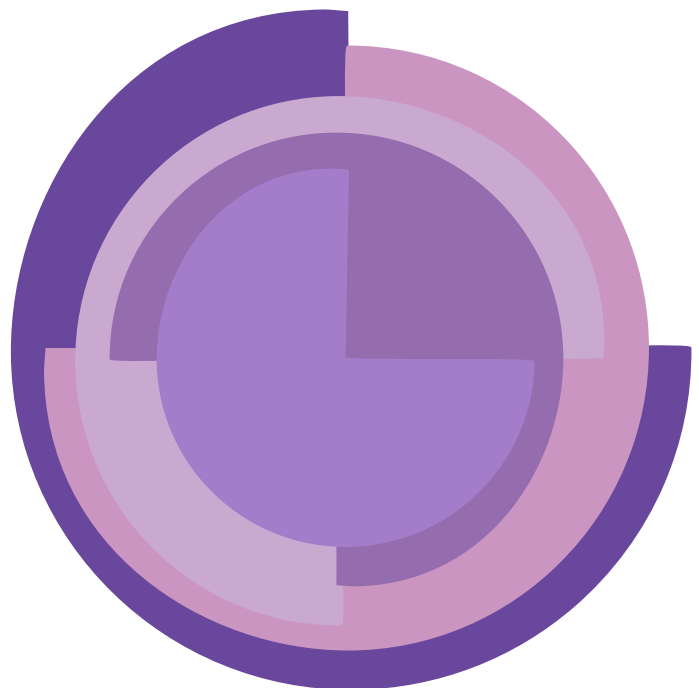
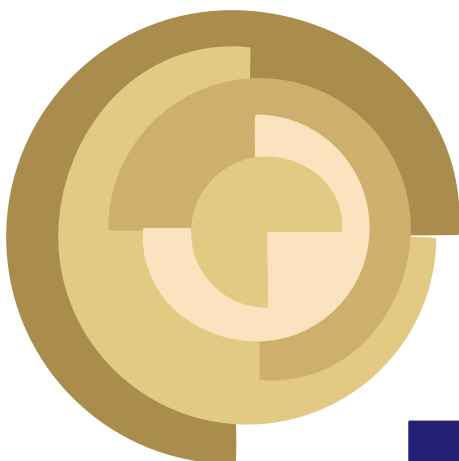
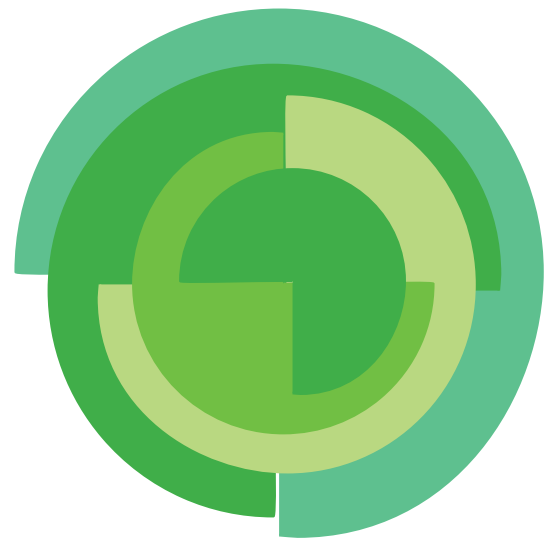
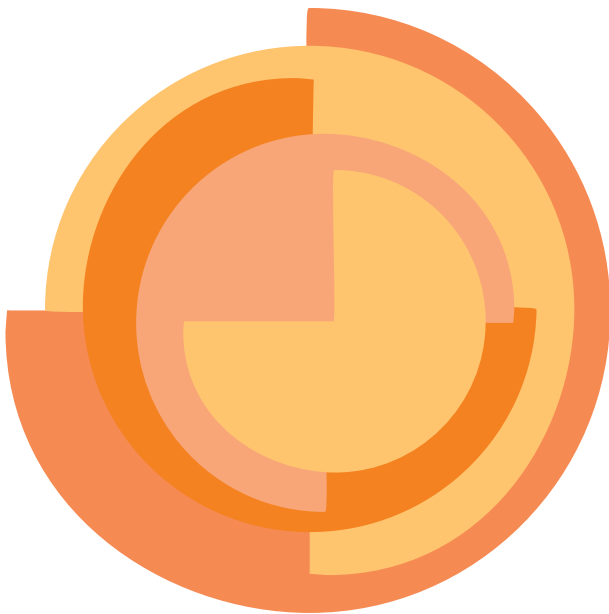




CosmoL&C

Languages and Cultures

LEISURE LIFE:
YOUNG PEOPLE'S IDEAS ON
SPENDING THEIR FREE TIME



Language Centre



Swantje Bösch
Editor-in-Chief

I first became involved in this magazine as an editor for German, and was honoured to take over the role of editor-in-chief last semester. Since then the magazine has changed, and I am happy that I was able to support this change throughout the last issue and the current one.

This magazine is a wonderful opportunity for students to write in a foreign language, thanks to the great work done by Smile Ye who started it and was editor-in-chief for its first three issues. With time and due to feedback from the students, we made changes that aimed to increase its impact and reach. The main change was to have different categories for which students could write articles, so that they could find a topic that suited their interests. Additionally, we allowed different lengths for these categories to enable students from all language levels to contribute. Some categories are now translated into English in order for more people to be able to read them, turning the magazine from a project for language learners to something that is accessible to a wider audience.

The magazine now has five sections: a specific topic which changes from issue to issue; UNNC Life; Cultural Experience; Review; and Teacher's Recommendation, in which exceptional pieces students have written for class are published. In all, these changes have been a success, with students from various language levels now being able and taking the opportunity to participate in the magazine.

This semester, due to COVID-19, it became more difficult to organize this project with students not being on campus and learning in a challenging situation. UNNC Life, gathering articles about life on campus, had to be cut. However, the number of articles in Teacher's Recommendation grew. This was due to the online learning situation: students were assigned more written work in the target language, and produced excellent work despite the unusual circumstances under which they were learning. Along with the content changes, the design was changed completely to give the magazine a new look and create a layout fitting for this new structure.

I, on behalf of the editing team of the magazine, hope that you enjoy this new issue of CosmoL&C: Languages and Culture and that it will inspire you to start or continue working with us, and continue reading the magazine.

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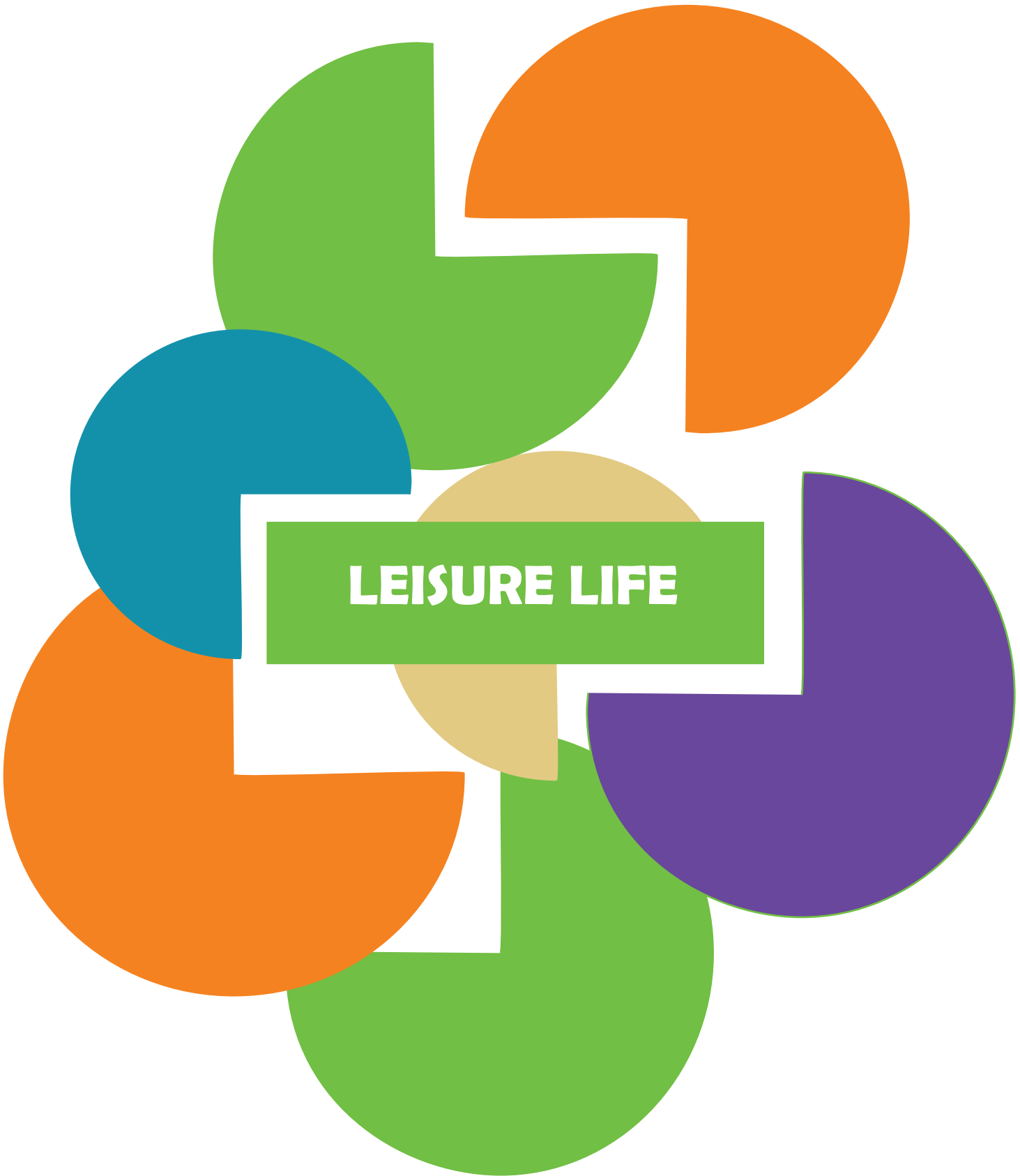
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엘리자 (Chaorui Hu)
Chinese
Nottingham University Business School
Year 4
3 years of learning Korean

하루는 24시간으로 나누어져 있습니다. 사람들은 많은 시간을 일을 하거나, 잠을 자거나, 자기계발을 하는 데에 씁니다. 또는 남는 시간에 여가활동을 하기도 합니다. 여가활동을 통해서 사람들은 지친 스케줄에서 잠시나마 휴식 시간을 가질 수 있습니다. 사람들은 각자 다양한 방법으로 여가시간을 보냅니다. 특히 요즘 10대 20대 친구들 대부분은 친구들과 외출하는 것을 좋아합니다. 외출할 때 꼭 빠지지 않는 코스는 맛있는 음식을 먹으러 식당에 가는 것입니다. 맛집을 찾아가는 것은 많은 젊은 친구들이 여가시간을 보내는 방법 중 하나입니다.

식당에 가서 맛있는 음식을 먹으면서 젊은 사람들은 행복과 자유를 느낍니다. 카페 또한 젊은 사람들이 많이 가는 장소입니다. 커피와 음료수를 마시고 이런저런 얘기를 하면서 친구들과 친해질 수 있습니다. 학업과 취업 준비로 스트레스가 많은 젊은 사람들은 노래방에 많이 갑니다. 노래방에 가서 노래를 부르면서 친구와 함께 스트레스를 풀곤 합니다. 스트레스를 푸는 또 다른 방법으로는 쇼핑이 있습니다. 여자들은 쇼핑을 하면 기분이 좋아집니다. 더 예뻐지기 위해 노력하는 그 과정을 즐기는 것입니다. 젊은 사람들은 여행도 자주 갑니다. 새로운 곳을 여행하면 즐겁기 때문입니다.

두 번째로, 젊은 사람들은 여가시간에 노래를 많이 듣습니다. 공부를 할 때나, 친구들과 메시지를 주고받을 때나 어딘가로 이동 중일 때도 음악을 듣습니다. 음악이 이렇게 젊은 사람들에게 인기가 많은 이유는 음악은 사람들에게 기쁨을 주기도 하고, 슬픈 마음을 치료해 주기도 하고 우리의 마음을 따뜻하게 해 주기 때문입니다. 또한 많은 노래 가사는 우리에게 영감을 주고 무언가를 깨우쳐 주기도 합니다. 힙합, 발라드, 클래식 같은 다양한 음악 장르들은 많은 순간에 우리의 여가시간을 가치 있게 만들어 줍니다. 말이 잘 안 통하는 외국인 친구와 같이 있어도 음악을 함께 즐기면서 여가시간을 즐길 수 있습니다.

여가활동을 하는 것은 매우 중요합니다. 일상생활을 좀 더 활기치게 해주기 때문입니다. 만약 우리에게 여가시간이 주어지지 않는다면 매너리즘에 빠질 것입니다. 왜냐하면 똑같은 업무를 하다 보면 더 이상 열정은 없어지고 지루해지기 때문입니다. 또한 삶의 행복도가 많이 줄어든 것입니다. 인간은 기계가 아니기 때문에 여가시간을 잘 활용하는 것은 무척이나 중요합니다. 그렇기 때문에 여가시간을 잘 활용하는 사람들이 더욱더 행복하고 주어진 업무도 열심히 할 수 있습니다.

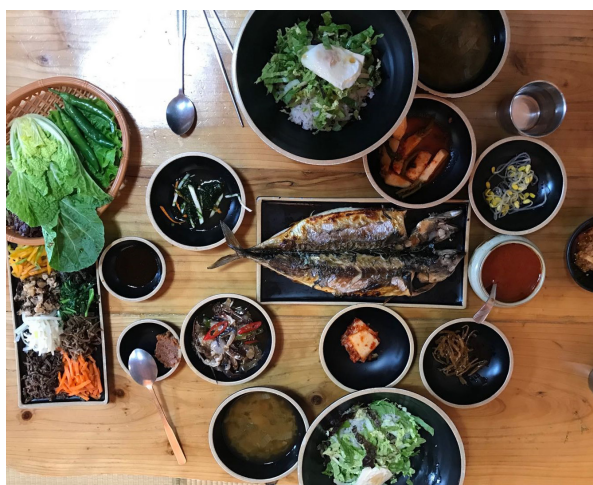
One day can be divided into 24 hours. Young people do different activities to spend their free time when they are not working.

Nowadays, young people have a lot of ways to spend their free time. Firstly, they can, for example, go to a restaurant or a cafe to relieve stress and strengthen their relationships by chatting. KTV can also be relaxing for young people as they can sing together. Another popular way of spending time is shopping. Many young girls feel happy while shopping. Young people also enjoy traveling because they get excited when they experience new environments.

Secondly, young people like to listen to music during their spare time. It can entertain them and make them feel better. In addition, lots of song lyrics provide inspiration and help young people realize what is really important in life. There is diverse choice of genre to listen to such as hip-hop and ballads, which makes our leisure time worthwhile.

Thirdly, young people like to watch drama series. Unrealistic stories and plots indirectly lead us to share emotions of characters portrayed by actors and actresses. Korean drama is popular in China. Lots of actors in those dramas are handsome, which results in numerous Chinese female fans.

It is essential to have leisure time because it makes daily life full of energy. Young people will be bored without free time. Because people are not machines, and people need to utilize their free time to work more efficiently and happily.





Li Sin Ming Sammi
Chinese
International
Communications
MA
4 years of learning Korean



Mentari Piter
Indonesian
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여러분은 여가시간이 충분히 있나요? 여가 시간이 있다면 주로 무엇을 하시나요? 저는 지금 대학교 4학년이라서 여가시간이 많이 없지만, 만약 시간이 충분히 있다면 저는 여가시간에 제가 하고 싶은 것을 자유롭게 하는 것을 좋아해요. 그래서 저는 여가시간이 있으면 즐거운 활동을 하는 것을 좋아해요.

저는 주로 여가시간에 혼자 있으면 책을 읽거나 아니면 팟캐스트를 듣는 것을 좋아해요. 특히 저는 Emma Chamberlain의 팟캐스트가 재미있어서 아주 좋아해요. 하지만 이번에는 제가 가족과 보내는 여가시간과 친한 친구랑 보내는 여가시간이 어떻게 다른지 여러분에게 알려드릴게요.

우선 저는 가족들이랑 같이 있으면 우리 가족이 가장 좋아하는 식당에 가요. 왜냐하면 부모님께서는 익숙한 것을 훨씬 더 좋아하시기 때문이에요. 그래서 우리는 같이 맛있는 음식도 먹고 서로 안부도 물어보면서 항상 즐겁게 시간을 보내요. 그래서 가족이랑 있을 때에는 새로운 활동이나 해볼 수 있는 활동을 자주 안 하는 편이에요.

하지만, 친한 친구들이랑은 여가시간에 새로운 활동들을 하는 편이에요. 예를 들면 2016년에 우리는 인도네시아에 있는 말랑 시내에 가서 친구와 같이 등산을 했어요. 새로운 경험이라서 잊을 수 없는 기억이에요. 그리고 다양한 음식을 먹고 싶을 때에는 친한 친구랑 같이 먹으러 가요. 이렇게 저한테는 가족이나 친한 친구랑 같이 보내는 여가시간들이 정말 소중한해요.

가족이나 친구랑 같이 시간을 보내는 것도 중요하지만 우리는 가끔 혼자서 생각을 정리할 시간도 필요하다고 생각해요. 자유시간을 잘 활용하고 평소에 쌓인 스트레스와 긴장을 풀 수 있는 활동들을 많이 하면 좋을 것 같아요. 우리는 지금 21세기 정보화 시대에 살고 있어서 많은 사람들이 어디를 가도 꼭 스마트폰을 가지고 다닐 수 있기 때문에 우리 생활이 많이 편해졌어요. 하지만, 인터넷을 너무 많이 사용하면 오히려 인터넷 때문에 힘들어질 수 있어요. 그래서 저는 가끔 휴대폰을 끄고 집에서 혼자 취미생활을 해요.

저는 보통 여가시간에 책을 읽고, 음악을 듣고, 넷플릭스를 보고, 또 중국 서예를 연습해요. 그중에서 제가 제일 좋아하는 것은 방 정리예요. 머리를 묶고 방에 필요 없는 것을 다 버리고 어지러운 책상을 정리하면서 스트레스를 풀어요.

