全球银龄学院

Global Academy of Lifelong Learning

Video Calls with Family

与家人视频通话

A Self-Study Course in 8 Lessons

8 节自学课程



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Welcome / 欢迎

This course teaches you to make video calls with your family — to see your children, grandchildren, brothers, sisters, and old friends face to face, even when they live far away. You do not need to be good with technology. Every step is explained one action at a time, every new word is explained the first time it appears, and every lesson ends with a short practice activity and a quiz you can grade yourself.

本课程教您与家人视频通话——即使亲人住得很远，也能面对面地看到孩子、孙辈、兄弟姐妹和老朋友。您不需要擅长技术。每一步都按一个动作一个动作讲解，每个新词第一次出现时都会解释，每课最后都有一个简短的练习活动和可以自己评分的小测验。

Safety first / 安全第一： Never share a verification code or a password with anyone, not even someone who says they are from a phone company or a bank. Only accept video calls from people you know. If a stranger calls you, do not answer, and do not tap any link they send. All phone numbers in this course are fake examples, such as 555-0100.

安全第一：切勿把验证码或密码告诉任何人，即使对方自称是电话公司或银行的工作人员。只接听认识的人打来的视频电话。陌生人来电请不要接听，也不要点击他们发来的任何链接。本课程中出现的所有电话号码都是虚构的示例，如 555-0100。

How to Use This Course / 如何使用本课程

Work through one lesson at a time. Each lesson takes about 60 minutes, but you may split it into shorter sessions. Read the goal, follow the numbered steps slowly on your own phone, try the practice activity, and finish with the short quiz. The quiz answers are at the end of each lesson. Grade yourself, and do not worry about a perfect score. At the end of the course you will find a progress checklist and a blank video call plan to fill in.

请一次学习一课。每课约 60 分钟，但您也可以拆成几次短时间学习。先读学习目标，在自己的手机上慢慢跟随编号步骤，完成练习活动，最后做小测验。每课末尾附有答案，请自己评分，不必追求满分。课程最后附有学习进度清单和一份空白的视频通话计划表，供您填写。

What you need: a smartphone (iPhone or Android), a Wi-Fi connection or mobile data, and the phone number or account name of one family member who is willing to practice with you. A small stand or a stack of books to hold your phone steady is helpful but not required.

您需要准备：一部智能手机（苹果或安卓）、无线网络或手机流量，以及一位愿意陪您练习的家人的电话号码或账号。准备一个小支架或一摞书把手机撑稳会有帮助，但不是必需的。

Words you will meet / 您会遇到的词语： An *app*（应用程序） is a small program on your phone, like WeChat or FaceTime. *Wi-Fi*（无线网络） is the internet connection in your home. *Mobile data*（手机流量） is the internet that comes from your phone company when you are away from home. A *contact*（联系人） is a person saved in your phone with a name and number.

词语解释：App（应用程序）是手机上的小程序，如微信或 FaceTime。Wi-Fi（无线网络）是家里的网络连接。Mobile data（手机流量）是离家时由电话公司提供的网络。Contact（联系人）是保存在手机里、有姓名和号码的人。

Lesson 1: Why Video Calls Matter / 第 1 课：视频通话为什么重要

> **Goal / 学习目标：** By the end of this lesson, you can explain in your own words why video calls help families stay close, and you can name three occasions when a video call is better than a voice call or a text message.
>
> 学完本课，您能用自己的话说出视频通话如何帮助家人保持亲近，并能说出三个视频通话比语音电话或短信更好的场合。

1. Seeing a face is different from hearing a voice / 看见面孔与听见声音不一样

On a voice call, you hear your daughter's voice. On a video call, you also see her smile, her new haircut, the baby in her arms, and the kitchen behind her. You can watch your grandson take his first steps, see your sister's new garden, and show your own cooking to your family. Faces carry feelings that words alone cannot carry: a laugh, a tear, a nod, a wave.

