

《小笼包：上海的特色菜》 作者：李佩华

在上海的时候，我们都吃了很多有特色的东西！我们吃蓝蛙的汉堡包，上海小吃，甚至吃了麦当劳。可是我觉得上海最好吃的特色菜是小笼包。这些小的包子里面有很多汁的馅。传统小笼包的馅是猪肉，可是你可以点蟹肉，鸡肉，甚至蘑菇！你也可以找到比较便宜的小笼包或者比较贵的小笼包。星期六吃午饭的时候我和我的同学们决定去吃小笼包，这是我们第一次吃小笼包！我们一起去南翔馒头店。因为我吃素，所以我不可以吃南翔馒头店的很有名的小笼包。可是我的同学们想尝一尝，所以我陪他们去！虽然我们等了四十五分钟还跟中国人吵了架，但是我们都觉着这个经历很特别，因为我的同学们非常喜欢南翔馒头店的小笼包！事实上，因为他们太喜欢吃小笼包了，晚饭的时候我们吃更多的小笼包！晚饭的时候我们去鼎泰丰。这家餐馆的小笼包比较贵，可是有特色的小笼包。我吃了蘑菇小笼包还有芋头小笼包。我的同学们吃了猪肉小笼包。我觉得每个人去上海的时候都应该去试试小笼包。俗话说：“如果你没吃过小笼包，就不算真正到过上海！”

"Xiaolongbao: Shanghai's characteristic cuisine" by Paige Leuschner



While in Shanghai, we all ate things characteristic to Shanghai. We ate Blue Frog hamburgers, Shanghai snacks, even McDonald's! But I think Shanghai's most delicious and characteristic dish is xiaolongbao. The inside of these little dumplings has really juicy filling. Traditional xiaolongbao filling is pork, but you can also order crab meat, chicken, and even mushroom! You can also find relatively cheap xiaolongbao and relatively expensive xiaolongbao. On

Saturday during lunchtime my classmates and I had our first xiaolongbao experience. We all went to Nanxiang Steamed Dumpling Restaurant. Because I am vegetarian, I couldn't eat Nanxiang's very famous xiaolongbao, but my classmates wanted to try them, so I went with. Although we waited 45 minutes and had to fight with Chinese people, we had a good experience because my classmates really liked Nanxiang's xiaolongbao! In fact, because they really enjoyed lunch, for dinner we had even more xiaolongbao! At dinner time we went to Ding Tai Feng. This

restaurant's xiaolongbao are relatively expensive, but they have specialty xiaolongbao. I ate mushroom xiaolongbao and taro paste xiaolongbao, and my classmates ate pork xiaolongbao. I think when every person goes to Shanghai they should eat xiaolongbao. As the saying goes, "If you haven't eaten xiaolongbao, then you haven't truly been to Shanghai!"

《日渐衰落的方言》 作者：刘深恬

外国人为了让自己的中文说得更流利，他们得用一生的时间去学习。不过高水平的外国人在学习中国方言的时候也会有很大的困难，比如苏州话。虽然它们叫方言，事实上它们是完全不同的语言。苏州当地的人会告诉你，苏州的方言很复杂，跟普通话完全不一样。事实上这也是苏州当地的人引以为豪的事情。他们的方言太难了以至于外国人不可能学会。不幸的是，苏州话得不到很好的传播，所以苏州的方言在逐渐消失。

如果你去苏州的公园，就很容易发现当地的老年人在讲苏州话。然而当一个好奇心很强的外国人和他们交谈的时候，他们很乐意讲普通话，虽然一些人的普通话说得不太标准。讲苏州话的人越来越少，不过还是有些当地人在日常生活中只说苏州话。

在学校里，小孩子只能说普通话，不可说苏州话。回家后，孩子的父母也只说普通话。所以这些孩子很少听到，也很少说苏州话。但是当地的孩子还是可以听懂苏州话的。

以上这些原因导致说苏州话或者中国其他地方方言的人都越来越少。总之，我觉得苏州方言已经不怎么流行了。

"A Dying Language" by Stephanie Lasch



Any foreigner studying Chinese could struggle for a life time learning to be fluent. However, even advanced Chinese learners struggle with local dialects. Even though the languages are called dialects, they are in fact different languages altogether. The dialect in Suzhou is completely incomprehensible from Mandarin, which the locals will quickly point out to anyone who asks. In fact, the locals take great pride in the fact that their language is extremely difficult to understand and almost impossible for foreigners to learn. Unfortunately, the Suzhou dialect is quickly becoming extinct.

