

国际朋友说 (第28期) : 新春余韵话年味·中外互通共交流

"World Speaking" (Issue 28): The lingering joy of Chinese New Year · Exchanges between China and the world

文/宋佳祎 (By Song Jiayi)

主持人: 宋佳祎

参与嘉宾: Sofi Gribovski (北马其顿)、Peter Boehm (美国)、Angie Hernandez-Ramos (美国)

新春余韵未散, 元宵灯火犹温。在这份饱含团圆与希望的节日氛围里, 不同国度、不同文化的朋友们相聚一堂, 以年味为纽带, 以交流为桥梁, 共话中外节日风情, 畅谈生活与发展见闻。来自不同国家的朋友, 在中国亲身感受春节、元宵节的热闹烟火, 体验写福字、赏灯会、品年味、食民俗的独特乐趣, 也真诚分享着本国的新年传统、文化习俗与生活日常。一场轻松温暖的跨文化对话, 不仅是新春年味的分享, 更是中外生活智慧、发展经验的互通互鉴。在交流中增进理解, 在倾听中拉紧联结, 在共情中提升跨文化表达与沟通能力, 让不同文明在相知相融中, 绽放出更动人的光彩。

主持人: 刚过去的春节和元宵节, 大家

Host: Song Jiayi

Participants: Sofi Gribovski (North Macedonia), Peter Boehm (USA), Angie Hernandez-Ramos (USA)

The charm of the Spring Festival still lingers, and the warmth of the Lantern Festival lights remains. Amid this festive atmosphere full of reunion and hope, friends from different countries and cultures gather together, bonded by the festive spirit and connected through communication. They share the festive customs of China and the world, and talk freely about their experiences in life and development. International friends have personally experienced the lively atmosphere of the Spring Festival and Lantern Festival in China, enjoying the unique pleasure of writing the character Fu, visiting lantern fairs, savoring festive flavors, and joining folk traditions. They also sincerely share their own New Year traditions, cultural customs, and daily lives back home. This relaxed and warm cross-cultural dialogue is not only a sharing of festive joy, but also an exchange and mutual learning of life wisdom and development experience between China and other countries. It enhances understanding through communication, strengthens bonds through listening, and improves cross-cultural expression and communication skills with empathy. In this way, different civilizations shine more brilliantly through mutual understanding and



国际朋友说活动合影

World Speaking photo from the event.

都是怎么度过的呀？

Sofija Gribovski: 我是在南京过的新年，妈妈在当地一所国际学校工作，所以我们全家都在南京生活。那里有热闹的小吃市集，到处都是红色的装饰，特别有年味。除夕那天，我们全家一起做了年夜饭，还吃了汤圆这类中国甜品。我们一家人在中国已经十几年了，我以前在北京也过过春节，不过没什么特别的安排。今年1月我上了书法课，自己写了福字带回家，虽然我觉得写得不算好看，但家人还是很喜欢，把它贴在了门上。我们也尝试过包饺子，不过手艺确实不太好。我们还看了春晚，觉得节目里的科技元素和各式彩灯特别酷。

Angie Hernandez-Ramos: 因为宿

integration.

Host: How did everyone spend the just-passed Spring Festival and Lantern Festival?

Sofija Gribovski: I spent the New Year in Nanjing. My mother works at a local international school, so my whole family lives in Nanjing. There are lively snack markets there, and red decorations are everywhere, creating a strong festive atmosphere for the Chinese New Year. On New Year's Eve, my whole family made the New Year's Eve dinner together and also ate sweet Chinese desserts like tangyuan. My family has been in China for more than ten years. I also spent the Spring Festival in Beijing before, but there were no special arrangements. In January this year, I took calligraphy classes and wrote the character "fu" to take home. Although I don't think it was very well-written, my family still loved it and put it up on the door. We also tried making dumplings, but we are really not good at it. We watched the Spring Festival Gala as well and thought the technological elements and various colorful lights in

