

国际朋友说 (第26期) : 外国友人的中国旅行见闻与体验

"World Speaking" (Issue 26) —Voices of International Friends: Foreign Visitors' Travel Experiences and Impressions in China

文/宋佳祎 (By Song Jiayi)

2026年春节喜庆氛围日渐浓厚的背景下,越来越多国际学生选择在中国开启旅行体验,从旅途探索到文化感知的过程中,旅行经历正成为他们深入了解中国的重要载体。为此,“国际朋友说:外国友人的中国旅行见闻与体验”主题活动邀请利比里亚、尼日利亚等多国留学生参与,围绕在华旅行的真实经历、中外旅行文化及景点差异等内容展开分享,既鼓励大家深化对中国自然风光与文化底蕴的认知,也助力提升跨文化沟通表达能力,更期待大家成为中国旅行文化的积极使者,让旅途故事化作联结中外的纽带,传递中国旅途的独特温度。

主持人: 宋佳祎

参与嘉宾: Ahmad Rufai Musa (尼日利亚)、Natt, Christian Neckie (利比里亚)、David Bashiel Kolley (利比里亚) 等

旅行初体验: 印象深刻的城市与高铁

主持人: 你去过的中国城市中, 最喜欢哪一个, 为什么?

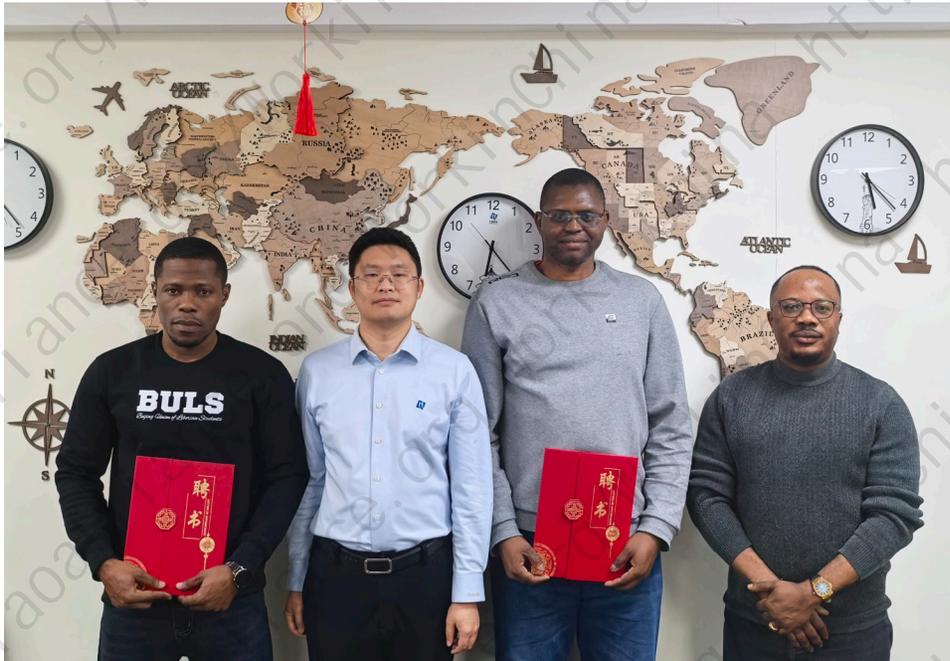
Ahead of the festive season of the 2026 Spring Festival, a growing number of international students are choosing to embark on travel experiences in China. From journey exploration to cultural perception, travel experiences have become an important carrier for them to deepen their understanding of China. To this end, the theme for this event, "Voices of International Friends: Foreign Visitors Travel Experiences and Impressions in China," invited international students from various countries, including Liberia and Nigeria, to participate this year. They shared their authentic travel experiences in China, differences between Chinese and foreign travel cultures, scenic spots, and other content. The event not only encouraged everyone to deepen their understanding of China's natural landscapes and cultural heritage, but also helped enhance cross-cultural communication and expression skills. It is also hoped that everyone will become active envoys of Chinese travel culture, turning travel stories into a bond connecting China and foreign countries and conveying the unique warmth of traveling in China.

Host: Song Jiayi

Guests: Ahmad Rufai Musa (Nigeria), Natt, Christian Neckie (Liberia), David Bashiel Kolley (Liberia), etc.

First Travel Experience: Impressive Cities and High-Speed Rail

Host: Among the Chinese cities you have visited, which



“外国友人的中国旅行见闻与体验”主题活动合影
Group photo of the "Spring Travel Season: Chat Freely About My Trip in China" event.

