

## **Reflective Journal of My Exchange Study in USA**

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My exchange study in Washington State University, USA was an unforgettable experience that brought me countless treasured memories and valuable knowledge. In this reflective journal, I will share the special moments of my exchange program and reflect on the crucial lessons and benefits I gained.

The first special moment was camping in Dworshak State Park. It was a chance to escape the busy campus life and immerse myself in the peacefulness of nature. Surrounded by breathtaking natural beauty, I learned different outdoor skills and bonded with other students. We hiked through beautiful trails and built campfires. We also spent evenings stargazing, sharing stories, and deepening our friendships. Besides, I also walked along the scenic Colfax Trail with my schoolmates, exploring the breathtaking views together. I could relax and recharge during my exchange study. It was an immersive and unforgettable experience.

Another memorable moment was going shopping with my roommate and hallmates. We visited local stores and markets, discovering unique items and immersing ourselves in the local culture. It was an excellent opportunity to bond with my friends and learn about their preferences and tastes. Exploring different shops and interacting with local vendors allowed me to appreciate the diverse shopping scene in the US and broaden my understanding of other products and experiences.

Attending games and competitions in the US was also a highlight of my exchange study. I had the chance to witness an exciting rodeo in Lewiston and thrilling American football games on campus. The energy and enthusiasm of the crowd were perfect. I could cheer with passionate fans, immersing myself in the local culture. These games and competitions show the spirit of American sports, leaving a lasting impression on me.

Another highlight of my exchange study was our weekly dinner gatherings with my schoolmates. These evenings not only enjoy delicious food but engage in meaningful conversations, play games, and share the highs and lows of campus life. It created a sense of belonging in campus life, making our exchange experience even more enriching and memorable

Regarding knowledge and skills, my exchange study greatly enhanced my communication and English language abilities. Being immersed in an international environment allowed me to interact with people from diverse countries and cultures. Engaging in conversations and collaborating on projects improved my capacity to communicate effectively and confidently. It also helped me develop a deeper understanding of different perspectives and cultural nuances, making me more adaptable and open-minded.

In addition, my exchange experience boosted my cultural awareness and extended my international perspectives. Immersing myself in the US culture allowed me to gain firsthand

knowledge of the American people's lifestyle, customs, and traditions. It could let me know more about cultural diversity and broaden my worldview, enabling me to approach situations more openly and inclusively.

In conclusion, my exchange study has been an unforgettable and valuable experience. The camping trip, hiking adventure, shopping excursions, game attendances, and weekly dinners contributed to my cultural understanding. Additionally, improving my communication and English language skills has equipped me with valuable tools for future international collaborations. Furthermore, the knowledge of US culture has expanded my global perspective and fostered a greater appreciation for diversity.

I am incredibly grateful for the opportunities and experiences that my exchange study has provided. I believe the memories, insights, and skills acquired during the exchange study in USA will continue to shape my personal and academic growth.