舍条件有限,我们没能体验贴春联、包饺子这些春节习俗。我看了春晚,最喜欢里面的机器人武术表演,能真切感受到中国科技发展的活力。今年春节我没能和家人团聚,但和明德等朋友一起去了圆明园逛灯会。园里的花灯色彩缤纷,还有很多经典的人物形象灯组。

Peter Boehm: 我的父母是中美洲移民,定居美国后,我们家的新年习俗还是和中美洲一脉相承,和普通美国家庭很不一样。去年我跟着家人到了爸爸的中美洲老家过年,当地的新年活动和我们家的也很相似,都是和亲戚们聚在一起吃饭、玩游戏,这样的过节方式让我觉得很特别。我们还会过光明节,一共八天,有个特别的习俗是点烛台,第一天点一支蜡烛,到第八天点八支,背后还有一段悠久的历史传说:据说以色列的一座寺庙遭破坏后,仅存的一点圣火本应很快熄灭,却奇迹般地一直燃烧,撑到了新火送来。我们家是不过圣诞节的,不过我知道美国的犹太人有个特别的圣诞传统,就是去中餐馆吃饭,这是因为圣诞期间大多餐厅都歇业,只有中餐馆还在营业,大家聚在店里边吃边聊,氛围特别好。到了新年,我们还会看纽约的跨年活动,纽约城里会装点起各式各样的室外彩灯,特别热闹。

主持人: 在你们的国家是怎么庆祝新年的呀?有什么特色习俗?

Sofija Gribovski: 我们是东正教国家,所以圣诞节不是12月25日,而是1月7日。新年之后,1月14日我们还会过老新年,这个节日会持续13到14天。到了1月21日,我们还有一个和水相关的节日。马其顿有一条贯穿南北的河流,这天大家会把

the show were really cool.

Angie Hernandez-Ramos: Due to limited conditions in the dormitory, we were unable to experience Spring Festival traditions such as putting up Spring Festival couplets and making dumplings. I watched the Spring Festival Gala and liked the robot martial arts performance the most. I could truly feel the vitality of China's technological development. I was unable to reunite with my family this Spring Festival, but I went to enjoy the lantern show at the Old Summer Palace with friends including Mingde. The garden was filled with colorful lanterns, as well as many lantern displays of classic characters.

Peter Boehm: My parents are immigrants from Central America. After settling in the United States, our family's New Year traditions are still passed down from Central America, which are quite different from those of ordinary American families. Last year, I went back to my father's hometown in Central America with my family to celebrate the New Year. The local New Year activities were very similar to those of our family. We all gathered with relatives to eat and play games. This way of celebrating the festival feels very special to me. We also celebrate Hanukkah, which lasts eight days. One special tradition is lighting the menorah: one candle on the first day and eight candles on the eighth day. There is a long historical legend behind it: it is said that after a temple in Israel was destroyed, the small amount of holy fire left should have gone out soon, but it miraculously kept burning until new fire arrived. Our family does not celebrate Christmas. However, I know that Jewish people in the United States have a special Christmas tradition of eating at Chinese restaurants. This is because most restaurants are closed during Christmas, and only Chinese restaurants remain open. Everyone gathers there to eat and chat, and the atmosphere is very pleasant. On New Year's Eve, we also watch the New Year's Eve celebrations in New York. The city is decorated with all kinds of outdoor colorful lights, and it is very lively.

Host: How do you celebrate New Year in your country? What special customs do you have?

Sofija Gribovski: We are an Orthodox country, so Christmas is not on December 25, but on January 7. After New Year, we also celebrate the Old New Year on January

十字放进河里,男女老少都会到河里找十字,谁能捡到,就预示着新的一年会有好运气,这和中国包饺子时往里面放硬币,谁吃到谁就有好运的习俗很像。

主持人: 比如说现在的中外交流非常密切,中国也有好多一些小商品或者一些东西走向了世界各地,想问问您大家在你们国家的日常生活或者工作中,有没有特别喜欢来自中国的哪些东西呢?

