

## Glossary List 词汇列表

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**Colonization** - the process of establishing dominance and control through dispossession, violence, and other means, often with the goal of better controlling a population and/or land. Dominance can also be embedded into systems and institutions to establish and maintain control (ex. government, laws, policies)

殖民化 - 通过剥夺、暴力和其他手段建立支配地位和控制的过程, 通常旨在更好地控制人口和/或土地。支配地位也可以被嵌入到系统和制度中, 以建立和维护统治(例如政府、法律、政策)

*Genocide* - the deliberate killing of a large number of people from a particular nation or ethnic group (with the intention of destroying that nation or group)

种族灭绝 - 故意杀害大量来自特定国家或族群的人口(目的是消灭该国家或族群)

*Land acknowledgement* - a formal statement, often shared at the beginning of an event, that recognizes that the land we're on as originally inhabited by Indigenous peoples. Past recognizing this, it's important that land acknowledgements get folks to reflect on why they are acknowledging the land and to think of some action steps (big or small) they can take to support Indigenous communities and peoples today

土地确认 - 通常在活动开始时发表的正式声明, 承认我们所在的土地最初是由原住民居住的。除了承认这一点, 重要的是让人们思考为什么要确认这片土地, 以及思考他们可以采取哪些行动(不论大小)来支持现有的原住民社群和人民

*Reconciliation* - repairing relationships between institutions, settlers, and Indigenous communities. Reconciliation requires a lot of work to be done by institutions and settlers to repair harm enacted upon Indigenous peoples

和解 - 修复机构、移民和原住民社群之间的关系。和解需要各机构和定居者共同努力, 以弥补对原住民造成的伤害

*Settler colonialism* - an ongoing process of dispossession, violence, dominance, and control that enables non-Indigenous folks (known as settlers) to live on and occupy Indigenous lands. The purpose of settler colonialism is to replace an existing Indigenous population and permanently occupy Indigenous lands

定居殖民主义 - 一种持续的剥夺、暴力、统治和控制过程, 使非原住民(即定居者)能够生活并占领在原住民土地上。定居殖民主义的目的是取代现有的原住民人口并永久占领原住民土地

**Community** - feeling a sense of association or fellowship with others (often because of shared characteristic(s), such as with family, within a geographic area, etc)

社群 - 感到与他人产生的联系或归属感(通常因为共同的特征, 例如相似的家庭、处于共同的地理区域等)

*Collective action* - action taken together by a group of people (like through community organizing) to enhance the group's condition and achieve a common objective. Collective action can be centered around short term goals (helping improve people's conditions)



immediately and in the short term) and long term goals (which works to address larger systemic issues)

集体行动 - 一群人共同采取的行动(例如通过社群组织), 以改善群体的状况并实现共同目标。集体行动可以围绕短期目标(在短期内帮助改善人们的状况)和长期目标(致力于解决更大的系统性问题)展开

*Community building* - working to better relate to and understand your community (creating a sense of togetherness). This can be done through things that get us together (ex. workshops, fundraisers)

社群建设 - 致力于更好地与社群建立联系和了解社群(营造凝聚力)。这可以通过让我们聚在一起的活动来实现(例如工作坊、筹款活动等)

*Community organizing* - a strategy or tactic to create social change. Community organizing involves working with a group (who you identify as your 'community') to reach a common goal (which hopefully supports and uplifts all of us, including those most marginalized in our communities). Examples include organizing protests, creating political alliances, advocating for policy change, etc

社群组织 - 创造社会变革的战略或策略。社群组织涉及与一个团体合作(你认为你所属的“社群”), 以实现共同目标(最好能支持和鼓舞我们所有人, 包括社群中最边缘化的人)。比如组织抗议活动、建立政治联盟、倡导政策变革等

*Community power* - the idea that we stand stronger 'united'

社群力量 - 使我们团结在一起以变得更强大的理念

**Imperialism** - when a country extends their power and influence to other lands for economic or political gain. This is often done through diplomacy (i.e. international relations) or military force and often benefits wealthier countries in the Global North. Imperialism has greatly impacted countries and citizens in the Global South