혼자 있는 것이 좀 외로울지도 모르지만 마음이 복잡할 때 저는 혼자서 생각을 정리할 필요가 있다고 생각해요. 방 정리 외에 저는 요리를 하는 것도 좋아해요. 제가 채식주의자라서 외식을 하면 메뉴의 선택이 많지 않아서 외식을 잘 안 해요. 그래서 저는 밖에서 먹을 수 없는 새로운 요리 방법을 집에서 즐겁게 시도해요. 제가 제일 좋아하는 한국 요리는 떡볶이에요. 저는 떡볶이나 컵케이크를 만들 때 항상 밀가루 반죽부터 만들어요. 가루를 반죽할 때 스트레스를 풀고 슬픈 일들을 다 잊어버릴 수 있어요.

여가시간을 어떻게 보내는지는 각자의 취향이겠지만 가장 중요한 것은 마음과 몸이 건강할 수 있다면 어떤 방법이든 괜찮다고 생각해요.

Do you like leisure time? Do you have a lot of leisure time? I really like leisure time because I can do whatever I want. However, I do not have that much leisure time now that I am in my final year of college. Despite this, when I do have leisure time, I like to do fun things!

When I am alone during my leisure time, I like to read books or listen to podcasts; I like to listen to Emma Chamberlain's podcast because it is so much fun! But for now, I will tell you more about the difference in how I spend my leisure time when I am with my family and my close friends. When I am with my family, we like to go to our favourite restaurant. As we are eating, we ask each other about how we have been doing. It is always fun with them, however, we do not usually try new activities because my parents prefer to do the things that they are used to.

Because of that, I would usually meet up with my close friends to do and try new things. For instance, in 2016, we went hiking for the first time at Malang City in Indonesia. It was an unforgettable experience because it was our first time hiking together. Moreover, when I would like to try new foods, I try them with my close friends. I think the leisure time that I spend with my family and close friends is the most amazing time!

Of course, it is always good to spend time with friends and family as much as possible. Yet it is equally therapeutic to spend time on your own to clear our minds and release accumulated stress. Since the 21st century technology has brought us so much convenience, such as the Internet and social media that allow us to connect to the world regardless of time or location, most of us do not go anywhere without our phones. Therefore, those of us that grew up with technology and all of these distractions, we sometimes need to turn off our phones and spend time on our hobbies.

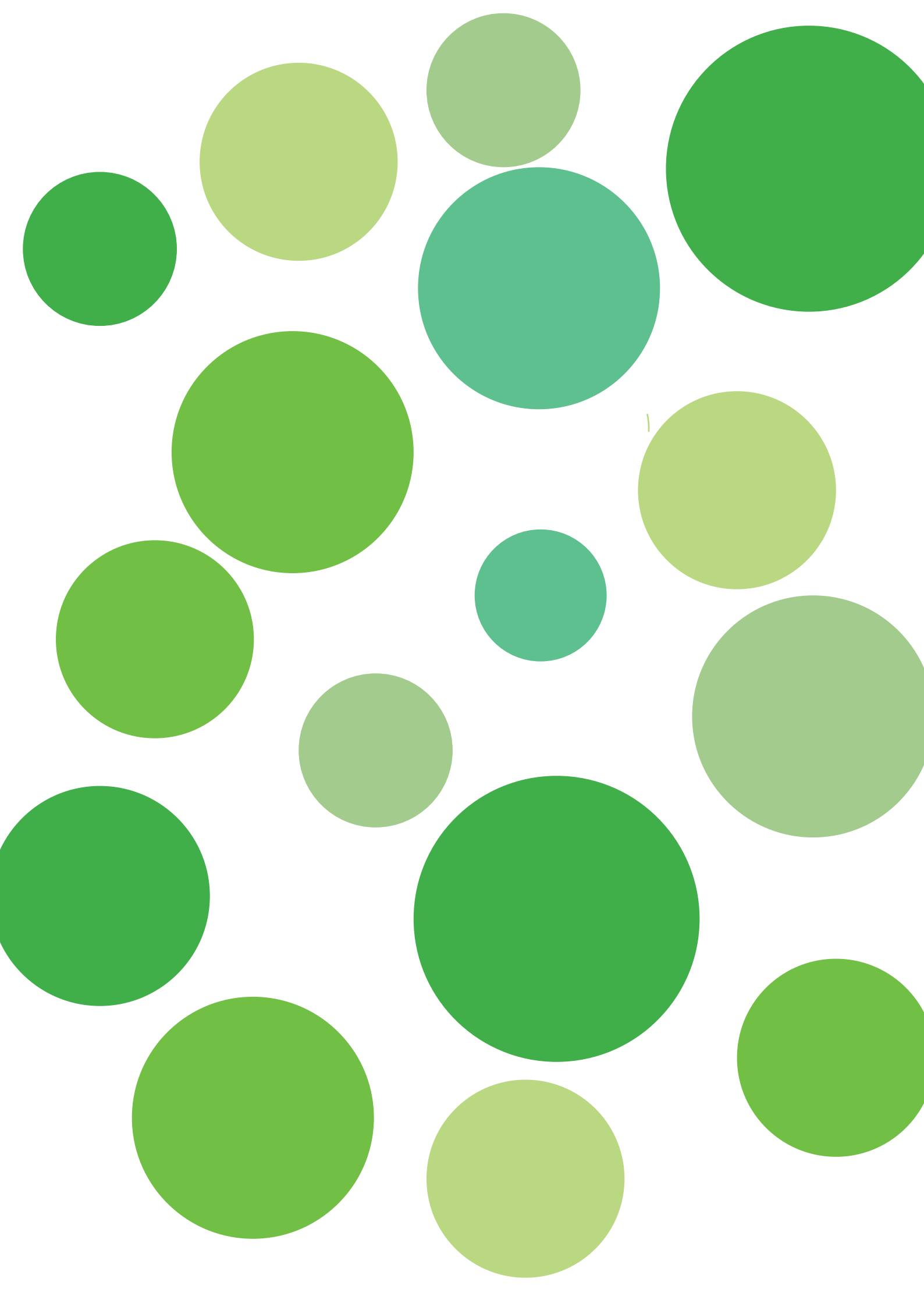


Normally, I engage in activities such as reading, listening to music, watching Netflix and Chinese calligraphy. Amongst all the activities, my favourite is to tie up my hair and clean my room. The sense of achievement gives me the motivation to work hard on other things. Each of these activities helps me to release or temporarily escape from the stress from life.

It is understandable that being alone with our thoughts can be scary, but it is a good way to straighten up our thoughts when we are feeling confused and overwhelmed. Other than tidying up my room, I also love to cook. As I am a vegetarian, it can be difficult for me to dine out. So I like to stay home and experiment with new recipes. My favourite Korean dish to make is tteok-bokki. I love to make dough-based dishes such as tteok-bokki and cupcakes, and I always start with making the dough. This is also a great way of releasing stress.

How we spend our leisure time can differ, but the most important thing is that those activities keep us happy and motivated. So, considering our example, have a think about how you might make use of your leisure time.





An abstract graphic design featuring several overlapping circles in various colors: green, purple, orange, teal, and beige. A central orange rectangular box contains the text "CULTURAL EXPERIENCES" in white, bold, uppercase letters. The circles are arranged in a way that they partially overlap each other, creating a layered effect. The background is white.

CULTURAL EXPERIENCES



Dalia Nuñez
Peruvian
Nottingham University Business School
Year 2
½ year learning Mandarin

我在中国的经历

My experience in China

Having chosen a university in China has given me many different opportunities and experiences. I feel blessed since I have met incredible people who I appreciate and from whom I have learnt different things. People are mostly friendly; everywhere I go, there will always be someone who is trying to find a way to help me, even though they sometimes do not speak English. Their kindness is something that I very much appreciate. Actually, the fact of living temporarily in another country enriches you as a person and lets you know how your profession is approached in other parts of the world.

选择宁波诺丁汉大学给了我很多不同的体验。老实说，我遇到了许多令人难忘的人，对此我感到非常幸福和感激，我从他们身上学到了很多。他们来自不同国家，有着不同的文化背景，这让我变得更加宽容，学会尊重不同的观点和见解。

在中国，人们超级友好，无论我走到哪里，总会有人努力帮助我，即使他们有的不会说英语，这是我非常欣赏他们的一点。实际上，暂时居住在另一个国家使你的人生更加充实，并让你知道你的职业在世界其他国家是怎样的。中华美食种类繁多，地方差异很大。例如，在宁波海鲜非常有名，大多数餐馆都有海鲜制成的菜肴。在中国生活大多数时候都非常安全，人们相互尊重，彼此欣赏；社会充满和谐，并很少有冲突发生。

因此，如果有人想要尝试新事物并获得不同的经历，那么中国就是值得考虑的最好的地方之一。





Shihan Peng
Chinese
International Studies
Year 2
1 year learning French

Mon ami Philippe et la culture belge

My friend Philippe and the Belgian culture

I have a Belgian Friend, Philippe and we have found a number of differences between Belgian culture and Chinese culture from our daily discussions. For example, Belgians know how to enjoy life and work, more than Chinese do. They like reading and studying and, regardless of their age. In addition to lifestyle differences, our eating habits are also very different. Belgians don't really care much about balanced diet, as they always eat what they like and they drink a lot. Their free and positive attitude towards life inspires me significantly and I would like to live a life like that in the future.

J'ai un ami belge qui s'appelle Philippe. Il habite à Bruxelles et sa langue maternelle est le français.

Dans ma conversation avec Philippe, j'ai découvert de grandes différences culturelles entre la Belgique et la Chine. Philippe a presque 60 ans. En Chine, la plupart des personnes de cet âge prennent leur retraite et vivent avec leurs petits-enfants. Leurs activités habituelles ne sont autres que se promener ou jouer aux échecs. Mais les Belges sont différents.

Philippe, qui est un Belge typique, est toujours énergique. Il est maintenant présentateur d'une émission sportive et il aime son travail. Il aime lire et il va au café chaque semaine pour participer à un club de lecture avec ses amis et discuter de leurs livres préférés. Il a fait beaucoup de voyages, surtout au Japon. Comme il aime la culture de ce pays, il apprend le japonais en autodidacte et peut maintenant communiquer avec ses amis japonais. De nombreux Belges mènent une vie dynamique comme celle-ci malgré leur âge. Ce n'est pas courant en Chine.

Les Belges aiment beaucoup boire. Philippe va aux fêtes organisées par ses amis chaque semaine et il va souvent au bar pour boire. Il dit qu'à Gand, les gens peuvent aller à la brasserie pour faire leurs propres bières. Contrairement aux Chinois, qui font attention à la santé dans leur choix des aliments, les Belges aiment manger de la viande et des desserts. Ils mangent toujours ce qu'ils aiment mais ne se soucient pas trop de savoir si c'est sain ou non.

Mes échanges avec Philippe ont changé mon attitude envers la vie. À l'inverse des Chinois, les Belges aiment davantage la vie et s'amuse plus. Ils ne se soucient pas de l'âge ou des opinions des autres. J'espère pouvoir devenir aussi cool et optimiste que mon ami Philippe.





Lexiao Peng
Chinese
International Studies with German
Year 4
3 years learning German

Besuch in Dresden zu Weihnachten

Visit to Dresden on Christmas

This short article is about my personal travel experience in Dresden during the Christmas season. First, I enjoyed its Christmas market very much. Then I learned more about the city's history, culture and landscape. The city has Saxon origins rather than Prussian and it was bombed heavily by the Russian army during the Second World War. And for a long time, Dresden has enjoyed an international reputation for its world class orchestras and the classical music concert on New Year's Eve. Then, the variety of landforms in Dresden allowed me to experience using different vehicles, ferry boat on the Elbe, cable car up the valley and so on. Here people can enjoy both culture and nature.

Während meiner Weihnachtsreise fand ich die reiche Kultur und die Landschaft Dresdens sehr interessant. Den ersten Tag besuchte ich den Theaterplatz, um den herum Hofkirche, Residenzschloss und Semperoper liegen. Durch den Audioguide des Touristenbusses, wusste ich, dass diese Gebäude alle im Zweiten Weltkrieg zerstört wurden und was ich gesehen habe, ist wiederaufgebaut. Sie sehen genauso aus wie das Original! Diese Sehenswürdigkeiten sind es wert sie zu besuchen. Das Residenzschloss des sächsischen Königs ist viel prachtvoller als das Berliner Schloss Charlottenburg in preußischer Tradition.



Dresden war einst die Hauptstadt des Königreichs Sachsen und bekannt als das Florenz an der Elbe. Im Schloss kann man eine Sammlung von Kunstwerken genießen. Wenn Sie Fan der klassischen Musik sind, dann wissen Sie, dass es in Dresden jedes Jahr ein wunderbares Silvesterkonzert in der Semperoper gibt. Jede Nacht können Besucher wie ich auf der Straße die Musik am Theaterplatz genießen. Als Chinesin empfehle ich vor allem Schloss Pillnitz. Es hat nicht nur eine königliche Architektur und einen Wintergarten, sondern auch einen chinesischen Pavillon und chinesisches Porzellan.

Abenteurer und Landschaftsliebhaber werden Dresden auch faszinierend finden. Wir können die Elbe über die Brücke mit dem Bus überqueren. Dann fahren wir mit einer Drahtseilbahn durch gewundene Straßen, die zum Weißen Hirschen hinaufführen, ein Urlaubsort, wo es im Winter schneit. Außerdem kann man eine Fähre ausprobieren, was eine bequeme Art ist zum Schloss Pillnitz zu kommen.



Das Fährboot trägt sowohl Autos als auch Menschen. Die Erfahrung war für mich neuartig und interessant. Die Schönheit der Elbe ist ein weiterer Grund, warum ich Dresden so sehr vermisse. Der Fluss fließt langsam und friedlich. Auf seiner einen Seite steht am Rande der Klippe ein Schloss, dessen Namen ich nicht kenne. Auf der anderen Seite in Stadtnähe stehen Bänke am Ufer zum Ausruhen bereit. Neben der Elbe sah ich von Anfang bis Ende wie ein junger Mann, einen Schwan ins Wasser zurückbrachte. Zu diesem Zeitpunkt fühlte ich die Harmonie zwischen Natur und Mensch.





Jiaqi Shao
Chinese
International Communications
Year 2
16 months learning Japanese at UNNC

初めての海外旅行

My first trip overseas

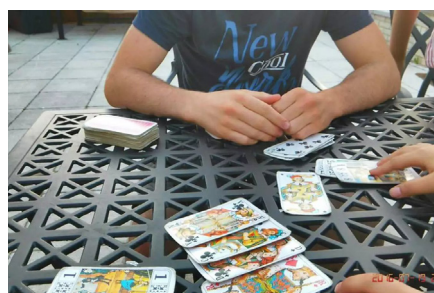
I went abroad for the first time four years ago. I went to Britain and was completely amazed by this country. The most impressive thing during that trip, in my opinion, was the homestay. I spent an incredibly enjoyable time with my nice landlady and a boy who was also living with us. The landlady was a British Indian. She was the first vegetarian I had ever met. The boy was French and was very polite. I met new people and experienced new cultures. Everything was so novel to me. I believe spending time with them really broadened my horizons. I also noticed a few differences between me and the landlady, and between me and the French boy. It was an exciting cultural trip that I could never forget.

国内でもあまり遠くに旅行したことなかった私は、四年前、イギリスへ見学ツアーに参加しに行った。遠いし高いので、元々は行きたくなかったが、両親に説得され、初めて海外へ行った。その時の私は、この旅行が最高の思い出になることを全く知らなかった。

イギリスで体験したことの中で最も忘れられないことは、美味しい料理や華々しい宮殿ではなく、ホームステイだ。ホームステイのホストファミリーは一人暮らしのお婆さんだった。インド系イギリス人なので、宗教のためお肉は一切食べなかった。お婆さんは英語が下手な私たちを励ましてくれたり綺麗な庭を見せてくれたりして、すごく優しくて温かな人柄で、よく面倒を見てもらった。それに、私たちと一緒にホームステイしていたのは一人のフランスの男の子だった。その男の子と夕飯を食べる時に、彼はまず、私たちの皿に食べ物を盛ってくれて、最後に自分の分を盛った。彼の国ではそうすべきだと言っていた。その国はきっと礼儀を大切にするのだろう。



初めての海外旅行の記憶は、今でも頭の中に鮮明に浮かぶ。新しい国でそれぞれの文化を持っている人と出会って生まれたその興奮とその感動は、どんな方法でも完璧に記録できないものだ。今にして思えば、実に何度も行きたいくらい素晴らしい旅行だった。

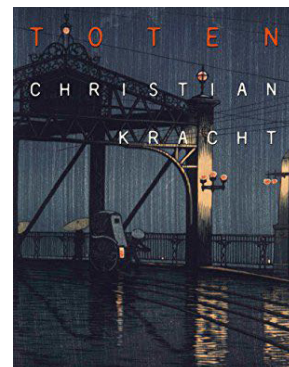


An abstract graphic design featuring several overlapping circles in various colors: purple, green, gold, orange, and teal. A central gold rectangular box contains the word "REVIEW" in white, bold, uppercase letters. The circles are arranged in a way that they partially overlap each other, creating a layered effect. The word "REVIEW" is positioned in the center of the composition, overlapping the gold circle and the teal circle.

REVIEW



Ingrid Azevedo Imamura
Brazilian
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Christian Kracht „Die Toten”

Christian Kracht “The dead”

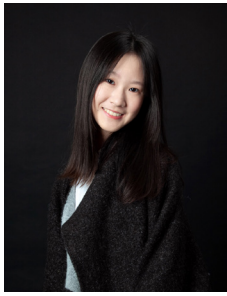
„Die Toten” (“The Dead”) is a book written by the Swiss author Christian Kracht. It is a fictional story about the life of two men from the 1930s; Masahiko Amakasu, a government official for Japanese culture, and Emil Nægeli, a Swiss film director. Amakasu has a plan to connect Germany and Japan with a “celluloid axis” so both countries can rival the American film superpower. Germany uses Nægeli to build this “celluloid axis” with a film made in Japan.

It is definitely an interesting book. As a book written for German native speakers, it is not really suitable for learners, but I think if you have at least a B1 level you can already challenge yourself to read it.

