

**SIT-Telfort Business Institute**

**T-Times**



**WHERE  
IS  
MY BRIAN  
?**

**Newsletter  
Annual Magazine  
The 12<sup>th</sup> Issue  
2017-2018**

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## 教务长寄语

## DIRECTIONS WELCOME



We the staff at Telfort Business Institute Shanghai are immensely proud in the way that the school has progressed over these past 6 years.

Our Business Continuity Management course is progressing well with students now participating in the Disaster Recovery Institute (DRII) examination thereby ensuring that their prospects of future employment are enhanced considerably. In addition Telfort has improved to the point where the United Nations during January of this year awarded to Telfort the PRME (Principles for Responsible Management Education). Our streamlining and addition of business and English courses have ensured positive progress for both student and Telfort. All that said we must and continue to give our students a first class education in business English thereby enabling them to progress onto university or find a good start in business here in China.

Again I would like to thank the staff and teachers for their hard work in enabling Telfort Shanghai to achieve these impressive results. The hard part is to continue the upward path but with thought, planning and more thought it can be done.

In addition to the academic life here in Telfort we encourage students to partake in other activities such as sports and social activities thereby ensuring that the student becomes a fuller and more rounded person upon graduation.

After graduation and upon reflection the students will see that their hard work has been both enjoyable and fruitful, and it was Telfort's privilege to teach them, guide them, encourage them and help them towards their intended goals in life.

Cognito, Sapientia, Humanitas ,Knowledge, Wisdom, Humanity

Michael Howbrook  
Director of Education Telfort



# 教师合影 OUR TEACHERS





## PERSONAL COMMENTS



Things have changed at Telfort since the time I first came to this school in 2008. This makes me really old already counting the years that passed. Kidding aside, I have grown with this school, I had good memories with the admin staff, my colleagues, and especially the students I taught years ago and at present. The learnings, challenges and the changes at Telfort made me stronger somehow, more competent as a teacher and mostly, even made me a better person for I have become more considerate and understanding of different cultures and personalities.

Someday, I won't be at Telfort anymore, but I'm happy that I was able to impart my knowledge and shared my life experiences to my students. Seeing them mature and successful now is a great achievement for every teacher, and this is something I won't forget at Telfort. Learning is indeed not just based on books that we use, but what the student remembers every time they leave the room, and that also includes us educators.

Eddy Orbase

“Experience, though noon auctoritee.” (*Wife of Baths Prologue*, 130) This excerpt of Geoffrey Chaucer's *Canterbury Tales* informs its reader of the preference of experience over knowledge (auctoritee). Telfort prides itself as an institution that provides such distinction, giving its students both the practicality of knowledge and the invaluable treasure of experience via its staff. There is no substitute when preparing for studies abroad than learning from educators with foreign experience and, as an educator at Telfort, I am glad of the opportunity to give students that benefit.

Julian Azan



## 有感而发



I've been teaching English grammar and IELTS courses at Shanghai Telfort Business Institute.

It has been an exciting and rewarding experience since I first came here early 2015.

Working with well-educated and professional teachers and native colleagues is truly enjoyable.

Telfort has been pursuing higher levels of education since its very first day and has obtained great progress.

You will find yourself in a brand-new environment waiting for you to explore.

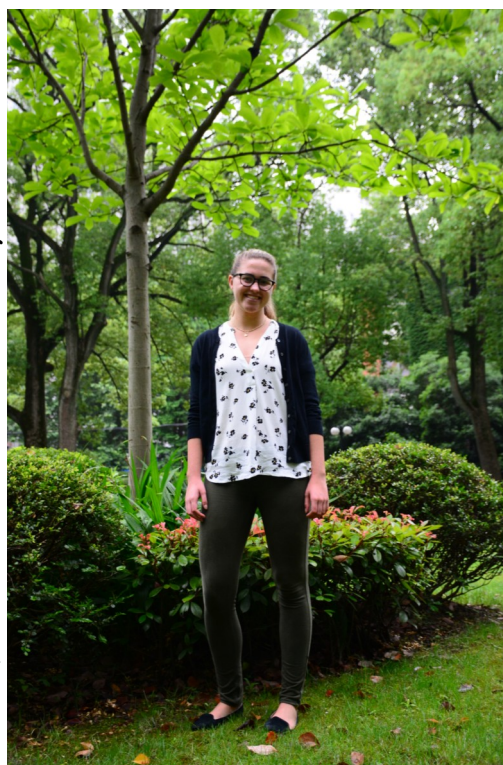
No pains, no gains. Welcome to Telfort.

Cathy Ding

This past year has been filled with many memories thanks to Telfort Business Institute. It has been a joy to be able to assist Telfort students in their business and English education. It is rewarding to see how well the students have matured in such a short time. I am confident that many of the students have a bright future ahead of them. I am excited to see what the students accomplish in the future whether in China or abroad.

Thanks,

Sydney Comer





For me, this past school year at Telford has been marked by many moments of laughter and learning. I have genuinely LOVED getting to know the students in my classes. One of my favorite parts of being a teacher at Telford is getting to watch the students become more proficient and confident in their English abilities. Some of my favorite memories were the Halloween Party, the Karaoke Competition, and the End of Year BBQ. I am very thankful for this last year teaching at Telford. I wish the very best of luck to all the students in their future endeavors.

Katie Podlasinski



My experience at Telford and in Shanghai has certainly been an adventure. Over my year here, I've had a chance to experience differing customs and cultures, and talk to people with a wide range of backgrounds and points of view. At Telford I've met some wonderful students and faculty who have welcomed me and shared their culture. This year has been exciting, challenging, and overall unforgettable. I look forward to seeing what next year will bring.

Leeah Sticke Maise





Telfort has been such an unique and amazing experience for me. When I first got to Telfort, I wasn't sure if I wanted to make teaching a career. Now, infant imagine any other career path for me. I got to form lasting friendships, not just with my co-workers, but with the students as well. Coming to Shanghai was the best decision for me as a graduate student. I obtained work experience, a master's degree, and experienced a culture completely different from my own, while making friends and growing as an individual. Thank you Telfort for an unforgettable year!

Lorean Foster

Telfort has given me plenty of memories and many a good time. I have been teaching here a while.

It's not only a joy but also an honor to have taught so many Chinese students. The students here have a spical time in my heart. What really makes Telfort great though is the staff, who have become kind of like a second family. They work tirelessly and without praise to help students form the same wonderful memories I have of this place. Chinese and foreign staff are the true unsung heroes of our school.

Rudolf Herholdt





2017

# 泰尔弗学生会

Telfort Student Union



学生会主席 沈彦斌 Thomas



秘书处 陈月悦 Minnie Elvina



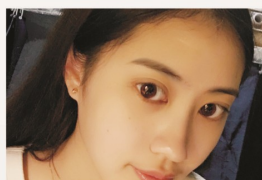
文艺部 丁玉同 Eric



社团部 Harper 夏欣怡



社团部部长 蔡黄倩 Tina



宣传部副部长 计雨欣 Joy



秘书处 干雪静 Trista



宣传部部长 徐蕾 Aileen



宣传部 应恒 Henry



组织部部长 黄国伟 Frank



组织部 姜中元 Andrew



文艺部 朱琰婷 Flora



社团部 卢长玖 Daniel



组织部 刘佳琪 Jessie



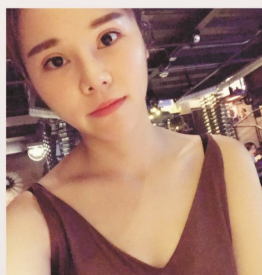
组织部 高丽梁 Fiona



社团部 杨佳豪 Justin



社团部 林逸涛 Lin



组织部 刘文华 Jocelyn



组织部 李想 Ankyu



文艺部部长 梁思颢 Kero



文艺部 马若轩 Donahue



宣传部 陆皓鑫 ROW



文艺部 张彦灵 Ray



## 泰尔弗第十五届英语文化节

## “万圣节游园会”精彩纷呈

泰尔弗第十五届英语文化节系列活动之一“万圣节游园会”于10月31日下午在学院教学楼三楼举行。活动开始之前在学生会同学们的组织下已经将楼道按万圣节传统节日方式装饰一新。

随着游园活动开始的信号响起，近200名中外教师和学生通过自己精心设计和装扮的不同形象和人物纷纷进入到游园活动中来，尖叫声、欢笑声顿时响彻在整个楼道中，大家相互拥抱、相互拍照将活动热情推向高潮。

本次活动不仅保留同学们亲手绘画南瓜和各具节日特色万圣节鬼屋，同时还开辟了各具特色的主题馆，每个主题馆中专门设计的游戏闯关，同学们闯关成功就能得到该主题馆的印章一枚，集齐8枚印章就可以获得转万圣节魔盘机会一次，赢取相应的礼物。

学院每年举办万圣节活动，不仅是让同学们了解西方传统节日文化的内涵，更重要的是让同学们感受这些文化活动带给自己的乐趣，尤其是通过同学们亲手制作的南瓜灯和装扮各类鬼怪人物造型等，以提供同学们释放自己的想象力和创造力。

本次活动共评选出万圣节“小恶魔”10名，他们分别是：梁思颢（Kero）、张佳宁（Orihara Izasaki）、陈月悦（Minnie Elvina）、陈顾依（Eve）、高明明（Jason）、应佳翰（Andy）、俞泽毅（Joe）、时翌阳（Kelly）、谢嘉琪（Alice）、杜雨婕（Emily）。





## The 15<sup>th</sup> Telfort English Cultural Festival

# Halloween Party Fun at Telfort

On the afternoon of October 31<sup>st</sup>, Halloween Party was thrown at the teaching building as part of the activities themed with “The 15<sup>th</sup> Telfort English Culture Festival”. Before the party, students from the Student Union, together with faculties had already decorated the event venue appropriately to obey the traditional rules.