Ahmad Rufai Musa: 我在张家口待了三个月，当地有片风景绝美的水域，气候凉爽、环境纯净，不少北京人都特意来这儿度假，既能体验骑马、开跑车、游泳、驾船这些活动，我还去附近的山区爬了山。之后的三个月，我就在住处开展动物相关的实验。实验结束后，我原本打算去车程只有一小时的内蒙，结果因为时间不够没能成行。2025年11月我回到北京，这也是我头一回在北京见到下雪，2024年刚来北京的时候根本没遇上雪，而这次的张家口之行，恰好赶上了冬季。

主持人: 能说说第一次乘坐高铁的感受吗？

Ahmad Rufai Musa: 第一次坐中国高铁的体验特别惊艳，车速快得惊人，车厢既舒适又美观，发车和到站更是分秒不差，这种体验简直能和坐飞机媲美，让我印象特别深刻。坐上高铁的时候，我忍不住感慨它的速度，旁边的人都很平静，只有我有点紧张，心里还琢磨着，说不定今天能有什么新

one is your favorite, and why?

Ahmad Rufai Musa: I stayed in Zhangjiakou for three months. There is a stunningly beautiful stretch of water there, with a cool climate and pure environment. Many people from Beijing go there for vacation, where they can enjoy activities like horse-riding, sports car driving, swimming, and boating. I also climbed mountains in the nearby mountainous areas. During the three months of my stay, I conducted animal-related experiments with other teammates at my residence. Originally, I had planned to go to Inner Mongolia, which is an hour's drive away, after the experiments, but I failed to make the trip due to time constraints. I returned to Beijing in November 2025, and that was the first time I saw snow in Beijing. I didn't encounter snow when I came to Beijing in 2024, and this trip to Zhangjiakou happened to be in winter.

Host: Could you share your feelings about taking the high-speed rail for the first time?

Ahmad Rufai Musa: My first experience of taking China's high-speed rail was absolutely amazing. It was extremely fast, the carriages were comfortable and beautifully designed, and it departed and arrived right on the dot. The experience was comparable to taking a plane, leaving a deep impression on me. My first ride on the high-speed rail was so impressive. When I first got on it, I thought it was moving incredibly fast. I noticed that everyone else was calm, but I was a bit nervous, thinking

收获。高铁真的太有意思了，不光速度快、环境舒服、内饰好看，运行系统还格外精准。对我来说，坐高铁和坐飞机的感觉差不多，也就下车的时候有点不一样。这次体验特别好，真心希望中国未来能取得更多这样的成就。

Neckie: 我第一次坐中国高铁是从湖南出发的，之后转乘飞机去往甘肃张掖。当时车厢显示屏上的时速达到了300公里左右，速度快得惊人，行驶起来却格外平稳。

我们是10月抵达张掖的，当地昼长夜短，气候凉爽中带着几分寒意，有些同伴可能不太适应。但我的家乡利比里亚只有货运火车，再加上我之前坐过小型飞机，所以对高铁这种出行方式并不陌生，反倒很享受这种在地面上高速飞驰的感觉。

其实我在中国还有不少旅行经历。2023年，我去的第一个地方是河北省的一个农场，那里是我们的研究站。我从北京西站坐高铁出发，仅仅23分钟就到了目的地。高铁的准点率实在太高了，让出行变得特别高效，完全不用担心会耽误时间。后来，我还因为研究工作的需要去了武汉，往返都选了高铁，去的时候坐的是一等座，体验特别好。两个月前，我还去了一个风景很好的地方拍照，那里不像北京这么大，但景致却别有一番韵味。

算下来，我在中国去过的地方不算特别多，但真的特别喜欢这里的美景和城市建设。尤其让我感触很深的是，能看到中国人在科研领域付出的努力，他们始终希望通过研究找到解决实际问题的根本办法。

David: 我想和大家分享几个我喜欢的中国城市，顺便聊聊我的高铁出行体验。第一次坐高铁是去天津，看着地图还觉得它

that maybe I could learn something new today. The high-speed rail is really fascinating—it's fast, the environment is comfortable, the interior design is elegant, and the operation system is highly precise, with zero delay in departure and arrival times. For me, taking the high-speed rail is like taking a plane; the only difference is when you get off. It was such a great experience, and I hope China will achieve more such accomplishments in the future.

Neckie: My first high-speed rail trip started from Hunan, then I transferred to a flight to Zhangye, Gansu. The display screen showed a speed of around 300 kilometers per hour—it was amazingly fast yet very stable.

We arrived in Zhangye in October. Days were long and nights were short there, with a cool and slightly cold climate that some people might not be used to. However, since there are only freight trains in my hometown, Liberia, and I have taken small planes before, I was no stranger to the high-speed rail and actually enjoyed the feeling of traveling at high speed on the ground. Besides this, I have had many other travel experiences in China. The first place I visited in 2023 was a farm in Hebei Province, which is our research station. I took the high-speed rail from Beijing West Railway Station and arrived in just 23 minutes. The high-speed rail's punctuality rate is really high, making travel highly efficient—you don't have to worry about being late. Later, I also went to Wuhan for research purposes, traveling back and forth by high-speed rail. I took a first-class seat on the way there, and the experience was excellent. Two months ago, I went to a place to take photos; it's not as big as Beijing, but the scenery is really beautiful. I have visited quite a few places in China. Although not an exhaustive list, I truly love China's beautiful scenery and urban construction. What impresses me most is seeing the Chinese people's efforts in scientific research—they aim to find fundamental solutions to practical problems through research.