帝国主义 - 当一个国家为了经济或政治利益将其权力和影响扩展到其他地区时的行为。通常通过外交(即国际关系)或军事力量来实现, 且往往有利于全球北方的富裕国家。帝国主义对全球南方的国家和公民产生了巨大影响

**Intersectionality** - a framework for understanding how someone's social and political identities combine to create different modes of discrimination and privilege. Identities can include our race, sexuality, class, gender, etc (these factors make up our identities, even if we do not define ourselves by them they may come to define us in society)

交叉性 - 一种用于理解某人的社会和政治身份如何结合在一起, 以形成不同模式的歧视和特权的框架。身份可以包括我们的种族、性取向、阶级、性别等(这些因素构成了我们的身份, 即使我们不以它们来定义自己, 它们也可能在社会中定义我们)

*Classism* - differential treatment of folks based on social class or perceived social class  
阶级歧视 - 基于社会阶级或被认为的社会阶级的区别对待

*Ethnicity* - an identity factor that is based off of shared cultural background  
族裔 - 基于共同文化背景的身份要素



*Ethnoracial identity* - a term that captures one's identity as defined by both their ethnic and racial identity

民族-种族身份 - 一个术语, 涵盖了由民族和种族身份界定的一个人的身份

**Migration** - moving from one place to another (often internal, i.e. within a country)

迁徙 - 从一个地方迁移到另一个地方(通常指在国内迁移)

*Asylum seeker* - someone who has left their home country and is seeking asylum (protection by a nation) in another. Asylum seekers have not been legally recognized as a refugee and are waiting to receive a decision on their asylum claim (claim for protection)

寻求庇护者 - 离开自己的祖国, 到另一个国家寻求庇护(国家保护)的人。寻求庇护者尚未在法律上被认定为难民, 并正在等待对其庇护申请(保护申请)的裁决

*Emigration* - the act of leaving one's country to settle permanently in another

移出移民 - 离开自己的国家到另一个国家永久定居的行为

*Immigration* - the act of coming to live permanently in a foreign country (i.e. a country that is not one's country of origin)

移入移民 - 来到即非原籍国永久居住的行为

- *Immigrant* - someone who has immigrated

- 移民 - 已经到外国永久移居的人

*Refugee* - someone who has fled or been displaced from (forced to leave) their own country because they are at risk of serious human rights violations and persecution there, leaving them no choice but to seek safety outside of their own country

难民 - 由于在自己的国家面临严重侵犯人权和迫害的风险, 不得不寻求在自己国家之外的地方寻求安全, 已经逃离或被迫离开自己的国家的人

**Racism** - a belief that race fundamentally determines human traits and capacities and as such there are innate/natural racial differences that result in the inherent superiority of a particular race (often white), which justifies privileging and advantaging one race over others, who face discrimination and injustice

种族主义 - 一种理念, 认为种族从根本上决定了人类的特征和能力, 因此存在先天/自然的种族差异, 导致某一特定种族(通常是白人)有与生俱来的优越性, 从而合理化了某一种族对其他种族享有的特权和优势, 并使其他种族面临歧视和不公正的待遇

*Anti-Asian racism* - the historical and ongoing discrimination, prejudice, stereotyping, and injustice experienced by people who are of Asian origin which result in marginalization, disadvantage, and unequal treatment or opportunities

反亚裔种族主义 - 亚裔在历史上和持续经受的歧视、偏见、刻板印象和不公正待遇, 并产生了边缘化、不利或不平等的待遇或机会

*Anti-Black racism* - the historical and ongoing discrimination, prejudice, stereotyping, and injustice experienced by people who are of African and/or Black origin, which are rooted in their unique history and experience of enslavement and its legacy. Anti-Black



racism is evident in the marginalization, disadvantage, and unequal treatment or opportunities that Black folks experience

反黑人种族主义 - 非洲和/或黑人血统的人在历史上和持续存在的歧视、偏见、刻板印象和不公正待遇, 其根源在他们在奴隶制及其遗产中的独特历史和经验。反黑人种族主义体现在对黑人经历的边缘化、不利地位和不平等的待遇或机会上

*Anti-Indigenous racism* - the historical and ongoing discrimination, prejudice, stereotyping, and injustice experienced by Indigenous peoples in Canada, which are rooted in colonialism and its legacy, which includes ongoing settler colonialism.

