

我的故事：与中国的联结

My Story About Bond With China

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中国为国际学生提供了无与伦比的机遇——在这里既能获得世界一流的教育, 又能接触到世界上最古老、最具活力的文明之一。这片土地蕴藏着惊人的对比, 未来感十足的摩天都市与尖端创新成果, 与古老寺庙和深厚的文化传统比肩而立。从我还是个少年时起, 来中国就一直是我的梦想。我对来中国留学的向往, 始于我最亲近的表姐去中国攻读博士学位的时候, 从那时起, 我就开始主动了解相关情况。

China presents an unparalleled opportunity for international students, offering a world-class education within one of the world's oldest and most dynamic civilizations. It is a land of staggering contrasts, where futuristic megacities and cutting-edge innovation stand alongside ancient temples and profound cultural traditions. Coming to China was always my dream since I was a mere teenager, my interest in studying in China started when my favorite cousin sister went to study in China for her Ph.D. I started researching it then.

After I completed my Bachelors in Zoology, I started applying for my master's degree but things happened and I had to take a gap between my studies. Finally, I got to make my dream come true when in March of this year, I was offered an opportunity to enroll in a one-year language program. I consider myself lucky to be a student who got to live her dreams. I study in Qinhuangdao Vocational and Technical College.

My arrival in China unveiled a world of new experiences and fascinating cultural contrasts with my life in Pakistan. The most immediate difference was the seamless, cashless society, a stark departure from the norm back home. This journey of discovery extended far beyond daily transactions, deeply into the heart of Chinese tradition. I was enthralled by vibrant festivals like the Dragon Boat Festival, which offered a captivating window into the nation's rich social values. This cultural immersion was



库拉特·乌尔·艾因(中)前往新疆参加的国际烹饪比赛
Qurat ul ain (middle) participated International Cooking Competition held in Xinjiang Uygur Autonomous Region.

在完成动物学学士学位后, 我开始申请硕士课程, 但因事故不得不暂缓学业。今年(2025年)3月, 我终于迎来了梦想成真的时刻——获得了参加一年制语言课程的入学机会。如今能成为追逐梦想学子中的一员, 我深感幸运。我现在就读于秦皇岛职业技术学院。

我抵达中国后, 见识到了一个充满全新体验的世界, 也感受到了与我在巴基斯坦生活之间有趣的文化差异。最直观的差异是这里便捷的无现金社会, 这与我家乡的常态截然不同。这段探索之旅远不止于日常交易, 更深入到中国传统的核心。我被端午节等热闹的节日深深吸引, 这些节日为我打开了一扇迷人的窗口, 让我得以窥见这个国家丰富的社会价值观。这种文化沉浸与我的学术生活相得益彰。老师们采用极具互动性的教学方法, 将学习普通话这一复杂任务转变为一场有趣的探索之旅。除了核心语言课程外, 课程还增设了中国烹饪、太极、书法、茶艺和手工艺等实践课。这些课程不仅教授技能, 更让文化变得鲜活, 使整个学期成为一段极具互动性且难以忘怀的经历。

在秦皇岛职业技术学院的第一个学期, 学校通过《中华饮食文化》这门特色周课, 让我们在实践中真切地感知中国。每周一下午的课堂总是超越书本, 变

beautifully complemented by my academic life. Our teachers employed incredibly interactive methods, transforming the complex task of learning Mandarin into an engaging adventure. Beyond core language classes, the curriculum was enriched with hands-on lessons in Chinese cuisine, Taijiquan (Tai Chi), calligraphy, tea art, and craftsmanship. These classes didn't just teach skills; they brought the culture to life, making the entire term a profoundly interactive and unforgettable experience.

My first semester at Qinhuangdao Vocational and Technical College offered a profoundly hands-on introduction to China, perfectly encapsulated by a special weekly course: Chinese Food and Culture. Every Monday afternoon, this class moved beyond textbooks, transforming into a practical exploration of tradition. Our journey began with the humble yet profound chopstick. The professor not only explained its history, significance, and symbolism but also began by gifting each of us a pair of chopsticks. We then spent the session diligently practicing on peanuts, a simple yet effective exercise that was both challenging and delightful. This foundational lesson culminated in understanding the intricate etiquette—the do's and don'ts—that governs their use. The following week, we delved into the art of the Chinese dinner table, learning the precise arrangement of cutlery and seating to distinguish the host from guests. The learning was intensely practical; we even practiced folding napkins into specific shapes, discovering how this subtle art communicates hierarchy and respect, identifying everyone from the chief guest to the vice-host. This class wasn't merely instructional; it was an immersive cultural experience, using everyday practices as a gateway to understanding deeper Chinese social values.

