

Internship Daily Reports

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London, the United Kingdom

Internship Events Contents

2/21 Internship at IoD (Institute of Directors)	P5
2/21 UCL (University College London) Student Event at Pub	P7
2/22 Tea and Talks at London Business School	P9
2/24 Rotaly London Club Lunch at The Chesterfield Hotel	
.....	P13
2/24 Internship at Royal Lancaster London Hotel	P15
2/24 Toastmaster Meeting at Hotel 63	P16
2/25 Young Enterprise Fair at Old Spitalfields Market	P19
2/25 Lunch at The Astronomer	P21
2/25 HBBA (Hungarian British Business Alliance) Where Design Meets Digital Performance at 10-11 Austin Friar	P23
2/26 Internship at The Flemings Hotel	P25
2/26 Internship at IoD (Institute of Directors).....	P27
2/27 Internship at The Anthologist	P30
2/27 Tacitus Lecture at Guildhall Yard	P30
2/28 Internship Meeting with Mr Atsushi Nishikawa Mitsubishi UFJ Bank at Ropermaker Place	P33
2/28 Meet fashion designer, James Lakeland at Marylebone High St Flagship store	P35
3/1 The 20th Japanese Speech Contest at King's College London....	P38

3/2 Tokio Marine Group On-Campus Seminar at UCL (University College London).....	P41
3/3 International Women’s Day Lunch at The Chesterfield Hotel ..	P47
3/3 Internship at The Flemings Hotel	P50
3/4 Internship at IoD (Institute of Directors).....	P51
3/4 SMBC “Women in the Work Panel” at SMBC 100	P55
3/5 Meeting with Shen Tai International at Deploy	P57
3/5 IoD (Institute of Directors) International Trade Group Networking Event at Oriental Club	P57
3/5 Lecturer Rie's Birthday Dinner at Bone Daddies	P57
3/6 Internship at City Livery Club	P60
3/6 The Power of Sustainable Style: Women Accelerating ESG Action at Bates Wells	P62
3/7 West London Festival of Business at Holiday Inn London	P65
3/7 Kansai-Kai Networking Event at The Jack Horner Pub	P65
3/10 Rotaly London Club Lunch at The Chesterfield Hotel	P74
3/10 Internship at The Flemings Hotel	P74
3/10 Toastmaster Meeting at Hotel 63	P74
3/11 Internship at Continental London Hotel	P78

3/11 BMS (British Malaysian Society) Meeting with YB Tengku Zafrul, Investment, Trade & Industry Minister of Malaysia at Handley Page Room	P78
3/12 Enabling Change Conference at West Building University of East London.....	P82
3/14 Internship at City Livery Club	P89
3/14 Negapoji-Taiwa Online Seminar	P89
3/14 Fish & Chips Lunch at City Livery Club	P89
3/17 Internship at National Liberal Club	P96
3/17 Afternoon Tea at Royal Horseguards Hotel	P96
3/17 The 15th PAWA (Pan Asian Women’s Association) Annual Conference at Euronext	P99
3/18 Zoom Meeting with Ms. Dion Johnson.....	P101
3/19 Bilingual Breakfast for Mandarin Teachers: Sharing Best Practice at Kensington Wade School	P104
3/19 Internship at Waterstones	P106
3/19 Meet the Ambassador at Royal Thai Embassy	P106
3/20 Expanding into ASEAN Opportunities, Challenges, and Strategies for UK businesses at Trowers & Hamlins	P109

Friday, 21 February

Today was our first day of internship. Since we are in a new city and not familiar with the transportation system, we left at 10:30 AM to make sure we arrived on time for our 12:00 PM meeting. There are three main activities today.

1. Internship at IOD (Institute of Directors)

In the morning, we started our internship at IOD and had a mentorship with Lecturer Hamaguchi. During the meeting, we learned several important business lessons:

1. The importance of preparation: We had not checked the IOD website in advance, and Lecturer Hamaguchi pointed out this mistake. She reminded us that in a business occasion, it is essential to understand the background of the company or organization we are working with. This made us realise that being well-prepared is essential.
2. Confidence and communication: We should speak loudly and confidently while showing our ideas. Being positive in communication is also important.
3. Prediction: It is important to prepare in advance and think about possible situations that may happen.
4. Attention to detail: Lecturer Hamaguchi asked us to edit some events in our Excel schedule, but both Dong and Wang made spelling mistakes. Lecturer Hamaguchi emphasized that in a business environment, details matter. We should check our written at least five times to ensure accuracy.
5. Email title: When sending emails, the title should be clear and include the time, day of the week, and event name. This helps the client quickly understand the content.

In addition, we met Yuka-senpai and had an online meeting with Aki-senpai, who gave us more insights on how to better prepare for our internship.



2. Lunch and visit to Chinatown

At noon, we went to Chinatown together to have Cantonese dim sum and visit a few supermarkets. Wang was especially touched because the taste of the food reminded us of home, which felt very comforting.

During the meal, Yuka-senpai finished all her food without wasting anything, which Lecturer Hamaguchi pointed out as a good habit. Also, when taking photos, we made a “peace sign” gesture. Lecturer Hamaguchi reminded us that this is not appropriate in business occasion. This made us realise that even small daily habits should be noticed on the situation, especially in business environments.



3. UCL (University College London) Student Event at Pub

In the evening, Yuka-senpai took us to a student event at UCL. This was a great opportunity to experience student social life in the UK.

At the event, we met Shinsaku-senpai from Chuo University. He is very kind; he bought us lemonade and treats his students well during his lectures. We also met a Chinese graduate student from UCL, who gave us recommendations on local food and interesting places to visit in the UK.

Conclusion

In the next month of our internship, we will work hard to improve in the areas we need to. We will focus on being more careful with our work, building more confidence, and keep these on our mind to continuously improve.

Saturday, 22 February

1. Tea and Talks at London Business School

We attended Tea and Talks at LBS (London Business School) today, an event aimed at helping Japanese women expand their networks. Many outstanding women gathered at the event, sharing their experiences, as well as their favorite books and movies.

2. Our Feelings

At first, we felt a bit nervous. However, since we had already experienced a similar social event the day before, we gained some confidence. While waiting for Yuka-senpai and Lecturer Hamaguchi, we took the initiative to talk to students around us. During the event, we also met a Japanese Ministry of Foreign Affairs staff member who spoke fluent Chinese. She even kindly added us social media.

This event truly made us understand the meaning of “girls help girls”. Seeing so many women being successful in their fields or bravely choosing to study abroad was inspiring. We really admire them, and this experience made us more determined to support women’s rights in the future.

3. Dong’s Reflections

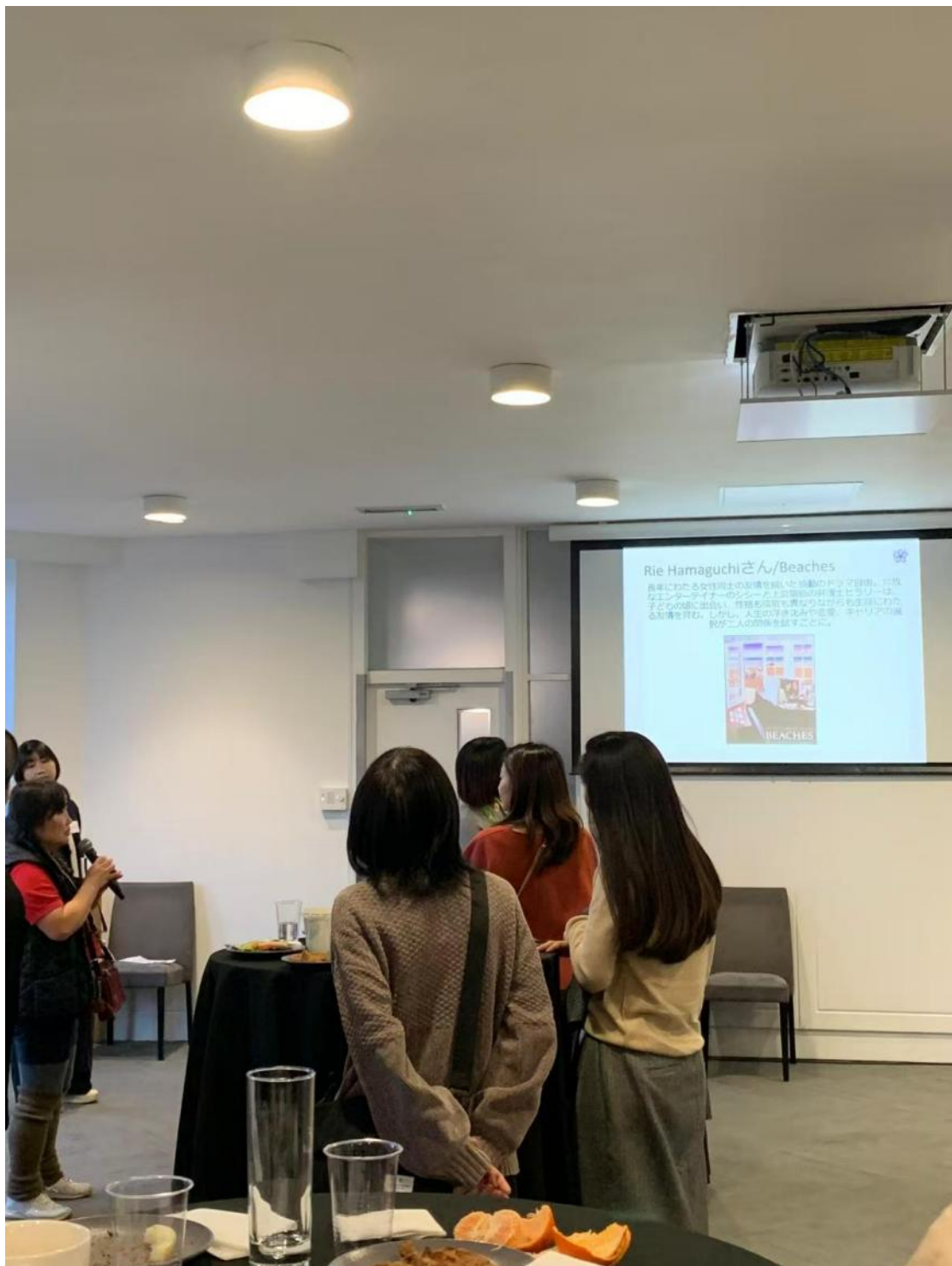
During the book recommendation session, Dong regretted not speaking up, as she had not yet read the book she wanted to recommend. However, in private conversations, she introduced 《働く女性のお金ルール》 (“Money Rules for Working Women”), a book that explores women’s financial awareness and asset management. Many people showed great interest in it.

Additionally, through her studies in Japan, Dong gradually became aware that gender equality issues in Japanese society were more serious than she had expected—sometimes even more serious than in China. During the event, Lecturer Hamaguchi mentioned that Japanese society tends to reject strong and capable women, which Dong deeply agreed with. This further strengthened Dong’s feeling to promote gender equality in the future.

4. Wang’s Reflections

Wang was particularly inspired by Lecturer Hamaguchi’s words. Lecturer Hamaguchi emphasized that confidence is one of the most important qualities in life and shared that her mission is to support and empower women. Wang believes that because of people like Lecturer Hamaguchi, the power of women continues to grow. She also wants to be a person that could help more women in the future and contribute to their development.

Additionally, Lecturer Hamaguchi pointed out that it is rare to receive honest feedback nowadays, as many people choose to talk behind others' backs rather than give direct advice. She said she is willing to provide honest and constructive criticism, which is valuable for personal growth. Wang feels grateful to have such a mentor at this stage of her life and is determined to keep improving under her guidance.



Sunday, 23 February Day Off

Today is our day off. We went to the British Museum and booked a Chinese tour guide to explain things to us. We almost visited exhibits from all over the world. The guide told us that the British Museum has the largest collection in the world, with a total of about eight million items. We were especially impressed by some countries. First, we saw many ancient Egyptian exhibits. Ancient Egypt was good at building large things. Then we visited the exhibits from ancient Rome and ancient Greece. The beauty of ancient Greek architecture is truly worth learning, and many building structures are still used today. We were most impressed by the collections in the China section. Some items are not even in China. Seeing items that cannot be exhibited in China made us feel reflective. There were also many other exhibits, but the museum is too large. We spent the whole afternoon and still didn't finish. If we have the chance next time, we would like to go visit and learn more.