语音电话只能听见女儿的声音；视频通话还能看见她的笑容、新发型、怀里的宝宝和身后的厨房。您可以看着孙子迈出第一步，看看姐姐的新花园，还可以把自己的饭菜展示给家人看。面孔传达着语言无法传达的情感：笑声、泪水、

点头、挥手。

For families spread across cities and countries — children working far away, grandchildren growing up overseas, old friends who moved — video calls make the distance smaller. A weekly video call can become a family tradition, like Sunday dinner, but across thousands of miles.

对于分散在不同城市和国家的家庭——在远方工作的孩子、在国外长大的孙辈、搬走的老朋友——视频通话让距离变小了。每周一次的视频通话可以成为家庭传统，就像周日晚餐一样，只不过相隔千里。

2. When is video better than voice or text? / 什么时候视频比语音或短信更好?

1. **Birthdays and holidays / 生日和节日：** Sing together, watch someone blow out candles, and show gifts as they are opened.
2. **Showing something / 展示东西：** A new grandchild, a finished painting, a meal you cooked, a garden in bloom.
3. **When someone is unwell or lonely / 有人生病或孤单时：** Seeing a loved face comforts more than words on a screen.
4. **Helping at a distance / 远距离帮忙：** A child can show you which button to press on your phone, and you can show them a letter you cannot read clearly.

3. It is easier than you think / 这比您想的要容易

Many people feel nervous before their first video call. That is normal. Remember: you cannot break the phone by tapping the wrong button, and your family will be happy to help you practice. In this course, every step is small, and you will practice with a family member before you need to do it alone. By Lesson 3, you will make your first real call.

许多人在第一次视频通话前都会紧张，这很正常。请记住：点错按钮不会弄坏手机，家人也会很乐意陪您练习。本课程每一步都很小，在需要独立操作之前，您都会先和家人一起练习。学到第 3 课时，您就能打出第一个真正的视频电话了。

> **Try this / 试一试：** Think of one person you would love to see on a video call. Write down their name, where they live, and one thing you would like to show them or see. Then ask a family member: "Would you practice a video call with me this week?" Write down their answer. This person will be your practice partner for the whole course.
>
> 想一想您最想和谁视频通话。写下他的名字、住在哪里，以及一件您想展示给他或想看到的东西。然后问一位家人：“这周你愿意陪我练习一次视频通话吗？”写下他的回答。这位家人将成为您整个课程的练习伙伴。

Check yourself / 自我检查 — Quiz 1

1. True or false: On a video call, you can see the other person's face as well as hear their voice.

2. Name one occasion when a video call is better than a text message.

3. True or false: Tapping the wrong button can break your phone.

4. Which is a good reason to video call: (a) to show your grandson your new flowers, (b) to keep a secret from your family, (c) to avoid talking to anyone.

5. What is a "contact" on your phone?

Answers / 答案： 1. True. 2. Any one of: birthdays and holidays, showing something, when someone is unwell or lonely, helping at a distance. 3. False — you cannot break the phone by tapping the wrong button. 4. (a). 5. A person saved in your phone with a name and number.

Lesson 2: Choosing Your Video Call App / 第 2 课：选择您的视频通话软件

> **Goal / 学习目标：** By the end of this lesson, you can name the four main video call apps in this course, say which one your family already uses, and find the app icon on your own phone.
>
> 学完本课，您能说出本课程介绍的四种主要视频通话软件，知道家人已经在使用哪一种，并能在自己的手机上找到该软件的图标。

1. The four apps in this course / 本课程介绍的四种软件

An app is a small program on your phone. Different families use different apps, and that is fine. You only need the one your family uses. Here are the four most common ones:

App 是手机上的小程序。不同的家庭使用不同的软件，这没有关系。您只需要家人正在使用的那一种。以下是四种最常见的软件：

1. **WeChat / 微信：** Very common in China and among Chinese families everywhere. One app for messages, voice calls, and video calls. If your family is in China, this is usually the first choice. The video call button looks like a small camera.
2. **FaceTime / 苹果视频通话：** Built into every iPhone and iPad. If you and your family both use Apple devices, you already have it — no

download needed. The icon is a white video camera on a green background.