If you go to any park in Suzhou, you will find that community's older people who gather at the part. More likely than not, they are speaking the Suzhou dialect. However, when asked by a curious foreigner, they are more than happy to talk in Mandarin—if they even speak Mandarin.

They are becoming less and less, but there are still a few locals who only speak passable Mandarin, but instead rely on the Suzhou dialect for their daily life.

Children learn Mandarin in school and their parents speak Mandarin at home. Rarely are they exposed to the Suzhou dialect, and even if they understand, they do not speak the language. As a result, the Suzhou dialect, along with all the other dialects in China, is quickly becoming extinct.

Regardless, the Suzhou dialect is going out of style.

《品尝新疆菜》 作者：梅笑天

我们在苏州已经度过了一个月，同学们基本上都习惯了中国的饮食习惯。不过，有的时候我们都想吃些什么跟每天的米饭，面条等等不一样的东西。幸好，附近有很多“不一般”的中国饭馆，我最喜欢的是十全街的一家新疆饭馆，叫亚克西新疆餐厅。

如果你从来没吃过新疆菜的话，你可以想象一下，新疆菜是中东菜与中国菜的结合。最常用的材料是羊肉和孜然，喜欢吃香香的菜的人一定喜欢这样的饭菜。不过如果你吃素的话还有很多好吃的，特别是他们的茄子。

我去过亚克西三次，每次一个人付 40 块钱左右。比在十全街的一般的饭馆稍微贵一点。不过，吃新疆菜对一般的美国人来说是很新鲜的体验，跟一般的中国菜有一定的差异。为了这样的体验付 40 块钱也还不错。



亚克西新疆餐厅在沧浪区十全街 768 号，从我们酒店走路的话差不多 15 分钟。

"Trying Xinjiang Cuisine" by Isaac Meyer

We've all been in Suzhou for a month already, and we've probably all adjusted to Chinese culinary habits. However, naturally every once and a while we all want something different from the usual rice, noodles, and so on. Fortunately, in our neighborhood there are a lot of "non-standard" Chinese restaurants; my personal favorite is a Xinjiang restaurant on Shiquanjie called Yakexi Xinjiang Restaurant.

If you've never had Xinjiang cuisine, you could say it's a combination of Chinese and Middle Eastern food. The most commonly-used ingredients are lamb meat and cumin, so if you're a fan of savory foods there's a good chance you'll like it. However, if you're a vegetarian there's still plenty of good food to eat, especially their eggplant dishes.

I've been to Yakexi three times and each time every person paid around 40 RMB. It's a bit more expensive than the regular restaurants on Shiquanjie. That said, for the average American eating Xinjiang cuisine is a novel experience, and there's a distinct difference between it and regular Chinese food. For that kind of experience, 40 RMB is a decent price.

Yakexi Xinjiang Restaurant is located at Canglang District, Shiquanjie No. 768; from our hotel, it's around a 15 minute walk.

《中国的水果》 作者：罗丽薇

两年以前我在北京留学。项目开始的时候，我们就听说了一条“最重要的建议”：在中国的时候我们要吃很多的水果！我以为他说我们应该吃很多的苹果，橘子，香蕉，还有别的比较普通的水果。因为在中国水果很便宜，而且比较好吃，我一直觉得这个建议很不错。所以，我在北京的时候，每天吃水果。不过，以前我没吃过特别的水果。来苏州以后，我发现很多奇异的水果，连在北京都没见过。有时候我有机会尝一尝我以前不太想吃的水果。最奇怪的就是杨梅。杨梅是比较小，红色的水果。它们的味道很甜，又有点酸。还有我最喜欢的就是山竹。它们的外面是紫色的，可是里面是白色的。打开山竹有点难，可是它们的味道非常好。我很期待尝试更多种不一样的水果！