White
Production changed
beginning to brand
and AD 1830,
overlapped part
of Jingdezhen
of more
accounted

Three blue-and-white boxes
Commissioner likes had access to the finest raw
materials, including imported cobalt, imported
kiln at Jingdezhen in the white with blue
and Buzhou after grinding for a long time.
It appeared almost deep purple when fired
beneath a transparent lead-glazed glaze.
The forms of these boxes are all very unusual.
Jingdezhen, Jiangxi province, AD 1567-1620
TOM 8637

Dish with eleven boys at play
This dish shows eleven boys playing in a
garden and carries an inscription that their
high rank in the late. The third emperor
fifteenth eleven sons but three died in infancy.
He also left two daughters, eight of whom
died prematurely. Archaeologists discovered a
woman's jacket, decorated with the theme of
eleven hundred boys playing in his manuscript.
Jingdezhen, Jiangxi province, AD 1575-1620
TOM 8637

Ever with eight boys at play
Cobalt with white for regular white firing
the second half of the 16th century had a
distinctive rising, but not even here. The
young model ever depicts scenes of boys
playing in a garden, framed within peach-
shaped panels, on either side. Chinese brush
eight scenes of boys playing in waterways,
representing a wish for many sons.
Jingdezhen, Jiangxi province, AD 1522-86
TOM 8637

Box and cover with figures scenes
This box is constructed from thick blue &
porcelain they are placed in white-glazed
from the 16th century onwards period
Jingdezhen decorated porcelain variety,
range of figure subjects from a wide
although these figures were thought
may have looked benign on many
occasions. Jingdezhen, Jiangxi province, AD
1522-86
TOM 8637



Monday, 24 February

1. Rotary Club of London Lecture at The Chesterfield Hotel

We attended an event organized by the Rotary Club of London and listened to speeches from several well-known speakers. Among them, we were most deeply moved by Mr. Stephen Chale's talk about education. His speech made me think more deeply about the essence of education and also sparked discussions about social responsibility.



Dong's Reflections

During the lecture, one of the speakers mentioned, "You must speak loudly and clearly." This left a strong impression on me because I realised that every successful person emphasizes this point. One speech about brain science particularly interested me. The speaker explained that sometimes people behave like wild animals, especially teenagers, because their brains are not fully developed yet. That's why he places great importance on youth education. I am grateful that there are people like him who support young people's growth, giving us better educational and development opportunities.

Besides that, I heard something very interesting at the gathering. When the host mentioned that next week is International Women's Day and jokingly suggested creating a Men's Day, a lady sitting at the next table humorously said, "Every day is Men's Day." This made me even more determined to fight for women's rights, as I had thought about just a few days ago.

Wang's Reflections

During the lunch session, one sentence really stood out to me: "Human beings are made up of various relationships", and "the way we think influences our actions." In the lecture, I also realised the importance of speaking speed, volume, and clarity in communication. Your voice should be loud and your expression clear so that others can understand what you are saying.

However, I also had some unpleasant moments during the event. Although it affected my mood at the time, when I later discussed it with Lecturer Rie, she told me: "In business situations, you will meet all kinds of people, and even have unpleasant experiences. But this is also part of your growth." Her words really enlightened me. I realised that the meaning of life is not about avoiding negative emotions but experiencing different situations and learning from them. Not all experiences are pleasant, but they all have value. Life is not made up of only beautiful things—every experience is a priceless treasure.

2. Internship at Royal Lancaster London Hotel

At the Royal Lancaster London Hotel, we received internship guidance from Lecturer Rie and had the honor of meeting Ms. Metta, the hotel manager. In our conversation with Ms. Metta, we not only learned about her experiences in the hotel industry but also heard many inspiring stories from her career.

Dong's Reflections

During this internship, Lecturer Rie shared many of her own experiences with us and taught us a lot about life. I am truly grateful for this valuable opportunity to listen to her guidance. Right now, I think “lack of confidence” is the biggest problem I need to overcome. But as Lecturer Rie said, if I keep making mistakes and gaining experience, I will gradually build up the courage to express myself. What I need to do now is to listen more, observe more, and think more—to truly listen to others’ stories and reflect deeply on them.

At the same time, I once again realised the importance of networking. Lecturer Rie has built such a strong network not just because of her abilities, but because of the way she treats others. She is very trustworthy—if she promises something, she always follows through, which has earned her great respect. She is also very kind; she never pushes people but respects their choices, winning trust through sincerity.

Moreover, Lecturer Rie taught us the concept of “Pay It Forward”—when we receive kindness, we should help others in the future when we have the ability. No matter how high you go in the future, always stay grounded and humble. Even in a high position, you should still appreciate the small things in life. Don’t be afraid of socializing, and don’t complain. Every effort you make will be rewarded, even if the reward is not in the form of money.

Finally, I deeply realised that etiquette is not just about manners on the surface—it is the foundation of building relationships. Lecturer Rie always maintains politeness, never letting others’ attitudes affect her own behavior, and always sticking to her principles. I really admire her ability to stay focused and unaffected by external factors. No matter how others treat you, as long as you are clear about your goals, you can keep moving forward.

Although I still have many shortcomings, I am gradually gaining the courage to face my failures. Failure helps me grow, and I want to live by the principle of “Say what I want to say, do what I want to do.” Even though it is difficult for me, as Lecturer Rie said: “Life is short, and we all end up at the same destination—so what is there to be afraid of?”

Wang's Reflections

What surprised me the most was how quickly Lecturer Rie and Ms. Metta connected. They had only met yesterday, yet they had already arranged to meet again today. This made me realise the true power of networking. Learning how to build connections efficiently in a short time is an essential skill I need to develop.

Lecturer Rie emphasized the importance of business etiquette, especially “courtesy”. She pointed out that I sometimes respond with casual words like “enn” or “yeah”, but in formal settings, I should use more proper expressions, like “はい” in Japanese or “Yes” in English. These small details reflect one’s attitude and professionalism. Lecturer Rie also talked about the importance of confidence. She told us that only by constantly trying and not fearing mistakes can we truly grow. Her words reminded me of my past experiences—sometimes I hesitated to try something because I was afraid of making mistakes. But this hesitation actually holds me back from improving. She said: “Find the way that suits you—it’s not about simply copying others.” This made me realise that everyone’s growth path is unique, and blindly imitating others won’t help me become a better version of myself.

I hope that in the future, I can be someone like Lecturer Rie—confident, full of energy, and willing to help others. I now understand that what truly matters is passing on the experiences and knowledge we gain to others, rather than keeping them to ourselves.

From today on, I want to be grateful for everything, to cherish all experiences—good or bad—because they all help shape me and make me better.

3. Toastmasters Meeting at Hotel 63

This event was designed to improve impromptu speaking skills. We listened to several excellent speakers. Their confident, steady, and engaging presentations gave us a clearer understanding of speech techniques and made me realise the importance of improving our communication skills.



Dong's Reflections

During the event, I heard an impromptu speech by Rohan, a student from Malaysia. His speech was so fluent and natural that I was really impressed. Later, I found out that he is an English teacher and has also done stand-up comedy before. This made me even more certain that experience shapes ability. It strengthened my belief that I shouldn't be afraid of making mistakes—growth comes from learning through failures.

My favorite speech was “The Things We Don't Say” by Taninr. His speech was humorous and easy to understand, which helped me see the importance of body language in public speaking. I also listened to a TED speaker, Hilary Briggs. Although my English level made it a bit challenging to fully understand, I still learned something new. He introduced an idea from Neuro-Linguistic Programming (NLP) that left a strong impression on me: When you feel lazy, linking your actions together is very important. I had never heard of this before, but I want to try applying it in the future.

Wang's Reflections

At the Toastmasters meeting, Taninr's speech left a strong impression on me. He used body language effectively, made frequent eye contact with the audience, and used pauses well—an important speaking skill. Hilary Briggs also said something that deeply moved me: “Don't overthink—just do it. No one is born good at something; everyone

starts from zero and grows step by step.” This made me even more determined. If I want to improve, I must take the first step and not be afraid of failure.

Tuesday, 25 February

1. Young Entrepreneurs Fair at Old Spitalfields Market

Today, we participated in the Young Entrepreneurs Fair. Many high school students formed teams recommended by their schools and managed everything themselves—from product planning and booth design to business strategies. They enthusiastically promoted their products, and every team was full of creativity and energy.



Dong's Reflections

While observing these young entrepreneurs, I realised that the way a product is promoted greatly affects sales. If someone promotes with enthusiasm, they can attract many customers. Adding humor makes people more willing to consider buying and offering discounts on top of that can lead to immediate purchases.

Additionally, I noticed that some students took every opportunity to market their products. Even if a customer didn't buy anything, they still made an effort to be seen. Some girls even confidently pitched their products directly to a lecturer, showing impressive confidence and courage. The creativity of each team was also very

impressive. This event gave me a clearer understanding of marketing strategies and the entrepreneurial spirit.

Wang's Reflections

During this event, I had the privilege of seeing how British high school students turn their ideas into products and sell them. I was deeply impressed by their creativity and flexible business thinking.





2. Lunch at the Astronomer

At noon, we had lunch with a business planning team at The Astronomer restaurant. We enjoyed onion rings and fries, and we are very grateful to Shinsaku-senpai for treating us. During lunch, we listened to organizers' project presentations and discussed the event. They shared their thoughts on supporting young entrepreneurs. Mr. Lars Andersen personally engaged with us, making our feel respected. He listened carefully, pointed out our language mistakes directly, and was open to conversations. One entrepreneur shared a phrase that left a deep impression on us: "Take your risk; business is about making predictions." This made us realise that business is fundamentally about taking risks and making forecasts.



Dong's Reflections

During our conversation, Mr. Lars Andersen introduced the concept of “circulation.” He used the automobile industry as an example—Toyota used to dominate the industry, but now BYD holds a significant market share. He also pointed out how history shifts: China was once powerful, then Britain rose, and now China is again a major global economic force. Everything rises and falls, so there’s no need to be discouraged during low points or overly proud during success. The key is to stay calm, understand trends, and be prepared. He also shared the two most important qualities his company looks for in new hires: intelligence and attitude. He said, “If a smart person has the right attitude to learn, they can do anything.”

This reminded me of Rohan from yesterday’s Toastmasters speech meeting. Initially, I thought experience shapes a person’s ability, but today’s conversation changed my view—experience alone doesn’t determine everything. What matters is having intelligence and the willingness to learn.

Wang's Reflections

During lunch, I was fortunate to sit next to Mr. Lars Andersen. He shared his perspective on hiring, emphasizing two key factors: intelligence and attitude, and he said, “Experience is not important.” His words made me realise that ability and

attitude are what truly determine a person's future. Lack of experience should not be a limitation.

Additionally, Lecturer Rie mentioned that when evaluating someone, she values mindset and attitude the most. This inspired me—I should take on new challenges and not hold back just because I lack experience.

3. HBBA (Hungarian British Business Alliance) Networking Event: Where Design Meets Digital Performance at 10-11 Austin Friar

In the evening, we attended the HBBA — Where Design Meets Digital Performance networking event. The goal of this event was to expand our professional connections.

Dong's Reflections

During the event, Lecturer Rie encouraged us to actively engage with others. At first, we were nervous, but after taking the first step, we gradually adapted to the environment. We started by chatting with an Indian international student, who encouraged us. Later, we joined the conversation of a Lecturer team member and a business professional. As the discussion continued, we became more comfortable, observed, learned, and enjoyed the experience.

This event taught me that networking is about respect, observation, building relationships, and learning. The most memorable insight came from a businessperson who said: "If you want to receive something, you must first learn to give."

Unfortunately, I had to leave early due to stomach pain from eating cold salmon in the wind earlier in the day. I regretted missing the rest of the event. Lesson learned: never eat cold raw salmon in the wind again.

Wang's Reflections

I finally understood the phrase, "Fear comes from the unknown." Today, Lecturer Rie encouraged us to stop relying on her and introduce ourselves to strangers. At first, I felt lost and nervous, unsure how to start. But once I gathered my courage, I realised networking wasn't as hard as I had imagined. I was afraid not because of the act of socializing itself, but because I lacked confidence in my English skills. I feared that I would make mistakes and be laughed at. However, as I spoke, I realised that no one cared about my English fluency—they responded warmly and engaged in conversation.

This made me realise that improving language skills takes time, but the key is to keep trying and practicing. I shouldn't hold back out of fear of making mistakes. Instead, I should step forward and explore my word.



Wednesday, 26 February

1. Internship at The Flemings Hotel

In the morning, we had our internship at The Flemings Hotel. Lecturer Rie helped us correct mistakes in our Japanese report. Despite their busy schedules, Lecturer Rie's team members also took the time to meet with us for a short 10-minute discussion.



Dong's Reflections

While revising our Japanese report, we realised that we had misunderstood Lecturer Rie's message. We originally wrote, "Lecturer Rie believes that confidence is the most important thing in life." However, Lecturer Rie corrected us, saying that what she truly meant was: "The most important thing in life is to accept and love yourself" (本当の自分を受け入れて愛すること). This deeply resonated with me.

Additionally, Lecturer Rie mentioned that when talking to inspiring people, we can write down their words as a sign of respect. However, I used to hesitate, worrying that taking notes might seem rude or make the other person uncomfortable. Because of this, I missed the chance to record many meaningful ideas. Moving forward, I want to overcome this hesitation and be more proactive in learning from others.

Wang's Reflections

In the morning, I asked Lecturer Rie whether we should give out our own business cards when someone gave us theirs in a business setting. Her answer made me reflect.

She said that from now on, we need to recognize whether the other person truly wants to build a connection with us. It's important to understand their intentions. She also emphasized that we now have the choice—we don't have to give out business cards automatically but can selectively exchange them with people we are genuinely interested in. I see this as an important step in my growth—it means developing judgment skills instead of blindly following social rules.

2. Internship at IOD (Institute of Directors)

After the morning internship, we had brunch near the hotel, but because we didn't plan our time well, we arrived 10 minutes late to our 1:10 PM meeting at IOD. Since Lecturer Rie had a meeting at 1:30 PM, our delay caused unnecessary inconvenience for her. In the afternoon, we helped organize and categorize receipts for her. We also met Hikaru-senpai, a former intern of Lecturer Rie.

