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us? Lending

CULTURE

Clarion Singing in the Golden Hall——
ECNU VIVA Chorus Realized Their Dream
in Vienna

Cultural Ambassadors to Africa

STUDY ABROAD

My Treasure in England

ECNU CIRCLE

ECNU CIRCLE

Andrew Sathoff
Holly Sathoff

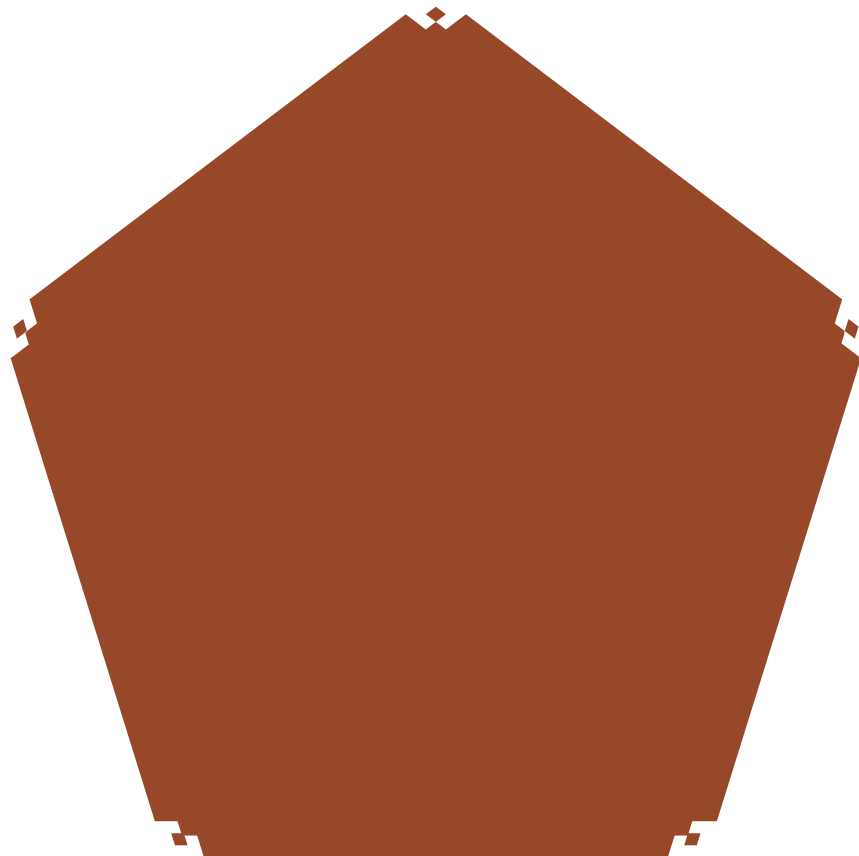
COLUMN

My Country Malawi: The Land, People
and Culture

ENGLISH WORKSHOP

15 Sentences You need to Stop
Misunderstanding

Donation Is Also a Present



What is your ideal present for youth? Some may choose to have an unforgettable journey with partners; Others may want a meaningful gift from parents or friends. But for Dong Xiaoyi, the answer is bone marrow¹ donation. Let us get a close glimpse of such a brave and selfless girl.

ECNU CIRCLE: Can you tell us how you got to know the program?

Dong Xiaoyi: I learned about it through my social practice in the summer of my sophomore year. At that time, my dad helped me contact a Teenager's Activity Center. They had a program called Bone Marrow Storage. I didn't take it too seriously at that time and joined the program with lots of my classmates. I felt that this would be nothing different from donating blood.

about the thing. I simply felt that it's a worthwhile opportunity, and it's a good deed to help others. If anything did influence my decision, it would be my grandmother's story. Back in primary school, my grandmother had a car accident and was in urgent need of blood. However, the blood type of my grandmother was the rare RH negative, and the whole family sank into depression because this type of blood wasn't available in the blood bank. Standing by her side, I was shocked when I saw the

E: When did you know you were listed to donate marrow?

D: I didn't think too much after my bone marrow was collected. In March, I received a phone call saying my bone marrow might be a successful match, and asking me for further examinations in the hospital. I thought the call was a fraud initially. Later I found it was true after I had done some online research. When I talked to my classmates about the program, they all encouraged me to give it a shot although they found it unbelievable at the beginning.

E: What gave you the courage to donate the bone marrow to others?

D: To tell you the truth, I didn't think too much

sad expression on her face. Luckily, we contacted a distant cousin of my grandmother and managed to get the blood needed. This incident had a far-reaching effect on me and taught me how precious blood can be.

E: Did your parents object to your decision to donate the bone marrow?

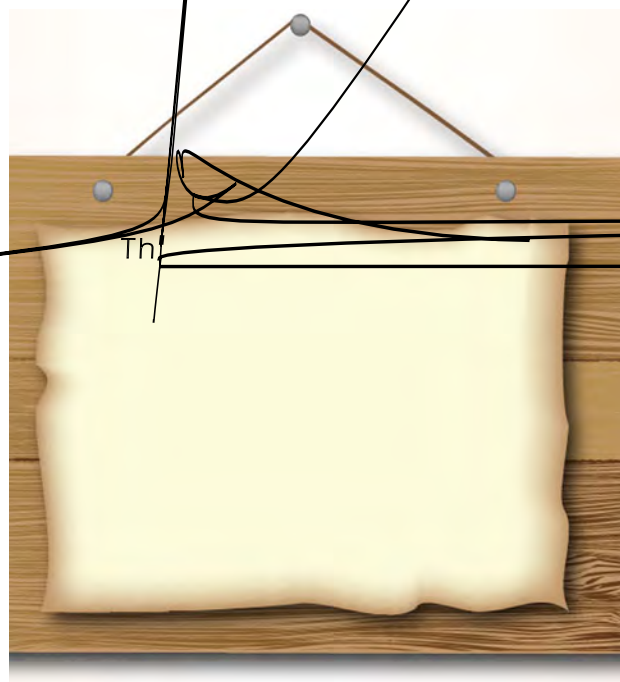
D: My parents approved of my decision when I took the physical examination for bone marrow donation. Yet, right after my examination, my mom suddenly disagreed because she happened to see an example of a bone marrow match failure. Feeling extremely worried, she was resolutely against my decision to make donation. But, I still stuck to

donation serves as a special gift, and teaches me the meaning of responsibility and kindness. I hope they can also do something meaningful and harvest a special gift and beautiful memory.

E: The theme of this issue of ECNU Circle is positive energy. How do you understand positive energy?

D: The core of "Positive Energy" lies in

Waving Goodbye and Starting Anew



excited and nervous at the same time. All in all, New ECNUers come here with great expectation for a new life — independent and meaningful.

Ice Cream's Wishes:

University life, especially academic life, is not as carefree as I thought. Being in my dream university, I feel a little bit stressed, but I think I will be fine. Besides, I am so happy to have my sweet roomies. We are together planning to apply for some positions in the Students' Union. We didn't have a chance to try it in senior high school.

New Comers' Wishes

In September, the scene was commonly seen on campus: Freshers waved goodbye to the fainting¹ figures of their parents, who tried very hard not to look back while fighting the tears back. For some, it is the first time that they have left their parents and lived in dormitories with strangers from all parts of China. For others, they have never been far away from home or lived in a strange city where they even failed to understand the local dialect. Also, we have new postgraduate students on campus. It is likely that they are able to deal with their academic studies in a more mature way, but their exposure to this brand new environment still makes them

The School of Psychology and Cognitive Science

Milk Shake's Wishes:

First of all, I hope that everything will go smoothly, and I wish everyone good health. Since I am now in college instead of in high school, I am going to study hard and play hard. Academic study is an essential part of my university life and so are extracurricular activities. So, I want to get involved in various kinds of clubs. Also, I want to make some foreign friends to broaden my horizons as well as practice the major-related knowledge — teaching Chinese as a second language. University life has been and will be great fun for us.

honest, being a new ECNUer makes me somehow anxious and nervous. I don't have anything specific in mind, but in the following three years, I am going to grasp the knowledge and hopefully I can get a satisfying job after graduation.