“Chinese Fruit” by Olivia Louko

I studied abroad in Beijing two years ago. During orientation, our orientation leader's "biggest piece of advice" was to eat a lot of fruit (while we were in China.) I thought he meant that we should eat a lot of apples, oranges, bananas, and other more common fruits. Since fruit in China is inexpensive as well as good tasting, this was a great piece of advice. So, while I was in Beijing, I ate fruit every day. However, I didn't really try the more uncommon fruits that I saw. Since coming to Suzhou, I have discovered many exotic fruits that are not even available in Beijing. Sometimes I have had the opportunity to try some of those fruits that I didn't want to eat before. The strangest one is called “杨梅,” or “yángméi.” Yangmei is a fairly small, red fruit. They are both sweet and sour. My favorite one is called a mangosteen. The outside is purple, but the inside is white. They are slightly hard to open, but they taste really good. I'm excited to try other new kinds of fruit in the future!

《吃午餐的好去处》 作者：艾思诚



苏州大学的食堂又方便又便宜，但有的时候你应该尝尝不一样的菜。在过去的四个星期里，我去了好几

家校园附近的餐馆吃饭。这篇文章给你介绍几家我觉得最好的，有五个不同的种类，而且我会告诉你从校园怎么去。慢慢享受吧！

最好的中餐：至善美食（Virtue Chinese Restaurant）

- 推荐的菜：干煸四季豆（16元），扬州炒饭（15元）
- 价钱幅度：一般 25-40 元，有的菜 20 元以内
- 菜单有没有图片：有
- 利：好吃的主食，好的服务，比较好的环境
- 弊：有一点贵
- 怎么走？离开校园，过马路，右转，餐厅在你的左边

最好的川菜馆：川湘汇

- 推荐的菜：辣子鸡（22元），日本豆腐（18元左右）
- 价钱幅度：一般 30-50 元，有的菜 25 元以内
- 菜单有没有图片：有
- 利：非常好吃，不太贵，如果你喜欢辣的菜你一定会喜欢这家餐厅
- 弊：服务有的时候一点慢，餐厅有的时候很忙，所以如果你在 1:00 和你的语半见面，可能没有足够的时间在这里吃午饭
- 怎么走？离开校园，左转，餐厅在你的左边

健康的饭：辛食尚麻辣烫

- 推荐的菜：有蔬菜，木耳，蘑菇，西红柿，豆腐和鱼丸的麻辣烫（17元左右）
- 价钱幅度：麻辣烫一般 10-20 元
- 菜单有没有图片：没有
- 利：有很多蔬菜，很鲜美的麻辣烫，老板人是一个很好很可爱的老两口，也很便宜
- 弊：没有很多不同的种类
- 怎么走？离开校园，过马路，左转，餐厅在你的右边

最好快餐：陈记鸭血粉丝汤

- 推荐的菜：番茄炒蛋，一碗米饭（12元左右）
- 价钱幅度：一般 10-15 元，有的菜 10 元以内
- 菜单有没有图片：没有
- 利：非常快，非常便宜，很好吃，有很多不同的种类
- 弊：环境不太好，没有很多座位
- 怎么走？离开校园，过马路，餐厅在你的前面

最独特的菜：西北人家

- 推荐的小吃：羊肉炒面（15元），家常豆腐（12元），特色菜是有汤汁的羊肉（35元）
- 价钱幅度：一般 10-15 元，有的菜 10 元以内，20 元以上，特色菜 30-40 元
- 菜单有没有图片：没有，但是我翻译了菜单，我可以给你！
- 利：很快，很便宜，很好的服务，独特菜
- 弊：餐馆很小，所以没有很多座位
- 怎么走？离开校园，左转，餐厅在你的左边

"The Best Lunch Spots Near Campus" – by Christian Allen

Soochow University's cafeteria is both cheap and convenient, but sometimes you should try new kinds of food. Over the past four weeks, I have gone to every restaurant near campus to eat. This article introduces you to the best of them, in five different categories, as well as tells you how to get there. *Bon appetit!*

Best Chinese Staples: Virtue Chinese Restaurant

- Recommended dish: Sichuan-style green beans (16 元) and Yangzhou fried rice (15 元)
- Price range: Generally 25-40 元, some dishes less than 20 元
- Does the menu have pictures? Yes.
- Pros: Tasty Chinese staples, good service, relatively nice atmosphere
- Cons: A little more expensive
- How to get there: Leave campus, cross the street, turn right, restaurant is on your left