Dong's Reflections

During our afternoon conversation, I recalled what Lecturer Rie had said in the morning and decided to take notes on the points that impacted me the most. I found that I shared many similarities with Hikaru-senpai—we are both independent and prefer handling things on our own. We also feel uncomfortable asking others for help. However, this kind of “self-reliance” can sometimes be impolite. For example, not updating others on our progress can suddenly break a good relationship. This made me realize that I'm not good at maintaining long-term connections. Lecturer Rie emphasized that we shouldn't be afraid to make phone calls and should always report our progress in a timely manner. She also pointed out that in social relationships, asking for help and relying on others is actually a way to strengthen bonds.

Another key lesson I learned today was about overthinking. The more we want to do something perfectly, the more likely we are to mess it up. In relationships, people often hesitate out of fear of failure. Lecturer Rie introduced the idea of “Potato Trial”—a metaphor where a truck filled with potatoes moves along a bumpy road. As the truck shakes, the smaller potatoes fall to the bottom, while the larger ones rise to the top. This made me realize that there's no need to overthink everything—just take action, and the right path will reveal itself.

Additionally, Lecturer Rie introduced the three key chemicals for happiness in life:

Serotonin – Promotes emotional stability, peace, and satisfaction

Oxytocin – Strengthens trust and relationships between people

Dopamine – Increases excitement and alertness when facing challenges or dangers

She believes that in the end, we should pursue the happiness brought by serotonin—a sense of peace and fulfillment. To achieve this, we should appreciate the small joys in daily life, such as opening the curtains in the morning, feeling the sunlight, and being grateful for a new day. Through today's discussions, I gained a deeper understanding of healthy communication in relationships and how to find true happiness and balance in interactions with others.

Wang's Reflections

After our morning internship, we planned to meet Lecturer Rie at 1:10 PM at IOD. We had about an hour for lunch, but due to slow service at the restaurant, we ended up being 10 minutes late. Lecturer Rie pointed out that we made the wrong decision. She explained that in such situations, instead of sitting down at a restaurant, we could have grabbed something quick. This experience taught me that in the future, I should consider TPO (Time, Place, and Occasion) when deciding whether to eat out, rather than just thinking about my own needs.

In the afternoon, we had deep conversations with Hikaru-senpai, which left a strong impression on me. She mentioned that sometimes, she prefers to handle everything on her own and avoids relying on others. Because of this, there was a period when she didn't contact Lecturer Rie. However, Lecturer Rie believes that when we feel distant, it's actually the best time to reach out. I strongly understand this. When I feel down or unmotivated, I tend to avoid social interactions. But later, I realised that this is a form of escapism and self-rejection. In reality, simply taking the first step—talking to someone—can ease a lot of emotional stress.

Lecturer Rie also shared ways to regulate emotions, such as: Starting the day with small things—like opening the curtains in the morning and being grateful for a new day. Going for walks or talking to others to shift your mindset.

This reminded me of my early days in Japan. Back then, my Japanese wasn't good, and I failed multiple entrance exams. I couldn't accept this reality, so I turned to emotional eating—eating a lot even when I wasn't hungry, using food to numb my negative feelings. In a way, this was a sign that I didn't love myself. Later, I changed step by step. I wasn't good at sports or cooking, but I started taking walks and gradually learned to cook for myself. As I carefully prepared my meals, I began to appreciate the energy food gave me and built a healthier connection with eating. Throughout my time in Japan, I have cooked almost every day, and this has brought me a deep sense of fulfillment and happiness.

Even now, I occasionally have emotional eating when I'm feeling down. But instead of seeing it as a mistake or something to be ashamed of, I have learned to accept myself. I allow myself to use food for comfort when needed, without being too hard on myself. This aligns with Lecturer Rie's advice—we should love ourselves unconditionally, regardless of our achievements, failures, or past mistakes. Accepting and valuing ourselves in the present moment is what truly matters.



Tuesday, 27 February

1. Internship at The Anthologist & Tacitus Lecture at Guildhall Yard

This afternoon, we had an internship with Lecturer Rie. After that, we met some of her friends and then attended the Tacitus Lecture at Guildhall Yard. Following the lecture, we participated in a networking event.



Dong's Reflections

During the internship, Lecturer Rie shared important insights from her experience as an event organizer. She emphasized the need to always observe the situation, look for the best solutions, and be prepared for the worst. She also shared her key approach to improving her English—thinking from the listener's perspective. Before speaking, she considers whether the other person can understand her. When writing, she ensures her message is clear and easy to follow. She also encouraged us to watch more speeches to improve our communication skills.

During the lecture, the speaker mentioned that “the more global, the better” and emphasized how trade brings people closer together. Additionally, he highlighted a few key points:

- * The importance of having predictive abilities.
- * The need to stop simply “being nice” all the time.

After the lecture, we participated in the networking event and tried to engage in conversations with others. In the end, we gathered the courage to greet Mr. Lars and even took a photo with him. This experience made us feel that we are making progress—although it may be slow, we are steadily moving forward.

Wang's Reflections

This morning, I realised the importance of the phrase “preparation is everything.” During the internship, I forgot to bring a notebook and had to borrow a piece of paper from my friend. Even though the Lecturer Rie had reminded us the day before that we could bring a notebook, I still forgot.

I also learned that when doing things, we shouldn't just think from our own perspective. Instead, we need to broaden our mindset and consider how we can make things easier for others. Since Lecturer Rie had a more important event in the evening, she couldn't join us for the lecture and networking. However, her friends took care of us during the networking event, which touched me deeply.



Friday, 28 February

1. Internship Meeting with Mr. Atsushi Nishikawa Mitsubishi UFJ Bank at Ropermaker Place

At noon today, we visited Mr. Nishikawa, the head of the Japanese Corporate Banking Division for EMEA. Despite his busy schedule, he took 30 minutes to patiently listen to our questions and kindly gave us advice.



Dong's Reflections

During our conversation this morning, I asked Mr. Nishikawa about personal development. His insights were very helpful. Since he has experience working in the HR department, I wanted to know his thoughts on fast learners versus slow learners. He explained that when hiring talent, he doesn't focus too much on how fast someone grows. Every person has a different personality, goals, and pace—some aim high, while others prefer to progress steadily. What he values most is having a clear goal and working towards it. However, he did summarize three key traits of people who grow quickly:

1. Strong ambition – They love challenges and keep pushing for higher goals.
2. Broad vision – They think from a bigger perspective.
3. Risk-taking ability – They are willing to face challenges and handle pressure.

I also asked him what qualities he values most in job candidates. Surprisingly, he said intelligence is not the key factor because most people have similar intelligence levels. Instead, what makes someone stand out is passion and drive. He especially values candidates with practical experience and active involvement in activities, as these show initiative and action-taking ability. When talking about his personal work style, he said: "To achieve a goal of 100, I put in 200 efforts." This reminded me of a saying: "If your goal is 100, you might only reach 80. But if you aim for 200, you will truly reach 100." His mindset of going beyond expectations was truly inspiring.

Wang's Reflections

This morning, thanks to Lecturer Rie's introduction, we had the honor of meeting with Mr. Nishikawa. His morning meeting lasted until 12:30, and he didn't even have time for lunch before making time for us. I was grateful for this opportunity. During our conversation, I asked him about career planning and shared my interest in mental healing, expressing my desire to help others. In response, he gave me this advice: "If you are interested in mental healing, don't just think about helping others in a small way. You should aim to become an expert and a top professional in this field, and work hard for it." His words deeply moved me and made me reflect on my goals:

How do I want to help others?

Who are the people I want to help?

To what extent can I make a difference?

This conversation made me re-evaluate my career plans. I realised that passion alone is not enough to succeed in a field. A clear goal and continuous effort are essential. In addition, Mr. Nishikawa shared his personal motto: “I have to work 200 times harder to achieve a goal of 100.” This deeply impressed and inspired me. His strong work ethic made me more determined to give my best effort in whatever path I choose. In the afternoon, we sent him a thank-you email. To my surprise, he replied in just 10 minutes with warm and encouraging words. I was truly touched.

2. Meet fashion designer, James Lakeland at his Marylebone High St Flagship store

In the afternoon, we went to the lounge of the sports club that Lecturer Rie often visits for an internship, where we learned how to edit emails.

In the evening, we met with James Lakeland and visited his brand store, where we saw high-end fashion clothing. Besides that, we also met an outstanding Chinese female dentist. She shared her life story and talked about her experience showcasing four iconic Chinese outfits (Hanfu, wedding dress, Tang-style jacket, and qipao) at London Fashion Week.



Dong's Reflections

During our email-writing internship, I realised that I still have many weaknesses in communication. Sometimes, I struggle to express my thoughts clearly. Because of this, I have decided to improve both my Japanese and English skills. I also plan to listen to more speeches and learn how to express my ideas in a more logical and structured way.

Visiting the luxury fashion store in the evening gave me a glimpse into the world of high-end fashion. But it also made me think—in the fashion industry, the higher the price, the higher the status it represents. Although I don't know much about fashion, seeing such expensive clothing made me wonder: Are women spending too much unnecessary money just for fashion?

However, the most valuable part of the night was meeting an exceptional Chinese female dentist. She is one of the most well-known dentists in the area and has had an incredibly impressive career. From being the only Chinese student in her U.S. university to becoming the only Chinese dentist in her field, she has broken barriers and taken on leadership roles in major projects. Today, she is no longer just a dentist—she is a leader in her profession. She shared that leadership is not something you are born with, but something you develop through continuous learning and experience. She is also passionate about promoting Chinese culture and has personally participated in cultural projects, including showcasing traditional Chinese outfits at London Fashion Week. Beyond her professional work, she is dedicated to cross-cultural education, helping children from mixed-culture families adapt to different cultures. She explained that many Chinese children born in the UK face identity struggles because of cultural differences between them and their parents. She often serves as a bridge, helping families find balance. This day was full of valuable experiences and deep reflections. From career planning to fashion and cultural identity, I gained new perspectives and a stronger determination for my future.

Wang's Reflections

Tonight, I saw a blue sweater that I really liked, but I didn't try it on because it was too expensive. Sometimes, I feel like spending so much money on clothes is a waste, and I hesitate about whether it's worth it. However, designer James Lakeland said something that changed my perspective: "Every moment in a woman's life is beautiful. You should enjoy the happiness that fashion brings." This made me realise that buying clothes isn't just about spending money. It's about the joy it brings. And that happiness is what truly matters.

Later, we were lucky to have a conversation with a Chinese doctor. She mentioned that fashion is a cycle—for example, in the past, Hanfu and qipao were very popular in China. Over time, they faded away, but today, they are becoming trendy again

among young people. This conversation gave me a new understanding of fashion's value and made me rethink my mindset. Enjoying the beauty of life is not a waste, but a precious experience.



Saturday, 1 March

1. The 20th Japanese Speech Contest at King's College London

Today, we attended the Japanese Speech Contest and listened to many university students' speeches in Japanese. Every participant confidently expressed themselves, and we learned a lot from their presentations.



Dong's Reflections

This morning, I was really touched when I saw Professor Chikako's email reply. She is so busy, yet she still took the time to carefully read our daily reports. I truly appreciate her kindness. It made me feel that my efforts were recognized and acknowledged, and I think she is such a warm-hearted professor. Having a teacher who continuously supports us makes me even more motivated to work hard. I am really grateful for this FLP program opportunity and also to Professor Hamaguchi for giving me this chance. Because of her, I have experienced so much kindness, as well as the support and encouragement of senior figures.

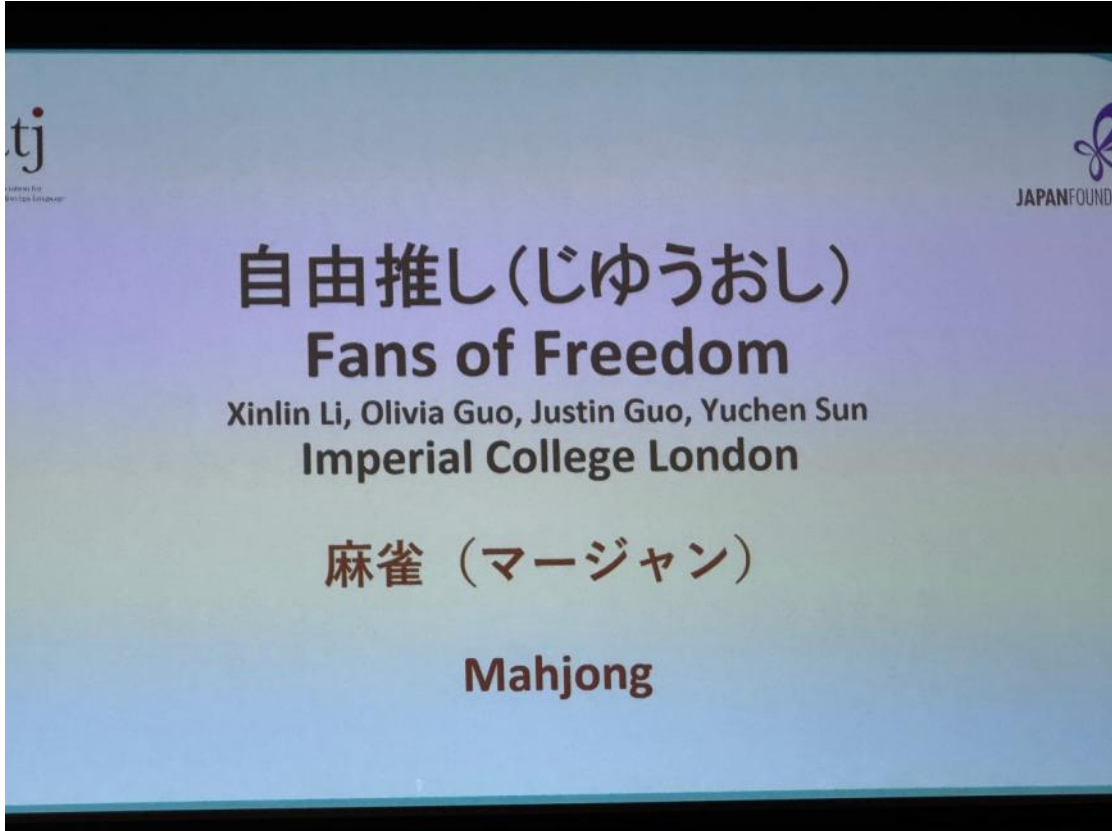
Today, I watched many speeches by non-native Japanese speakers, and I truly admire everyone. Their Japanese was incredibly fluent. During the group presentations, two teams from China stood out to me. One introduced Shanghai through manzai (a Japanese comedy style), and the other talked about Chinese mahjong—both were really interesting. During the networking session afterward, we chatted with the mahjong group and exchanged contact information. The longest they had studied Japanese was only about two and a half years, and they prepared for this presentation for two to three months—which is truly impressive. From their performance, I also realised the importance of teamwork and group coordination.

