

Reflective Report on the NTNU Summer Study Trip

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This report provides a summary and personal reflection on the two-week study trip to the Norwegian University of Science and Technology (NTNU) that took place this summer. The purpose of this visit was to experience Norway's educational culture, participate in academic activities, and foster cross-cultural exchange. This report will detail my observations and learning outcomes in four key areas: landscapes, cuisine, entertainment, and academic learning.

1. Landscapes: A Contrast in Natural Beauty

Norway's natural environment is profoundly majestic. The visit to the Norwegian fjords and the Nidaros Cathedral showcased a landscape that is both powerful and serene. The scale and pristine quality of the nature here are exceptional.

In contrast, China's famous landscapes, such as those in Guilin, often present a more poetic and harmonious beauty, deeply intertwined with historical and cultural elements. This comparison highlighted how nature can be appreciated through different cultural lenses—one emphasizing raw grandeur and the other cultivated elegance.

2. Cuisine: Purity and Diversity

Norwegian cuisine strongly emphasizes freshness and simplicity. The high quality of ingredients, such as the salmon and the unique brown cheese, was notable. The experience of sharing a meal at a Norwegian student's home was particularly valuable, offering genuine cultural insight.

This contrasts with Chinese culinary traditions, where food is a vibrant social event centered around shared dishes with complex flavors, like Hot Pot. This difference illustrates a fascinating cultural distinction: Norway's focus on individual ingredient quality versus China's emphasis on communal dining and flavor combination.

3. Entertainment and Social Life: Outdoor Adventure and Community

The social activities organized by our NTNU peers were a highlight of the trip. The hiking trip and the invitation to a home party were incredibly welcoming. Participating in the "Bar to Bar" event provided a lively and safe introduction to Norwegian student life.

This style of socializing, which is often outdoors and activity-based, differs from common

leisure activities in China, which frequently involve indoor gatherings like group dinners or KTV. This experience demonstrated the Norwegian value of an active lifestyle and informal social bonding.

4. Academic Learning: Fostering Independent Inquiry

The academic sessions were highly enlightening. The medical ethics class and the coagulation theory and lab sessions were particularly impressive. The professors explained complex principles with great clarity, and the use of virtual simulations greatly enhanced our understanding of the experimental procedures.

The teaching style at NTNU, which encourages students to ask questions and think independently, was inspiring. It complements the more structured and foundational approach emphasized in Chinese medical education. This experience reinforced the idea that critical thinking and hands-on exploration are essential components of scientific education.

In conclusion, this study trip was an immensely valuable experience, both academically and personally. It provided a unique opportunity to appreciate a different culture, compare educational approaches, and develop a more global perspective.

I would like to extend my sincere gratitude to the faculty and administrative staff of both Nankai University and the Norwegian University of Science and Technology for organizing and supporting this invaluable program. A special thank you to the NTNU students for their incredible hospitality and friendship, which truly made us feel welcome. This journey has broadened my horizons and will undoubtedly positively impact my future studies and career.