Best Spicy Food: Sichuan-Hunan Fusion

- Good for: Lunch or dinner
- Recommended dish: Diced chicken with peppers (22 元), Japanese tofu (about 18 元)

- Price range: Generally 30-50 元, some dishes less than 25 元
- Menu with pictures? Yes.
- Pros: Very delicious, not too expensive, if you like spicy food you'll definitely like this restaurant
- Cons: Service can be a little slow and the restaurant can get rather busy, so if you meet your language partner at 1:00 you might not have enough time to eat here for lunch.
- How to get there: Leave campus, turn left, restaurant is on your left

Best Healthy Food: Malatang (Choose-Your-Own-Ingredients Soup) Place

- Recommended dish: Malatang with vegetables, fungus, mushrooms, tomatoes, tofu and fish balls (about 17RMB)
- Price range: Malatang (spicy soup) is generally between 10-20RMB
- Menu with pictures? No.
- Pros: Good place for vegetables, very fresh soup, the shopkeepers are a very cute, friendly old couple, cheap
- Cons: Not much variety
- How to get there: Leave campus, cross the street, turn left, restaurant is on your right

Best Quick Food: Chen Ji's Duck Blood Soup

- Recommended dish: Tomato fried egg with a bowl of rice (about 12 元)
- Price range: Most dishes 10-15, some under 10
- Menu with pictures? No
- Pros: Very fast, very cheap, pretty tasty, and many different options
- Cons: Not the best atmosphere, limited seating
- How to get there: Leave campus, cross the street, restaurant is right in front of you

Best Unique Food: Northwestern Family-Style

- Recommended dish: Fried noodles with mutton (15 元), jiachang tofu (12 元), special lamb in broth (35 元)
- Price range: Most dishes between 10-15, some under 10 or above 20, specials between 30-40
- Menu with pictures? No, but I've translated the menu, I can give it to you!
- Pros: Fast, cheap, friendly service, wide variety of dishes, and a unique style of food
- Cons: Very small restaurant, so seating is limited
- How to get there: After leaving campus, turn left, restaurant will be on your left side

《中国的交通工具》 作者: 高拓

中国有各种不同的交通工具，包括公交车、地铁、出租车和火车。这些交通工具各自有各自的好处和坏处。在一些情况下，某些工具比其他的工具更合适。要是你想成为“交通通”，你应该获得足够的知识并且去一一体验。

在大多数的城市里，乘公交车是最便宜的。什么地方你都可以坐公交车去，可是常常很慢，也不太舒服。公交车路牌一般容易看得懂，还有车站总是有很多人可以帮助你选择

对的公交车路。坐地铁也是一个便宜的选择，而且比公交车快。如果你要练习说中文，这种方式可以提供跟别的人说说话的机会，可以问他们怎么去你想去的地方。

如果你随身带很多东西，坐出租车非常方便。买东西以后可以打的回家，比较快，可是有点贵。打的的时候，你得告诉司机去哪里，常得描述那个地方。你不应该坐出租车到别的城市去，因为价格会越来越高。这样的旅行需要坐火车。火车有很多种，比如普通火车和高速火车，也叫高铁。最快的交通方式是高铁。从这里去很远的地方只需要几个小时。

"Chinese Transportation" by Tommy Giordano

China has a few different methods of transportation, including public buses, subways, taxi cabs, and trains. Each method has its own advantages and disadvantages. Depending on the situation, a certain method will be more suitable than other methods. If you want to become a master of transportation, you should learn about your options and gain some experience of traveling.



In most cities, traveling by public bus is the cheapest option. You can travel to just about any place by bus, but it is commonly slow and not too comfortable. It is generally easy to determine which route you need to take to reach your destination, and there are always other people at bus stops who can assist you in selecting the correct route. The subway is another cheap option for traveling, and it is generally faster than taking a bus. If you want to practice Chinese, this is another great opportunity to communicate with native speakers by asking them how to reach your destination.