Wang's Reflections

This morning, I received an email from Professor Chikako, and her words deeply moved me. Every sentence was so encouraging that it gave me a strong sense of motivation.

The speech contest in the afternoon made me strongly feel that language can connect the world. Even though we come from different countries and cultures, it was Japanese that brought us together, allowing us to communicate and grow together. One speech that left a deep impression on me was from the first speaker—YuThong Low. I completely agree with her perspective—the generation gap is not caused by differences in time periods but by a lack of communication. Sometimes, I also have disagreements with older generations due to differing opinions, but today's speech made me realise that actively communicating and expressing my thoughts is very important.

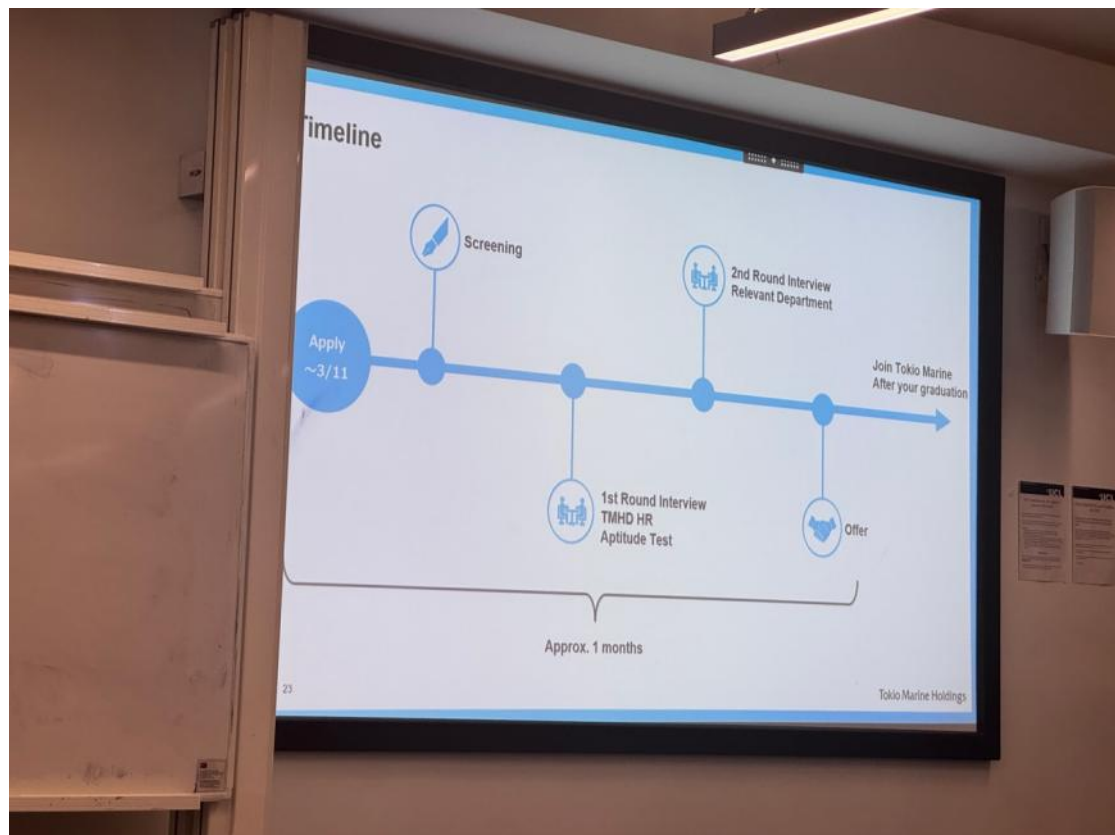
Additionally, one of the Chinese teams gave a speech about mahjong, which I found particularly memorable. Towards the second half of the competition, I was starting to feel a bit tired, but their energetic performance and confident delivery immediately grabbed my attention. I could truly feel their passion and energy. This speech contest was incredibly inspiring for me. It made me even more determined to participate in a Japanese speech competition myself. I hope to keep improving my Japanese skills, draw strength from today's experience, and challenge myself in the future.



Sunday, 2 March Day Off

1. Tokio Marine Group On-Campus Seminar at UCL (University College London)

In the morning, we attended a corporate seminar by Tokio Marine. During the presentation, they introduced the job positions currently available for university students and provided a brief overview of the company's history. After the event, Tokio Marine kindly provided every attending student with lunch from "Wasabi."



Dong's Reflections

This morning's company seminar was the first corporate information session I have ever attended. I carefully observed the event's flow—from explaining what insurance is, to introducing the company and its philosophy, and finally to the Q&A session, where participants asked about hiring requirements. As a global company, Tokio Marine seeks talents with strong multicultural adaptability. This session gave me an initial understanding of the job-hunting process for third-year students. Moving forward, I will make sure to prepare my questions in advance.

Wang's Reflections

At the morning seminar, we met some Chinese students from UCL whom we had met before. This event made me realise for the first time that Tokio Marine is actually such a large-scale insurance company. The event attracted many talented university students, which also made me feel how competitive the job market is. However, since the company mainly focuses on insurance, which I am not very interested in, I wasn't particularly drawn to the company itself. What really surprised me, though, was that Tokio Marine provided lunch for every student who attended. This was the first time I had rice since arriving in London, and I was so excited that I finished every bite.



2. London Sightseeing: Big Ben & London Eye

Today was a rest day, so after attending the afternoon seminar, we went to visit Big Ben and the London Eye. Both landmarks were incredibly beautiful, and as we walked through the streets of London, we could truly feel the city's unique charm. We took lots of beautiful photos to capture this unforgettable trip.





Dong's Reflections

While we were walking around in the afternoon, I felt like London was getting colder and colder. Then, when we were taking photos on a bridge, a woman enthusiastically invited us to take a picture with her. However, after the photo, she asked us for money. That moment, my heart turned even colder. Our smiles remained frozen in the photo. From now on, I won't easily trust such random acts of kindness. But later, when we got on the London Eye, we happened to catch the sunset, which was absolutely breathtaking. In the evening, we also had delicious lobster, and our smiles finally returned to our faces.

Wang's Reflections

However, something unpleasant also happened today. While we were taking photos, a woman dressed like the Queen suddenly approached us and offered to take a picture together. At first, I was thrilled, thinking I had just met a Disney princess. But after the photo, she asked us for money and ended up charging us £5. This was the first time I had been scammed in the UK, and I felt really sad.



Monday, 3 March

1. International Women's Day Lunch at The Chesterfield Hotel

Before today's event started, Lecturer Rie reviewed our internship reports from yesterday and learned about our experience of being scammed. She shared a Japanese proverb with us: “ネギをしよったカモ”, used to describe someone who is easily deceived. She explained that some things can only be truly understood through personal experience—getting scammed is one of them, and it is also a part of life's journey.

Since today is International Women's Day, we were very fortunate to participate in this event and listen to inspiring speeches from many outstanding individuals. Additionally, Lecturer Rie introduced us to many distinguished guests, which we deeply appreciated.



Dong's Reflections

In the morning, when we met with Professor Rie, she mentioned that we had been scammed out of £5 and called us “ネギをしょったカモ,” meaning “easy targets.” I found it amusing—it’s a lesson learned the hard way.

During the Rotary Club of London (RCL) event at noon, I wanted to start a conversation with an older woman sitting next to me but wasn’t sure how to begin. Lecturer Rie spoke in a very friendly manner, but I worried that if I imitated her, I might come across as disrespectful to my elders. It was challenging to strike the right balance.

Since today was International Women’s Day, the four speakers were all remarkable women. One of them mentioned that women have a higher fatality rate in car accidents because safety standards are designed based on the male body. She also pointed out that most policies are made by men—even the fashion industry is dominated by them. As a result, many women’s clothes prioritize aesthetics over comfort, unlike men’s clothing, which is often more practical. The talk also emphasized that gender equality should be nurtured from a young age. I believe that with continued progress across generations, women’s status in society will continue to rise.

Wang's Reflections

At today’s International Women’s Day event, we had the opportunity to listen to four exceptional women speak. Each of them is committed to advancing women’s empowerment and gender equality. The phrase that resonated with me the most was: “When women do better, the economy does better.” I strongly agree with this statement. When women have access to better education and economic opportunities, it not only increases household income but also improves children’s education levels and drives overall economic growth. Therefore, creating more job opportunities for women and increasing their chances of reaching leadership positions should be a collective goal for modern society. I also hope to contribute to supporting women’s empowerment in the future.

Additionally, Lecturer Rie emphasized the importance of networking today. She encouraged us to take the first step in connecting with others, even if it feels uncomfortable at first. She shared that many of her connections were built from zero, which I found truly admirable. Moving forward, I will make an effort to be more courageous in expanding my network.



2. Internship at The Flemings Hotel

In the afternoon, we worked on resolving some previous email issues at the hotel.

Dong's Reflections

During our internship at Flemings Hotel this afternoon, Lecturer Rie told us: “You can’t just wait to be fed; you need to proactively show your value.” This made me realise that thinking alone is not enough—whether others recognize your value depends on whether you actually demonstrate it. She also said: “Courage is born from mistakes.”

I’ve always been afraid of making mistakes, which makes me hesitant to express myself, to take action, and even to simply show gratitude. But if courage truly comes from making mistakes, then real growth means learning from them. I want to remember this and work hard to put it into practice.

Wang's Reflections

During today’s internship with Lecturer Rie, she advised us to treat her as a potential business partner rather than waiting for her to get to know us. Instead, we should proactively introduce ourselves and take the initiative. She also stressed the importance of keeping an open heart.

Another key point she emphasized was gratitude. This deeply resonated with me, and I made a mental note of it. We should never take others’ help for granted. Instead, we should learn to give first before expecting to receive—this way, others will be more willing to support us and build meaningful relationships with us. As I continue my journey in life, I will make gratitude my guiding principle and strive to pay it forward, spreading kindness and strength to those around me.

Tuesday, 4 March

1. Internship at IOD (Institute of Directors)

Today at IOD internship, we researched and prepared questions for tomorrow's Sheng Tai International event. Along the way, we met an incredible and energetic woman—Ms. Dion. Her words were inspiring, and she gave us a lot of encouragement.

In the afternoon, we had a conversation with Lecturer Rie's closest team members, Louise and Lon. They shared their experiences and insights, which were very valuable to us.





Dong's Reflections

In the morning, Lecturer Rie mentioned the importance of following up in business situations. In the afternoon, the two team members also reminded us to never give up and always move forward. If we ever feel tired or down, we should ask ourselves if we are in a “low energy” or “high energy” state. The teacher also emphasized that in business, “active listening” is more important than “trying to get attention” and that we should never underestimate ourselves.

Wang's Reflections

In the morning, thanks to Lecturer Rie's introduction, I had the opportunity to talk to Dion Johnson. She shared her story with us, and we told her about our struggles with self-confidence. She said that confidence comes from the choices we make. We have the power to decide who we want to be and should always remind ourselves: “This is who I am, and I will get what I want.” I completely agree with her. I have always believed in the power of language. For example, the Japanese writer Masaru Emoto wrote a book called *Water Knows the Answer*, where he experimented with the effects of positive and negative words on water. His research showed the power of words and thoughts, and I think this book is worth reading. Listening to Dion Johnson's story, I could feel the strength in her words. She radiated confidence, and I was deeply moved, even to the point of tears. I truly admire her and feel so lucky to have met such an amazing woman.

In the afternoon, I was also honored to speak with Lon and Louise again. They were very kind and took time during lunch to have a deep conversation with us. They are both incredibly energetic, which made me want to share more about myself. We talked about life in China, Japan, and London, and I learned a lot from their perspectives.

Lon mentioned that in everything we do, we need to find a balance. For example, a place that allows complete self-expression may not have the best safety or hygiene conditions, while a perfectly safe and clean environment may restrict personal freedom. I found this idea very insightful.

