

Reflective Journal of International Summer School – The
University of California, Berkeley

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This 2-month journey to USA is an amazing and unforgettable story to me. I am so glad that I have tried a lot of new things there, like the first time to take a 15-hour direct flight, the first time to leave family and stay at an unfamiliar place so long by myself, the first time to study in a very high-ranking university – The University of California, Berkeley and more importantly, it is the first time for me to step into the country I have longed for, America.

I spent most of the time in Berkeley in the stay of USA. USA is greatly different from my hometown, Hong Kong. The rhythm here is comparatively slower than that of Hong Kong. And the transportation is not that



convenient. At the same time, the distance between blocks is quite far so that I walked a lot which was like exercising all the time when I just went out to get some snacks in Walgreen. Therefore, this might be a good way to reduce weight as I was 3 kilograms less after back to Hong Kong. The weather there is also unexpectedly cool which was around 15 to 20 Degree Celsius. However, I did not bring enough warm clothing so I caught a bad cold when I had just arrived at Berkeley. Honestly, I have experienced the hard time at the first week that I felt extraordinarily lonely and helpless when I was sick. But I knew I had to take good care of myself since I was in foreign country and no one familiar was besides me. God bless me that I have recovered and started to adapt into this new lifestyle and weather after 3 weeks. Simultaneously, the love, blessing and care from Hong Kong family and friends has supported me a lot.

I had the habit of cooking at my apartment instead of eating out since I had got tired of the pizzas and burgers there. So I googled and shopped for the fresh ingredients in the supermarkets there. Sometimes, I also invited my roommates who were the Korean full-time students in Berkeley to eat with me. I felt happy because they always gave applause to me and we chatted a lot.

I also met a lot of friends from different countries like Korea, Taiwan, Russia and of course the native from school. Later, I also participated in the Church activities of Berkeley and met a lot of Hong Kong friends. They were so friendly to me and always brought me to dine out and tried a lot of delicious dishes. They have made my journey and left me a lot of beautiful memories.



After the 6-week summer course in Berkeley, I and Celia, who is the other participant chosen to the same university with me went on a 10-day trip to Yosemite, the Grand Canyon, L.A., Las Vegas, Universal Studio, Disneyland

and San Diego by joining a bus tour and individual visit. I used not to play any machinery games in Hong Kong. However, I am so surprised that I played a lot and was in love with them in this trip and I can never forget about the excitement.



When I had to say goodbye to USA, I crept a bit since I had already indulged into the culture and people there. I love Berkeley a lot. Every passer-by was very passionate and smile to you. The air was so fresh and you can never meet cloudy or rainy days there. The beautiful sunshine always lighted up my days. You neither need an air-conditioner nor fan here in summer. And everyone here has the discipline to conserve and protect the environment.

All in all, a journal of 500 words cannot really illustrates what I have experienced in USA as what I encountered there, where I travelled there and who I met there are all so wonderful and important in my life. And I m sure I will go back to USA very soon to recapture all of these lovely memories.