„Die Toten“ ist ein Buch von Christian Kracht, einem Schweizer Schriftsteller. Es geht um die Geschichte von zwei Männern in den 1930er Jahren. Der erste Mann ist Masahiko Amakasu, ein Ministerialkulturbeamter Japans. Er hat den Plan, Deutschland und Japan mit einer „zelluloidenen Achse“ zu verbinden. Das würde beiden Ländern nutzen um der amerikanischen Film-Supermacht entgegenzuwirken. Hier wird der zweite Mann eingeführt: Emil Nægeli. Nægeli ist ein Schweizer Filmregisseur. Er ist bekannt für seine künstlerischen Filme. Deutschland bittet dann um die Hilfe von Nægeli um diese „zelluloidene Achse“ mit einem Film anzustoßen. In Deutschland wird Nægeli vorgeschlagen, eine Komödie zu machen. Nægeli möchte aber einen Gruselfilm in Japan drehen. Nachdem er das Geld, dass er für den Schau-erfilm verlangt hat bekommen hat, reist er nach Japan um diese Aufgabe zu erfüllen.

Die Toten mischt Reales und Erfundenes. Nægeli und Amakasu sind beide erdichtete Charaktere, aber einige wichtige Personen in dem Buch existierten wirklich. Eine Figur, die ständig in der Geschichte auftaucht, ist Charlie Chaplin. Das Buch spielt in einer Zeit, in der er wirklich nach Japan gereist war. Zusammen mit diesen echten Szenarios, sehen wir auch das Leben der beiden erfundenen Männer. Wir lernen ihre Familien kennen und ihre Beziehungen zu den Eltern. Wir lernen auch wie sie denken und wie ihre Vergangenheit war, bis sie aufeinandertreffen und was später passiert.

Es ist ganz bestimmt ein interessantes Buch und nicht langweilig. Jedes Kapitel zeigt etwas Anderes und ich konnte während der ganzen Zeit, in der ich das Buch gelesen habe, die Ereignisse nie vorhersagen. Wenn du es lesen willst, denke ich, dass du ein Deutschniveau von mindestens B1 brauchst. Es ist ein Buch das für Muttersprachler geschrieben wurde und nicht wirklich für Lerner geeignet ist, aber ich glaube mit B1 kann man schon bereits probieren es zu lesen.



Chieh-Hsi Chuang
International Communications
Year 2
3 years learning Japanese

おすすめの歌手—Aimer

Aimer, an artist that I would like to recommend

I believe that learning a language is the process of getting familiar with the target culture. It is inevitable that the student will get in touch with media products in other cultures. This process is intriguing because you can explore the shining spots and other culture's disadvantage in everyday life. Also, as I become multilingual, it helps me to think outside the box. If you haven't experienced something, how would you know that you like it or not? So, I think I am really constructing my own aesthetic by listening to music from different languages. This review of Aimer, a Japanese music artist, is not only a recommendation but it also expresses my thoughts towards her life experiences, and helps me to solidify the kind of lifestyle that I am looking to achieve.

日本語の勉強をすればするほど私は日本の音楽や、アニメなどの作品に接触する機会が増えています。そのうちだんだん自分好みの日本のアーティストが増えました。Aimer(エメ)さんがそのうちの一人です。

彼女のお父さんがバンドでベーシストだったおかげでAimerは子供の頃から音楽に触れ、ピアノとギターを学んで、ちゃんと自分が理解した音楽を作っています。しかし15歳の時に喉を痛めました。歌の練習が頻繁しすぎたのが原因だそうです。けど彼女は諦めず、喉が苦しくとも頑張ってリハビリを受けてやっといまの歌い方と音質を確立しました。

私が最初にAimerのことを知ったのはアニメの夏目友人帳のエンディング曲からです。歌の名前は「茜さす」。彼女の少しハスキーな歌声から暖かさを感じます。最近Aimerの歌の中で一番気に入ってるのは「カタオモイ」です。ロマンチックでちょっぴり寂しい気持ちを含めた歌です。

私は歌に引かれて彼女のことを調べたあとさらに感動しました。聞いている時心が落ち着くだけではなく、Aimerみたいに強く生きていきたいという思いが前へ進む力になっています。



Yunqi Huang
Chinese
International Communications
Year 2
1 ½ years learning French



Critique d'une comédie musicale française: « Notre-Dame de Paris »

Review of a French musical: "Notre-Dame de Paris"

This article reviews a famous French musical, "Notre-Dame de Paris". It is an adaptation of the legendary Victor Hugo's homonymous masterpiece. Set at Notre-Dame Cathedral in 1482, the story revolves around the love story between Esmeralda, a gypsy girl, and Quasimodo, the hunchbacked bell ringer of Notre-Dame who was raised by the archdeacon Claude Frolo. The songs in the musical are written by Luc Plamondon and composed by Richard Cocciante. This musical was premiered in Paris in 1998, and in the following years it has won a record of being watched by audiences of more than four million audiences around the world.

« Notre-Dame de Paris » est une comédie musicale adaptée du chef-d'œuvre immortel du même nom de Victor Hugo. Au 19ème siècle, l'écrivain français Victor Hugo est tombé sur la lettre grecque « ΑΝΑΓΚΗ » sur le mur de la cathédrale Notre-Dame. Cette lettre représente le dieu du destin, « la Fatalité ». Une œuvre immortelle est née.

Cette comédie musicale est composée par Luc Plamondon et Richard Cocciante. Elle intègre un grand nombre d'éléments de musique populaire dans le cadre musical de base. Elle relie habilement le bel canto et la musique rock. Les mélodies émouvantes sont irrésistibles.

Contrairement à la plupart des comédies musicales célèbres d'aujourd'hui, elle est l'une des rares comédies musicales célèbres dans le monde qui n'a pas été influencée par Broadway et le West End. Après la naissance de l'œuvre, l'intégralité du processus, de la production à la commercialisation, a également été exclusivement effectué par

une entreprise française. Elle représente le style unique des comédies musicales françaises. « Notre-Dame de Paris » est la comédie musicale qui a connu le plus grand succès dès sa première année, selon le Guinness World Records. Elle a établi un record de plus de 4 millions de spectateurs et a obtenu de nombreuses récompenses à travers le monde.

Elle exprime la révélation et la critique de l'église et du système féodal, les actes pervers du corps ecclésiastique (l'archidiacre Claude Frolo), le faible esprit et la moralité de l'aristocratie, la louange de l'esprit et l'amour humanitaire. Les personnages de cette comédie musicale (comme Esmeralda et Frolo) symbolisent les confrontations et les conflits avec la scène. Les hauts et les bas des tensions dramatiques constituent une épopée tragique magnifiquement entrelacée de sang et de larmes. La pièce traverse la marée de l'époque et les barrières culturelles, créant une nouvelle ère des comédies musicales contemporaines.



Jiaying Ji
Chinese
Nottingham University Business School
Year 2
1 year learning Spanish

Crítica de la película “Contratiempo” Movie Review of “Contratiempo”

“Contratiempo” is my favorite Spanish movie and after watching it, I started my journey in learning Spanish. It’s not only because of a fascinating story with intense rhythm, but its deep meaning as well. This movie highlights that the truth may not always be what it appears to be.

“Toda historia tiene dos caras, la verdad, solo una.” Este título es el eslogan de la película “Contratiempo”, mi película española favorita. Después de verla, me enamoré del idioma.

Cuenta una historia extraña e increíble. El protagonista, Adrián, queda en su hotel con la abogada Goodman para defenderse de unos cargos de asesinato. En sus conversaciones, conocemos cuatro versiones de la historia. Cada una de ellas, es una versión nueva bien diseñada, inesperada y también razonable. En una de ellas, Adrián y su amante Laura matan a un joven, cuyos padres buscan justicia, en un accidente automovilístico. Es difícil predecir el final salvo que la veas. ¿Quieres saberlo? ¡Entonces ve al cine!

Es la mejor película de suspense que he visto. En España, este tipo de películas utiliza el sonido de los relojes para aumentar la tensión. Por otra parte, la traducción al chino y al inglés de su título es muy interesante, “Invisible”.

En la vida real, también todo tiene dos caras. Por ejemplo, si yo tuviese cuatro años y abofetease a mi abuelo, todo el mundo pensaría que es raro. Sin embargo, al abrir mi mano demostraría que fui a matar a un mosquito que se posó en su cara. El mundo es muy interesante si lo miras al revés.



Xiaofan Shen
Chinese
International Communications
Year 3
2 years learning French

Construisez Votre Propre Planète Build Your Own Planet

The poem that I am going to review is “Élévation” by Charles Baudelaire, who is a prestigious French poet. This poem comes from one of his famous works, “Les Fleurs du mal”, that depicts various natural things and moreover it implies the transcendence of human spirits. I got to know this poem when I was preparing for Gaokao, as a period of time when I was feeling deep anxiety. I received solace from the poem and found my inner peace. I hope this poem can inspire people to construct their own spiritual world where they can find relief.

Aujourd'hui, je vais présenter un poème qui s'appelle « Élévation » de Charles Baudelaire, un poète français qui a produit plusieurs œuvres célèbres au XIXe siècle. Il occupe une place considérable parmi les poètes français bien qu'il soit décédé à l'âge de 46 ans. « Les Fleurs du mal », qui est son œuvre principale la plus célèbre à travers le monde, illustre une image de Paris industrialisé au XIXe siècle avec ses spectacles esthétiques et ses expressions artistiques. Il suggère aussi une collision entre la tristesse de la vie quotidienne et l'idéal de l'esprit. Ce poème « Élévation » aborde ces thèmes.

« Etangs », « vallées », « montagnes », « bois », « nuages », « mers »... Si vous le lisez pour la première fois, vous penserez peut-être que ce poème décrit simplement les paysages et les éléments naturels. Mais si vous poursuivez la lecture, vous pouvez découvrir que l'objet principal est en réalité l'esprit. Ensuite, vous pouvez recevoir une invitation à libérer temporairement votre âme des « vastes chagrins ». Ce poème connote la grande transcendance de l'esprit, qui est trop innocent et pur et qui peut guider les gens pour atteindre l'unité avec la nature.

J'ai fait la connaissance de Baudelaire et « Les Fleurs du mal » a l'âge de 17 ans. A l'approche du Gaokao¹, qui entraîne des moments difficiles pour les étudiants chinois, j'avais beaucoup de stress. Mais ce poème m'a offert un grand soulagement. Mes phrases préférées sont dans la deuxième strophe. J'imaginai souvent ça : il y aurait ma planète privée et rose dans la galaxie où je nagerais ou volerais avec agilité et volupté à n'importe quel moment.

Aujourd'hui, il y a beaucoup de gens qui sont tourmentés par les ennuis de la vie quotidienne. Mais n'oublions pas de construire notre propre espace spirituel où nous nous relaxons et où la nature nous offre toujours la protection.

1. l'examen d'entrée aux universités dans la Chine.

« Élévation »

Au-dessus des étangs, au-dessus des vallées,
Des montagnes, des bois, des nuages, des mers,
Par delà le soleil, par delà les éthers,
Par delà les confins des sphères étoilées,

Mon esprit, tu te meus avec agilité,
Et, comme un bon nageur qui se pâme dans l'onde,
Tu sillonnes gaiement l'immensité profonde
Avec une indicible et mâle volupté.

Envoie-toi bien loin de ces miasmes morbides;
Va te purifier dans l'air supérieur,
Et bois, comme une pure et divine liqueur,
Le feu clair qui remplit les espaces limpides.

Derrière les ennuis et les vastes chagrins
Qui chargent de leur poids l'existence brumeuse,
Heureux celui qui peut d'une aile vigoureuse
S'élancer vers les champs lumineux et sereins;

Celui dont les penses, comme des alouettes,
Vers les cieux le matin prennent un libre essor,
— Qui plane sur la vie, et comprend sans effort
Le langage des fleurs et des choses muettes!

“ Elevation ”

Above the lakes, above the vales,
The mountains and the woods, the clouds, the seas,
Beyond the sun, beyond the ether,
Beyond the confines of the starry spheres,

My soul, you move with ease,
And like a strong swimmer in rapture in the wave
You wing your way blithely through boundless space
With virile joy unspeakable.

Fly far, far away from this baneful miasma
And purify yourself in the celestial air,
Drink the ethereal fire of those limpid regions
As you would the purest of heavenly nectars.

Beyond the vast sorrows and all the vexations
That weigh upon our lives and obscure our vision,
Happy is he who can with his vigorous wing
Soar up towards those fields luminous and serene,

He whose thoughts, like skylarks,
Toward the morning sky take flight
— Who hovers over life and understands with ease
The language of flowers and silent things!

(Translation by William Aggeler, 1954)



王诗音 (Shiyin Wang)
Chinese
International Communications
Year 2
6 months learning Spanish

“Nocturna”

Movie recommendation: “Nocturna”

This article mainly introduces and recommends a Spanish animated film named “Nocturna”, which is very fascinating and imaginative. Although it doesn’t have a complicated plot, it is suitable for relaxing because of its exquisite painting style and intriguing premise. “Nocturna” talks about a little boy—Tim, who loves stars and is afraid of the dark, as he finds that stars are gradually disappearing. Hence, Tim leaves his orphanage and goes outside, with the purpose of seeking out those lost stars. During the process, he discovers the night is more interesting than he perceived. Different kinds of elves work at night, playing music, cutting hair and so on. In the end, Tim discovers that a powerful monster hurts the stars, and he bravely fights against this monster and succeeds, since the monster is Tim’s fear of darkness. In sum, “Nocturna” is a movie that portrays how night differentiates people’s imagination and encourages people to overcome their fears.

La película que quiero recomendar es “Nocturna”. Es una película animada muy interesante y cálida que quiere ayudar a aquellos que tienen miedo a la noche a encontrar su belleza.

Personalmente, no me gusta la noche. Me parece que es aburrida porque no hay otra diversión excepto el sueño, pero cuando vi la película, cambié de opinión. La noche en la película es muy distinta a como es en mi imaginación. Por ejemplo, en la película los elfos son los encargados de llevar el rocío durante la noche, lo que explica el porqué lo podemos ver por la mañana. También se explica la razón por la que nos levantamos con el pelo rebelde: hay tres marionetas que lo despeinan mientras dormimos. Gracias a los guionistas de esta película, ¡he podido soñar con cosas divertidas! ¡La noche en “Nocturna” es tan interesante!

La noche está casi siempre organizada. El sacerdote Pastor educa a muchos gatos, y cada gato es responsable de poner a un niño a dormir. Pero hay un gato que le gusta mucho dormir y se olvida de su deber

esa noche. Por esta razón, un niño que se llama Tim no durmió esa noche. Se trata de un niño más tímido que otros y tiene temor a la oscuridad. Normalmente, le gusta observar las estrellas antes de dormir. Esa noche, muchas estrellas desaparecieron y por eso Tim salió a buscarlas. En su búsqueda, Tim se encontró con el Pastor que le ayudó con su misión. Cuando finalmente las encontraron, de repente, entró un monstruo a lastimarlas. El monstruo es muy fuerte y casi consigue acabar con todas ellas. Aunque Tim tenía mucho miedo, se enfrenta al monstruo para proteger al Pastor y las estrellas. Finalmente, ¡el monstruo desapareció! Este personaje era el miedo de Tim, y cuando Tim superó su miedo, el monstruo desapareció. Las estrellas aparecieron de nuevo y la noche volvió a ser tan bonita como siempre.

Se trata de una buena película para relajarse. Además, las escenas son hermosas. En mi opinión, lo más que me gustó de esta historia fue su mensaje: escapar no resuelve el problema, necesitas enfrentarte a tus miedos. Así descubrirás que no son tan aterradores.



Xinyi Wang
Chinese
Nottingham University Business School
Year 2
6 months learning French

Arthur Rimbaud - Un poète romantique

Arthur Rimbaud - A Romantic Poet

This article briefly describes the French poet Rimbaud, who is lonely and full of unbelievable imagination and complex contradictions. He lives a unique existence, exploring his destiny in the universe, dedicating his life to try and enjoy all the possibilities in the world. He is a veritable adventurer, taking advantage of his legendary life to write countless exciting works, which have made people remember and love him forever. Moreover, he is not only the angel of heaven to spread love and hope, but also an unbridled artist who could even be the evil in hell to describe the bloody and merciless issues, which I think is a reflection of Rimbaud 's mind, and a precise representation of his mysterious identity as a psychic.

Tout d'abord, c'est mon premier contact avec le poète Français Arthur Rimbaud. C'était un poète romantique, un homme extrêmement proche de l'âme mystérieuse du monde.

Il était comme le printemps, il osait aimer, devenait fou, sentait le monde, explorait constamment les espoirs et les fantasmes. Il était un aventurier qui dansait dans la tempête. Il était aussi un connaisseur, il avait un sentiment unique, il pouvait apprécier les plus belles choses et constamment explorer la nature et la vie des roses, mais aussi avec la perspective la plus romantique de voir le monde.

Il était libre parce qu'il était innocent et romantique, il a gardé son cœur d'enfant. Il était également civilisé parce qu'il avait une imagination débordante, parce qu'il était tel un magicien dans le monde de l'art qu'il a créé, marchant entre le ciel fictif et l'enfer. C'est un poème en soi, un poème que personne ne peut décrire.

Son monde était libre, imprévisible et romantique et j'espère que les lecteurs apprécieront sa vie splendide et complexe avec moi. Sentez son imagination unique et sa créativité dans sa vie complexe. Écrivez de la poésie avec lui, franchissez les barrières du temps et ressentez le mouvement de votre cœur. Arthur Rimbaud est une étoile solitaire dans l'univers, parce qu'il n'a pas pris le chemin prescrit, afin de rendre la vie et la poésie colorées, impressionnantes. Je crois que son amour de la vie et de l'art suffit à impressionner tout le monde.



Songyu Wu
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« Lou ! Journal Infime »

French film recommendation: "Lou! Journal Infime!"

This film review tells the story of the twelve-year-old Lou, who lives with her innocent single mother in an old apartment. Romantic developments take place with the arrival of a new bohemian neighbour, Richard. The whole story is filled with magical feelings and a teenager's imagination, and I really love the mise-en-scène. By watching it, you could probably get inspiration about life and get rid of the boredom during the 'Quarantine Periods' at home. I hope you will enjoy it!

Que faites vous confinés chez vous, quand vous ne pouvez pas sortir avec vos amis ? Moi, j'aime regarder des films français quand je suis seule. Dans cette revue, je vais présenter un de mes films préférés, « Lou! Journal Infime », et parler de ce que Lou fait chez elle.