The crowds continued to grow in size and volume as soon as the party began. Approximately 200 teachers and students home and abroad came for party and dressed up in various costumes. The party was crowned when they hugged and took photos with each other.

Pumpkin Carving event, as a tradition, was reserved to its closing. So was Halloween Haunt House themed of all kinds. There also were Halloween pavilions with specially designed tricks. Students earned a seal for passing through all the tricks successfully. Participants with eight seals were granted a chance to use the prize lucky draw.

Every year, Telfort organizes Halloween events because the school hopes to help students deepen their knowledge about western traditional cultures. Most importantly, the school wants students to get fun, especially when students and teachers dress up and use imaginations to carve pumpkins in every size and shape. The organizing committee awarded “Halloween Little Demon Award” to ten attendants and they are Liang Siyao (Kero), Zhang Jianing (Orihara Izasaki), Chen Yueyue (Minnie Elvina), Zhang Guyi (Eve), Gao Mingming (Jason), Ying Jiahua (Andy), Yu Zeyi (Joe), Shi YiYang (Kelly), Xie Jiaqi (Alice), Du Yujie (Emily).



## 泰尔弗第十五届英语文化节

## 圣诞狂欢派对暨英语文化节闭幕式

2017年12月22日，泰尔弗国际商学院庆祝圣诞节联欢活动及英语“卡拉OK”决赛在学院图文楼报告厅拉开帷幕。伴着全场300多名观众的热烈掌声和欢呼声，由四名节目主持人宣布演出到此结束暨泰尔弗第十五届英语文化节胜利闭幕！



本届英语文化节从2017年10月28日至12月22日，在为期近二个月的时间里，共举行了多项适合学生兴趣和爱好的文化娱乐及赛事活动，参加活动的学生人数达到近200名，产生各类奖项28个，其中：英语“卡拉OK”比赛一、二、三等奖各1名；万圣节变装派对“校园恶魔”10组；英语演讲比赛及圣诞联欢活动节目表演一、二、三等奖15个，获奖学生达到近百人次。

泰尔弗国际商学院从2003年创办第一届英语文化节到今年第十五届，文化节形式不断创新，内容不断扩展，内涵不断丰富，水平不断提高，举办时间也由最初的一个月增加到目前二个月。作为文化节的主要承办部门校学生会和教务管理部的同学和老师，从活动策划到组织报名、从宣传设计到节目编排、从舞台效果到服装道具、从演出彩排到节目评审，大家都为每届文化节的成功举办付出了不少的辛苦和努力。

泰尔弗英语文化节作为学院每年举办的大型文化活动，以学生为主体，以国际文化为主题，旨在提高学生的国际视野和文化素养，增进学生与外籍教师之间的了解和友谊。泰尔弗英语文化节已成为泰尔弗校园活动的特色品牌。





## The 15<sup>th</sup> Telfort English Culture Festival

# Christmas Party & the Closing Ceremony

On 22<sup>th</sup> December, 2017, the Closing Ceremony of the 15<sup>th</sup> Telfort English Culture Festival & English Karaoke Finals were kicked off in library auditorium. Applause and cheers erupted from audience of more than three hundred off the stage. Four emcees were excited to be able to announce the 15<sup>th</sup> Telfort English Culture Festival Drew to a Successful Close.

During the period from 28 October, 2017 to 22 December, 2017, several recreational and competitive activities were held in accordance with students' interests and hobbies. And more than 200 participants got involved. 28 prizes were awarded totally, including top 3 finalists received 1st, 2nd and 3rd prizes in English Karaoke Competition accordingly; 10 teams won "Halloween Little Demon Award" in Halloween Costume Party; and 15 performances got 1st, 2nd and 3rd prizes accordingly in Christmas celebration party. In sum, nearly 100 students got to win a prize in this year's English Culture Festival.

The English Culture Festival, firstly founded in 2003, has been held for 15 consecutive years. The duration of the festival also increased by a month in order to provide students with constantly enriched, innovated, and upgraded culture festival. The Students' Union and Dean's Office, which, as always, paid great efforts in all parts of the event from registering, planning, propagating, performance programming, stage designing, costume designing to rehearsal and rehearsal review.

As a big and an annual culture event in Telfort Business Institute, The English Culture Festival is definitely a student-oriented event in international culture. Event organizing committee hopes through this festival, the cultural and arts exchanges among teachers and fellow students from all over the world can bring happiness to all participants, and enhance their friendships as well. Telfort English Culture Festival is featured in Telfort Campus Series Activities.



# 泰尔弗第八届运动节胜利闭幕

泰尔弗第八体育运动会于5月16日胜利闭幕。在为期一个多月的时间里举行了篮球、三分线投篮、羽毛球、乒乓球共四大类项目的比赛。在校学生会和教务管理部各位老师的精心组织安排下，从4月23日各班级组织报名开始，在为期一个多月的时间里，共有100多名学生和教师参加了各个项目的比赛。

在比赛中无论是参加团队项目还是个人单项，每个运动员都表现了自己最强的竞技水平；在比赛中不慎摔倒身边的球员立即会将其扶起，发生冲撞也会打声招呼，相互尊重、相互学习的体育精神不时会为紧张激烈的比赛场景抹上一道美丽的彩虹。

运动带来健康、运动带来欢乐！通过运动体现了学院每年举办趣味运动节的宗旨：我运动、我健康、我快乐！

## 各项目比赛获奖名单

### The Rewards of Telfort Sports Festival

#### 男子投篮(三分球)

#### Rewards of Basketball Shooting Competition (3-Point Male)

•First Prize #201601 常樞其 Alick	
•Second Prize # 201701 魏嘉豪 Herry	•Third Prize #201602 黄晓虎 Melo

#### 羽毛球比赛分组（男子组）

#### Badminton Competition (Male)

•First Prize #201601 常樞其 Alick	
•Second Prize # 201601 吴奇 Archie	•Third Prize #201603 吕喆 Ryan

#### 乒乓球比赛分组（男子组）

#### Table Tennis Competition (Male)

•First Prize # 201602 李英韬 Willam	
•Second Prize # 201601 严宇涵 Mars	•Third Prize #201601 徐尧纬 John

#### 篮球比赛

#### Basketball Competition

•First Prize # 201601	
•Second Prize # 201501	•Third Prize #201701

#### 女子投篮比赛（2分球）

#### Rewards of Basketball Shooting Competition (2-Point Female)

•First Prize # 201602 陈嘉惠 Joyce	
•Second Prize # 201704 黄嘉文 Kerry	•Third Prize #201705 林胤汝 Crystal

#### 羽毛球比赛分组（女子组）

#### Badminton Competition (Female)

•First Prize # 201702 史晓 Caritier	
•Second Prize # 201601 杨丹澈 Vicky	•Third Prize #201601 吴洁 Jane

#### 乒乓球比赛分组（女子组）

#### Table Tennis Competition (Female)

•First Prize # 201602 胡馨媛 Simba	
•Second Prize # 201602 陈嘉惠 Joyce	•Third Prize #201602 陆佳圆 Nancy



## The 8<sup>th</sup> Telfort Interesting Sports Meeting



All of the athletes had actively demonstrated their high competitiveness both in the team competitions and individual ones. They helped other players who fell in the competitions; they apologized for bumping each other. The sports spirit of mutual respect and mutual learning, as a beautiful rainbow, had added glamour to the fierce competitions.



The 8<sup>th</sup> Telfort Sports Meeting concluded successfully on 16<sup>th</sup> May. For more than one month, four categories were held, namely, basketball, three-point line shooting, badminton, and Pingpong. Under the sufficient preparation and arrangement of the staff in Student Union and Teaching Management Department, more than 100 students and teachers had engaged in the competitions during more than one-month period starting from 23<sup>th</sup> April.

Sports do bring us health and happiness.  
The purpose of Telfort Interesting Sports Meeting is: To exercise, To keep Healthy, and To pursue Happiness.

## 意志的挑战，合作的力量

——记2016级学生户外拓展训练日

良好的团队合作精神、坚持不懈的刻苦努力，是当代大学生未来发展必须具备的职业精神和人生态度。

为了培养和锻炼学生在未来的职业发展中面对困难能敢于面对、勇于挑战的精神，同时具备良好的团队合作意识，学院职业规划部联合志通人才于5月15日，组织2016级全体学生赴上海共青森林公园开展大学生团队拓展训练活动。本次活动共举行三个项目：团队重组、解手链、极速六十秒。通过各项活动的特性和要求，不仅让学生享受了活动带给自己的乐趣，更重要的是通过活动培养了学生团结一致、密切合作、克服困难的团队精神；同时对学生的组织协调；服从指挥、一丝不苟、相互信任的工作态度也是一个很好的锻炼和提升。

本次学生团队户外拓展训练也是在校学生职业规划培养计划的内容之一，通过此次活动的不少同学表示：活动不仅让自己体验了团队合作在生活和学习中的重要性，同时对自己未来的生活态度和职业发展也是一次新的认识和提高，希望学院利用课余时间能更多的组织大家走向企业，走向生活，走向社会，在各类的活动中提升自己对社会和职场的认知及适应能力。





## The power of mind challenges and team spirit ——Outward-Bound Training of the Class 2016



Nowadays, Keeping good team spirit and being perseverance are a few characteristics that college students shall be able to demonstrate in their career endeavor.

