

T-Times

Newsletter

**2011-2012
Annual Magazine
The 7th Issue**



SIT-Telfort Business Institute

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教务长 MICHAEL HOWBROOK
(Director Of Education)

Directors Welcome

An extraordinary and interesting year this has been so far has to be believed.

An extraordinary year in that I became your Director of Education and had the pleasure of watching the student union at work in competition, counseling, and sports. The Administration working tirelessly ensuring that the wheels and cogs of Telfort continually turn and run smoothly.

I have traveled the world in my working career and have had the pleasure of meeting many cultures, religions and beliefs, but my Telfort Shanghai experience is an experience indeed and I consider myself most fortunate in my being a part of Telfort.

A Very Interesting year this will be, the gauntlet of challenge has been thrown down and we at Telfort have picked it up to face that challenge. Telfort is in the mode of change a change that must be made if it is to compete with the ever changing world that we live in. The Institute will benefit enormously in presenting and offering itself as the business school of today and tomorrow, our students will be able to go forward with confidence knowing that they have received an education second to none. That is the challenge, and we will meet it.

I would also like to thank those that have worked so hard in putting together the Telfort Times, it is greatly appreciated.

Let us all move into the second half of this year with great interest, enthusiasm, and the will to make the 'change' a working success.

有感而发

It's a great honor for me as the student union representative to introduce our student union "Telfort" to all students.

The student union is an important organization on campus which gathers students from different classes with different family backgrounds. Our students will behave like a big family. Once they have joined the student union, they will become stronger in leadership and will do their best to serve everywhere on campus, and experiencing a new student life. As members of the student union, we do a great job in our daily work. On the other hand, we associate and support different kinds of activities taking place on campus with assistance from faculties. We are not only make those activities happen and run well, but also try to bring the best campus culture to every student. For example, the annual English essay and English Karaoke Contest fully demonstrate the characteristics of English in our college. Besides the solid year in the academic field, we also carried out sports meeting in which stu-



dents from different majors and different places will meet together, having fun and getting to know each other through competition.

As members of the student union, we don't think about personal gains and losses. All we care about is how to do our best to serve other students. Of course, every excellent effort we make cannot take place without suggestions and advices from all of you.

If you have any amazing ideas or any complaint, you're welcomed to talk to any of us any time, these will help us improve a lot.

I believe that with all the hard work of all members and support from faculties and every student body, we will make "Telfort" better for all students.

学生会主席 赵逸佳

By: Joe Zhao
(President Of Student Union)

Telfort Student Union

副主席：杨嘉晟



文艺部部长：张伊



The Student Union is a stage for members to give service to students with the assistance of the teachers; it organizes activities or competitions and incites students to take an active part in them.

Here comes the new term, we should fortify the interior management of the student union continually, recruit new members and arrange the advent of activities or competitions.

Every student has the access to join us. May our Telfort student union gain more ability, people and hope for the new term to turn over a new page.

学生会副主席 杨嘉晟

By: Louise Yang
(Vice President Of Student Union)

Hello, I am Eva and this is my first time to be a student Union member. Through the review of last semester's experience I learnt a lot and made much progress. The Student Union offers many chances for development and the ability to exercise the skills of every member; even the teachers showed us how to improve our minds.

学生会文艺部部长 张伊

By: Eva Zhang
(Arts Dept Of student Union)



有感而发

PERSONAL COMMENTS



The past two years that I have spent at Telfort has meant a lot to me. Not only have I formed special relationships with students, but also with the staff and my fellow teachers. My wish for all the students are that they will make the most of the opportunities that they are given here. Just like me, I am sure you will be perplexed by the kindness of the staff, teachers and students at Telfort. I hope that all of you will be as lucky as I have been in building relationships that will last long after your graduation.

T-times, keep up the good work! I hope there will be many more issues to look forward too.

By: Rudolf Herholdt

When I first arrived in Shanghai, it was the start of December 2011. I was getting settled when I started at Telfort. China has been a great adventure for me. Shanghai is the New York of China, filled with places and sights like no other place in the world. I am glad I am experiencing it along with teaching. I am currently finishing my PhD in Social Psychology. My specialization is cross-cultural communication. I enjoy teaching and learning at the same time. Shanghai allows me to have access to many different people and sights to research.

Education is a valuable tool. I am honored to share my experiences with students who are starting their academic journey. Telfort has allowed me to guide and share my knowledge with students who will be come successful from their hard work and dedication to their studies. I hope to assist students who know where they want to go in life or what path will take them on an amazing adventure, like I am continuing to have.



By: Stephen Pijaowski

Having performances in school's activities such as the Easter party and Christmas party is fun. But performing with talented students and teachers is more fun! So I encourage you guys to share your talents. Show them what you have! And I hope to see you perform in Telfort's future activities.

By: CJ



I would like to welcome the FIRST YEAR students to Telfort! I hope you will find learning interesting and fun. To the SECOND YEAR and THIRD YEAR students, welcome back! May you all strive to be better students, and be good role models to the freshmen!

By: Charidel Victoriano Andaya

It is sad to leave the place that has been my second home in China!

I will miss it!

I wish everyone in Telfort, students, teachers and all my colleagues to achieve all their goals and fulfil all their dreams! Good luck!

By: Maryna Murakhovs'ka



有感而发

MAKING THE TELFORT EXPERIENCE AS FUN AS POSSIBLE

Being in Telfort for 4 years has never failed to create a good impression on me as well as the inspiration to stay longer and assist the students. With its annual events that develop the students' skills and talents and also awareness on the school's aim to improve the quality of education and students, Telfort has always been determined to see changes and better results.

The school year **2011-2012** has been very memorable. Who would ever forget activities like the usual **Christmas Program** where all the students have a chance to showcase their talents in singing and dancing, and also acting where classes showed very interesting role plays. Everybody seemed to be surprised when students saw their foreign and chinese teachers performed on stage. Showing those performances left an impression to students on what Christmas was all about.

