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I come from Southwest China. When I was a child, my family didn't have any electrical appliances, only endless mountain roads, a rural household. Because of the difficulties of life, I followed my mother to move many times in the city. Things get better when she holds a E-commercial shop in 2018. The Chance of E-commerce in China knocked our door. I would say it wouldn't be better if she in 2024 started. We had Luck.

At the age of 15 years old, in around 2011, being able to read books independently, I read Chinese versions of Jane Eyre (Charlotte Brontë), David Copperfield (Charles Dickens), Confessions (Jean-Jacques Rousseau), Les Misérables (Victor Hugo), The Old Man and the Sea (Ernest Hemingway), Crime and Punishment (Fyodor Dostoevsky), and other world-famous books, as well as the wisdom of our country's oldest ancestors, such as The Analects of Confucius, Chuang Tzu, Dream of the Red Chamber (Cao Xueqin), and so on, in the school library. They are recommended from the teachers at class. At that time, architectures, and customs, the main character's life choices from western society described in these stories were half-understood by the young me, but made me, however, deeply inspired later in life. From The Old Man and the Sea (Ernest Hemingway) I experience the joy of gain and the complex pain of lost. I feel like it is the life, we start at a point with strong wish to show off, we overcome many unexpected challenges later, and realize we are so fragile in front of storming society, things aren't that funny anymore but the only way to go further is try to live until we really can't make it anymore. And we try to sleep sweet at night. I feel peace at the age of 28, when I recall this book. Crime and Punishment (Fyodor Dostoevsky) or Les Misérables (Victor Hugo) show it's power too, when the reader get older. Part of them is about social morality. Only when a person needs to seek a living, could she or he feel the dilemma of the poor group in the book. And I would say a great piece of work always lives in our heart for a lifetime. It turns out, that the unreal whisper from the beautiful wish of our brain may kill our soul, if not handled properly. But we are souls all around the world, aren't we?

What my mother done for me is great. I am still financed from her. But as a woman with only 5 years education she could give me little messages for the future of my life. There is no career or life advice. I finished my Gao Kao (National College Entrance Examination) in soft science branch. Against all odds, I went to the Geography Department of Tianjin Normal University. In modern history, from 1860 to 1903 after the Opium War, nine countries, Britain, France, the United States, Germany, Japan, Russia, Belgium, Italy and Austria, forced the Government of Qing Dynasty to let them occupy concessions in Tianjin successively. As a result of a history with humiliation and blood, Tianjin has a large number of modern European buildings, as well as the influence of Western culture in education. It was governed by advanced concepts at that time, the young Zhou Enlai (one of the greatest Chinese Chancellor later) attended the

city's Nankai Middle School and Nankai University. From this city, I began to look out at the world. I wanted to show off like the old man in the ocean, too. I would admit that I kind of pay back for my childish motivation, but I would never regret.

By one online language course, I learnt to sign up for a summer camp at the University of Bamberg in Germany. In 2018, when I was a grade 4 student in my bachelor degree, when the goods prices were very reasonable, I visited Bamberg and spent only six hundred or so euros in Bamberg in August plus rent. That year there were people from a hundred countries around the world participating in the camp. Once at a dinner we brought traditional food and shared the joy with everyone. I felt nervous, strange and happy. I was not familiar with this kind of activity, where the strangers just shared their food. I was worried about being judged which turned out totally unnecessary. The Chinese girls and I cooked a large portion of noodles. The noodles were eaten up. I was impressed that we later shared each other's hometowns and discuss our travelling experiences. I feel my soul get touched when I recall it. And in a comfortable summer afternoon, we had a trip to Bamberg castle, we enjoyed the coffee and city view. The fountain and the apple tree are also fond memories for me. As a tourist this month, I deeply felt the joy of travelling to European palaces. How a city makes the citizen happy? Once a time in Bamberg.

In fact, due to the huge population of graduates in China, it is not easy for us as graduates to find a good job. I used to dream of becoming a high school teacher. But after my undergraduate degree, I had more questions about education. During my undergraduate studies, I learnt how to teach children about lines of latitude and longitude, and how to teach them about the seven continents and four oceans of the world. It's hard to avoid the fact that children need to know a lot about the earth. I always suspect that I'm not really qualified to give advice to my kids when they need some wise information to make a no-regrets decision. I can't give one myself either. During the same period my friends took less-satisfying jobs and relied on their families to put a down payment on a house for them, and they used a portion of their salary to pay off the mortgage, and lived in such stable affluence. My mother gave me the utmost freedom and she financed me to go abroad. I look forward to understanding more about the world in which the writers of the books I have read lived, and perhaps being brave enough to give advice to children as a result. Of course, the unprecedented sense of peace and relaxation I felt on my first trip in Bamberg made me determined to leave China and come to Germany to study. I saw the courage in my mother and me.