David: I would like to share some of my favorite Chinese cities and talk about my high-speed rail travel experiences. My first high-speed rail trip was to Tianjin. Looking at the map, I thought it was quite far from Beijing, but to my surprise, the ticket indicated the journey would only take 30 minutes. Once on board, I found that the speed reached 350 kilometers per hour, and the experience was on par with flying. Sure enough, we arrived right on time. I know

离北京不算近，没想到车票上显示车程只有30分钟。坐上车后，我看到时速能达到350公里，这种体验简直堪比坐飞机，最后列车也果然准点到站。我知道中国高铁是世界上最先进的铁路系统之一，对于人口众多的中国来说，高铁和地铁大大缓解了交通压力，这些都是我之前在北京大学做相关研究时了解到的。

我还去过上海、香港等城市，广州是坐飞机去的，至今还没机会体验坐高铁往返那里。2023年10月，我去了深圳滨海文化公园的图书馆，图书馆旁边就是海滩。那次行程里，我不仅吃到了新鲜的海鲜，还在导游的讲解下，了解了中国共产党的奋斗历程，感觉特别有意义。另外，我曾去迪恩参加过两次商务晚宴，对接家乡利比里亚的重型卡车产业相关业务，那两次往返我都是坐的高铁。

目前我还有两个心心念念想去的地方：一个是澳门，它作为中西文化交汇的地方，有很多丰富的娱乐活动，我特别想亲眼看看这里的中西文化是如何完美融合的，其实此前在香港我已经有了小小的一点小小的感受；另一个就是被称为“中国硅谷”的深圳，希望能在春节回利比里亚之前去一趟，相信一定会有不少收获。

生活与娱乐: 交通、体育与健身

主持人: 你们在中国尝试过自驾游吗?

Ahmad Rufai Musa: 我自己没有开过车，因为中国的交通规则和我们家乡不太一样，担心会出问题，而且我还没有取得中国的驾照，所以还没尝试过自驾游。

Neckie: 我没计划过自驾游，但对自动驾驶汽车很感兴趣，就是那种你可以坐在车里，汽车自己把你送到目的地的自动驾驶技

that China's high-speed rail is one of the most advanced systems in the world. For a populous country like China, high-speed rail and subways have greatly alleviated traffic pressure—this is something I learned during my relevant research at Peking University.

I have also been to cities like Shanghai and Hong Kong. I went to Guangzhou by plane and haven't had the chance to travel there and back by high-speed rail yet. In October 2023, I visited the Library at Tianjin Coastal Culture Park, which is right next to the beach. Not only did I enjoy seafood there, but I also learned about the struggle and history of the Communist Party of China, through the guide's explanation—it was very meaningful. Additionally, I have attended two business dinners in Dezhou to coordinate business related to the heavy-duty truck industry in my hometown, Liberia, traveling back and forth by high-speed rail both times.

Currently, there are two more places I want to visit. First is Macao, a melting pot of Chinese and Western cultures with many recreational activities. I want to witness the perfect integration of Chinese and Western cultures, a glimpse of which I already got in Hong Kong. Second is Shenzhen, known as "China's Silicon Valley". I hope to visit it before returning to Liberia for the Spring Festival; I'm sure it will be a rewarding experience.

Life and Entertainment: Transportation, Sports, and Fitness

Host: Have you tried self-driving tours in China?

Ahmad Rufai Musa: I haven't driven a car myself, because China's traffic rules are quite different from those in my hometown, and I'm worried about getting into trouble. Moreover, I haven't obtained a Chinese driver's license yet, so I haven't attempted a self-driving tour.

Neckie: I haven't planned a self-driving tour, but I'm very interested in autonomous vehicles—those vehicles where you can just sit in the car and it takes you to your destination automatically. I hope I can get a chance to experience one during the Chinese New Year this year.

David: I haven't experienced autonomous driving in Beijing yet, but Huawei has autonomous vehicles. I have visited Huawei's relevant exhibition areas, but I haven't ridden in a real autonomous car.

术。希望今年中国新年期间，我能有机会体验一下。

David: 在北京我还没体验过自动驾驶，不过华为有自动驾驶汽车，我去过华为的相关展示区，但没有坐过实车。

主持人: 你们在中国参加过什么体育活动吗？或者有什么想推荐给别人的体育项目？

Ahmad Rufai Musa: 我平时就在学校或附近运动，常跟同事还有其他学生，去北京一个科技园区的足球场踢足球。可惜我们学校没有足球场，就一个篮球场，还多半是中国学生在用，我偶尔也在学校打打羽毛球，但从没参加过啥大型体育比赛。

我特别推荐足球，能活动到全身，锻炼身体特别管用。我以前踢了20多年足球，还打过当地的联赛，不过现在搞学术，时间太紧抽不开身，但只要有机会，我肯定还会去踢的。

Neckie: 我去过贵阳参加过一场很精彩的足球活动，我们公司和其他省份的团队踢了场球赛，球星卡卡也受邀到场。活动期间我们住的酒店虽不大，但体验很好，还去了当地村庄，体验了传统美食、舞蹈等活动，赛后还有特色晚宴，这段经历特别棒。另外，我也知道北京有世界杯相关的足球赛事。