School of Life Sciences

Seniors' Voices

While the newcomers of ECNU are getting used to university life, their seniors are making the most of their last year in college and are preparing themselves for the coming farewell. In the past few years, some of them have achieved what they aimed at upon entering the university, while others will have a few regrets by the day they leave the campus. They may have won some scholarships or failed in some examinations; they may have attended a fabulous party or organized one where few people showed up; they may have found their true love or had sad break-ups. Anyway, they will keep all the sweet and bitter memories, cherishing them for the rest of their lives. For graduates, it is time that they should make a choice about their future — whether to find a job or to pursue the study. It's hard choice for most of them.

Amy's Voice:

I am going to France for my postgraduate



International College of Chinese Studies

Chan's Wishes:

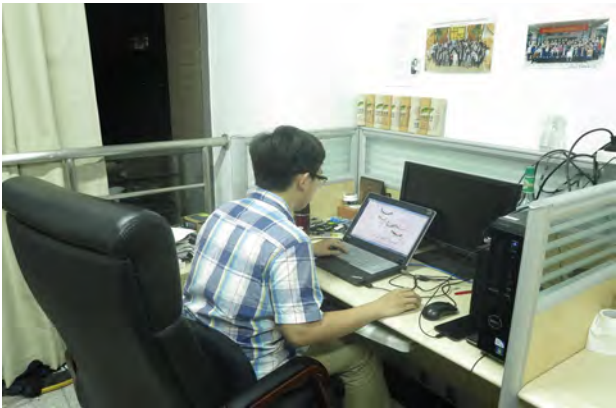
Everything here differs from that in my undergraduate university. East China Normal University is a prestigious university with excellent facilities and well-renowned professors. It immerses students in a perfectly academic environment. To be

study. As a French major, I reckon² that it is beneficial and absolutely necessary to study overseas. That experience will come in handy when I start to look for a job. My suggestion to freshmen is that time flies like an arrow, so the four-year campus life is really short but fun! They need to get rid of their state of confusion as quickly as possible and find their goal so that they won't get lost.

 School of Foreign Languages

Dream Chaser's Voice:

Positive energy is about doing whatever you want to do. For me, after graduation from the postgraduate school, I am determined to be a geography teacher. Postgraduate study is different from undergraduate study. So, what I want to say to the first-year student is that you should try to find out what suits you best.



 College of Resources and Environmental Science

Eggs's Voice:

What I have benefited most from ECNU is the courses that I have taken and activities I have attended. I've learned how to deal with people and work more maturely. I've come to realize my weaknesses and advantages since I began my internship³ this September. At the end of learning in university comes the start of learning in society. Therefore, I believe that I can overcome my obstacles⁴ in the future.



 Art School

- 1. fainting: adj.
- 2. reckon: v.
- 3. internship: n.
- 4. obstacle: n.

The new school year begins, and a new dish from the Huamin Canteen of ECNU hits the headlines – sauté¹ corn with grapes. Some people think it's strange, but other people think it tastes fresh.

Sautéed¹ Corn with Grapes

When it's lunch time, the canteen is crowded with people. Many students are curious about the new dish and want to try it. When it's 11:30 a.m., the sautéed corn with grapes, which costs 3 yuan, is sold out. A student sighs "No more sauté corn with grapes? It's disappointing!" Another says, "Oh, we need to try this next time..." As a student of ECNU, also an editor of *Circle*, I must try this new dish! I expected this dish to be oily and weird. Unexpectedly, the sauté corn with grapes is not bad and it tastes fresh. Corn is a good source of many nutrients, and the grapes brighten the dish. They

combine and have a more chewy² texture with a sweet and hearty taste.

Sweet and sour pork

When eating the sautéed corn with grapes, it makes me think of other cuisines cooked with fruits. Sweet and sour pork is a particularly popular in the canteen, and it is made of vinegar, preserved plums, and hawthorn³ candy (for a scarlet color and sweet-sour taste). The Northeast Chinese version is named Guō Bǎo Ròu in Chinese. It consists of bite-sized pieces of pork deep-fried in potato starch batter. They are then lightly stewed in a variation of

a sweet and sour sauce, which is made from freshly prepared caramel⁴, rice vinegar, ginger, and garlic. The deep-fried batter absorbs the sauce and softens. The Beijing variety has the sauce thin and watery. In northeastern China, a thicker sauce with ketchup is added to it, but both versions are characterized by an intense ginger and garlic favor.

Pig Lung Soup with Tendril Leaved Fritillary Bulb and Pear

During the transition of summer to autumn, the throat usually gets dry, and dry skin flakes appear. Also, the lungs can be easily harmed, and a sore throat is commonly found. Care should also be taken to avoid nasal diseases and bronchitis during these days. Therefore, a diet needs to nourish your Yin and soothe your lungs. Pig Lung Soup with Tendril leaved Fritillary Bulb and Pear is a good choice for us. Pears have flesh⁵ that is fragile and juicy, but they have a sweet, faint scent. Their color is distinctive and are nutritionally rich. Doctors of traditional Chinese medicine think pear flavor is pleasant, nonacidic, and good for lung and stomach healing. Pears cause the disappearance of phlegm⁶ in the lungs. In addition, pears promote the secretion of saliva, dry coughs, and quench thirst. Also, doctors of traditional Chinese medicine think that shape complements form. It means the pig lung is like our human lung, so when we eat the pig lung, it is healthy for our lungs.

- 1. sauté: adj.
- 2. chewy: adj.
- 3. hawthorn: n.
- 4. caramel: n.
- 5. fesh: n.
- 6. phlegm: n.

Positive Events



This story comes from a boy who can't be more ordinary. However, just as this ordinary person says, "All we have done may seem ordinary, but at least, we can influence the people around us, and this impact, I believe, will fnally be on the society." The boy's name is Wang Hao, the initiator¹ of delivering the old books to the new students. When asked about how he came up with the idea, he

gave me two reasons. Every year, the cost of our text books is more than 700 Yuan. Meanwhile, quite a lot of students apply for a student loan every year. So, why can't we give what we really do not need to the needy, instead of selling the books at the prices of 0.15 Yuan per kilogram to the recycling center? Also, he happened to know that books reusing is quite popular in many foreign countries, while it is narrow-spread in our own country.

Wang Hao's first try was a success because quite a lot of students responded to his call. Most

of the students were delighted to give out the books such as *Chairman Mao's Theory*, *College Chinese*, *Marxism*, and so on. It turned out that a quarter of the freshmen in the Biology Department got a full set of books.

"This event was started by me, and I do not want it to end with my generation, with us now! It is just in our department, and someday actions will be taken by the whole university and even the society." Wang says with great enthusiasm.



There is an event that truly explains the saying "Roses are given, fragrance in hand". There is an event that is filled with love. There is an event that really shows the positive energy. This event is called the charity sale.

Everyone knows that ECNU is full of love, so

why won't charity sales be seen at ECNU?

This year, we can see numerous charity sales all making one feel the real positive energy.

April 24th is the day! In order to realize the dreams of the migrant workers' children for entering colleges during the period of the Youth Day, a

charity sale was held at ECNU by the students who major in Social Development. The goods of love included not only what some companies had donated, but also many handicrafts made by the children. From these elaborate crafts, you could really feel their strong desire to enter the college. Colorful photo frames, tissue boxes, and card sleeves could make one have a deep impression and slow their pace to give their own energy to do something for the children's dreams.

April 26th is the day! The charity sale started at 9 o'clock and was mainly arranged by the ACSF of the students who major in Politics, the youth league branch of the Wujing government, and other business departments nearby. The activity involved three parts. The first part was the preparatory stage before the activity began. The students posted up the leaflets and the donation bags, which created awareness. The second part, also the main part, was the charity sale. All kinds of goods were gathered there, such as dolls, clothes, toys, shoes, books and

even a bread maker. A transient charity sale, which just lasted for no more than two hours, gathered 242.5 Yuan, and all of the donations were given to the earthquake-stricken areas in Sichuan province.

