

词汇: *friends* 朋友

At school you're surrounded by people your own age. Of course you spend a lot of time with them, and so some of the best friendships are **forged** at school. But later in life, it's easy to **lose touch** – you work full-time, maybe start a family, and your old friends might be **scattered** across the country or even the world. A 2016 study in Finland found that after the age of 25, the number of friends someone has falls very quickly, and this number continues to decrease throughout a person's life. So when you're in your mid-to-late 20s, how can you make new friends?

Radhika Sanghani, a BBC journalist, tasked herself with making new friends by saying 'yes' to any **invitations** that came her way. If a colleague asked her for lunch, she didn't **shy away** from it, and she soon made some of the **closest** friends she'd ever had. "We all message several times a week often leaving rambling **voice notes**; we **host** dinners at each other's houses; and we've all cried on each other at least once (the true mark of friendship)" she wrote in a 2018 article.

The website Talk Twenties recommends joining a local class or group, like taking up running or joining a choir. Having something **in common** gives you something to talk about with your new **acquaintances**, which will hopefully then translate into **meaningful** relationships. When you don't have **mutual** interests with someone, it can be difficult to get past the **small talk** stage, where conversation can quickly **fizzle out**, and a class can help avoid this.

Nowadays, there are also apps for meeting new people, like Bumble **BFF** or Meetup. Dr Robert Puff who writes for Psychology Today says **solid friendships** are essential for two main reasons. One is to help make life more enjoyable, and two is for support in difficult times – to make hardships more tolerable!

As we grow up, we can feel like we're not in control of what's happening around us, but we can control our **social life**, so **enrich** your life with fulfilling friendships.

词汇表

forge	缔造，形成
lose touch	失去联系
scattered	分散的
invitation	邀请
shy away	畏缩，回避
closest	最亲近的
voice note	语音消息
host	举办，组织
in common	共同的，同样的
acquaintance	认识的人，熟人
meaningful	重要的，有意义的
mutual	共有的，彼此的
small talk	闲聊，寒暄
fizzle out	以失败告终
BFF (Best Friends Forever)	永远的最好的朋友
solid friendship	牢固的友谊
social life	社交生活
enrich	使...丰富或充实

测验与练习

1. 阅读课文并回答问题。

1. What did a 2016 Finnish study find?
2. What did Radhika Sanghani task herself with doing?
3. What examples of classes or groups are given?
4. True or False? *Small talk can cause conversation to fizzle out.*
5. What two reasons does Dr Puff give for having friends?

2. 选择意思恰当的单词或词组来完成下列句子。

1. I really _____ from dancing at parties. I feel so awkward.

forge	shy away	fizzle out	enrich
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2. That girl works at the bakery. We're not close at all, she's just _____.

small talk	an acquaintance	an invitation	a BFF
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3. The _____ friend I ever had moved to Australia. I was devastated.

meaningful	closest	scattered	mutual
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4. My friend Nick and I _____ so much in common. We could talk all day.

have	live	take	give
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5. I love my _____ life! I'm out with friends every night.

solid	social	voice	in common
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答案

1. 阅读课文并回答问题。

1. What did a 2016 Finnish study find?

It found that after the age of 25, the number of friends someone has falls very quickly, and this number continues to decrease throughout a person's life.

2. What did Radhika Sanghani task herself with doing?

She tasked herself with making new friends by saying 'yes' to any invitations that came her way.

3. What examples of classes or groups are given?

Taking up running or joining a choir.

4. True or False? *Small talk can cause conversation to fizzle out.*

True. When talking, it can be difficult to get past the small talk stage, where conversation can quickly fizzle out.

5. What two reasons does Dr Puff give for having friends?

One is to help make life more enjoyable, and two is for support in difficult times – to make hardships more tolerable.

2. 选择意思恰当的单词或词组来完成下列句子。

1. I really **shy away** from dancing at parties. I feel so awkward.

2. That girl works at the bakery. We're not close at all, she's just **an acquaintance**.

3. The **closest** friend I ever had moved to Australia. I was devastated.

4. My friend Nick and I **have** so much in common. We could talk all day.

5. I love my **social** life! I'm out with friends every night.