To help students get a more resilient attitude in their future career, and to enhance their team work abilities, Department of Career and Development, together with Zhitong Talents Co., Ltd had organized an expedition at GongQing Forest Park on May 15<sup>th</sup> for the students in Class 2016. Stu-

dents got lots joys by participating games and activities, *namely, team reconstruction, game of hands rescue, gone in 60 seconds*. Meanwhile, the expedition was a good chance for students to get to know the power of teamwork, and how to adapt to the change and face difficulties. Last but not least, participants' abilities of coordination is increased, their mutual trust is enhanced and their awareness of collectivism is intensified.

Department of Career and Development aims to prepare students soft employable skills by organizing outward-bound training. Students expressed their feelings before the end of the expedition. They said that they realized the importance of team work in both work and life. And what they did with Outward Bound was enjoyable and meaningful. Outward Bound helps with stimulating to form a right career outlook and life attitudes. It is hoped that the college will arrange more events that connect students with companies, society in order to enhance students' adaptability for an ideal career and life.



## 记2016~17级学生平面设计及影视动画作品展

学院于2018年3月就2016~2017级学生创作的平面设计及影视动画作品进行展出和评奖，本次展出的作品有：logo设计、广告设计、包装设计、插画设计、版式设计、角色造型设计、背景建模等，展品不仅体现了学生的创意思维能力和扎实的基本功，同时反映了专业教师对学生的创意引导和技能操作达到了一定要求。此次展出的作品充分体现了学院数字媒体艺术教学水平由稳步走向成熟，对教与学者来说都是莫大的激励和分享。

















# Graphic design and animation exhibition of Class 2016 and 2017

**泰尔弗第二届数字艺术设计作品比赛**  
获奖作品

Telfort 2nd Digital Arts Design Exhibition Student Design Awards List

<b>金奖First Prize</b>  倪丞宇 《彩字》 Nirvana <Colour Word>	<b>金奖First Prize</b>  王永 《街道》 Willam <Street>	<b>银奖Second Prize</b>  冯沁悦 《北极熊》 Candy <Pola Bear>
<b>银奖Second Prize</b>  谢嘉琪 《AI字体》 Alice <AI Design>	<b>银奖Second Prize</b>  苏震鹏 《包装红色》 Stark <Package Red>	<b>银奖Second Prize</b>  陈恩泽 《V.战士》 Chen <V.Soldier>
<b>优秀奖Third Prize</b>  王晨斌 《春风》 Edein <Spring>	<b>优秀奖Third Prize</b>  毛爽 《小满》 Jack <Grain Fall>	<b>优秀奖Third Prize</b>  郭芳宁 《冬至》 Lily <Winter>
<b>优秀奖Third Prize</b>  姚舜 《包装》 Doris <Paggage>	<b>优秀奖Third Prize</b>  戴晴宇 《动物字》 Shilon <Animal Word>	<b>优秀奖Third Prize</b>  王可欣 《思考》 Mona <Thinking>

上海应用技术大学-泰尔弗国际商学院  
2018年3月16日

In March 2018, Telfort organized an exhibition to display and evaluate graphic designs and movie animation works created by students from the class of 2016 and the class of 2017. The works displayed on the exhibition include: logo design, advertisement design, packaging design, illustration design, layout design, character modeling design, background modeling, etc. Works being displayed in the exhibitions not only demonstrated students' abilities in critically thinking and their professional competencies, but also showed professors' efforts had been paid off in terms of encouraging students to be more innovative in their works. The works exhibited this time fully embodies the steady progress of Telfort's teaching level in digital media, which is a great encouragement for both teachers and faculties' members.

## 2018届学生毕业典礼 The 2018 Graduation Ceremony



院长徐大刚发言  
Mr. Xu Da Gang-Dean of Telfort Business Institute



优秀毕业生合照  
Honor Diploma Students



泰尔弗教育集团董事长杨柏发言  
Mr. Brain Yang-CEO of Telfort Education Group



教务长Mike为优秀毕业生颁发《荣誉毕业证》  
Telfort Education Director issue the Honor Diploma

## 毕业合影 Graduation Photograph





## 毕业生代表发言

### Speech By Honor Graduation Student

非常感谢Michael Howbrook先生让我作为学生代表来进行今天的演讲，我感到非常荣幸，也感谢各位莅临的老师。我相信我的同学们在周一的时候就已经在为毕业感到雀跃。但是，在我的演讲还没有结束前你们还没有正式毕业。所以，请大家放下“该死”的手机，认真听。

当初在选择泰尔弗时，我是有犹豫的。我不知道自己是否打算出国留学。我是否有勇气或毅力继续学习。相信大家都有过同样的想法。现在让我们回想一下我们在这两年里做了些什么。在第一年里，我们上了英语课，加入了学生会。我们参加了不同的活动，比如森林公园的烧烤，这些活动使我们愈发紧密团结。在第二年里，泰尔弗带给了我们更多的挑战。我相信有些同学仍对商务课程一头雾水。但我没有，我从未迷茫过，因为我足够聪明。此外，我们必须在课外上雅思课，这些都或多或少令我们焦头烂额。我们是如此渴望得到雅思6分或更高的分数。幸运的是，有些同学已经通过了雅思考试，恭喜你们。另一些同学已经获得了心仪学校的录取通知书，也恭喜你们。

我小时候所认为的成功与现在是截然不同的。小时候我觉得长大后，我要出名，想成为明星，想拍电影。长大些后，我又想看看这个世界，开名车，想有粉丝。有多少人和我有过一样的想法？我敢打赌肯定有很多。但今天我对于成功又有了不同的理解。当你逐渐成长时，你会发现你对成功的定义也在改变。对于许多同学来说，成功可能就是今天能喝下20杯伏特加或尊尼获加。但对我而言，最重要的事情是有正直地活着，不屈服于来自同辈的压力，并尝试着做一些之前从未尝试过的事情，做一个真诚并且富有同情心的人，并且能在某些领域做出自己的贡献。

最后总结一下我的演讲：跟随自己内心的激情，忠于自己。不要忘记泰尔弗，不要忘记你的同学们，老师们，拥抱他们，亲吻你爱的那个人。也许今天是我们在中国见的最后一面。多年后，我希望能地球的另一个角落看到更好的你们！青春从不散场！

张炎灵（2016届毕业生）

Thank you Mr.Michael Howbrook for giving me such a great honor to represent students to give a speech today.And thanks for the coming teachers I believe that you guys have been excited from the very first day of this week because of gradution, however, before i finish you have not been graduted. So listen up, put down your bloody damn phone.

When I chose telfort, I was hesitated. I wonder if I want to study abroad. Do I have the courage or willpower supporting me to keep studing. I'm sure you all have same thinking. Now look at what we did in these 2 years. In the first year we took Endlish classes. Then we have student union. We worked in different kinds of club activities such as BBQ in a forest park which bonded us together. However Telfort brings us much much more challenge in the second year. I'm sure some of you are still confused with the business major classes.-Not me, I'm not confused, I'm the Smart Ass. At the same time ,we have to take IELTS class outside the campus which beat our head off. We are so desperate to get 6 or higher. Luckily some of you may already passed it, congratulations. And some of you already got the offer from your dream universities, congratulations.

when I was child I thought success was something different. I thought when I grow up, I want to be famous. I want to be a star. I want to be in movies. When I grow up I want to see the world, drive nice cars, I want to have groupies. How many of you had thought about those before? I bet a lot. But my idea of success is different today. And as you grow, you'll realize the definition of success changes. For many of you, today, success is being able to hold down 20 shots of vodka or johnnie walker. For me, the most important thing in your life is to live your life with integrity, and not to give into peer pressure. to try to be something that you're not. To live your life as an honest and compassionate person. to contribute in some way.

So to conclude my conclusion: follow your passion, stay true to yourself. Remember telfort, Remember your classmates, Remember your teachers, Give them a hug, kiss your love ones. Perhaps today is the last day we meet in CHINA, or not. after years i willing to see a better you in another corner of the globe! Youth never gone!

Yanling Zhang（2016 graduates）



作为今年刚毕业的大学生，我特别想跟大家分享一下我的就业感悟。我是一个性格有点内向的人，但是跟熟悉的人在一起又会特别疯癫的女生，一直以来我都有一个执着的理想，就是毕业以后要留在上海作为我未来的职业人生。在大三第一学期刚开学时，我就开始考虑找工作的事情，在班主任和辅导员的指点下，我来到了学院职业规划部向专业老师表达了自己的心愿，希望学校可以推荐我先进入合适的企业进行实习。

在大二时，学院就提供给我们上职业规划培训课程，职业规划部的老师也和我们进行过多次的沟通与交流。通过职业能力的课程培训，使我对自己的性格与未来职业如何更好的匹配认识上都起到了很大的帮助。我利用大三第一学期的时间，通过简历制作到修改，面试和材料准备再到模拟面试等培训和指导，清楚的掌握了如何求职的技巧，同时也掌握了如何从学生跨入社会再成为职业人的知识和技能。在学校的推荐下，我顺利地被客户赛得利化纤有限公司录用，成为公司传播部的实习生。

如今我在赛得利实习已经有3个月，对公司的业务有了初步的了解，与公司的同事们相处也越来越融洽。在此，非常感谢学校老师给予我的帮助，让我能够在毕业后顺利留在上海进入职业领域。借此机会我想提醒在校读书的学弟学妹们，不要轻视学校的任何一门课程，这些课程都会是我们将来踏入社会工作时最实用的知识和技能。

梅倩倩 (2015届毕业生)

As a newly graduated university student, I especially want to share with you some insights on career. I am a person with a somewhat introverted personality, but I am also an outgoing girl when I am with close friends. Since I determined to live in Shanghai after my graduation, I started thinking about looking for a job when the first semester of my junior year began. Advised by the teacher and counselor from Telfort, I came to Telfort's Career Planning Department hoping to get helps and professional suggestions. I asked if they could make proper arrangement for my internship.

