

LIFE IN CHINA

'Coming to China, Best Decision in My Life'

By BI Weizi

A foreign cardiologist made a life-changing decision after receiving his undergraduate degree in 2008, opting to travel to China to further his studies.

Eight years later, he became the first Bangladeshi cardiologist to earn a doctor's degree from the prestigious Shandong University and then joined Beijing Fuwai Hospital, a preeminent institution in the field of cardiovascular disease treatment. Doctor Misbahul Ferdous is also the vice president of the Asian Pacific Society of Cardiology and has long promoted exchanges and cooperation between China and other countries in the Belt and Road Initiative.

Science and Technology Daily recently interviewed Ferdous to find out more about his "love affair" with China via on-line video.

The best decision in his life

"I remember it was in the late afternoon one day in September 2009 when my flight landed at Jinan Yaoqiang International Airport. I didn't speak Chinese at the time, and the new environment was totally unfamiliar to me," recalls Ferdous of his arrival in China.

"Almost 99 percent of the people around me didn't understand [why I had chosen to come to China] and not [chosen] another country." In hindsight, he said that decision changed the trajectory of his life. "I can say that coming to China is the best decision I've ever made in my life, and China has brought me education, work, friends, pretty much everything I have at the moment."

Cardiology knowledge exchanges

Ferdous has been active in promot-



Doctor Misbahul Ferdous is holding a trophy and certificate awarded by Global Health for his excellence in cardiovascular care in 2020. (COURTESY PHOTO)

ing cooperation in the field of cardiology between China and countries along the Belt and Road Initiative, all in the name of the Chinese Society of Cardiology and Fuwai Hospital.

Under the guidance of his mentor, Doctor Wu Yongjian, director of the Department of Cardiology, Fuwai Hospital, Ferdous often travels to Bangladesh, Nepal, Thailand, Malaysia, Indonesia and other countries for medical exchanges with his colleagues.

"Even during the pandemic, we still maintain very close and frequent exchanges. The Belt and Road Initiative

has opened the door for us to learn from each other," he said.

The Initiative also focuses on training young doctors. According to Ferdous, doctors from countries in the Belt and Road Initiative have opportunities to travel to China every year for a three-month or six-month training program.

A friend in need is a friend indeed

When COVID-19 struck, Ferdous and Doctor Wu were attending conferences in Saudi Arabia. Then, faced with countless unknowns and discouragement from his family and friends to remain in China, Ferdous returned to the

country more determined than ever to help.

"At that time I said to myself, whether as a doctor or as a foreigner who has lived in China for many years, if I don't go back when China needs help, I will feel ashamed for the rest of my life. I thought it was my responsibility to step up and do something for China," he said.

The long-term cooperation between Ferdous and his team and the countries in the Belt and Road Initiative has not only facilitated medical exchanges, but also helped each side to overcome difficulties during the tough times of the pandemic.

Ferdous recalls that in January 2020, he and Doctor Wu wrote to cardiologists in countries in the Belt and Road Initiative to seek help due to a shortage of face masks and other personal protective equipment (PPE). "Everything was unknown at that time, and many flights to China were canceled, but they still did their best to help, and we later received more than 60,000 face masks from countries such as Nepal, Bangladesh and Indonesia."

And in March of 2020, when COVID-19 in China was brought under control, he and Doctor Wu returned the favor, donating large amounts of PPE to those countries. "They reached out when we were in trouble, and we helped when they were in trouble, and the pandemic brought us closer to these countries," said Ferdous.

"China always opens its doors. During the pandemic, even though we are far apart, our hearts are always connected," he said.

Letter to the Editor

My Thoughts on China's Development

By Asad Khalil

Self-reliance and maintaining the world peace are the pillars of Chinese development philosophy. This philosophy has evolved around featuring innovative, coordinated, green and open development for all, and building a beautiful China. To realize and attain these development goals, China primarily relies on its national capabilities as well as innovation and continuum reform process.

In the international arena, the Chinese Dream has positioned China as a modernized and developed country that strives to improve the welfare of its citizens, spread peace and stability as well as promoting interconnectivity among countries and nations.

After a decade of experience in China as a foreign expert, I can describe China in three words: comfortable, developed and safe. To convey my opinions about China, I may need to write a book, but if it comes to an article, I can highlight a few things that impressed the most.