Peter Boehm: 我特别喜欢中国的丝绸和陶瓷制品,外婆还曾送给父母一套中国的陶瓷茶具。我也想把中国的好物分享给美国的家人和朋友,比如特色食品就很合适,只是可惜没法远距离邮寄。之前去山西旅游时,当地的陈醋特别好,本想送给家人,最后也没能带回去。

Sofija Gribovski: 我很喜欢中国的茶叶,在美国上学时喝到的中国茶价格很贵,到中国后才发现这里茶的品类特别丰富,办公常喝绿茶,养胃适合喝红茶。我也喜欢中国精致的手链小饰品,在我们国家很难买到,很适合送朋友。

如今,马其顿和中国的经济往来越来越密切,当地进口超市能买到中国小零食、绿茶等,只是价格偏高,现在马其顿人来中国很方便,有30天免签政策,还有直飞航班,比去美国便捷。即便不会中文,在北京、上海等大城市出行生活也不难,很多APP都有英文版本,来中国留学会很轻松。

Angie Hernandez-Ramos: 我觉得各地其实都差不多,大部分东西都一样。当然在美国,很多东西都特别贵。我刚来中国的时候,第一次买泡泡玛特,特别惊讶,没想到这么便宜。我朋友过生日,我想送

14, and this festival lasts 13 to 14 days. On January 21, we have another festival related to water. There is a river running through North Macedonia from north to south. On that day, people will put a cross into the river, and men, women and children will go into the river to look for the cross. Whoever finds it will be predicted to have good luck in the new year. This is very similar to the Chinese custom of putting a coin inside dumplings, and whoever eats it will have good luck.

Host: For example, cultural and economic exchanges between China and foreign countries are very close nowadays, and many small commodities and other products from China have spread all over the world. I would like to ask you, in your daily life or work in your country, what things from China do you particularly like?

Peter Boehm: I particularly like Chinese silk and ceramic products. My grandmother once gave my parents a set of Chinese ceramic tea sets. I also want to share good Chinese products with my family and friends in the United States. Special food is very suitable, but unfortunately, it cannot be mailed over long distances. When I traveled to Shanxi before, the local mature vinegar was excellent. I originally wanted to give it to my family, but I couldn't take it back in the end.

Sofija Gribovski: I really like Chinese tea. When I was studying in the United States, Chinese tea was very expensive. It was not until I came to China that I found there is a huge variety of tea here. I often drink green tea at work, and black tea is good for nourishing the stomach. I also like delicate Chinese bracelets and small accessories, which are hard to buy in my country and are very suitable as gifts for friends.

Nowadays, economic exchanges between Macedonia and China are getting closer and closer. Chinese snacks, green tea and other products can be bought in local imported supermarkets, although at relatively high prices. It is now very convenient for Macedonians to travel to China: there is a 30-day visa-free policy, as well as direct flights, which is more convenient than going to the United States. Even without knowing Chinese, it is not difficult to travel and live in big cities such as Beijing and Shanghai. Many apps have English versions, so studying abroad in China will be very easy.

Angie Hernandez-Ramos: I think places are actually

他一个小王子的玩具,在美国大概要25美元,但在中国只要七十块左右。还有今年新年款的中式阿迪达斯外套,很多外国人都买。有些款式很特别,在美国和欧洲都买不到,所以很多人都会托从中国回去的朋友帮忙捎带,这几个月特别流行。

主持人: 你们觉得中国有哪些理念值得在你们国家推行、可以借鉴?反过来,你们国家有哪些地方是中国可以借鉴的?

