

Adventurous Girls in **Spain** and **the US**

英語 105 宋佳霖 黃潔欣



Outline

- Preparation
- Exchange life
- Reflection & Enlightenment
- Q & A



Preparation

make a game plan & start as early as possible

- TOEFL iBT (TPO), Spanish
- Autobiography, study plan
- Recommendation letter
- J1 Visa (AIT), 西班牙駐台商務辦事處
- Constant contact with OIA and UNC
- Flight tickets (one-trip or round-trip?)
- Class registration, transfer credits, graduation dorm, insurance (ISO)
- Scholarship (學海飛颺、師大文學院赴外補助)

ESPAÑA

英語105 宋佳霖 Sophie



SIESTA & FIESTA & JAMÓN

西班牙人的一天:

8:00~10:00 開始一天的工作 (大多店家十點開門營業)

12:00 點心時間(麵包、咖啡)

14:00~15:00 午餐時間

19:00 喝咖啡吃甜點

21:00 吃晚餐



MORE.....





WHEN I FIRST ARRIVED.....



CARMEN MAMA
CHEEK KISS



住宿

- ◆ Airbnb: 較適合短期住宿
- ◆ 學生宿舍
- ◆ Idealista: 當地租屋網，無須仲介費，但須直接與房東接觸，可與會西語朋友一同前往，也較安全。
- ◆ Aluni: 學生房屋仲介，租屋時間彈性，辦公室友會說英語的服務人員。

LAS FALLAS 火節 IN VALENCIA











SOME FOOD YOU MUST TRY.....



CHURROS WITH CHOCOLATE



300
MONTADITOS[®]



TAPAS

APPETIZERS

CONE OF POTATO CHIPS \$1.50
 SPANISH OLIVES \$2.00
 FRENCH FRIES W/ KETCHUP, KETCHUP, MUSTARD, ALLIOLI AND SPICY BRAVA SAUCE \$2.50
 SPICY BRAVA POTATOES \$3.00

SALADS

CHICKEN CAESAR SALAD \$5.50
 MEDITERRANEAN SALAD
 TROPICAL SALAD
 ARIGUOLA GOAT CHEESE SALAD
 ASIAN SALAD

DRINKS

SOFT DRINKS (W/ICE) \$2.00
 BOTTLE OF WATER \$3.00
 CANA \$4.00
 CLARA \$3.50
 COFFEE AND INFUSIONS \$2.50
 BOTTLE OF JUICE \$2.50
 BOTTLED SOFT DRINKS \$2.00

ICE CREAM

CHOCOLATE CHIP COOKIE DOUGH CUP \$2.00
 CHOCOLATE FUDGE BROWNIE CUP \$2.00

MONTADITOS

1 SPANISH HAM \$1.00
 2 CHORIZO
 3 SMOKED SALMON
 4 BERRICO CHEESE

5 BLUE CHEESE
 6 GRILLED CHICKEN AND ALLIOLI
 7 PULLED BEEF PORK
 8 CREAM CHEESE AND BRAVA

9 SPANISH TORTILLA AND ALLIOLI \$1.50
 10 SPANISH TORTILLA AND CHIPOTLE ALLIOLI
 11 TUNA AND CAESAR DRESSING
 12 VIRGINIA HAM AND CREAM CHEESE
 13 VIRGINIA HAM AND COLESLAW
 14 SPANISH TORTILLA, BERRICO
 15 GRILLED CHICKEN AND CHIPOTLE ALLIOLI

16 GRILLED CHICKEN AND SPICY BRAVA SAUCE
 17 PASTRY BEEF AND ALLIOLI
 18 PULLED BEEF PORK AND COLESLAW
 19 CREAM CHEESE AND STRAWBERRY JAM
 20 CHOCOLATE SPREAD AND ALMONDS
 21 CHOCOLATE SPREAD AND CREAM CHEESE
 22 BUNDS BE LIGERIE AND CHOCOLATE SPREAD