The Belt and Road Initiative

The Belt and Road Initiative constituted a strategic shift at the level of international relations in the world as it relies on partnership and common interests instead of the hegemonic attempts pursued by other great powers in the world.

China relies on friendship, harmonious and peaceful coexistence and serving the common interests which resulted in a giant leap into improving the socioeconomic conditions and national security of all countries participating in this initiative and enhancing stability and prosperity worldwide. That reflects the deep-rooted values of Chinese culture and heritage. In addition to its significant role in promoting economic growth, this initiative creates opportunities for coordinating the development strategies and infrastructure interconnectivity between China and countries along the Belt and Road routes.

Strong economy

China's transformation into one of the world's greatest economic powers took less than seventy years. That is due to a series of economic reforms that have significantly improved the life of the Chinese people and lifted millions out of poverty by opening trade routes and attracting investment.

China has been striving to strengthen partnerships and promote the connectivity among countries by promoting policies and regulations that foster a sustainable business environment and continuous cooperation through all platforms. This strong economy supports great career prospects for expats through creating more job opportunities and increasing the demand for competitive talents and entrepreneurs. Consequently, I believe that China is the new land of opportunities and a great destination. And that is not because of the increasing growth rate of its GDP but be-



Dr. Asad Khalil (PHOTO provided by the author)

cause the human capital that China is possessing and investing in.

Innovation

Innovation is an essential element of China's 2049 vision, i.e., building a knowledge-based, diversified and flexible economy which is reinforced by the best expertise to ensure the long-term prosperity of China and Chinese people. Accordingly, China is keen to create a creativity-conductive environment.

The vigorous innovation policy, dynamic management, and increased spending on education, science and technology in China are key factors that led the country to embrace its current role as a global innovation leader.

Poverty alleviation

Volunteering in development projects and poverty alleviation programs in remote rural areas in China, enabled me to witness inspiring and successful stories of poverty alleviation. Huge and collective efforts have been put together to empower poor communities. These efforts aimed at laying the foundation for future development, creating job opportunities and increasing the employment rate in these communities, supporting the resumption of local industries and enterprises. As a result, living standards have been improved and the overall well-being of societies has been boosted.

Green life (Think green)

China is now the world leader in energy conservation and new energy usage. Individuals and local governments all over China are taking the responsibility in creating a new "green life."

"Achieving progress in building ecological civilization" became one of the main goals of China's development goals.

With the increased awareness of "green development" concept, and the implementation of strict policies and laws to promote green development in recent years, the number of blue-sky days has dramatically increased, and the ecological environment has significantly improved. As a law professor, I believe all success is a result of the Chinese law and policy that can predict a better future by knowing it today.

(Asad Khalil is a law and international relations professor at Southwest University of Political Science and Law.)

Top 10 Most Attractive Chinese Cities for Expats in 2020

By Staff Reporters

The annual survey, titled *Amazing China - the Most Attractive Chinese Cities for Expats 2020*, was unveiled at the 2021 Euro-Asia Economic Forum.

Beijing, Shanghai, Hangzhou, Guangzhou, Xi'an, Chengdu, Ningbo, Suzhou, Shenzhen and Qingdao are the top 10 most attractive Chinese cities in the eyes of foreign talents in 2020.

In addition to the 10 most attractive cities that are on the list, the survey also lists cities with the most potential

to attract expats, namely Nanjing, Wuxi, Wuhan, Tianjin, Kunming, Dongguan, Changsha, Quanzhou, Hefei and Yantai.

The annual survey has been hosted by the Foreign Talent Research Center, the Ministry of Science and Technology since 2010.

Between May and August of 2020, foreign judges, including Nobel Prize winners, Chinese Government Friendship Award-winning experts and other experts living in China, voted online and chose among the 45 candidate cities. Results were analyzed from 3876 signed

votes from the senior foreign experts as well as other foreign participants.

This year's foreign expert panel consists of fourteen Nobel Prize winners, one Turing Award winner, sixteen academicians and forty-seven Government Friendship Award-winning experts.

The annual survey's goal is to promote "Opening up at City Level and Bringing in Talents from Overseas." The evaluation is based on each city's ability to attract foreign talents, related services for these talents, and to what extent they can contribute their services to public.