Peter Boehm: 我觉得中国的公共交通很方便。而且中国的外卖很方便,美国只有大城市有外卖,大城市以外就没有这么方便了。美国城市之间主要靠飞机,高铁和火车并不发达。比如从东海岸到西海岸,从纽约到旧金山,开车要三到七天,坐火车也要那么久,很不方便。

Sofija Gribovski: 我学地理,所以对公共交通很感兴趣。北马其顿很多地方铁路几十年都没有变化,速度很慢。相比之下,中国的高铁非常快,北京到上海一千多公里,只要四五个小时,速度让人难以想象。

欧洲火车,经常晚点,车厢也比较旧、不太干净。我妈妈坐高铁去上海时,座位脏了,工作人员很快就帮忙换了新的,态度很好。

我希望我们国家的公共交通也能像中国一样,又快、又干净、又安全。很多人在中国会选择高铁而不是飞机,因为舒服、稳定、不累。坐长途高铁和坐飞机的感受完全不一样,高铁更轻松、更舒适。

主持人: 比如说,在中国学习这段时间,你有没有亲身感受到哪些中国的事情还可以变得更方便?有哪些地方让你觉得不太便利,希望能更便利一些?

pretty similar, and most things are the same. Of course, in the United States, many things are extremely expensive. When I first came to China, I bought Pop Mart for the first time and was very surprised. I didn't expect it to be so cheap. A friend of mine had a birthday, and I wanted to buy him a Little Prince figurine. It costs about 25 US dollars in the United States, but in China it's only around 70 yuan. Also, many foreigners bought the Chinese-style Adidas jacket from this year's New Year collection. Some styles are very special and unavailable in the United States and Europe, so many people ask their friends returning from China to bring them back. It has become very popular these past few months.

Host: What concepts in China do you think are worth promoting and learning from in your country? Conversely, in what aspects does your country have something that China can learn from?

Peter Boehm: I think public transportation in China is very convenient. In addition, food delivery in China is very convenient. In the United States, food delivery only exists in big cities; it is not so convenient outside big cities. Travel between American cities mainly depends on airplanes; high-speed rail and trains are not well-developed. For example, traveling from the East Coast to the West Coast, from New York to San Francisco, takes three to seven days by car, and about the same amount of time by train, which is very inconvenient.

Sofija Gribovski: I study geography, so I am very interested in public transport. In many parts of North Macedonia, the railways have remained unchanged for decades and run very slowly. In contrast, China's high-speed trains are extremely fast; it only takes four to five hours to travel more than 1,000 kilometers from Beijing to Shanghai, which is unimaginable. Trains in Europe are often delayed, and the carriages are old and not very clean. When my mother took the high-speed train to Shanghai, the seat became dirty, and the staff helped replace it quickly with a very good attitude. I hope public transport in our country can be as fast, clean and safe as that in China. Many people in China choose high-speed trains over airplanes because they are comfortable, stable and not tiring. Traveling on a long-distance high-speed train is completely different from taking a plane—high-speed trains are much more relaxing and comfortable.

Peter Boehm: 我们去很多地方旅游都需要提前预约, 这一点我很理解。但对外国人来说, 有些预约很不方便, 因为很多系统都要求身份证。另外, 一些微信小程序也只支持身份证, 不支持外国护照。我知道这是因为在中国身份证使用非常普遍, 而外国人相对较少, 所以很多系统没有针对护照进行适配, 在办理一些事情时就会有麻烦。

Sofija Gribovski: 我遇到的最大困难大多是在银行。去年去银行的时候, 里面的文字很专业, 不认识的话就完全看不懂。平时和别人交流, 很多内容我还能靠猜, 但一涉及钱、银行相关的字, 不认识就会很混乱。我觉得这主要还是语言问题。不过现在进步很多了, 以前支付宝、滴滴都没有英文版本, 现在都有了。微信支付也有很多英文功能, 可以买票, 12306也推出了英文版。虽然不是所有内容都完全对应, 但已经方便很多。中国的App本身功能就齐全, 现在加上英文界面, 使用起来便利多了。像联通这类通信公司现在也有英文版App, 整体变得越来越方便。