April 28th is the day! The Department of Preschool Education and Special Education at ECNU held an event, which was called "Hello, Youth — the Space of Culture". Three groups of students gave lots of group songs; a highlight was Liu Yuning's improvisation. Also, the members of the school baseball organization were invited to give the instructions, and the present students and teachers actively took part in practice. At the same time, a charity sale was held and many handicrafts, works of art, and models were donated for sale. Teachers and students were all generous to pay the money. This charity sale gathered 1646.9 Yuan, and it was delivered to the earthquake-stricken area.

Every day is the day! All those events mentioned are just like a drop in the sea, and the love at ECNU never stops.

If you were asked to say several positive qualities, what answers would you give me? It may be "diligence", "solidarity", "toughness", "execution", "punctuality", and so on.

All of the qualities are what we want to obtain, and just because of one event, we can have the cake and eat it, too. Two words should be blurted out now. They are "military training".

On the morning of August 20th, all of the sophomores at ECNU were waiting for the beginning of the event. They did not know whether it would be an amusement park or a hell. The mixed emotions were soon followed with large amounts of hard work. Every day, despite the fact that the

uniforms were completely wet from sweat, there was no tears or complaints. God seemed to want to give these young fighters more practice. The heavy rain and scorching sun in turn came to the students. The students were not to be defeated. All of them tried their best. Some went on until they felt dizzy

trainers were gathered on the playground. Hearing the national song and watching the rising flag, the students were anxiously waiting to show their best performance of the ten days of training. The time finally arrived, bringing the neat square team, standardized goose-step, and enthusiastic chorus

and fell onto the ground. No one was getting hurt. They were only made tougher and obtained more positive energy.

There were more than 3550 students from two campuses of ECNU who took part in the military training. On the afternoon of August 30th, a great many students, teachers, school leaders, and

competition. Thanks were given, and the training at last came to an end.

None of the students will ever forget the experience of the military training. They will ever remember the positive energy inspired by the training.



In May and June came the graduation season. In order to commemorate this annual event, East China Normal University carried out an activity "The Favorite Teachers at ECNU". This activity was only open to the graduates of 2013. The platform was ECNU official website.

The activity was based on the results of a questionnaire done by the 2013's graduates, which was called "To Elect the Best Teacher in Your Heart." The questionnaire was finished in 2012 and was combined with the opinions of all departments. The 26 teachers with the highest popularity stood out as candidates.

The vote was officially carried out on May 22nd. At the same time, the detailed information about the voting was shown on the official Sina microblog, which attracted the eyes of large groups of ECNUers.

This activity was valuable for the students, the

teachers, and the whole university. The students' lives became more colorful due to this exciting graduation activity. Also, they got another chance to show their appreciation for their favorite teachers. Positive energy is spreading widely on the campus of ECNU.

We made an exclusive interview with one of the Favorite Teachers. The teacher's name is Zhao Xin from the Department of Society and Development. Follow us and let's see what she said.

VALUES OF BEING A TEACHER

When asked how she feels about winning the title, Dr. Zhao couldn't help showing her happiness about being praised. She said the activity was really encouraging. This activity means a lot to the teachers when researching is much more attractive than doing teaching jobs. Only when teachers have

more motivation, they have more inclination to become great teachers. Then, they will be more enthusiastic about teaching. She devotes all her energy to the career of teaching. She spends little time doing the research not because she does not have the ability, but the work of doing research is not where her values lie. When Dr. Zhao was a young girl, she had dreamt of becoming a teacher. She thinks that a teacher can make a positive impact on students. Dr. Zhao said that both her salary and position were satisfactory, so that she could focus on the spirit instead of pursuing the material. Dr. Zhao wants to do her best to be a teacher and help all these students, which has made her a favorite teacher.

THE INTERPRETATION OF POSITIVE ENERGY

Positive energy is just beginning to gain popularity. However, six years ago, when Dr. Zhao just began to work at ECNU, positive energy had already been in the deepest part of her mind. The positive energy for Dr. Zhao is her principle of being a teacher. She wants to show the most positive part of her life and her earnest pursuit of life to her students. Dr. Zhao says that she has also experienced the life of a college student, so she knows what we will be faced with. She wants to share her experience with her students to lead them onto the right track. In Dr. Zhao’s opinion, teachers should always be positive around the students. Even

ADVICE DR. ZHAO GIVES US

As a favorite teacher, Dr. Zhao gives us three suggestions for students.

First of all, she emphasizes the importance of making friends. She says that if you make friends who play with you and gather together with you and talk about your lives, they could be the source of positive energy. With these good friends, you will have the ability to deal with pressure or other negative things in your life.

Secondly, she recommends us to read more books and choose the books with thoughts, such as *Crime and Punishment* by Dostoevsky².

Finally, Dr. Zhao tells us that we should try to find the meaning of our lives. "When we can find out the meaning of our lives or at least try to find the meanings, we will not always see the negative part. When we are young and energetic, we may be satisfied with our lives for we have too much to squander³. However, when we are in our sixties, we will find out that we have been living as a walking dead for too long. Hemingway, as an example, chose to kill himself because he could hardly have the belief in his life. So, try to search for the meaning of your life, and there comes the positive energy!"

when they see some negative parts of the society, teachers shouldn’t make them disappointed. This tells us that everyone is part of this world, and it is our job to make it better. Dr. Zhao really loves one quotation from a poet that shows her attitude, "Please light up the small area around you!"

1. initiator: n.
2. Dostoevsky :
3. squander: v.

Entrepreneurship at ECNU

ECNU CIRCLE: Challenge Cup is a contest about entrepreneurial¹ project. First, would you like to give us a brief introduction about your project? I'm curious whether the project has been carried out in reality and how is the current situation?

Xiong Zhichun: I feel honored to share my project with my schoolmates. We founded a corporation called Shanghai Qingyuan Technology Co. Ltd., which is a water treatment enterprise². It provides eco-friendly³ chemical treatment to sewage. We build up different teams specializing in various departments such as research, production, sales as well as customer services. Thanks to the joined efforts of our team members, we did have an excellent performance in the contest and won the Gold Prize. As for the current situation, the company is growing really fast and now run by my mentor⁴.

E: You mentioned teamwork as an important element in your success. Besides, did you guys get any help from the school or the local government?

X: Sure. We got much support and advice from several professors of ECNU, among whom I should give special thanks to my mentor. He offered us so much professional advice which helped us set a clear goal with good business prospects and work out a feasible plan. We are also very grateful to ECNU Committee of Youth League, who offered us spacious office rooms and other material supports. In fact, so many warm-hearted people lent a helping hand in our undertaking, including our parents, our teachers and government officials.

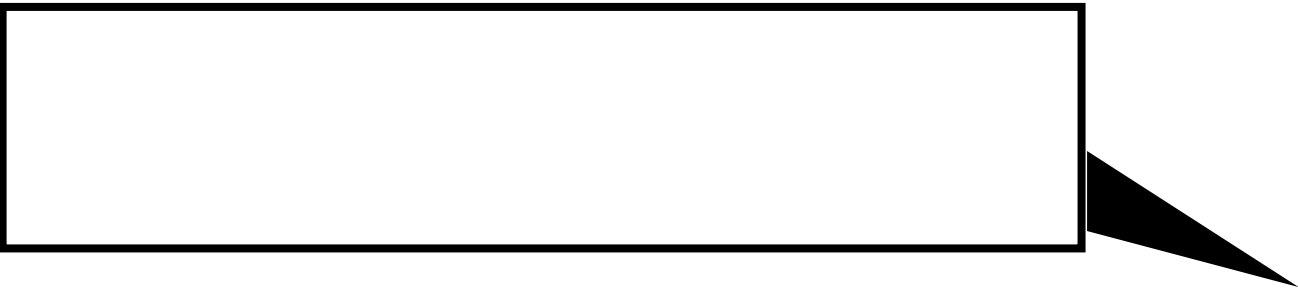
E: As far as I know, you major in physics. What motivates you to start an entrepreneurial project? What qualifications do you think are necessary for an entrepreneur?

X: Although I'm a science major, I learned a lot about how the business works by running a Taobao store. Though it seems rather trivial⁵ or insignificant for entrepreneurs, I did benefit a lot from the experience. One of the biggest benefits is that my communication skills improved a lot while

dealing with customer services. I made great efforts to think in the shoes of customers, so that I can provide better services. It is also true with an entrepreneurial project, which is based on the demand analysis of the market.