« Lou! Journal Infime » est une très belle comédie sensible et poétique de Julien Neel. C'est l'histoire de Lou, une fille qui vit avec sa mère immature mais aimante. En plus, elle aime espionner son voisin rêveur Tristan, documentant chacun de ses mouvements. Mais tout change après l'arrivée de leur nouveau voisin, Richard. La mère de Lou a le courage de partir en quête de son amour et de ses rêves et Lou en apprend plus sur le monde au lieu de rester sans cesse dans son monde.

Quel genre de personne est Lou ? Et que fait-elle dans son appartement ? C'est est une fille timide qui n'a pas beaucoup d'amis et elle est douée pour la musique. Elle confectionne des vêtements pour sa maman, filme des vidéos et prend de belles photos. Aussi, elle se lie d'amitié avec la nature. Moi, je n'ai jamais rien créé par moi-

même, quelque chose qui puisse montrer mon esprit et ma passion pour la vie. Au contraire, je perds mon temps à utiliser le téléphone, ce qui n'a pas de sens. Après avoir vu ce film, j'ai donc décidé de sortir de ma zone de confort et d'apprécier chaque détail de la vie et de la nature.

Côté esthétique, le film fournit une variété d'expressions artistiques, comme le collage ou l'animation. Il a aussi une excellente bande originale et nous pouvons apprécier différents éléments culturels, comme la bohème, le minimalisme, le punk, le gothique, le rétro, ce qui est un régal pour les yeux.

« Lou! Journal Infime » vous fera passer un excellent moment, plein de poésie, de couleurs, de joie, de sentiments. Il y a plusieurs thèmes dans ce film, comme le handicap, l'amour, l'amitié ou l'adolescence. Si vous voulez regarder ce film, choisissez un moment de détente totale, par exemple, lors d'un après-midi ensoleillé, tout en savourant du thé ou du café.



Lin Yang
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내가 가장 좋아하는 한국 드라마: 응답하라 1988 My favourite Korean Drama: "Please answer 1988"

This article is divided into three parts to recommend my favorite TV series "Please Answer 1988". First, I introduced the TV series with the lyrics of the theme tune from this show, and then I gave a general explanation of the plot of the drama. Because I like it, I want more people to know about this excellent TV series. In the second part, I give several reasons why I like this show so much and some corresponding plots. I like the dialogue lines in the show very much, so I choose one of them as the end of this article.

"오늘은 잊고 지내던 친구에게서 전화가 왔네. 내일이면 멀리 떠나간다고..."

언제나 이 노래를 들으면 '응답하라 1988' 드라마가 다시 보고 싶어진다. 이 드라마는 1980년대 한 골목에 살던 다섯 가족의 가슴 따뜻한 사연을 그린 드라마다.

내가 '응답하라 1988'을 좋아하는 이유는, 이 드라마를 보면 이건 드라마가 아니라, 내 인생이라는 생각이 들기 때문이다. 이 드라마에 나오는 어떤 배역이든, 예를 들면 부모든, 아들딸이든 이러한 인물들을 통해 가족애, 사랑, 우정을 표현한 것이 내가 이 드라마를 추천하고 싶은 가장 큰 이유다.

딸이 나쁜 일을 당했을 때 용감하게 딸을 보호하는 보라 엄마. 아들이 비행기 사고를 당했을 까봐 당황하여 찢찢매는 택이 아버지. 아들 몰래 목욕탕에 가서 일하는 선우 엄마. 갱년기 때문에 힘들어하시는 어머니를 위해 부모님들의 결혼식을 다시 올려드린 아들들. '응답하라 1988'을 볼 때마다 나는 우리 아빠 엄마를 생각한다.

하지만 세상에 완벽한 부모는 없을 것이다. 그들은 부모로서도 무엇을 배우고 있었다. 그럼, 나의 이 이야기를 아래의 명대사로 마친다.

"신이 모든 곳에 존재할 수 없다고 해서 엄마를 만들었다. 엄마는 나이가 들어서도 나의 수호신이다. '어머니' 이 말은 조금만 불러도 심금을 울린다."



Tianxi Zhang
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「アンナチュラル」を見て “Unnatural Death”

This is a review for the Japanese drama “Unnatural Death”, which is a story about forensic scholars who use forensic science to explore the true causes of unnatural deaths. This is an influential work, raising public awareness of forensic science and revealing social problems including gender discrimination, school bullying, cyber-violence, etc. These modern problems are not limited to Japan, but exist all over the world, and have still not all been solved. Therefore, we should reflect more about society and ourselves with this drama. The truth which is found is not only about the cause of death, but also about human nature.

「アンナチュラル」は2018年に放送されたドラマです。このドラマは、「不自然死究明研究所」で働いている法医学者の三澄ミコトが不自然死の本当の死因を探し出す物語です。このドラマは、法医学の認知度を高めただけではなく、性差別、学校内のいじめ、インターネット上の言葉の暴力などの現代の深刻な社会問題を指摘しました。

例えば、第1話の中で日本で最初のMERSウイルスの感染事例が報告された後、パニックが広がり、世論が死者に向けて言葉の暴力を与えました。これは疫病発生時期の中国と非常に似ています。新型コロナウイルスが武漢で広がった頃、ネット上では武漢の人に対する言葉の暴力が多かったです。このリアル感はこのドラマの魅力です。ドラマの中で、現実起こり得る人の生死の問題を描くことで人間の本质を表しています。

ドラマの登場人物の設定もとてもリアルです。英雄ではなく、彼らはただ、死の真実を求めるだけです。「法医学は未来のための仕事です。」これは主人公三澄ミコトの言葉です。死に直面して、真剣に真相を追及してこそ、同様の悲劇を避けることができます。このドラマは、法医学者だけでなく私たちにとっても、真実を追及することが重要であることを教えてくれました。

**TEACHER'S
RECOMMENDATION**

Chieh-Hsi Chuang
International Communications
Year 2
3 years learning Japanese

学校の変化

Some changes at UNNC

久々学校に戻るのはとてもときめくことです。シャトルバスを降りたとき長い間ずっと学校にいなかったので一瞬見知らぬ場所かと思いました。休みの前と比べれば今の学校はいっぱい新しい変化がありました。例えばUNNCに来てから初めて噴水が働いてるのを見ました。それと花畑が丁寧に修正されてます。やっぱりきれいな花を見ると気持ち良くなります。あと、噴水の前の花畑にはパンダ数匹がありました。とても可愛いだと思います。他の変化は食堂の机全てがボードがついてる事です。感染を防ぐためだとはわかってますけどやはり友達と食事する時はとても不便なんです。だから普段私は寮でルームメイトといっしょに食べるか、あるいは二人で自炊してます。

It is quite fascinating to return to campus. When I first got off the shuttle bus that brought us back to school, I viewed everything as unfamiliar and fresh. Compared to the campus before vacation, there are a lot of small changes. For example, it was the very first time that I saw the fountain in roller skate square working since I came to UNNC. Also, it is lovely to see the flowering scrubs rearranged, as well as the panda sculpture that lies in front of the fountain. Other than these, I found out that they set up a lot of partition boards on the tables of the canteens. Although I understand that this is essential for epidemic prevention, it is still inconvenient when enjoying a meal with my friends. So usually what I do is to eat take away in my dorm with my roommate or we cook by ourselves.

Yinchi Dai
Chinese
International Business with Spanish
Year 4
3 years learning Spanish

Mi primer y último amor, Pedro

My First and Last Love - Pedro

Cádiz, 23 de abril de 2020

Hola, Carla:

Estoy bien, estos días estoy en casa. ¿Qué tal tu vida? Estoy lleno de amor por todos los dulces recuerdos con Mia y me gustaría compartirlos contigo.

Resulta que viví un amor extraordinario el verano pasado. Todo comenzó en el autobús que iba al museo de Dalí en julio del verano pasado. Cuando estaba de camino e iba un poco aburrido, una linda chica vino y se sentó a mi lado. Luego ella me preguntó si iba solo al museo, lo cual resultó ser el comienzo de una relación amorosa y maravillosa.

Conversamos el resto del día y cenamos juntos. Nosotros dos nos sorprendimos de que tuviéramos muchas afinidades. Al final me dio un beso. Entonces, Mia se convirtió en mi primera novia. Desde ese día no hemos dejado de hablarnos. No solo hemos tenido muchas citas bonitas, sino también hemos viajado juntos a muchos países. Me gustaría que juntos exploremos las culturas desconocidas, compartamos experiencias divertidas y también crezcamos juntos profesionalmente. Sin duda, soy muy afortunado por encontrar a mi estrella. No podría esperar más de ella, porque es perfecta en mi opinión.

Hemos permanecido más de un año juntos y nada logrará separarnos. Antes de la pandemia, cada semana veía a Mia en la ciudad. Sin embargo, no podemos salir debido a esta situación especial, por lo tanto, nos llamamos a menudo. Además, Mia es mi inspiración en la cuarentena. ¿Sabes qué? He escrito muchos poemas y también he realizado muchas pinturas gracias a ella. Cuando estamos aburridos, hacemos ejercicios, estudiamos o simplemente hablamos de todos los temas en Zoom. Aunque aún no podemos estar juntos físicamente, nuestro amor nunca disminuirá.

Espero que la situación mejore pronto y nuestra vida vuelva a ser normal. ¿Podrías contarme cómo conociste a tu novio? ¡Quiero saberlo!

Abrazos,
Pedro



Cádiz, 23 April 2020

Hi, Carla,

I'm fine. I stay home these days. How's your life? All those sweet memories with Mia fill me with love, and I'd like to share them with you.

It turns out that I experienced extraordinary love last summer. It all started last summer in July when I was going to the Dalí museum by bus. When I was on my way and was a little bored, a pretty girl, named Mia, came over and sat next to me. Then she asked me if I was going to the museum alone, which turned out to be the start of a romantic and wonderful relationship.

We chatted for the rest of the day and had dinner together. Both of us were surprised that we had many things in common. Finally, she gave me a kiss, and then Mia became my first girlfriend. Since that day we haven't stopped talking to each other. We have not only had many lovely dates, but also traveled together to many countries. I like it when we explore new cultures together, share joyful experiences and also grow together in our careers. Without a doubt, I am very lucky to have found my star. I could not expect more from her, because in my mind she is perfect.

We have been together for over a year now and nothing will ever separate us. Before the pandemic, I met Mia in my city every week. However, we can't go out due to this special situation, so we call each other often instead. Besides, Mia is my inspiration in quarantine. Guess what? I've written many poems and also created a lot of paintings thanks to her. When we are bored, we exercise, study or just talk about everything through Zoom. Even though we still can't meet physically, our love will never fade.

I hope the situation will get better soon and our life will become normal again. Could you tell me how you met your boyfriend? I would like to know!

Hugs,
Pedro



Junyi Fang
Chinese
International Studies with German
Year 4
3 years learning German

Grenzen überwinden

Overcoming obstacles

Es gibt viele Grenzen oder Barrieren im Leben. Zum Beispiel gibt es kulturelle Grenzen, Sprachbarrieren, soziale Barrieren und so weiter. Fast jeder hat Grenzen und Barrieren in seinem Leben und muss sich sehr anstrengen, um seine Grenzen oder Barrieren zu überwinden. Ich glaube, dass die Menschen immer reifer werden, nachdem sie solche Grenzen oder Barrieren überwunden haben.

Ich selber habe auch viele Barrieren in meinem Leben. Als ich in der Grundschule war, war ich mit psychologischen Barrieren konfrontiert. Das kam immer vor, wenn ich an einem Tischtennis-Wettbewerb teilnahm. Ich war so nervös, dass ich mein Level nicht halten konnte, deshalb bekam ich immer schlechte Leistungen. Dann hat mein Coach einen Trainingsplan für mich vorbereitet. Zuerst wies er darauf hin, dass ich meine Grundfertigkeiten mehr üben musste. Das liegt daran, dass die Grundfertigkeiten die wichtigsten Fähigkeiten sind. Aus diesem Grund habe ich jeden Tag mindestens eine Stunde Grundfertigkeiten geübt. Nur wenn meine Grundkenntnisse gut genug sind,

There are many limitations or barriers in life. For example, there are cultural boundaries, language barriers, social barriers and so on. Almost everyone has limitations and barriers in their lives and must work very hard to overcome their limitations or barriers. I believe that people will become more mature after having overcome such challenges.

I have had many barriers in my life. When I was in primary school, I had to face a psychological barrier. It always happened when I took part in a table tennis competition. I was so nervous that I could not maintain my normal level, so I always gave a poor performance. Then my coach prepared a training plan for me. Firstly, he pointed out that I had to practice my basic skills more. This is because basic skills are the most important skills. For this reason, I practiced basic skills for at least an hour every day. I can only improve my table tennis level once my basic skills are good enough.

kann ich meine Fähigkeiten verbessern. Um meine falschen Bewegungen zu korrigieren, habe ich mir zusätzlich viele Videos der Nationalmannschaftsspiele angeschaut. Durch diese Videos konnte ich sehen, wie die besten Athleten spielen. Außerdem habe ich auch Übungsspiele mit vielen Leuten gespielt, weil unterschiedliche Menschen unterschiedliche Spielstile haben. Danach habe ich mich langsam an verschiedene Spielstile gewöhnt. Seitdem bin ich nicht mehr sehr nervös, wenn ich im Spiel auf verschiedene Spieler treffe. Am Ende habe ich es geschafft und bin Vierter im Spiel geworden.

Ich möchte noch die sozialen Barrieren überwinden. Ich bin nicht selbstsicher, wenn ich mit Fremden spreche. Deshalb muss ich viele Änderungen machen, um mich zu verbessern. Ich denke, ich sollte mehr an Gruppenaktivitäten teilnehmen, wo ich Kontakte finden kann. Ich sollte auch mehr mit anderen kommunizieren. Ich bin stolz darauf, wenn ich dies überwinden kann.

In order to correct my wrong movements, I watched many videos of the national team. Through these videos, I was able to see how the best athletes play. I also played practice games with plenty of people because different people have different playing styles. After, I was used to different styles. I was no longer very nervous when I met different players in matches. In the end, I made progress and was ranked fourth in the competition.

I also want to overcome social barriers. I am not confident when speaking to strangers. So, I should adopt some methods to tackle this. I think I should participate more in group activities where I can find contacts. I should also communicate more with others. I will be proud of myself if I can overcome this challenge.



Yiyu Han
Chinese
International Communications
Year 4
3 years learning German

Ich hatte viele persönliche Grenzen und Barrieren. Es gibt einige Schwierigkeiten, die ich bereits überwunden habe. Als ich in der Sekundarstufe war, war ich nicht gut in Mathematik und Physik. In dieser Zeit konnte ich den Unterricht nicht verstehen. Es war sehr schwierig für mich, diese beiden Fächer zu lernen. Aber ich wusste, dass ich das Problem überwinden musste. Deshalb habe ich mehr Zeit damit verbracht, Mathematik und Physik zu lernen. Und wenn ich Fragen hatte, fragte ich sofort meinen Lehrer oder meine Klassenkameraden. Ich teilte einen großen Wissenspunkt in kleine Stücke und lernte diese kleinen Stücke nacheinander. Und nachdem ich einen Punkt abgeschlossen hatte, gab ich mir selbst eine Belohnung. Es war also interessant für mich zu lernen.

Ich denke, der wichtigste Punkt, um eine Schwierigkeit zu überwinden, ist, keine Angst zu haben. Wenn Sie Angst vor den Schwierigkeiten haben, können Sie diese Schwierigkeiten und Hindernisse niemals überwinden. Ein weiterer wichtiger Punkt ist, fleißig zu sein. Sie müssen an sich selbst arbeiten und fest daran glauben. Und schließlich werden Sie die Grenzen überwinden. Die Chancen stehen immer gut für diejenigen, die viel arbeiten. Was die Grenzen angeht, die ich jetzt überwinden möchte, würde ich die Dissertation nennen. Die erste Schwierigkeit für mich ist die Länge. Für die Dissertation muss ich 8000 Wörter schreiben. Ich habe noch nie so viel geschrieben. Die zweite Schwierigkeit für mich ist die Zeit. Ich muss zwischen der Dissertation und meinen anderen Kursen abwägen, weil ich keine Zeit zu verlieren habe. Außerdem muss ich einen guten Plan haben. Ich muss die Qualität sicherstellen und rechtzeitig einreichen. Die dritte Schwierigkeit für mich ist, die Qualität zu erhalten. Ich muss eine große Anzahl von Artikeln und Büchern zu meinem Thema lesen. Dies ist hilfreich für meinen theoretischen Rahmen. Aber wenn ich das Limit überwinden kann, wäre ich zufrieden und glücklich. Das Gefühl nach dem Überwinden einer Barriere ist erstaunlich.

Grenzen überwinden

Overcoming limits and barriers

Personally, I had a lot of limits and barriers. There are some difficulties that I have already overcome. When I was in high school, I wasn't good at maths and physics. I couldn't understand the class at that time. It was very difficult for me to study these two subjects, but I knew I had to overcome the problem. That's why I spent more time studying maths and physics, and if I had any questions, I immediately asked my teachers or my classmates. I divided a large portion of knowledge into small pieces and learned these small pieces one after the other. After understanding a knowledge point, I gave myself a prize so it was interesting for me to learn.

I think the most important aspect to overcoming a difficulty is to not be afraid. If you are afraid of the difficulties, you can never overcome these difficulties and obstacles. Another significant point is to work hard. You have to believe in yourself and work hard on it, then finally, you will overcome the challenges. These chances are always for those who work hard. As for the challenges that I want to overcome now, I would say the dissertation. The first difficulty for me is the length. I have to write 8000 words for my dissertation; I have never written so much before. The second difficulty for me is time. I have to keep a balance between the dissertation and my other courses. Because I don't have so much time to waste, I need to have a good plan. I have to ensure the quality of my work and submit it on time. The third difficulty for me is to maintain quality. I have to read a large number of articles and books on my subject. This is helpful for my theoretical framework, but if I can overcome the challenge, I will be happy and satisfied. The feeling after crossing a barrier is amazing.

Celine Hogsvig
Danish
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Year 2
1 year learning Korean

자기소개서

Cover letter

안녕하세요. 제 이름은 셀린이에요. 저는 노팅엄 대학교 2학년 학생이에요. 제 전공은 국제 교류학이에요. 저는 저널리스트가 되고 싶어요. 그래서 미디어 회사에서 일하고 싶어요.

