Hi folks, glad to be here. I’m going to introduce myself alone……….as the punishment of 2-classes absence. This is a really strict English class….

I’m Lance. As you know, I mean some of you, maybe…. I’m with IT department. So what IT is and what IT should do, will not be talked about later. It’s just work…. Boring… routine jobs… unreasonable boss….shit happens….

I will show you more than Lance of IT. Exciting? Da la la la….? No... This is not Lance….

I’m 41 years old, 2 kids, 1 wife, 2 parents, and one dog…but dead…

I have wide interest, like traveling, playing cards, many kinds of sports and exercising.

I’m a person who like to get in touch with new world and challenge myself. What I want to mention here are diving, backpacking and jogging.

I got the diving license 10 years ago and I’ve gone diving for several time in Ken ting and Green Island. I think diving is one of the activities that people should experience once in their life because….. There is another amazing world under ocean…. You know... Think about it, how can you touch a different world in your normal life? There it is! Just under the ocean!

Except diving. I have finished 20 of the Top-100 Mountains of Taiwan. The first one I challenge is 玉山。The path is not very difficult, but for the beginners the biggest challenge is the thin air. You will feel unreasonably tired without enough oxygen. Then you will got attitude sick easily – you’ll get headache and vomit what you eat. On my first trip of 玉山, I had instant noddle for lunch and I vomited all them out before dinner and I didn’t dare to eat anything after then until I went down the mountain next day. It means I eat nothing during the 36 hours trip. It’s more difficult than diving but that is another different world near us.

After I entered the tomb of my life… that’s so call “get married”. I don’t have time to keep these exercises. I tried to find an exercise which is easy to do, easy to arrange time, and effective to stay fit. I got it, that’s jogging without shoes. I’ve been a barefoot marathon runner for 5 years. Barefoot run is the best way to force you to use all your muscles of your whole body when running. If you don’t, your sole (bottom of feet) will get blister quickly and you will feel so painful to run.

In conclusion, what I want you to remember is that Lance is a sunshine IT engineer.