The classroom lessons were merely a prelude, the true magic of the course unfolded

成一场对文化传统的亲身体验。我们的学习之旅从看似质朴却意蕴深远的筷子开始。老师不仅详细讲解了筷子的历史渊源、文化内涵与象征意义，还在课程伊始为每位学生赠送了一双专属筷子。我们随即都专注地练习用筷子夹花生，这个简单但效果显著的练习既充满挑战又妙趣横生。在掌握使用技巧的基础上，我们进一步领悟了其中蕴含的精细礼仪规范，以及“可为”与“不可为”。第二周，我们深入研习中式宴席的餐桌礼仪，通过餐具摆放与座位安排来辨析主客身份。教学注重实操：我们亲手练习将餐巾折叠成特定造型，领悟这项精微技艺如何传递等级与尊重的文化，从主宾到陪客的身份标识皆蕴藏其中。这门课程绝非单纯的知识传授，而是一场沉浸式文化体验。它借由日常习俗这把钥匙，为我们开启了理解中国深层社会价值观念的大门。

课堂教学不过是序幕，课程真正的魅力，在我们前往秦皇岛当地知名餐馆和历史景点的研学之旅中尽数展现。这些行程堪称感官的盛宴，让我们深入领略了地方美食，以及这些餐饮场所富有深厚文化底蕴的别致装潢。其中一个特别的亮点，是一家高端餐馆主厨的实践课。尽管身居要职，他却态度极度谦逊、耐心十足。他慷慨地让我们走进他的厨房世界，手把手地悉心指导、耐心纠正，让我们感觉自己就像他厨房里真正的学徒。除了烹饪之外，这些参观还让我们发现，中国的餐馆往往是充满活力的文化中心。我惊喜地发现，这里会为顾客提供书法、传统印刷、插花和茶艺等体验活动——这种美食与艺术的完美融合，对我来说是全新的体验。这种沉浸式学习在一次以端午节为主题的活动中达到顶峰：我们专门参观了一家餐馆，学习制作粽子的技艺。在专业指导下，我们亲手制作了这份节庆美食，最后品尝到专业厨师做的正宗版本，那种个人付出与美食传统完美交融的满足感难以言表。

在紧张的课程与文化沉浸之余，老师们始终用心让我们的这段经历充满集体的温暖与欢乐。一段难忘的插曲是和老师们及中国同学同去海滩。这场简单却令人心旷神怡的小旅行，在课堂之外加深了我们彼此的情谊。这种关怀在宰牲节期间尤为深切。这是我们第一次远离家人过节，起初心中满是惆怅。但老师们深知这个

during our educational excursions to notable local restaurants and historical sites across Qinhuangdao. These trips were a feast for the senses, offering deep dives into regional cuisine and the unique, often culturally rich, interiors of the dining establishments. A particular highlight was a hands-on session with the head chef of a top-tier restaurant. Despite his esteemed position, his demeanor was one of immense humility and patience. He generously allowed us to step into his world, guiding our hands with gentle corrections, making us feel like true apprentices in his kitchen. Beyond cooking, these visits revealed how Chinese restaurants often serve as vibrant cultural hubs. I was fascinated to discover activities like calligraphy, traditional printing, flower arrangement, and tea ceremonies being offered to patrons—a seamless blend of gastronomy and art that was entirely new to me. This immersive learning peaked during a session focused on the Dragon Boat Festival, where we visited a restaurant specifically to learn the art of making Zongzi. Under expert guidance, we crafted the festive delicacies ourselves, culminating in the deeply satisfying experience of tasting the professionally made versions, a perfect harmony of personal effort and culinary tradition.

Amidst the rigorous schedule of lectures and cultural immersion, our teachers ensured our experience was also one of community and joy. A memorable interlude was a trip to the beach with both faculty and Chinese classmates—a simple yet refreshing escape that strengthened our bonds beyond the classroom walls. This spirit of care was profoundly felt during Eid-ul-Azha, a festival we initially approached with a sense of melancholy, as it was our first celebration away from family. However, our teachers, aware of its significance, went out of their way to bridge that emotional distance. Despite their busy schedules, they gathered to



库拉特·乌尔·艾因和教职工及中国同学去海滩游玩
Qurat ul ain went to the beach for a trip together with faculty, staff and Chinese classmates.