3. **WhatsApp / WhatsApp：** Very common outside China, especially in the United States, Europe, and Southeast Asia. It works on both iPhone and Android. The icon is a white phone inside a green speech bubble.
4. **Zoom / Zoom：** Best for group calls with many people, such as a whole-family birthday call. It works on phones, tablets, and computers. The icon is a white video camera on a blue background.

2. How to find an app on your phone / 如何在手机上找到软件

1. Look at your home screen — the screen you see when you unlock your phone. App pictures, called *icons*（图标）, are arranged in rows.
2. Move your finger across the screen to look at each page of icons, or use the search: on an iPhone, swipe down in the middle of the screen and type the app name; on an Android phone, swipe up from the bottom and type the app name.
3. When you find the icon, tap it once to open the app. If the app is not on your phone, ask a family member to help you download it from the App Store (iPhone) or the Play Store (Android). Downloading these four apps is free.

3. One app is enough to start / 先从一个软件开始就够了

Do not try to learn all four apps at once. Ask your practice partner: "Which app do you use to video call?" Learn that one first. Later, if another family member uses a different app, you can learn that one too — the steps are very similar.

不要一次学四种软件。问问您的练习伙伴：“你视频通话用哪个软件？”先学那一个。以后如果另一位家人使用不同的软件，您再学那一个——步骤都非常相似。

> **Try this / 试一试：** Ask your practice partner which app they use for video calls. Then find that app icon on your phone. Open it, look at the screen, and close it again by returning to the home screen. Write down the app name and what its icon looks like, so you can find it again quickly.
> 问问您的练习伙伴视频通话用哪个软件，然后在手机上找到该软件的图标。打开它，看一看屏幕，再回到主屏幕把它关掉。写下软件名称和图标的样子，这样下次就能快速找到了。

Check yourself / 自我检查 — Quiz 2

1. Which app is most common for families in China?

2. True or false: FaceTime comes already installed on every iPhone.

3. What is an "icon" on your phone?

4. If your family uses WeChat, which app should you learn first: (a) Zoom, (b) WeChat, (c) all four at once.

5. True or false: Downloading WeChat, FaceTime, WhatsApp, and Zoom is free.

Answers / 答案： 1. WeChat / 微信. 2. True. 3. A small picture on your home screen that opens an app when you tap it. 4. (b) WeChat. 5. True.

Lesson 3: Your First Video Call, Step by Step / 第 3 课：第一次视频通话，一步一步来

> **Goal / 学习目标：** By the end of this lesson, you can make a one-to-one video call to your practice partner and end the call yourself, following the numbered steps.
>
> 学完本课，您能按照编号步骤给练习伙伴打一次一对一视频电话，并能自己结束通话。

1. Before you call / 打电话之前

1. Make sure your phone is charged, or plug it in. A video call uses more battery than a voice call.
2. Connect to Wi-Fi if you are at home. Ask a family member to show you the Wi-Fi switch once, and write down the steps.
3. Choose a quiet, well-lit room. Sit near a lamp or a window, with the light on your face, not behind you.
4. Tell your practice partner in advance: "I would like to practice a video call at 3 o'clock. Are you free?" Agreeing a time first removes all the pressure.

2. Making the call / 打出电话

1. Open the app your family uses (WeChat, FaceTime, WhatsApp, or Zoom).
2. Find your practice partner in the contacts or chat list. Tap their name.
3. Look for the video camera button. On WeChat, tap the "+" button first, then the video call button. On FaceTime and WhatsApp, the video camera button is right on the screen. Tap it once.
4. Wait. Your phone will ring on their side, and they will accept. Smile — they can see you as soon as the call connects!
5. Hold the phone steady, about an arm's length away, with the camera at eye level. A stack of books makes a good stand.
6. Talk normally, just as if you were sitting together. If the picture freezes, do not worry — Lesson 7 teaches you what to do.

3. Ending the call / 结束通话

1. Say goodbye warmly: "It was so good to see you. Let's talk again next week."
2. Tap the red button to end the call. On every app, the end-call button is red. That is the same on iPhone, Android, and WeChat.
3. If you cannot find the red button, tap the screen once — the buttons will appear.

