

北醫大外籍學子潘閔軒，榮獲 2022「臺灣好精彩！」圖文攝影暨短片大賽第 3 名

本校醫學科學院醫學檢驗暨生物技術學系泰國籍博士生潘閔軒（Teerapong Prompunya）同學，參加由臺灣獎學金及華語文獎學金計畫舉辦的 2022 Fabulous Taiwan「臺灣好精彩！」第 10 屆圖文攝影及短片活動，於 5 月 20 日以《[Wondrous vistas](#)》（奇景）短片榮獲第 3 名，並於 5 月 27 日在財團法人張榮發基金會大樓 B1 宴會廳展出影片，本刊特邀潘閔軒分享獲獎心得。（編按）



本次活動的目的，是冀望透過外籍學生的視角，將臺灣豐富多樣的文化、風土人情、美景交織成讓人驚歎、動人的畫面，展現臺灣多彩多姿的樣貌，因此，希望能鼓勵外籍學生加深與臺灣本土文化的接觸，繼而將臺灣推向全世界。【圖：本校醫技系博士生潘閔軒同學（左圖）

榮獲「臺灣好精彩！」第 10 屆圖文攝影及短片活動第 3 名（右圖）】

今年活動的主題是活力臺灣（充滿新奇趣味的臺灣），我參加短片組比賽，影片長度限制在 2 分鐘以內（包括片名、主題內容、片尾卡司介紹等），至於錄影的攝影器材設備則沒有限制。因為我沒有專業的攝影機、無人機或是先進的設備，所以我只用自己的手機捕捉我在臺灣的每一刻。

我的短片概念是想分享我攻讀醫學檢驗暨生物技術學系博士學位的經歷，我發現臺灣有許多絕妙的景色、有趣的傳統和美麗的大自然。環臺旅行並不是一般的旅遊體驗，有許多獨一無二又讓人讚嘆的美麗風景，在我的影片中，我呈現出自己在第一年學習期間去過的美麗景點。

第一個是宜蘭礁溪鄉的月眉坑瀑布，這個瀑布相當大，是目前為止我去過臺灣最美的瀑布，到這個地點很容易，但需要徒步爬山、穿越溪流才能抵達瀑布，在炎炎夏日，此處是消暑的好景點。我是一個喜歡森林浴的人，所以經常往山林田野跑。第二個景點是臺北最高峰七星山，我選擇此處是因為從臺北很容易到達那裡，風景讓人驚艷，步道也不難走。第三處是陽明山國家公園的下七股溫泉，這是一個天然溫泉，大家可以在這裡放鬆身心，同時能欣賞沿河的美景。【右圖：宜蘭礁溪鄉的月眉坑瀑布】



在我短片中最後兩個地方是知名的日月潭和臺北玫瑰園，很幸運地，我在本次活動中獲得第 3 名，在我來臺北醫學大學念書之前，我以為博士的生活壓力很大，而且很辛苦。但在這裡住了一段時間後，我意識到無論你多麼努力學習，臺灣有很多活動，你可以在城市裡或離臺北不遠的地點好好享受。

博士生活有時須面對壓力，但不要擔心，因為臺灣是一個天然的遊樂場，如果你喜歡冒險、徒步健行、騎自行車和衝浪都在等著你，但不僅如此！在臺灣還有更多的日子與活動，和更多可以嘗試的事情，每個人都可以參與和享受，在戶外可以抒發情緒，並可以幫助你減輕壓力或沮喪的情緒。（文/潘閔軒，台北醫學大學醫技系博士生）【左圖：陽明山國家公園的下七股溫泉】

2022 Fabulous Taiwan! Photography and Short Film Contest

臺灣獎學金及華語文獎學金計畫 Taiwan Scholarship and Huayu Enrichment Scholarship Program held the photography and short film event. The goal of this activity is hoped that through the perspective of foreign students, the rich and diverse culture, customs and beautiful sceneries of Taiwan can be interwoven into breathtaking and touching pictures to demonstrate the different colorful facets of Taiwan. Hence, it is hoped that foreign students would be encouraged to forge deeper contact with the local culture of Taiwan, consequently marketing Taiwan to the world.

The theme of this year event was Vigorous Taiwan (the novel and interesting vigorous Taiwan). I participated in short film contest category. The length of the film should be less than 2 minutes (including the title, content, credits scene, etc.). There is no limit about equipment using for videography. Because I don't have a

professional camera or drone or advance equipment, so I only used my mobile phone to capture the moment wherever I have been around Taiwan.

The concept of my short film is that I just want to share my experiences while studying PhD in Medical biotechnology, I was realized that Taiwan offers wondrous vistas, interesting traditions, and beautiful nature. Travel around Taiwan is not the general tourist experience. There are many beautiful landscape that are unique and breathtaking. In my footages, I pinpointed some of the beautiful places I have been to during my 1st year studying.

The first place is 月眉坑瀑布 (Yuemeikeng Waterfall) in Yilan, Jiaoxi township. This waterfall is very large and the most beautiful waterfall in Taiwan that I have been to by far. The country is easy to reach but the waterfall need to hike and walk through the stream. It is a perfect place to cool down on a hot summer day. I am a person who always enjoy forest bathing so I frequently go to the green places. The second place is 七星山 (Qixing Mountain), the highest peak in Taipei. I chose this place because it is easy get there from Taipei. The scenery is breathtaking and the trail is not difficult. The third place is 下七股溫泉 (Xia Qi Gu Hot Spring) in Yangmingshan national park. It is a natural hot spring where you can have a relaxing dip while enjoying a nice scenic views along the river.

The last two places in my video are the well-known places which are sun moon lake and Taipei rose garden. Luckily, I won the third prize from this activity. Before I came to study in TMU, I thought PhD life is stressful and tough. Since I have been living here for a while, I realize that no matter how hard you study but Taiwan gives you many activities which you can enjoy in town or just a short distance away from Taipei.

PhD student life sometimes is under pressure but don't worry about it because this country is a natural playground. If adventure is your thing, mountain hiking, cycling, and surfing are waiting for you. But that's not all! There are plenty more days out, activities and more to try in Taiwan that everyone can get involved in and enjoy. Being outside offers an emotional boost and can help you feel less stressed or depressed.