我很喜欢健身，每月都会去，不为拿奖牌，就为身体健康。除了贵州和武汉，我去过的中国省份里都有不错的健身房，北京海淀区的和深圳的城市健身中心设施都很好，河北那个农场的小城市也有靠谱的健身房，当地教练还邀请我参加北京的健身比赛，看了视频发现参赛选手身材都超棒。我的健身秘诀很简单，就是吃香蕉和牛奶这类天然食物，再加上坚持，毕竟健身最关键的就是持之以恒。

David: 我上学时加入了北京大学非洲留

Host: Have you participated in any sports activities in China? Or are there any sports events you would recommend to others?

Ahmad Rufai Musa: I usually exercise on campus or nearby. I often play football with colleagues and other students at a football field in a science and technology park in Beijing. Unfortunately, our school doesn't have a football field—only a basketball court, which is mostly used by Chinese students. I occasionally play badminton at school, but I have never participated in any large-scale sports competitions.

I highly recommend football. It is a full-body workout and very effective for physical fitness. I played football for more than 20 years and even participated in local leagues. However, now that I'm focusing on academics, I'm too busy to spare time for it. But whenever I get the chance, I will definitely play again.

Neckie: I went to Guiyang to participate in a wonderful football event. Our company played a match against teams from other provinces, and the football star Kaká was also invited to attend. The hotel we stayed in during the event was not big, but the experience was great. We also visited local villages, experienced traditional food and dances, and there was a special dinner after the match. It was an amazing experience. Additionally, I know there are World Cup-related football events in Beijing.

I love working out and going to the gym every month—not to win medals, but to keep healthy. Besides Guizhou and Wuhan, every province I have visited in China has good gyms. The fitness centers in Haidian District, Beijing, and Shenzhen have excellent facilities, and even the small city where the Hebei farm is located has a reliable gym. The local coach even invited me to participate in a fitness competition in Beijing. After watching the videos, I found that the participants all have amazing physiques. My fitness secret is simple: eat natural foods like bananas and milk, and stick to the routine. After all, persistence is the key to fitness.

David: When I was in school, I joined the African Students Association of Peking University and often played football with students from other universities. I used to be a professional player, but my mother was worried that football couldn't bring a stable income and insisted that I focus on my studies, so I had to give up football. However,

学生协会,常和其他学校的学生一起踢足球。我以前是职业球员,但妈妈担心足球没法带来稳定收入,坚持让我专注学业,我只好放弃了足球。不过在中国,我偶尔会和朋友踢球,我们学校有大小不同的多个足球场,还有能办大型比赛的体育场,也和北京师范大学、清华大学等校踢过友谊赛,输赢看当天状态,特别有意思。我也很推荐足球,它是接触性运动,能活动全身。

以前我常去健身房,练肩时受了伤,到现在还没完全恢复,想重新健身又怕旧伤复发。其实健身的关键是别超出自身承受范围,尤其是练肩,要控制好重量和握距。现在我在北京又要工作又要学习,时间很紧,只能周六早上7点到10点去健身,虽然时间不多,但坚持下来效果不错。总的来说,在中国生活确实很方便。

景观与文化:自然探索与古城印象

主持人:你们更喜欢中国的自然景观还是人文景观?去过中国的古城吗?如果去过,这些古城之间有什么不同?

Ahmad Rufai Musa:对我而言,最感兴趣的是中国如何将自然环境与科技创新深度融合,我曾到访过中国一些山区,那里的自然风光美不胜收,也格外好奇中国人是如何在开发利用这些自然景观的同时,做好生态保护工作,想亲眼看看这些地方的真实面貌。

旅行目的地方面,我有不少向往之地:平遥古城是众多中国电影的取景地,古色古香的氛围让我十分着迷,希望能亲身感受光影中的古城韵味;西安作为曾经的中国古都,承载着深厚的历史底蕴,我想探寻那里的名胜古迹,也想体验古都当下的市井生活。此外,

in China, I occasionally played football with friends. Our school has multiple football fields of different sizes, as well as a stadium that can host large-scale competitions. We have also played friendly matches against universities like Beijing Normal University and Tsinghua University. Winning or losing depends on our performance on the day—it's really fun. I also highly recommend football; it is a contact sport that exercises the whole body.

I used to go to the gym often, but I injured my shoulder while training and haven't fully recovered yet. I want to start working out again, but I am afraid of re-injuring the old wound. Actually, the key to fitness is not to exceed your physical limits, especially when training your shoulders—you need to control the weight and grip distance properly. Now, I'm busy with both work and studies in Beijing, so I can only go to the gym from 7 to 10 in the morning on Saturdays. Although the time is limited, sticking to it has yielded good results. All in all, living in China is really convenient.

Landscapes and Culture: Natural Exploration and Ancient City Impressions

Host: Do you prefer China's natural landscapes or cultural landscapes? Have you visited any ancient cities in China? If yes, what are the differences between these ancient cities?