Anti-Indigenous racism is evident through marginalization, disadvantage, and unequal treatment or opportunities that Indigenous folks experience

反原住民种族主义 - 加拿大原住民在历史上和持续经受的歧视、偏见、刻板印象和不公正待遇。其根源在于殖民主义及其遗产, 包括正在进行的定居殖民主义。反原住民种族主义体现在对原住民经历的边缘化、不利地位和不平等的待遇或机会上

*Bias* - an unfair and prejudiced (pre-formed opinions not based in reason or experience) that favours one person or group over another

偏见 - 一种不公平和带有成见的(事先形成的、不基于理性或经验的想法), 偏袒某一个人或群体的行为

*Discrimination* - the unjust or prejudiced treatment of people based on the grounds of ethnicity, age, sex, ability, etc

歧视 - 以种族、年龄、性别、能力等原因对人进行不公平或带有偏见的待遇

*Internalized racism* - a form of racism that appears within individuals (often from marginalized communities or backgrounds) where these folks start believing and acting upon harmful stereotypes and biases that society holds against them, leading to self-doubt, low self-esteem, and negative cycles

内化的种族主义 - 一种出现在个人(通常来自边缘化的社群或背景)内在的种族主义, 这些人会开始相信社会对他们的有害刻板印象和偏见并将其付诸行动, 从而导致自我怀疑、自卑和恶性循环

*Interpersonal/Individual racism* - occurs in human interactions between individuals where a person's attitude towards another is informed by racially-informed biases, misinformation, and stereotypes. These acts can be overt (open and undisguised) and covert (more subtle, perhaps less intentional, but still impactful)

人际/个体种族主义 - 发生在人与人之间的互动中, 一个人对另一个人的态度受到有关种族的偏见、错误信息和刻板印象的影响。这些行为可以是公开的(公开且不加掩饰)和隐蔽的(更微妙, 也许不那么刻意, 但仍具有影响力)

- *Microaggression* - often brief and commonplace verbal and behavioural slights, whether intentional or unintentional, that are hostile, derogatory, or negative and often related to ethnicity, race, age, sex, ability, socioeconomic status, etc
- 微歧视 - 通常是简短而平常的言语和行为上的轻视, 无论是有意还是无意, 都带有敌意、贬损或负面影响, 通常与族裔、种族、年龄、性别、能力、社会经济地位等有关



*Marginalize* - when a person or group is less able to do things or access basic services or opportunities and are less able to influence change and fully participate in economic, social, and political life

边缘化 - 当一个人或一个群体很难做某些事情、获得基本服务或机会，并较难产生影响和变革，从而无法充分参与经济、社会和政治生活

*Oppression* - the way that the ‘system’ (refer to systemic racism) is structured to allow one group to maintain increased access to power, influence, and resources at the expense of others (Icarus Project, 2015, p. 6)

压迫 - “系统”(参见系统性种族主义)的结构方式允许一个群体在牺牲其他群体的利益的情况下，继续获得更多的权力、影响力和资源(Icarus Project, 2015, 第6页)

- *Oppressive* - when an unfair structure results in cruel, unfair, and unjust treatment at the benefit of increasing one group’s access to power, influence, and resources
- 压迫性 - 当一个不公平的结构导致残忍、不公平和不公正的待遇，从而有利于一个群体获得更多的权力、影响力和资源

*Privilege* - inherent advantages people or groups possess because of their ethnicity, race, age, sex, ability, socioeconomic status, etc. These advantages allow folks or groups greater access to power and resources

特权 - 一些人或群体因其族裔、种族、年龄、性别、能力、社会经济地位等而拥有的内在优势。这些优势使个人或群体有更多机会获得权力和资源

*Profiling* (also ethnic or racial profiling)- the act of suspecting, targeting, or discriminating against a person on the basis of their appearance, ethnicity, religion, or nationality, rather than on founded suspicion or available evidence