Similarly, the school also held its **Karaoke Singing Competition** which gave the students a chance to impress the audience with their singing prowess. Also, the **Easter Festival** which let students pair with their teachers in a song performance and led as a good example of a teacher-student relationship to everyone. Other important events of Telfort were the **Halloween Party, Sports Festival, Spring Trip, Negotiation** and **Speech Competition**. The students, in turn, were overwhelmed with joy and satisfaction, knowing that Telfort has so much to offer.

I assume that there would be more activities to come in this school year **2012-2013**, where students will be more participative and willing to share their abilities and talents, and join Telfort in its effort of giving students a great experience throughout their stay and enjoy good outcomes in the future.

There is nothing impossible for those who strive harder, and you'll only know if it's possible if you try it by yourself. Learn from your own experience.

By: **EDDY ORBASE**





데스틱 트레이닝 트랙 자켓
TRAINING LOOK



Photoed By: Year 2009

Photoed By: Year 2004

It's been almost nine years at Telfort. As a new teacher, first arriving in China, I underwent the standard culture shock that most foreigners experience...the smells, sounds and tastes of China were like nothing I had experienced before. At that time, there were very few foreigners living in the area, no foreign restaurants and very little English, but the Telfort community of teachers was like a new foreign family. We all relied on each other to learn what to do and not to do, what to eat and not to eat, and how to navigate the streets of Shanghai. Over the years, more and more foreign restaurants have popped up in the area giving the foreign teachers a little taste of home, buildings have been torn down only to be replaced with new ones overnight. There have been many teachers that have come and gone and hundreds of Telfort students, but I have always felt welcomed and have made many lasting friendships along the way as I'm sure many of our students have as well.

Try to enjoy your time at Telfort and experience as much as you can while you are here as, I hope, one day, you will look back, as I'm sure I will, with fond memories of your experiences here as a student, and I, as a teacher.

By: Klye Bolton



Photoed By: Year 2003



Photoed By: Year 2008



Photoed By: Year 2011

泰尔弗第九届英语文化节 “英语卡拉OK”大奖赛



2011年12月1日晚5点，泰尔弗第九届英语文化节系列活动之一“英语卡拉OK”决赛在学院图书馆116报告厅拉开帷幕。

本届英语卡拉OK大奖赛在学院中外师生的热情参与下，规模空前报名人数达历年最高。为了在比赛中充分展示自己动听的声音和精彩的表现，不少报名选手从曲目的挑选到演出形象包装，甚至是演唱的英语发音等，都很早就作了精心的排练和准备。本届比赛分设初赛、复赛，最后产生12名选手进入决赛。

决赛过程精彩纷呈，所有选手都参赛选手个个都想展示自己的最佳水平，舞台上充满个性化的演唱和表演，让台下观赏的同学和老师不由的发出一阵阵喝彩声和鼓掌声。由外教和学生代表组成的评委们也高度紧张，个个表情认真仔细打分。

经过紧张激烈的比赛，最后由来自硕士预科班的谢威(Summer)获得冠军；0905班卢梦迪(Mandy)、201105班盛驰(Tommy)获得亚军；201002赵逸佳(Joy)、201108邓文迪(Wendy)、201103 刘潇(Lvy)获得季军。



学生会供稿





The 9th Annual English Culture Festival English Karaoke Competition

The 9th English karaoke, serving as one of the activities in the English cultural Festival was held in the library at 5pm, 1st December 2011. This competition of English karaoke gained the unprecedented growth of participants to show their beautiful voices and amazing performances fully during the competition. Quite a few participants, from songs to the appearance and image at show even the pronunciation of the English words, prepared and practiced. This competition was composed of preliminary contest, semi-final and 12 participants were chosen to the finals.

Through the fierce competition, Summer from PMP class won the championship; Mandy(0905) and Tommy (201105) are the silver medal winners; Joy(201002 Wendy(201108), Ivy(201103) won the third place.

By: Student Union



校园生活 Campus Life

泰尔弗第九届英语文化节 万圣节变装派对



随着学院第九届英语文化节的火热开幕，由学生会主办，一年一度的万圣节狂欢舞会于10月27日下午1点整在学院教学楼举行。

舞会之前会场就被装饰一新，镂空的纸南瓜头在屋顶上挂了一排，期间有十字形彩带穿插而过，时有骷髅点缀于此，参加舞会的同学和老师也把自己打扮起来，有的打扮成公主，穿着漂亮的白色连衣裙；有的把自己弄成僵尸，乍一看还真让人毛骨悚然，此外还有装扮成海盗，黑侠，等各种不同的影视角色。

随着主持人在舞台上热情如火的开场白，观众们陆续进场，站在门口多时的黑衣人检票敲章，伴随着恐怖的音乐，舞者在舞池中央摆起了pose，机械舞秀一下子就吸引了观众的眼球，掌声喝彩声顿时不绝于耳。

在舞会后半段，在恶魔首领Jason的挑选下，评选出本届泰尔弗十大“小恶魔”，将舞会引向了另一个高潮。舞会最后，大家都表示玩的很开心，并期待下一次万圣节到来。

本届泰尔弗十大“小恶魔”分别是：学生苏圳辉、向律嘉、陈伟琳、徐沛、潘梦婷、浦婕、沈思悦和教师KYLE、DAVID、EDDY。

万圣节舞会于下午六点结束，大家乘兴而来，载兴而归，此次舞会很好的体现了年轻的个性与激情，参加此次活动的有中方学生也有国际交流生和外籍教师，气氛热烈，让同学们切身体会到西方文化的内涵与魅力，我们也期待着下一次舞会的到来。

学生会供稿

The 9th Annual English Culture Festival Halloween Party

During the 9th English Cultural Festival, the Halloween gala, organized by the Student Union, was held at 1 pm on October 27th.

The party room was decorated with a row of paper pumpkins on the ceiling connected by cross-shaped ribbons and dotted with skulls. The teachers and students were all dressed up: Some dressed to be princesses, wearing gorgeous white costumes; Some dressed to be zombies. Still, there are pirates, black masks, to name but a few.