> **Try this / 试一试：** Today, make your first real video call to your practice partner, at the time you agreed. Follow the steps above, one at a time. Talk for at least five minutes. When you finish, write down: How did it feel? What was easy? What was hard? What do you want to practice next time?
>
> 今天，在约定的时间给练习伙伴打第一个真正的视频电话。按照上面的步骤，一步一步来。至少聊五分钟。结束后写下来：感觉怎么样？什么地方容易？什么地方难？下次想再练习什么？

Check yourself / 自我检查 — Quiz 3

1. Before a video call, you should make sure your phone is: (a) switched off, (b) charged, (c) in another room.

2. True or false: The end-call button is red on every app.

3. Where should the light be when you video call: (a) behind you, (b) on your face, (c) switched off.

4. True or false: It is a good idea to agree a call time with your family member in advance.

5. If you cannot see the buttons during a call, what should you do?

Answers / 答案： 1. (b) charged. 2. True. 3. (b) on your face. 4. True. 5. Tap the screen once and the buttons will appear.

Lesson 4: Looking and Sounding Your Best / 第 4 课：看起来和听起来都更好

> **Goal / 学习目标：** By the end of this lesson, you can set up light, camera position, and sound so your family can see and hear you clearly.
>
> 学完本课，您能调整光线、摄像头位置和声音，让家人清楚地看到您、听见您。

1. Light / 光线

Light matters more than an expensive phone. Sit facing a window in the daytime, or facing a lamp in the evening. Never sit with a bright window behind you — your face will look dark, like a shadow, and your family will see only light. If the room is dark, turn on two lamps, one on each side of you, for soft, even light.

光线比昂贵的手机更重要。白天请面对窗户坐，晚上请面对台灯坐。千万不要背对明亮的窗户——那样您的脸会显得很暗，像影子一样，家人只会看到光线。如果房间较暗，请在您两侧各开一盏灯，这样光线柔和均匀。

2. Camera position / 摄像头位置

1. Put the camera at eye level or slightly above. Looking up at a camera

under your chin shows your ceiling and your nose; looking down from above is much more flattering.

2. Hold the phone about an arm's length away, so your head and shoulders are in the picture. Too close, and only your face fills the screen; too far, and you look tiny.
3. Prop the phone on books or a stand instead of holding it. A steady picture is easier to watch, and your arm will not get tired.
4. Check the background: a tidy shelf or a plain wall is best. Move anything private, like letters or medicine bottles, out of view.

3. Sound / 声音

1. Speak in your normal voice, a little slower than usual. Shouting does not help — the microphone is close to you.
2. Choose a quiet room. Turn off the television and close the window if there is traffic noise.
3. If your family says "I can't hear you," first check the volume buttons on the side of your phone, then check that your hand is not covering the small microphone hole at the bottom of the phone.
4. If you use hearing aids, wear them for the call, and tell your family to speak slowly too. Good calls go both ways.

> **Try this / 试一试：** Set up your favorite call spot: a chair facing a

> window or lamp, your phone on books at eye level, a quiet room.
> Make a short test call to your practice partner and ask: "Can you see my face clearly? Can you hear me well?" Adjust the light and position until the answer is yes, then write down your setup so you can repeat it every time.
> 布置您最喜欢的通话位置：一把面对窗户或台灯的椅子、放在书上与眼睛平齐的手机、安静的房间。给练习伙伴打一个简短的测试电话，问："你能清楚地看到我的脸吗？能听清我说话吗？"调整光线和位置，直到答案是肯定的，然后把这套布置写下来，每次都照此办理。

Check yourself / 自我检查 — Quiz 4

1. True or false: Sitting with a bright window behind you makes your face easy to see.
2. Where is the best place for the camera: (a) under your chin, (b) at eye level or slightly above, (c) on the floor.
3. How far should the phone be from you?
4. If your family cannot hear you, what should you check first?
5. True or false: Shouting helps the microphone hear you better.

Answers / 答案： 1. False — light behind you makes your face dark. 2. (b) at eye level or slightly above. 3. About an arm's length away, showing head and

shoulders. 4. The volume buttons on the side of the phone, and whether your hand covers the microphone hole. 5. False — speak in a normal voice, a little slower.

