

Sophia's Wonderful Life at YM



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• Miss Sophia Deimer

Life is like a theatre performance: It does not matter how long it is, but how colorful!

I think the last year is hard to be described in words. There are so many things in Taiwan which can make a foreigner or at least me absolutely happy and my life colorful every day. Whether it is a mango which is just growing on a tree on the other side of the street, to see a dragon fruit for the first time in your life, which you can even pick, to arrive on a mountain peak and recognize the amazing view over the clouds, to ride a motorcycle with in my opinion not too many rules to be followed on the street or to just recognize a Chinese character which you just learned yesterday and you never understood before, these are all things which make my life really colorful and amazing here.

This my first visit to Asia and not the last one, for sure. When I first came here, I went by motorcycle

around the island and had an amazing time. I saw so many beautiful places, saw the first papaya in my life, learned that most of the Taiwanese cannot swim, but are extremely good at riding a motorcycle, that it rains a lot in Taiwan (*which is in my opinion really nice, because it cools down the temperature a little and you can appreciate a day without rain a lot after you experienced 3 weeks of rain all the time*) and that you should never go with a motorcycle on the freeway even if Taiwanese can ride so much bigger motorcycles with a simple driver's license compared to us in Germany ☺...

My little journey started from the, in my opinion, most beautiful city in Germany, Leipzig: a place which is full of parks, lakes, forests and music, it is also the home town of Sebastian Bach. Other than you may think, there are not too many sausages, pork nuggle and "Sauerkraut" there, since it is in Eastern Germany and our culture is pretty different from the one in the Southern parts of Germany where you can also join the "Oktoberfest".



• Happily and proudly arrived on the top of a mountain around Chia-Ming Lake.

Besides having a lot of barbecues, slag lining in the parks or swimming in the lakes, I studied western medicine there for the purpose of learning about Traditional Chinese medicine and herbal medicine later on.

When I was a little child, my mother always took me to pick some herbs, flowers or leaves, which we found in all kinds of places, such as streets, parks, forests, gardens etc. to make teas, lotions and drinks with effects on problems like coughing, stomach aches, insomnia etc. She taught me that there are so many diseases where you don't need to consult Western Medicine, when you just boil up some herbs.

There always hung a lot of herbs in our kitchen to be dried or cooked and when I first came here, a Chinese herbal medicine store kind of reminded me of my home.

To me, Traditional Chinese Medicine with its kind of spiritual mechanism, acupuncture where some needles can have such a great effect, which I originally never expected to be this big, Tuina which could save you in western countries from so many hard therapies and the herbal medicine, which is extremely bitter, but still so effective, is one of the most interesting medical systems in the world.



• We rode a motorcycle on the east coast from Hualien to Taitung.

I've been suffering from a headache for a long time when I was in Germany, and the western medicine had not been able to find a treatment for it and I was told to just accept it. When my class mate noticed that I had a headache every day, they just gave me some Chinese herbal medicine and it only took 4 days until my headache disappeared. I really don't know how this could work, but I think it is absolutely amazing! Every day becomes a little spiritual miracle, which is interesting, mysterious



• Joining a big yoga event in front of Taipei 101.



and fascinating at the same time. This may be the reason why I enjoy so much going to hospital and observing and interacting with the patients, which also gives you a good feeling if you can finally communicate with all the people in the hospital and can start to really take care of them.

However, some of the most exciting things in my school life are all the outdoor activities.

I had never even thought about running up a mountain in a climate where I already feel like I am overheating when I just step outside, but actually it's so much fun and when you arrive in the mountains and you see the beautiful night views of Taipei, it just makes you feel like dreaming.

Moreover, we never have activities in Germany, where you just play Volleyball and Basketball for like two weeks and have a competition with all the

other institutes! It is so much fun and you get to know so many people.

We also never have something where we eat watermelon the whole day (*we don't even do it with apples* 😊) and have a Songkran Festival afterwards. These are priceless things which give me unforgettable memories and which I really appreciate and enjoy in Yang Ming.

There are the encounters with people who make life so worthy.

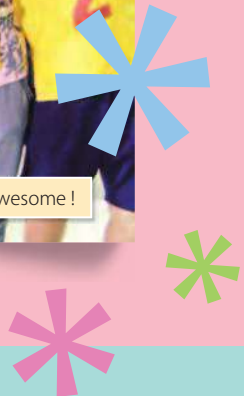
Since about 47% of Taiwan's surface is full of beautiful mountains and our school is also located on one, I think in no other place in the world you have so many chances to climb up really great beautiful mountains with such a different vegetation. I enjoy a lot to walking in high, but also



• Enjoying the best pearl milk tea of the world !



• Every day of basketball and volleyball, was just awesome !





small mountains, just enjoying the view, the nature, the better air and the silence you can find there.

The climbing club in our school, especially the people in it have made my life happy and colorful as well! The trips we have been on with other people in and outside of the school have been really amazing and exciting. There were so many wonderful and cute moments, for example all my friends being so happy and excited about a little snow, seeing the national bird, an extremely beautiful animal or having some fires in the mountains and having barbecues there. Actually, I think the whole school is a little climbing club. Some friends have shown me so many nice hiking trails in our school, where you can go to Beitou or Yang Ming Shan directly to visit hot springs or to just enjoy the environment.

It is the first time in my life that everybody lives so close together and you can find everything you need in such a small place since we usually



• Excited about an area full of silvergrass !

don't have a real campus in Germany. It is a great experience being so close to all the friends, activity and study in the same place.

In conclusion, this first year of staying in Taiwan has been an amazing experience, which I will never forget and which influenced my ways of thinking and living so much. I love the culture and the people a lot and probably feel more Taiwanese than German at the moment, which is strange in a way, but also extremely nice to feel home in two so different places in the world. 