With the host's passionate opening remarks, audiences entered the party room one after another. The man in black was waiting at the entrance to stamp the tickets. Following the horrible music, the dancers posed on the dancing floor. The popping show immediately caught the audience's eye, accompanied by thundering applause.

During the second half of the party, demon's leader Jason's selection of ten 'little devils' built up toward another climax. At the end of the ball, all of the participants said they fully enjoyed the event and was looking forward to the next Halloween.

The ten 'little devils' of this year's Telfort Halloween gala are:

Students: Su zhenhui, Xiang lvjia, Chen Weilin, Xu Pei, Pan Mengting, Pu Jie and Shen Siyue

Teachers: Kyle, David and Eddy

The Halloween gala finished at 6 pm. Chinese students, international exchange students and foreign teachers all participated in the event. The party represented the personality and enthusiasm of youngsters and enabled the students to experience the glamour of western culture. We are expecting the next ball!

By: Students Union



泰尔弗第九届英语文化节 圣诞狂欢派对暨第九届英语文化节闭幕式



2011年12月22日下午1:00整, 泰尔弗第九届英语文化节闭幕式暨圣诞联欢活动在中外师生近600人的掌声和圣诞节欢快的音乐声中拉开帷幕。

本届“英语文化节”从2011年10月8日至12月22日, 在为期近二个月的时间里, 举行了适合学生兴趣爱好的英语娱乐及赛事活动共六项, 参加活动的人次达到280余人, 产生各类奖项38个, 其中: “英语卡拉OK比赛”一、二、三等奖共十个; 万圣节变装派对“校园恶魔”共十组; 感恩节题为“感恩”的征文比赛一、二、三等奖共六名; “圣诞节联欢演出”活动表演一、二、三等奖共12个, 获奖人数达100余人。

本届英语文化节在注重体现英语及国际文化艺术的基础上, 更强调团队协作精神, 所有参赛节目均以班级或年级组团参加, 作为每年举办的英语文化节, 校学生会和教学管理部都是英语文化节的重要组织部门, 大家齐心协力努力发挥各自的作用, 从各班班长到班主任, 从社团成员到外籍教师, 大家都为英语节的成功举办积极组织和参与。无论是比赛项目的设置和赛事规则, 无论是宣传设计还是活动通知, 在大家的精心策划和组织下, 本届英语文化节获得圆满成功。

泰尔弗第九届英语文化节已经降下帷幕, 中外文化的交流和展示让同学们享受的欢快和喜悦却难以忘怀, 大家都期待明年的再次欢聚。

学生会供稿

The 9th Annual English Culture Festival

Christmas Party The Closing Ceremony of English Culture Festival

The day of Dec 22nd, 2011 announced the opening of grand Christmas party as well as the closing ceremony of English cultural festival for Telfort staff and students at the auditorium in Shanghai Institute of Technology

The English language festival lasting for around 2 months (from Oct 8th to Dec 22nd, 2011) involves 6 events and attracts around 280 teachers and school-agers to participate. Over 100 students are awarded, including 10 best singers and bands in English song karaoke, 10 groups of “devils” on Halloween fancy party, 6 top essay writers in English composition contest named after Thanksgiving and 12 good performers on Christmas party.

Improving Language ability and promoting cultural communication have been referred to the main purpose of the festival; however, team spirit, running through the preparation of all the programs has been emphasized more. Student Union and administration, acting as the primary organizers, make a concerted effort to ensure the success of the festival not only in making rules and regulations but advertising as well.

Although it is the end of the English language festival, the joy brought by the great time has been born in everyone's mind.

By: Student Union



“复活节”师生联欢



2012年4月10日下午15:00, 学院一年一度的“复活节”师生联欢活动在图文楼116会议厅举行, 本次活动吸引了300多名中外师生热情参与。

活动首先由教师组成的舞蹈《你是我的花朵》作为开场节目, 欢快的节奏, 美丽的舞姿顷刻激起了大家欢乐的气氛; 201002班丁文仪和Karen一曲Rolling in the deep获得了大家热烈的掌握和欢呼声; 俄罗斯教师Marina带领201201班学生用中、英文合唱Take me to heart; 201110班学生李方煜、浦斌斌和Bill分别用吉他和电子琴弹唱Nothing's gonna change my love for you, 所有参加演出的节目都是由中外师生共同合作、精心准备。本次活动较往年增加了现场抽取幸运奖的环节, 以增加现场观众的互动性, 201104班学生刘潇成为了本次活动幸运奖的幸运儿, 他获得了田馥甄演唱会门票2张。



学生会供稿

The Easter Party

On 10th.April 2012, the annual Easter Day in Telfort was held in R116 in library, which attracted more than 300 Chinese and foreign teachers and students .First of all, the party began with a dancing show—You are my follower, which was shown by all Chinese faculty and meanwhile the wonderful dance rendered the atmosphere joyful Ding Wen Yi from class 201002 and our foreign teacher Karen showed “Rolling in the deep” was warmly applauded by the audience. A Russian teacher, Marina together with the students in the class 201201, sang a song-“Take me to heart” both in Chinese and English. Li Fang gu and Pu Binbin from class 201110 and Bill played the song “Nothing’s gonna change my love for you” with guitar and electronic key board respectively.

The whole performances were prepared extraordinarily by Chinese and foreign teachers and students The committee,which was composed of Chinese and foreign teachers and student representatives, gave prizes for all performance. Zhang jun min in class 201010 and Eddy won the first prize The second prize went to Zhao Jia yi IN CLASS 201002 and Jette .The Third prize was given to Dng Wen yi in class 201002 and Karen.