Lesson 5: Group Calls — Birthdays, Holidays, and Whole-Family Chats / 第 5 课：多人通话——生日、节日和全家聊天

> **Goal / 学习目标：** By the end of this lesson, you can join a group video call and invite one more person to a call, using WeChat or Zoom.
>
> 学完本课，您能加入多人视频通话，并能在微信或 Zoom 上再邀请一个人加入通话。

1. What is a group call? / 什么是多人通话?

A group call is a video call with three or more people at once. Everyone sees small pictures of everyone else on the screen. Group calls are wonderful for birthdays, New Year greetings, and family meetings — one call, and you see the whole family. On WeChat, a group video call can include up to 9 people; on Zoom, it can include many more.

多人通话是三个人或更多人同时进行的视频通话。屏幕上会显示每个人的小画面。多人通话非常适合生日、新年问候和家庭会议——一次通话，就能看到全家人。微信多人视频通话最多可容纳 9 人；Zoom 则可以容纳更多人。

2. Joining a group call / 加入多人通话

1. When someone invites you, your phone will ring or show a message, just like a normal call. Tap the green or video button to join.
2. You will see several small pictures. The person speaking usually becomes bigger on the screen. That is normal.
3. Say hello to everyone by name: "Hello, Mei! Hello, David!" People love to be greeted.
4. When you are not speaking, you may mute yourself — that means turning off your microphone so background noise does not disturb others. The mute button looks like a microphone. Tap it once to mute, once more to unmute. On a group call, muting when you listen is polite and kind.

3. Starting a group call / 发起多人通话

1. On WeChat: open a group chat, tap the "+" button, choose "Video Call," and tick the names of the people you want. Then tap "Start."
2. On Zoom: open the app, tap "New Meeting," then "Participants," then "Invite," and send the invitation to your family.
3. Start with just three people for your first group call. Three faces are easy to follow; ten faces can feel busy.
4. Agree a time in advance, just as in Lesson 3, and send a message the day before: "Group video call tomorrow at 7 pm — see you then!"

4. Good manners on group calls / 多人通话的礼貌

Take turns speaking, one person at a time. Look at the camera when you speak, so it feels like eye contact. If two people talk at once, smile and say, "You first!" If you need to leave early, wave and say goodbye clearly instead of just disappearing — disappearing feels strange to the others.

请轮流发言，一次一个人。说话时看着摄像头，这样就像目光交流。如果两个人同时说话，请微笑着说："你先说！"如果您需要提前离开，请挥手并清楚地道别，而不是突然消失——突然消失会让其他人感到奇怪。

> **Try this / 试一试：** Join one group video call this week — a family birthday, a holiday greeting, or a practice call with your partner and one more relative. Practice muting and unmuting once. After the call, write down: How many people were there? Was it easy to follow? What would you do differently next time?
>
> 本周参加一次多人视频通话——家庭生日、节日问候，或与练习伙伴再加一位亲人的练习通话。练习一次静音和取消静音。通话结束后写下来：有多少人参加？跟得上吗？下次想怎么做得更好？

Check yourself / 自我检查 — Quiz 5

1. What is a group video call?

2. True or false: On a group call, the person speaking usually

becomes bigger on the screen.

3. What does "mute" mean, and why is it polite on a group call?

4. On WeChat, how many people can join a group video call?

5. True or false: For your first group call, starting with ten people is best.

Answers / 答案： 1. A video call with three or more people at once. 2. True. 3. Mute turns off your microphone so background noise does not disturb others; it is polite when you are listening. 4. Up to 9 people. 5. False — start with just three people.

Lesson 6: Sharing Photos and Screens During a Call / 第 6 课：通话时分享照片和屏幕

> **Goal / 学习目标：** By the end of this lesson, you can show a photo to your family during a video call and understand what screen sharing means.
>
> 学完本课，您能在视频通话时向家人展示照片，并能理解屏幕共享是什么意思。

1. Showing a photo the simple way / 用简单的方法展示照片

The easiest way to show a photo is to hold it up to the camera — a printed photo, a painting, or something in your hand, like a grandchild's drawing. Hold it steady, close to the camera, and move it slowly so your family can see it. This needs no buttons at all, and it works on every app.