Telfort provided many opportunities for students to communication with career advices when I was a sophomore. This helped me a lot with regard to understanding the self-character. In the first semester of my junior year, I horned skills in making resumes, doing individual and group interviews, etc. I learnt how to apply for a job, how to behave professionally in the workplace. Recommended by Telfort, I eventually received an offer from Sateri, a global leader in viscose rayon, and became an intern in its Communication Department.

I have been working with Sateri for 3 months. Apart from understanding of the company's business, I got to know many lovely colleagues in the company. Therefore, I am very grateful for all the helps I received in Telfort. It turns out I am highly possible to settle down in Shanghai after graduation. At the same time, I would also like to take this opportunity to tell my junior schoolmates not to underestimate any course given by the school because you may learn very useful and employable skills in those classes.

Qianqian Mei (2015 graduates)



我是2018届毕业生喻斌，通过学校职业规划部的推荐，我目前在外企荷瑞会展有限公司市场部工作，很荣幸能有这个机会与大家分享我的学习和职业感受，作为泰尔弗毕业生，此刻只有三个词能形容和表达我的心情和：

第一个词是感谢：感谢在泰尔弗三年学习中指导和培育我的班主任和外教，感谢教务部和职业规划部的老师们，在我的大学读书生活中给予我的教育和帮助，在我面对择业困惑时给予我的培训和指导。

第二个词是自豪：人们常说学无止境，只有不断的学习，才能在激烈的竞争中生存和发展。通过在泰尔弗三年的学习，不但使我的英语能力得到了很大的提高，同时通过职业规划课的培训，也让我收获了很多的职业技能，为我从学生转变为职业人打下很好基础。

第三个词是行动：为了感谢学校对我的培养，我将把这份感谢与感恩化作行动，不断努力充实自己，勤奋敬业、激情逐梦，在未来的道路上奋勇前行，为学弟学妹们做出好榜样！学弟学妹们：让我们一起努力共同创造美好的未来！希望我们的母校泰尔弗不断发展壮大，在此，我衷心祝愿泰尔弗的明天更加辉煌！



喻斌 (2015届毕业生)

My name is Yu Bin and I am from the class of 2018. I am currently working in the marketing department of a foreign company named CHC. Telfort's Career Planning Department made recommendation for me when I was applying for the position. And I am very honored to be given the opportunity to share my experience with you. As a Telfort graduate, I feel three words can describe my mixed feelings at this moment.

The first word is gratitude. I must express my sincere gratitude to my mentors for their instructions and cultivation during my three-year study in Telfort, and special thanks also go to the teachers from the Ministry of Education and Career Planning Department for their kindly help and guidance in and out of the university. They had given me correct guidance which lead me on the right career path.

The second word is prides. People often say that the journey of learning never come to an end, and only through continuous learning that you are able to secure your life and career in the fierce competitions. Through my three-year study at Telfort, my English ability has greatly improved. At the same time, I have learned many employable skills in the career planning class, which aims to equip students with knowledge they need in the real workplace.

The third word is actions. I will turn my gratitude and prides into actions by continuing to work hard to enrich myself, working diligently, passionately and dreamily. I will be perverseness in future endeavors, and become a good role model for my junior schoolmates. Hoped that they will work hard and then make more achievements during their stay in Telfort. I hereby wish Telfort become even more successful in the future.

Bing Yu (2015 graduates)



我是泰尔弗2012年毕业学生，现在美国花旗银行渠道扩展部工作。我曾经在泰尔弗读书两年，在学院的推荐和办理下我到国外合作大学继续深造。我今天能在全球500强企业就业，我要感谢学院在我们读书时就提供了职业规划课程和能力培训，通过职业测评等使我们能更好的发挥出自己的长处。目前我在金融领域工作，在工作中我能用流利的英语与企业高管交流，良好的职业能力受到大家的赞赏。在此，我非常感谢母校泰尔弗，不仅让我学到了知识，同时还为我的职业规划了一条正确的道路，为我成功迈入社会打下了坚实的基础。

韩添威 (2012届毕业生)

美国花旗银行渠道扩展部

I was a graduate from the class of 2012. During my two-year study in Telfort International Business Institute, I took courses and learnt knowledge with regard to business management. What I've learnt in class increased my chances of receiving job offers from companies listed in Globe Fortune 500. In addition, Career-planning tests provided by Telfort helped me know myself better. Moreover, its results offer me some insights on the development path of finance industry. I was able to apply the knowledge into practice and to communicate with companies' managerial team in English. Hereby I would like to express my gratitude to Telfort. Not only did I learn the knowledge in Telfort and its exchange partner institutes as well, but it also instilled right principles for my future endeavors, and I was well equipped for the bussiness world.

Tianwei Han (2017graduates)

U.S. Citibank Channel Expansion





2013年，是我离开高中进入泰尔弗开始自己大学生活的第一年。我曾在泰尔弗读书两年，在学院的留学推荐和办理下，我顺利进入英国诺桑比亚大学纽卡斯尔商学院。诺大位于英国纽卡斯尔市因“喜鹊队”而出名，小小的城市里就拥有两所大学。诺大的校园环境十分现代化，学院不仅拥有先进的Bloomberg教室还有哈佛答辩室作为Lecture教室。我在商学院读书的两年时间里，接触了不少好老师，有的至今还保持着联系。在英国读大学，老师不会催着你学习、盯着你交作业，每个人都是自由的，但更应该是自觉自律的。按时在课前下载课件成了我每天的习惯，时不时看电子邮箱里有没有新邮件，不懂的问题课下可以预约老师再聊一下，这些对我们学生来讲都是再正常不过的事情。

平时我经常去图书馆写论文，在论文季时常常能看见老师和同学在Bloomberg教室里聊论文聊到晚上10点多。我们经常自习到很晚，在商学院见日出的太阳，这情景都是我和同学们在诺大学习时挥洒汗水和付出努力时的见证，也已经成为我最珍贵的记忆！

在英国两年的读书时间真的非常快，一眨眼就过去了。2017年7月我从商学院顺利毕业，妈妈也赶来英国参加我的毕业典礼。可能是真的还舍不得离开诺大给予我美好的学习生活，回国后，我又申请了美国的纽约大学，期间英国大学的学位文凭给了我很多的申请优势。2018年4月，我顺利拿到了NYU的offer，同时还拿到了带有Stem的专业，这个专业毕业后可以在美国工作三年。我很感谢自己在每一次重要时刻做出了正确选择和取得的成绩，但是我更感谢曾经给予培养和教育的泰尔弗老师和英国诺大的导师们，是你们给了我良好的学习条件和留学指导，是你们为我撰写的推荐信才是我今天能去美国继续深造的成功之源。

回顾五年的读书经历，从选择泰尔弗开启自己的大学之门到英国继续留学深造，直到现在拥有去美国曼哈顿触碰梦想的权利，其中无论学习环境和条件如何变化，唯一不变的就是我能始终严格要求自己。希望泰尔弗的同学们都能通过自己努力不断去追逐自己的梦想、实现自己的梦想！

The first time I heard about Telfort was in the year of 2013 in which I was graduated from the high school and began to pursue higher education.

I had been studying in Telfort International Business Institute for two years and after that, I was admitted to the Newcastle School of Business at Northumbria University. The city of Newcastle, where the university is located, is well known for its English football team, also known as "the magpies". There are two universities in the city of Newcastle. Northumbria University has up-to-date facilities that include but not limited to classrooms equipped with Bloomberg terminals, customized classrooms for thesis defense. During my two-year study in the Newcastle School of Business, I met excellent professors and some of them I still keep in contact with. In the British universities, no one forces you to study. Students are self-disciplined. I got used to downloading course materials before the class. In addition, I checked my inboxes on a regular basis. It is not unusual, at least to me, to talk to professor once I have any problems about the courses needed to be clarified.

I used to go to the library to write essays. I saw many times that teachers and classmates discussing about papers in the classroom at night around 10 pm. And I've seen dawn light from the classroom. My study in UK is an unforgettable experience to me because it was the place where my schoolmates and I worked diligently.

Time flies fast. I graduated from the business school at Northumbria University in July last year, which means that my two-year study in UK came to an end. My mother came to Britain to attend my graduation ceremony. After the graduation, I felt strongly that I wanted to further my education and thus I applied for New York University in the United States. My overseas studying experience in the Great Britain made me more competitive over some other candidates. In April of this year, I got the offer from NYU. I will get a STEM degree that allows me to work in the United States for three years after graduation. It turns out that I have made right choices when I was standing at the crossroads of my life. Finally yet importantly, I would like to express my gratitude to the teachers in Telfort for their instructions and my mentors at Northumbria University for writing the letters of recommendation.

Five years ago, I chose Telfort to begin the higher education. From then on, I am always strict with myself. What I've learnt at Telfort and Northumbria University increased chance for achieving my dreams in Manhattan. I also hope that my junior schoolmates at Telfort are able to achieve their great dreams in future endeavors.

