

我在西北农林科技大学的学习生活

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我在西北农林科技大学的学习生活是一次变革性的经历，尤其是在中国期间。在追求学术目标的同时，有机会沉浸在另一种文化中，这深刻地改变了我的观点。当我踏上这段旅程时，我既兴奋又忐忑。出国留学的诱惑预示着冒险，但适应新环境的现实也带来了一系列挑战。

My study life at NWAUFU has been a transformative experience, especially during my time in China. The opportunity to immerse myself in another culture while pursuing my academic goals has profoundly shaped my perspective. When I embarked on this journey, I was filled with a mixture of excitement and apprehension. The allure of studying abroad promised adventure, but the reality of adapting to a new environment presented its own set of challenges.

抵达中国后，我立刻被城市的活力、熙熙攘攘的街道和交织在每个角落的丰富历史所震撼。文化是古老传统和现代创新的交织，驾驭这种二元性是我经历的一个关键方面。从寺庙错综复杂的建筑到摩天大楼的流畅线条，这些都不断提醒着我中国社会的反差。最初的文化冲击是显而易见的；从食物到语言，一切都显得陌生。然而，这种陌生感很快就变成了一种好奇和惊奇的感觉。

Upon arriving in China, I was immediately struck by the vibrant energy of the cities, the bustling streets filled with people, and the rich history woven into every corner. The culture is a tapestry of ancient traditions and modern innovations, and navigating this duality has been a key aspect of my experience. From the intricate architecture of the temples to the sleek lines of the skyscrapers, there was a constant reminder of the contrasts that define Chinese society. The initial culture shock was palpable; everything from the food to the language seemed foreign. However, this unfamiliarity soon turned into a sense of curiosity and wonder.

我在这所大学的学习生活既充满挑战又收获颇丰。选修用中文授课的课程是一个艰巨的前景，但它促使我迅速提高我的语言技能。我的教授知识渊博、充满热情，他们的奉献精神激励我深入研究材料。参与历史事件、文化规范和社会问题的讨论使我对中国有了比在其他地方学到的更细致入微的了解。小组项目通常涉及与当地学生合作，这增强了我的学习并培养了跨越文化差距的友谊。



My academic life at this university has been both challenging and rewarding. Enrolling in courses taught in Chinese was a daunting prospect, but it pushed me to improve my language skills rapidly. My professors were knowledgeable and passionate, and their dedication inspired me to delve deeper into the material. Engaging in discussions of historical events, cultural norms, and societal issues allowed me to develop a nuanced understanding of China beyond what I had learned elsewhere. Group projects often involved collaborating with local students, which enhanced my learning and fostered friendships that bridged cultural gaps.

与中国学生一起学习和与实验室伙伴一起研究的经历令人大开眼界。他们为我们的讨论和研究带来了不同的视角，我从他们身上学到的东西和从讲座中学到的一样多。这种思想交流帮助我认识到从多个角度看待问题的重要性。它还强调了在学术和研究环境中合作的重要性，不同的观点可以带来更深刻的见解和解决方案。兼顾课程、作业和课外活动也很令人生畏。我努力应对迫在眉睫的截止日期的压力以及经常伴随而来的焦虑。然而，这段经历让我明白了优先安排和有效管理时间的重要性，这成为大学和生活中的一项关键技能。最终，当我完成一门具有挑战性的课程并通过考试时，学术挑战带来了一种成就感，这给了我推动自己前进的信心。



The experience of studying alongside Chinese students and researching with lab mates was enlightening. They brought different perspectives to our discussions and research, and I learned as much from them as I did from lectures. This exchange of ideas helped me appreciate the importance of viewing problems through multiple lenses. It also highlighted the importance of collaboration in academic and research environments, where different perspectives can lead to deeper insights and solutions. Juggling classes, assignments, and extracurricular activities was also daunting. I struggled with the pressure of looming deadlines and the anxiety that often accompanied it. However, this experience taught me the importance of prioritizing and managing my time effectively, which became a crucial skill for the university and life. Ultimately, the academic challenges led to a sense of achievement when I completed a challenging course and passed an exam, which gave me the confidence to push myself forward.

除了学术领域，社交经验在大学生活中也发挥着关键作用。校园是不同人的大熔炉，每个人都带来独特的观点和经历。结识来自不同文化和兴趣的人可以拓宽一个人的世界观。这些社交互动往往可以带来持久的友谊，学习课程或小组项目中建立的情谊有助于培养归属感。从参加校园活动到学习新的爱好，这些经历丰富了我的大学生活，让我懂得了社区和合作的价值。这段时间朋友和导师的支持非常宝贵。这段时间建立的联系成为我的安全网，鼓励我冒险并探索新的可能性。同龄人在压力大的时候给予我的情感支持，加上他们不同的观点，帮助塑造了我的性格。在谈话中，我们深入探讨了我们的希望、恐惧和抱负，让我深入了解了不同的思维和解决问题的方式。这种思想交流拓宽了我的理解，帮助我培养了同理心，这是个人和职业关系中一项重要的技能。课堂之外，我在中国的生活充满了丰富的体验，加深了我对中国文化的了解。逛当地市场成了我最喜欢的活动之一。鲜艳的色彩、令人陶醉的香味和小贩叫卖的声音创造了一种与众不同的感官体验。品尝街头美食本身就是一种冒险。从煎饼到麻辣火锅，我喜欢吃到的每一道新菜。每顿饭都是一场味觉盛宴，我学会了欣赏美食的文化意义，它往往反映了地域多样性和历史影响。