저는 덴마크 사람이에요, 그래서 덴마크어를 할 줄 알아요. 스웨덴어와 노르웨이어도 할 줄 알아요. 고등학교 때 1년 동안 미국에서 공부해서 영어도 잘 해요. 이렇게 저는 여러 언어를 할 줄 알아요. 그리고 지금 한국어도 배우고 있어요. 그런데 한국에 아직 못 가 봐서 이번 여름에 친구들과 한국을 여행하기로 했어요. 우리는 제주도에 가려고 해요. 저는 한국어를 더 잘 하고 싶어서 제주도에서 한국어를 연습하려고 해요. 그리고 다음 학기에 저는 한 학기 동안 한국에 있는 대학교에서 공부할 거예요. 내년 1월에 한국에서 학기가 끝나면 중국으로 다시 돌아와서 새 학기를 시작할 거예요.

저는 호기심이 많은 사람이어서 여행을 많이 해요. 그리고 일도 열심히 해요. 저는 약속을 잘 지키고 항상 행복하려고 노력해요. 저는 보통 밤에 책을 읽거나 글을 쓰지만, 책을 읽는 것을 더 좋아해요. 저는 농구를 참 좋아해요. 팔 년쯤 농구를 해서 저는 팀 플레이어예요. 저는 다른 사람들과 일을 잘 해요. 그리고 저는 운전도 할 수 있어요.

모든 회사 중에서 이 미디어 회사가 제일 좋아서 여기에서 꼭 일하고 싶어요. 저는 월요일부터 금요일까지 일할 수 있어요. 뽑아주시면 저는 열심히 일할 거예요.

잘 부탁드립니다.

Tel:

123-8888-8888

E-mail: PleaseHireMeIAmGood@gmail.com

셀린, Celine

Hello. My name is Celine. I am a second-year student at the University of Nottingham Ningbo China and my major is International Communications. I want to be a journalist, therefore, I want to work at a media company.

I am Danish, so I can speak Danish. I also know Swedish and Norwegian too. I studied in America during High School for one year, so I had to speak English. I know how to speak multiple languages, and I am also learning Korean, but I have not been to Korea, so I am going there with my friends this summer. I am going to Jeju Island, and as I want to improve my Korean, I am going to practice Korean there. After summer, I will study at a Korean university for a semester. The Korean semester ends in January next year. After that, I will go back to China and start a new semester.

I am a curious person, so I travel a lot. I work hard and I am not a person who is late, and I am always happy. At night, I usually read or write, but I prefer to read books. I also really like basketball, and I have played basketball for about eight years, so I am a team player. I work well with others. As well as this, I also know how to drive. Out of all the companies, this media company is the best, so I want to work here. I can work Monday through Friday. I am going to work hard.

Thank you very much.

Tel: 123-8888-8888

E-mail: PleaseHireMeIAmGood@gmail.com

셀린, Celine



Shirley (Xuejiao Li)
Chinese
International Communications
Year 4
3 years learning French

Xuling Weng
Chinese
International Communications
Year 4
3 years learning French

Débat : L'activité humaine est-elle la principale cause
du changement climatique ?

Debate: Is human activity the main cause
of climate change?

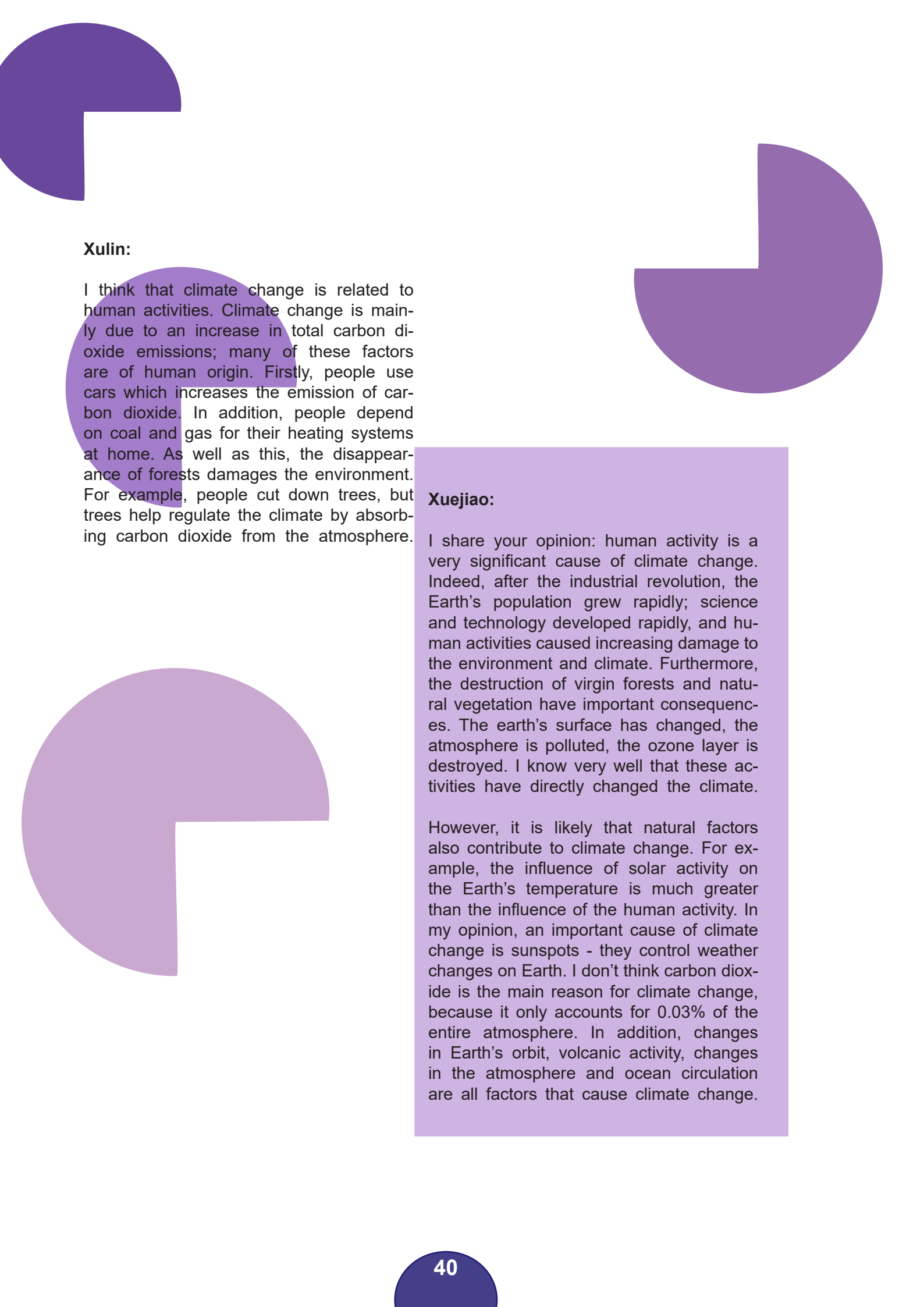
Xulin :

Je pense que le changement climatique est lié aux activités humaines. Le changement climatique est principalement à cause d'une augmentation des émissions totales de dioxyde de carbone. Nombre de ces facteurs sont d'origine humaine. Premièrement, les gens utilisent des véhicules qui augmentent les émissions de dioxyde de carbone. De plus, les gens dépendent du charbon et du gaz pour le chauffage. D'autre part, la disparition des forêts endommage l'environnement. En effet, les gens coupent des arbres or les arbres contribuent à réguler le climat en absorbant le dioxyde de carbone de l'atmosphère.

Xuejiao :

Je partage ton idée : l'activité humaine est une cause très importante du changement climatique. En effet, après la révolution industrielle, la population de la terre a augmenté rapidement, la science et la technologie se sont développées rapidement et les activités humaines ont causé des dommages de plus en plus importants à l'environnement et au climat. Par ailleurs, le surpâturage et la destruction des forêts vierges et la végétation naturelle ont des conséquences importantes. L'état physique de la surface est modifié, l'atmosphère est polluée, la couche d'ozone est détruite. Je sais très bien que ces activités ont directement changé le climat.

Cependant, il est probable que des facteurs naturels contribuent aussi au changement climatique. Par exemple, l'influence de l'activité solaire sur la température de la terre est beaucoup plus importante que celle de l'activité humaine. A mon avis, une cause importante du changement climatique est les tâches solaires. Ils contrôlent les changements météorologiques sur terre. Je ne crois pas que le dioxyde de carbone soit la raison principale du changement climatique parce que qu'il ne représente que 0.03% de toute l'atmosphère. De plus, les changements dans l'orbite de la Terre, l'activité volcanique, les changements dans l'atmosphère et la circulation océanique sont tous des facteurs qui provoquent un changement climatique.

The page is decorated with several large, stylized circular shapes in shades of purple and blue. In the top left, there is a dark purple circle with a white rectangular cutout. In the top right, there is a medium purple circle with a white rectangular cutout. In the middle left, there is a light purple circle with a white rectangular cutout. In the bottom left, there is a large light purple circle with a white rectangular cutout. At the bottom center, there is a dark blue circle with the number 40 inside it.

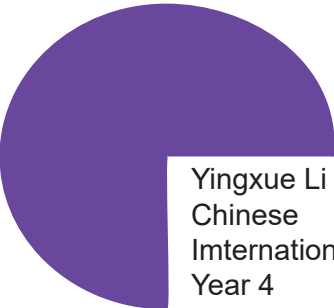
Xulin:

I think that climate change is related to human activities. Climate change is mainly due to an increase in total carbon dioxide emissions; many of these factors are of human origin. Firstly, people use cars which increases the emission of carbon dioxide. In addition, people depend on coal and gas for their heating systems at home. As well as this, the disappearance of forests damages the environment. For example, people cut down trees, but trees help regulate the climate by absorbing carbon dioxide from the atmosphere.

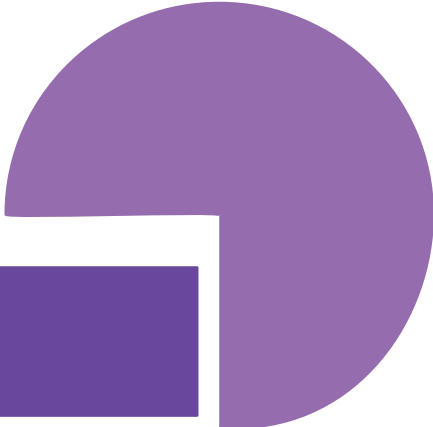
Xuejiao:

I share your opinion: human activity is a very significant cause of climate change. Indeed, after the industrial revolution, the Earth's population grew rapidly; science and technology developed rapidly, and human activities caused increasing damage to the environment and climate. Furthermore, the destruction of virgin forests and natural vegetation have important consequences. The earth's surface has changed, the atmosphere is polluted, the ozone layer is destroyed. I know very well that these activities have directly changed the climate.

However, it is likely that natural factors also contribute to climate change. For example, the influence of solar activity on the Earth's temperature is much greater than the influence of the human activity. In my opinion, an important cause of climate change is sunspots - they control weather changes on Earth. I don't think carbon dioxide is the main reason for climate change, because it only accounts for 0.03% of the entire atmosphere. In addition, changes in Earth's orbit, volcanic activity, changes in the atmosphere and ocean circulation are all factors that cause climate change.



Yingxue Li
Chinese
International Communications
Year 4
3 years learning Italian

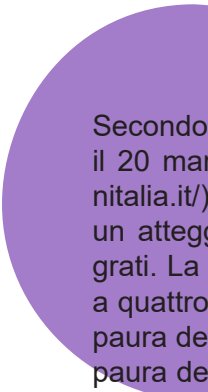


L'uomo italiano e la sua paura dell'immigrato

Italian Men's Fear of Immigrants

Questo articolo nasce dalla lettura analitica di una sezione di un'indagine nazionale, che evidenzia le opinioni e le paure degli uomini italiani riguardo agli immigrati stranieri.

This article was prompted by the analytical reading of a section of a national survey, focusing on the opinions and fears of Italian men regarding foreign immigrants.

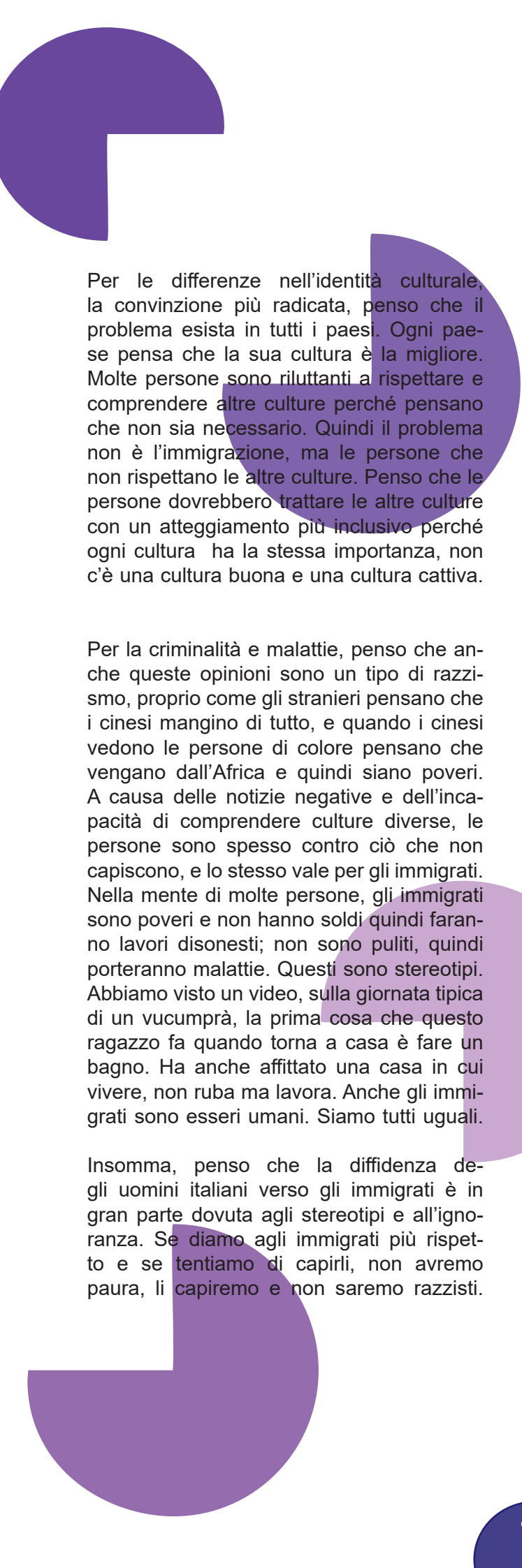


Secondo l'indagine dell'Eurispes pubblicata il 20 marzo 2020 (sul sito <https://stranieriinitalia.it/>), il 63,3% degli uomini italiani ha un atteggiamento negativo verso gli immigrati. La loro paura è legata principalmente a quattro aspetti: paura di perdere il lavoro, paura della criminalità, paura delle malattie, paura delle differenze nell'identità culturale. Ma penso che molte paure sono infondate.

Per quanto riguarda la paura di perdere il lavoro, abbiamo imparato da una lezione di economia all'università, che i lavori che fanno gli immigrati in Italia sono di solito quelli che gli italiani non vogliono fare, come i lavori pericolosi, faticosi e sottopagati. Gli immigrati non sono in competizione con gli italiani. Inoltre, secondo l'Istituto Nazionale per l'Assicurazione contro gli Infortuni sul Lavoro (INAIL), gli immigrati hanno avuto molti incidenti quando lavoravano nell'industria dei trasporti, molto più degli uomini italiani, e anche le donne italiane hanno molti record di incidenti.

According to the survey of Eurispes published on March 20th 2020 (on the website <https://stranieriinitalia.it/>), 63.3% of Italian men have a negative attitude towards immigrants. Their fears are mainly related to four aspects: fear of losing their job, fear of crime, fear of disease, and fear of differences in cultural identity. But I think many of these fears are ungrounded.

Regarding the fear of losing their job, we learnt from a class on Economics at the university, that the immigrants' jobs are usually those that Italians do not want to do, such as dangerous, tiring and underpaid jobs. Immigrants are not in competition with Italians. Furthermore, according to the National Institute for Occupational Accident Insurance (INAIL), immigrants had many accidents when working in the transportation industry, much more than Italian men, and Italian women also had a greater record of work-related accidents.



Per le differenze nell'identità culturale, la convinzione più radicata, penso che il problema esista in tutti i paesi. Ogni paese pensa che la sua cultura è la migliore. Molte persone sono riluttanti a rispettare e comprendere altre culture perché pensano che non sia necessario. Quindi il problema non è l'immigrazione, ma le persone che non rispettano le altre culture. Penso che le persone dovrebbero trattare le altre culture con un atteggiamento più inclusivo perché ogni cultura ha la stessa importanza, non c'è una cultura buona e una cultura cattiva.

Per la criminalità e malattie, penso che anche queste opinioni sono un tipo di razzismo, proprio come gli stranieri pensano che i cinesi mangino di tutto, e quando i cinesi vedono le persone di colore pensano che vengano dall'Africa e quindi siano poveri. A causa delle notizie negative e dell'incapacità di comprendere culture diverse, le persone sono spesso contro ciò che non capiscono, e lo stesso vale per gli immigrati. Nella mente di molte persone, gli immigrati sono poveri e non hanno soldi quindi faranno lavori disonesti; non sono puliti, quindi porteranno malattie. Questi sono stereotipi. Abbiamo visto un video, sulla giornata tipica di un vucumprà, la prima cosa che questo ragazzo fa quando torna a casa è fare un bagno. Ha anche affittato una casa in cui vivere, non ruba ma lavora. Anche gli immigrati sono esseri umani. Siamo tutti uguali.

Insomma, penso che la diffidenza degli uomini italiani verso gli immigrati è in gran parte dovuta agli stereotipi e all'ignoranza. Se diamo agli immigrati più rispetto e se tentiamo di capirli, non avremo paura, li capiremo e non saremo razzisti.

Regarding differences in cultural identity, the most deeply rooted belief, I think the same problem exists in all countries. Each country thinks its culture is the best. Many people are reluctant to respect and understand other cultures because they consider it unnecessary. So, the problem is not immigration, but people who don't respect other cultures. I think these people should treat other cultures with a more inclusive attitude, because every culture is equally important, there is no good or bad culture.