节日对我们的特殊意义，特意费心为我们驱散这份思乡之情。尽管日程繁忙，他们还是带来了肉类与糖果作为礼物，特意抽时间与我们相聚。他们贴心的举动与真诚的陪伴，将我们的孤独化为一种暖心的归属感，让我们明白：即便远离家乡，我们也已在中国找到了一个充满关怀与温暖的新“家”。

学期课程结束后，我们迎来了每门课的考试。对我来说，考试不算太难，但因为是第一次参加考试，还是有些焦虑和压力。每门考试开始前，老师们都会简单聊一聊整个学期的情况，以此缓解我们的紧张。

在秦皇岛这座海滨城市度过充实的三个月学期后，我的暑假呈现出一番震撼而精彩的新体验——北京。作为中国首都，北京跳动着截然不同的脉搏：快节奏的生活律动、令人惊叹的基础设施，以及无处不在的科技感。在此度过的两个月成为了解现代中国的进阶课堂。我主动拥抱这座城市的活力，从参加生物经济与绿色共生主题的新闻发布会，到探访小马智行。当我亲身体验他们的自动驾驶出租车时，中国尖端科技发展带来的震撼感扑面而来，宛如经历一场革命。在国际人才论坛上与不同专业背景学子交流，更让我深刻体会到选择来华留学的独特价值。这些层层递进的经历，让我的暑假成为一场超越寻常假期的深度沉浸之旅。

meet us, arriving with gifts of meat and candies. Their thoughtful gesture and heartfelt presence transformed our loneliness into a heartwarming feeling of belonging, reminding us that while we were far from home, we had found a supportive new family in China.

After semester's classes ended, we took exams for each subject and for me the exams were not so tough but I still felt test anxiety and stress, as it was my first time taking exams, before starting each exam our teachers talked a bit about the whole semester to ease our fears.

After completing an enriching three-month term in the coastal city of Qinhuangdao, my summer vacation presented a stark and thrilling contrast: life in Beijing. As the nation's capital, Beijing operates with an entirely different energy—a palpable pulse of fast-paced life, awe-inspiring infrastructure, and a pervasive sense of technological advancement. My two months here became a master-class in modern China. I actively sought out opportunities that plunged me into this dynamic environment, from participating in a press conference on the bio-economy and green symbiosis to visiting Pony.ai. There, a test ride in one of their autonomous robo-taxis offered a breathtaking, firsthand look at China's unmatched technological progress, an experience that felt nothing short of revolutionary. Further broadening my perspective was an International Talent Forum, where I connected with students from diverse backgrounds and academic disciplines profoundly highlighted the value and importance of choosing to study in China. Each event layered onto the next, transforming my summer into an immersive deep dive far beyond any typical vacation.

My journey, which began as a teenage dream sparked by my cousin's ambition, has evolved into a profound and personal bond with China. It is a bond woven from the delicate strands of calligraphy and the robust flavors of Zongzi,



库拉特·乌尔·艾因（后排右四）参加北京巴基斯坦留学生交流活动

Qurat ul ain (back, right 4) participated in the exchange activity for Pakistani international students in Beijing.

我的这段旅程，始于少年时因表姐的志向而萌生的梦想，如今已演变成与中国之间深厚而真切的羁绊。这份羁绊，由书法的细腻笔触与粽子的浓郁滋味交织而成，由筷子礼仪中蕴含的无声敬意与自动驾驶出租车的蓬勃创新共同编织。它因视我们如家人的老师、因成为文化桥梁的同学而愈发牢固。我起初为学一门语言而来，却收获了远不止于此的东西：对一个民族精神内核直观而深刻的理解，一种珍贵的归属感，以及这份联结仅仅是序章的坚定信念。中国不再只是我求学的地方，它已成为我生命的一部分，是持续塑造我梦想与未来的第二故乡。

from the silent respect of chopstick etiquette and the roaring innovation of a robo-taxi. It is cemented by the teachers who became family and the classmates who became a bridge between cultures. I came here to learn a language, but I am learning so much more: a deep, intuitive understanding of a nation's soul, a cherished sense of belonging, and the unwavering confidence that this connection is only the first chapter. China is no longer just a place I study; it is a part of who I am, a second homeland that continues to shape my dreams and my future.