I started learning German after graduation in 2018 and after passing a series of exams and audits, I moved to Germany. By 2019 I was 23 years old. My first year in Dresden was well organized. I didn't realize at the time that I would face a global crisis until the epidemic hit. During Covid-19, supplies were limited, prices were rising, people were afraid to communicate casually, and I was afraid to even turn on the heat in the winter. One Girl from South Korea said to me, China should apologize to cause all of this. I felt really sad. At the same time that my German language skills were not sufficient to sustain me in my studies, the situation of distance learning made the problem of my learning difficulties even worse. In other words, I couldn't understand the live classroom broadcasts at all, and I was afraid to

speak up, speak from my heart, or take exams. When I was studying in China, no matter what I did, I always had classmates with me. I may feel kind of soul loneliness but never felt lonely in my Bachelor. But from the winter of 2020, I was gradually trapped by loneliness both from soul and physical world. My mother was tormented and very fragile, and I had to face, on the one hand, the situation of moving forward alone in an unfamiliar city, while calming my mother. Throughout the winter, the only thing that comforted the soul was nature. I climbed mountains from time to time and sat by the river Elbe all afternoon, lingering. I went through real and fake epidemic news bombardment, insomnia, failing exams, nervous breakdowns, weight gain, depression, and delayed graduation. Sometimes I wonder if I would be in a better situation today if I had made better choices during the epidemic. But all I can say is that every step I seemed to have to take was that. I saw the vulnerability of myself and the world.

In 2024 I've been in Dresden for five years, despite never being able to read a book on German literature in its entirety. I went to the Leipzig Book Fair, where I also tried to understand the authors' sharing sessions and browsed through the various themed sections. From African to Scandinavian settings, from popular fiction to documentary award-winners, I could feel a cultural bloodline buzzing. It's just a shame that I haven't been able to participate as much as I'd like. My childish heart beats and I recalled the books I read as a child and imagined the authors quietly writing. From the writers, to the translators, they opened up tunnels for people of different languages and different walks of life to understand each other. A keen heart, I think, is part of the heart of a citizen of the world.

My sub-sessions with psychotherapists were also a very important part of my internationalisation (I would like to understand internationalisation as being spiritually healthy and inclusive). I got depressed during the epidemic. My Chinese psychotherapist couldn't understand that I suffered so much mental torture and physical stress, because many people think that people who can go abroad should be well off. But my German doctor could, and she said I was like a sapling that had been transplanted, but had not been cared for in time, especially as I had to look after my mother's emotions. I said I was anxious I was accomplishing nothing. The German doctor was surprised that she thought I was still so young, because it is true that a large part of the German population is still looking for a suitable career at the age of thirty. She was perhaps used to the fact that big things happen late in life. But the Chinese doctor said she could understand. Because it was normal for me to feel anxious and chagrined when I chose my studium between having a family and my studies and was not rewarded accordingly. She is also used to seeing people stepping into the highspeed rhythm every step of the way, like a precise social cog. But I know from my heart, they, as doctors, were committed to accommodating and understanding me, making me healthier.

As my language skills improved and various school activities resumed, I got involved in a lot of activities and met a lot of people from all over the world. I really love this university. A very friendly professor encouraged me to take care of myself before thinking about my studies, as he too had been depressed. Some of my mates, when we met privately, shared with me their difficulties during the epidemic, bereavement, delayed graduation, insomnia, uprooting, war trauma and so on. I also found a wonderful life coach who said that all choices emphasize not

whether they are right or wrong, but whether they are what the heart desires, they are all reasonable. Even though we come from different cultural backgrounds, when we feel, we face similar dilemmas, we have similar pains, insecurities or happiness. I see the similarities in the world, we can share the pain, we can share the happiness.

I had various physical problems during the epidemic and I was lucky enough to find the logic to analyse this in a book. The book is *The deepest well* by Dr. Nadine Burke. I got a lot out of the book. Trauma, in fact, is a very widespread phenomenon, especially since I've been in this city and come into contact with all kinds of people. When people are under prolonged high pressure, they may experience sleep disturbances, red and itchy skin, allergic reactions, or changes in odour. The body actually keeps reminding us to protect ourselves. And stress is not really that easy to see; it can be buried deep in a corner of the mind. My teacher in the testing office described depression this way: depressed people wake up every day facing a mountain. And the therapist is the only engineer who can help the patient slowly chisel the mountain of suffering down a little bit. The author of the book is American, my teacher is German, and the students with whom I discussed trauma were Chinese, Iranian, Egyptian and Indian. I see a similar process in the world of how we perceive our bodies.

Though, perhaps each person made less than the same choices due to different personal experiences. As a person involved, I can appreciate the goodwill of each person. I think the values of needing to be taken care of when you're sick, having a balance between body and mind, not judging what's right and wrong, and trying your best to complete tasks that are important to you are a common part of the world. Although I still feel bitter about the delayed graduation. But I know that there are so many things about this city that I have yet to discover. As a foreigner, I have learnt a lot here.

Many thanks to Lewis and the other lecturers at Eutopia for their advice. This paper has been structured to share as much as possible in a timeline the part of my life experience about internationalisation, which is actually one of the most important parts of my life. I'm thankful that this project has given me the opportunity to comb through these memories of mine. Following up on the article I rarely mention my mother, who is ill now, but she is strong and taking care of herself, and I am trying to seek graduation with a view to being able to make her happy. Without my mother, I would not have been able to walk out of the mountains, and I would not have been able to live a decent student life. But I don't think words can do enough justice to this motherly love, so needless to say it goes too deep. Love is, indeed, the most beautiful human emotion I have been able to experience so far. Next time, I hope to enjoy summer palais music, paintings, watch films, visit museums, explore new shops and share life with friends by the Elbe. I wish you all a happy life!