With continued improvement of China's comprehensive national strength, an increasing number of foreign experts choose to work and start businesses in China. In recent years, China has implemented the work permit system for foreigners and a visa system for expats. This has promoted the implementation of government affairs and the relevant policies as well as work and living conditions of Chinese cities, allowing more expats to fully enjoy better employment and lifestyle opportunities in China.

National Parks Safeguarding Ecological Diversity

By Staff Reporters

China is home to a variety of natural wonders. In an effort to protect these diverse landscapes, along with the rich biodiversity, China announced it would formally establish its first batch of five national parks on October 12, including the Sanjiangyuan (the Three-River-

Source) National Park, the Wuyi Mountain National Park, the Giant Panda National Park, the Northeast China Tiger and Leopard National Park and the Hainan Tropical Rainforest National Park.

The parks are among the 10 pilot national parks which have been reviewed by the country's authorities for national park status.

One of the most important parks, because of its location, is the Sanjiangyuan National Park in Northwest China.

In 2016, the Sanjiangyuan (the Three-River-Source) National Park became the first of the country's 10 pilot national parks after China began to explore new ways of park management.

Located in the hinterland of the Qinghai-Tibet Plateau, the scenic and mysterious area is the birthplace of the Yangtze, Yellow and Lancang Rivers, and is known as the Water Tower of China.

Renowned for its natural significance, this area serves as a strong protective shelter to safeguard ecological diversity.

Traditional Eastern Wisdom

Shennong: A Legendary Divine Farmer

By LONG Yun

Shennong, or "Divine Farmer," is a legendary cultural hero of China, believed to have taught the ancient Chinese people how to use agricultural tools and herbal medicine.

The earliest written record connecting Shennong to the practice of Chinese herbal medicines is found in *Huai Nanzi*, the Chinese philosophical classic from the Han dynasty around 122 BC.

Almost 5,000 years ago, ancient people suffered from hunger and numerous diseases. Shennong was said to feel great pity for them. Determined to find safe food and remedies for his people, he started to hike among the mountains,

sampling hundreds of herbs to test their medicinal value. The valuable work and knowledge gained by Shennong was handed down to generations, becoming the oldest book about Chinese traditional medicine, known as *Shennong Ben Cao Jing* or *The Classic of Herbal Medicine*, and Shennong is often referred to as "the God of Chinese herbal medicine."

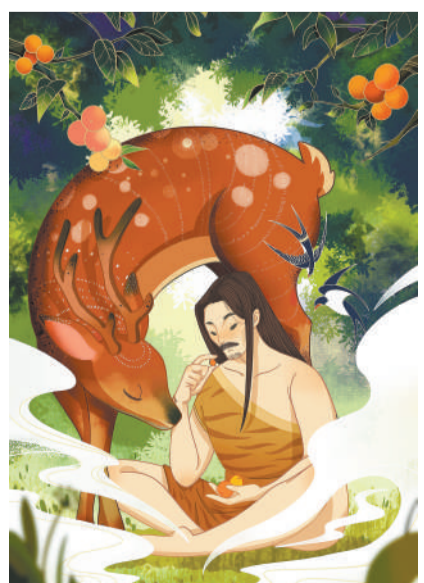
The book contains information on 365 species of herbs and medicinal plants divided into three volumes. The first volume consists of a collection of "upper herbs," which includes 120 harmless plants with "nourishing properties," such as ginseng and goji berries.

The second volume includes 120 therapeutic substances intended to treat

the sick, but have a little toxic, or potentially toxic properties of varying degrees. This category includes female ginseng and peonies. The substances of this group are described as "middle herbs."

In the last volume, there are 125 substances which cause strong reaction and are often poisonous. Peach kernels and Chinese elder herbs are among those depicted. These herbs are referred to as "low herbs."

Over the centuries, there have been many versions of the story of Shennong. However, by all accounts, because of his efforts, countless herbs are now used in traditional Chinese medicine and the importance of traditional herbs are now widely accepted.



A creative picture of a legendary divine farmer: Shennong (PHOTO: VCG)



Aerial photo taken on May 25, 2021 shows a view of Noring Lake in the Sanjiangyuan National Park in Golog Tibetan Autonomous Prefecture of northwest China's Qinghai Province. The ecological system has been steadily improving in recent years in the Sanjiangyuan National Park, making it a habitat of an increasing number of wild animals. (PHOTO: XINHUA)