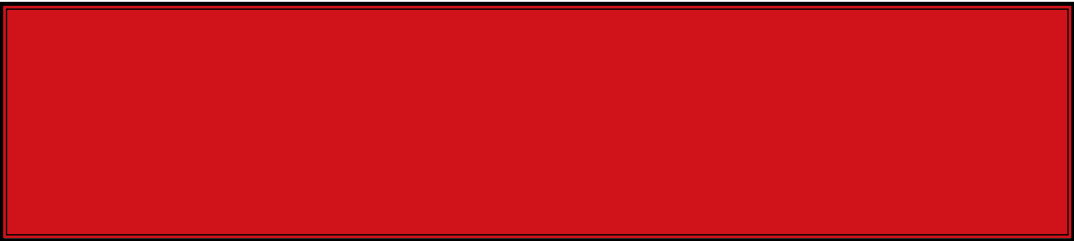
E: As a team leader, how do you define leadership⁶? How do you motivate your team towards the common goal?

X: In my opinion, leadership means more responsibility. My major responsibility lies in the research and development. In addition, I'm also responsible for management of internal affairs of the company. I'll arrange one or two meetings a week at the campus café or on the lawn along Liwa River. After the meeting, we will rush to the canteen for a work meal together. The working atmosphere is relaxing and harmonious⁷.



E: What's your role in the team and what you have learned from your work?

M: Penghao is responsible for building the core team, contacting venture capital¹⁰, and making marketing plans. Meanwhile, Pengyu is responsible for business cooperation and website publicity. But, when it comes to creating a business, there are no clear divisions for





"We will do a better job given another chance!"

ECNU Circle: What is the most challenging part in the tower-building process?

Second Prize Winners: Setting up the base of the tower. It was supposed to be strong enough. We spent lots of time discussing what shape we should adopt for a base. At frst, we thought a square might be the best choice, but it turned out a triangle⁴ base worked best.

The Second Prize went to the tower with the height of 70cm.

E: What regrets do you have for the tower-building process?
S: The spaghetti noodles were not strong enough. First, we could have built a higher tower if we had cut the spaghetti into short pieces. Second, we should have spent more time trying and testing our proposals instead of wasting much time discussing the way to build a tower.

"We made a start. Try and test, you know. "

ECNU Circle: Do you think it is important to work out a plan before setting out to build a tower?

Third Prize Winners: We didn't spend too much time discussing our plan. Instead, we just made a start. Try and test, you know.

E: How do you feel now?
T: We feel very excited winning the third prize and have much fun. It's really challenging in terms of both creativity and language.



The Third Prize went to a tower with the height of 66cm.

A n I n t e r v i e w w i t h t h e E v e n t O r g a n i z e r

We also had an interview with Ben, one of the organizers of the Marshmallow Challenge.
ECNU Circle: Have you ever played Marshmallow before? Can you give us any tips?
Ben: I did something similar in high school, and from the experience in high school, I learned that the base should always be a triangle because if you go with squares they can fall apart easily. As for triangles, they don't bend. So when I built this tower myself, I went with triangles all the way up to the top. Marshmallows should be on the top of the tower. That's very important since I only measure to the marshmallow. Also, the trick in this challenge is that the marshmallow seems to be very light, but in fact , it's heavy enough to cause everything to collapse⁵. So, the key is prototyping⁶ all the way up.

E: What's the intention of organizing such an event on campus?
B: To boost a great interest in learning English and build up a good atmosphere for English learning. And, we want to do something different than the normal English class. In most spoken English classes, the students just stand around the foreign teacher. Really, the foreign teacher is talking, and everyone is listening. But, in this game, everybody is talking. Everybody gets involved in a real communication. Everybody is practising his spoken English.
E: What do you think of the students' performance today?
B: They did really well. The point of English Corner is for everyone to speak English, and it proves that those students have no problem in communicating with others in a real-life situation. It shows that you can complete a very complicated⁷ task, like this, even with the simplest English. Some students think they need very long and complicated sentences for an effective communication. But if you can get your ideas across with simple and short English, it's even better. And today, everyone can practice English in a relaxed way. I think it's even more productive.

During the summer vacation, four ECNUers along with other volunteers from both home and abroad got enrolled in the program of voluntary teaching organized by TECC Summer Institute (TSI). Wang Lijuan went north to the City of Dehui in Jilin Province, while Ding Beibei, Jin Zhuyue and I went to Shangshui County in Henan Province with unmatched enthusiasm to make our contribution to the local education. We all served as trainers for local English teachers helping them improve their professional skills in language teaching.

The program lasted for ten days. On the first morning, the volunteers communicated with the local teachers with a total of 220 divided into 3 classes and conducted a questionnaire¹ among them. The outcome revealed that the majority of the local teachers were from primary and junior schools, therefore the priority of our training program was given to the basics of language teaching such as phonetic transcription² and grammar. Accordingly, we made a change in our original training plan for a better application here.

In the following days, we

cooperated with each other on the courseware³ and employed various teaching methods to make the course interesting.

We carried out a long low-level teaching betecturere ca (nt)illmcs0 Tw 6.4 e cas gnunci.

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so intimate just like family members. Together, we played cards, shared life stories, made dumpling and watched films. Thanks to the time spent together, our ability to socialize and cooperate with others improved a lot. At that moment, no matter which school we came from — Durham University, City University of Hong Kong, Renmin University of China, Shanghai Jiao Tong University, Fu Dan University or East China Normal University, we were endowed⁸ with an identical name: Volunteer.

Volunteers from Durham University, City University of HK, Renmin University, Shanghai Jiaotong University, Fudan University and East China Normal University.

Volunteers' Reflection

It has been more than a month since the the volunteer program was over. It is definitely a meaningful and rewarding experience.



Nevertheless, in retrospect, the experience of voluntary teaching offered me more food for thought than mere excitement and delight, especially for a volunteer from East China Normal University.

Thanks to the sustained efforts of administrations concerned and the growing investment in education offered

by people from all walks of life⁹, the gap in educational resources has been narrowed to some extent. A proportion of schools in the educationally less developed regions have been equipped with such devices as microphones, projectors¹⁰ and audio booths¹¹. However, access to advanced educational facilities alone is far from enough. On the one hand,

shortage of qualified teachers is the biggest throne. We find that it is common for a teacher to take care of two totally different subjects, even in those

key schools. ‘I taught English for grade seven and Math for grade eight,’ said Mr. Zou from Shangshui No.1 Senior High School. In this case, the professional language training for a math teacher is a must. On the other hand, the teaching methods employed by local teachers lag far behind. They have little idea about how to stir up¹² students’ interest in study. Neither do they have knowledge of and access to various online resources for learning and teaching. To my astonishment, most of local teachers have never heard about *New Concept English*, a classic series of English textbooks and it never occurs to them that various language learning and teaching resources are available

online. Lack of educational resources has restricted their teaching, not to mention their being stuck with an examination-oriented¹³ education system under the pressure of enrollment rates¹⁴.

As the old saying goes, Rome was not built in a day. The problems mentioned above cannot be solved just with a ten-day training program offered by volunteer teachers. Firstly, we need to establish a long-term exchanging platform. We need to do more than voluntary teaching. Teachers and graduates from educationally advanced regions should be encouraged to work in the less developed regions. Similarly, excellent teachers and graduates from educationally underdeveloped

regions deserve an opportunity to study further in big cities. Secondly, more students from underdeveloped regions should be admitted to universities through special programs which entail¹⁵ a two-year teaching career in the less developed regions. Thirdly, investment in education should be given priority. Various social organizations should join in the effort to promote the educational resources in the underdeveloped areas. We expect to see the emergence of more volunteer organizations like TECC. We also expect renowned institutes to offer their online courses to the public. We also expect more books are donated to those needy children in rural areas.

To sum up, it’s a long way to go in terms of promoting the

education in the underdeveloped areas. Voluntary teaching can be an effective and rewarding effort.

Last summer, I was honored to get a chance to be an international volunteer in Nairobi, Kenya. Before that, I did my first internship in India when I was a sophomore, joining a project named "Woman Empowerment". These two volunteer experiences totally changed my perspective¹ on life and world.

