

# My Feelings

*by Uyen Vy Doan, MD*

Taiwan, I had not thought that I would study abroad in Taiwan before, because most of people thought that we should study in US, Europe, Australia, New Zealand... they do not mention much to study in Taiwan.

One day, when I attended the congress of Toxicology in Seoul, South Korea, I met my Taiwanese Professor. When I heard his report, I like his topic a lot and I asked him some information to study in his Poison Control Center

in Taiwan. Then several months later, I had a chance to come to Taiwan 2 years ago to study in the Taipei Veteran General Hospital in 3 months, and I recognized that Taiwan is the country where I should come and stay here to study and develop my career in clinical toxicological field.

I feel that Taiwanese people are very kind and friendly, they like to help others to improve their life, their thoughts are different and creative in works and daily life, so I enjoy life in Taiwan and I miss Taiwan a lot when I came back home.

There are some reasons that I had felt comfortable when I stayed in Taiwan before I decided to study Master here. Firstly, I came to the hospital to study, communicated with physicians, nurses, read their records, I was happy when most of them speak English well and patients' records were written in English, so I felt being very convenient when I worked with them in the hospital. They spoke Mandarin but I can guess their opinions because they wrote English in the meetings.

Secondly, Taiwanese's thoughts are developed and what they learnt from US, they know how to apply to appropriate creatively to their country. Thirdly, Taiwanese culture is abundant, visiting many museums made me know more history of Taiwan. Life style and standard living are comparable to those in the west in general. And I see that Taiwanese people mention to mental life, the quality of mental life is good, people help each other and happy together.



• Making cow tongue cake in Yilan trip that was organized by OIA of NYMU



• Morning round in the ward of Clinical Toxicology in the TVGH

I come to National Yang Ming University because it is next to the Taipei Veteran General Hospital. I visited this university 2 years ago and then I made plan to study here if I had a chance. I am happy when I became one of Master students in NYMU that is the one of five institutions in Taiwan, have been included this year in the Times Higher Education rankings of the world's top 150 universities under 50 years old in 2016. I am proud of my NYMU.

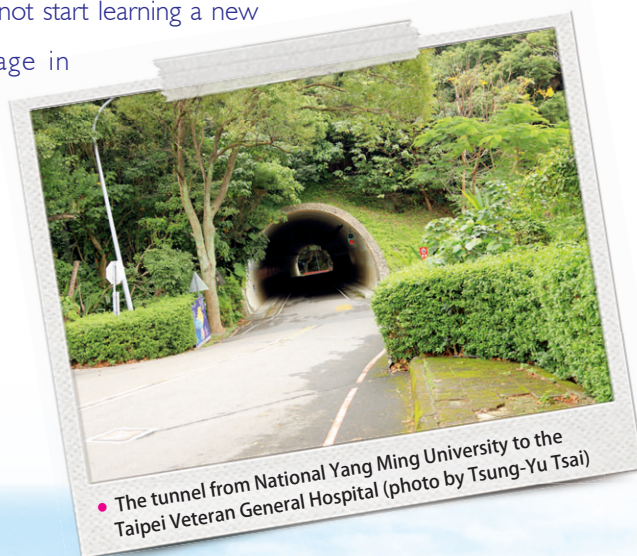
When I have started to study here, I found many interesting things here, events that help international students like

• The Taipei Veteran General Hospital (photo by Wendy Peng)

us feel happy and live together in one family. This make us feel safe and we can study well. Therefore, I think that I choose the right university to study Master and I have new thoughts, new knowledge to be successful in the future.

Once I became a student in NYMU, it is also the time that I have had more experiences in life in Taiwan. There are many experiences about language, habits, travel that make my life have more interesting when I live in Taiwan.

I have never thought that I would learn Mandarin before because I do not like much this language. It is difficult! I could not start learning a new language in my



• The tunnel from National Yang Ming University to the Taipei Veteran General Hospital (photo by Tsung-Yu Tsai)



country because I think that if I learn new language with native people, it will be better, so I want to study Chinese in Taiwan with Taiwanese people. I want to imitate their accents, pronunciation exactly. When I live in Taipei, I need to know Mandarin to understand something when I go out, go to night market, to travel, to buy food every day, and to understand Taiwanese people more. Then that takes a whole lot of willpower to take a course of Chinese language in NYMU.



● Callalily flower festival in Yang Ming Shan

To me, learning Mandarin is not difficult for speaking, because Vietnamese language is more difficult or more complicated in speaking. For example, Vietnamese has 6 tones: Ma, Má, Mà, Mạ, Mả, Mã. But in Mandarin, there are only 4 tones. Mā, Má, Mà, Mǎ. But the problem

is Chinese characters are really difficult, there is no rule for writing, I need to remember and recognize those characters, but I can not remember them, but I would like to learn how to write Chinese.

Besides, about lifestyle, I see that Taiwanese people like to walk on the street with umbrellas. One day when I was in the street to watch people walking, I feel that Taipei is a beautiful place and active. I did not like to walk in my country, I always took my motorbike to go somewhere, but here, in Taipei, I walk every day from my dorm to the hospital, climb up to my class in Medical building. At first I did not like that, but now I love walking and I recognized that I become active more and walk faster. I think that going from zero to walker totally improved my lifestyle !

Travel is also one of my hobby. Travel can teach me many things, help me to understand more their life and their culture. I always like to take a tour from the tourist company to travel



● Callalily flower festival in Yang Ming Shan



● Potluck party for international students in NYMU

● Walking in the campus of NYMU (photo by Wendy Peng)

because they will take care you everything. But now, I travelled alone by MRT, train, and even I organized a trip for my friends together. All of my friends felt good and happy after our trip, that encouraged me and made me felt happy a lot. Sometimes, NYMU organized some events that gave us a chance to have experiences to make traditional cakes, I love those events.

I changed my habits and I improved some skills. So I think that I enjoy my study in Taiwan. When I start to study in Taiwan, I become more confident in many fields and learn good experiences from my international friends.

I attended one show in the International Day that was organized in NYMU, I love this event because through this event, I know more about their cultures in different countries and made us closer. I remember that we practiced every evening in 2 weeks for that show and we contributed our day would be more interesting. After that I found the Zumba class in NYMU and I joined this class. Everyone know that physical activity increases both physical and mental well-being, boosts immunity and helps manage stress. That is the reason why I feel happy when I study in



• Samba dancing show in the International Day 2015 was organized in NYMU

NYUM, I improved more and become better and better day by day.

In conclusion, I feel that I had good decision when I chose NYMU to study Master degree in Taiwan. I have not only to study to do research, have more experiences in many fields, but also make me change my thinking, my view of career and future, open my eyes, my mind to get on well in the world.

Thank you everything in NYMU. ==



• Visiting the Bali Refuse Incineration Plant