As for crime and disease, I think these beliefs are a type of racism, just like some foreigners think that Chinese people eat everything, and when the Chinese see black people they think that they come from Africa and are therefore, poor. Due to the negative news and the inability to understand a different culture, people are often biased against what they don't understand, and the same goes for immigrants. In many people's minds, immigrants are poor and have no money so they will do illegal jobs; they are not clean, so they will bring diseases. These are stereotypes. We watched a video, on the typical day of a vucumprà (peddler). The first thing this boy does when he comes home is to take a bath. He also rented a house to live in, he doesn't steal but he works. Immigrants too are human beings. We are all the same.

In short, I think that the mistrust of Italian men towards immigrants is largely due to stereotypes and ignorance. If we give immigrants more respect and we make an effort to understand them, we will not be afraid, we will understand them and not be racist.



Xinyu Liao
Chinese
English Studies
Year 2
6 months learning French

Biographie d'Audrey

Audrey's biography

Audrey est née le 9 août 1976 à Beaumont en France. Pendant son enfance, elle a vécu à Montluçon avec ses deux sœurs et son frère. En 1994, elle s'est inscrite au Cours Florent qui est une école de théâtre. Quatre ans plus tard, elle a joué un rôle dans un film qui s'appelle « Vénus Beauté » de Tonie Marshall. La même année, elle a obtenu un César qui est une récompense cinématographique.

À l'âge de 25 ans, elle a joué un rôle dans « Le Fabuleux Destin d'Amélie Poulain » de Jean-Pierre Jeunet. Bien que sa carrière aie été très réussie, elle s'est séparée d'un chanteur qui s'appelle Mathieu Chedid sept ans après.

Elle a été un modèle pour le parfum Chanel No.5 l'année suivante. Ensuite, elle a joué le rôle de Coco Chanel dans le film « Coco Avant Chanel » en 2010.

À l'âge de 35 ans, elle a joué un rôle dans sa première pièce de théâtre, « Une maison de poupée », écrite par Ibsen. Récemment, elle a adopté une petite fille vietnamienne, en 2019.

Audrey Tautou was born on August 9, 1976, in Beaumont, France. During her childhood she lived in Montluçon with two sisters and a brother. In 1994, she enrolled in the Cours Florent, which is a drama school. Four years later, in 1998, she played a role in a film called "Venus Beauty" directed by Tony Marshall. In the same year she received a César Award, which is a French national film award of France.

At the age of 25, she played a role in "Amélie" directed by Jean-Pierre Jeunet. Although her career was very successful, she broke up with a singer named Mathieu Chedid seven years later.

She was the model for the Chanel No.5 perfume in the following year. Then, she played the role of Coco Chanel in the film "Coco Avant Chanel" in 2010.

At the age of 35 she played a role in her first drama play, namely Ibsen's "A Doll's house". Recently, in 2019, she adopted a Vietnamese girl.



Chen Ling
Chinese
International Communications
Year 2
1 year learning Spanish

Decálogo de la dieta de Taizhou

Decalogue about the Taizhou diet

Taizhou es mi ciudad y está en la provincia de Zhejiang, al sur de Ningbó. El mar, los amigos y la familia son una parte muy importante de nuestra dieta y estilo de vida.

Este es nuestro decálogo:

1. Se come mucho pescado porque Taizhou es una ciudad portuaria.
2. El arroz forma una parte fundamental de la alimentación diaria.
3. Los alimentos son bastante frescos y de temporada.
4. No se come nada de carne cruda, pero a veces se comen algunos mariscos crudos.
5. De vez en cuando se utiliza aceite de oliva para cocinar.
6. Después de las comidas se comen varias frutas, especialmente naranjas, porque es una fruta típica de Taizhou.
7. Se realizan actividades físicas casi todos los días, o por lo menos más de 5 veces a la semana.
8. El bádminton es un deporte muy famoso en Taizhou que se practica mucho.
9. Generalmente se bebe agua, aunque también es muy normal que los adultos beban bebidas alcohólicas durante las comidas.
10. Y lo que es muy importante, ¡a la gente de Taizhou le gusta muchísimo comer con la familia y con buenos amigos!

The city that I am from is Taizhou, which is situated to the south of Ningbo in Zhejiang province. Friends, family, and the sea constitute an essentially important part of our diet and lifestyle.

Here is our decalogue:

1. Fish is eaten a lot because Taizhou is a harbor city.
2. Rice forms a fundamental part of the daily diet.
3. The food is very fresh and seasonal.
4. Raw meat is never eaten here, but occasionally some raw fish are eaten.
5. Sometimes, olive oil is used for cooking.
6. After meals, various fruits are eaten, especially oranges, because it's a popular fruit from Taizhou.
7. Physical activities are carried out almost every day, or at least more than 5 times a week.
8. Badminton is a very famous sport which is played a lot in Taizhou.
9. During meals, water is generally drunk, although it is also very normal for adults to drink alcoholic beverages.
10. Moreover, what is really important is that people from Taizhou really like to eat with family and good friends!

Chenghang Lu
Chinese
International Studies
Year 3
1 ½ years learning German



Mein letzter Urlaub

My last vacation

Ich war im Urlaub in Griechenland. Nach dem Ende meines Austauschstudiums wollte ich an einige Orte in Europa reisen. Weil ich das Schengen-Visum hatte, habe ich mich entschlossen, nach Griechenland zu fahren. Ich war Anfang März in Griechenland. Eigentlich bin ich alleine dorthin gefahren. Ich habe mich jedoch bei einer Reisegruppe angemeldet und bin mit einigen anderen Chinesen gereist, die ich nicht kannte. Die Reiseleiterin war ursprünglich Chinesin, aber sie wanderte in jungen Jahren nach Griechenland aus.

Die Landschaft in Griechenland ist wirklich wunderschön, ich war in Athen und Santorini. Ich habe auch den Sonnenuntergang auf Santorini gesehen. Das Wetter war im Vergleich zu Deutschland sehr warm. Ich habe viele Fotos gemacht und die Atmosphäre dort wirklich genossen. Das einzige, was mich unglücklich machte war das Coronavirus. Grundsätzlich war ich in Griechenland jeden Tag besorgt darüber, mit Coronavirus infiziert zu werden, und ich trug die ganze Zeit eine Maske. Ich hoffe, dass ich Griechenland wieder besuchen kann, nachdem das Coronavirus vorbei ist. Ich habe auch eine Studentin getroffen, die in Großbritannien einen Master-Abschluss machte. Sie war jedoch sehr unglücklich, weil ihre Tasche von jemand anderem gestohlen wurde. Deshalb verlor sie ihren Pass und das ganze Geld. Das tat mir so leid. Und daraus habe ich gelernt, dass ich beim nächsten Mal auch sehr sorgfältig auf meine eigenen Sachen aufpassen sollte.

I have been to Greece for my vacation. After the end of my exchange study, I wanted to travel to some places in Europe. Since I have the Schengen visa, I decided to go to Greece. I went to Greece in early March. Actually, I went there by myself. However, I signed up with a travel agency and travelled with some other Chinese people who I didn't know. The tourist guide was originally Chinese but she immigrated to Greece when she was very young.

The scenery in Greece is really beautiful, I have been to Athens and Santorini. I also have seen the sunset in Santorini. The weather was really warm in comparison with Germany. I took a lot of photos and I really enjoyed the atmosphere there. The only thing that made me unhappy is the coronavirus. Basically every day in Greece I was worried about being infected by coronavirus and I wore a mask all the time. I hope that when the coronavirus passes, I can visit Greece again. There was also a student who was studying for a Master's degree in the UK. However, she is very unfortunate because her bag was stolen by someone. Therefore, she lost her passport and all her money. I am so sorry for that. And from this I learned that I should also take care of my own belongings very carefully next time.



Guanyu Luo
Chinese
International Communications
Year 4
3 years learning Italian

Il medico di base o medico di famiglia: perché è un buon lavoro?

The general practitioner or family doctor: why is it a good job?

Questa lettera nasce dalla lettura di un articolo sulla figura del medico di base, o medico di famiglia in Italia: un lavoro molto impegnativo che tuttavia è ben ricompensato e rispettato dai cittadini.

This letter was inspired by an article about the figure of the general practitioner, or family doctor, in Italy: a very demanding job which is well rewarded and respected by the citizens.

Cara Sara,

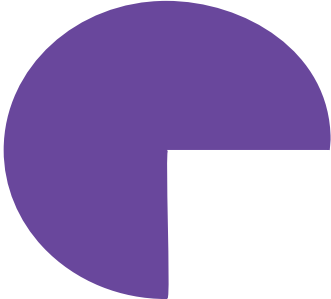
Come stai? Sono Grace, un'amica di Giovanna. Sono diventata medico di base 5 anni fa in Italia. Giovanna mi ha detto che stai pensando di fare il medico di base, quindi ti scrivo per darti alcuni consigli su come diventarlo e per condividere con te la mia esperienza: perché è un buon lavoro!

Penso che il medico di base o di famiglia sia un buon lavoro con una dignità e con un buon stipendio. Il primo motivo è che il medico di base ha un ruolo cruciale nella società perché si occupa dell'educazione sanitaria, della prevenzione delle malattie e della cura dei suoi pazienti. Visto che il medico di famiglia svolge la prima diagnosi, lui o lei valuta se c'è bisogno di vedere un medico specialista. Inoltre, è la figura più importante tra i cittadini e il sistema sanitario nazionale. Filtra i pazienti per evitare visite specialistiche inutili e per evitare il sovraffollamento del Pronto Soccorso, quindi riduce lo stress del servizio sanitario nazionale. Credo che questa carriera possa darti soddisfazione perché così puoi curare le malattie, disseminare le conoscenze sanitarie e sostenere il servizio sanitario nazionale. Un lato positivo per i pazienti è che il

Dear Sara,

How are you? I am Grace, a friend of Giovanna. I became a general practitioner 5 years ago in Italy. Giovanna told me that you are thinking of becoming a general practitioner, so I am writing to give you some advice on how to become one and to share my experience with you about why it is a good job.

I think that being a general practitioner or family doctor is a good job with dignity and a good salary. The first reason is that the general practitioner plays a crucial role in society because they deal with health education, disease prevention and the care of patients. As family doctors make the first diagnosis, they assess whether there is a need to see a specialist doctor. Furthermore, they are a very important figure among citizens and the national health system. General practitioners 'sort' patients to avoid unnecessary specialist visits and overcrowding the emergency rooms, thus reducing the stress on the national health service. I believe this career can give you a sense of achievement because you can cure diseases, disseminate health knowledge and support the national health service. A positive side



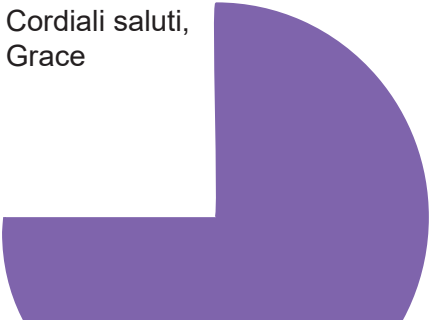
medico di famiglia si occupa di loro per molti anni, quindi li conosce bene, conosce i loro problemi e le loro malattie e sono in confidenza con lui o lei. La fiducia fra il medico di base e il paziente è molto importante per guarire!

Inoltre, il medico di base potrebbe avere un ottimo stipendio anche se bisogna dire che sempre è molto impegnato, particolarmente oggi durante ed anche dopo l'emergenza del coronavirus. In generale, un medico di base riceve una quota che dipende dal numero dei pazienti (il numero massimo è 1.500) e dagli anni di lavoro professionale. Se hai in carico 1.500 assistiti, guadagnerai mediamente 117.5 euro lordi annui e circa 4.600 euro lordi al mese secondo il sito www.money.it. Oltre alla quota, se assumi segreterie o infermieri oppure organizzi un'associazione, puoi ricevere anche dei finanziamenti dallo Stato. Quindi, il medico di base è un lavoro con un buon stipendio.

Infine, vorrei spiegarti come si diventa medico di base. Il percorso di studio è molto lungo: devi essere molto motivata! Dovresti superare il test di medicina e prendere la laurea. Poi, dovrai passare l'esame di Stato e ottenere la qualifica professionale. C'è bisogno di 3 anni per preparare l'esame pubblico e per specializzarsi in Medicina Generale. Le esperienze sul campo saranno molto importanti per ottenere punteggio e salire nella graduatoria nelle liste regionali delle Asl (Azienda Sanitaria Locale). Inoltre, penso che l'impegno, la dedizione e la passione siano molto importanti durante il percorso di studio ed anche per mantenere il rapporto di fiducia con i pazienti.

Insomma, il medico di base è un buon lavoro per la tua carriera personale ed è della massima importanza per il sistema sanitario dello Stato. Spero che tu voglia diventare medico di base! Se vuoi parlare direttamente e farmi delle domande, possiamo sentirci. Buona fortuna!

Cordiali saluti,
Grace



for patients is that family doctors take care of them for many years, so they know them well, they know their problems and illnesses and the patients are comfortable with them. Trust between the general practitioner and the patient is very important for healing!

In addition, general practitioners can have excellent salaries, even if we must admit that it is a very demanding job, particularly today during and even after the coronavirus emergency. In general, a general practitioner receives a quota that depends on the number of patients (the maximum number is 1,500) and on the years of professional work. If you have 1,500 clients in charge, you will earn an average of 117,5 euros gross per year and about 4,600 euros gross per month according to the website www.money.it. In addition to the quota, if you hire secretaries or nurses or organise an association, you can also receive funding from the state. Hence, being a general practitioner is a job with a good salary.

Finally, I would like to explain how you become a general practitioner. The study path is very long: you must be very motivated! You have to pass the medical test and take your degree. Then, you will have to pass a public exam and obtain the professional qualification. It takes 3 years to prepare for the public exam and to specialize in General Medicine. The experiences in the field will be very important to get scores and go up in the ranking in the regional lists of the ASL (Local Health Authority). Furthermore, I think that commitment, dedication and passion are indeed crucial during your studies, and also to maintain the relationship of trust with your patients.

In short, working as a general practitioner is a good job for your personal career and is of the utmost importance for the country's health system. I hope you would like to become a general practitioner! If you want to speak directly and ask me questions, we can talk to each other. Good luck!

Best regards,
Grace

Yike Miao
Chinese
International Communications
Year 2
1 year learning Korean

나의 지난 겨울방학

My last winter vacation

제 지난 겨울방학은 정말 재미있었어요. 일월 십칠일은 제 아버지 생일이었어요. 그래서 저는 아버지를 위해 생일 케이크를 만들었어요. 그리고 요리도 했어요. 음식이 모두 맛있어서 기분이 정말 좋았어요. 부모님께서도 그 음식을 다 좋아하셨어요.

그리고 저는 방학 기간 동안 한국 드라마를 많이 봤어요. 그 중에서 <슈퍼맨이 돌아왔다>를 봤는데 여기에 나오는 아이들은 정말 재미있어요. 특히 저는 아이들 중에서 벤틀리가 제일 좋아요. 정말 귀여워요. 그리고 저는 <힘쎈여자도봉순>도 봤어요. 남자 배우와 여자 배우가 모두 멋있고 연기를 참 잘 해요. 이 드라마를 볼 때 이야기를 함께 추리할 수 있어서 너무 재미있었어요.

그리고 저는 방학 때 가족들과 함께 집 근처 공원에 소풍을 갔어요. 날씨는 좀 추웠지만 그곳 경치가 아주 아름다워서 우리는 기분이 좋았어요. 우리는 사진도 많이 찍고 공원에서 연도 날렸어요. 아주 재미있었어요.

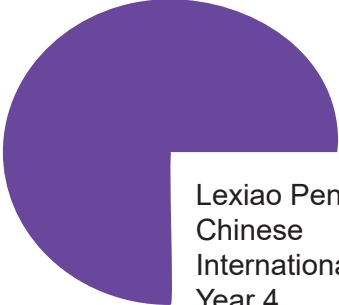
그리고 제 어머니께서 저에게 간식을 만드는 방법을 가르쳐 주셨어요. 이 간식의 이름은 '관음전'이에요. 관음전은 우리 고향에서 가장 유명한 간식이에요. 관음전을 만드는 방법은 어렵지 않아요. 먼저 밀가루에 버터, 계란을 넣고 섞어요. 그리고 반죽에 설탕, 참깨, 땅콩을 넣어요. 그 다음에 그 반죽을 20분쯤 구우면 돼요. 제가 만든 관음전이 아주 맛있어서 저는 기뻐했어요.

My last winter vacation was very enjoyable. The seventeenth of January is my father's birthday. Therefore, I made a birthday cake on my own and cooked for him. I was very happy that all the food was delicious and my parents enjoyed eating all the dishes very much.

I also watched a lot of Korean dramas during this vacation. I watched a variety show called "The Return of Superman". The children in this show are all very interesting. In particular, Bentley, who is so cute that I like him more than the other children. Moreover, I watched a Korean TV series called "Strong Woman Do Bong Soon". Both the main actor and actress are pretty and good at acting. I love the interesting storyline in this TV series. And when I watched it, I also had an opportunity to participate in the reasoning since the plot is related to suspense reasoning.

My family also had a picnic in the park near our house. Although the weather was a little cold, the scenery there was very beautiful, which made us feel good. We took a lot of photos and flew a kite there.

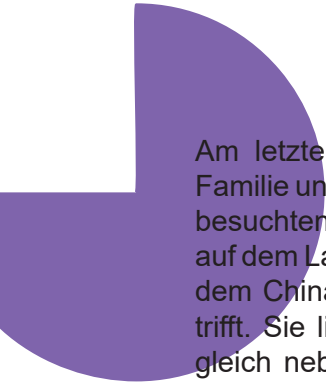
My mother taught me how to cook a snack. The name of the snack is 'guanyinbing' and this is one of the most famous snacks in my hometown. It is not difficult to cook this delicious dish. Firstly, add butter and eggs to the flour. And then put sugar, sesame seeds and peanuts into the dough. Then bake the dough for about 20 minutes. I was pleased to find that it tasted delicious.



Lexiao Peng
Chinese
International Studies
Year 4
3 years learning German

Die Grenzstadt Manzhouli

The border city Manzhouli



Am letzten Nationalfeiertag reisten meine Familie und ich in den Nordosten Chinas und besuchten Manzhouli, die größte Hafenstadt auf dem Landweg. Diese Stadt ist der Ort, an dem China auf die Mongolei und Russland trifft. Sie liegt in der Inneren Mongolei und gleich neben dem Hulunbeir-Grasland und wurde in der späten Qing-Dynastie einst von Russen kolonisiert. Heute ist die Stadt ein Ort der chinesisch-russischen Freundschaft.