展示照片最简单的方法是把它举到摄像头前——一张冲洗好的照片、一幅画，或手里的东西，如孙子的画。拿稳了，靠近摄像头，慢慢移动，让家人能看清楚。这个方法不需要按任何按钮，在所有软件上都适用。

2. Sending a photo in the chat / 在聊天中发送照片

1. During or after a call, open the chat with your family member in the same app.

2. Tap the "+" button (WeChat, WhatsApp) or the camera button, then choose "Photos" or "Album."
3. Tap the photo you want to send, then tap "Send." Your family will see it at once, and they can keep it.
4. Practice: send one photo of your flowers, your meal, or your street to your practice partner today.

3. What is screen sharing? / 什么是屏幕共享?

Screen sharing（屏幕共享） means showing your whole phone screen to the other people on the call, instead of your face. It is useful when a family member wants to help you: they can see your screen and say, "Tap the blue button at the top." On Zoom, the button is called "Share Screen." On WeChat and FaceTime, sharing is usually done by sending photos instead, which is simpler.

Screen sharing（屏幕共享）是指把整个手机屏幕展示给通话对方，而不是您的脸。当家人想帮助您时，这很有用：他们能看到您的屏幕，并说“点一下顶部的蓝色按钮”。在 Zoom 上，这个按钮叫“Share Screen”（共享屏幕）。在微信和 FaceTime 上，通常用发送照片代替，这样更简单。

Important safety note / 重要的安全提示： Only share your screen with family members you trust, and only when you asked for help. Never share your screen with a stranger, and never type a password or a verification

code while sharing your screen.

重要的安全提示：只与您信任的家人共享屏幕，并且只在您主动求助时这样做。切勿与陌生人共享屏幕，共享屏幕时也切勿输入密码或验证码。

> **Try this / 试一试：** Take one photo today — your breakfast, your garden, or your favorite chair. Send it to your practice partner in the chat, and on your next video call, hold up one printed photo or object and show it to the camera. Write down which way felt easier: sending in the chat, or holding it up?
> 今天拍一张照片——您的早餐、花园或最喜欢的椅子。在聊天中把它发给练习伙伴；下次视频通话时，再举起一张冲洗好的照片或一件物品展示给摄像头。写下来：哪种方式感觉更容易——聊天中发送，还是举起来展示？

Check yourself / 自我检查 — Quiz 6

1. What is the simplest way to show a photo during a video call?
2. True or false: Screen sharing means showing your whole phone screen to the other people on the call.
3. On Zoom, what is the screen sharing button called?
4. True or false: You should share your screen with anyone who asks, even a stranger.

5. When sending a photo in a chat, which button do you tap first on WeChat?

Answers / 答案： 1. Hold the photo or object up to the camera. 2. True. 3. "Share Screen." 4. False — only share your screen with trusted family members when you asked for help. 5. The "+" button, then "Photos" or "Album."

Lesson 7: When Calls Go Wrong — Frozen Video, No Sound, and Dropped Calls / 第 7 课：通话出问题时——画面卡住、没有声音、通话中断

> **Goal / 学习目标：** By the end of this lesson, you can fix the three most common video call problems calmly, using the three-step fix: check, move, and call back.
>
> 学完本课，您能冷静地解决三种最常见的视频通话问题，方法是三步解决法：检查、移动、重拨。

1. The three-step fix / 三步解决法

Almost every video call problem is fixed by three steps, in order: **check, move, and call back.** Stay calm. Problems happen to everyone, including young people. Nothing you do here can damage your phone.

几乎所有视频通话问题都能按顺序用三步解决：检查、移动、重拨。请保持冷静。问题人人都会遇到，包括年轻人。这里的任何操作都不会损坏您的手机。

2. Problem: frozen video / 问题：画面卡住了

1. **Check / 检查：** Look at the Wi-Fi symbol at the top of your phone. If it is weak or missing, your internet is the problem, not your phone.
2. **Move / 移动：** Walk closer to your Wi-Fi router (the small box with

blinking lights, usually near your television or front door), or step near a window. Walls and distance weaken the signal.

