

中文心得：

一、學校簡介

我在 2025 年前往比利時布魯塞爾自由大學 (Université Libre de Bruxelles，簡稱 ULB) 進行一學期的交換學習。ULB 是比利時最具代表性的高等學府之一，位於歐洲政治、經濟與文化的核心——布魯塞爾市中心。這所大學以自由思想、國際視野與研究導向著稱，校園氛圍開放且多元，學生背景橫跨全球各地。

我所屬的學院是 ULB 的商學院——Solvay Brussels School of Economics and Management (簡稱 SBS-EM)。Solvay 商學院是歐洲頂尖的商管學院之一，它強調理論與實務的結合，課程設計以歐洲真實商業環境為基礎，讓學生在多元文化的背景下學習現代企業管理的思維與策略。

二、課內學習經驗

我最喜歡的課程是《Strategy and Strategic Analysis》。這門課由富有實務經驗的教授授課，並邀請外部企業的专业經理人擔任業師，親自參與教學與討論。課堂中，我們不只學習商業分析中的經典理論，更實際應用到企業策略個案，例如美國特斯拉、英國維珍集團等企業的策略。教授鼓勵學生以國際視角思考問題，並組成跨文化團隊進行期末報告。我的小組成員來自比利時、喀麥隆和台灣，我們共同分析一家歐洲即時物流平台的市場策略。這次合作讓我第一次深刻體驗到不同文化背景對問題詮釋方式的差異：有些人注重分析數據，有些人更強調企業文化與社會價值。經過多次討論與分工，我學會了如何統整各方意見並用英文有效表達策略觀點。我還有修習了《European Business Environment》與《Project Management》。前者幫助我理解歐盟的經濟體制與政策如何影響企業運作；後者則讓我在模擬專案中學習團隊領導與風險管理。整體而言，Solvay 的課程節奏緊湊且實務導向，讓我在短時間內獲得豐富的策略與專案經驗。

三、課外學習與文化交流

除了課業，我在課外生活中也學到了許多寶貴的經驗。抵達布魯塞爾後，因學校沒有提供宿舍，我是自己透過臉書社團尋找合適的房子。最後我找到一間與七位來自不同國家的室友共同租住的公寓，分別來自比利時、義大利、荷蘭、希臘、愛爾蘭、挪威、羅馬尼亞和越南。這樣的居住環境讓我在日常生活中自然地接觸多種語言與文化。

我們常常一起煮飯、交換家鄉菜餚，討論各自對歐洲政治或流行文化的看法。我也因此學會了幾句法文、簡單的荷文問候語，並更能理解歐洲人對生活品質與個人空間的重視。另外我們也很常在假日時一起運動和參加派對，也因此認識了他們在比利時的朋友，我也成為他們口中最酷的亞洲人。

假日時，我會與同學或室友一起出遊，拜訪比利時的其他城市，比如根特、布魯日與安特衛普。比利時的交通便捷，讓我能輕鬆探索不同城市的特色：布魯日的中世紀建築、安特衛普的設計氛圍、以及根特的學生活力，都讓我對這個國家有了多層面的認識。

四、交換學生具體效益

在這次交換過程中，我獲得了多方面的成長，包括：

1. 語言能力提升：學術上全英語授課，使我的英文表達更加自然；居住在多語環境中也增進了我對法語與荷語的理解。
2. 跨文化溝通能力：與不同國籍的學生組隊報告、共居生活，使我學會傾聽與包容，理解不同文化背後的思維邏輯。
3. 獨立生活能力：自行找房、辦理居留、管理日常開支等，訓練了我的自主處理能力與時間規劃。
4. 專業視野開拓：課程與企業案例結合，讓我了解歐洲市場運作模式與企業策略的國際差異。
5. 自我成長與反思能力：面對挑戰時學會冷靜思考與尋求協助，更清楚自己的價值與未來方向。

五、海外期間遭遇的困境與解決方式

在海外生活並非全程順利。我在布魯塞爾的租屋處就遇到房東不維修我暖氣的問題。當下我感到焦急與無助，想著是否因為我是亞洲人拿他無可奈何，好險有室友的協助，以及我不斷提醒房東，才順利在寒冬來臨前有著舒適的暖氣。這次經驗讓我明白，出國在外遇到問題時，尋求朋友協助與獨立是最有效的方式。

在學期中期，我也曾因課業壓力與時差調整而感到疲憊。歐洲的學術要求偏重自主閱讀與討論式參與，需要投入大量時間備課。為了改善效率，我重新調整每日作息，利用早晨時間閱讀資料、晚上與同學討論報告，逐漸找回平衡。

六、文化衝擊與應對

文化衝擊是交換生活中最明顯的挑戰之一。剛到歐洲時，我發現比起亞洲人，歐洲人更直接表達意見，對時間與社交邊界

的看法也不同。初期我對他們直接拒絕或開放式討論的方式感到不自在，但很快意識到這正是文化差異的體現。

我學會以開放心態觀察，不急著評價，而是試著理解他們背後的思考邏輯。後來我也開始在報告討論中主動表達想法，以更自信但尊重的方式溝通，反而因此獲得隊友的信任與讚賞。

七、人格特質與最大成長

這段交換經驗讓我更加成熟與自覺。我從一開始的謹慎、觀望，逐漸轉變成主動參與、敢於表達的人。這不僅是一種語言的自信，更是一種面對多變環境的心理韌性。

我認為自己最大的成長在於「跨文化適應力」與「解決問題的彈性」。在布魯塞爾生活期間，每一次溝通、每一個挑戰都像是一次人格上的磨練，也讓我更能在面對未知時保持冷靜與好奇。