Statt einer natürlichen Grenze wie Fluss oder Berg trennt ein künstlicher Grenzstein in der Mitte einer chinesisch-russischen Eisenbahnstrecke Manzhouli von Russland. Der Grenzstein ist auch eine Touristenattraktion. Die chinesisch-russische Grenze ist tatsächlich sehr lang. Bevor ich nach Manzhouli kam, hatte ich eine Stadt besucht, die einen Grenzfluss hat. Auf der anderen Seite des Flusses liegt ein kleines russisches Dorf.

Manzhouli ist berühmt für seinen blühenden Handel mit Russland. Daher sahen wir in der Stadt viele russische Reisende, die möglicherweise Geschäftsleute sind, und Geschäfte, die für die neuesten russischen Waren wie Käse und Bier warben.



Last national day, my family and I travelled to the Northeast of China and visited Manzhouli, the biggest land port city. This city is where China meets Mongolia and Russia. It lies in Inner Mongolia, just next to the Hulunbeir Grassland. In the late Qing dynasty it was once colonized by Russia. Now the city is a place of China-Russia friendship.

Instead of natural border such as a river or a mountain, a boundary stone in the middle of a China-Russia railroad separates Manzhouli from Russia. The boundary stone also has become a tourist attraction. The border separating China and Russia is very long. Before I arrived in Manzhouli, I had visited a town, which has a river boundary separating it from Russia. On the other side of the river is a small Russian village.

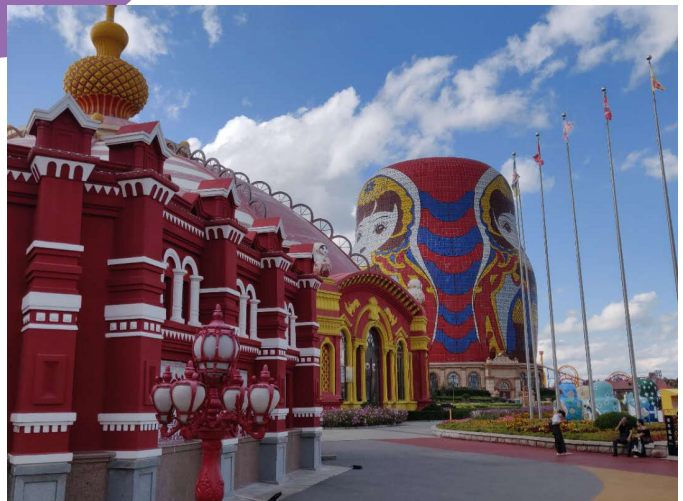
Manzhouli is famous for its prosperous trade with Russia. Therefore, in the city, we saw a lot of Russian travellers, who may possibly have been businessmen. We also noticed many shops advertising the latest Russian goods such as cheese and beer.

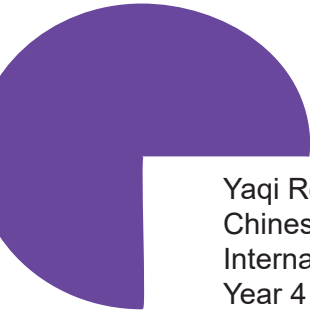
Wenn man auf der Straße spazieren geht, ist es leicht, den Einfluss Russlands und der Mongolei zu erkennen. Verkehrsschilder sind dreisprachig geschrieben, in Mandarin, traditionell mongolisch und russisch. Interessanterweise wird in der Mongolei Mongolisch mit kyrillischen Buchstaben geschrieben. Neben der Sprache hat auch der Architekturstil in der Stadt einen fremden Einschlag. Es gibt ein Hotel, das als Matrioska-Hotel bekannt ist, weil es genau wie eine riesige Matroschka-Puppe aussieht. Neben dem Hotel befindet sich der Stadtpark, in dem viele Gebäude Zwiebeltürme haben. Zwiebelkuppel bedeutet für mich normalerweise russisch-orthodoxe Kirche, und ich erwarte das in China nie. Im Museum des Parks sah ich, wie die Schülerinnen und Schüler ein Video des Balletts Schwanensee genossen und Bücher über die Geschichte der Mongolei lasen.

Obwohl die Stadt offensichtlich von einer nicht-chinesischen Kultur beeinflusst ist, wird sie immer noch von der Han-Kultur dominiert. Es gibt viele Gemeinschaften von Mongolen und Russen. Trotzdem sind die Han die Mehrheit. Als eine Han Touristin fand ich, dass die meisten Menschen um mich herum Mandarin sprachen und wie ich gekleidet waren.

Walking on the street, it is easy to feel the influence of Russia and Mongolia. Traffic signs are written trilingually, in Mandarin, traditional Mongolian and Russian. Interestingly, in the country of Mongolia, Mongolian is written in Cyrillic letters. As well as language, the architectural style in the city has a foreign element. There is a hotel known as Matrioska hotel because it looks exactly a giant Matryoshka doll. Next to the hotel is the city park, where many buildings have onion domes. Onion dome in my mind usually means Russian orthodox church and I have never expected to see this in China. In the park's museum, I saw pupils enjoying a video of Swan Lake ballet and reading books about Mongolian history.

Though obviously influenced by non-Chinese culture, the city is still dominated by Han culture. Although there are many communities of Mongolians and Russians, Han people are dominant. As a Han tourist, I found most of the people around me were speaking Mandarin and were dressed like me.





Yaqi Ren
Chinese
International Communications
Year 4
3 years learning Spanish

Ningbo, 24 de abril de 2020

Hola, Carla:

¿Cómo estás? Estoy muy bien. Muchas gracias por preocuparte por mí. Yo también estaba planeando escribirte para contarte mi verano. Como te dije, el verano pasado asistí a un campamento de verano y conocí a una chica muy interesante. Tenemos muchos temas en común y por eso pronto nos hicimos amigos. Casualmente, somos estudiantes de la misma universidad. Hemos estado enamorados desde el comienzo del semestre pasado.

A menudo salimos a comer y a ver películas en nuestro tiempo libre. Los fines de semana solemos viajar a ciudades cercanas a la escuela. Ya estemos felices o tristes, estamos dispuestos a compartir nuestros sentimientos. Por cierto, a menudo cocino para ella, ¡le gusta mi comida!

Una vez nos peleamos porque olvidé darle un regalo el día de San Valentín. Pero pronto nos reconciamos. Le dije que estaba ocupado con un examen, así que rápidamente me perdonó. Esta ha sido nuestra única disputa.

La epidemia ha estallado este año. Por seguridad, nos hemos quedado en nuestras respectivas ciudades. Aunque no podemos vernos, chateamos en línea todos los días y nuestra relación es muy estable. Chatear con ella es mi momento más esperanzador y feliz.

No nos hemos visto en mucho tiempo, así que espero verte pronto para poder contarte mi historia de amor en persona. Todavía tengo muchas cosas interesantes que contarte. ¡Espero que estés bien!

Un fuerte abrazo,

Pedro



Ningbo, April 24, 2020

Hi Carla,

How have you been doing? I'm fine. Thanks very much for your concern. I am also going to write to you about my summer. As I told you, I attended a summer camp and met a very interesting girl. We have a lot in common and became friends soon. Coincidentally, we are studying at the same university. We've been in love since the beginning of last semester.

We often went out to eat and watched movies in our spare time. At weekends, we often travelled to the city near our school. Whether happy or sad, we are ready to share our feelings with each other. By the way, I often cook for her and she really likes my food!

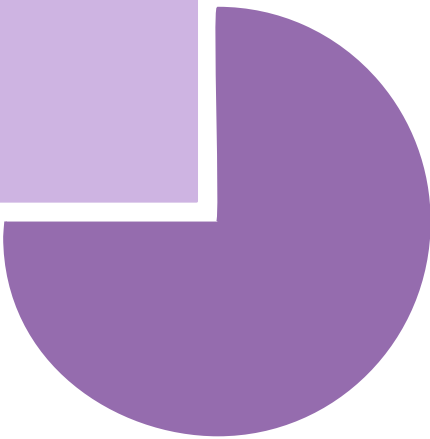
Once, we had a fight because I forgot to give her a present for Valentine's day. However, we made up quickly. I told her that I was busy with my exams, so she quickly forgave me. That was our only dispute.

This year we had an outbreak of COVID-19. To be on the safe side, we stayed in our respective cities. Although we can't see each other, we chat online every day and our relationship is very stable. Talking to her is my most hopeful and happy moment.

We haven't seen each other for a long time. I really hope to see you soon so that I can tell you the story in person. I still have a lot of interesting things to tell you. Wish you good health!

A big hug,

Pedro



Ruitian Wang
Chinese
International Communications
Year 4
3 years learning French

Protégeons la planète en quelques gestes simples

Let's protect the Earth with a few simple actions

1. On pourrait éteindre les lumières pendant une heure. Cela peut rappeler aux gens de se souvenir d'éteindre les lumières. C'est important pour économiser de l'électricité. On pourrait également acheter et utiliser des lampes à économie d'énergie.

2. On essaierait de choisir une façon de voyager sobre en carbone. On prendrait les transports en commun comme les bus, les vélos. Le vélo est bon pour la santé. Les voitures particulières peuvent polluer l'environnement.

3. Lorsque nous achetons, nous pourrions apporter nos propres sacs à provisions. Il est important de réduire l'utilisation de sacs en plastique.

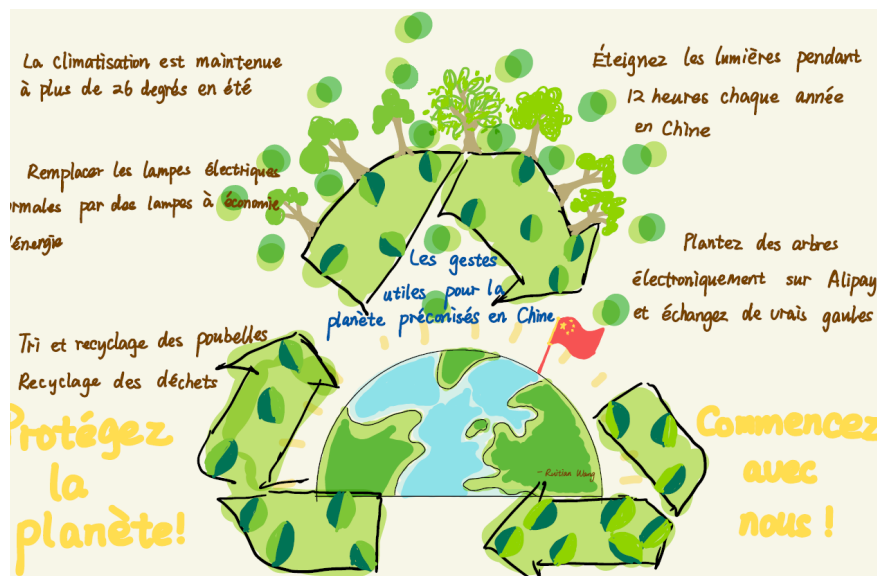
4. N'oubliez pas d'économiser l'eau ! Nous pouvons lancer des défis de conservation de l'eau sur les médias sociaux. Tout le monde peut poster des photos de sa conservation de l'eau. Par exemple, aujourd'hui, j'ai tiré la chasse d'eau des toilettes avec de l'eau du bain.

1. We can turn off the lights for an hour. It can remind people to remember to turn off the lights. Saving electricity is very important. We can also buy and use energy-saving lamps.

2. We can try to choose a low-carbon travel method. We can take public transportation such as buses, or ride bicycles. Cycling is good for our health. Private cars pollute the environment.

3. When going shopping, we can bring our own shopping bags. It is very important to reduce the use of plastic bags.

4. Don't forget to save water! We can initiate water saving challenges on social media. Everyone can post their own photo of water saving. For example, today I used bath water to flush the toilet.

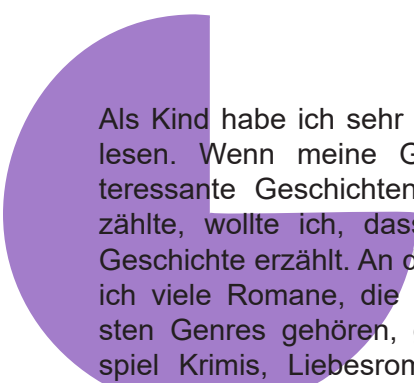




Liangchen Wei
Chinese
Nottingham University Business School
Year 4
4 years learning German

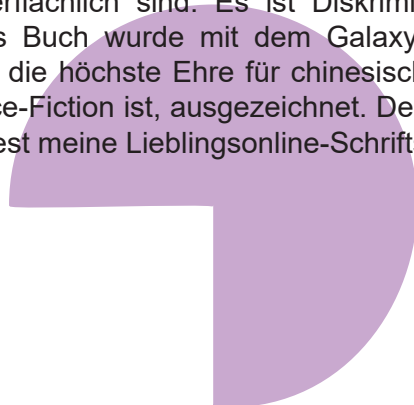
Ein lesenswerter Roman

A recommendable novel



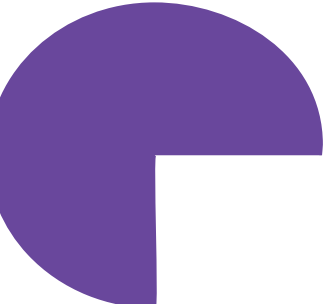
Als Kind habe ich sehr gerne Romane gelesen. Wenn meine Großmutter mir interessante Geschichten aus Büchern erzählte, wollte ich, dass Oma noch eine Geschichte erzählt. An der Universität habe ich viele Romane, die zu unterschiedlichsten Genres gehören, gelesen. Zum Beispiel Krimis, Liebesromane, Mythen und Science-Fiction Romane. Mein Lieblingsbuch ist „Waren mit Fabrikationsfehlern“.

„Waren mit Fabrikationsfehlern“ ist ein Science-Fiction Roman. Die Autorin dieses Buches ist nicht berühmt. Ihr Name ist Priest. Sie ist eine Online-Schriftstellerin und hat viele Online-Romane geschrieben. Heutzutage denken viele Leute, dass die Fähigkeiten von Online-Schriftstellern schlecht sind und ihre Romane sehr kindisch und oberflächlich sind. Es ist Diskriminierung. Das Buch wurde mit dem Galaxy Award, der die höchste Ehre für chinesischen Science-Fiction ist, ausgezeichnet. Deshalb ist Priest meine Lieblingsonline-Schriftstellerin.



As a child I loved reading novels. When my grandmother told me interesting stories from books, I wanted her to tell me another story. At university I read many novels from a variety of genres. For example, crime novels, romance novels, myths and science fiction novels. My favourite book is “The Defective”.

“The Defective” is a science fiction novel. The author of this book is not famous, her name is Priest. She is an online writer and has written many online novels. Nowadays many people believe that online writers lack in skills and that their novels are childish and superficial. This is discriminating. The book has been awarded the Galaxy Award, which is the highest honour for Chinese science fiction. Therefore, Priest is my favourite online novelist.



In „Waren mit Fabrikationsfehlern“ geht es um politische Reformen. Es gibt acht Galaxien im Buch. Diese Geschichte erzählt, dass die achte Galaxie die anderen Galaxien in die Unabhängigkeit führt. Es gibt Raumschiffe, künstliche Intelligenz und Utopie im Buch. Das Buch ist sehr aufregend. Außerdem ist die Geschichte sehr berührend. Die Beziehung zwischen dem Protagonisten und seinem Adoptivvater ist am beeindruckendsten. Natürlich hat dieses Buch auch dystopische Ideen. Ich mag den Charakter des Protagonisten. Ich denke, er ist fröhlich, optimistisch, stark und unabhängig. Sein Traum ist, dass sie ein Lehrer zu werden, und er arbeitet hart für seinen Traum.

Ich mag diesen Roman und ich möchte ihn meinen Freunden empfehlen. Wenn ich ein gutes Buch lese, will ich es meinen Freunden empfehlen. Weil ich ihre Meinungen und Kommentare wissen will. Ich möchte auch Schriftstellerin werden, weil ich auch interessante Geschichten schreiben und den Menschen die interessanten Geschichten erzählen möchte. Ich hoffe ich kann ein gutes Buch schreiben.



“The Defective” tells of political reform. There are eight galaxies in the story. The story tells how the eighth galaxy is leading the others into independence. There are spaceships, artificial intelligence and utopias in this book. The book is very exciting, and the story is very touching. The relationship between the main character and his adoptive father is the most impressive. Of course, the book also touches on some dystopian ideas. I like the character of the main character. He is cheerful, optimistic, strong and independent. His dream is to become a teacher and he works hard to achieve this dream.

I like this novel and I would like to recommend it to my friends, because I would like to know their opinion and comments. I would also like to become a writer, because I dream of writing interesting stories and telling them to people. I hope that I will be able to write a good book.

Wandi Xu
Chinese
International Communications
Year 4
3 years learning Italian

Emergenza Coronavirus: dal rischio del contagio al rischio depressione.

Ma non chiudiamo il nostro cuore!