Louise shared her thoughts: nothing is perfect, and there are no perfect people in the world. When we feel lost and don't know what to do, the first step is to accept ourselves and allow ourselves to make mistakes. Then, we just need to keep moving forward. As humans, we all have flaws, but the important thing is to forgive ourselves, make ourselves happy, and learn to live in harmony with who we are. Her words were truly inspiring to me.

Later, Lecturer Rie also shared her story with us. She told us that high-energy people naturally attract each other, and there is no need to force it. This reminded me of a

year ago when I was feeling down and really wished to meet a mentor to help me grow. I sent this wish into the universe and manifest, and now, not only have I become Lecturer Rie's intern, but I have also met so many amazing people. I truly feel like my dream has come true. I am very grateful for this opportunity and feel incredibly lucky.

2. SMBC “Women in the Work” Panel at SMBC 100

In the evening, we attended the “Women in Work: What Can Companies Do to Level the Playing Field” panel hosted by SMBC. Four guest speakers talked about the challenges women face in the workplace. During the reception, we met Ms. Dion again, and she once again shared her experiences, inspiring us.



Dong's Reflections

During the reception, Ms. Dion said: “We cannot change the environment, but even if we are not working, we should ask ourselves—what does this situation mean to me? How does it affect me? Everything can be used for our growth.” She also said: “We are born with a mission, and I have the right to decide who I am. So, we must learn to make decisions. Thinking is important, and we must never stop thinking.”

Additionally, she emphasized that we should dare to express ourselves and speak out about what we see and what we want. This made me realise once again that one of the most important reasons for learning a language is to have the courage to speak up.

Wang's Reflections

To be honest, the evening event was a bit boring for me. The discussion didn't really resonate, and I even noticed that many people were struggling to stay awake. However, the best part of the event was that I got to meet Dion Johnson again. She reminded us that everyone has great power, and in some situations, we need to be brave enough to stand up and speak our minds, without worrying about what others think.

In East Asian cultures, we are often taught from a young age to be obedient and well-behaved. Many women hesitate to speak up in public or to be the center of attention. I deeply relate to this because I used to lack confidence as well. However, when I learned that even someone as strong as Dion Johnson had her YouTube content taken down just for expressing her views, I realised even more that the world needs people who are brave enough to speak up. No matter the outcome, I should follow my heart.

True strength is not about wealth or social status—it comes from within. How far a person can go depends on whether they have strong inner support. This is what I have always been pursuing. I believe I can become that kind of person, and I am confident that I will find my mission, passion, and the career I am willing to dedicate myself to.

Wednesday, 5 March

1. Meeting with Shen Tai International at Deploy & IoD (Institute of Directors) International Trade Group Networking Event at Oriental Club & Lecturer Rie's Birthday Dinner at Bone Daddies

Today is Lecturer Rie's birthday. In the morning, we sat in on a business meeting between Sheng Tai International and the fashion brand Deploy. In the evening, we assisted Lecturer Rie at a networking event at IOD, helping with reception duties. Later, we joined her birthday dinner, where she treated us to ramen and some snacks.





Dong's Reflections

This was my first time attending a business meeting, and it was a very valuable experience. I got a sense of the business atmosphere and learned an interesting point: fashion brands need to be very careful when choosing wholesalers because their designs can be easily copied, which is a big risk. As a result, opening a pop-up store might be a safer option. Also, for time-poor people (those who don't have time to actively look for fashion brands), brands need to take the initiative to reach out to them. At the birthday dinner, I had ramen for the first time in a long while, which made me really happy.

Wang's Reflections

This morning, I experienced the real atmosphere of a business conversation for the first time and had the chance to participate in person. In the afternoon, we worked as assistants for Lecturer Rie at the event, helping to welcome guests. To be honest, this was my first real work experience, as I have never had a part-time job before. My role was to hand out vouchers to different guests, which was a completely new experience for me. It made me feel both excited and proud.

In the evening, we celebrated Rie's birthday with her friends. What touched me the most was how Louise and Lon took special care of us. Even though there were many guests, they kept checking on us, helping us order food, and making sure we didn't feel uncomfortable or go hungry. I really appreciated their kindness.

Thursday, 6 March

1. Internship at City Livery Club

This morning, we went to the City Livery Club for an internship session with Lecturer Rie. She provided feedback on our performance from yesterday's event, pointing out areas where we still need improvement. One key issue she mentioned was that we were not proactive enough—we often waited for her instructions instead of thinking ahead and taking initiative.



Dong's Reflections

During today's first event, Lecturer Rie gave us feedback on our assistant roles from yesterday. She pointed out several weaknesses in my performance, particularly my lack of a big-picture perspective. She emphasized that if I want to become a business professional, I must develop "thinking ahead" rather than waiting for others to push me into action. Once again, she stressed the importance of the TPO (Time, Place, Occasion) principle. I should always be aware of how I can support Lecturer Rie, treating her as a business partner rather than just waiting for instructions. This mindset doesn't only apply to her but to any future business relationships I will have. To be a qualified businessperson, I need to think ahead, pay attention to details, and be mindful of everyone's needs.

Additionally, she mentioned that she had been paying attention to whether we had a chance to eat during the event. She even asked two team members to bring us some snacks, which I found incredibly thoughtful and touching.

Wang's Reflections

This morning, Lecturer Rie provided feedback on our performance from yesterday's event. She pointed out that we still lack initiative—we tend to act only after receiving clear instructions instead of proactively thinking about what needs to be done. She emphasized that we need to apply the TPO (Time, Place, Occasion) principle to judge situations and take action accordingly. During Lecturer Rie's birthday event last night, I sat across from Dong, and we were engaged in conversation for most of the time. As a result, we sometimes failed to notice when Lecturer Rie needed our help. Instead, others had to inform us before we realised what needed to be done. This is something I must improve in future events—I need to stay attentive to her needs and respond promptly. Moving forward, as her assistant, I will focus on anticipating how to better support her, since she may require our assistance at any moment. She also mentioned that a good leader must always be aware of the situation and needs of everyone involved. This is a skill I need to develop if I want to be an effective leader in the future.

2. The Power of Sustainable Style: Women Accelerating ESG Action at Bates Wells

In the evening, we attended a talk on sustainability in fashion, where we learned about the brand DEPLOY, including its history and core values. It was an insightful experience that gave us a better understanding of the trends shaping the fashion industry today.

We also had the opportunity to speak with John and Stephanie from ShengTai International Group, as well as Ms. MEI SIM, who shared valuable insights and experiences with us.



Dong's Reflections

During the second event today, one of the founders shared an interesting perspective: clothing should be designed with people at the center, and human resources are even more important than material resources. This made me realise that “people-first” thinking is essential in any industry. No matter what field we work in, success always depends on understanding and prioritizing human needs.

Additionally, I noticed how different industries are increasingly focusing on environmental protection and resource conservation. Sustainability has become a global trend, and businesses are actively exploring ways to reduce waste and improve efficiency.

Wang's Reflections

Tonight, I learned that many fashion brands aim to maximize profit while minimizing costs. Through this event, I gained a deeper understanding of DEPLOY's story, philosophy, and unique design approach. One thing I found particularly interesting was that many of their clothes are designed to be worn in multiple ways, making them more versatile.

During the event, I also met John and Stephanie from ShengTai International Group. They were both very friendly and welcoming. When we first met, they even asked if we were feeling tired from the event. At the end, they made a special effort to thank us personally, which made me feel truly appreciated. Lastly, I really enjoyed the food at the event, especially the delicious macarons, which made my evening even better.



Friday, 7 March

1. West London Festival of Business at Holiday Inn London & Kansai-Kai Networking Event at The Jack Horner Pub

This morning, we attended the West London Festival of Business, where we explored exhibitions from different business communities. I also had the great honor of speaking with Mr. Neville Smith and Ms. Minako, from whom I learned a lot.

In the evening, we participated in the Kansai-kai Networking Event, continuing to expand our network and knowledge.





Dong's Reflections

Today was truly an eye-opening experience. Meeting Mr. Neville Smith was such a privilege. His understanding of business helped me see things much more clearly. I'm extremely grateful to Lecturer Rie for giving me the opportunity to connect with such an inspiring person. Mr. Neville Smith shared a key insight: doing business is not just about working behind closed doors—it's about the combination of information, market awareness, networking, and action. These elements are interconnected, and none can be overlooked.

Information & Market – The Foundation of Business

Mr. Neville Smith emphasized that information is the most important asset in the business world. The ability to collect, analyze, and utilize information forms the foundation of all decision-making. If you don't understand market prices, supply and demand, product quality, or consumer feedback, you won't be able to make the right judgments. He observed that in China, there are low-end, mid-range, and high-end markets, which reflect different levels of consumer demand. Understanding these differences is key to accurately positioning oneself in the market.

A market is not something imagined—it's something you discover through practice and observation. If you really want to do business, you can't just sit and think about it; you need to visit markets, tour factories, compare products, and study different business models. When he lived in Poland, he realised that Poland was like Yiwu in China—a low-cost trading market in Europe. This made me realise that opportunities might exist in places we haven't paid attention to—the key is whether we have the insight and initiative to uncover them.

Networking – Building Meaningful Connections

Mr. Neville Smith strongly emphasized the importance of networking and said, “The earlier you start, the better.” If you want to engage in international trade, you must interact with people from different countries to find real opportunities. The market is too vast to navigate alone—opportunities emerge through conversations and connections. However, he also shared one of his regrets: not starting networking earlier. Building connections isn’t just about meeting people; it’s about follow-ups and establishing trust. Many people exchange business cards or contact details but never follow up, missing out on potential opportunities. Before reaching out to someone, it’s best to do some research on them. Understanding their background helps in finding common ground and showing respect.

Action – More Important Than Any Plan

Mr. Neville Smith pointed out that laziness is the easiest thing, but if you want to grow, you must keep taking action. Ideas alone are meaningless; execution is what matters the most. Even Lecturer Rie has said, “Action speaks louder than words.” I asked Mr. Smith if he had any regrets or failures. He mentioned three:

- Not starting networking earlier
- Not reading enough sooner
- Not taking enough action

He explained that gaining knowledge takes time, and reading helps you understand markets and business logic faster. However, even the best ideas are useless without enough execution. This made me reflect—everyone has moments where they think, “I wish I had done that earlier,” but what truly matters is starting now, rather than regretting later. Another thing he said resonated with me: “Making money is for spending, and spending is for freedom.” The goal of making money is not just to save it, but to create choices and the freedom to do what you truly want. I learned so much today. Mr. Neville Smith’s mindset was truly inspiring, and I am deeply grateful to Lecturer Rie for this opportunity. Moving forward, I will take a more proactive approach to learning and taking action—I won’t let these valuable lessons go to waste.

Wang’s Reflections

In the morning, we took the London Underground from Russell Square, traveling for about an hour to the event venue. The area looked like London’s outskirts, and along the way, we saw many beautiful English villages, which felt very peaceful. At the event, we met a very kind elderly gentleman who greeted us in Chinese. He warmly shared that his son has been living in Shanghai for nearly 15 years. He even

recommended some good restaurants nearby, making the conversation very heartwarming.

In the afternoon, I had the opportunity to talk with Mr. Neville Smith, which gave me many new insights. I asked him about networking and language learning, and he patiently answered my questions. He advised us to attend various events—even if we don't directly interact with people, we can observe and listen to learn from others.

Additionally, he stressed the importance of staying informed about market trends and reminded us that investing in ourselves is crucial.

I feel incredibly honored to have spoken with him. This event not only taught me a lot but also gave me new perspectives on networking and self-improvement.

Saturday, 8 March Day Off

This morning, we had Chinese food at Lotus Garden near Chinatown with Lecturer Rie's two friends. After lunch, we visited a bookstore, then wandered around the streets. In the evening, we had some sweet soup.



Dong's Reflections

Today, I was really happy to finally have Chinese food again after a long time. Since we didn't make a reservation in advance, we couldn't visit any tourist attractions today. I'll make sure to book in advance next time. While shopping in the afternoon, I realised I had left in a hurry and wore the wrong shoes, which made walking very tiring. We walked a lot today, but it felt like good exercise.