乌佳卉 Jiahui Wu

美国纽约大学 New York University

M.S. Project Management Program



## 学习

国外的学习方式和国内有很大的差别。相对来说，在国外大学上课安排的课程不会很多，你会有很多时间可以自己来安排。一般一周的上课时间不会超多十个小时，所以如何安排课余时间是一门很重要的学问。国外大学的图书馆和机房几乎都是不关门的，很多时候到了深夜也会有很多学生在图书馆学习或者在机房里面做作业。

在大学里面一般两次交作业之间都会相隔比较长的时间，让你有足够的时间来完成自己的作业，但是千万不要在前期的时候挥霍时间然后等到了将近deadline了开始熬夜赶作业或者写论文。这样不但会影响身体健康而且这样完成的作业往往质量并不是很高。

在国外学习导师会很看中你的创造性，如果有新的创意一定要提出来，不要害羞。因为在国外文化包容性其实很大，很多的问题并不是只有一个准确的答案，只要你有自己的想法自己的创意，多数的导师都会认同的。



## 生活

民以食为天，说起生活肯定就会先想到吃饭。英国当地的食物真的一言难尽，相当多的黑暗料理，大多数中国学生都会选择自己做饭或者在中餐厅解决。其实在英国的大学宿舍里基本上都设有厨房，有share厨房的也有自己用一个厨房的，做饭其实是很方便的。不要怕和外国人share一个厨房，多数的外国学生都很友善，他们比较喜欢吃一些fast food，他们占用厨房的时间很短，所以在外国完全可以自己买菜做饭来照顾自己。

## 交通

在英国的交通可能没有国内的一线城市来的这么发达。因为英国面积很小，除了伦敦、曼彻斯特、爱丁堡等这些稍大的城市，其他城市的市中心几乎步行就可以走完。公交车地铁的普及率并不是很高，而且交通的费用与国内相比较还是比较高的。但是每个城市之间坐火车还是很方便的，每天的班次很多，火车站一般都在每个城市的市中心，所以去别的城市还是相对比较方便的。

## 旅游

在英国上学一定要安排出时间到周边其他欧洲国家去旅游，因为真的很方便，在英国办申根签的出签率非常高，一般都会给你半年的有效期。去旅游的时候不要带太多的现金，你在英国办的银行卡在欧洲都是可以直接刷或者取钱的非常方便，身上带太多的现金可能会不那么安全。

总而言之，在国外一个人的读书经历不仅仅是为了学到新的知识，更重要的是锻炼自己学会如何独立。记得刚离开父母的庇护，来到一个陌生的国家时自己确实很想回家，时间长了就会习惯。现在我即将毕业，我觉得在英国读书很有意义这是一段让我难以忘记的生活。

洪紫薇

英国提赛德大学

影视后期制作专业（3+1）



### About study

There is a big difference between studying abroad and studying at domestic universities. Specifically speaking, there are less obligatory courses of which students are required to complete in the foreign universities compared to that of in the domestic universities. And this means students are given more time to do their own things. The average in-class time per week is around ten hours more or less. Therefore, making good use of extracurricular time is very important. Almost all libraries and computer labs in the universities of UK are open all year round. Many students stay up late studying in the library or doing their homework in the computer lab.

In the universities of UK, there is usually a long interval between two assignments, which gives students abundant time to complete their homework. However, please do not idle your time away, and please do not work on your assignments until the last minutes. Because staying up late to catch the deadline not only harms your health, but also compromises the quality of your work. Professors in the foreign universities like creative solutions. Please don't be too shy to get your voice heard as there are usually more than one solution to the academic problem, and as long as you get an idea that makes sense, most of professors will agree with you. After all, the spirit of inclusiveness is highly advocated in campuses.

### Living overseas

Food is the first necessity of the people. Speaking of life, we always think about food first. I have a mix feeling with regard to British cooking. Most Chinese students prefer to do their own cooking or find food in Chinese restaurants. In fact, the dormitories in UK are usually well equipped with in-room or share kitchens. Cooking is actually very convenient. Do not be afraid if you need to share a kitchen with foreigners. Most foreign students are quite friendly. They prefer to eat fast food and they usually use the kitchen for a very short period. Therefore, it is feasible to do self-catering when living overseas.

Public transportations in the UK may not be as convenient as that of in the first-tier cities in China. Britain is smaller than China in terms of the territory size. Except for cities like London, Manchester, and Edinburgh, in the other cities, you may get around the entire city on foot. Public transportation and subways is not prevailing in the United Kingdom. Moreover, transportation fees in Britain are relatively higher than in China. Trains, commuting between cities, are very convenient and effectively managed. Train schedules are well designed. Train stations are generally located in the city center, which is quite easy to find.

Ziwei Hong

Teeside University U.K.

Computer Animation and Visual (3+1)



我是Joyce，在英国诺森比亚大学学习金融和投资管理专业。在泰尔弗学习了两年之后，通过2+2国际留学项目申请到了诺大。

诺大位于纽卡斯尔市，那是英国第五大城市，也是排名第二的party城市，拥有酒吧和丰富的夜生活。中心城区离纽卡斯尔机场大约30分钟地铁的路程。市区也不大，我经常从我住的Gateshead小镇上徒步30分钟到商业街，下载一个Google Maps，不用几天就能逛遍整座城市。纽卡因为地处英格兰东北，靠近苏格兰，纽卡人的口音很迷。笔者本人虽然拿过三次雅思听力7.0，但还是对这迷之口音感到心累。

千禧桥是纽卡的一个著名景点，曾获过英国建筑设计类的大奖。这座桥的“神奇之处”在于，它是一座会“眨眼睛”的桥，每当体积大点的船需要通过时，桥面就会被“桥顶”的钢丝绳拉上去，让船通过，此番景象就像人的眼睛“一闭”，船通过之后，又恢复原状，十分有趣。泰恩桥也是纽卡斯尔的标志性建筑，英国北部最壮观的桥梁之一，几乎所有和纽卡斯尔有关的摄影作品中，这座桥都是非常重要的“角色”，同时也是链接这座城市和南岸Gateshead地区的重要交通桥梁。

诺大分为东校区和西校区，中间用一座横跨马路的小桥相连。生命科学类、工程类和语言班的课都是在西校区上。东校区只有两栋较新的建筑，一栋属于商学院，另一栋艺术设计学院。

诺大没有正经食堂的概念，但是校园里分布着几家小餐厅，提供早餐和午餐。值得一提的是商学院一楼餐厅的早餐是很正宗的英式brunch，价格约£5 - £7。

学校的住宿条件相对不错，宿舍一般都配有厨房。宿舍离超市也不远，超市里可以买到新鲜的水果、蔬菜和肉类。有一个“中国胃”，不习惯西餐的同学可以去中超买喜欢吃的食材，纽卡市区有两三家中国超市。其中HiYoU超市离中国城很近，里面有卖小电饭煲、蒸锅和火锅材料。喜欢点外卖的同学可以下载一个名为Hungry Panda的app，那是一个中餐外卖平台，虽然商家数量不多，但也足够让留学生们解馋了。

关于课程，2+2对接的是英国大学第二年的课程，每学期修三门课，每周上课的时间大约十几小时。一门课通常会分大课和小课这两种授课形式，大课类似于讲座，一般在阶梯教室上；小课像是研讨会，一般20个学生一起上，听导师讲习题和讨论问题。上课前的预习很重要，因为两个小时的课上老师会讲五六十张PPT的内容。专业课的考核评分由不同的部分组成，有考试、论文、作陈述和小组作业，不同科目具体要求不同。

希望学弟学妹们都能申上预期的大学和实现自己的人生理想！Fighting！

孙佳琪

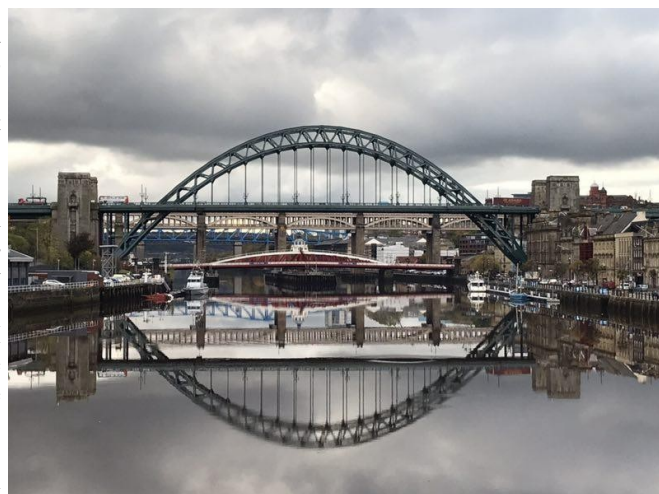
英国诺森比亚大学

金融和投资管理专业（2+2）



I'm Joyce. I am currently studying in the University of Northumbria in the United Kingdom, and I am specialized in Finance and Investment Management. After two-year study at Telfort International Business Institute, I received the offer from Northumbria University to further my study with 2+2 programme hosted by Telfort and Northumbria University.

The University of Northumbria is located in Newcastle, the fifth largest city in the UK and the second-ranked Party City for its night-life, bars and clubs. The center of the city is about 30 minutes away from Newcastle Airport by subway. The city center is not so big. Walking to the commercial area from the Gateshead town in which I live is around 30 minutes. It takes a few days only to get around the entire city. And I suggest downloading Google Maps to navigate the routes. Newcastle accent is fascinating properly because the city is located in the northeast of England, very close to Scotland geographically. Although my IELTS scores for the Listening section was 7.0, I still had trouble in getting used to the Newcastle accent.