By: Student Union



第二届趣味运动节



经过一个多月紧张而又充满趣味的运动项目比赛，泰尔弗第二届运动节于2012年5月29日在学院南校区体育场举行了闭幕仪式。

本届运动节设置的运动项目有：篮球，乒乓球、跳绳、三人绑腿跑、拔河比赛等。在整个赛事活动中，各年级学生以班级为团队，积极报名组织参加，本届运动节共有245人/次参加了各项赛事活动。

在整个比赛过程中，同学们不仅通过个人或团队力量将运动比赛的魅力得到充分展示，各班级组成的“啦啦队”助威呐喊更是增添了比赛的紧张激烈，同时还不乏出现妙趣横生的欢乐场面。通过比赛让大家体会到运动带给自己的无限享受，团结合作、齐心协力的比赛场面更是展现了“我运动，我健康，我快乐”体育宗旨。“健康、和谐、快乐”的体育精神将激励泰尔弗学生和中、外教师更多的投入到体育运动中，永远享受运动带给自己健康和快乐！

学生会供稿

Telfort 2nd Sports Festival

After the tension and fun, the games lasted more than a month, the closing ceremony of the second Telfort Sports Meeting was held on the South campus stadium on 29th May 2012 .

The sections of the sports meeting are basketball, table tennis, jump rope, three people run, a tug of war competition, etc. In the whole match activity, the students in each class competed as a team, and actively participated. There were 245 people that joined in the competition.

Throughout the games process students, not only through their personal skills or team power, fully demonstrated the charm of the sports meeting but also there was the cheerleaders' support of each class adding to the fierce competition of the games. Meanwhile, many entertaining things turned up. Through the games we realized what brings us to the endless enthusiasm about sports. Teamwork and the efforts of the game show that "If I exercise, I am healthy and I am happy". "Health, harmony and happiness," the spirit of sports will inspire the students in Telfort and the local and foreign teachers to participate more into sports and enjoy the health and happiness sports bring all the time!



Translated by: Student Union



第九届英语演讲比赛

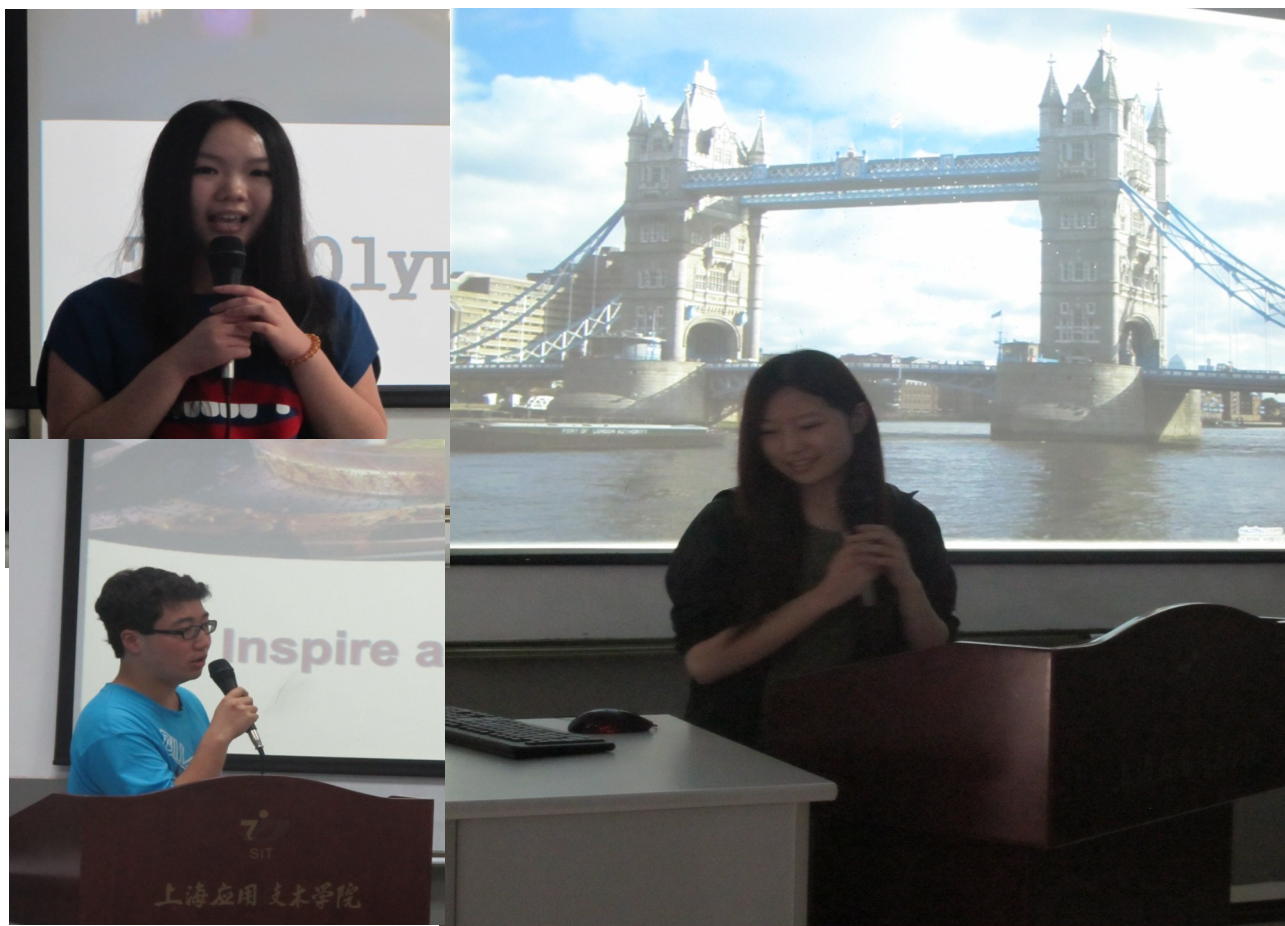
为了促进在校学生英语运用能力和表达能力的提高，同时提供学生相互学习和交流的平台，学院每年举办主题英语演讲比赛。今年的演讲比赛主题是结合即将在英国开幕的第三十届奥林匹克运动会而展开，以使奥运精神得到学生们更大范围的认同并在未来的发展中得以传承和发扬。