Angie Hernandez-Ramos: 我们可以用百度地图查找推荐, 知道该去哪里玩。平时不知道该去哪儿, 也不知道哪里有合适的理发店, 都会在上面查。

大众点评和美团也都很好用, 是根据用户口碑排名的: 评价好的排在前面, 评价差的分数就低。不管是找理发店、找餐厅, 还是点外卖, 都可以在上面解决。只是有一点不方便, 我对中国菜品不太熟悉, 菜名又复杂, 看不懂中文就不知道是什么。不过我可以用微信里的翻译功能, 所以查找起来并不难。我觉得在其他国家可能更难

Host: For example, during your time studying in China, have you personally experienced anything that could be made more convenient? Are there any inconveniences you have encountered that you hope could be improved?

Peter Boehm: We need to make reservations in advance to visit many tourist attractions, which I understand very well. However, for foreigners, some reservation processes are quite inconvenient, as many systems require a Chinese ID card. In addition, some WeChat mini-programs also only support Chinese ID cards and do not accept foreign passports. I know this is because Chinese ID cards are widely used in China, while the number of foreigners is relatively small. As a result, many systems are not adapted for passports, which can cause some troubles when dealing with certain matters.

Sofija Gribovski: The biggest difficulties I have encountered are mostly at banks. When I went to the bank last year, the text there was very professional. If I didn't know the characters, I couldn't understand them at all. In daily communication with others, I could still guess a lot of content, but when it came to words related to money and banks, I would get very confused if I didn't recognize them. I think this is mainly a language problem. However, things have improved a lot now. Alipay and Didi did not have English versions before, but they do now. WeChat Pay also has many English functions and can be used to buy tickets. 12306 has also launched an English version. Although not all content is fully translated, it has become much more convenient. Chinese apps themselves are very full-featured, and now with English interfaces, they are much more convenient to use. Telecommunication companies like China Unicom also have English versions of their apps now. Things have become more and more convenient overall.

Angie Hernandez-Ramos: We can use Baidu Maps to find recommendations and know where to visit. When we don't know where to go or where to find a suitable barbershop in daily life, we always look it up on there.

Dianping and Meituan are also very useful; they rank places based on user reviews: places with good reviews come first, and those with poor reviews have low ratings. Whether it's looking for a barbershop, a restaurant, or ordering food delivery, all can be done on these apps. There is just one inconvenience: I am not very familiar

找到想要的地方,但在中国有这些工具就非常方便。

主持人: 在中国有很多的特色文化都值得被大家看见,大家觉得中国的哪些特色文化很适合让自己的家人去接受去了解和认识呢?

Peter Boehm: 中国的老年人退休之后可以领取退休金。他们的生活方式和美国的老年人很不一样,在中国,他们有更多机会和朋友一起出去玩、去公园锻炼。我感觉美国不太重视老年人的生活,这方面甚至算是一个比较突出的问题。很多人会建议老年人去养老院,但有些老人会感到孤独,尤其是当他们不能开车之后,出行就很不方便。

Sofija Gribovski: 比如我外婆以前是设计师,退休后退休金还不错。但在马其顿,生活成本越来越高,退休金却没有跟着涨,生活压力变大。我觉得欧洲很多国家都是这样。退休之后,很多老人的孩子不会照顾他们。如果身体不好需要帮助,就应该由孩子来照顾,而不是送去养老院。有些人会觉得,把父母送到养老院是不孝顺的事。马其顿的养老院分公立和私立。公立的条件很差,吃得不好,护工也不太照顾老人;私立的又非常贵,不是一般人能负担的。所以大部分老人只能待在家里,常常感到孤独,因为孩子都在大城市或国外工作,很少有时间回家看他们。

主持人: 你的家乡一定有很多值得推荐的好物和特色文化吧!有没有想过把自己国家的特色好物分享给中国人?就像我们会把中国茶推荐给身边人一样,你们国家有什么特别想推荐给中国朋友的吗?