MONTADITOS

23 SPANISH HAM AND FRESH TOMATO \$2.00
 24 PULLED BEEF PORK AND GRAMIGNOLE
 25 PULLED BEEF PORK AND CREAM CHEESE
 26 PULLED BEEF PORK, BERRICO CHEESE
 27 SALMON AND TARTAR SAUCE
 28 SALMON AND CREAM CHEESE
 29 MACKEREL, FRESH TOMATO AND ALLIOLI
 30 MACKEREL, FRESH TOMATO AND BERRICO CHEESE
 31 SHRIMP AND ALLIOLI
 32 SHRIMP AND GRAMIGNOLE
 33 TORREY, BERRICO CHEESE AND OLIVE OIL
 34 TORREY, BERRICO CHEESE AND PICO DE GALLO
 35 TORREY, BERRICO CHEESE AND OLIVE OIL
 36 GRILLED CHICKEN AND PUMPKIN PEPPER
 37 GRILLED CHICKEN AND BERRICO CHEESE
 38 CHORIZO AND BERRICO CHEESE
 39 CHORIZO AND PUMPKIN PEPPER
 40 CHORIZO AND SPICY BRAVA SAUCE
 41 CHORIZO AND BERRICO CHEESE
 42 SPANISH TORTILLA AND CHORIZO
 43 TUNA, MACKEREL AND TARTAR SAUCE
 44 SALMON AND TARTAR SAUCE
 45 SALMON AND CREAM CHEESE
 46 MACKEREL, FRESH TOMATO AND ALLIOLI
 47 MACKEREL, FRESH TOMATO AND BERRICO CHEESE
 48 SHRIMP AND ALLIOLI
 49 SHRIMP AND GRAMIGNOLE
 50 TORREY, BERRICO CHEESE AND PICO DE GALLO
 51 TORREY, BERRICO CHEESE AND PICO DE GALLO
 52 GRILLED CHICKEN AND PUMPKIN PEPPER
 53 GRILLED CHICKEN AND BERRICO CHEESE
 54 CHORIZO AND BERRICO CHEESE
 55 CHORIZO AND PUMPKIN PEPPER
 56 CHORIZO AND SPICY BRAVA SAUCE
 57 CHORIZO AND BERRICO CHEESE
 58 SPANISH TORTILLA AND CHORIZO
 59 TUNA, MACKEREL AND TARTAR SAUCE
 60 SALMON AND TARTAR SAUCE
 61 SALMON AND CREAM CHEESE
 62 MACKEREL, FRESH TOMATO AND ALLIOLI
 63 MACKEREL, FRESH TOMATO AND BERRICO CHEESE
 64 SHRIMP AND ALLIOLI
 65 SHRIMP AND GRAMIGNOLE
 66 TORREY, BERRICO CHEESE AND PICO DE GALLO
 67 TORREY, BERRICO CHEESE AND PICO DE GALLO
 68 GRILLED CHICKEN AND PUMPKIN PEPPER
 69 GRILLED CHICKEN AND BERRICO CHEESE
 70 CHORIZO AND BERRICO CHEESE
 71 CHORIZO AND PUMPKIN PEPPER
 72 CHORIZO AND SPICY BRAVA SAUCE
 73 CHORIZO AND BERRICO CHEESE
 74 SPANISH TORTILLA AND CHORIZO
 75 TUNA, MACKEREL AND TARTAR SAUCE
 76 SALMON AND TARTAR SAUCE
 77 SALMON AND CREAM CHEESE
 78 MACKEREL, FRESH TOMATO AND ALLIOLI
 79 MACKEREL, FRESH TOMATO AND BERRICO CHEESE
 80 SHRIMP AND ALLIOLI
 81 SHRIMP AND GRAMIGNOLE
 82 TORREY, BERRICO CHEESE AND PICO DE GALLO
 83 TORREY, BERRICO CHEESE AND PICO DE GALLO
 84 GRILLED CHICKEN AND PUMPKIN PEPPER
 85 GRILLED CHICKEN AND BERRICO CHEESE
 86 CHORIZO AND BERRICO CHEESE
 87 CHORIZO AND PUMPKIN PEPPER
 88 CHORIZO AND SPICY BRAVA SAUCE
 89 CHORIZO AND BERRICO CHEESE
 90 SPANISH TORTILLA AND CHORIZO
 91 TUNA, MACKEREL AND TARTAR SAUCE

MONTADITOS

92 HOT BUN, BACON, KETCHUP AND MUSTARD \$2.50
 93 HOT BUN, CREAM CHEESE, KETCHUP AND CRISPY ONION
 94 HOT BUN AND COLESLAW
 95 BUNGER, GRAMIGNOLE, PICO DE GALLO AND LETTUCE
 96 BUNGER, CREAM CHEESE, BACON, CHIPOTLE ALLIOLI AND CRISPY ONION
 97 HOT BUNGER, BERRICO, BACON, LETTUCE, FRESH TOMATO AND MAYO