Wang's Reflections

Having lunch with Lecturer Rie's two friends made me really happy. They were both very kind and caring, always making sure we had enough to eat and looking after us. I really liked them. After lunch, I visited a bookstore that focuses on healing and self-care, which I really like, and I bought two books. On my way back to the hotel in the

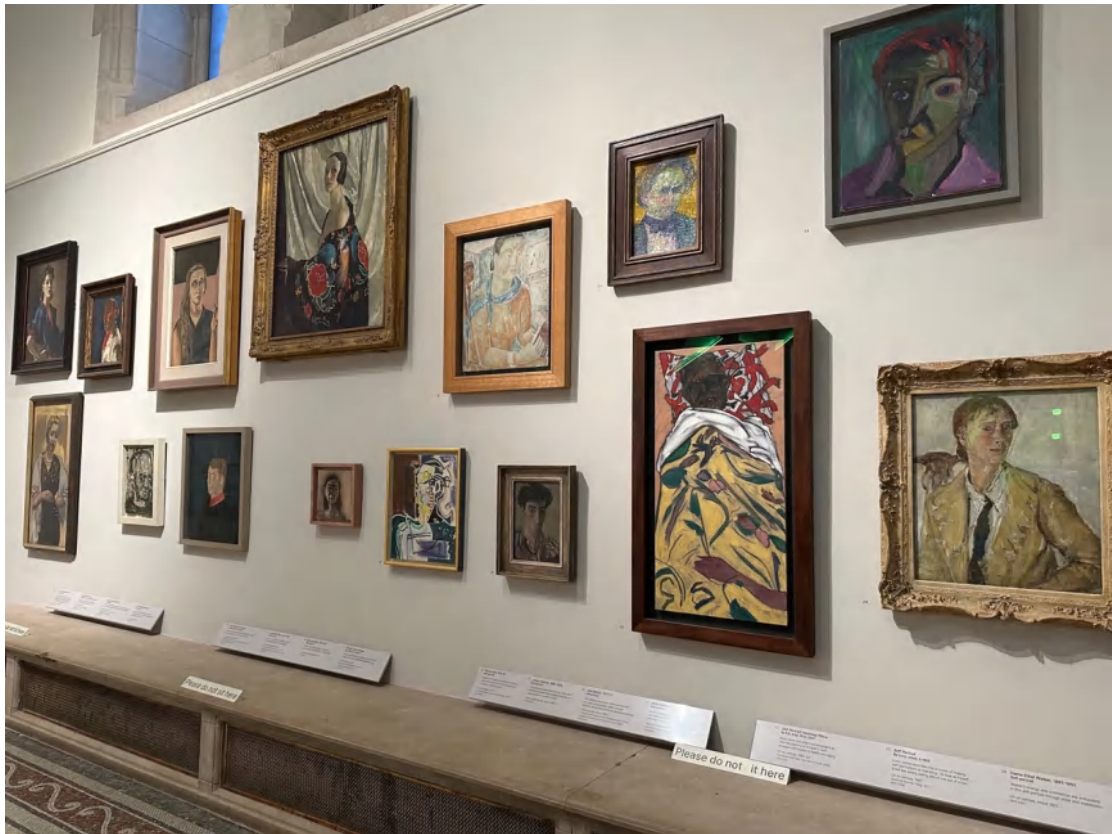
evening, I found a Cantonese dessert shop and ordered my favorite—Fresh Milk and Mochi in Sesame Paste.



Sunday, 9 March Day Off

At noon, after lunch, we went to the National Portrait Gallery and saw many beautiful artworks. In the afternoon, we visited Kensington Palace, and in the evening, we went to the River Thames, where we had dinner on a boat.





Dong's Reflections

Today, I felt the charm of art at the National Portrait Gallery and admired the beauty of oil paintings. In the afternoon, I was in a great mood while walking in the park. The sun was shining, many swans were swimming by the lake, and people were having picnics on the grass. In the evening, we had dinner on a cruise on the Thames. The singer's voice was beautiful, though it was a bit noisy and crowded. Overall, it was a very happy and fulfilling day.

Wang's Reflections

In the afternoon, we visited Kensington Palace, which was recommended by Ms. Louise. The surroundings were beautiful, and the weather was great. Many people were having picnics on the grass, and there was a small lake nearby with adorable pigeons by the water. Everyone around seemed so relaxed, enjoying their time. I also closed my eyes for a while, listening to the birds chirping, and felt completely at ease. The gentle breeze on my face was very refreshing. Spending more time in nature really helps improve my mood.

Monday, 10 March

1. Rotaly London Club Lunch at The Chesterfield Hotel & Internship at The Flemings Hotel & Toastmaster Meeting at Hotel 63

Today, we attended two events. In the morning, we joined the Rotary London Club Lunch Meeting and listened to a speech about CrimeStopper Charity. In the evening, we participated in a Toastmasters Meeting, where we gave impromptu speeches.





Dong's Reflections

This morning's speaker talked about security companies, and I realised how many security risks and crimes exist in the world, which is why such companies are needed. Before coming to the UK, I had never heard of these companies, but since arriving here—and especially after attending the Business Festival—I have seen them everywhere. This really surprised me.

During my internship in the afternoon, Lecturer Rie told us that we should not be too emotional in business settings. Also, when writing emails—especially important ones—it is crucial to include phrases like “お返事をいただけましたら幸いです” (I would appreciate your response) or “お返事をお待ちします” (I look forward to your reply). This is particularly important when it concerns your evaluation or a project. If the other party doesn't reply, it could cause serious problems. Lecturer Rie also emphasized that to become a truly global business person, we must manage our finances well, keep receipts, and understand our minimum living expenses. Besides business advice, Lecturer Rie also shared valuable life lessons, including the importance of “Pay it forward”—doing good for others without expecting anything in return but instead passing kindness forward.

In the evening at Toastmasters, I gave a speech without reading from a script in front of an audience for the first time in my life. I had been looking forward to this opportunity, and I truly cherished and appreciated it. It was a very important lesson for me. This experience also strengthened my determination to improve my English and taught me to face my failures head-on. Lecturer Rie kindly encouraged me, which touched me deeply.

Wang's Reflections

This afternoon, during my internship with Lecturer Rie, I felt deeply moved. She shared many of her experiences and stories, and I was very grateful for them. I also learned an important detail about email title—the subject line is crucial. When emailing busy professionals, if the subject line does not clearly indicate whether a response is needed, they might ignore the email completely. This small detail made me realise how important effective communication is in professional settings.

The impromptu speech in the evening was a huge challenge for me. It was my first time giving an impromptu speech in English, and I was also the first speaker to go on stage. I was extremely nervous, but I gathered my courage, stepped onto the stage, and completed my speech. I feel proud of myself for doing that. What I didn't expect was that I ended up winning the Best Table Topics Award. This was not just a form of recognition for me but also a great encouragement. I sincerely appreciate everyone who voted for me and all those who supported me. Their encouragement gave me tremendous confidence and motivation.

This experience has strengthened my resolve—I will continue participating in Toastmasters meetings when I return to Japan and keep practicing English speeches. I believe that through continuous practice and challenges, I will keep improving. I don't need to compare myself to anyone else—my goal is simply to become a better version of myself.



Tuesday, 11 March

1. Internship at Continental London Hotel & BMS (British Malaysian Society) Meeting with YB Tengku Zafrul, Investment, Trade & Industry Minister of Malaysia

Today, we attended the BMS Meeting. In the morning, during our internship session, Lecturer Rie helped us revise our internship reports from yesterday. After that, we continued our internship at the hotel in the afternoon, where Lecturer Rie analyzed our personal financial statements.



Dong's Reflections

In the morning, Lecturer Rie reminded us again that a good event organizer should always prepare in advance, take photos, and check the venue to make sure everything is ready to meet everyone's needs. She said that having this level of attention to detail is very important for becoming a qualified businessperson.

At noon, during the meeting, I felt less nervous than before. I was more natural and confident when talking to others. Compared to before, I can see that I have made some progress.

In the afternoon, when Lecturer Rie reviewed my personal financial statement, I realised that I often don't keep track of my money well. Many times, I'm not even sure about my own financial situation. This made me understand that managing my finances is truly important. Lecturer Rie also emphasized the importance of follow-up again today. I realised that I don't usually take the initiative to follow up, possibly because I'm afraid that people have forgotten about me or that I might bother them. But in reality, avoiding follow-ups has only made me miss opportunities to build good relationships. The biggest obstacle is often myself—I set limits in my mind, thinking I might fail or be rejected, so I don't take action at all.

But the teacher said that in these moments, we need “発想の転換” (a shift in mindset). Instead of worrying about rejection, I should open my heart, take the first step, and connect with people more naturally. The teacher also said, “The effort you put in will always be noticed.” If someone works hard, others will see and recognize it. On the other hand, if someone is arrogant and refuses to follow up with you, there's no need to be upset. People like that can be seen as a “反面教師” (a negative example), and I should even be thankful that I don't have to deal with them.

Later, I asked Lecturer Rie, “What should I do if someone looks down on me?” She told me, “If they don't even try to see your strengths, you don't need to waste your energy proving yourself to them. There will always be people in the world who don't like you, and that's okay. You don't have to spend time on them.” This conversation made me realise that instead of trying to please everyone, it's more important to focus on the people who truly understand and appreciate me.

In the evening, I went to see *The Phantom of the Opera*. Its musical style is completely different from *Les Misérables*, but just as impressive. The melodies lingered in my mind like a phantom, truly captivating.

Wang's Reflections

Before the event started, we did our internship at a hotel that was just one minute away from the venue. I was really surprised that Lecturer Rie always chooses a hotel so close to the event location. She told us that as a leader, we must have a big picture mindset—we shouldn't only think about ourselves but also consider the people around us.

I also want to express my gratitude to Aki-senpai. Every time he reviews our internship reports, he not only gives grammar suggestions but also writes sincere comments and words of encouragement. His support truly warms my heart, and I admire him a lot.

At today's BMS Meeting, I felt that everyone was very friendly and eager to talk with us, which made me really happy. In the afternoon, the teacher talked about “発想の転換” (a shift in mindset) again, which resonated with me. No matter what happens—whether it feels unpleasant or unfortunate at the moment—we should adopt the mindset that “everything that happens is ultimately beneficial to me.” I believe this is one of the best techniques for managing emotions.

At night, Dong and I went to watch The Phantom of the Opera. Since the ticket was quite expensive, I wanted to make the most of it. So last night, I watched the Phantom of the Opera movie until 2 AM to prepare for the experience. Phantom of the Opera was truly breathtaking. I've always loved its music, and when the most iconic melody started playing, I got goosebumps—it was such a powerful moment.



Wednesday, 12 March Day Off

1. Enabling Change Conference at West Building University of East London

In the morning, we went to the University of East London to attend a lecture and assisted Louise and Lon with the reception work for recruiting Ccgirl members.



Dong's Reflections

While helping in the morning, I noticed that when handing out flyers or distributing items, it's actually better to be flexible rather than too rigid. This makes us appear more friendly. For example, Lon's sister, who was part of the Lecturer Rie's team, would give an extra flyer to people who seemed interested in joining. On the other hand, if someone clearly didn't fit the target group, she would just say a few words and move on. I think this ability to adjust and respond flexibly is very important, and she was also very kind.

During the lecture, I also heard charity organizations talk about the importance of AI. They emphasized that in this era, individuals must keep up with changes. I found this very reasonable.

Wang's Reflections

Today was my first time doing reception work, and I learned a lot. I was also happy to have the chance to talk to different people. One interesting moment was when a Pakistani person asked me if I was Chinese. After I answered, he suddenly started speaking Chinese with me. That was such a surprise. The university students were all very enthusiastic and seeing them join Ccgirl made me feel truly proud. However, some male students asked me questions like, "If men can also join, why is the brand name still Ccgirl?"

2. MAMMA MIA Party at The O2

In the evening, we attended the MAMMA MIA Party with Lecturer Rie, Yuka - senpai, and Ms. Azizah.



Dong's Reflections

The party was so much fun. The venue was beautifully decorated in a Greek style, with flowers and fountains everywhere. It felt very romantic. The atmosphere was amazing, and there was even a session where we shook hands and talked with strangers. That was really interesting. The whole experience made me very curious about the musical Mamma Mia.

The food was also great, especially the lamb, which was delicious. This kind of atmosphere is something I have never experienced in either Japan or China—everyone listening to music, enjoying food, and dancing together. It felt truly happy and fulfilling. I really hope I can visit Greece one day.

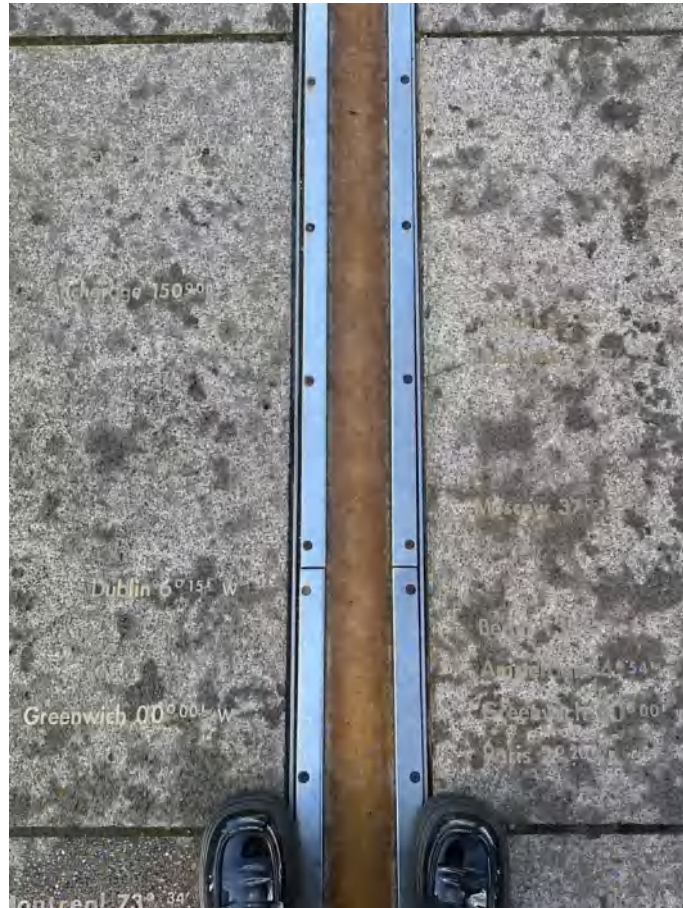
Wang's Reflections

Tonight, was truly amazing. Everyone was dancing while eating, and the atmosphere was just perfect. The last time I felt this kind of vibe was at JJ Lin's concert in Tokyo. To be honest, the ticket price was not cheap, and the food was just at average. If the food had been better, it would have been perfect. However, the staff were very welcoming, and the overall experience was fantastic. At the end of the party, I saw two elderly ladies, beautifully dressed, holding hands and dancing joyfully to the music. Their happiness deeply touched me. At that moment, I truly felt the magic of music and joy. Completely enjoying the present moment is such a wonderful feeling.



