

## **A Brief Review on the Training Programme of UWTSD**

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On July 21, 2023, we boarded Air China and arrived in London Heathrow Airport after over 10 hours' flight, which launched the 4-week training programme offered by the University of Wales Trinity St. David.

The programme included two parts: the courses and the cultural trips. The courses consisted of Research Methods and Leadership and Management given by Katie, Caroline, Marion, Marg and several other teachers. They were all very conscientious and did their utmost to get us involved in the discussions and presentations. My listening comprehension improved and I could speak English more fluently than before. Of course, I also acquired the research methods and management skills, which will be very beneficial to my future work.

Besides classroom lectures, the University organized cultural trips to Rhossilli Bay, its Lampeter Campus, Bath, Bicester and Cardiff. All of these trips acquainted us more with the British customs and culture, and we were very pleased to join them.

Apart from the above mentioned, on the three weekends I visited Manchester, Lake District, Birmingham, London, Oxford, and Edinburgh with several team members. I found routes by using google maps, watched the beautiful sceneries, and immersed myself in the romantic songs and music played by street artists.

From these experiences, I find that as a developed country, Britain excels in many respects. Firstly, the teaching equipments are quite advanced. Take the classroom I studied in for example. There are three screens on the three walls of the classroom, and teachers are not restricted to the front. They can stand in the middle, read their ppts from the back wall and the side wall, and respond to students' immediately. Besides, the university has abundant resources of data, including up-to-date papers and materials, which will facilitate the research of the teachers and students alike a lot. Thirdly, Britain offers free healthcare to all people, and even foreigners can enjoy this welfare. When my colleague was unwell, the medications she received in hospital were completely free of charge.

Each coin has two sides, and Britain is no exception. Here, I have to complain about its internet services, for it is still in 4G period. There is no signal in the underground of London, and you have to make sure that you have got all the necessary information before taking the train, otherwise, you will lose your way. Even in cities, you cannot get online as you like because of the bad internet service, not to mention in some remote areas.

In conclusion, I have benefited a lot from this 4-week training programme, during which I acquired research skills and knowledge, acquainted myself with the diversified customs and cultures of Wales,

England and Scotland. As a university teacher, I will make my due effort to the rejuvenation of our country. I firmly believe that someday China will be greater and stronger than any other country in the world and we citizens will enjoy more and more welfare from the development.