Millennium Bridge is a famous spot in Newcastle and its designer has won the British architectural design award. The bridge's unusual tilting action, unique in the world, earned it the title the Blinking Eye Bridge. Whenever a large-bodied ship needs to pass, the bridge will be pulled up from the "bridge top" and then make the space for the ship to pass. This process is as if a person's blinking eyes. After the ship passes, it turns back to the original status. It is very interesting. Tyne Bridge is also a landmark in Newcastle, and it is one of the most spectacular bridges in the North of UK. The Tyne Bridge is a through arch bridge over the River Tyne in North East England, linking Newcastle upon Tyne and Gateshead. In addition, it plays a vital role in almost all photograph of Newcastle upon Tyne.

The University of Northumbria is divided into two campuses: the East Campus and the West Campus, linked by a small bridge. Life sciences, engineering, and language classes are scheduled to be taken in the West Campus. There are only two newly-build architectures in the East Campus, one is the College of Business, and the other is the College of Art and Design. The University of Northumbria does not have a school-running canteen. However, there are several small restaurants on the campus providing students with breakfast and Chinese food. It is worth mentioning that restaurants on the ground floor of the College of Business provide typical English brunch of which the price is about £ 5 to £ 7 per meal.



The accommodation condition is good and the dormitories are generally equipped with kitchens. The dormitories are not far from the supermarket. Fresh fruits, vegetables and meat can be bought in the supermarket. Students who are not used to Western food can go to Asian supermarket to get Chinese food they like to eat. Newcastle City has two or three supermarkets providing Chinese ingredients and food materials. Among them, HiYoU supermarket is very close to Chinatown, and it also has small rice cookers, steamers and hotpots. Those who like take-away meals can download an app called Hungry Panda, a Chinese food delivery app. Although the number of stores on the app is limited, it is

enough for Chinese students to satisfy their appetites for good Asian food.

As for the courses, I was enrolled as a sophomore after two-year study in Telfort. The University of Northumbria required me to take three courses per semester and the total in-class hours per week are around ten hours more or less. A single course is usually divided into two parts: the first part for big classes and the second part for small classes. The big class is similar to lectures that are held in the classroom; a small class runs like a seminar with approximately 20 students. In small classes, students do after-class exercises and discuss problems with tutors. Previewing the text book beforehand is very important because the professors, more often than not, like to go through 50 to 60 tutorial PPT in the class. The final scores of the courses consist of different parts as well. Usually scores of examinations, essays, presentations and group assignments are calculated by different percentages. In addition, the specific requirements for different courses are different.

I hope that my Telfort's junior schoolmates are able to receive offers from their dream schools and will live a fulfilling life!

Jiaqi Sun  
University of Northumbria U.K.  
Finance and Investment Management (2+2)



骏马，蓝天和白云

这就是阿什兰田园牧歌般的佛系留学生活。始建于1878年的阿什兰大学地处于美国中东部的俄亥俄州，是一所独立的综合性大学，商科和教育学是其强项，尤其注重神学教育。

生在阿村

阿什兰大学的地理位置在隶属于Cuyahoga郡下的阿什兰，距离克村只有40分钟的车程，而去到俄亥俄州首府哥伦布也仅需60分钟。阿村虽然常住人口只有3,000，但村里中国餐馆和超市之类一应俱全，campus离最近的大型超市只有十分钟的车程，到最近的中餐馆步行五分钟。据不

完全统计，阿村百分之九十以上的人口都是白人，出了campus这里看到一个黑人都是非常不容易的。村里生活节奏相对较慢，人们十分质朴甚至原住民阿米什人还在骑马代步。在这里我保证你绝不会像在芝加哥和纽约一样受到不公平的待遇甚至是种族歧视。虽然纬度与北京相当，但俄亥俄州的冷南方人还是不要轻易尝试，从前一年的十月降下第一场雪到第二年四月还是白雪皑皑，阿村的一年中有半年是白色的世界。

学在阿村

处于全美“精英式”教育环境下的阿什兰大学在学术方面十分严格。专业课的作业繁重和语言上的劣势让我焦头烂额，必修课大部分是一周一考试两周一论文，期中期末考试必不可少。每个周末的深夜，你都会看到同学们在图书馆赶due的身影，每个同学嘴里都在说‘I have something to due!’。然而，对于懒惰美国也是采取零容忍的政策，我现在正读大三，如果出现总评分低于C+，GPA低于2.333，百分比低于76时，第一次会收到学校的academic appeal，第二次就会被学校直接开除。可能和英国读书有不同，美国是没有任何补考、重考或让你留级重读的机会。美本教育十分重视学生的全面发展，除了个人的专业课程外，学生还必须修完宗教，音乐，美术，化学，历史，哲学和人类交流等等必修课程。本科专业包括艺术系Art（艺术教育、商业艺术、计算机艺术及图像处理），音乐music，生物学Biology，毒理学Toxicology，化学Chemistry，计算机科学Computer Science，司法Criminal Justice，英语English，环境科学Environmental Science，家庭与消费学Family and Consumer Sciences，地质学Geology，历史History，新闻学Journalism，数学Mathematics，物理学Physics，哲学Philosophy，政治学Political Science，心理学Psychology，传媒学Communication（影视及电台），交流艺术Communication Arts，宗教Religion，社会工作Social Work，社会学Sociology，体育传播学Sport Communication，戏剧Theatre，电子媒体生产Electronic Media Production，护理学Nursing，会计Accounting。

动在阿村

生活在阿什兰，不会运动怎么行？作为NCAA DII的成员，阿村的校队几乎囊括了所有体育项目甚至电竞！！在过去的五年里，阿村女篮几乎称霸了整个NCAA，其中包括一次全美最长741天里，保持73场没有输球的记录，几乎每场都屠杀对手；男子橄榄球以12胜1负的战绩结束了常规赛季；男篮的传奇球员Wendell Davis在14周的常规赛中8次收获周最佳，并入选了常规赛全美最佳阵容。学校虽然占地面积很小，但在有限的面积里还规划出橄榄球场，足球场，棒球场，网球场，沙滩排球场地，英式橄榄球场和一个供所有本科生使用的Rec Center。和我们一起锻炼的来自沙特的学长Azoz在刚刚结束的NPC Ohio Man's Bodybuilding 比赛中获得了第三名。

结语

展望如今的社会，阿村绝对是可以让你沉淀自己，洗去浮躁之气的一方净土。在忙碌的校园里随处可见匆忙的身影，在体育馆里随处可听到突破自我的呐喊，在宿舍你会感受到多国文明的交融，我，一段不甘平凡的人生正在此起步！

祁源

美国阿什兰大学

新闻管理专业(2+2)



Horses, Blue Sky and White Clouds. This is what I see every day in Ashland. Founded in 1878, Ashland University is located in Ohio, in the eastern part of the United States. It is an independent comprehensive university. Business and pedagogy are key majors, with particular emphasis on theological education.

#### Life in Ashland

Ashland University is located in Ashland under the jurisdiction of Cuyahoga County and is only 40 minutes from Kecun. It takes only 60 minutes to go to Columbus, the capital of Ohio. Although the population of the village is only 3000, the village's Chinese restaurants and supermarkets are all available. The campus is only a ten-minute drive from the nearest hypermarket and a five-minute walk from the nearest Chinese restaurant. According to uncompleted survey, more than 90% of the residents are white people. It is not easy to see a black man out of the campus. The life pace in Ashland is relatively slow, people are very rustic, and some of indigenous Amish people are still riding horses on streets. I promise you never be treated unfairly or even discriminated as in Chicago and New York. Although the latitude is almost same with that of Beijing, the winter of Ohio is still a big challenge for me to adapt to. From October to April next year, Ashland is in white for half a year.

#### Studying in Ashland

The University of Ashland provides students with the "elite" education environment with rigorous academic atmosphere. The heavy workload and language disadvantages made me put more efforts in studies. The obligatory courses required students to submit essays every week. In addition, students stayed up late in the library working on essays, and preparing for exams. Every classmate tends to say 'I have something to due!' However, for the laziness, the United States has also adopted a zero-tolerance policy. I am now a junior students. If the overall academic rating is lower than C+, the GPA is lower than 2.333 with averages scores lower than 76 out of 100, I shall receive an academic appeal from the school the first time the previously mentioned criteria are met. If that happens twice, I shall be expelled from the school directly. Unlike the United Kingdom, the United States does not offer any chance to resit the exams. Undergraduate education in U.S. also places great emphasis on the overall development of students. In addition to each person's professional courses, we must complete compulsory courses such as religion, music, arts, chemistry, history, philosophy, and human communication. Majors for undergraduates include, but not limited to, Art (Art Education, Business Art, Computer Art and Image Processing), Music, Biology, Toxicology, Chemistry, Computer Science, Criminal Justice, English, Environmental Science, Family and Consumer Sciences, Geology, History, Journalism, Mathematics, Physics, Philosophy, Political Science, Psychology, Communication, Communication Arts, Religion, Social Work, Sociology, Sport Communication, Theatre, Electronic Media Production, Nursing, Accounting.