What is the stereotype² of Africa? A continent plagued³ with poverty, famine⁴ and racism. However, is it the true picture of Africa? Seeing is believing. You've got to go there and experience Real Africa. My experience as a volunteer in Africa gives me an insight⁵ into African culture.

My volunteer project in Nairobi, "Tofauti on the Move", is a Youth Organization which is involved in sustainable⁶ community-based development programs. It is a non-religious and non-governmental organization. I worked in the Education Sector, teaching mathematics, life skills and starting a Chinese class workshop. During my stay in Kenya, I paid a visit to St. Catherine's and Fruitful Children's Orphanage in Kibera slum (the biggest one in Kenya), and learned many life stories about my students. Some stories put me on the verge of tears, while other stories gave me a great shock.

A nine-year-old girl in my class who lived

with her single mother was raped⁷ by her 47-year-old neighbor. It happened after her mom went out for food and left her home alone. The women in charge of the school "Fruitful" told me that I could have a face-to-face interview with this girl if I wanted to learn more about her story, as she speaks fluent English. However, I decided to give up my curiosity⁸ as it would remind the girl of the horrible experience.

I still remember the first time I went to the school "Fruitful". Kids there were in a classroom without walls. Most of their teachers are college students who work there temporarily. The second time I went to "Fruitful", the wall was built although it was made of mud. When the rain poured, the wall would be torn down.

That day we found a boy who was ill lying in bed for 5 days. He was too thin and totally malnourished. Worse still, he couldn't afford to go to hospital. Seeing what happened there, four of us donated⁹ all the money we carried and took him to hospital for a treatment.

The other day, when I went to "Fruitful", I met a sixteen-year-old girl, who was already the mother of a one-year-old boy. As we sat down and chatted, I learned another moving story. Her parents

died when she was very young. In order to bring up her three younger sisters, she agreed to do a sexual favor¹⁰ for a man who promised to pay her handsome money. Later, she got pregnant and gave birth to a boy in her own house. Fortunately, the project "Fruitful" found her and promised to take care of her baby so that she could return to school. During our talk, she held my hands firmly and said with a sigh, "My dear friend, my life is so hard. Sometimes I don't know how to go on."

Such stories are nothing unusual during my stay in Kenya working as a volunteer. Such stories move me to tears and give me food for thoughts.

The reason why I tell you these stories is I want to give you a true picture of life in Africa. I remember someone once told me, "if you don't travel, you won't see the world. Every experience matters." This is what I have learned from those

stories. Do not stay in your comfortable bubble wasting time! Go out and see the world, you will love your life better.

The Convergence of Love

—ALL FOR LEFT-BEHIND CHILDREN



I knew from the bottom of my heart that this summer vacation was destined to be unusual because of them — a group of left-behind kids from Anhui and Jiangxi province whose parents were migrant workers⁴ making contribution to the development of Shanghai.

Several months ago, I happened to know this charity program called "The Convergence of Love", which aimed at giving those left-behind children a chance to travel around Shanghai and get a glimpse⁵ of the city where their parents worked. Luckily I worked as a volunteer who was to accompany the kids during the tour for the sake of safety. And it turns out to be very rewarding to both the volunteers and the kids. Every time I look at those group photos, the beautiful memories keep flooding back to me. The bright smile of those kids will light up my life.

As a matter of fact, these kids from rural areas have left on all of us an ever-lasting impression. We were deeply impressed by their innocence and sincerity. To our surprise, we find that being with them gives us a sense of peace and frees us from anxieties and worries. The pure happiness of being together with them is something we cherish⁶ so much. These little boys and girls would be wild with joy simply for some snacks like ice cream, French fries and so on. Meanwhile, they see the world from a very simple perspective⁷, which underlines the truth of the so-called "untainted⁸ heart". I cannot help laughing whenever I recalled the "Subway Day" when a group of volunteers in the subway station came to help those kids get on the train. The kids immediately hooked up⁹ with those volunteers by giving them vivid nicknames such as Football Uncle, White Brother, Mars Brother and so on.

Moreover, they racked their brains¹⁰ and tried every possible means to get snacks from the volunteers and smile would light up their faces once their tricks worked out. By the end of the tour every day, I felt so exhausted and sleepy while they still looked energetic and refreshed playing ghost game in the dorm with screams and laughters. Such a scene will always bring me back to my carefree yet distant childhood again.

You may think these left-behind children are just a group of naughty and noisy kids. However, the truth is that they are more than average kids. Although most of them are no more than twelve years old, they are quite mature and independent for their age. Firstly, what strikes me most is that they can take good care of themselves during the tour of Shanghai. They told me that back home, they had been doing a lot of household chores on their own including laundry, cooking and cleaning. A nine-year old girl managed to stand on her tiptoes¹¹ and

washed the clothes on her own. Secondly, I was equally impressed by their serious attitudes towards a simple task. Upon the end of the program, they were expected to sing a song titled "The Grateful Heart". During the rehearsal, they practiced every detail of the song from the lyrics¹² to the melody¹³ again and again. They were still humming¹⁴ the song in bed when the lights were turned off. They totally devoted themselves to the rehearsal in the hope that they would give a wonderful show. There are still other numerous moments when I felt touched and impressed by those left-behind children. They are the people who endowed me with so much positive energy. They are the people who gave me a sense of achievement and satisfaction. They are the people who taught me the truth of life.

When I saw them running around cheerfully, when I saw them listening attentively to the lecture about Mr. Qian Xuesen in the library, when I saw their faces glittering with happiness at the reunion

with their parents, and when I saw them giving us a warm hug and waving goodbye with tearful eyes, I knew for sure that they must have got a similar feel of positive energy as we did.

Upon their departure, we gave them inspiring books as well as photos capturing the touching moments of their Shanghai tour in the hope that the positive energy they got would help them fight against those challenges and setbacks in life and encourage them to pursue their dream until it comes true. We want them to know that although they are left behind by their parents, they're not abandoned¹⁵ or ignored. They deserve more affection¹⁶ and more care! May love converge in every corner of the world and pass on positive energy to every individual and light up his life.

人生礼赞

Tell me not in mournful¹ numbers,
Life is but an empty dream!
For the soul is dead that slumbers,
And things are not what they seem.

Life is real! Life is earnest!
And the grave is not its goal;
Dust thou are, to dust thou returnest,
Was not spoken of the soul.

Not enjoyment, and not sorrow,
Is our destined end or way;
But to act, that each tomorrow
Find us farther than today.

Art is long, and Time is fleeting²,
And our hearts, though stout and brave,
Still, like muffed³ drums, are beating
Funeral marches to the grave.

In the world's broad feld of battle,
In the bivouac⁴ of Life,
Be not like dumb, driven cattle!
Be a hero in the strife⁵!

Trust no Future, howe'er pleasant!
Let the dead Past bury its dead!
Act, — act in the living Present!
Heart within, and God o'erhead!

Lives of great men all remind us
We can make our lives sublime⁶,
And, departing, leave behind us
Footprints on the sands of time;

Footprints, that perhaps another,
Sailing o'er life's solemn⁷ main,
A forlorn⁸ and shipwrecked⁹ brother,
Seeing, shall take heart again.

Let us then be up and doing,
With a heart for any fate;
Still achieving, still pursuing,
Learn to labor and to wait.

Henry Wadsworth
Longfellow was born
on February 27, 1807 in Portland,
Maine and he was the most
important one of the "Fireside
Poets". Based on his knowledge
of European literary tradition, he
became a master of sonnets¹⁰ and
reflective lyric¹¹.

He did a great service
to American literature in
domesticating certain forms from
European literature. His search
for new forms and his efforts
in conveying didacticism¹² in
popular poems brought him a
popularity with the common
readers in America that has never
been approached by any other
poet.

