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### My Chinese Cultural Experience and Research Journey: A Reflection

My journey in China has truly been transformative for me, both personally and professionally. Initially, adjusting to a new culture and environment posed its inherent challenges, but throughout my stay, I became increasingly comfortable, and I was able to become acclimated to the Chinese way of life. Through the generosity of the Chinese locals, I was able to better understand the intricacies of their transportation system, try the diverse and delicious cuisine from the different provinces, and overall adapt to the rhythm of daily living.

A significant highlight of my time here has been the opportunity to forge friendships with people from all over the world. I have met and bonded with individuals not only from China but also from various countries across Africa, as well as Malaysia, Ethiopia, Morocco, and beyond. These connections have further enriched my experience and have created a network of international friends with whom I plan to stay in touch.

The work-life balance in China has allowed me to explore the country extensively. I was fortunate enough to have traveled to multiple provinces and visited numerous famous historical and cultural sites. This exploration was able to broaden my understanding of Chinese history and culture without compromising my time in the research lab. Instead, it has provided a refreshing balance that enhanced my overall experience.

Professionally, collaborating with my Chinese colleagues and principal investigator (PI) has been incredibly rewarding. They are some of the most resolute and skilled individuals I have had the pleasure of working alongside. Their commitment to excellence and their willingness to share their knowledge and expertise have been instrumental in my growth. I am confident that

the skills and insights I have gained during this period will significantly benefit my future research endeavors in more ways than one.

All-embracing, I strongly encourage others to seize this remarkable opportunity. My experience in China has had a profound impact on me, extending far beyond just the realm of academic pursuits. It has enriched my life in numerous ways, fostering personal and professional growth, and creating lasting memories. This journey has undoubtedly been one of the most positive and influential experiences of my life.