Ahmad Rufai Musa: For me, what interests me most is how China deeply integrates its natural environment with technological innovation. I have visited some mountainous areas in China, where the natural scenery is breathtaking. I'm also very curious about how the Chinese people balance the development and utilization of these natural landscapes with ecological protection, and I want to see the real appearance of these places with my own eyes.

When it comes to travel destinations, there are many places I yearn to visit: Pingyao Ancient City is a filming location for many Chinese movies, and its ancient charm fascinates me. I hope to personally experience the timeless appeal of the ancient city as seen in films and TV shows. As the former ancient capital of China, Xi'an carries a profound historical heritage. I want to explore its historical sites and experience the current urban life of this ancient capital. In addition, dynamic modern cities

香港、上海、澳门和深圳这几座充满现代活力的城市，也在我的必去清单上。遗憾的是，上次本计划前往广州，却因临时需要参加一场研讨会而取消行程，希望下次能补上这个遗憾。

在我看来，若能到访北京、上海、香港这样兼具历史厚度与时代活力的城市，才算真正领略了中国的多元魅力。

Neckie: 我也一样，还没有太多自然景观的游览经历，但我对自然景观很感兴趣，想从高处看看这个国家的样子。我想看高原和雪山。在利比里亚，我小时候坐过小型缆车，一次只能坐8个人，全是玻璃的，坐上去会觉得很惊险；下了缆车之后，还有玻璃栈道，架在山谷上，走在上面也很刺激。在中国，我也听说过一些类似的惊险景点，比如有些山区的缆车和栈道，看起来就很有挑战性，虽然惊险，但肯定很有意思。

我去过丽江，那是一个非常古老的城市，那里的规则和北京不太一样，能看到很多传统的手工艺品和美食。古城里的商店都是开放式的，就像我们家乡的传统集市，很有特色。吉林也是一个很有传统韵味的地方，我去那里的农场考察过，感受到了浓厚的传统氛围。那种感觉和看中国电影里的传统场景一样，很有代入感。不过去丽江的路程有点远，我们坐了将近12个小时的车，早上9点从酒店出发，晚上10点才到，中途还出了点小故障，但总体来说是一次很棒的经历。中国各地的建筑风格其实有很大不同，农村地区的建筑 and 北京这样的大城市差别很大，但不管是农村还是城市，基础设施都很好，交通也很便利，而且农村地区的环境很淳朴，我很喜欢。丽江在云南省，那里的道路修得很好，每个村庄都有平整的小路，农场之间也有道路连接，

like Hong Kong, Shanghai, Macao, and Shenzhen are also on my must-visit list. Unfortunately, my planned trip to Guangzhou last time was canceled because I had to attend a seminar temporarily. I hope I can make up for this regret next time.

In my opinion, only by visiting cities like Beijing, Shanghai, and Hong Kong—cities that possess both profound historical depth and vibrant modern vitality—can one truly appreciate the diverse charm of China.

Neckie: I feel the same way. I haven't had many opportunities to visit natural landscapes yet, but I'm very interested in them and want to see the country from a high vantage point. I want to see plateaus and snow-capped mountains. When I was a child in Liberia, I took a small cable car that could only seat eight people. It was made entirely of glass, and riding it felt quite thrilling. After getting off the cable car, there was a glass skywalk built over a valley, and walking on it was also an exciting experience. In China, I have also heard about some similar thrilling scenic spots, such as cable cars and skywalks in mountainous areas. They look very challenging, but definitely interesting despite the thrill.

I have been to Lijiang, a very ancient city. The atmosphere there is quite different from that of Beijing. You can see many traditional handicrafts and local delicacies. The shops in the ancient city are open-air, just like the traditional markets in my hometown—very distinctive. Jilin is also a place with strong traditional charm. I visited a farm there for inspection and felt a profoundly traditional atmosphere. It was like the traditional scenes I had seen in Chinese movies, very immersive. However, the journey to Lijiang was quite long. We took a car for nearly 12 hours, departing from the hotel at 9 a.m. and arriving at 10 p.m. There was a minor breakdown on the way, but overall, it was a great experience. The architectural styles in different parts of China are actually quite different. The buildings in rural areas are very different from those in big cities like Beijing. But whether in rural or urban areas, the infrastructure is excellent, and transportation is convenient. Moreover, the rural areas have a simple but unsophisticated environment, which I really like. Lijiang is located in Yunnan Province. The roads there are well-constructed; every village has smooth paths, and there are roads connecting the farms, making transportation

交通非常方便。我还想去南京,有人告诉我南京有很多历史悠久的景点,位于中国南方,我想体验那里的美食、文化和建筑,希望能有机会去。

如果把中国的古城和世界上其他地方的古城比较,比如以色列、约旦、巴基斯坦的一些古城,那里有山脉、山谷,还有发达的灌溉系统,人们会利用地形种植作物,这一点和中国的一些古城有相似之处,都是充分利用山谷地形。但不同之处在于,中国的建筑规模更大,高楼大厦更多,而且水利管理系统非常先进;以色列因为水资源匮乏,主要依靠人工灌溉,而中国有很多天然森林,也有人工种植的森林,在土地利用和环境保护方面做得很好。总的来说,两者的相似之处是都善于利用自然地形,不同之处在于建筑规模、水利管理和自然环境。