2012年6月20日下午3:00英语演讲比赛正式开讲。选手们用流利的英语围绕“伦敦奥运”这一主题侃侃而谈，各自阐述对奥运精神的理解和对2012年伦敦奥运的畅想，选手们或慷慨激昂或娓娓道来，大家都展现了自己不同的风格和水平，台下观看的同学不时为选手精彩的表现热烈鼓掌。

此次比赛评委由学院教务长Mike和外教Charry、CJ三人组成，他们分别从选手的英语水平、演讲技巧、演讲内容、PPT制作等给选手打分，对选手的英语及综合能力是一次高水平的考核。

经过近二小时的唇枪舌战，201102班汪克凭借扎实的英语功底、激情流畅的语言表达和综合表现获得了本次比赛的一等奖；硕士预科班（PMP）的顾嘉豪获得二等奖；201103班刘子栋获得三等奖；201102班潘梦婷、硕士预科（PMP）班袁佳毅同学分获最佳PPT制作奖。

学生会供稿



The 9th Telfort Speech Competition

Telfort Business Institute holds the English Speaking Contest every year in order to enhance students' comprehensive ability in utilizing English as a second language and encourage the students to exchange information and learn from each other. This year, with the upcoming 30th Olympics in London, we focus on Olympic spirit, which is acknowledged and inherited by one generation to another.

The English Speaking Contest kicked off at 3 pm on June 20th 2012. The participants delivered their speech with fluency, elaborating their understanding of Olympic spirit and envisaging the 2012 Olympics. Their speech was impassioned and cadenced, reflecting a variety of speaking manners and language proficiency. No wonder the audience burst into applause from time to time.

The judges of the contest included our Dean Mike, foreign teachers Charry and CJ. They assessed the candidates based on four criteria: English language proficiency, speaking techniques, contents of speech and PPT presentation. This is a rigorous evaluation of the speakers' comprehensive English-capacity.

After two-hour competition, Wang Ke from 201102 won the first prize with his solid English foundation and passionate delivery of speech; Gu Jiahao from PMP was awarded the second prize and Liu Zidong from 201103 attained the third prize. Pan Mengting from 201102 and Yuan Jiayi from PMP was awarded the Best PPT Presentation respectively.

By: Student Union



学生职业化团队 拓展训练



良好的团队精神和积极进取的人生态度，是现代大学生应有的基本素质。为了培养和锻炼学生面对困难勇于挑战，同时具备坚韧的意志和良好的团队协作精神。5月16日，17日，学院职业规划部联合志通人才组织了2010级学生在共青森林公园内进行职业化团队拓展训练活动。

通过风雨人生路、极速60秒、驿站传书、和同心圆这4个拓展项目的活动，训练了同学们的团队精神，让同学们在活动过程中体验生活的乐趣，团队的力量，增加了彼此之间的默契，信任。

参加本次拓展训练的同学们表示，本次活动带给他们不仅是欢乐，更是磨练了意志、熔炼了团队。我们也期待同学们通过这样的训练活动对他们今后的学习有更多的促进作用，更愿他们在日后的人生道路中也能像本次训练一样，本着良好的团队合作精神，放飞他们的人生。

职业规划部供稿

Teamwork Training

Modern college students, undeniably, should be equipped with cooperative skills and positive life attitude. In order to cultivate the ability of confronting challenges and hone the skills, department of Career development in Telford and Sino Job organized an outward bound for students enrolled in 2010 on May 16th and 17th in Gong Qing Forest Park

The outward development , involving 4 different games, such as express 60 seconds and concentric circles has aroused students' great interest and they found it significant to cooperate with others and trust mutually, which can bring them more joy than they expected.

Most students, if not all, believed they learned much from the outward bound activity and we expect that students can utilize what they have acquired from the outdoor activity in their studies even future career life.



留学生活

喜欢傻傻地坐在泰恩桥边，看日落下的大白桥直至夜幕降临；喜欢和朋友结伴去Beamish，感受十八世纪的英式田园风光；喜欢去海边，抬头仰望湛蓝的天空，聆听海水敲击石头的声音。

走在并不宽敞的大街上，来来往往的人会让你瞬间忘记自己徜徉在大不列颠里一个不知名的小城镇中，常常会有海鸥从头顶飞过，这样的情景在上海这个大都市是很少见的。爱购物的我，会因为商店里醒目的SALE字样，放慢脚步，刹那间，购物的荷尔蒙顿时迸发，完全忘记自己回宿舍后还有一堆作业等待解决。

在回宿舍的路途中，偶尔会有小野兔窜出，生活在这样一个碧海蓝天的环境中，我会常常怀疑自己是否在梦境中，但并不是一切都是描述的那么美好，偶尔绵绵细雨会打消你出门的兴致，想一天都赖在寝室不出门，埋头于论文中。

生活在英国，饮食方面除了土豆还是土豆，难怪外国人的身材是无人可敌的，只有自己买菜做饭才是最经济实惠的，感觉自己已经提前开始做家庭主妇了。国外并没有很多便利店，最大的也就是万福达，Morrison和乐购了，学会如何合理理财也是留学生活的必学技巧。学习方面，留学在英国的主



旋律，想要在英国好好生存，必须熟练掌握运用英语口语，出门买东西购物都是很好考验英语口语的良好途径，除此之外让中国学生最头疼为此熬夜次数最多的变是令人烦人纠结的论文，每当论文提交的日子，QQ上总能看到战友们熬夜奋战的痛苦签名，奋战到天明！！！除了饮食和学习，最让留学生期待和向往的便是旅游，周游英国甚至欧洲，每到一个城市都会有不一样的感受，透过自然风光领略不同的风土人情，用照相机记录下我们成长的光辉岁月。

每天上网和家人视频聊天对于在外留学的学生来说是一天中必做的功课，父母的思念担心从不会透过屏幕来表达，往往简单的几句问寒取暖早已融化了每个留学生的心间，最简单的才是最美好的。