3. **Call back / 重拨：** End the call with the red button and call again. Most frozen calls work fine on the second try.

3. Problem: no sound / 问题：没有声音

1. **Check / 检查：** Press the volume buttons on the side of your phone to turn the sound up. Check that your hand is not covering the speaker or microphone.
2. **Move / 移动：** Move to a quieter room, away from the television and street noise.
3. **Call back / 重拨：** If it still fails, end the call and call again. If only one side has no sound, the other person should check their volume too — it is often their phone, not yours.

4. Problem: the call drops / 问题：通话中断了

1. Do not panic. A dropped call is not your fault. It usually means the internet signal was briefly weak.
2. Wait one minute, then call back. If it drops again, try a voice call instead, or agree to try again later — "Let's try again after lunch."
3. If calls drop often at home, ask a family member to check your Wi-Fi router, or try sitting in the room nearest to it.

5. Words to use when there is a problem / 出问题时可以说的话

It helps to have a few sentences ready: "I can see you, but I can't hear you." / "Your picture is frozen — let me call you back." / "Let's try again in five minutes." Saying the problem out loud, slowly and calmly, helps your family help you.

准备几句现成的话很有帮助：“我能看见你，但听不见你。”/“你的画面卡住了，我重拨给你。”/“我们五分钟后再试一次。”慢慢地、冷静地说出问题，能帮助家人帮助您。

> **Try this / 试一试：** With your practice partner, pretend one problem happens: cover your microphone and ask, "Can you hear me?" Then fix it together. Next, turn your Wi-Fi off for a moment (ask your partner to guide you), then turn it back on and call again. Write down the three steps — check, move, call back — on a card by your phone, so they are there when you need them.
>
> 和练习伙伴假装遇到一个问题：捂住麦克风，问：“你能听见我吗？”然后一起解决。接着，把无线网络关一会儿（请伙伴指导您操作），再打开并重拨。把三步——检查、移动、重拨——写在卡片上，放在电话旁边，需要时就能看到。

Check yourself / 自我检查 — Quiz 7

1. What are the three steps of the three-step fix, in order?

2. If the video freezes, what should you check first?

3. True or false: A dropped call is usually your fault.

4. If there is no sound, which buttons should you press first?

5. Write one sentence you can say when the picture freezes.

Answers / 答案： 1. Check, move, and call back. 2. The Wi-Fi symbol at the top of your phone. 3. False — it usually means the internet signal was briefly weak. 4. The volume buttons on the side of your phone. 5. Any one of: "Your picture is frozen — let me call you back," or a similar sentence.

Lesson 8: My Video Call Plan — Regular Calls and Family Traditions / 第 8 课：我的视频通话计划——定期通话和家庭传统

> **Goal / 学习目标：** By the end of this lesson, you can write your own weekly video call plan, with people, times, and occasions, and you can keep the habit going.
>
> 学完本课，您能写出自己的每周视频通话计划，包括人物、时间和场合，并能把这个习惯坚持下去。

1. Regular beats occasional / 定期胜过偶尔

One video call is lovely. A regular video call is life-changing. When your family knows that every Sunday at 7 pm you will call, they will be waiting, the children will be ready, and nobody has to remember to arrange it. Choose one fixed time each week for your most important person, and keep it like an appointment.

一次视频通话很美好，定期的视频通话则能改变生活。当家人知道每周日晚上 7 点您会打来，他们就会等着，孩子们也会准备好，不用每次都费心安排。请为最重要的人固定每周一个时间，像约会一样坚持下去。

2. Build your plan / 制定您的计划

1. List the people you most want to see: children, grandchildren, brothers, sisters, old friends.
2. Next to each name, write how often: every week, every two weeks, or once a month.
3. Choose a day and time for each, and check the time zone if they live far away — when it is evening for you, it may be morning for them. Ask them: "What time is good for you?"
4. Write the plan on paper and put it on your refrigerator or beside your phone. Cross off each call as you make it, and enjoy watching the crosses grow.