If you happen to be carrying a lot of personal belongings, traveling by taxi is very convenient. Especially when returning home after shopping, it is relatively fast, but slightly expensive. When taking a cab, you need to tell the driver where you need to go, and this often includes describing the location for the driver to better understand. You should never try to take a cab from one city to another, as the price will be far too high. This type of traveling is more suited by train, which has a few different options in itself. For example, there is the common train and the high speed train. The fastest way to travel is by the high speed train, which can take you to far away destinations in a few short hours.

《我们亲爱的语伴们》 作者：麦乐因

我们来到苏州快一个月了，认识了很多有意思的中国人，但是我觉得最热情的是我们的语伴。我们四个星期以前认识了他们，已经成为了很好的朋友。谢雨辰，我的语伴，每天帮助我看课文，给我介绍中国文化，跟我讨论我们共同的兴趣，比如说，我们都看哈利波特的书长大。“雨辰，中文怎么说 magic wand?”她说：“魔法棒!”

我问了我的同学们，他们感觉语伴怎么样? 莫佳丽说：“我知道石亚坤一定会当个很好的对外汉语老师，因为我不明白课文的时候她总是很耐心，用更简单的生词来说明。”罗凯丽说：“我跟蒋惠慧来自不同的国家，不过我们发现了很多共同的兴趣，所以我们的关系很好。”李佩华说：“杨志慧越来越懂怎么教我说汉语，怎么说明生词的意思。我觉得我们都学到很多!”

下个星期我们都会认识我们的第二个语伴。我们虽然很感伤告别我们的好朋友，可是我们也很兴奋认识新的朋友!

"Our Beloved Yubans" by Norine McKee

It's already been a month since we've come to Suzhou, and we've met many interesting Chinese people, but I think the most welcoming and warm-hearted of all have been our language partners. We met them four weeks ago and have already become good friends. Xie Yu Chen, my language partner, helped me study every day, explained Chinese culture to me, and discussed shared interests with me – for example, we both grew up reading *Harry Potter*. “Yu Chen, how do you say ‘magic wand’ in Chinese?” “Mófǎbàng!”



I asked my classmates how they felt about their language partners. Kelly said, “I know that Shi Ya Kun will become a great Chinese teacher, because whenever I didn’t understand the lesson she was always very patient and used simpler words to explain things to me.” Karlee said, “Even though Jiang Hui Hui and I come from very different places, we discovered many common interests, so our relationship is great.” Paige said, “Zhi Hui really came to understand how to teach me better, and how to best explain things to me. I think we both learned a lot!”

Next week we will meet our second language partners. Even though we are sad to say goodbye to our friends, we are very excited to meet new ones.

《桂花公园》 作者：何斯庭

我喜欢举杠铃，来中国的时候我找不到一家健身室。我有一点失意因为我最大的爱好就是运动。有一天散步的时候，我找到了桂花公园里面的锻炼的地方。我非常高兴因为我以为中国可能没有锻炼的地方。美国体育馆和中国人锻炼的地方很不一样，比如这个锻炼的地方没有杠铃。中国人平常不举杠铃，反而可是他们练习高单杠和双单杠。锻炼的时候我跟中国人又聊天又交朋友。他们教我中式的锻炼，但是有的中国锻炼文化有点奇怪。比如他们锻炼的时候喜欢抽烟因为他们说抽烟对他们的丹田有好处。我觉得他们说的话一点奇怪，不同意抽烟对身体有好处这个说法。每天下课以后我去桂花公园和我的中国朋友们一起锻炼！如果你天天做中国式锻炼，两个月以后真会有李小龙一样的身体！



"Guihua Park" by Austin Hudgins

After arriving in China I could not find a gym and as a result was a little frustrated because one of my hobbies is playing sports. On day while walking in Gui Hua park I found an exercise area. I was exuberant because I had begun to think that China probably just doesn't have any gyms. Gyms in the U.S. and China are not the same, for example this gym does not have barbells or weights. Chinese people don't usually lift weights rather they use pull up bars and double bars for exercise. When I work out at this park I chat with the locals and make new friends. They teach me Chinese style workouts but sometimes their workout customs are a little strange. For example they like to smoke cigarettes while working out because they say it raises their Qi levels in their DanTian. I personally don't agree with what they say because cigarettes are bad for your health. Everyday after class I go to this park to meet up and workout with my Chinese lifting bros! If you also everyday do Chinese style exercises you will have a body like Bruce Lee after two months.