- | | |
|-------------------|----------------------|
| 1. mournful: adj. | 7. solemn: adj. |
| 2. feet: v. | 8. forlorn: adj. |
| 3. muffed: v. | 9. shipwrecked: adj. |
| 4. bivouac: n. | 10. sonnet: n. |
| 5. strife: n. | 11. lyric: n. |
| 6. sublime: adj. | 12. didacticism: n. |

Craziness, Love and Concentration

What factors contributed to the success of Apple Inc.? Steve Jobs is beyond all questions the first to bear the brunt. Let us take a look at how his CRAZINESS, LOVE AND CONCENTRATION lead him to perfection.

People who are crazy enough to think they can change the world are the ones who do. Love and concentration can make everybody a great success. Steve Jobs is one of the most dazzling¹ stars in the twenty-first century, whose accomplishments c o n v i n c i n g l y demonstrate the viewpoint mentioned above. Abandoned child as he is, Jobs has never lost the confidence of chasing his dream, his American dream.

At the very beginning of the movie, I was greatly captivated by such a special kid, tousled² and barefoot, wandering around the campus. After a transient³ learning in Reed College, one of the best colleges of arts and science, Jobs chose to discontinue his studies resolutely, just because he thought that he couldn't see the value in it.

Nevertheless, Reed College still allowed him to be an external student in calligraphy and artistic designing courses.

monsters or snails, and you can easily find the shining splendor of humanism in these creatures.



Monsters University



As a prequel¹ to Monsters, Inc.², Monsters University mainly tells us what happens to Mike Wazowski and James P. Sullivan in their college life. Mike is, without doubt, not a scary monster, but he dreams of working in the Monsters Inc. and becoming the greatest scarer³ ever from an early age. Therefore, he spares no effort to delve into⁴ books. In comparison with Mike, Sullivan, who is also called big hairball, is a well-born monster. It is due to his excellent qualification that he cares about nothing, especially acquiring knowledge. Sadly, both of our characters are expelled from the program by Dean Hardscrabble. Refusing to bow

down, Mike seizes the opportunity to participate in the scare games with Sullivan. It turns out that they can be back in the scaring program if they win the first prize. Confronted with unprecedented⁵ challenges, Mike and Sullivan do their utmost in completing the competition, and nevertheless, they do not make it through the final task. The two teenage dropouts⁶ start at the most elementary work in the mailroom of Monsters, Inc. and strain every nerve to do⁷ everything. As a Chinese proverb goes, everything comes to him who waits⁸. Mike and Sullivan make up a scare team in Monsters, Inc. Eventually. So to some extent, Mike fulfilled his dream.



Turbo

This is a movie about dreams and relationships. Turbo is an ordinary snail among a gang of snails living in a vegetable garden. Unlike the others, he has an unusual dream, which is to move at lightning speed like a sports car on the road. It stands to reason that⁹ the others make fun of his ridiculous dream. In spite of this, Turbo persists in practicing running every day, though it appears to have little effect. One day, he comes to a motorway to observe vehicles coming and going, totally enchanted by the speed of racing, and he climbs up on the hood of a car to experience the pleasure associated with speed regardless of danger. A strange combination of circumstances¹⁰ has him sucked in the car's engine, and Turbo is immersed in a liquefied version of nitrous oxide¹¹. Henceforth, genetic variants¹² are created inside his shell; consequently, he can run as fast as his beloved cars. With his master's encouragement, Turbo takes part in the Indianapolis 500-Mile Race¹³, and his sole aim is the championship. Even though he runs into a few difficulties in the race, Turbo meets his own target and leaves a legend in the human world.

These two movies are filled with positive

energy in terms of themes. Both protagonists¹⁴ have fixed goals, so they strive for them throughout the movie. The road to achieve one's goals is never flat. It is sometimes surrounded with obstacles and nothing short of¹⁵ a firm spirit can help defeat them. I am greatly convinced that we college students should learn from these animated characters, for setting a goal for your life is indispensable and above all, we should have the inner strength even in our most difficult days. Mind what I say¹⁶, the greatest joy of life, is to build up your personality in tough conditions. My eyes grew damp when Turbo wins the prize in the end, which reminds me of two lines in that movie. One is "No dream is too big. No dreamer is too small". We all can be what we want to be, as long as you have found out what you love,

make your passion your profession and you will get somewhere; the other is "'What if tomorrow you open your eyes and realize it is just a dream?' 'Then I should make the best of today.' " We cannot emphasize the importance of living in the moment too much. Some of us are dwelling on the misfortunes or happiness in the past, while others have a lot of uncertainties about their future, but why don't we just concentrate on this moment and savor our lives?

Also, relationships can be a kind of positive energy. On no account can we ignore any person on our life journey. Some are relatives, like Turbo's brother, who does not reach a consensus

with Turbo on his decision to enter the game from the very beginning, but Turbo would not be able to finish the racing without his brother's inspiration. Some are friends, like Sullivan and Mike. On the one hand, Mike would not be qualified to attend the games without Sullivan; on the other hand, Sullivan may be satisfied with the existing situation and accomplish nothing if he did not become a friend of Mike. As Ba Jin said in his essay, "The length of my days will not be unlimited. However, whenever I look back on my brief past life, I find a beacon illuminating my soul and thereby lending a little brightness to my being. That beacon is friendship." Admittedly, friends and

relatives affect us in all aspects of our lives. They gave you love, joy, tears and sympathy, but they do not look forward to their payoff. You should know, no matter what happens, they will be there for you, always and forever.

You may be motivated and feel warm after watching these two animations. Take a moment to go inside yourself, calm down, and think: what is my life goal and who should I care about most?

- 1.prequel: n,
- 2.Monster, Inc.:
- 3.scarer: n,
- 4.delve into:
- 5.unprecedented : adj,
- 6.teenage dropouts:
- 7.strain every nerve to do:
- 8.everything comes to him who he waits:
- 9.It stands to reason that :

- 10.A strange combination of circumstances:
- 11.nitrous oxide:
- 12.variant: n.
- 13.Indianapolis 500-Mile Race:
- 14.protagonist: n.
- 15.nothing short of:
- 16.mind what I say:

At the invitation of China Chorus Association and Sino-Austrian Cultural Exchange Association, the ECNU VIVA Chorus participated in the exchange performance of "Chinese Music Cultural Festival" on July 30th and won the gold medal of "Chinese Sentiment, Chinese Music Concert".

The ECNU VIVA Chorus has performed on stages both at home and abroad since its formation in 1951. After the performance in the Sydney Opera House in 2009, the VIVA Chorus made another appearance on a top world stage, the Golden Hall in Vienna, to bring the Chinese music and Chinese chorus to the world.

The chorus has been dedicated to offering tasteful music to numerous audiences from ECNU, China and the

world. With devoted efforts and performances of high standards,

Chorus Association who came to express his fondness of the performance, praise of the song "To Music", congratulations and gratitude for the wonderful performance given at this concert.

According to Yang Wenyu, the chief leader of the VIVA Chorus, they deliberately³ chose the song To Music with an attempt to pay tribute to the great Austrian composer

chorus manage to overcome the language barrier. This is one of the distinctive⁴ traits of the ECNU VIVA Chorus — its members are from various majors in ECNU. This kind of diversity is what they cherish most for it helps to build a versatile team beyond pure musical background. The diversity was acknowledged from the praise of the Vice President of Austrian Chorus Association on their authentic

blending with the foreign environment and presenting the gems of one’s own traditional culture. This can also be used to explain why the VIVA Chorus had chosen the other three songs which are full of Chinese ethnic characteristics. "These songs are all about the ethnic customs and beautiful scenery in Yunnan Province", said Yang Wenyu, "while we are paying tribute to the great composer,

Wolfgang Amadeus Mozart, since they were performing on the soil which cultivated this significant figure in the field of music. There is another story behind To Music. Since it is a masterpiece written in German, some of the rehearsal time had to be put aside for learning German. There happened to be two students majoring in German in the chorus, who helped the

German pronunciation; after all, the VIVA Chorus was the only group who chose a German song in the performance. "There is no reason for us not to believe we will achieve much more with the multiplicity⁵ of our specialized backgrounds", said Xie Jiarui, a chorus member from the English Department.