英国上课时间并没有像中国上课时间那样起早摸黑，早十点下午三点，上课时间虽然不多，但是在课堂中的每分每秒都是值得好好把握的。在听懂老师上课内容外，及时和老师进行互动和沟通是提高英语能力的很好途径，在不断修改和揣摩中提高自己的写作水平。有时候书面或者课堂上的知识并不能真正了解一个国家一个城市的文化底蕴，必须前往博物馆、图书馆通过文字和标本来反映当时社会的方方面面。

学习在英国并没有想象中的那么轻松，往往国内的朋友透过网络照片看到的往往是你到处旅行或者你购物后的战利品，但是每当我们挑灯夜战论文，奔波于图书馆，上课认真听讲讲座上奋笔疾书的那一个个瞬间又有谁看到呢？！有时候，留学生活就是那么平淡，平淡中体验苦味后的甘甜，这才是留学生活的意义所在。由于白天繁忙的学习生活已经充斥了自己大部分的时间，所以常常会结伴和我朋友去泰恩河畔欣赏湖边的美景。碧波荡漾的湖面在夕阳的照射下，显得格外波光粼粼，白色的泰恩桥和远处绿色红色白色的大桥相映成趣，桥的一边是罗马哥特式建筑，桥的另一边则是艺术感很强的当代歌剧院，不免思乡之情油然而生，上海的外滩和这里的格局如有雷同，而自己却深处异地总有那么些许的格格不入。坐在窗边看夕阳西下，由夕阳日落变为夜幕降临，一切都变得格外宁静，只有眼前的泰恩桥一直不断改变自己的嫁衣，这里的一切景色都那么令人神往着迷。



学校组织我们去了两次的短暂旅行。第一次前往我梦寐以求的城市爱丁堡，一个充满城堡的城市，一个可以男人穿苏格兰裙手握风笛的城市，一个让我喝过全世界最难喝的苏格兰苏打水的城市，至今让我还流连忘返。在爱丁堡的短暂行程中，不仅让我们领略到大自然风光外，而且还能结交来自五湖四海的朋友。攀爬了一座具有悠久历史的城堡，通过窄窄的小道让我俯瞰爱丁堡城市的绚丽风光，同时也品尝了当地最有名的 Fish and Chips。第二次我们去了 Beamish Museum，虽然说是博物馆但是映入眼帘的景色不由得让我联想到了《指环王》片中的情节，矮矮的英式小别墅，屋内的布局风格是我最喜欢的欧式类型，老爷车，蒸汽火车仿佛把我带回了英国工业革命的鼎盛时期，而牛羊马在草坪上悠闲自得的神情，才让我体验到英国畜牧业的蓬勃发展。坐在穿梭于每个小车站之间的小火车和双层巴士，感受英国生活的恬静与惬意。

由于寝室有电视机，BBC则是每天陪我起床和入睡的很好娱乐产物。国外的夜生活并没有像国内那么丰富，除了泡吧和夜店就没有其他娱乐项目了，所以对于中国学生来说打发时间的最好娱乐产物除了游戏和看电影外，看电视也是个很好的消磨时间的产物之一。通过电视不仅能让自己很快的进入英语世界之外，还能了解在英国发生的人和事，了解当地文化和信息。

不过值得一提的是纽卡斯尔的夜景真的很美，从半山腰俯瞰全景，灯光熠熠，让人不由得想多看一眼。留学生活没有想象中的那么轻松，但是是值得每个人自己去探索，自己去发现其中的奥秘的，只有经历了才会懂得如何好好珍惜。

吕晓莺

英国诺桑比亚大学—大众传媒专业(3+1)



What I like to do the most is sitting beside Tyne Bridge and enjoying the sunset, travelling around Beamish and feeling the pastoral peace and listening to the sound of the ebb and flow tide when I walk on the beach.

It is hard for you to recall that you are in a small town in Great Britain when you are wandering on a narrow street with some seagulls flying over your heads, which is impossible to be seen in Shanghai. At the sight of the big sales in the showcases, I, as a shopaholic, always stop and are swayed by beautiful clothes, putting loads of assignments alongside.

I wonder I am frequently in a dreamland with blue sky and sea; however sometimes I know live in a real world with lots of paper to do.

The most popular food in the UK is potato, which is likely to make great contribution to the obesity of some British people. I tried to learn to cook by myself because cooking is definitely the most economical way for us overseas students. There are not many convenient shops in the UK; therefore I always go grocery shopping in Morrison or Tesco, which provides me good opportunities to communicate with local people in English and use my budget wisely.

We Chinese students always rack our brains to finish first draft, second draft and the final one of paper, which is the most suffering but productive experience.

In terms of travelling, I hope I can travel around the UK even Europe, rendering great natural scenery and indigenous customs become my first-hand experience.

After I chat with my parents, I turn off the camera but I know I cannot screen their worries and missing out of my life. What they said, like a driving force, never fails to encourage me to achieve my goal.

Unlike Chinese college students, we start

our class at 10 in the morning and finish at 3 in the afternoon, which lasts for merely 5 hours a day, but I need to concentrate on the lectures hard. Acquiring knowledge is not confined to the lecture but interacting with teachers, polishing essays, even visiting museums are significant as well.

Furthering my study in the UK is not as easy as I thought. What I showed to my friends is only beautiful pictures I took on my journey and exotic handicrafts I bought in a nameless town, but probably no one knows my devotion to the work. That is life, my simple life.

After class, I frequently go to the Tyne River with my classmates. The white Tyne Bridge makes interest contrast to bridges with different colors in the distance, with Gothic architecture on the one side and modern Opera House on the other and it bears resemblance to the Bunds in Shanghai, which suddenly arouses my nostalgia.

I had trips to Edinburgh and Beamish Museum. Edinburgh, a city full of castles, appeals to me the most. I climbed one of the time-honored castles, enjoyed the amazing secrecy, tasted the prevalent traditional snack, fish and chips and drank the horrible Scottish soda, all of which will be my great memory in my mind.

Beamish Museum reminds me of the scenes in *The Lord of the Rings*. Western-style houses, ancient cars, steam trams, reflect the prime time of the industrial revolution while double-deck buses running through stops creates the illusion of going back to the prosperous cities.

