



李 美沙

MEISHA LI



段来到爱特儿实习之前，我心里其实充满了不安。我担心自己能不能和学生们好好相处，会不会给老师们添麻烦。刚开始的时候，确实有些不适应，也觉得自己没能为爱特儿带来什么贡献。

但随着时间的推移，在与学生们和老师们相处的过程中，我慢慢体会到了爱特儿是一个充满爱与温暖的地方。每一位老师都用无比的耐心去陪伴、关爱学生，而学生们也用他们的方式，表达着对老师的尊重与喜爱。这样的互动让我深深感动。

在这一个月的实习中，我接触到了来自各种背景的人，这是我在日本从未有过的宝贵经验。我学习到了如何与智力方面有障碍的孩子们相处，感受到了他们父母以及老师们深沉而无私的爱。我看见了每一份努力背后那份不求回报的付出，也体会到“陪伴”和“倾听”的真正意义。

爱特儿就像一个大家庭，充满了温暖与包容。我从未想到，一个机构能够带给我如此深刻的感动和成长。这是我人生中最浓厚、最充实的一个月。我打从心底感恩爱特儿，是它让我学习、让我改变、让我成长。

最后，衷心祝愿爱特儿未来的发展更加顺利，学生们能够在这里不断成长、走向自立。感谢每一位与我接触过的人，谢谢你们给予我的信任与鼓励。

Before coming to IDA, I was filled with anxiety. I wasn't sure if I could get along well with the students or if I might cause trouble for the other teachers. At first, I struggled to adapt and felt like I wasn't contributing much.

However, as time went on, spending time with the students and teachers helped me realize how warm and loving IDA truly is. Every teacher shows deep patience and care for the students, and the students return that love in their own ways. I was genuinely touched by this mutual kindness.

During this one-month internship, I had the opportunity to meet people from diverse backgrounds—something I hadn't experienced even in Japan. I learned how to interact with children with intellectual disabilities and felt the deep love from both their parents and teachers. It made me reflect on what it truly means to care and support others.

IDA feels like a big family, full of warmth and acceptance. I never imagined a place could make me feel so at home. This month has been one of the most meaningful and fulfilling times in my life. I am truly grateful to IDA for teaching me, helping me grow, and touching my heart.

I sincerely wish for the continued success of IDA and the independence and happiness of all its students. Thank you to everyone who supported and encouraged me along the way.