Thursday, March 13 Day Off

Today was our rest day. We went to Greenwich Market for lunch and visited the Royal Observatory Greenwich in the afternoon.



Dong's Reflections

London's weather is really unpredictable. Today, the sky was filled with big dark clouds, and the rain kept stopping and starting. At the market, I tried food from three different stalls. Most of them were delicious, but the soup dumplings really disappointed me. I don't think I can trust Chinese food in the UK anymore. As we walked through the park, the sun came out for a short while, and my mood instantly got better. London's parks are so nice—perfect for a slow walk. I saw many adorable dogs playing on the grass, and their round little bodies were just too cute.

At the Royal Observatory, I learned about the history of clocks, which I found fascinating. It's amazing how people invented such precise mechanical devices so many years ago. I really admire their intelligence. Luckily, the rain didn't last long, and I finally got to see the Prime Meridian, which I had read about in my high school geography textbook.

London is getting colder day by day, and since there was no sun today, we had to cancel our plan to watch IFS Cloud Cable Car. That was a bit disappointing. However, we accidentally found a café with really good bubble tea, so in the end, it felt like we gained something despite the losses.

Wang's Reflections

The weather today wasn't great, and it even rained. At Greenwich Market, I tried a lot of delicious food, like Turkish potatoes and mushroom pastries, as well as some other tasty dishes. However, one bun really disappointed me. Not only was it expensive and not tasty, but it was also a pre-made frozen bun. That made me feel sad.

In the afternoon, we visited the Royal Observatory Greenwich and passed through Greenwich Park on the way. The park was beautiful, especially after the rain. The air was fresh, and the scenery was lovely. The best surprise was that we unexpectedly saw a rainbow. It only appeared for a moment, but I was lucky enough to capture it in a photo.

In the evening, we had originally planned to take the IFS Cloud Cable Car, but since it was too cold, we decided to cancel it. Later, we passed by a café called Haute Dolci. Since we weren't too hungry, we only ordered two drinks. Surprisingly, the staff member who took our order started chatting with us when she saw that we only ordered drinks. She asked where we were from, and when she found out we were from China, she curiously asked, "Do Chinese people eat very little?" We laughed and explained that Chinese people eat quite a lot. The conversation was really fun, and I liked the staff member a lot. The best part was that, in the end, she even gave us a free plate of fruit. That made me so happy.

Friday, 14 March

1. Internship at City Livery Club & Negapoji-Taiwa Online Seminar & Fish and Chips Lunch at City Livery Club

This morning, we attended an online meeting on Negaposi Dialogue with Lecturer Rie. During the session, everyone shared their true feelings about work, and I learned a lot from the discussion. It was also a meaningful experience that I believe will be helpful for my future. At noon, we had fish and chips with Lecturer Rie and Ms. Mayumi.

In the afternoon, we visited the City Livery Club, where we had a great conversation with some of the lecturer's friends. We shared our experiences and talked about lots of things.



Dong's Reflections

During the morning discussion, one sentence stood out to me: “モヤモヤには感情の共有がされていない” (Feeling troubled is painful because no one truly shares your emotions). I found this idea very insightful. However, I still don't quite understand why people choose to go to a place specifically to share their personal worries with a group of complete strangers. Isn't it more common to vent to close friends? Sharing personal struggles with strangers feels a bit overwhelming to me.

At noon, I had fish and chips, and it was amazing. I felt so lucky to be with Lecturer Rie, as she introduced us to this classic British dish that was not only delicious but also affordable. I finished everything in one go—so satisfying.

During the afternoon discussion, the topic of social responsibility really resonated with me. Lecturer Rie said: “You have to recognize other people's efforts.” This made me realise that people like Lecturer Rie, who acknowledge and appreciate the efforts of others, are the ones who help create more opportunities for those around them. It is precisely because I met someone like her that I feel more motivated to work hard and improve myself. At the same time, I hope that in the future, I can also be someone who gives opportunities to others. The idea of paying it forward really inspired me. Since others have given me opportunities, I want to pass on this kindness by helping those in need when I have the chance.

Additionally, I've come to understand that the reason Lecturer Rie can continuously offer opportunities to others is that she herself is great at seizing opportunities. She always extends a helping hand at the right time, which has allowed her to build strong and trusting relationships with people. She also shared a thought about networking that left a deep impression on me: “Networking happens when people gather together, but it also dissolves quickly.” This made me realise that there is no need to rush in building relationships. Connections that form too quickly often fade just as fast. On the other hand, those that develop slowly and deepen over time are much more solid and meaningful. So when it comes to social interactions, patience is key.

Lastly, I gained a new perspective on personal effort. Lecturer Rie said: “Your efforts will always be noticed by the right people. As for those who don't see them, there's no need to fight for their recognition.” This helped me feel at ease. I now understand that the value of hard work does not lie in proving myself to everyone but in making steady progress. As long as I keep accumulating experiences and improving, I will eventually be recognized by those who truly matter.

This discussion made me appreciate that life is a journey, and every experience is valuable. No matter what situation we face, being grateful and cherishing the moment is always important.

Wang's Reflections

During the Negaposi Dialogue session in the morning, one particular sentence stood out to me: “Not all expressions of emotion lead to emotional connection, which is why we sometimes receive vague responses.” This made me reflect a lot. During lunch, I was very happy to have the opportunity to eat with Ms. Mayumi and listen to her share her life experiences. I was especially touched when she talked about her family and agricultural stories—her emotions felt so genuine. She struck me as a kind-hearted, strong, and compassionate person, and I really admire and appreciate her. Also, today was my first time trying the famous fish and chips in the UK. It was surprisingly delicious, especially with the edamame—I felt like I could eat two servings by myself.

In the afternoon, I was glad to chat with Lecturer Rie's friends. I was once again impressed by her exceptional organizational and leadership skills. Nowadays, many networking events aim to bring people together, but in reality, many attendees never stay in touch afterward, making these events somewhat ineffective. However, Lecturer Rie emphasizes the importance of follow-up. The events she organizes don't just stop at initial interactions but actually help people build long-term connections. I truly admire her philosophy and hope that in the future, I can also organize meaningful networking events like hers.

Additionally, I was deeply moved by how selflessly Lecturer Rie shares her knowledge and experiences with the people she meets, including her interns. I think this is truly admirable.

To me, the idea of paying it forward is more valuable than money or status. Once again, I feel incredibly lucky to have this internship opportunity, and I am grateful to Chuo University for giving me the chance to meet so many outstanding individuals.



Saturday, 15 March Day Off

Today was our day off. Since we are going back to our home country next week, we spent the day browsing some shops and buying local specialties. In the afternoon, we lined up at Jellycat to get the UK-exclusive fish and chips toy—it was super cute.

Dong's Reflections

London's weather is already cold enough to wear a down jacket. Today felt like a healthy day. To buy the Jellycat, we ran to five or six different stores, exercising in the chilly wind, and strengthening our willpower. Luckily, we got what we wanted, and I was so happy to finally get the plush I had been dreaming of. Also, the enthusiastic performance by the store staff was really fun. Watching them made me feel a little better about spending so much money.



Wang's Reflections

We're going back next week—time really flies, and I feel so reluctant to leave London. Today, I finally got the Jellycat pretzel keychain I've wanted for a long time, which made me really happy. While waiting in line with Dong for the Jellycat fish and chips, I watched the store staff's performance and interactions, which were super cute.

Sunday, 16 March Day Off

Today was our day off, and we joined a one-day tour to Brighton Beach and the Seven Sisters Cliffs.



Dong's Reflections

We spent six hours on the road today—the round-trip journey was just too long. I took motion sickness medicine to avoid getting carsick, but the side effects were too strong, and I felt drowsy the entire day. Even though the wind was really strong, it didn't wake me up at all. It was a bit of a shame because the scenery along the way was beautiful, but I didn't have the energy to fully enjoy it. However, I think the sea in Brighton looks a lot like Enoshima.

Wang's Reflections

The wind was really strong today, especially at Brighton Beach and the Seven Sisters Cliffs, making it feel extra cold. But while wandering around Brighton, I accidentally found a small accessories shop. The handmade accessories there were really cute, though a bit expensive.

When we arrived at the cliffs, I saw many people hiking. But for me, this season feels a little too cold. If I have the chance to visit again in warmer weather, I'd love to try hiking as well.

Monday, 17 March

1. Internship at National Liberal Club & Afternoon Tea at Royal Horseguards Hotel

This morning, we had an internship with Lecturer Rie at the National Liberal Club. She asked us to organize our expenses for the past month in London and plan a budget for the coming year. This was a very meaningful exercise, as it gave us a clearer understanding of our spending habits.

In the afternoon, we enjoyed traditional English afternoon tea at a hotel next to the club. We chatted while eating, and the atmosphere was light and joyful. It was a truly happy experience.



Dong's Reflections

Today, I realised that trying to do too many things at once can lead to getting nothing done properly. This is one of the main causes of procrastination. It's important to manage our pace and set priorities. Using the list ranking method to organize tasks can be very effective. Also, our bodies need real rest—not just physical rest but also emotional relaxation. Negative emotions can drain energy just like physical exhaustion. One key insight I had today is that in the past, I always thought remembering things was the most important, but, knowing how to forget is even more valuable. Letting go of negative emotions helps us recharge and move forward.

We also talked about an old Chinese saying: “塞翁失马，焉知非福” (Sai weng shi ma, yan zhi fei fu) – A setback might actually bring good fortune.

Another phrase that left a deep impression on me was: “親しき中にも礼儀あり” (Shitashiki naka ni mo reigi ari) – Even between close friends, respect and etiquette are important. If two people are traveling together but both are in a bad mood, it's better to spend some time apart. If neither person is happy, it's best to give each other space. I completely agree with this. As a Chinese saying goes, “Distance makes beauty.”

Lastly, Lecturer Rie told us that the most important thing in life is our own heart. However, I often lack the courage to follow my heart because I care too much about how others see me. She suggested desensitization training—practicing not caring about others' opinions by intentionally doing things that might seem “silly.” For example, she mentioned reading an English newspaper on the train in Japan, where people might look at you strangely. But over time, you become immune to their judgments.

Wang's Reflections

In the morning, when calculating my monthly expenses, I realised that this was the first time I had seriously checked how much I had spent. Growing up, I never developed a habit of managing my personal finances. Even now, as a student in Japan, I struggle to answer when people ask me about my annual living or tuition expenses.

Today, after calculating everything, I was surprised to see that my food expenses were much higher than I had expected. Even though budgeting felt a bit tedious, it was also very interesting because I started to gain control over my finances. I decided to keep up this habit, as it's an essential step for future financial planning.

In the afternoon, having afternoon tea with Lecturer Rie, we had many deep and inspiring conversations. Every time I meet her, I feel recharged. No matter how tired I was the day before, just seeing her brings back my energy. She is someone I feel

comfortable sharing everything with. During our conversation, we discussed a Chinese saying: “塞翁失马，焉知非福。” (Sai weng shi ma, yan zhi fei fu) – Sometimes, what seems bad at first might actually bring something good. I strongly believe in this. In life, we often face unexpected events or disappointments. Our immediate reaction is to see them as bad things, but in the long run, everything happens for a reason, and it may actually benefit us. If we can have this mindset, we can quickly adjust and turn challenges into opportunities. This is a very powerful way of thinking.

We also talked about gratitude. During my month in London, I realised that I have a special “talent” – the ability to feel gratitude. I easily notice and appreciate the kindness of others. However, in the past, I often felt too shy or embarrassed to express my gratitude directly.

Now, I understand that gratitude is not just about thanking others—it’s also a source of personal strength. When I express appreciation, I also feel a deep warmth in my heart. Sometimes, this feeling is so strong that it brings tears to my eyes, but I see this as a precious gift. That’s why I decided to make gratitude my life philosophy.

Besides that, I also shared my struggles with personal space in relationships. I need time alone, and when traveling with close friends, I sometimes notice their bad moods, which can lead to conflicts. Every time this happens, I feel sad and start questioning if there’s something wrong with my personality. But Lecturer Rie told me: “親しき中にも礼儀あり” (Even between close friends, respect and boundaries are important). This deeply resonated with me. Everyone is unique, and disagreements between people are inevitable. Expecting perfect harmony always is unrealistic. I need to learn to accept that even the best friendships can have occasional conflicts.

Another powerful thing Lecturer Rie said was: “There is no such thing as a ‘wrong’ choice in this world.” I completely agree. People often doubt themselves and second-guess their decisions. But one of the most important lessons in life is learning to unconditionally love and trust yourself. From now on, I will believe in myself 100% and take full responsibility for my choices. This is not easy for a young person, but whenever I feel lost, I will remind myself of this. Every conversation with Lecturer Rie leaves me with valuable insights, and I want to share them with others. In life, we can’t take anything with us when we leave, but we can pass on kindness. That’s why I want to “Pay It Forward”—to spread kindness, just like she does. Gratitude and sharing bring me more joy than keeping things to myself.