TV programs and video games might be the best pastime for Chinese students to spend their spare time because there is not much entertainment here except bars. Attributed to BBC, I brush up English and know more about the country.

Betty
Northumbria University UK
Mass Communication And Business



Life In The Uk

一年的普利生活就这样结束了，在这一年中，学到了太多 也感悟太多。记得我刚来到这个城市的时候就喜欢上这里。与繁华的上海相比那里真的算得上是安逸，没有车水马龙的景象，没有闪耀的霓虹，但是清新的空气和海边小城独特的景致却深深吸引了我。

回想一年前，最初的我是怀着怎样忐忑不安却又憧憬的心情踏上这片土地。没有出国前的我把出国想的过于艰难，觉得国外的生活注定是孤独和艰辛的。但是当我真正的走出去，我就发现无论是当地的同学还是中国或者其他国家的留学生都特别的友善，这也使我的留学生活变得异常精彩。当地的同学会带我们参与他们的活动，从而进一步的了解他们当地的文化。我很热衷于这样的活动，因为这样可以更加懂得他们的思维方式与待人方式，对于日后的学习生活都是很有帮助的，与此同时，多多参与这样的活动还可以消除一些由于文化差异而造成的误会。在这样的交流过程中，我也经常告诉他们一些中国的文化习俗，我和我的朋友们还曾经邀请外国朋友到家里做客，一起吃中餐，包饺子，当发现越来越多的外国朋友对中国美食以及中国文化感兴趣时，心里的满足感也随之增加。当然，独自一人在外不免有些时候会遇到些困难，这时，朋友的关心会让人倍感亲切，一年的朝夕相处会让我渐渐觉得他们不仅仅只是朋友。大家一起成长，一起从什么家务都不太会做到一年之后的什么都可以有条不紊的驾驭，从只考虑自己到顾全大局。一年的国外生活真的很短，但是对我来说这一年的经历却是弥足珍贵的财富。

王嘉薇

英国普利茅斯大学-人力资源管理(3+1)

My one- year life in Plymouth has just ended. In the past year, I have learned and experienced a lot. I love the city ever since I arrived there. It is peaceful and picturesque whereas Shanghai is prosperous and fast-pacing. There are no traffic congestion or sparkling neon lights, but the fresh air and unique scenery of the coastal city appeal to me.

Before going abroad, I once imagined that the life overseas would be quite demanding, full of loneliness and hardships. However , upon reaching the new land, I found that my anxiety was far from necessary: my fellow students are nice and warm-hearted. Local students invited me to join their activities so that I could appreciate the exotic culture: their thinking pattern and how they get along with each other. Still, taking part in such activities could help fix misunderstanding arising from cultural conflicts.

Meanwhile, I shared my knowledge about China and Chinese customs with my foreign friends and invited them to dine together at home. We made dumplings and enjoyed Chinese food together. My friends and I felt rewarding when we knew that more and more foreign friends were interested in Chinese culture.

Nevertheless, there were times when I met with difficulties . Fortunately, my friends stayed with me, backing me up and taking care of me. During this one year, we grew up together, learning to deal with everything in an organized way. I will bear in mind my overseas experience as it is a treasure to my life

Vivry

Plymouth University UK
HR Management



留学生活

2011年6月我结束了在泰尔弗国际商学院两年的课程，选择了美国的Patten University 完成我剩余的两年学业。2011年8月20日，我坐上飞往旧金山的飞机去了一个陌生的国家开始了我的留学之旅。

转眼间我已经在美国生活学习了一年了。离开家人的生活，可以说是孤独的。离开家乡来到一片属于外国人的土地上，对我来说一切都是那么陌生，那么难以理解和接受。没有亲人在你的左右，不能和你分担心来自各方的困扰，不能给你所需的支持和鼓励，也不能给你送上温热的食物。在外国人的包围下，只能被强迫地说着自己不熟悉的英文，也许他们话速太快我无法跟上，也许我的发音不准他们不能理解，一切问题没有别人帮你解决，只能由自己搞定。

很多人都觉得，国外念书很轻松、很容易。实则不然，在国内是因为教育制度问题，你不能不读而且量多任务重。然而在国外虽然作业少上课时间相对也少，老师也不那么严肃，但学习的要求还是很高的。部分出国留学的学生甚至为了躲避国内繁重的课业而选择了出国念书，到了国外他们潇洒度日不务正业到处挥霍父母的钱，而不能如期获得学位的也有不少。在国外读书想要学到知识，也是需要自己的努力，上课认真做好笔记，老师问的每个问题你的回答都要清晰明了并抓住问题的重点，因为有时quiz的答案就在这不经意间提到了；课后作业必须及时认真完成，不拖欠不迟交。因为老师最注重你的平时分数，其形式分为：quiz, essay, test and presentation。quiz不同的老师一学期会有不同的次数，最多的则是8次，每两周一次。他会给你两次cancel成绩的机会。Essay也看老师而定，一学期大约2至3次最多了。Test基本就是最后的大考，是老师们作为期末评分的大项目。Presentation是老外们最喜欢的一个内容，有团队形式也有个人独立完成，在总评中占得比分较小但可以锻炼我们的自信和演讲能力。

对于出国很多父母都希望自己的孩子能在国外得到比国内更好的教育并能讲一口标准流利的英语。但是更多的是希望孩子能融入进他们的生活。比如在佩丁大学，这是一所基督教的学校，每周三中午和周日早上都是教堂礼拜，我们国际学生要想融入到他们的文化和生活中，也应该参与这些礼拜活动，和她们有更多的交流。佩丁大学也有自己的棒球队和垒球队，每年学校与学校之间都有比赛，若你能参与到他们当中去你一定会感受到不一样的快乐，因为在球队中会有来自不同国家、不同年龄的人，大家很快就能和你成为朋友。

一个人只有在离开家人和自己熟悉的地方才会学会成长和不断成熟。只有明白所有事情需要你一个人去完成时，才会知道父母曾为自己付出的关爱和辛苦。所以出国读书离开家人和家乡或许是对自己成长的最好锻炼和考验。

苏虹

美国佩丁大学-工商管理专业（2+2）



I finished two-year course at Shanghai Telford Institute in June, 2011 and decided to go to Pattern University to complete the rest two-year study. I boarded on the flight to San Francisco and started my journey abroad.