Beyond the academic realm, social experiences play a key role in university life. Campus is a melting pot of different people, each bringing unique perspectives and experiences. Meeting people from different cultures and interests broadens one's worldview. These social interactions often led to lasting friendships, and the

camaraderie created during study sessions or group projects contributed to a sense of belonging. From attending campus events to learning new hobbies, these experiences enriched my university life and taught me the value of community and collaboration. The support of friends and mentors during this period was invaluable. The connections formed during this time became a safety net for me, encouraging me to take risks and explore new possibilities. The emotional support of my peers during stressful times, coupled with their diverse perspectives, helped shape my character. Conversations, where we delved into our hopes, fears, and aspirations, allowed me to gain insight into different ways of thinking and problem-solving. This exchange of ideas broadened my understanding and helped me develop empathy, an important skill in both personal and professional relationships. Outside of the classroom, my life in China was filled with rich experiences that deepened my understanding of the culture. Exploring the local markets became one of my favorite activities. The vibrant colors, intoxicating aromas, and sounds of vendors hawking their wares created a sensory experience unlike any other. Trying the street food was an adventure in itself. From jianbing (Chinese pancakes) to spicy hot pots, I enjoyed every new dish I encountered. Each meal was a feast of flavors, and I learned to appreciate the cultural significance of cuisine, which often reflected regional diversity and historical influences.

我在国外度过的最深刻的体验之一是体验当地风俗和传统的机会。庆祝农历新年等节日让我有机会参与世代相传的文化活动。庆祝活动中的兴奋感具有感染力，因为家人聚在一起纪念他们的传统。我记得被邀请到朋友家庆祝，在那里我感受到了中国好客的温暖。鲜红的装饰、美味的食物和送红包的传统营造出一种深深打动我的社区感。生活在异国他乡也带来了挑战，这些挑战促进了我的个人成长。有时我会感到孤独和想家，尤其是在重大节日期间，我感到与家人和朋友疏远。然而，这些挑战鼓励我培养坚韧不拔的意志力。我学会了向也有类似感受的同学和朋友寻求支持。我们形成了一个紧密团结的社区，庆祝彼此的成功，并在困难时期互相安慰。这种团结感使这种经历更容易忍受，并强调了联系的重要性。

One of the most profound aspects of my time abroad was the opportunity to experience local customs and traditions. Celebrating festivals like Chinese New Year allowed me to participate in cultural practices that had been passed down for generations. The excitement during these celebrations was contagious as families

came together to honor their heritage. I remember being invited to a friend's home for a celebration, where I felt the warmth of Chinese hospitality. The bright red decorations, delicious food, and the tradition of giving red envelopes created a sense of community that resonated deeply with me. Living in a foreign country also presented challenges that contributed to my personal growth. There were moments of loneliness and homesickness, especially during significant holidays when I felt distanced from my family and friends. However, these challenges encouraged me to develop resilience. I learned to seek support from classmates and friends who were also experiencing similar feelings. We formed a close-knit community, celebrating each other's successes and offering comfort during difficult times. This sense of solidarity made the experience more bearable and reinforced the importance of connection.

随着我在中国的生活继续，我开始用不同的眼光看待周围的环境。最初似乎难以适应的环境现在变得习以为常。我学会了轻松乘坐公共交通，用普通话进行简单的对话，并欣赏社会互动的复杂性。当我与欢迎我进入他们生活的当地人建立关系时，作为局外人的经历变成了一种归属感。我的文化能力得到了加强，让我能够欣赏中国社会的复杂性和超越国界的共同人性。

As my stay in China continues, I begin to view my surroundings through a different lens. What initially seemed overwhelming has become familiar. I have learned to navigate public transportation with ease, hold simple conversations in Mandarin, and appreciate the intricacies of social interaction. The experience of being an outsider turned into an experience of belonging as I formed relationships with locals who welcomed me into their lives. My cultural competence deepened, allowing me to appreciate the intricacies of Chinese society and the shared humanity that transcends borders.

回顾我在西北农林科技大学的学习生活和在中国的经历，我意识到自己已经成长了很多。严谨的学术、文化浸润和个人挑战让我掌握了技能和思想，这些技能和思想在我离开后仍会伴随我很长时间。我对全球视角有了更深入的理解，对文化多样性有了更深的欣赏。我结交的朋友和学到的课程将永远是我的一部分。

Reflecting on my academic life at NWAUFU and my experiences in China, I realize how much I have grown. The combination of academic rigor, cultural immersion, and personal challenges has equipped me with skills and ideas that will

stay with me long after I leave. I have developed a deeper understanding of global perspectives and a greater appreciation for cultural diversity. The friendships I have made and the lessons I have learned will forever be part of who I am.