3. Traditions to try / 可以尝试的传统

- **Sunday family call / 周日家庭通话：** The same time every week, everyone joins.
- **Birthday calls / 生日通话：** Sing together on every family birthday, even from far away.
- **Show-and-tell calls / 展示分享通话：** Once a month, each person shows one thing: a meal, a flower, a drawing, a new coat.
- **Holiday calls / 节日通话：** New Year, Mid-Autumn Festival, Christmas — celebrate together on screen, with the same food on both tables if you can.

- **Reading calls / 讲故事通话：** Read a story to a grandchild over video, or ask a grandchild to read to you. Children love this, and so will you.

4. Keep learning, keep helping / 继续学习，继续帮助

You are now someone who can video call. That is a real skill, and it is worth celebrating. When you meet a friend who says, "I could never do that," you can smile and say, "I thought so too — let me show you." Teaching someone else is the best way to remember everything you learned, and it spreads the joy further.

现在，您已经是会视频通话的人了。这是一项真正的本领，值得庆祝。当您遇到朋友说“我可做不到”时，您可以微笑着说：“我原来也这么想——让我教您。”教会别人是记住所学内容的最好方法，也能把这份快乐传播得更远。

> **Try this / 试一试：** Fill in the "My Video Call Plan" on the next page: three people, how often, and at what time. Then make the first call on your plan this week. After the call, tick it off on your plan. That tick is the start of your new tradition.
>
> 请填写下一页的“我的视频通话计划”：三个人、多久一次、什么时间。然后本周就打出计划中的第一个电话。通话结束后，在计划上打勾。这个勾就是您新传统的开始。

Check yourself / 自我检查 — Quiz 8

1. True or false: A regular weekly call is better than calling only occasionally.

2. Why should you check the time zone before fixing a call time with family far away?

3. Name one video call tradition from this lesson.

4. Where should you put your written video call plan?

5. True or false: Teaching a friend to video call is a good way to remember what you learned.

Answers / 答案： 1. True. 2. Because when it is evening for you, it may be morning for them. 3. Any one of: Sunday family call, birthday calls, show-and-tell calls, holiday calls, reading calls. 4. On your refrigerator or beside your phone. 5. True.

My Video Call Plan / 我的视频通话计划

Fill in your plan and keep it beside your phone. / 请填写您的计划，并把它放在电话旁边。

- Person 1 / 第一位亲人：_____ How often / 多久一次：_____ Day and time / 日期和时间：_____
- Person 2 / 第二位亲人：_____ How often / 多久一次：_____ Day and time / 日期和时间：_____
- Person 3 / 第三位亲人：_____ How often / 多久一次：_____ Day and time / 日期和时间：_____
- My favorite app / 我最常用的软件：_____ My practice partner / 我的练习伙伴：_____

Progress Checklist / 学习进度清单

- ☐ Lesson 1: Why Video Calls Matter / 第 1 课：视频通话为什么重要
- ☐ Lesson 2: Choosing Your Video Call App / 第 2 课：选择您的视频通话软件
- ☐ Lesson 3: Your First Video Call, Step by Step / 第 3 课：第一次视频通话，一步一步来
- ☐ Lesson 4: Looking and Sounding Your Best / 第 4 课：看起来和听起来都更好
- ☐ Lesson 5: Group Calls / 第 5 课：多人通话
- ☐ Lesson 6: Sharing Photos and Screens During a Call / 第 6 课：通话时分享照片和屏幕
- ☐ Lesson 7: When Calls Go Wrong / 第 7 课：通话出问题时
- ☐ Lesson 8: My Video Call Plan / 第 8 课：我的视频通话计划
- ☐ I made my first video call / 我打出了第一个视频电话
- ☐ I joined a group video call / 我参加了多人视频通话
- ☐ I have a regular weekly call time / 我有了固定的每周通话时间

This course is general education only. Never share verification codes or passwords with anyone, and only accept video calls from people you know.

本课程仅为一般教育。请勿把验证码或密码告诉任何人，只接听认识的人打来的视频电话。