

Helping others (帮助他人)

知识点:

和爱帮助人相关的表达:

- A helpful person 爱帮助人的人
- Lend a helping hand 伸出援手

She is always willing to lend a hand to anyone in need.

- Have a heart of gold 有金子般的心
- Kind, generous, empathetic 善良、慷慨、有共情心的
- Compassionate 有同情心的
- A good listener 一个好的倾听者
- Go out of their way to help others 特意帮助别人
- Always there when you need them 当你需要的时候总在那里
- Willing to lend an ear or shoulder to cry on 愿意把耳朵、肩膀借给你倾诉
- Makes a difference in people's lives 给人们的生活带去改变
- Acts of kindness and generosity 善良和慷慨的行为

One of the reasons why Sarah is so well-liked in her community is because she is always performing acts of kindness and generosity, whether it's helping a neighbor with their groceries or raising money for charity

- Put the needs of others before their own 把别人的需求放在自己之前

1. Do you usually help people around you?

① Yeh, I would say that, I'm a loving and compassionate person/ I consider myself someone who is loving and caring. And my friends and family all see me as (把我视为, 认为) a helpful person (乐于助人的人). I believe in the importance of lending a helping hand and supporting

people in need (需要帮助的人) . For me, nothing is more beautiful or powerful than the acts of kindness and generosity (没有什么比慷慨善良之举更美丽或者有力量的了) . (原因)

② I'm willing to help people, but not to everybody around me. I mean, I care about my family and close friends. So, I won't hesitate even a second to help my loved ones (爱的人) . But when it comes to people who I don't have a close relationship with, sometimes, I prefer to mind my own business (顾好自己的事情) rather than going out of my way to help them (费劲地、特意地帮助他人) . The thing is, some people tend to take advantage of (占便宜) others' kindness, which has made me more cautious (小心) about offering help. (分群体)

2. How do you help people around you, such neighbours, family and friends?

① For example, with my neighbors, sometimes I help them collect their online shopping deliveries (代收网购包裹) ; sometimes I take care of their pets when they travel to somewhere. And when it comes to family and friends, there are so many things I would do for them, like, taking my grandparents to the hospital for regular checkups (定期体检) ; or help my friends move to a new apartment. The list just goes on (列举的名单很长, 还有很多) . (举例子)

② My way of assisting others doesn't necessarily involve a lot of physical labor or strength (我的帮助人方式不一定包含很多劳力) . Instead, I'm more of the kind of person who offers emotional support (我更像是那种提供情感支持的人) . For example, I'm really good at listening to people; I consider myself a good listener. So I'm always ready to lend my friends and family an ear (lend an ear 给一个耳朵, 准备好倾听) or a comforting shoulder to lean

on (lend sb. a shoulder to lean on 给人依靠的肩膀), whenever they need someone to talk to or a place to find consolation (寻找安慰)。(举例子)

3. Do your parents teach you how to help others?

① Yes, I would say so. I guess that's what all the parents do, right? My parents always emphasize a lot on the importance of performing acts of kindness and generosity. They value (重视) kindness a lot. I remember when I was a little, they always asked me to help my friends, family members and people around me. They still do today. (原因)

② Sometimes they would teach me about the concept of helping people but I don't think it's on the top of their priority list (不是最优先的事情). They care much more about my academic performance (学业表现) at school and my future career development, things like that. (原因)

4. Did your parents help you a lot when you were young?

① Yes my parents are the best parents in the world (世界上最好的父母). They mean the whole world to me (他们对我来说意味着全世界). They were incredibly supportive when I was growing up. They provided me with guidance, help, encouragement and they helped me build my whole value system (建立整个价值体系). They taught me how to tell right from wrong (明辨是非). They gave me a lot of useful tools to help me navigate through life (驾驭生活). That's why I'm forever grateful for their love and support which has played a huge role in shaping the person I am today (他们的爱和支持在塑造“如今的我”上扮演了重要角色)。(细节)

② No, not really, my parents didn't help me a lot when I was young as they were often very busy with their own work and responsibilities, leaving me to figure out things on my own (自己把事情整明白). I guess that's why I'm so independent and fearless (独立又无所畏惧) now. I wish I

had parents that helped me a lot and supported me no matter what when I was little. (原因)

5. What have you done to help the elderly?

I remember during the pandemic (疫情期间), our neighborhood was distributing groceries (分发食品杂货) to all the residents. Some of the elderly people who lived alone in the neighborhood had difficulty getting their daily groceries. So, I volunteered to bring their groceries to them every day and occasionally checked in on them (查看) to ensure their safety and well-being (安全与健康). So yeh, these are the kind of things I do to help seniors.

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