Cultural communication is mainly composed of two aspects,

we also sincerely want to show the most amazing facet of Chinese culture and art to the people all around the world." Just as the title "Chinese Music Cultural Festival" suggests, Chinese culture has become more appealing to foreigners. Developed along the storyline lasting 5,000 years, Chinese culture, once a myth to the westerners, is beginning to seek

and get more opportunities to show its charms to the world. Our enriching history, diverse peoples, and multiple landscapes find their way to be presented on the stage by means of singing. We can say that music has constructed a bridge across the gulf of languages. "We may not be able to understand the lyrics, but the rhythm and your beautiful singing made the landscape as vivid as pictures", one of the audiences told the chorus after the performance.

In fact, this was not the first time for the VIVA to perform overseas. They got the chance to sing on the stage in the Sydney Opera House and in the institutes of Confucius worldwide. The rich experiences to perform abroad and the sense of cultural communication in the international community guaranteed the success of the performance. With more frequent appearances of ECNU in the international cooperation, the chorus has and will have more opportunities to perform on more world-class stages. And the members in the chorus have undoubtedly benefited a lot from the experiences of singing

abroad.

"The ‘professional’ audience in the Golden Hall is the most impressive", said Yang. "The seats are made of wood, which forces the audience to sit with their back straight up. But they seemed to be ignorant of the discomfort and wholly absorbed in our performance. Never had we seen such devoted audience so we were encouraged to put more efforts into our singing." When asked about what they learned most from the performance, Yang said, "we got to know that music can have such strong power that goes beyond language and nationalities and the professional audience kind of propelled us to devote energy to improving our singing."

Behind the glory, however, lay hard work and days of rehearsals. Before flying to Europe, the VIVA Chorus underwent an intense training lasting 9 days with a workload of over 5 hours every day. They also fought against the heat wave with temperature exceeding 40°C in the "hottest summer in Shanghai". The members were working around the clock in order to be fully prepared for

the performance. Exhausting as it was, the members never complained of the hardship they were enduring for they knew that this was the golden chance to perform "on the top of the music world" with their excellent and talented teammates. Some of the members lived on the Minhang Campus so they had to spend three hours every day commuting between two campuses. "Our members all found it worthwhile; after all we were going to perform in the Golden Hall", said Yu Jing’an.

There still remain some regrets, though. "We didn’t have enough chance to communicate with other groups and foreign professors due to the compact schedule", said Yang, "although we were not able to have direct contacts with foreigners, just being there, in the Golden Hall, is much inspirational and beneficial."

The velvet rope for the Vienna trip has come down, but every member of the ECNU VIVA Chorus will continue their steps to pursue the cause of music and bring the fantastic singing from ECNU to a larger number of people in the world.

1.vigorous: adj.
2.prominent: adj.
3.deliberately: adv.
4.distinctive: adj.
5.multiplicity: n.

CULTURAL AMBASSADORS TO AFRICA

ECNU Circle: How long did you rehearse to prepare for the performance in Africa? What was the rehearsal like?

Zhou Yilei: We trained generally three times a week for about two months: the free afternoons on Wednesdays from 9:00 a.m. to 15:00 p.m., or even later on Saturdays and Sundays. Occasionally, we needed to ask for leave to rehearse.

E: Which dance do you think was the most demanding? And which one was your favourite?

Z: I would not say that a particular dance is demanding, but in "Qiangzhuang", we had to change costumes including dresses and accessories¹, in only one minute. According to the schedule, all the dance troupe members had to dance in all the

six programs in Lesotho² and South Africa. What's more exhausting was that the number of the group members was reduced to the minimum, so no one was there to assist us except for ourselves. We had been practising for a long time to do this simple thing: changing our costumes.

As for my favourite dance, I think it is the last programme in the performance. I have two reasons.

One is that all the actors and actresses would gather on one stage, including students from Shanghai Conservatory of Music³, Shanghai Theatre Academy⁴ and Shanghai University of Sport⁵, who respectively showed Peking opera, the lion dance and the Chinese martial arts to the audience. And the audience were so excited that their applause was

thunderous⁶. The other reason is that we had been training and practising for so long and had been nervous for so long and at the very last moment of the performance, we all felt our hard work was well rewarded.

E: Do you have anything interesting that happened during your trip to share with us?

Z: The overseas Chinese settling down in South Africa were extremely excited. They took care of nearly every detail in our life during our stay. They prepared food that fitted our home-sick stomachs, chose hotel rooms that were comfortable and put down their work for a while to accompany us. Actually the chance of a Chinese performing group as large as this one to visit Africa is rare, due to the difficulty of the traffic: a one-way trip from China to South Africa takes 48 hours. We flew to Hong Kong first, and nine hours later, we transferred⁷ to Cape Town, South Africa. After that, we had another six-hour bus trip to get to the destination. On our way to Africa, we had six entry-exit checks at the local customs. Furthermore, our performance in Lesotho had its special purpose, which was a birthday gift for the king of Lesotho. So quite a few high-ranked officials were invited, which contributed significantly to the social position of the local Chinese community.



E: What was your impression on Africa?

Z: My original impression of Africa was that it was hot, with wide spread grasslands, where hundreds of thousands of wild animals were living.

As a matter of fact, Africa is not as hot as we have imagined, but there the temperature varies greatly between day and night. Furthermore, the climate is so dry that many troupe members' lips cracked and were swollen⁸. We were very appreciative to the local Chinese, who bought us lip balms. In South Africa, there are more white people. Racial segregation⁹ is a serious problem, and the gap between rich and poor is wide: the poor live in iron-roof bungalows (sometimes the roofs are gone), while the rich live in pretty villas. More poor blacks live in Johannesburg. Therefore, the security situation in the city is poorer. Our teacher's bag was robbed as soon as we got there. We dared not to go out at night. As for Lesotho, surrounded by South Africa, it is a poorer village. People in Lesotho are too poor to wear proper shoes. The earth there is like sand. One of our guides was the former ambassador to Lesotho. He told us that once he asked a Mosotho¹⁰ whether he had had a meal. The Mosotho grabbed some soil and stuffed his mouth with it, then said, "I am having my meal."

During our visit, we went to an orphanage. We all know that Africa is the front line of the battle against AIDS. In Africa a large body of orphans have lost their parents due to AIDS. And some of them are living in this orphanage. We sent them some presents, like sweets and toys. Also, we took photographs for them with a Polaroid.



E: What role do you think dance plays in Sino-African cultural communication?

Z: Compared with China, Africa is much poorer. For the two peoples, Africans are not as reserved as Chinese. They are easily excited. They will dance to the music as long as there is some. They make me feel that everyone in this global village can understand the emotional message delivered by dance.

Generally, chances for Africans to know Chinese culture are not many. But these chances are more. We were exactly like ambassadors of culture. The Chinese government has established diplomatic relations with Africa since the 1950s. As a result, the Africans we came across were nice to us. Now many Confucius Institutes are established in Africa, where you can see many Africans who speak fluent Chinese.

E: What is the "positive energy" in your opinion?

Z: I think the "positive energy" means the

positive attitude towards life. For example, dance training is by no means easy, and it is also time-consuming. And you can possibly be injured. Many of us have injuries in our waist, back and knees. Most of the dancers in the troupe started dancing when they were three or four years old. However, no one complains. We keep going until now.

E: How does dance pass the "positive energy" to the audience?

Z: Technically we pass the positive emotion through our body language, together with the music. The themes of our dance are also encouraging. We used to produce a dance called "Ambition", a story of how a student became a teacher. Of course we also did some sad programmes.

E: What "positive energy" does dancing bring you?

Z: Dancing speeds up my pace of life. Without

dance, perhaps I will stay at home, facing my computer like many other students. However, I am driven to do workouts and to stretch myself because of dance. Moreover, I make a lot of friends through dance. In the dance troupe, we are all good friends. Some members, even if they have graduated, will come back to see us rehearse or watch our shows.

E: What do you want to say to your partners?

Z: Be part of our troupe rather than an individual of your own age. Try to be friends with those younger or older than you. Because the age of our troupe varies widely, from the first year in college to the third year of graduate school. So I hope that all members can be consolidated.