MONTADITOS

98 SPANISH TORTILLA AND CHIPOTLE ALLIOLI \$2.50
 99 SPANISH TORTILLA AND BERRICO CHEESE
 100 SPANISH TORTILLA, BERRICO CHEESE AND CHORIZO
 101 SPANISH TORTILLA, BERRICO CHEESE AND COLESLAW
 102 SPANISH TORTILLA, BERRICO CHEESE AND CHORIZO
 103 SPANISH TORTILLA, BERRICO CHEESE AND COLESLAW
 104 SPANISH TORTILLA, BERRICO CHEESE AND CHORIZO
 105 SPANISH TORTILLA, BERRICO CHEESE AND COLESLAW

MONTADITOS

106 FRESH TOMATO, MASCARELLA AND PESTO \$2.50
 107 GOAT CHEESE, SUN-DRIED TOMATO AND PESTO
 108 FRESH TOMATO, MASCARELLA AND PESTO
 109 GOAT CHEESE, SUN-DRIED TOMATO AND PESTO
 110 FRESH TOMATO, MASCARELLA AND PESTO
 111 GOAT CHEESE, SUN-DRIED TOMATO AND PESTO
 112 FRESH TOMATO, MASCARELLA AND PESTO
 113 GOAT CHEESE, SUN-DRIED TOMATO AND PESTO
 114 FRESH TOMATO, MASCARELLA AND PESTO
 115 GOAT CHEESE, SUN-DRIED TOMATO AND PESTO
 116 FRESH TOMATO, MASCARELLA AND PESTO
 117 GOAT CHEESE, SUN-DRIED TOMATO AND PESTO
 118 FRESH TOMATO, MASCARELLA AND PESTO
 119 GOAT CHEESE, SUN-DRIED TOMATO AND PESTO
 120 FRESH TOMATO, MASCARELLA AND PESTO

MONTADITOS

121 FRESH TOMATO, MASCARELLA AND PESTO \$3.00
 122 GOAT CHEESE, SUN-DRIED TOMATO AND PESTO
 123 FRESH TOMATO, MASCARELLA AND PESTO
 124 GOAT CHEESE, SUN-DRIED TOMATO AND PESTO
 125 FRESH TOMATO, MASCARELLA AND PESTO
 126 GOAT CHEESE, SUN-DRIED TOMATO AND PESTO
 127 FRESH TOMATO, MASCARELLA AND PESTO
 128 GOAT CHEESE, SUN-DRIED TOMATO AND PESTO
 129 FRESH TOMATO, MASCARELLA AND PESTO
 130 GOAT CHEESE, SUN-DRIED TOMATO AND PESTO
 131 FRESH TOMATO, MASCARELLA AND PESTO
 132 GOAT CHEESE, SUN-DRIED TOMATO AND PESTO
 133 FRESH TOMATO, MASCARELLA AND PESTO
 134 GOAT CHEESE, SUN-DRIED TOMATO AND PESTO
 135 FRESH TOMATO, MASCARELLA AND PESTO
 136 GOAT CHEESE, SUN-DRIED TOMATO AND PESTO
 137 FRESH TOMATO, MASCARELLA AND PESTO
 138 GOAT CHEESE, SUN-DRIED TOMATO AND PESTO
 139 FRESH TOMATO, MASCARELLA AND PESTO
 140 GOAT CHEESE, SUN-DRIED TOMATO AND PESTO

MONTADITOS DOORS

DOOR CLASSIC \$2.50
 DOOR WHOLE WHEAT \$2.50
 DOOR MEDITERRANEAN \$2.50

MONTADITO SAMPLERS

1 12 MONTADITOS \$15
 2 12 MONTADITOS \$15
 3 24 MONTADITOS \$30
 4 36 MONTADITOS \$30

HAM & CHEESE PLATTERS

A CHEESE, MANCHEGO, BRIS & BLUE \$15
 B IBERICO HAM & MANCHEGO CHEESE \$15
 C IBERICO HAM \$15
 D PLATTER A, B OR C + 1 BOTTLE OF WINE \$30

BUCKETS

5 BOTTLES OF MARIJO \$12
 3 BOTTLES OF JAUME SIERRA SPARKLING WINE (CAVA) \$15
 5 BOTTLES OF JAUME SIERRA SPARKLING WINE (CAVA) \$25