定性(也称为族裔或种族定性/归纳) - 基于某人的外貌、族裔、宗教或国籍，而不是基于有根据的怀疑或现有证据，对其进行怀疑、针对或歧视的行为

- This is a strategy often used by law enforcement
- 这是执法部门常用的策略

*Race* - a socially constructed category that is meant to identify or define a group of people who have common ancestry, national origin, and/or physical characteristics

种族 - 一个社会构建的范畴，旨在识别或定义具有共同祖先、民族血统和/或身体特征的人群

*Stereotype* - a widely held, fixed (unchanging), and oversimplified image or idea of a particular type of person or group

刻板印象 - 对特定类型的人或群体广泛持有的、固定不变的、过于简化的形象或观念

*Systemic racism* - the way that economic, social, and political institutions, policies, and practices are structured to create unfair advantages and disadvantages to folks on the basis of race

系统性种族主义 - 旨在以种族为基础，以经济、社会和政治机构、政策和实践的结构方式为人们创造不公平的优势和劣势





**Solidarity** - showing sympathy and support in a way that is not flashy but requires a lot of work, including learning and unlearning biases. The goal of solidarity is to change unjust systems  
团结 - 以一种不张扬但需要付出大量努力的方式表示同情和支持, 包括学习和消除偏见。  
团结的目标是改变不公正的制度

*Diversity, Equity, and Inclusion (DEI)* - three values that are often lumped together and promoted to support people of different races, ethnicities, religions, abilities, genders, sexual orientations, etc.

多元性、公平和包容 (DEI) - 通常将这三个价值观合并在一起推动, 支持不同种族、族裔、宗教、能力、性别、性取向等的人

- Diversity recognizes, aims to value, and seeks to have everyone's unique identities represented
- 多元性认可、重视并力求让每个人独特的身份能够得到代表
- Equity refers to fair treatment for all people, recognizing that sometimes equal treatment is not fair
- 公平指公平对待所有人, 并认识到有时平等待遇并不公平
- Inclusion refers to changes that can be made to ensure that everyone is fully included and can meaningfully participate
- 包容是指为确保每个人都能充分融入并有意义地参与从而可以做出的改变

*Multiculturalism* - a policy in Canada that in theory supports the equal rights and opportunities of all different ethnic, cultural, and racial backgrounds and that seeks to promote and celebrate these differences. In practice, multiculturalism plays out differently for folks from different ethnic, cultural, and racial backgrounds

多元文化主义 - 加拿大的一项政策, 理论上支持所有不同族裔、文化和种族背景的平等权利和机会, 并寻求鼓励和赞扬这些差异。实际上, 多元文化主义对于来自不同族裔、文化和种族背景的人来说有不同的表现

*Racial justice* - emphasizes the fair treatment of people of all races at a system-level, which results in equitable opportunities and outcomes for all

种族正义 - 强调在系统层面公平对待所有种族的人, 从而为所有人带来公平的机会和结果

*Social justice* - emphasizes the fair treatment of all people when it comes to distributing wealth, opportunities, and privilege in a society at a system-level, which results in equitable opportunities and outcomes for all

社会正义 - 强调在系统层面上分配社会财富、机会和特权时公平对待所有人, 从而为所有人带来公平的机会和结果



## Experiences of Anti-Asian Racism

### 反亚裔种族主义的经历

**Deskilling/deprofessionalization and underemployment** - when folks's work or education credentials are not recognized upon immigration and as such they have to maintain employment that is below their skill level

技能缩水/专业缩水和低就 - 当人们的工作或教育经历在移民过程中不被认可, 因此他们不得不从事低于自己的技能水平的工作

**Family separation** - the process of family members, particularly children, spouses, and elderly dependents, being separated by political, social, or economic means/issues

家庭分离 - 家庭成员, 特别是儿童、配偶和老年受抚养人, 因政治、社会或经济原因而被分离的过程

*Family reunification* - the process of bringing family members, particularly children, spouses, and elderly dependents, often separated by political, social, or economic means/issues, together (physically)

