

2024 韓國仁川 World Congress 參與心得

姓名	金悠真		
學校	中國醫藥大學 ▾	年級	三 ▾
Email	u111003952@cmu.edu.tw		
參與活動	☐ LIT (Leader in Training) ☒ World Congress ☐ PCT (Post Congress Tour)		

本次活動量性評估 (1 - 10分)

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參與動機

I wanted to bond and connect with pharmacy students from other countries. Also, I wanted to see how the international pharmaceutical programs are held.

會前準備

- English ability: You need to have sufficient English ability to connect with other students from various countries. All programs are in English so communication would be difficult if you can't speak English.
- Money: In Korea, most of the system uses credit cards , so you definitely need a card. However, it's a good idea to bring some cash in case they don't accept the card.
- eSIM/uSIM: buying unlimited data would make your life easier
- Electric mini fan: I didn't know I would be needing this, but I regret not bringing one. It was really hot outside and there were many outdoor activities.
- Gift for your future friends: Giving gifts is a great way to earn their hearts XD.

會後心得

From this program, I got better at starting a conversation with a person that I don't know. There were so many people from many different backgrounds and it was interesting to learn about their lives. To be honest, I'm not really an outgoing person, but I learned how to step outside of my comfort zone to connect with others. I think my fear of talking with strangers was gone after doing so many small talks and sharing about my background with them. Besides people from other countries, I made friends with PSA Taiwan and I think it was very valuable experience to me.

特色活動 / 最有印象的活動

International night: This was basically like a party between all the countries. We shared our foods

and beverages and bonded with one another. I am really weak with geography, but I got to learn about many foreign countries and their customs. I loved seeing other people's traditional clothes.

Excursion & Seoul Night: I went to Dong-A ST pharmaceutical factory and saw how they produce Bacchus. As a Korean, I know that Bacchus is a very famous energy drink in Korea so I wanted to see their production in action. It was fun to see how they have a system to reduce error and maximize sanitation. After the excursion, we went to Namsan Tower to enjoy the view. I made a Malaysian friend during this trip and I really enjoyed spending time with her.

Sports Night: The committee prepared various games that both athletic and non-athletic people could join. Unfortunately, I was sick on the day, but I still tried my best to participate. It was sad that I couldn't give my all, but our team was amazing. We eventually won 1st place on that day and we got a soju glass and a badge as a prize.

給未來參加者的建議

I brought some Taiwan postcards and badges to give to the friends I make there, and I think this was a great choice. It's a good opportunity to make friends through giving small gifts from Taiwan.

I only participated in WC, but if you want to make deeper connections with others, it'll be great to participate in LIT or PCT. I think I'll recommend PCT more since it's a program for having fun and you already know some faces from WC. PCT could help you to build deeper bonds with others.

You don't need to be afraid when starting conversation with people. I didn't participate with my friends in this program, but I think it was helpful for me. This motivated me to actively make friends with other countries and not stay in a certain group. All the people here were so nice and nice. People participating in this program to came to connect with others, so they're very open to conversations.

其他

是否同意本心得與照片供藥聯會活動宣傳使用？

簽名(點兩下藍色區域, 選擇塗鴉或插入圖片)

是

金悠真

活動剪影(請提供活動照片)



Gala Night PSA Taiwan group photo



CSE preliminary



Sports Night