WINE

ROJA CABERNET MERLOT \$20
 CHARDONNAY SWEET WINE \$20





PAELLA 海鮮燉飯



TORTILLA DE PATATAS 馬鈴薯蛋餅



SANGIVIL-OSS
MENÚ DEL DÍA
MIÉRCOLES 7-1-2015

PRIMEROS

SOPA DE COCIDO MADRILEÑO
SOPA DE MARISCO
GAZPACHO CON GUARNICIÓN
ENSALADA DE GULAS
COLIFLOR REBOZADA
ESPAGUETIS A LA CARBONARA
CONSOMÉ A LA YEMA O AL JEREZ

SEGUNDOS

COCIDO MADRILEÑO
FINGERS DE POLLO CON MOSTAZA
LUBINA A LA BILBAÍNA
TORTILLA DE GAMBAS

PAN, BEBIDA Y POSTRE 11,00 €
PAN, BEBIDA, POSTRE Y CAFÉ 12,00 €

MY FOOD DIARY





THOSE PEOPLE I MET...



My American Dream

a fantastic exchange life in the U.S.

英語105 黃潔欣

105.01.07-105.05.16

<\$NT25,000

Class

LOREN LONG *Study hard and play hard*

Choose whatever class you are interested in

- TESL 400: Methods and Approaches of ESL/EFL
英語教材教法 (3)
- EDRD 314: Literature for Children, Adolescents
and Young Adults 兒童與青少年文學 (3)