Time flies. I have been studying in the US for one year. Living on the land of a foreign country, everything seems unfamiliar to me. Without the company of my dearest family members, I have to support myself whenever I confront with difficulties. Surrounded by people speaking English, a language not so familiar to me, I have to catch up with their speed of delivery and try to figure out what they mean.

It is a widely-held view that studying abroad is a relaxing and enjoyable task. But the truth is just the opposite. In China, the education system dictates that we have heavy workload in formal education. A lot of students go abroad to further their studies in order to escape from the heavy burdens. However, in US, teachers present their lessons in a more relaxed manner and there are not so many assignments. Whether or not I can acquire knowledge is decided by my attitudes: taking notes in class, Keeping up with the key points of the lectures and finishing the assignments before the deadline, to name but a few.

The assessment on our academic performance usually consists of the following aspects: quiz, essay, test and presentation. We generally have quiz bi-weekly and at most 8 quizzes for a term; As to essays, there are 2 or 3 of them for a term; Test takes a large proportion in the final evaluation while presentation, the item favored most by the lecturers, only accounts for a small portion but build up our confidence and ability of public speech.

Most parents hope that their children could get better education abroad and learn to speak English fluently. What is more important is that we should become incorporated into the life of the locals. Take Pattern University as an example, it is a Christian university and the local students go to church every Wednesday noon and Sunday morning. As international students, we should participate in the activities so that we have more chances to communicate with the locals and know more about western culture. Our university has its own baseball team and softball team. Every year there are competitions between different universities. If you take part in the event, you will have fantastic experience.

A man grows up and matures faster when he lives far away from parents. Studying abroad is a valuable experience in life .

Susan
Patten University U.S.A
Business Administration



留学生活

“人生是一场修行”，所以出国留学也是。回忆这一年来英国留学的经历，不论是生活上还是学习上，对自己都是一次很好的历练。出国留学虽然表面上光纤耀眼，其实需要比在国内读书加倍的努力和付出。

出国留学是艰苦而又孤独的，除了来到一个全新的地方，有机会了解与体会当地文化、风景和美食外，在生活上同样会面临各种挑战和艰辛。离开了父母无微不至的照顾，要独自面对洗衣、做饭、租房以及为人处世这些看似琐碎的生活。初到国外无论是谁都会遇到因经验不足而吃亏的经历，在结束学校语言课程以后，我没有继续住在学校寝室而是和同学到外面租房，我们和一家当地房屋中介签了租房合同，由于没有经验和对合同的详细了解，在后来租住的日子里我们受到了很多的限制而造成生活的不便。

在学习上和国内相比也有所不同，西方文化的大学学习方式更加需要自己的努力同时还有很强的自学能力才能换回好成绩。由于我选择的是3+1课程，到英国后直接进入大学最后一年，在这期间我还经历了换专业的过程。由于新专业和之前的专业知识还有很多的欠缺，再加上最后一学期的课程课时安排较少，导师布置的作业基本都是以论文为主，这不仅需要自己把缺失的专业知识尽快补齐同时还要花大量的时间把有关的书籍文献阅读掌握，连续通宵学习基本上是家常便饭的事情。

出国留学获得更高学位证书是一件很现实的事情，我除了要感谢父母给予我更好了解世界的机会以外，更重要的是让我更清楚的了解自己，明确自己今后人生的方向和奋斗目标。

赵圣

英国诺桑比亚大学—信息系统管理(3+1)

Life seems as a journey of restricting yourself anytime as well as furthering study abroad. Tracing back to my study in England, it is definitely a kind of experience full of hard work.

Studying in England is not the same as I thought before. I, undoubtedly, have more opportunities to know more indigenous cultures, enjoy beautiful scenery and tasty food; however, the totally strange world still offers me great challenges, from renting apartment to cooking, even some trivialities.

For example, after language courses, I plan to live off the campus with my classmate but I am not allowed to do much in this local family due to the ignorance of contract.

Unlike studying in China, I, thanks to different western education system, need to spend more time and energy after class doing some research and reading. During my last year in University of Northumbria at Newcastle, I have to change my major due to my choice. Luckily, I do not need to take tons of brand new courses but still rack my brain for paper writing.

I'd like to express my great appreciation to my parents offering me a chance to discover the further reach of the outside world as well as the furthest reach within myself.

Kevin

Northumbria University UK
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My experience preparing for IELTS

Firstly, let me introduce my background of IELTS. I took IELTS in May for the first time and got 7 overall. The individual scores are as follows: L:7.5 R:8.5 W:6 S:6

To be frank, It's a little shame to use the word "experience". Since the whole review lasted no more than 10 days, I was pretty upset when entering the examination room. Therefore, the result was enough satisfaction for me. Next, I will briefly talk about the summary of each aspect.

About Listening

As many teachers and friends mentioned, listening is likely to be improved apparently. My materials were Cambridge IELTS 4-8. After finishing listening, I usually played the CD again to find out the reason why I had made that kind of mistake, for example, fail to identify the liaison or cannot spell the words. Several days later, there will be a growing awareness to anticipate the location of the answer.

About Reading

Fortunately, this is my strength. I only finished Cambridge IELTS 4-5 in this section because of tight timetable. But it was enough for me to uncover my weakness. Listing of heading is always my headache. From this point of view, I searched skills and tricks of this type of questions and applied them to figure out the answer. Moreover, remember to set an alarm while doing the exercise to help yourself develop a strict conception of time.

About Writing

I'm afraid that I don't have much to talk about writing. Two long articles is all I had practised to guarantee that a more than 250-word composition can be finish in half an hour. And for the shorter one, it's necessary to go over all types of charts and graphs. After all, the shorter one is also the easier one to gain a higher score.



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