## AFS Exchange Programme 4D Nattanan Sreeumnoychai (陳沛) From Thailand

Hello 你好!

My name is Nattanan Sreeumnoychai and my nickname is Pelin. I am an exchange student from Thailand. I come from the capital city called Bangkok and I lived in Yuen Long during my exchange program. As an LKL student, I had lessons with Class 4D and another Swiss exchange student, Vivienne Rueegger.



Funny trip to Disneyland Hong Kong

My new adventures began when I arrived in Hong Kong on 21st August 2015. I had a chance to meet many exchange friends from different countries, AFS volunteers and my beloved host family. All these people have given me numerous pleasant and memorable experiences in Hong Kong.

I will never forget the support from my school as the teachers, classmates and schoolmates have been by my side in times of difficulties. I take pleasure in studying at LKL. The teachers here never hesitated to offer precious advice to me, while the classmates are very caring and sincere. I have made more friends and met many wonderful people through joining various school activities.

In my leisure time, I enjoy touring around Hong Kong to explore more about the local culture and traditions of this lovely city. For example I visited Cheung Chau Island, Po Toi Islands, Shek O and Dragon's Back, Golden Beach, Tai Tam Waterworks Heritage Trail, Stanley, Che Kung Temple, Yuan Yuan Temple, 10,000 Buddhas, Disneyland and Ocean Park.

I have to say, the food in Hong Kong is awesome and the transportation is quite convenient for people who love to travel like me. All these are my precious life experiences which could not be found in any books. Since my exchange life has not been a bed of roses, the things I have learnt and the obstacles I have overcome are precious lessons for me to grow and learn. I have found myself more independent and mature.



My trip to Macau



Moreover I discovered a priceless thing called 'friendship'. Even though we come from different countries and speak different languages, true friendship can happen anywhere with a sincere heart. My local friends, my schoolmates and my classmates, have shared a memorable and fun time together this year. Especially my exchange friends, we are like a family. We shared the same experiences, ups and downs, laughter and tears. We have grown strong and tough together.

Last but not least, I am satisfied with every moment of my exchange program. All experiences I have gained and all the wonderful people I have met have meant a lot to me in this AFS program.



Activities with exchange students from other countries