家庭团聚 - 将往往因政治、社会或经济原因而分离的家庭成员, 特别是子女、配偶和老年受抚养人(物理上)团聚在一起的过程

*Labour export policy*- forced migration from the Philippines, leaving family behind for more opportunities

劳务输出政策 - 被迫从菲律宾移民, 为获得更多机会而留下家人

**Live-in Caregiver Program** - old immigration pathway in Canada where folks were eligible to work for and live with a private-employer in Canada to act as a caretaker or nanny in a case where there was no Canadian citizen or permanent resident available for the job. Because of many issues with this program, including widespread abuse against employees, this program has been replaced by the Temporary Foreign Worker Program

住家保姆移民项目 - 加拿大曾经的移民途径, 在没有加拿大公民或永久居民可以胜任的情况下, 人们有资格为加拿大的私人雇主工作并与其同住, 充当护理人员或保姆。由于该项目存在许多问题, 包括普遍存在的对员工的侵权行为, 该项目已被临时外籍劳工项目取代

*Overseas Filipino Worker (OFW)* - refers to Filipino migrant workers who live and work outside of the Philippines, often for a limited period of employment. Popular destinations for OFWs include Canada, Hong Kong, Saudi Arabia, UAE, etc.

菲律宾海外劳工(OFW) - 指在菲律宾境外生活和工作的菲律宾移民工人, 工作期限通常有限。其的热门目的地包括加拿大、香港、沙特阿拉伯、阿联酋等

*Temporary Foreign Worker Program* - immigration pathway in Canada where Canadian employers can hire foreign workers to fill temporary jobs when qualified Canadians are not available. Workers are entitled to rights and regulations, but there are still widespread claims of abuse and mistreatment under this program



临时外籍劳工项目 - 加拿大的移民途径之一, 在没有合格的加拿大人可以胜任时, 加拿大雇主可以雇用外籍工人填补临时工作岗位。工人有权享受相关权利和法规, 但仍有很多人声称该项目存在侵权行为和不良待遇的现象

- Folks hired to work under the temporary foreign worker program can be employed as caregivers, seasonal agricultural workers, etc
- 被该项目的雇佣的人可以担任护理人员、季节性农业工人等职位

**Model minority myth** - the idea that Asian folks are an ‘example’ for other racialized folks because instead of ‘complaining,’ they work hard and become successful by their own means.

This idea ignores the reality of systemic racism (i.e. that systems oppress folks and make it impossible for them to succeed) and invisibilizes the lived experiences of many folks

模范少数族裔神话 - 这种观点认为亚裔是其他有色族裔的“榜样”, 因为他们不“抱怨”, 而是通过自己的努力工作并取得成功。这种观点忽视了系统性种族主义的现实(即系统压迫人们, 使他们无法取得成功), 并掩盖了许多人的生活经历

**Perpetual foreigner** - the idea that regardless of legal, generational, or cultural status, Chinese (and other Asian folks) are never Canadians and always foreigners. This association also insinuates that Asian folks will always be disloyal to Canada because of their ethnicity and/or race

永久外国人 - 这种观念认为, 无论法律、世代或文化地位如何, 华人(和其他亚裔)永远不是加拿大人, 永远是外国人。这种联想还影射亚裔人将因为他们的族裔和/或种族的原因而永远对加拿大不忠

**Yellow Peril** - the perception of East and Southeast Asian people as ‘threats’ to the well-being of Canada and Canadian society, justifying discrimination, mistreatment, stereotypes, and injustice against them. Oftentimes East and Southeast Asians are deemed ‘threats’ to insinuate that they are ‘dirty,’ ‘evil,’ ‘backwards,’ ‘foreign,’ associated with disease and immorality, etc

黄祸 - 将东亚和东南亚人视为对加拿大和加拿大社会福祉的“威胁”的观念, 以此为他们的歧视行为、不当行为、刻板印象和不公正待遇辩护。东亚和东南亚人经常被视为“威胁”, 暗示他们是“肮脏的”、“邪恶的”、“落后的”、“外来的”, 与疾病和不道德有关, 等等

