

俄亥俄州大學的三個月

盧嘉

香港中文大學生物化學系

這個暑假，得益於香港中文大學生物化學系組織、資助之“Dedicated Research Exchange and Mentorship (DREAM) Programme”，簡稱 DREAM Programme，我於美國俄亥俄州立大學度過了為期三個月的研究生生活。在這個活動中，我受益匪淺。

我以為，DREAM Programme 於我之收穫，包括三個方面，分別是研究、交流以及與教授的交流。

首先，在本次交流計劃中，我有幸進入俄亥俄州大的實驗室中開始我畢業論文的研究。在美國的研究室，各種新技術的運用更為廣泛，讓學生有更多機會接觸更加先進的技術。我在這三個月中，無論是嘗試基因克隆，或者蛋白質提純，都接觸了不少新技術，更嘗試過使用與熒光蛋白有關的實驗，這些都對於我大有幫助。

其次，在美國的三個月，讓我對美國的生活有更真實的感受。在交流期間，我們居住在當地社區中，與美國學生一起做實驗，並於中途去過紐約、華盛頓特區以及波士頓三座城市，對美國文化、美國歷史都有了更深的了解。並且，這次交流讓我對美國大學系統有了更清楚的了解。

最後，交流期間，我獲得了與美國教授一起工作、交流的機會，幫助在我畢業論文的研究中取得了重大進展。在交流的過程中也加深了我對科學研究的認識。

可以說，今年的 DREAM Programme 讓我在俄亥俄州大學享受了三個月的快樂時光，並從中學習到許多有用的知識。

A Trip to Ohio State University

Lu Jia

The Chinese University of Hong Kong

This summer, thanks to the Dedicated Research Exchange and Mentorship (DREAM) Programme, organized and sponsored by the Biochemistry Department, CUHK, I have had a wonderful three months staying in the Ohio State University, United States.

First of all, this is a research programme. So the major component of my live there is research. This year, thanks to the collaboration, I can start my Final Year Project in OSU and bring it back to Hong Kong to continue. Also, it is really good that I can have experience staying in a foreign lab and do my research. In OSU, I have improved my experimental skills as well as learnt more technologies, both of which contribute to my breakthrough in my project. In the lab where I stayed in, all those technologies have similar protocol as those in Hong Kong, but with a slightly difference. However, a little difference in protocol makes an enormous difference in the final result. I really learnt a lot in cloning, protein purification technologies. Also, being exposed to other technologies has widened my horizon, providing me with more possibilities for my research.

Secondly, it is an exchange programme. Having real live in US is awesome! We rent an apartment; living with American people, go to university with American students, which gave me more realistic ideas of American live. Also, in the past three months, I managed to go to New York, Washington D.C. and Boston for a short trip. Those

cities are wonderful places for studying American culture and history. In New York, I have seen an international city not worse than Hong Kong. In Washington D.C., I have been to the Capitol as well as many museums. In Boston, I walked along the "Freedom Trail", knowing more and more about the independence of United States. All those historic places really fascinated me.

The mentorship is as important as the former two to me. In OSU, I have a lot of chances communicating with my supervisor in US, who is both a chemist and a biochemist. He always came up with many new wonderful ideas when we met, which really helped me with my project. Also, he has mentioned much about his research career and his early life, and he also encouraged me all the time. I remember once he said, if you want to do it, then do it right. That was the time when I had to work very late at night. His words let me know how should a real scientist should be.

All in all, I had a really good life in OSU, thanks to the DREAM Programme.