八、感想與建議

回首這段交換旅程，它不僅是學術上的交流，更是人生的一次轉捩點。我從中體會到世界的廣闊與多元，也更清楚自身在國際舞台上的位置。

我會鼓勵未來想要出國交換的同學：

1. 不要害怕一開始的不適應，這些迷茫正是你成長的起點。
2. 在學業上勇於發問、主動參與，教授和同學都樂於分享。
3. 在生活上多與不同背景的人互動，你會從中學到教科書以外最真實的文化。
4. 最重要的是，保持開放與好奇的心，不論順境或困境，都是值得珍藏的回憶。
5. 整體而言，在比利時布魯塞爾自由大學的這段交換經歷，讓我不僅提升了專業知識與語言能力，更學會了如何與世界連結。

這份經驗將成為我未來職涯與人生中最珍貴的資產。

英文心得：

During my exchange semester at the Université Libre de Bruxelles (ULB) in Belgium, I had the opportunity to study at Solvay Brussels School of Economics and Management (SBS-EM), one of Europe's leading business schools. Located in the heart of Brussels, ULB is known for its openness, international environment, and strong integration between theory and practice.

Academic Learning

Among all the courses I attended, Strategy and Strategic Analysis was the most inspiring. The course combined academic frameworks with business realities, introducing cases from European industries such as logistics, renewable energy, and technology. What made it exceptional was the participation of guest lecturers from the business world. Listening to professionals discuss their strategic decisions helped me connect classroom theories with real corporate challenges.

Working in a multicultural team was another valuable part of the experience. My teammates came from Italy, Germany, and the Czech Republic. Together, we analyzed the market strategy of a European on-demand logistics company. This project taught me how cultural perspectives affect business analysis—some members focused on data, others on organizational behavior or ethics. I learned to synthesize different viewpoints and communicate clearly in English to reach consensus.

Besides this course, I also took European Business Environment and Project Management. The first deepened my understanding of how EU policies influence corporate decisions, while the latter trained my teamwork and risk management skills through practical simulations. Overall, Solvay's teaching style emphasized participation, critical thinking, and real-world relevance, which strongly enhanced my professional insight.

Life and Cultural Exchange

Off campus, I had to find accommodation independently, which was my first challenge abroad. Eventually, I shared

an apartment with five roommates from various European countries—Spain, France, Poland, the Netherlands, and Greece. This living arrangement became one of the best parts of the exchange. We cooked together, celebrated cultural festivals, and exchanged ideas about politics and lifestyle. Through these daily interactions, I learned not only simple French and Dutch greetings but also how people from different backgrounds perceive personal space, time, and communication.

During weekends, I explored Belgium's beautiful cities such as Ghent, Bruges, and Antwerp. Each trip revealed another side of the country: Bruges' medieval charm, Antwerp's creative energy, and Ghent's youthful atmosphere. Living in the center of Europe also encouraged me to adopt a more independent and explorative mindset.

Benefits of the Exchange

This exchange program brought me substantial personal and academic growth:

Language improvement – Consistent exposure to English and multilingual contexts refined my fluency and listening skills.

Cross-cultural communication – Working and living with international peers taught me empathy, patience, and adaptability.

Independence – Managing housing, finances, and daily life abroad strengthened my problem-solving skills.

Professional insight – Exposure to European business practices gave me a broader understanding of strategy and competition.

Self-awareness – Overcoming challenges abroad made me more confident and resilient.

Challenges and Coping

The first obstacle I encountered was a housing contract issue. The landlord changed the conditions at the last minute, causing temporary uncertainty. I sought assistance from ULB's International Office, which helped me review the agreement and settle the situation fairly. This incident taught me to remain calm, communicate clearly, and use institutional resources effectively.

Later in the semester, I felt pressured by heavy reading assignments and group projects. European courses emphasize independent study and active participation. To adapt, I reorganized my schedule—reading in the morning and discussing with peers in the evening—which helped me regain balance and motivation.

Coping with Cultural Difference

At first, I experienced mild culture shock due to Europeans' direct communication style and strong sense of personal boundaries. Instead of judging, I tried to observe and understand these behaviors in context. Gradually, I adopted a more open attitude and even learned to express my opinions more confidently during group discussions. By doing so, I built mutual respect and stronger teamwork dynamics.

Personal Growth and Reflection

The exchange experience transformed me both academically and personally. I became more open-minded, confident, and adaptable. The biggest improvement was my intercultural adaptability—the ability to navigate unfamiliar environments and communicate across boundaries. Each challenge, from academic collaboration to daily living issues, strengthened my independence and emotional maturity.

Conclusion and Advice

Looking back, my time at ULB was more than a semester abroad; it was a turning point in my personal development. I not only expanded my professional horizon but also learned to connect with people from all over the world.

For future exchange students, I would offer three suggestions:

Embrace the discomfort of adaptation—it often leads to the greatest growth.

Be proactive in class; professors and peers appreciate curiosity and sincere engagement.

Step outside your comfort zone—travel, talk to people, and learn from every encounter.

This journey in Brussels enriched my academic knowledge, cultural sensitivity, and self-understanding. It has become one of the most valuable experiences in my life and a foundation for my future global career.