David: 幸运的是,我曾到访过中国的一处海滩。我入住的酒店距离海滩仅有两分钟步行路程,待在房间里就能饱览海滩美景,那里的风光格外秀丽,当地人也十分热情友好。美中不足的是,我还未曾踏足中国的山区,尤其是巍峨的雪山。希望能在冬天结束前、启程回国前,有机会亲眼看一看雪山的壮美景色,我相信那一定会是一场震撼的视觉盛宴。

主持人: 在中国旅行时,有没有遇到过让你感到震惊的事情?你们在中国旅行时使用过哪些实用的应用程序?

Ahmad Rufai Musa: 最让我震撼的,是中国农村的基础设施水平。开车途中我看到,当地的灌溉设施完善到远超我的想象,完全能满足农作物的用水需求,这是我在本国及其他国家旅行时从未见过的。村民们不用奔赴北京这类大城市,就能满足生活所需。我和当地村民聊过,他们说打开水龙头就

very convenient. I also want to go to Nanjing. Someone told me that Nanjing has many time-honored scenic spots and is located in southern China. I want to experience its food, culture, and architecture, and I hope I can get the chance to visit. If we compare China's ancient cities with ancient cities in other parts of the world, such as those in Israel, Jordan, and Pakistan, those places have mountains, valleys, and advanced irrigation systems. People use the terrain to grow crops, which is similar to some of China's ancient cities—both make full use of the valley terrain. However, the difference lies in the fact that China's buildings are larger in scale, with more high-rise buildings, and its water conservancy management system is very advanced. Due to water scarcity, Israel mainly relies on artificial irrigation, while China has many natural forests as well as some man-made forests. China is doing an excellent job in land use and environmental protection. In summary, the similarity is that both are good at utilizing natural terrain, while the differences lie in architectural scale, water conservancy management, and natural environment.

David: Fortunately, I have visited a beach in China. The hotel I stayed in was only a two-minute walk from the beach, and I could enjoy the beautiful beach scenery right from my room. The scenery there was particularly stunning, and the local people were very warm and friendly. The only regret is that I haven't had the chance to visit China's mountainous areas, especially the majestic snow-capped mountains. I hope I can get to see the magnificent scenery of the snow-capped mountains with my own eyes before the end of winter and before I leave for my hometown. I'm sure it will be a visually spectacular experience.

Host: During your travels in China, have you encountered anything that shocked you? What practical mobile applications have you used while traveling in China?

Ahmad Rufai Musa: What shocked me the most was the level of infrastructure in rural China. While driving, I saw that the local irrigation facilities were far more complete than I had imagined, fully meeting the water needs of crops. This was something I had never seen during my travels in my own country or other countries. Villagers don't have to go to big cities like Beijing to meet their daily

有大量清水流出，那水量大到不到10小时便能填满一条大河。这一幕让我格外触动，我们那里有句谚语：“有水的地方就有食物，有食物的地方就有农业，有农业的地方人们就能生存。”而这里不仅有水，还是干净充足的水，我特别想知道这些设施是如何建成的、效率有多高，以及村民们具体是怎样利用的，也盼着能再去体验一次。

旅行中我用得最多的软件是微信，此外还频繁用到滴滴出行，方便从车站打车到住处。不过在偏僻地段，滴滴等待时间较长，这时哈啰的顺风车就格外实用，拼车又快又划算。

Neckie: 中国的安全性最让我惊叹。在以色列等地，人们不敢独自旅行，时刻担心炸弹、火箭弹袭击，生活在恐惧之中；但在中国，无论身处哪个城市，无论何时出门，都无比安全，我可以随心所欲去往任何地方，不必担忧生命危险，这一点尤为难得。

同时，中国的基础设施也给我留下了深刻印象，不管是北京这样的大城市，还是各类小城市，相关设施都完善且运转良好。2019年我第一次来中国时，以游客的身份感受到了中国人的热情好客，不少人还会说英语，交流毫无障碍；后来我以政府项目参与者和学生的双重身份留在这里，体验到了不一样的生活，也对中国的社会阶层和工作模式有了更全面的认知。

出行方面，我常用的工具和应用很简单：滴滴出行能满足打车需求，地铁类应用可以查询线路和购票，高德地图既能导航又能叫车，都十分便捷；短途出行的话，哈啰单车也是我的好选择。

David: 2025年5月，我有幸与北京大学学生克林顿、史蒂文一同加入中国工厂考察

needs. I talked to local villagers, and they said that when you turn on the tap, a large amount of clean water flows out—so much so that it can fill a large river in less than 10 hours. This scene touched me deeply. There is a proverb in my hometown: "Where there is water, there is food; where there is food, there is agriculture; where there is agriculture, people can survive." Here, not only is there water, but it is also clean and abundant. I am particularly eager to know how these facilities were built, how efficient they are, and how the villagers specifically use them. I also look forward to experiencing it again.