Lost and Found

Sick Day
for
Amos
McGee

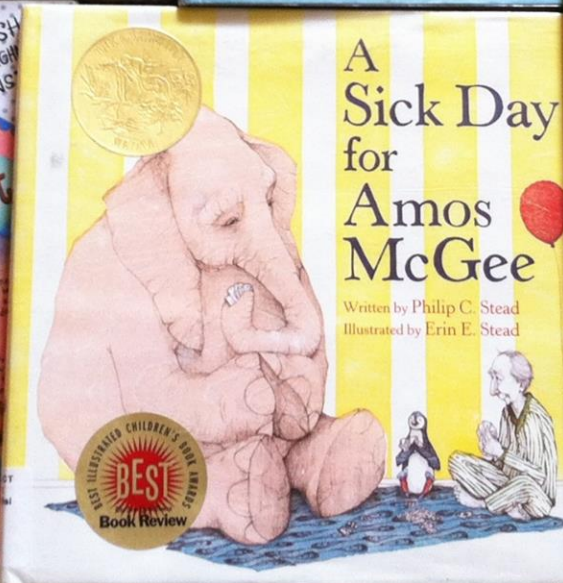
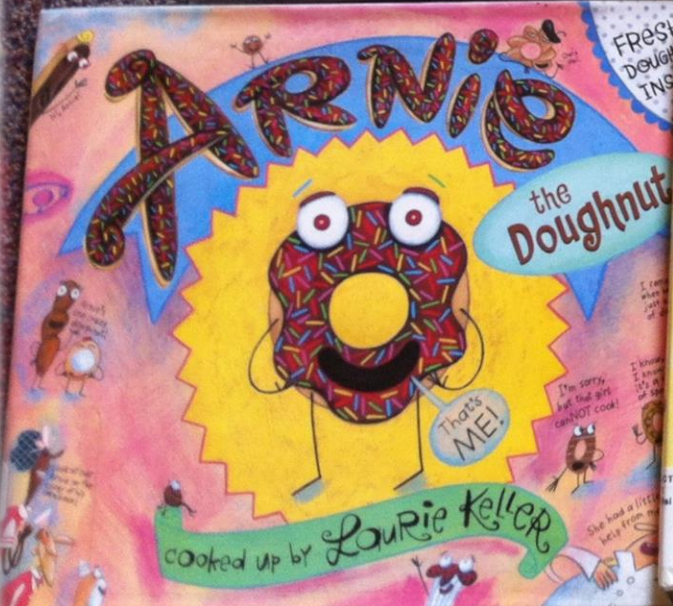
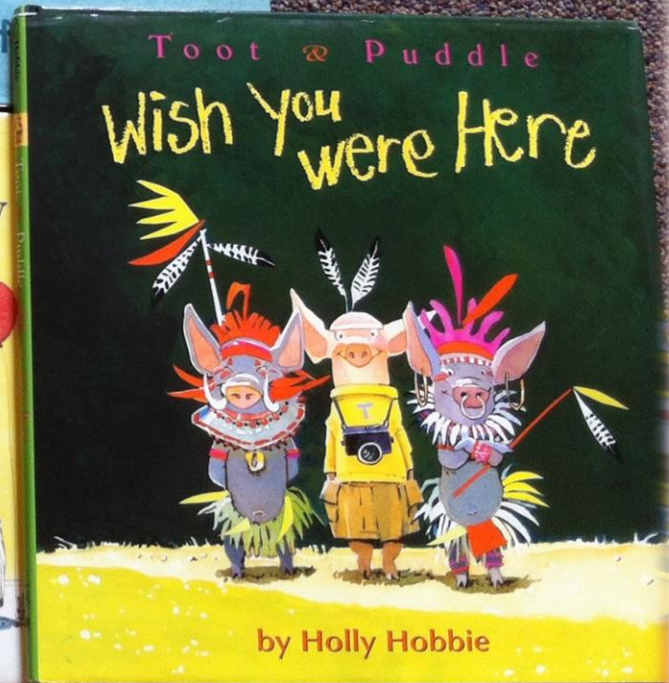
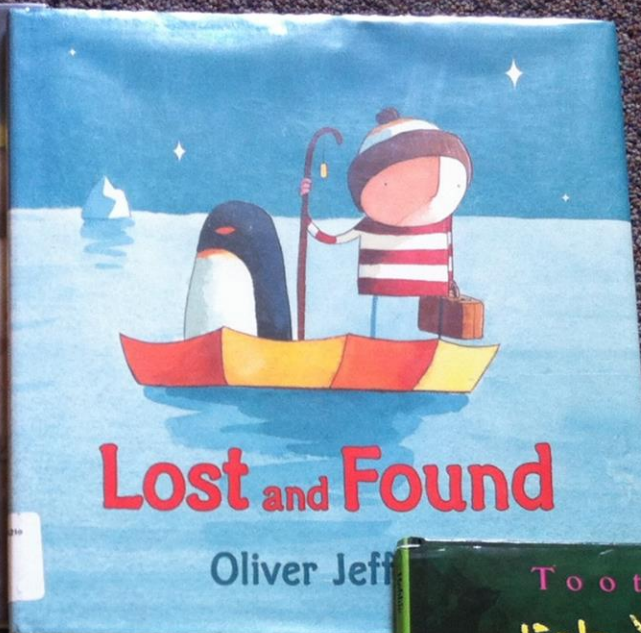
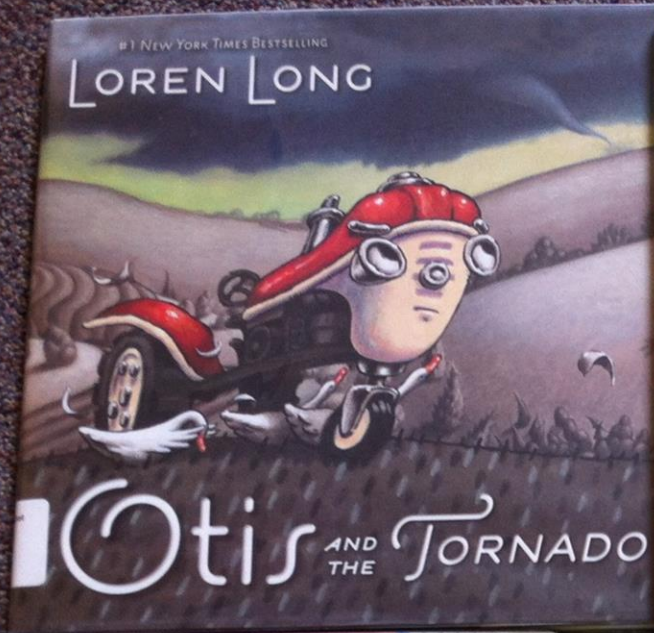
Wish You
were Here

by Holly Hobbie

英語教材教法

- Volunteer work in Rodarte Community Center
- Visit an elementary school in Denver





UNC

- Friendship family
- Ambassador
- Chat Live
- Trip: watch ice hockey games, play bowling, visit museum and tourist spots, go shopping, etc.
- Concerts and musicals for free
- Recreation Center