#### Sporting in Ashland

Living in Ashland without doing sport is not possible. As a member of the NCAADII, Ashland University sports teams have won in almost all the sports and even the E-sports! In the past five years, the women basketball team has prevailed in the NCAA, keeping a record of 73 consecutive wins in 741 days in United States. The men rugby ended the regular season with 12 wins and 1 defeats; our university's legendary player, Wendell Davis, was elected the best player of the week eight times in the 14 weeks in regular season and whole team was elected the best team in the regular season. Although the school occupies a small area, there are a football field, a soccer stadium, a baseball stadium, a tennis court, a beach volleyball court, an English football field and a rec Center for all undergraduates. Azoz, a senior student from Saudi Arabic, who played with us, won the third place in the NPC Ohio Man's bodybuilding race.

#### Conclusion

In today's society, Ashland is definitely a pure land where you can concentrated into studies that stress most students out. In the campus, you can see students busying with their classes. You can hear clearly the cheers coming out of the gymnasium. You also can feel culture exchanges among international students coming from different nations. A life changing opportunity starts here.

QI Yuan  
The University of Ashland USA  
Journalism Management (2+2)



近些年，留学成为了除高考以外的热门升学选择。但是，在如此大浪潮当中，毕业生难免会失去主观的判断。在出国留学之前，应该认清留学的原因，选对留学的专业和院校。

留学最好是建立在对于西方文化的理解和兴趣之上的。往往会有人产生这种误区，留学是因为高考失意而迫不得已的选择。如果只是做一个学习的机器，如同以往接受的教育一般，终究会使得自己和西方文化格格不入。

西方价值观里，比起学习，他们更注重自主生活。这并不是说贪图享乐，而是首先调理好自己的饮食，再多去参加志愿者活动，结交友人，甚至外国友人。有很多中国留学生喜欢抱团，在一个陌生的环境，这是无可厚非的。然而，仅仅生活在华人圈子里，而不去和当地人交流，有甚者，一些同学听课都有困难，却从来没有和自己的教授交流过一句，留学的意义便大打折扣。而在当今的世界格局中，西方文化是主流。实际上，无论愿意与否，我们都接受着它的影响。就算对西方没有兴趣，都或多或少看过西方的小说和电影，听过西方的音乐。可以以此为契机，读读英文小说，背背歌词里的生词，看看爱豆的访谈。这些都对西方文化的理解和兴趣培养有所帮助。这并非是崇洋媚外。对于一个陌生事物，带着欣赏的眼光去看待要远比批判学到的更多。

留学要选择合适的专业和院校。关于这个问题我也请教了不少在职的教授，总的来说，专业要选自己有兴趣的或者擅长的，最好的则是两者兼备的。不少留学生选择Business Management。这个专业涉及的科目广，难度适中，适合有自己创业意愿的同学学习。如果有些同学学过微积分、统计、经济学，且成绩优秀，则可以尝试学习经济金融等专业。可以在获得BM的录取之后，到录取院校申请转专业。每个学校程序各不相同。若有机会进入卡迪夫大学，可以通过学科的带头人征询意见，然后再从SIMS发出转换申请。对于院校的选择，我记得一位泰尔弗的教授跟我提及她的“理论”，花80%的力气能做到自己的理想状态就是最佳的选择。学校排名在招聘时固然是重要的指标，但有时候学习的体验也是重要的参考因素。若是对学校的课程内容有疑惑，都可以随时登录学校的官方网站相关资料。

这些仅仅是建议，而不是行动纲领。西方文化中强调个体，其中体现个体特性的则是独立思考。希望有留学想法的你能够从认清现实出发，做“不一样的烟火”。

黄道羽

英国卡迪夫大学

商务管理 (2+2)



In recent years, studying abroad has become a popular choice in addition to the national college entrance examination. However, graduates will inevitably lose their subjective judgments in such a large wave. Before your journey begin, you should understand the reasons for studying abroad and choose the majors and universities in a reasonable way.

The decision of studying abroad should be based on the understanding and interest in Western culture. People tend to misunderstand that studying abroad is the only choice after their failures in college entrance examination. If you only want to become a learning machine, like what you have been educated in the past, you will eventually make yourself incompatible with the Western culture. In Western values, they pay more attention to live independently than learning. It is not just about fun and pleasure, it's about adjusting your diet, participating in volunteer activities, making friends, even foreign friends. Many Chinese students like to huddle together which is understandable when you are in an unfamiliar environment. However, the significance of studying abroad is greatly reduced if you only live in Chinese circles and do not communicate with the locals. What's more, some students even have difficulties in attending classes and have never communicated with their professors. In today's world, Western culture is the mainstream. In fact, whether we like it or not, we are all influenced. Even if you are not interested in the West, you have more or less read Western novels, watched Western movies or listened to Western music. You can take this as an opportunity to read English novels, recite the new words in the lyrics, and watch your idols' interviews. These are all helpful to the understanding of Western culture and the cultivation of your interests. This is not the blind adoration to foreign things. For an unfamiliar thing, it is much more helpful to go with an appreciation than to judge with criticism.

If you want to study abroad, you should choose the right majors and universities. I have consulted many on-job professors about this issue. Generally speaking, you should choose the major that you are interested in or you are good at. Mixing both is actually the best. Many international students choose to learn the courses of Business Management. This major covers a wide range of subjects with moderate difficulty and is suitable for students to start a business in the future. If you have already studied calculus, statistics, and economics with excellent grades, you can try to study the course of Economics and Finance. After obtaining BM's offer, you could apply for a major transfer. The procedure varies by the universities. If you have the opportunity to be enrolled in Cardiff University, you could consult with your course leader, and then send the transfer application through SIMS. As to the choice of universities, I remembered a "theory" proposed by a professor from Telford : the best choice is to take 80% of the effort to achieve your ideal status. While the ranking of the university is an important indicator in the recruitment, sometimes the learning experience is also an essential factor. If you have doubts about the courses, you could log into university's official website for more information.

These are only suggestions, not the guidelines. In Western culture, individuals are greatly emphasized, and the individual characteristics are demonstrated by thinking independently. If you want to study abroad, you should start from a clear understanding about the reality and be the "unique firework".





居诸不息，一年的英国学习时间已经步入期末，来到异国他乡一年的时间可以彻底改变一个人的生活习惯和学习方式。

在没有来到英国念书之前，我个人对这里的生活虽称不上充满向往但也是满怀期待的。来到这里以后，诸多新鲜的事物出现，这里的老师可以一整年都不知道学生的名字学号，不记出勤，全年的作业在第一周布置完以后可能再也不会提起。这样“教完就跑”的老师和中国式教育完全不同。但是，该交作业的时间没有交作业，老师就会毫不客气的给你打“0”分并不会问你原因。看着老师好像从不记考勤，但是缺勤超过几节你就会收到警告信，所以在英国读书完全要靠自觉。所以只要有时间，我会每天都去全年24小时开放的图书馆，通宵达旦的赶写论文。论文的要求很高，有事一周三篇小论文，一月一篇大论文，所有论文都要求自己写不能抄

袭，学校里有个抄袭机器，论文在抄袭机器里扫描一遍就知道多少是你自己写的了！

在国外生活其实也没有很大的不便捷，由于学业没有老师家长的叮嘱，对学生来说自由度到达了一个空前高度。每个学期又有大大小小的假期，所有偶尔翘课出门旅行也是很好的选择。楼下街边是彻夜不眠的酒吧，各色的人来往不息，这里是最好的交友场所，无论谁都愿意在周五晚上点上一个甜到发腻的馅饼和一杯啤酒听身边的陌生人吹牛，只要自己掌握在安全的时间点回家。对于消费我连张Sainsbury's的收据都没有丢过。

一个人在外生活，往往能达到让你快速成长和自我能力锻炼的过程。从飞机落地分不清东南西北、一个人生活分不清柴米油盐，到现在的我完全是自己做饭、洗衣、打扫卫生，这个过程其实也只用了不到两个月的时间。生活有时和学习一样，全凭个人意愿想做什么就去做吧！没有任何人会拦着你，当然也不会有人来催促你指导你，洗衣做饭都不是一个人生活中有难事，最难的事就是自己要耐得住寂寞；去灯红酒绿的地方不难，但在人潮退去之后回家的路上才是最难熬的时候。做一个异乡客，我想的最多还是国内的家人和中国的美食。

最后我想说：在英国读书的日子里，无论是学习还是生活，其实就是自己一个人的事！

Time flies. One year of study in the UK has come to its end. One-year stay in a foreign country can completely change a person's life habits and learning manners.

Before I came to UK for study, I was full of anticipation, if not full of anxiety, for the future. After I arrived here, things were not like what I had expected. Many bubbles of illusion broken, but I was feeling a refreshing sense of reality. It is not unusual that professors fail to match students' names with their faces. Keeping class attendance records are not obligatory for professors, and it is also common that homework assigned in the first class may never be mentioned afterwards. As most lectures were given by guest professors, it is really up to students to decide the way how they learn. You can go to a 24/7 library, or cramming for exams a week before the final. You may not study too hard to hang out with friends. Good Scores are not that hard to get. Everyone has colorful after-school life, including faculties.

In fact, life in UK is convenient. I enjoyed freedom that I'd never have at home. Each semester has several short breaks for students. Skipping one or two classes occasionally to take a short trip is a good choice. There is a night bar at the ground floor of my accommodation. This is the best way to meet people from all walks of life. Many people like to have a greasy pie with beers, and are happy to chat with person around. As long as I get home not too late, I haven't lost the receipt of Sainsbury's.

