

# Precious time in Chiayi

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First of all, I'd like to sincerely thank for this great opportunity to participate in the "6th International Symposium in Phytochemicals" held at National Chiayi University, Taiwan. I would also like to thank all the wonderful peoples whom I met during the symposium. I'm sure that I couldn't spend such an incredible, amazing and precious time without them.

On Nov. 24th, we left Japan to go to Chiayi. As it was my first time to go there, I was very excited, and at the same time, a bit nervous too. However, everyone who joined this symposium was kind and friendly with me. So, this made my worries disappeared. The first day, professors gave us incredible lectures, and the second day was students' session. In the morning, some students presented their works, and in the afternoon, other students explained about their works using posters. The works presented were fascinating, and I could get a lot of new ideas from their presentations. In this symposium, I also introduced my research entitled: VEGF signaling and its regulation by acetylcholine in the medial septum. I was very nervous because it was the first time for me to present my work in English in a foreign country like Taiwan. However, I regret the lack of enough confidence in me, and I was a bit shy too. If I have an opportunity to present my work in English again in the future, I will improve my confidence and attract everyone.

There were so many things that surprised me in Chiayi. First of all, almost every student in NCYU speaks English fluently, and they were very energetic. Compared to them, students in Japan are shy and tend to escape from talking in English. We don't have confidence enough to communicate in English. At first, I thought the students in Chiayi University are also shy, and I was anxious about it. But, contrary to my imagination, I found them very friendly and kind. Furthermore, they don't hesitate to talk English. To be honest, I needed the effort to communicate in English with students from Chiayi University. But this experience was good enough to change my way of thinking that I should not hesitate to talk English and make friendship. One of the most impressed memories that I had was "good-luck charm," a souvenir from the new friends in the Chiayi University. They said it would protect my family and the house from unhealthy or evil things. I was very impressed and feel happy to get this marvelous gift. This charm will

remind me of everything that I experienced in Chiayi.

I had a precious and everlasting experience through this symposium. I'm sure that I could develop myself and learn many things and make use of this experience in my life. Finally, I'd like to thank everyone for giving me such a fantastic opportunity.