2. The 15th PAWA (Pan Asian Women’s Association) Annual Conference at Euronext

In the evening, we attended the 15th PAWA Annual Conference. PAWA is an organization that supports education for underprivileged women in Asia. During the event, we listened to inspiring speeches and learned that many girls around the world still don’t have access to education.

One of PAWA’s core messages is: “Educate a Girl, Change a Life, Break the Cycle.”



Dong's Reflections

Two slides in the presentation touched me the most:

1. Education can change lives.

One girl's life was transformed by education, and later, she helped others do the same. This "Pay It Forward" concept resonated deeply with me. I have received valuable lessons from my teachers, and in the future, when I become stronger, I want to give back by sharing my experiences with others. I feel this is part of my life's mission.

2. The story of an inspiring girl named Srey.

At the conference, I heard about Srey, a graduate from a PAWA-sponsored dormitory. She said: "When I return home, I feel happy talking to and helping younger students. I hope to attend university and become a social worker. Cambodia needs more social workers." Her words deeply moved me. The world needs more strong women to stand up and make a difference. Many of the conference attendees were women who were helping other women. I hope that one day, I will be strong enough to do the same.

Wang's Reflections

Through this event, I have come to deeply realise how incredibly fortunate I am to have the life I have now. In some regions, women not only lack the right to education but are even forced into marriage and childbirth as early as 13. If they are unable to have children, they may even be abandoned. These realities shocked me and made it hard to believe that in the 21st century, so many people still experience such injustices. It is because of organizations like PAWA that our world is becoming a better place. This reminds me of Principal Zhang Guimei from China—she dedicated her life to educating underprivileged girls, continuing to teach despite suffering from serious illnesses. She discovered that many girls in poverty were forced to drop out of school due to financial difficulties and were even pushed into early marriages. To change their fate, she tirelessly raised funds and established China's first completely free girls' high school. So far, she has helped over 2,000 girls from poor backgrounds go to university. I firmly believe that my purpose in life is also to help more and more girls achieve a better future.

Tuesday, 18 March

1. Zoom Meeting with Ms. Dion Johnson

This morning, we had an online meeting with Lecturer Rie and Ms. Dion Johnson. Since our first conversation with Ms. Dion on March 4th, we have been deeply inspired. We were truly grateful to have another chance to speak with her today, especially considering her busy schedule. During the meeting, each of us asked our own questions, and Ms. Dion patiently answered, giving us much encouragement and insight.



Dong's Reflections

I am very thankful for the opportunity to listen to Ms. Dion today. Her powerful and energetic words gave me more confidence in my path and made me believe even more in the importance of valuing myself and listening to my inner needs. In this meeting, I asked Ms. Dion a question that has troubled me for a long time: “How can I build my true self? And how can I know who I really am?” Her answer inspired me deeply and helped me make an important decision. Here are my thoughts on what I learned.

About Power

True power does not come from constant action but from a deep understanding of the strength we already have. We are born with this power, and the key is learning how to use it. Sometimes it feels like men are always ahead of women, but this is often because men have long held power in politics and have used constant action to maintain their position. Ms. Dion said that the essence of power is the ability to make things happen. Once we understand that, we no longer need to prove ourselves to others.

About Growth

Growth cannot be achieved by willpower alone; it also requires the right environment. Just like a seed that needs suitable soil and climate to grow into a strong tree, I believe love and purpose are the environment I need. Ms. Dion told me that the first step of growth is learning to accept and love myself. When facing fear, I must be brave enough to face it and give myself the chance to grow. Constant self-doubt and confusion will not help me move forward. What truly drives growth is not endless questioning but finding love and purpose within myself. These are not unreachable things—I believe I will find them. I also understand now that meeting my basic needs is the foundation of self-confidence. Only when I believe that I deserve to be cared for can I become truly strong.

About Thoughts and Beliefs

I've come to understand that my thoughts shape who I am. I will become the person I believe I am. So, I need to choose my beliefs carefully and listen to my true inner voice. When I reflect on where my beliefs come from, I gain the power to change my reality.

About Actions and Beliefs

Growth also requires determination and action. I will learn to catch and hold on to my thoughts, even in confusion, to listen to my heart and follow its direction.

About Love and Giving

I now understand that finding my true self means opening my heart and allowing myself to explore. True love is not just about waiting to receive but also about giving. If I wish to receive love, I must first learn to love others. If I desire something, I must learn to give it first.

Wang's Reflections

I truly admire Ms. Dion. The first time I met her, I was deeply moved by her story and the power of her words—I even cried. This second conversation touched me just as deeply, and once again, I cried from happiness and gratitude. Near the end of our talk, I noticed Ms. Dion also had tears in her eyes. I am so thankful for the sincerity she showed in sharing with us.

During the conversation, I told Ms. Dion that I believe she and Lecturer Rie are both strong and powerful women, and I hope to become someone like them one day. Ms. Dion then shared her own story. She said that in the past, when she saw others who seemed stronger or more successful, she often felt that she wasn't good enough and believed they had something she didn't. But later, she realised this was not true. She told me that every one of us is born with power and strength. We simply need to discover it, and that is one of the key journeys in life.

I also talked to Ms. Dion about the idea of gratitude. I shared a Chinese saying: "A content heart is a constant joy." I believe that if we always keep a grateful heart and appreciate what we already have, it becomes easier to feel happy and satisfied. Ms. Dion agreed and said that if we only focus on what we don't have and fall into self-doubt and blame, it will only lead to pain and unhappiness.

I also told Ms. Dion that I often cry when I feel thankful or happy, and I believe this is a special gift I have. She encouraged me to think about how I could use this gift and turn it into a unique strength.

Recently, I've come to understand something very important. Many people are always looking for love or waiting for love to come to them. But in fact, we do not need to look for love from others. Our existence itself is love. We do not need to wait passively for love. Each of us is the source of love. We are love itself.

Wednesday, 19 March

1. Bilingual Breakfast for Mandarin Teachers: Sharing Best Practice at Kensington Wade School

Today, we joined a Mandarin teacher breakfast event at Kensington Wade School. We learned about the school's bilingual teaching philosophy and background, met some very cute children, and even got to observe their classes in action. The croissants they served were delicious, and the whole experience was heartwarming and special.



Dong's Reflections

This morning's event really touched me. Seeing the Chinese language and culture being promoted abroad made me feel proud and happy. Chinese culture is not fading away—it's finding new life in other countries.

What impressed me most was their teaching model. It had a strong Chinese style, but without the usual pressure and heavy workload. It's like they kept the good parts and removed the stressful ones, which I really admire.

I also felt a strong sense of teamwork. The teaching team was excellent. Each unit had different content, but the teaching style stayed consistent, showing their high level of professionalism.

I must mention two of the children we met. They were not only adorable but also spoke Chinese very well. Their logic was clear, and they were quick thinkers. I was very impressed.

Wang's Reflections

I was really surprised by the teaching style at this school. It was my first time truly experiencing what a bilingual school is like. In China, I've heard about many private schools focused on foreign languages, but Kensington Wade felt completely different. It was truly an immersive bilingual experience in both Chinese and English. From the teachers to the curriculum, everything showed a strong balance and integration of the two languages.

This morning, we met two students from the school. When they started speaking in Chinese, I was shocked—their pronunciation and logic were nearly perfect. For non-native speakers, Chinese pronunciation is usually the hardest part, but these kids spoke with such confidence and clarity. Honestly, they answered some questions better than I could have. Their thinking was sharp, and their answers were well-structured.

Seeing the school's environment and how the kids performed made me really want to work here and gain some experience. I even asked the staff about related opportunities. If I get the chance in the future, I'd love to be part of a school like this and learn more from the experience.

2. Internship at Waterstones & Meet the Ambassador at Royal Thai Embassy

In the afternoon, we first met our lecturer Rie at a café to do some internships work together. She helped us correct the grammar in our previous daily reports, and we reflected on our internship journey so far. It's hard to believe that tomorrow is already our last day—it feels like time flew by.



Dong's Reflections

The blind couple we met this afternoon gave me a lot of encouragement. The man is a photographer who mentioned in his book that losing his eyesight at 24 actually opened up a brand-new way of life for him. He felt excited by this change. Now, the couple is traveling the world, embracing life with passion and positivity. Their love for life deeply moved me, and I quietly wrote a message of blessings for them in their little notebook.

Dinner at the Thai embassy was amazing—the food was delicious, and I felt really happy. What made me even happier was talking with everyone during the social time. I had a long conversation with a Japanese woman who runs her own business. She was confident and funny, and left a strong impression on me. I also talked with the chairperson, who was truly inspiring. I thanked her and shared my respect. She told me many of her life stories, especially how she moved to Japan alone at 16. I really admire her. She said, “Life is about experiences. Don’t waste your time—do what you really want to do.” That sentence gave me a lot of courage and strength.

Wang's Reflections

Before the afternoon event started, we met several of Lecturer Rie’s friends at the café. I was especially inspired by the blind couple. Their attitude toward life was really admirable, and I hope to have more chances to connect with them in the future.

There was also an Italian man who made a deep impression on me. He was very funny and easy to talk to. We even chatted about fun topics like whether Italians really hate pineapple on pizza. He also told us he had been to Japan for a Hello Kitty exhibition and had traveled to many places in China. I truly enjoyed our conversation.

The evening event was held at the Thai Embassy, where we met lots of interesting people and reconnected with Metta, whom we had met before. One Japanese woman named Chikako stood out to me. She was witty and had a great personality. She told us about the many different jobs she had done before, and I was surprised to learn that she now works in the healing field and runs her own clinic. That’s something I’m interested in doing in the future too. We even talked about quantum hypnosis. She looked like someone straight out of a Japanese anime—youthful and full of life. Her attitude toward life was something I really admire.

Finally, I have to say—the food at the Thai Embassy was amazing. There were so many dishes, I couldn’t even try them all.



Thursday, 20 March

**1. Expanding into ASEAN (Association of Southeast Asian Nations):
Opportunities, Challenges, and Strategies for UK Businesses at
Towers&Hamlin**

Before we left today, we attended an event hosted by the Institute of Directors (IOD). We met many outstanding professionals and had the honor of listening to talks on international trade, which were very informative and inspiring.



Dong's Reflections

At the event, Ms. Wennie stood out with her excellent presentation. She spoke with confidence and grace, which I truly admired. I hope to learn from her in the future. After the talk, we approached Ms. Wennie to talk with her. She's someone who's not afraid of challenges and always looks forward to new environments with excitement. I really see her as a role model because I also enjoy trying new things and adapting to new situations. Her courage and passion inspired me a lot and made me even more determined to follow her example.

However, during our conversation with Ms. Wennie, I realised I wasn't well-prepared—I had put my business cards in my bag and didn't take them out in time. Lecturer Rie pointed out that since it was our last day of the internship, I had let my guard down and wasn't fully prepared. She said this kind of attitude isn't ideal, and I agree. We should always stay focused and finish things properly, even when they're about to end.

This internship has taught me so much. It not only broadened my perspective but also opened my heart. I stepped out of my comfort zone and became more proactive. Whether it was during work or social situations, I was much more active than before.

On the last day of the internship, Lecturer Rie gave us parting words that deeply touched me. Despite her busy schedule, Yuka senpai also made time to come see us and even kindly helped carry my luggage. It was such a warm gesture. I'm especially grateful to everyone I met during this internship—thank you to our teachers for their guidance, to Yuka senpai for her kindness, to Aki senpai who always reviewed our reports and encouraged us, and to Wang who was so self-disciplined and always stayed by my side, supporting me every step of the way. I'm truly thankful for everyone who treated me with kindness and for all the amazing people we met who shine in their own fields. This month has been one of the most unforgettable experiences of my life.

Wang's Reflections

This morning, I think we made a small mistake—we forgot to bring our business cards. Since we were flying back to China today, we had changed into more comfortable clothes, and we forgot to pack our cards the night before. Lecturer Rie mentioned that no matter where she goes, she always carries her business cards. Ms. Wennie, one of the speakers, also told us that building connections is one of the keys to success. This made me realise my mistake, and I'll keep that in mind for the future.

After the event, we said goodbye to Lecturer Rie. Before we left, she gave me a book and a postcard. I was really touched. Dong and I both started crying when we received the gifts.

In the afternoon, we went to eat the Jollibee fried chicken we had been craving for a while. Honestly, I hadn't had fried chicken in a long time, and it tasted amazing. We talked and ate chicken together—it felt so cozy and happy. Since we also wanted to see Yuka senpai one more time before leaving, we bought her a piece too, because it was just that good.

Yuka senpai is one of the people I want to thank most from this internship. I really like her personality, and I feel lucky to have met such kind and wonderful people. At the end, she even gave us little gifts and walked us to the subway station herself.

Later that day, we flew safely back to Beijing. We were so lucky. Our flight was on March 20 from Heathrow Airport—and only after we landed did we find out that on March 21, a fire near Heathrow caused major signal problems, and almost all following flights were canceled. That was incredibly lucky.

I'm so thankful for everyone we met along the way. And most of all, I want to thank Dong for always being by my side—supporting me, taking care of me, and giving me so much strength.

