**Reflection letter on Chengdu Trip**

I am writing this reflection letter regarding my Chengdu Sichuan trip from 18March-25March. This is one of my favorite unforgettable extraordinary exchange trip in my life until, it is because I have learn a lot of things of Chengdu and at the same I have gain some good skills which will be used in the future to get ready prepared for the upcoming challenges.

Firstly, I have learned that the people in Sichuan love to eat spicy hotpot. I could literally see hotpot restaurants in every single street but the spicy level isn’t that spicy as the Pakistani foods. They even used a lot of sesame oil as well; I did enjoyed having the traditional hotpot. The people of Sichuan are really caring, friendly, patient and strong. The reason behind is that once we arrived the airport they helped our female classmates to take their luggage and also after the earthquake they stay strong n united. I was really saddened, shocked, heartbreaking, tragic, and sorrowful about earthquake especially when I visited the place and the museum. I have learned not to give up easily in your life and stand back united and come back much stronger than before.

Secondly, the skills I acquired during the trip are communication, independent, maturity, self confidence and many more. I improved my Putonghua in that case I will have a good communication skill and independent because I have to look after myself for example; cooking, cleaning clothes, tidy up my bed as before it was done by my mum when I was in HK.

Finally to conclude, my best part of the trip is to teach Basic English to the primary school students. It is because helping them is a good deed plus they can come across foreign native English speaker. I hope University of Sunderland will organize like this kind of exchange trip for our fellow schoolmates. Thank you very much for this opportunity.



