Reflection

I miss my host family very much. I have built a really close relationship with them. They are really kind and helpful. When I had problems about my assignments, they were very willing to help me solve them. Moreover, it was really great to know that they enjoyed cooking very much. They cooked a lot of yummy food such as pasta, chicken wings and oysters. I have also learnt how to make sandwiches and salad. My friends even called me Master Chef. I have gained more than 5 pounds after the trip.

Apart from cooking delicious food, they drove us to many tourist attractions on weekends. We went shopping and fishing with them as well. I have watched a lot of movies, such as Monster University and Black Swan, with them. We also played a variety of fun games after dinner. The kids loved the games very much. Besides, they have told me a lot of information about Australia. I have gained a better understanding of the education system, environmental protection and housing policies in Australia.

They were also very eager to share their personal experience with us. When I thought that I was not able to improve my language proficiency, they taught me that we should not be defeated by failure. We should regain our self-confidence and to equip ourselves well to embark on a new journey. With such an attitude, success will not be far away. After talking to them, I know that it is really important for us to formulate our life direction and goals.