



Time pass so quick. I still remember that I arrived in Czech Republic on my first day. Any details also stay on my mind. In this 4 months, I gained a lot of experiences, knowledge and friends. I tried many activities that I never did before such as ski, travel alone, listen to classical music concerts and go to bars etc. The memories of here become so unforgettable for me.



My life become more colorful and my world also become bigger because of these memories. I have met a lot of people from other countries in this few months. We cook and share our typical foods and communicate with each other. I could get to know more real situations in their countries.



My major is social work. I didn't study any subject about social work here because I have a chance to study different subjects that I didn't learn before. Thus, I want to know more other knowledge and learn some different subjects so I choose to study archaeology and art. In these two classes, I gained some different knowledge so I have more inspiration. I don't only gain knowledge in these classes. Also, I find that I have interest of art and history. When I start to learn something new, I can get to know more about myself and stand in a different position to see the world.

In these 4 months, I felt many cultural shocks. Especially because I came from Asia. Europe and Asia have a really big difference between lifestyles, food culture and social behavior, etc... At first, I'm so surprised for some lifestyles. In my opinion, drinking culture is a most different activities between Hong Kong and here. Normally, Hong Kongers drink at night time or weekend but I saw a lot of people who start drinking in afternoon and drink everyday. In addition,

I saw a lot of self-service checkout in the supermarket of here but I do not think that I saw these kind of machines in Hong Kong before. All of these are so interesting for me because I can see how different countries can be.

I think that I am so lucky person because I have the opportunity to live in another country when I am still a student. Also, I have such a supportive family. They encourage me what I want to do and always told me that you should try more, feel more and explore more because I still young and have a lot of possibilities. To be honest, I'm the kind of person who don't like to try something new because I'm so afraid to make any kind of mistakes. In these few months, I must try a lot of new things because I live in here without any family or friends at the beginning. I need to solve most of the problems in my life by myself. I can't say I'm different person now but I believe my mind already changed. My heart becomes braver in these period.



I really like this quote: "No man ever steps in the river twice, for it's not the same river and he's not the same man". Sometimes, people believe that we can have second chance to do same things but this is not true because everything is changing everyday. I may visit Czech Republic again in the future but I believe I can't have the same experiences as I had during this exchange program.