UNC

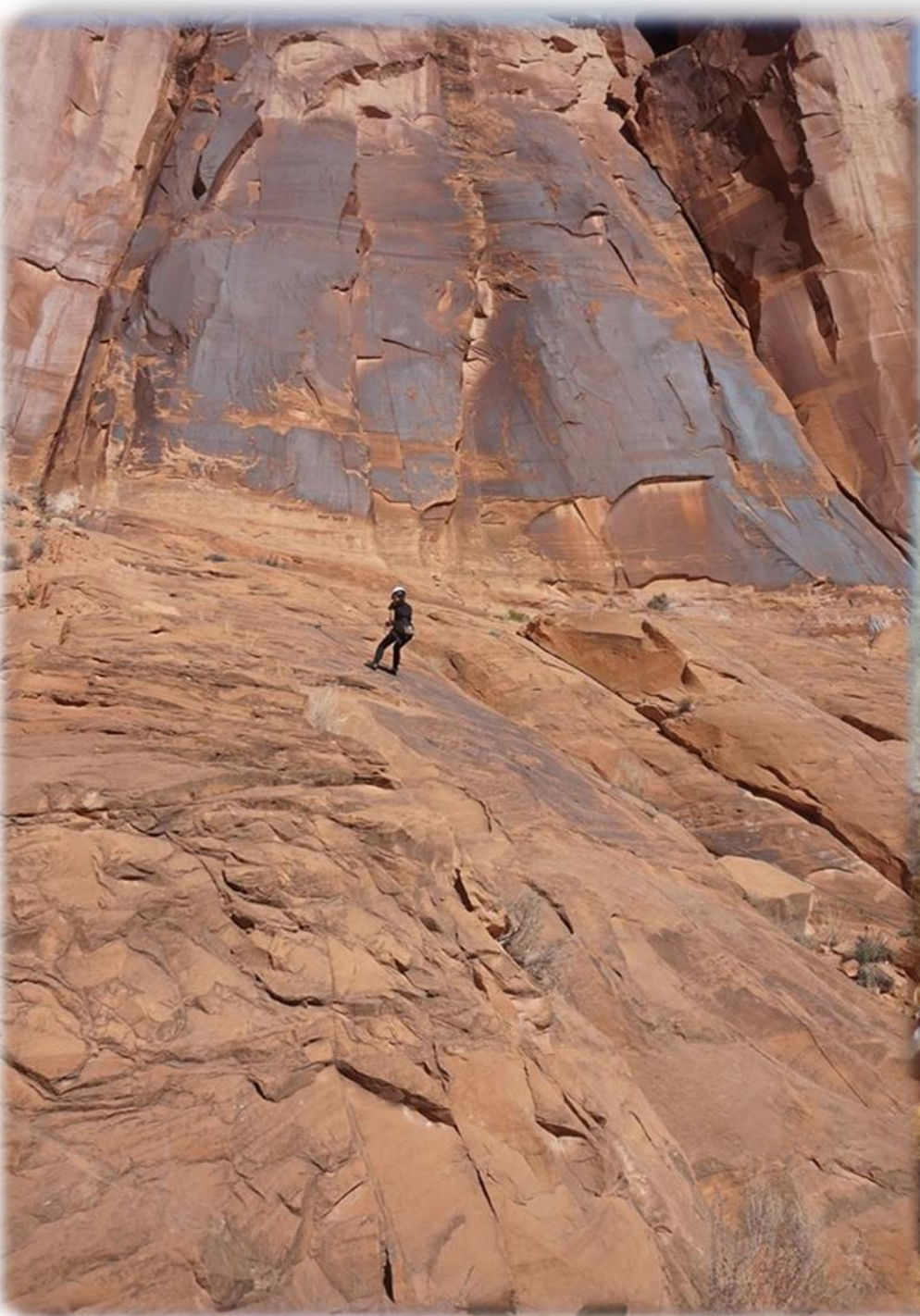
- **Outdoor Pursuits:** snowshoeing, skiing, camping, rock-climbing, bouldering, hiking, rafting, etc.


















Enlightenment

- Independent, be themselves
 - Friendly, helpful
 - A sense of belonging
- Grateful, **pay it forward**
 - Sincere, be myself
 - Dare to dream





How lucky I am to have
something that makes
saying goodbye so hard.

Winnie the Pooh Quote #6

www.quotesworthrepeating.com



QA

thank you!

FB: 宋佳霖
黃潔欣