Links

South Africa, officially the Republic of South Africa, is a country located at the southern tip of Africa. It has 2,798 kilometres of coastline that stretches along the South Atlantic and Indian oceans. To the north lie the neighbouring countries of Namibia, Botswana and Zimbabwe; to the east are Mozambique and Swaziland; within it lies Lesotho, an enclave surrounded by South African territory. South Africa is the 25th-largest country in the world by land area, and with close to 53 million people, is the world's 24th-most populous nation.

Lesotho (/l su tu /), officially the Kingdom of Lesotho, is a landlocked country and enclave, completely surrounded by its only neighbouring country, South Africa. It is just over 30,000 km2 in size and has a population slightly over two million. Its capital and largest city is Maseru. Lesotho is a member of the Commonwealth of Nations. The name Lesotho translates roughly into the land of the people who speak Sesotho. About 40% of the population live below the international poverty line of US \$1.25 a day.

From Wikipedia

1. accessory: n.

2. Lesotho: n.

3. Shanghai Conservatory of Music: n.

4. Shanghai Theatre Academy: n.

5. Shanghai University of Sport: n.
6. thunderous: adj.

7. transfer: v.

8. swollen: adj.

9. racial segregation:

10. Mosotho: n.
- Basotho

My Treasure in England

Cambridge University and Oxford University have been many people’s dream since their childhood. Eventually I had the chance to experience this dream, in which I learned to live all by myself and fly high in my world.

I learned to handle things that I never had done before. I was proud of myself for gradually becoming independent, being able to buy insurance, and preparing for getting a visa. As you may know, there are so many things you have to prepare for when going abroad alone. The preparation for that departure day was full of difficulties and expectations.

Many of us always consider going abroad an exciting adventure. So do I. I had an unforgettable adventure alone in England. Actually it cannot be described as "alone" as I had tutors and schoolmates for company when in England. However, for me,

it was the first time that I had flown to a foreign country and travelled all over it by myself. You could never imagine the feeling of a girl who always depends on her parents going outside of her little castle with such strong curiosity.

As a student who will be a teacher in the future, chances are slim that I can study abroad in first-class universities all over the world like Cambridge and Oxford where some people may dream about since their childhood. I really enjoyed classes there which were more active and "aggressive" than the Chinese ones I used to attend. There are many cultural differences between western classes and Chinese classes. Students there volunteer more in class than those in China. Gradually I got used to making some

been endeavoring to offer me the best. This feeling once occurred when I was in high school facing the college entrance examination. This strong feeling helped me to find myself and make my life afterwards meaningful. Those habits and feelings are what I have harvested and regarded as treasure via studying in England.

Being the only daughter of my family, living all by myself abroad seemed an impossible mission for me. I needed to cook for myself, save money to buy what I wanted, search on the Internet for the way to any place of interest. I can still remember clearly the first day in Cambridge. I arrived in England on the evening of July 7th and followed an RA from the Cripps Court where I would have classes and breakfast. Excited but exhausted, I was only engrossed in taking care of my large suitcases and package on the way. Thus I didn't remember the way to the college. The next day, after living my dormitory, I found myself lost on the road. Without a cellphone, I asked a woman in front of a church the way to the Cripps Court of Magdalena College. I followed her as she said it was on the way to the school of her daughter. However, she was taking me to the wrong way. Although I knew it, she was so warm-hearted that I didn't know how to tell her in a most polite way. At last, thanks to the guard at the College and my sense of direction, I managed to reach the court. After the vacation in England, I have learned to read the map, use the compass, punt¹ on the river and I acquired the basic art of talking.

Nevertheless, life there was still full of fun. I made a lot of friends there. Most of them were senior or junior students. I was likely the youngest and they took very good care of me like elder sisters. What's more, the two tutors were very considerate. Once when I was visiting Buckingham Palace² with some of my friends and the two teachers, I was really absorbed in the world of magnificence and even forgot the time. Therefore, the teachers and friends not knowing whether I was

outside or inside waited at the gate for two hours. I was sincerely impressed by that. With their help, I got the chance to see the beautiful London city at the sunset from the London Eye³. Among all the friends, I found two bosom friends who are now senior students and taking the internship in a high school in Shanghai. We sometimes will hang out together or chat on the Internet. We all hold the

wish that our friendship would last lifelong.

It may be just a summer vacation in my life time. But for all this, it did have a far-reaching influence later in my life. If you have a chance to



Our columnist, Maureen Kapute Mzuza, is editor-in-chief for *ECNU Circle*. In her column she will introduce herself and her beautiful motherland — Malawi. She will share her experience at ECNU as a foreign student. She will also discuss interesting cultural differences between Malawi and China. As she has realized, cultural communication promotes understanding and reduces stereotypes.

MY COUNTRY MALAWI:

Let's continue from where we stopped in the last issue about culture of the people of Malawi. In this part, I will talk about how Malawians dress and eat, their houses and finally, how they behave.

There is no specific national dress code in Malawi. Men mainly wear western clothes. Women, on the other hand, traditionally wear a Chitenje, similar to a large sarong¹, often with an elaborate pattern or design. They also often wear a matching head cloth and blouse² if they can afford it. The great thing about the Chitenje is that it has all sorts of ingenious³ uses such as a baby carrier, head scarf, oven mitts⁴ and many others. There are different designs for different occasions. Most Malawians are mindful of their way of dressing, especially in working places, schools, funeral ceremonies etc. They are always smart. This does not mean they are always in suits but at least their clothes are able to match the mode of dressing and the function they want to attend.

This is different from what I have seen here in China; people take most of their things culturally. People can go for interviews as if they are going for a cultural meeting. I have seen people putting on pajamas during the day in market places several times. Somehow this is good to make life simple.



eat a lot of things. What we consider in Africa as mere grass or herbs are actually good relish⁵ here in China. After tasting some of these foods, I found them very good. Chinese people believe in taking a lot of water/ tea without sugar to keep themselves healthy, which is indeed a very good habit. Ladies believe that taking a lot of water may also help to keep them slim. Most Chinese ladies believe that when they are slim, then they are beautiful and it's easy for slim ladies to get married than fat ones. This is different from what most Africans believe. Actually, most African women feel that a huge body is more appealing to men.

Nsima is our staple food (dish). It is prepared from maize flour and may be taken with different types of relish such as beans, fish, beef, chicken, vegetables, etc. Malawian hospitality revolves around the food that they feed you in their homes.

A majority of Malawians live in rural areas where houses are generally made of mud soil and thatched⁵ with grass. Women then seal the walls with coloured soil to add beauty to the house. Men will then erect⁶ fences also from polished grass. The idea of making fences is common with specific tribes such as the Yao from the Lakeshore district of Mangochi.

In terms of eating habits, I have observed that Chinese do not like things which have a lot of oil/fats. Most of their foods are boiled. They like spices, especially those from the northern part of China which is very cold, because they believe that pepper helps to keep them warm. I remember in my first month in China it was tough for me to buy food because whatsoever I was buying was spiced with a lot of hot pepper and I was failing to eat. But as time went on, I was able to communicate on what type of food I want. Generally, Chinese people like spices.

In Malawi, people are selective when it comes to eating, which is different from Chinese who

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Generally, Africans and Malawians in particular are always happy people and most of the times they express their happiness by eating, singing, dancing and many others.

If the answer is yes, then you are welcome. From Asia, connecting fights are generally through Nairobi (Kenya), Addis Ababa (Ethiopia) or Johannesburg (South Africa). From there, then you fy direct to Lilongwe (Malawi). I will patiently wait for you at the Airport. Welcome to Malawi – *the warm heart of Africa!*

- 1. sarong: n.
- 2. blouse: n.
- 3. ingenious: adj.
- 4. mitt: n.
- 5. relish: n.

- 1. The house is really A-1.
- 2. He bought a baker’s dozen of biscuits.
- 3. He was a cat in the pan.
- 4. A cat may look at a king.
- 5. Is he a Jonah?
- 6. Jim is fond of a leap in the dark.
- 7. A little bird told me the news.
- 8. Angela is a man of a woman.
- 9. Nellie is a man of his word.
- 10. She is a nose of wax.
- 11. Bruce was taken up above the salt.
- 12. These commercial transactions are aboveboard.
- 13. We should call him Adam.
- 14. Her opinion is all my eye.
- 15. These youths are full of animal spirits.

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