tax to the government, you must make payment accordingly.

I am an immigrant and no income, do I need to file a tax return?

Sure, you must. You’ll have to report your retirement income from China as foreign retirement income. DON’T RUN THE RISK TO HIDE ANY INCOME that matters seriously.

By the way, we’ll have to report our GIS (保障性收入补贴)and OAS in tax return. GIS stands for Guaranteed Income Supplement and OAS (养老保障) means Old Age Security.

If you have any difficulties in filing, there is always some assistance available, you may authorize a representative, or ask community volunteers for help. Don’t worry!

### **Note\* :**

Benjamin Franklin, scientist politician, ocean voyager, litterateur.

Franklin Roosevelt, the 32nd president of USA, the only one for 4 successive president in 12 years in US history.

**Questions:**

- Do we immigrants are to file tax return each year?
- Who are eligible for filing personal income tax?
- Do we have to report our pension income from China?
- When is the deadline for personal income filing?
- How to classify our pension income From China?
- What does GIS stand for?
- Why should we renew our personal information when we are filing tax return?
- Where are we to file our tax return?
- Do I have to file income tax return if I don't have any income?
- What can I do in filing of tax return if I don't know English?
- What does GIS stand for?
- What does OAS stand for?
- Do we have to report our GIS or OAS in tax return?

**Homework:**

1. Refer to the details online to get to know the general requirements in filing a tax return in Canada.
2. Read the text till you are familiar to it.
3. Find unfamiliar terms in tax return.
4. Discuss and exchange experiences in filing tax return.

## LESSON THIRTY: KEEP LEARNING, STAY SAFE AND HEALTHY 坚持学习, 保证安全和健康

We often talking about having a healthy life. What is healthy life? There might be various saying. We might explain that health includes:

- 1, Harmonious, it is to say, we'll have a **concordant** family, have an agreeable relationship with others, have a balanced of work and relaxing, food and have a harmonious mood **in** ourselves.
- 2, Exercises, that means, we'll do exercises (workout) regularly and properly to keep our body active.
- 3, Associate, that implies, we should have good social connection with others to share our ideas and release our depresses.
- 4, Leisure, that refers to, we should have enough relaxation that does good to our health.
- 5, Tolerant, that is, we do not count each coin in our life but forgive others, either they are in error or careless mistake.
- 6, Hopeful, keep in mind, if you are full of hope, you'll live happier, if you are always worrying about the future that would certainly affect your health.

What is more, learning can help us with health. As you know, learning keeps your brain working and active, that will NOT affect your health but help your brain and other organs, Scientists studies show, learning something, including learning science, literature, athlete, painting, calligraphy, whatever, it will help you build up your confidence and desire, that is a positive recycle. By learning we can have better understanding to have a health life, including as above food balance, properly exercises, mood control to depress stress, what is more, by learning, we learn to share our idea with others and release our stress in a positive way. Scientists also found by learning is a good exercise for our brain, that the more they learn, the less they might suffer from Alzheimer in old age, the percentage to get Alzheimer is lower than those who **lie flat** by 30%.

Let's keep learning and stay safe and healthy, and we can do!

### Questions and answers

- How do you understand by saying a harmonious life?
- Does workout help our health?
- Do you workout regularly and find it helpful?
- Why do we have to associate with others?
- Is "leisure" very important to our health?
- Is there any difference between "leisure" and "lie flat"?
- Why do we say "tolerant" helps our health?

- Do you think your life currently is hopeful?
- How to release your stresses?
- Are you interested in learning?
- What is your best interest in learning?
- Do you believe that learning benefits us with our health?
- How do you understand that “Live and learn”?
- Do you have any other ideas to stay safe and healthy besides what were mentioned in the text?  
If yes, please share with us.

**Homework :**

1. Discuss in pair your opinion in keeping learning.
2. Read the text and keep in mind the tips to keep in good health.
3. List more information besides what is mentioned in the text the key points to keep safe and healthy.
4. Exchange experiences in keep in good health.
5. Share your opinion on “lie flat”.