The app I used the most during my travels is WeChat. In addition, I frequently used DiDi Chuxing to take taxis from stations to my accommodation. However, in remote areas, the waiting time for DiDi is quite long. At such times, Hello Bike's ride-sharing service is especially useful—carpooling is fast and cost-effective.

Neckie: What amazes me most about China is its safety. In places like Israel, people dare not travel alone, living in constant fear of bombs and rocket attacks. But in China, no matter which city you are in or what time you go out, you are extremely safe. I can go anywhere I want without worrying about my life safety—this is particularly rare.

At the same time, China's infrastructure has left a deep impression on me. Whether it is a big city like Beijing or various small cities, the relevant facilities are complete and functioning well. When I first came to China in 2019 as a tourist, I felt the hospitality of the Chinese people. Many of them can speak English, making communication seamless. Later, I stayed here as both a participant in a government project and a student, experiencing a different kind of life and gaining a more comprehensive understanding of China's social strata and work patterns.

For transportation, the tools and apps I use are simple: DiDi Chuxing meets my taxi needs; subway apps allow me to check routes and buy tickets; Amap can be used for both navigation and hailing taxis—all of them are very convenient. For short-distance travel, Hello Bike is also my go-to choice.

David: In May 2025, I was fortunate to join a Chinese factory inspection delegation together with Clinton and Steven, students from Peking University, visiting Shandong, Hubei, Hebei, and other places successively.

At a garment factory in Dezhou, Shandong, I saw many

团，先后走访了山东、湖北、河北等地。

在山东德州的一家服装工厂，我看到许多女工忙碌的身影，她们生产的服装均为供应欧美市场的顶级品牌，且每人都有明确的生产配额。当得知有女工一天要完成3000件的工作量时，我惊讶不已，因语言不通，我曾用手机打字向一位女工求证，得到了肯定答复。这家工厂还生产各类顶级品牌，经理展示的产品目录里，全是欧美各大城市的知名品牌。那一刻，我真切感受到中国“世界工厂”的实力，它正为全球市场源源不断供应优质产品。

另一个让我震撼的场景，出现在山东的三轮车、自行车组装车间，以及太阳能电池板工厂。不少女性正活跃在一线岗位：她们有的组装发动机、完成最终调试，有的专注于太阳能电池板的技术细节组装。这些工作在以往多由男性承担，如今女性却能在这些领域与男性平等竞争。

这些考察经历彻底改变了我对中国的认知，这个国家的人们，无论男女，都在为企业发展倾力贡献。遗憾的是，此次行程紧凑，我没能细细品尝沿途各地的特色美食。未来，我希望能再次到访这些地方，在深入了解工厂发展的同时，尽情享受山东煎饼、湖北热干面这类地道风味，完成一场兼具工业探索与美食体验的旅程。

美食体验与未来心愿

主持人：你们觉得中国的美食怎么样？中国还有哪个地方是你们最想去但还没去过的？

Ahmad Rufai Musa：我格外喜欢曾到访的海边景点的美食，尤其是当地的小黄鱼，既能用酱汁和面粉腌制后煎熟，搭配米

female workers busily working. The clothes they produced were all top-tier brands supplied to European and American markets, and each worker had a clear production quota. I was shocked to learn that some female workers had to complete 3,000 pieces a day. Due to the language barrier, I once typed a question to a female worker on my phone to confirm this, and she gave an affirmative answer. This factory also produces various top-tier brands, and the product catalog shown by the manager was full of well-known brands from major European and American cities. At that moment, I truly felt the strength of China as the "world factory"—it is continuously supplying high-quality products to the global market.

Another shocking scene appeared in the tricycle and bicycle assembly workshops and solar panel factories in Shandong. Many women were active in frontline positions: some assembling engines and conducting final debugging, while others focused on the technical assembly of solar panels. In the past, these jobs were mostly done by men, but now women can compete equally with men in these fields.

These inspection experiences have completely changed my perception of China. People in this country, regardless of gender, are devoting themselves to the development of enterprises and industries. Unfortunately, the schedule of this trip was tight, and I didn't get to fully taste the special food of the locals along the way. In the future, I hope to visit these places again. While gaining a deeper understanding of the development of the factories, I also want to enjoy authentic local flavors like Shandong pancakes and Hubei hot dry noodles, completing a journey that combines industrial exploration and food tasting.

Food Experience and Future Wishes

Host:What do you think of Chinese food? Which place in China is the one you most want to visit but haven't been to yet?