Angie Hernandez-Ramos: 我觉得

with Chinese dishes, and the dish names are complicated. If I can't read Chinese, I don't know what they are. However, I can use the translation function on WeChat, so it is not difficult to look them up. I think it might be harder to find the places we want in other countries, but it is very convenient in China with these tools.

Host: China has many distinctive cultures that deserve to be seen by everyone. What unique Chinese cultures do you think are suitable for your family to accept, understand and learn about?

Peter Boehm: Elderly people in China can receive a pension after retirement. Their lifestyle is quite different from that of elderly people in the United States. In China, they have more opportunities to go out and have fun with friends and exercise in parks. I feel that the United States does not pay enough attention to the lives of the elderly, and this is even quite a prominent problem. Many people would suggest that the elderly go to nursing homes, but some elderly people feel lonely, especially after they can no longer drive, which makes travel very inconvenient.

Sofija Gribovski: For example, my grandmother used to be a designer, and she had a decent pension after retirement. But in Macedonia, the cost of living is getting higher and higher, while pensions have not risen accordingly, so the pressure of life has increased. I think many European countries are like this. After retirement, many elderly people's children do not take care of them. In my opinion, if the elderly are in poor health and need help, they should be taken care of by their children instead of being sent to nursing homes. Some people think that sending parents to nursing homes is unfilial. Nursing homes in Macedonia are divided into public and private ones. Public ones are in poor condition, with bad food, and caregivers do not take good care of the elderly; private ones are very expensive, which ordinary people cannot afford. Therefore, most elderly people can only stay at home and often feel lonely, because their children work in big cities or abroad and have little time to visit them.

Host: Your hometown must have many great products and unique cultures worth recommending! Have you ever thought about sharing special products from your country with Chinese people? Just like we recommend Chinese tea to people around us, what from your country would you particularly like to recommend to Chinese

中国的每个地方都有自己的味道和饮食文化，比如酸菜、包子这些特色美食。但我是在美国长大的，那里没有特别鲜明的本土饮食文化，所以对我来说，这些食物更想与家人分享。

Sofija Gribovski: 在马其顿和很多国家，大家一起吃晚饭的时候，旁边总会有酒。大家会慢慢喝，不会催着你喝，也不会强迫你喝，氛围很轻松。那里有很多酒，比如葡萄酒、啤酒，还有一种很特别的酒，名字我记不太清中文叫什么，但我很喜欢。我觉得在马其顿，想和不认识的人变得熟悉、成为朋友，吃饭时喝一杯酒很有帮助。大家会围坐在桌前，慢慢吃、慢慢聊，一顿晚饭能吃三四个小时，边吃边点菜、边喝酒。这种文化和美国很不一样，但和中国很像。马其顿的葡萄酒也很好喝，是这里很有特色的一部分。

friends?

Angie Hernandez-Ramos: I think every region in China has its own flavor and food culture, such as pickled vegetables and steamed buns. But I grew up in the United States, which does not have a very distinct native food culture, so for me, I would prefer to share these foods with my family.

Sofija Gribovski: In Macedonia and many other countries, there is always wine when people eat dinner together. Everyone drinks slowly; no one rushes you or forces you to drink, and the atmosphere is very relaxed. There are many kinds of drinks, such as wine, beer, and a very special kind of drink. I cannot quite remember its Chinese name, but I like it very much. I think in Macedonia, having a drink during dinner is very helpful for getting familiar with strangers and becoming friends. People sit around the table, eating and chatting slowly. A dinner can last three to four hours, ordering dishes and drinking wine while eating. This culture is quite different from that of the United States, but very similar to that of China. Macedonian wine is also very delicious, and it is a very distinctive part of the country.



国际朋友说活动合影

World Speaking photo from the event.