Coronavirus Emergency: From the Risk of Infection to the Risk of Depression

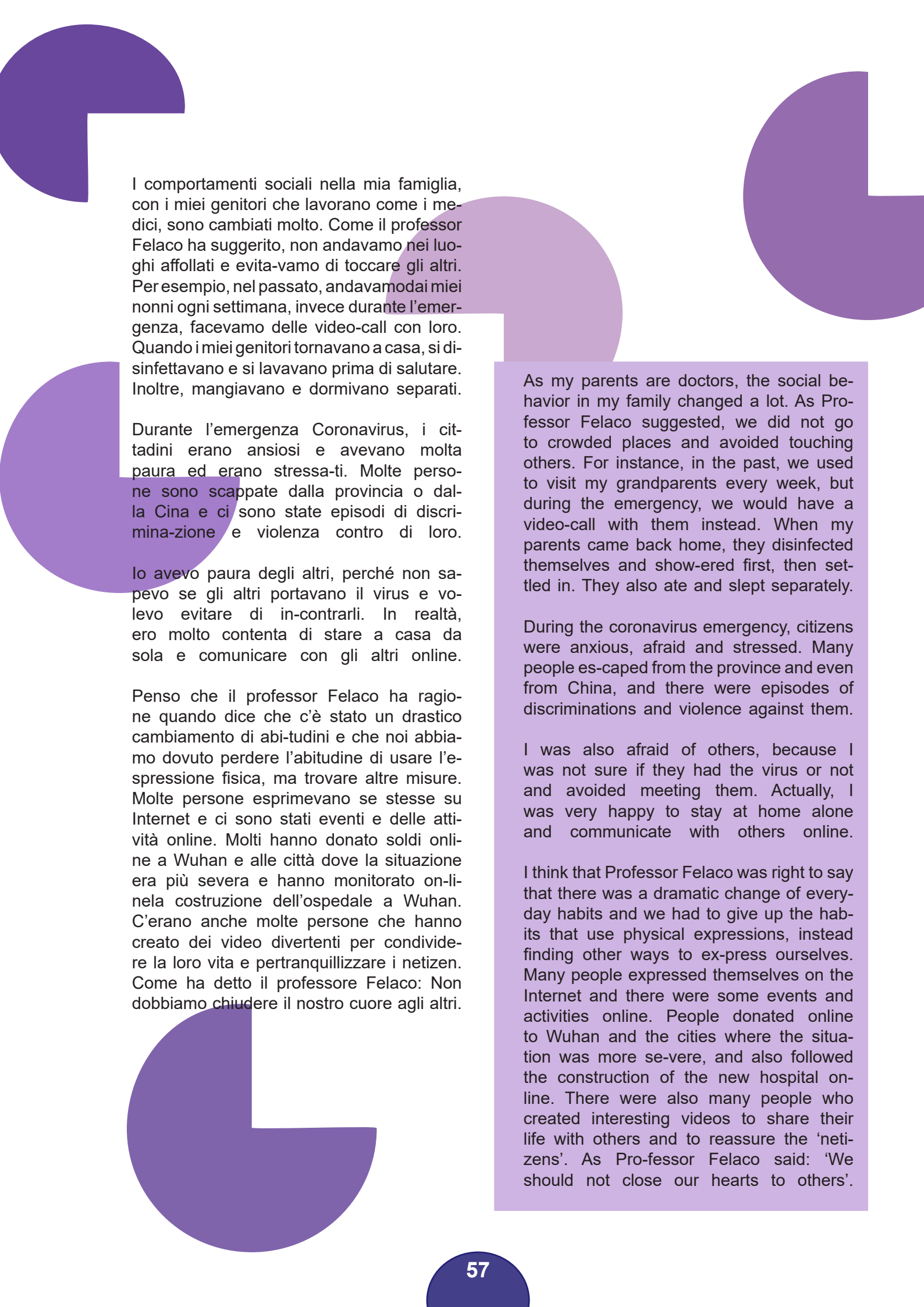
Let's not Close our Hearts!

Questo articolo nasce dalla lettura di un'intervista (NapoliToday, 9 marzo 2020) a uno psicologo, il professor Raffaele Felaco, sui rischi psicologici del coronavirus e su come il modo di interagire con gli altri è cambiato a causa del coronavirus.

This article was prompted by the reading of an interview (NapoliToday, 9th March 2020) with psychologist Professor Raffaele Felaco. The interview was about the psychological risks of coronavirus and how social interaction has changed because of it.

Il virus ha portato molti cambiamenti in Cina. Per sicurezza, le scuole e le aziende sono state chiuse, e quindi, durante l'emergenza c'erano poche persone sulla strada e stavano sempre a di-stanza. Ho visto dei video che descrivono i cambiamenti del comportamento sociale. Generalmen-te, in Cina, la distanza personale è limitata (forse perché ci sono sempre molte persone in Cina), ma durante l'emergenza, le persone rimanevano lontano dagli altri. Anche quando stavano facendo la coda, le persone rimanevano ad al meno un metro e mezzo di distanza dagli altri. Inoltre, i cinesi di solito si stringono la mano quando si incontrano. Ma durante l'emergenza, ho visto un video do-ve le persone si salutavano con i piedi. Questo forse non è successo in realtà, ma ora non stringiamo la mano e evitiamo di toccare gli altri.

The virus has brought many changes in China. Schools and companies were closed for safety, so during the emergency there weren't many people out on the streets and they always kept a certain distance from each other. I watched some videos that describe the changes of social behavior. Usually, the personal distance in China is limited (maybe because there are always many people everywhere in China), but during the outbreak people kept a distance from each other even when they were in a queue. In addition, the Chinese usually shake hands when they meet. However, during the emergency, I watched a video where people greeted each other by touching their feet. This may not have actually happened, but we now do not shake hands and avoid touching others.



I comportamenti sociali nella mia famiglia, con i miei genitori che lavorano come i medici, sono cambiati molto. Come il professor Felaco ha suggerito, non andavamo nei luoghi affollati e evitavamo di toccare gli altri. Per esempio, nel passato, andavamo dai miei nonni ogni settimana, invece durante l'emergenza, facevamo delle video-call con loro. Quando i miei genitori tornavano a casa, si disinfettavano e si lavavano prima di salutare. Inoltre, mangiavano e dormivano separati.

Durante l'emergenza Coronavirus, i cittadini erano ansiosi e avevano molta paura ed erano stressati. Molte persone sono scappate dalla provincia o dalla Cina e ci sono state episodi di discriminazione e violenza contro di loro.

Io avevo paura degli altri, perché non sapevo se gli altri portavano il virus e volevo evitare di incontrarli. In realtà, ero molto contenta di stare a casa da sola e comunicare con gli altri online.

Penso che il professor Felaco ha ragione quando dice che c'è stato un drastico cambiamento di abitudini e che noi abbiamo dovuto perdere l'abitudine di usare l'espressione fisica, ma trovare altre misure. Molte persone esprimevano se stesse su Internet e ci sono stati eventi e delle attività online. Molti hanno donato soldi online a Wuhan e alle città dove la situazione era più severa e hanno monitorato online la costruzione dell'ospedale a Wuhan. C'erano anche molte persone che hanno creato dei video divertenti per condividere la loro vita e per tranquillizzare i netizen. Come ha detto il professore Felaco: Non dobbiamo chiudere il nostro cuore agli altri.

As my parents are doctors, the social behavior in my family changed a lot. As Professor Felaco suggested, we did not go to crowded places and avoided touching others. For instance, in the past, we used to visit my grandparents every week, but during the emergency, we would have a video-call with them instead. When my parents came back home, they disinfected themselves and showered first, then settled in. They also ate and slept separately.

During the coronavirus emergency, citizens were anxious, afraid and stressed. Many people escaped from the province and even from China, and there were episodes of discriminations and violence against them.

I was also afraid of others, because I was not sure if they had the virus or not and avoided meeting them. Actually, I was very happy to stay at home alone and communicate with others online.

I think that Professor Felaco was right to say that there was a dramatic change of everyday habits and we had to give up the habits that use physical expressions, instead finding other ways to express ourselves. Many people expressed themselves on the Internet and there were some events and activities online. People donated online to Wuhan and the cities where the situation was more severe, and also followed the construction of the new hospital online. There were also many people who created interesting videos to share their life with others and to reassure the 'netizens'. As Professor Felaco said: 'We should not close our hearts to others'.

Hee Yeon Yoon
South Korean
Nottingham University Business School
Year 4
5 years learning Mandarin

现代人的价值观变化

Values changing in today's society

随着经济和科学技术的发展,人们对生活的态度也发生了变化。现代人在价值观、恋爱观、婚姻观等方面与他们的父母一代存在差异。这些观念的差异往往导致矛盾和冲突。

随着以农业为中心的社会向以产业为中心的社会转变,产业中心变成了大城市。以大城市为中心的大公司应运而生,许多年轻人为了寻找新的机会搬到了大城市。城市的快速发展,使上海这样的大城市里的人有了精明且注重利益的特点。

此外,女性走向社会改变了现代人的婚姻观。不论男女,现代人的生活和节奏很快,缺少谈恋爱的时间。许多年轻人选择了不同于父母一代以家庭为中心的生活方式:他们通过工作赚取生活费来养活自己;不仅不把生孩子当成必须的,还有些人甚至认为结婚也并非必需品。

现代的年轻人在大城市工作,成为经济发展的主力。他们摆脱了以家庭为中心的社会,开始重视实现自我的社会价值。这样的价值观变化是与前一代人产生冲突的原因。因此,年轻人要跟父母沟通彼此的观点,在互相充分理解的基础上,解决与父母的矛盾,选择适合自己的生活方式。

With the development of economy and science and technology, people have changed their attitudes towards life. Young people have different views on social values, love, and marriage from those of their parents. The different views and beliefs often lead to misunderstandings and conflicts between the two generations.

The society has transformed from an agriculture-centred to an industry-centred one and the industrial centre has formed into a city. Big companies are being set up in big cities, which attracts lots of young people to move to these cities for good jobs and better future. The rapid development of a city like Shanghai has made its people shrewd and interest-oriented.

In addition, women joining the workforce changed people's view of marriage. Regardless of gender, everyone is living a fast-paced modern life, and lacks time to fall in love. Many young people choose a different lifestyle from their parents: they make a living with jobs. Children are no longer a necessity for them neither is marriage.

Furthermore, young people in big cities have become the main power of economic development. They have got rid of the family-centred tradition and began to focus on their own social values. Such changes are the cause of conflict with the previous generation. We suggest young people should communicate their thoughts to their parents, resolve the conflicts and choose a lifestyle that suits them on a basis of mutual understanding.

Huining Zhang (희진)
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International Communications
Year 3
2 years learning Korean

기억에 남는 한국 여행

My Memorable Trip to Korea

저는 지난 여름 방학 때 친구랑 같이 고려대학교 썸머 스쿨에 다녔어요. 그 한달 동안 수업도 듣고 많은 곳도 구경했어요. 그중에서 제일 기억에 남는 곳이 경복궁이에요. 경복궁은 한국의 유명한 전통 궁전이에요. 옛날에 왕이 산 곳이에요. 경복궁에 가기 전에 한국 친구들이 한복을 입으면 무료관람을 할 수 있다고 했어요. 그래서 경복궁에 들어가기 전에 한복을 빌려 입었어요. 하지만 제 키가 커서 한복을 고르는 데 많은 시간이 걸렸어요. 결국 어울리는 한복도 고르고 비녀도 머리에 꽂았어요. 모두 준비가 돼서 경복궁에 들어 갔어요. 경복궁에 관광객이 많았지만 경치가 아주 아름다웠어요. 그래서 우리는 사진을 많이 찍었어요. 구경이 끝난 다음에 점심으로 시원한 냉면을 먹었어요.

오후에 친구와 함께 지하철로 홍대에 갔어요. 홍익대학교는 한국에서 가장 유명한 예술 대학교예요. 학교 옆에 여러 커피숍도 있고 옷가게도 있어요. 젊은이들 그리고 여행객들이 많은 곳이에요. 여기 옷이 중국에서 사는 것보다 훨씬 싸요. 그래서 우리는 쇼핑을 많이 했어요. 저녁으로 맛있는 감자탕을 먹었어요. 식사후에 산책할 때 길거리공연도 봤어요. 노래를 정말 잘 불러서 놀라웠어요. 우리는 공연을 열심히 응원했어요. 마지막으로 홍대를 떠나서 고려대 기숙사로 다시 돌아갔어요. 피곤했지만 재미있게 하루를 보내서 기분이 좋았어요.

Last summer vacation, I attended Korea University Summer School Programme with my friend. During one month in Korea, I took lessons and went sightseeing a lot. Among the many places I visited, Gyeongbokgung Palace made the greatest impression on me. Gyeongbokgung Palace is a well-known traditional palace where the king of Korea lived in the past. My Korean friend told me that if we visit this place wearing Hanbok (a traditional Korean costume), we can visit for free. Therefore, we first rented Hanbok. Because I am a bit tall, it took time for me to find a suitable Hanbok. Finally, I found the right one and I also put on a traditional Korean ornamental hairpin to decorate my hair. Everything was ready and we entered Gyeongbokgung Palace. Although there were a lot of people there, the palace was beautiful. We took many photos there and we ate cold noodles after sightseeing.

In the afternoon, my friend and I went to Hongik University by subway. Hongik University is famous for art in Korea. There are various cafes and clothing shops around the University. This is the place that young people and tourists like to visit. The clothes here are much cheaper than those in China. So we went shopping a lot. For dinner, we had Pork Back-bone Stew. After dinner, we saw busking on the street. The performers sang a song very well and it surprised us. We enjoyed the songs and cheered for them. We finally left Hongik University and returned to our dormitory. Although we were very tired, we had a very happy day.

Yahui Zhang
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Year 4
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Der Tod des Jupiter

The death of Jupiter

Ich öffnete die Tür der Wohnung und bemerkte, dass die Möbel in der Wohnung die gleichen waren wie beim letzten Mal. Die Wohnung hat nur einen Raum und der Projektor zeigt ein Schwarzweißfoto an der Wand. Dies ist ein Foto von Jupiter mit seinem eigenen Mond Io. Io erscheint vor Jupiter, der das gesamte Bild einnimmt, und wirft seinen eigenen Schatten auf Jupiter. Das Kameraobjektiv friert Jupiter und seinen Mond ein. Seit der erste Mond 1610 von Galileo entdeckt wurde, wurden 79 Jupitermonde registriert. Auf diese Weise ist der Mond Io nichts Besonderes.

Vor drei Jahren habe ich den Besitzer dieser Wohnung zum ersten Mal getroffen und wurde oft als Gast hierher eingeladen. Manchmal war ich der einzige Gast, und manchmal gab es andere Männer. Wir haben uns nicht oft unterhalten, wenn ich bei ihr war. Ich trank leise meine Milch und sie machte ihr eigenen Dinge. Sie weinte oft und wenn sie weinte, sagte sie einen Namen, den ich nicht kannte. Ihr trauriger Blick machte es unmöglich, sich vorzustellen, wie schön sie sein kann, wenn sie lacht.

Bis eines Tages der Besitzer des Namens erschien. Er war ein sanfter Mann mit Brille. Sie plauderten glücklich, bis der Mann ein unangemessenes Bild von der Frau und den anderen zeigte. Sie stritten sich heftig, und schließlich holte der Mann ein Messer hervor und tötete die Frau, und das Blut spritzte über den Boden. Am Anfang wehrte sie sich unter Schmerzen. Allmählich verlor sie den Atem, als wäre ein Stern in einen See gefallen. Ich versteckte mich im Dunkeln und niemand fand mich. Ich rannte vor Angst aus der Wohnung.

Seitdem bin ich nie wieder als Gast eingeladen worden. Aber die Wohnungstür war immer offen, und ich erinnere mich, dass es in ihrem letzten Gespräch um Jupiter und seine Monde ging.

I opened the door of the apartment and noticed that the furniture in the apartment was the same as last time. The apartment has only one room and the projector shows a black and white photo on the wall. This is a photo of Jupiter with its own moon Io. Io appears in front of Jupiter and casts its shadow on Jupiter. The camera lens freezes Jupiter and its moon. Since the first satellite was discovered by Galileo in 1610, there have been 79 Jupiter moons discovered and registered. In that way, moon Io is nothing special.

Three years ago, I met the owner of this apartment for the first time and was often invited here as a guest. Sometimes I was the only guest and sometimes there were other men. We seldom talked with each other when I was with her. I drank my milk quietly and she did her own things. She cried a lot and when she did, she said a name that I didn't know. Her sad look made it impossible to imagine how beautiful she can be when she laughs.

One day the owner of the name appeared. He was a gentleman with glasses. They chatted happily until the man presented an ambiguous picture of the woman and the others. They fought violently, and finally the man took out a knife and killed the woman. The blood spurted across the floor. At first, she struggled in pain. Gradually she lost her breath, as if a star had fallen into a lake. I hid in the dark and nobody found me. I ran out of the apartment in fear.

Since then I have never been invited again as a guest. But the front door was always open, and I remember that their last conversation was about Jupiter and its moons.

Yalu Zhu
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Year 3
2 years learning German

Mein letzter Urlaub

My last vaccation

Vor zwei Monaten bin ich mit meiner Freundin Miris nach Österreich gefahren. Wir sind mit dem Nachtbus nach Salzburg gefahren. Das ist eine herrliche Stadt. Wir sind mit der Seilbahn zur Festung Hohensalzburg gefahren. Dort konnten wir die ganze Stadt übersehen. Die Landschaft war sehr schön! Danach haben wir das Mozart-Geburtshaus und das Mozart-Wohnhous besichtigt. Es hat eine Band auf der Straße gespielt, die fand ich sehr gut. Das Wetter war sonnig, deshalb hatten wir in Salzburg viel Spaß.

Am nächsten Tag sind wir nach Sankt Gilgen und Bad Ischl gefahren. Aber das Wetter wurde schlechter. Es hat geregnet und geschneit. Wir sind auf dem Berg gewandert. Das war spannend, weil es dunkel wurde.



Two months ago, my friend Miris and I went to Austria. The first destination was Salzburg, and we took the night bus. The city is very beautiful. We went to the famous fort by cable car. There is a viewing platform to see the whole city, and the view is amazing. Then we visited the Mozart museums, built at places where he was born, and he lived. Roaming the street, I was attracted by the performance of a band. I have watched street performance several times in European cities, but this was the best in my mind. The weather was sunny when we were in Salzburg, which contributed to a wonderful trip.

The next day, we went to Sankt Gilgen and Bad Ischl. But the weather turned bad. It started to rain and snow. We walked along the train track in the hills, feeling like hiking. It was very exciting, especially as the sky was getting dark.



Dann sind wir mit dem Zug nach Wien gefahren. Wir haben in Wien unsere Freundin Jen getroffen. Wie haben den Großen Saal besichtigt, das fand ich spektakulär. Am Abend haben wir in der Wiener Staatsoper eine russische Oper gesehen, aber leider konnten wir sie nicht verstehen. Da waren viele alte Männer und Frauen, sie waren sehr elegant. Wir haben ein gutes chinesisches Restaurant in Wien gefunden, dort haben wir zweimal gegessen.

Ich bin zufrieden mit meinem Urlaub in Österreich, aber es wäre besser gewesen, wenn ich noch länger hätte bleiben können.



We arrived at Vienna and met our friend Jen there. We visited the Musikverein, which is spectacular. In the evening, we bought the tickets to enjoy the opera in Vienna State Opera. Unfortunately, the opera performed that day was in Russian, and we could not understand it at all. The audiences were old men and women except the tourists, and they were very elegant. In Vienna, we found a Chinese restaurant, where the food tastes really authentic. After the lunch, we went there again for dinner. I am very satisfied with the tour of Austria, bad. It started to rain and snow. but it would be better if I could stay longer.



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