Ahmad Rufai Musa: I particularly love the food at the coastal scenic spots I have visited, especially the local small yellow croaker. It can be marinated in sauce and flour, then pan-fried and served with rice; it can also be made into a delicious whole fish soup for four to five people to share. However, these scenic spots are not very well-known and

饭享用;也能熬成鲜美的全鱼汤,供四五人分享。不过这些景点的知名度尚显不足,鲜少被外界知晓,尤其是非洲朋友对此了解不多。我认为需要加大宣传力度,让这些兼具美景与美味的地方被更多人看见,吸引更多游客前来。

而我最向往的目的地是香港。我想亲眼看看西方文化如何在这里留下印记,也想感受香港与中国大陆之间紧密的联系。虽然知道两地有不少共通之处,但只有亲身去体验当地的美食、人文与文化,才能对中国形成全面的认知,日后与人谈起中国时,也能有更客观、不局限于片面的见解。

Neckie: 首先,我觉得中国菜真的很美味,就算连续吃四年也不会腻。我第一次来中国时,几乎每天换不同的食堂就餐,顿顿都吃得很尽兴。云南丽江、西藏的部分地区以及湖南的美食尤其让我难忘,当地新鲜的食材和独具特色的做法,赋予了食物别样的风味。而且中国菜市场的便捷程度远超很多地方,不仅能买到鲜活的鱼,只要一个电话,店家10分钟就能处理好送上门。

我旅行途中第一次尝试饺子时还略带犹豫,结果一吃就爱上了,现在已经成了家常便饭。北京海淀区的一家饺子馆味道绝佳,在贵州吃到的饺子也十分丰盛,饺子做法简单、食用方便,是我的心头好。

旅行心愿方面,我最想去上海和香港。上海是座声名远扬的活力之城,既有北京般的繁华景象,又兼具广州那样的多元文化氛围,十分令人向往;香港同样是我心心念念的目的地。

David: 我第一次在旅行中吃饺子时,心里还带着几分犹豫,可尝过之后便彻底爱上了,现在更是经常吃。北京海淀区有一家

are rarely heard of by the outside world, especially among African friends. I think more publicity is needed to make these places with both beautiful scenery and delicious food known to more visitors and attract many tourists.

The destination I most yearn for is Hong Kong. I want to see with my own eyes how Western culture has left its mark here, and also feel the close connection between Hong Kong and mainland China. Although I know there are many similarities between the two places, only by personally experiencing the local food, culture, and humanities can I form a comprehensive understanding of China, and in the future, when talking about China with others, I can have more objective and well-rounded opinions.

Neckie: First of all, I think Chinese food is really delicious—I could eat it every day for four years without getting tired. When I first came to China, I ate at different canteens almost every day and enjoyed every meal thoroughly. The food in places like Lijiang, Yunnan, parts of Tibet, and Hunan is particularly memorable. The fresh local ingredients and unique cooking methods give the food a distinctive flavor. Moreover, China's vegetable markets are far more convenient than those in many other places. Not only can you buy fresh live fish, but you can also call the store and have the fish processed and delivered to your door within 10 minutes.

When I tried dumplings for the first time during my travels, I was a bit hesitant, but I fell in love with them immediately after tasting them. Now, dumplings have become a regular part of my diet. There is a dumpling restaurant in Haidian District, Beijing, with excellent taste, and the dumplings I had in Guizhou were also very hearty. Dumplings are easy to make and convenient to eat—they are my favorite.

As for travel wishes, the places I most want to visit are Shanghai and Hong Kong. Shanghai is a world-famous, vibrant city that has both the prosperity of Beijing and the diverse cultural atmosphere of Guangzhou—it is very appealing. Hong Kong is also a destination I have been longing for.

David: When I first tried dumplings during a trip, I was a bit hesitant, but I completely fell in love with them after tasting them. Now, I eat them quite often. There is a dumpling restaurant in Haidian District, Beijing, with

饺子馆，味道格外地道；在贵州吃到的饺子，分量也很丰盛。饺子做法简单、食用起来方便，称得上是我的心头好。

结语

非常感谢各位国际朋友的真诚分享！从印象深刻的高铁体验到各具特色的城市风情，从自然景观的探索到古城文化的感悟，从旅行中的震撼瞬间到实用的生活工具，每一份经历都饱含着对中国的真实感知。这些跨越国界的旅行故事，不仅展现了中国的发展与魅力，也搭建起了文化交流的桥梁。愿未来有更多外国友人能走进中国、感受中国，在这片土地上留下属于自己的精彩回忆，让中外文化交流更加深厚绵长。

particularly authentic flavor, and the dumplings I had in Guizhou were also very generous in portion. Dumplings are simple to make and convenient to eat—they are truly one of my favorite foods.

Conclusion

A hearty thanks to all our international friends for sharing your sincere travel experience! From impressive high-speed rail experiences to the unique charm of various cities. From exploring natural landscapes to understanding the cultures of ancient cities, from shocking moments during travels to practical daily tools—every experience is filled with genuine appreciation and a different worldview of China. These cross-provincial travel stories not only showcase China's development and charm but also build bridges for cultural exchange. It is hoped that in the future, more foreign friends will come to China, experience China, live their own wonderful memories on this land, and promote deeper and longer-lasting cultural exchanges between China and foreign countries.



“外国友人的中国旅行见闻与体验”活动现场讨论照片

Photos of the discussion at the Spring Travel Season: Chat Freely About My Trip event site.