

# **聖地牙哥州立大學 海外實習交換生報告**

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According to my exchange student report, I want to introduce my interesting school life in San Diego. After I stayed there for four months study, I felt that people here pay more attention to sports than their school study. So I have a lot of sport experiences to share with you. Most of them were my first experiences.



On September 8, I went to SDCCU Stadium with my friends to watch the football game. It was a really big football area. We arrived there early to take part in a tailgate party in the parking lot. There are a lot of foods and drinks waiting for us, and we can get free clothes from them too. About 6 o'clock , we enter in the stadium and join in the game. After a fierce competition, SDSU won. At the end of the game ,the KBG sky show happened, it was the biggest sky show I have ever seen.It was really beautiful and amazing. This was my first time to watch football game, so I'm not very well at the game rule. Although it's hard to understand the game, the hold competition amazed me. People around me all be crazy in the game. I can't forget the atmosphere of the scene. The whole audience was cheering for the players together with 'I believe that we will win!' Its really excited. After the game, the sky

show was as amazing as the football game. It must be the biggest sky show I have ever seen. I have to say that this was the best game I have ever participated in .This experience will be a really good memory for me.



On September 14, I attended to my first MLB. I bought the ticket in our school ,it was cheaper than others. They decided us to go there together with trolley. However, there was a fire accident lay in the way, so the trolley must to stop for a few minute.Actually, SanDiego often have fire, because of the dry weather. After a long drive, we finally got to the Petco Park. We ate some hot dog and fries for dinner and enjoy the baseball game. It was very lucky that we have been taped on the big screen. Although San Diego Padres didn't win the game, I was very happy to have the experience of seeing MLB. I used to watch it on TV with my brother and father, but never thought that I can see the live show of MLB in my life. The hold area was so big and spectacular. The atmosphere at the scene was really great. I hope I'll been there again for the ball game.

About my fitness, I must admit that I'm not a sport girl. But I enjoy in our SDSU's gym, named Aztec Recreation Center. First time I went there ,I was shocked by such a large gym with lots of facilities. The only thing I thought was how rich SDSU was. There were many different kinds of fitness equipments, climbing wall and basketball courts. This gym welcome everyone to fitness here. Because of this comfortable and free gym, I go there for fitness almost every day with my friends. This gym really amazed me, there were really well equipment and good management. During these days fitness in ARC, I observed that the environment here was clean and the service staffs were very friendly. ARC open 24 hours so you can go to sports any time. You no longer have any reason not to exercise. It was a really nice place. I'm lucky to be an SDSU's student.

On October 12, a special day for me. I try my first time skydiving. We have been delayed for a week because of the weather. Skydiving can't be in any windy or cloudy day. When I got to the scene, my mood was more exciting than nervousness. My coach introduced me here and told me some interesting things. He was a funny guys. Although he always wants to scare me, he actually very caring. After all the security checks and signing of the consent form, we quickly flew into the sky on a small plane. The plane was really small to step on about 5 people. When the plane left the ground, I began to be nervous. I couldn't believe what I was doing now. However, my nervousness was driven away by the beautiful scenery soon.

SanDiego's beautiful sky view attract me. We were about to jump after 15 minutes of flying. The moment I jumped off, my brain stop turning. Skydiving just a moment thing, I couldn't remember what happened. We flew in the air for about 45 seconds and landed on the ground. It was really short time but it took my strength all away. I highly recommend everyone to try once in your life. I must admit that I was timid, I completed it. I believe that everyone can do

it. Although you may be dizzy and threw up, it will be a very good experience for you. You also can show off to your friends that you no longer a coward. This was my first time. I took my first step to skydiving.



My friends and I plan to watch an NBA game on October 25. Because of the expensive ticket, we can only choose the very back seat. We travel to Los Angeles for our trip. Around 6 o'clock, we arrived at the STAPLES Center. It has already been very crowded. We took a lot of pictures first, and then went shopping for some Lakers jerseys.

This was my first time to see the NBA on the spot. I have to say that it was so amazing and exciting. This ticket was too worth buying. I never know that basketball game was so interesting. It makes me deeply in love with this sport. After this game, a lot of friends sent messages for me. They envy us that we can watch the ball at the Lakers' home game. And also Kobe Bryant who retired from the game, also came to scene to cheer for Lakers.



Although I don't know much about basketball, the atmosphere at the scene and the enthusiasm of the fans completely infected me. It was a really wonderful night.



### **Travel to Grand Canyon-**



This is my trip in Grand Canyon, Arizona. My friends and I plan to go to this national park. A wonderful place for everyone to travel. I have heard of the beautiful view in Grand Canyon before but I couldn't believe it was so amazing. I am hard to use a few words to describe this great scenery. Because of the time and the tourist funds, we only went to the south of Grand Canyon. It was really shocked me, such a wide and magnificent canyon, especially showing the smallness of human beings. It was a long drive to go there. First of all, we took a flight to Las Vegas. After staying one night, we took the tour bus and follow the group to Grand Canyon at 5 o'clock in the morning. After five hours drive, we finally arrived at our destination. At the national park, the tour guide took us on a jeep. He introduced Grand Canyon's history for us. In my this journey, there were many travelers all over the world want to pilgrimage this beautiful view like me. I have to say this is a wonderful place. Our tour guides are constantly repeating how big this place is. Although we only see one area of the Grand Canyon, I still feel that this trip is a good deal. I hope that everyone can witness the greatness of nature with their own eyes, but also hope everyone can protect this beautiful land. Don't pollute our wildness. Enjoy nature and love it at the same time.