Life abroad makes you learn more. I spent less than two months to learn cooking, doing laundry, and room cleaning. Like studying, those chores are quite personal. Do what you are willing to do. No one interferes with your ability to deal with daily life. Of course, no one will teach you hand by hand. After all, washing clothes and cooking are not a difficult task. The difficulty I had is to endure the feeling of loneliness, and I felt quite sad while I was walking on a crowded street heading back home alone. I deeply missed my family in China and Chinese food as well. The days in UK, it was always my own business in both study and life.

王诗佳 Shijia Wang

英国西英格兰大学 University of the west of England

商务与会计金融专业 (2+2)

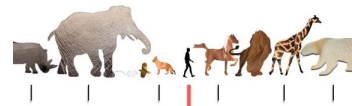
Business Management with Accounting and Finance



# 艺术设计专业学生作品 Digital Arts Student Display



王永 《街道》 (Willam <Street>)

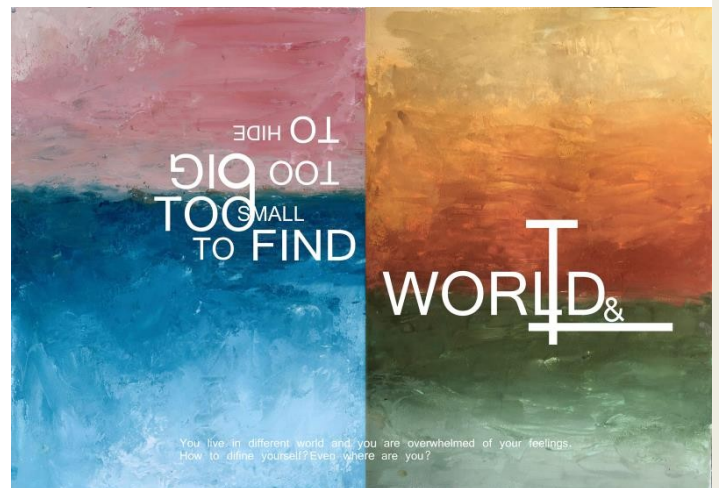


You are  
smart  
&  
small

戴晴宇 《动物字》 (Shilon <Animal Word>)



郭芳宁 《冬至》 (Lily <Winter>)



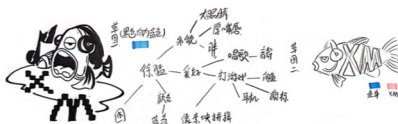
倪丞宇 《彩字》 (Alice <AI Design>)

这次我为我的同学修远设计个人标志。

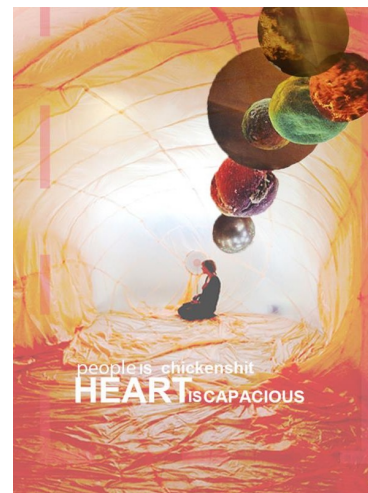
修远同学常以“咸鱼”自居，所以采用“鱼”的形象来代表其个性且融入其外貌特征，也是logo的一部分。因为其喜欢的颜色为蓝、黑、白色，所以logo主体颜色使用以上三者，修远部分由于设计需要，添加小线（小部分棕色）、小圆（小部分棕色）。

其次，修远同学喜欢打游戏，所以我想是不是给他的个人标志加上一款游戏的元素。比如说风靡世界的像素风儿游戏风格来设计这个logo。

另外，修远同学还有一个喜欢唱歌和听歌的爱好，这让我萌生了一个新的想法：唱歌—KTV/酒吧/夜店—霓虹灯。是的，logo的字样部分采用了为酒吧出现的霓虹灯来表现，再添加音符，凸显其爱好。最后，一个戴着耳机听歌的像素风儿形象就出现了。



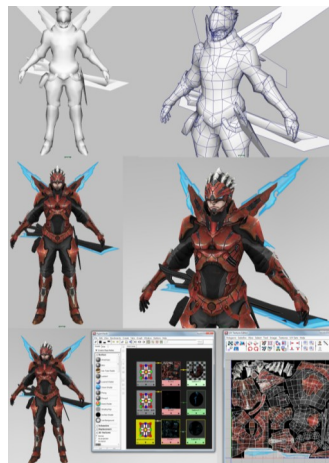
苏震鹏 《包装红色》 (Stark <Package Red>)



王可欣 《思考》 (Mona <Thinking>)



王晨毓 《春分》 (Edeiin <Spring>)



陈恩泽 《V.战士》 (Chen <V. Solder>)



毛爽 《小满》 (Jack <Grain Fall>)



冯沁悦 《北极熊》 (Candy <Pola Bear>)



谢嘉琪 《AI字体》 (Alice <AI Design>)

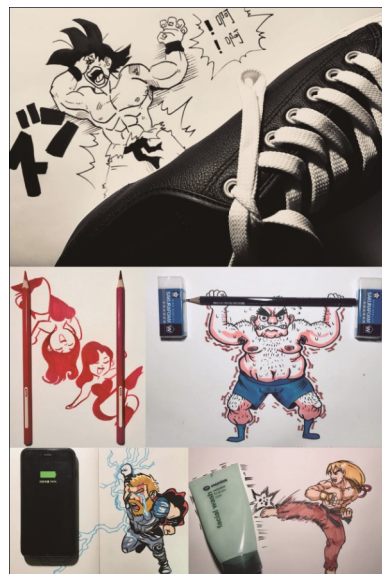


姚舜 《包装》 (Doris <Paggage>)





黄禧雯 《Flat Lay》 (Meggie <Flat Lay>)



苏震鹏 《Flat Lay》 (Stark <Flat Lay>)



田晨茜 《白露》 (Meggie <White Dew>)



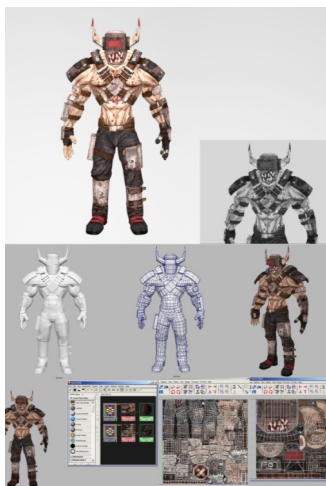
李凡婕 《春分》 (Aurora <Vernal Equinox>)



陆佳妮 《导视设计》 (Nega <Visual Design>)



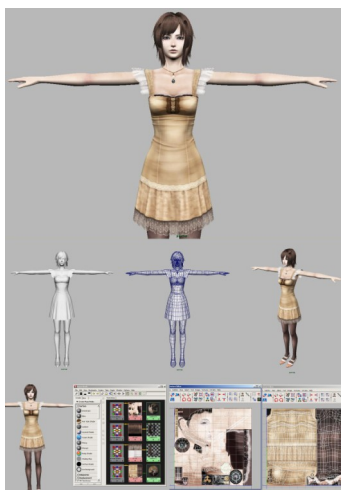
苏震鹏 《导视设计》 (Stark <Visual Design>)



王永《恶鬼》(Willam <Evil Spirit>)



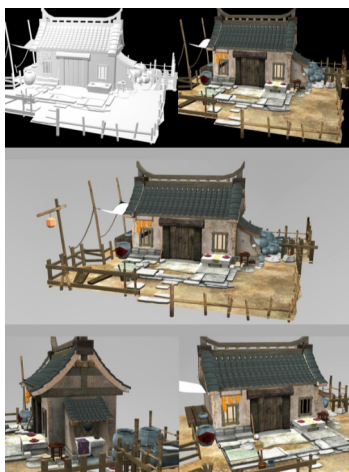
陈恩泽《剑灵》(Chen <Blade Soul>)



王永《安娜》(Willam <Anna>)



王永《潜行者》(Willam <Stalker>)

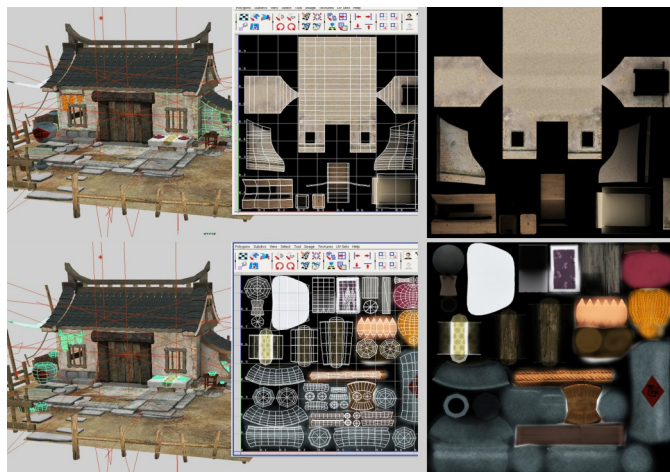


陈恩泽《农民小屋1》(Chen <Peasant Cottage1>)



王永《彩虹战队》(Willam <The Rainbow Team>)





陈恩泽 《农民小屋2》 (Chen <Peasant Cottage2>)



苏震鹏 《猫脸老太太》 (Stark <Cat Grandma>)



陶雯静 《封面封底》 (Jen <Cover>)



汤华鸣 《包装》 (Nick <Package>)



冯沁悦 《包装》 (Candy <Package>)



姚舜 《封面封底》 (Doris <Cover>)



倪丞宇 《彩字》 (Alice <AI Design>)



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