

學校簡介

根特大學是比利時的綜合學術型大學，2024 QS世界大學排名位居159，學術研究排名位居84，學校位於比利時根特區，學院散落在城市內的各隅，是名副其實的大學城。學校提供超過200種學程，並且有大量的英語授課，因此在校內可遇見許多國際交換生與國際碩士生求學。由於比利時的生活消費於西歐地區相對較高，多數學生會選擇至學校餐廳用餐，學餐散落在校內各院，每週更換菜單，讓同學能以較優惠的價格飽足一頓。

國外研修之課程學習（課內），另外推薦受益最多/最喜歡的課程

選課方面，學校會提供學生帳號，讓同學能登入學校網站Oasis，此網站可進行註冊、選課，以及保存基本資料；另外一個網站為Ufora，是所謂的網路大學，課程公告、分組、作業繳交以及成績公布都可以從Ufora查看。

這學期交換的學院是Economics and Business Administration，院方規定要修24ECTS，因此在研究課表後，我將課程排在星期一到星期三，期間共修習六堂課，分別為：

- Behavioural Economics：課程講授
- Environmental Economics and Management：課程講授、個人書面報告、小組報告
- Strategic Management：碩士課程，課程講授、小組報告，與外部業師合作
- Operations Management：課程講授
- International Business Class：課程講授、小組報告
- Dutch for Exchange Students：課程講授

國外研修之生活學習（課外）

課外生活的風格依個人的性格不盡相同，住在宿舍的同學可擁有更多機會與國際生交流的機會，喜歡熱鬧的人也能參加ESN舉辦的Party與外國人把酒言歡，而我則是在根特市中心與房東合住，平日的消遣就是到超市買菜研究晚餐要煮什麼，天氣好的話也會用跑步的方式探索根特，觀察比利時人的日常行為，有時也會讓自己融入當地生活，去餐廳品嚐道地料理、在咖啡廳看著琳琅滿目的咖啡品項、體驗英音荷字的電影，空暇之餘就研究前往各國的交通、住宿、景點，平均十天會去一個國家遊玩。

交換/研修之具體效益（請條列式列舉）

在這段交換期間，有些成長、進步是顯而易見的，而有些心態的改變則是偶然發現的：

- Small talk的能力：若僅是交換一個學期的交換生，說實話，聽說讀寫的能力並不會有顯著的提升，但是異地生活會突破開口說英文的恐懼，會發現說錯也沒關係，在一次次與房東、外國同學、陌生人的交談，會漸漸熟悉small talk的對話方式，以閒話家常的方式打破國際的藩籬，拉近彼此的關係
- 異國文化交流：在各課堂的小組報告，會遇到本地生與同樣來自異國的交換生，籌備報告的期間，也不免俗的會自我介紹、閒聊一番後才會進入正題，而就是這個閒聊的過程可以了解不同國家的學校體制，另外比較特別的是，大部分歐洲學生對台海之間的情勢都很感興趣，所以也建議之後到歐洲交換的同學可以準備一小段台海介紹，以備不時之需
- 自我調適的能力：天氣、語言、食物、物價等日常，雖與台灣大相逕庭，但在初期適應的很快，幾乎沒有所謂的適應期，然而這些陌生依然會點點滴滴的累積，可能就在刮風下雨的一天，內心的憂鬱也隨之拂起，這個時候請補充維他命D，並沉浸在自己的嗜好，下廚、音樂、追劇等，練習將腦袋放空，睡一覺又是新的一天
- 專案管理能力：我把每次的旅程都視為一個專案，先要選定目的、掌握同行人數、設立預算、安

排行程，當實際執行時，要能掌握時間管理，並隨著當天的旅遊的感覺彈性調整步調，而當遇到交通誤點則要進行危機處理，當機立斷地尋找備案，並在預算與時間壓力下取得平衡

海外生活期間是否曾遭遇困境，及是否解決問題?如是，請說明如何解決問題;如未解決，請說明事件最大的啟發及思考未來可以怎麼解決?

很慶幸自己到了一個對外國人很友善的城市，因此無論在生活、課業、甚至後續的旅程並沒有遇到困境

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

有曾遇到外國人搭訕，原本以為是平常的small talk，但沒想到接續就有想要更進一步關係的交流，這時候應明確拒絕，通常外國人蠻有禮貌的，不會死纏爛打

海外生活歷練是否為您人生帶來不一樣的改變或者個人特質上的轉變，最大的成長是什麼?

生活的儀式感，是我住在房東家最有感也成為日後最嚮往的生活模式。住在當地人的家裡，以最近的距離觀察比利時人的生活行為、步調、習慣，體會了儀式感的重要性，我尤其地幸運經歷了歐洲的聖誕節，看著房東親自布置聖誕樹與燈飾，他說：聖誕樹的擺設，不只是為了應景，也是為歐洲的冬季增添燈光，以視覺溫暖人們的心

您認為獎學金對您海外研修最大的幫助是什麼?有無獎學金是否會改變您的出國計畫?

選擇是否出國交換，我想是多數學生都需深思熟慮才能下的決定，因為這關係到當下學業的安排、未來職涯規劃，以及出國後的種種成本；對我來說，獎學金並不是選擇出國交換決定性的因素，但它的確提高我想出國交換的意願

感言及心得感想

回顧整趟交換的經歷，回到台灣後還是覺得不可思議，從沒想過會踏上歐洲的我，竟然在歐洲待了150天，遊歷15個國家。在此期間，我嘗試以文字、短片紀錄每天的生活與感想，保存珍貴的這六個月。獨旅、體驗雪上活動、與外國同學共同完成報告，這些從未有過的經驗無形中讓我不斷突破設限，雖然回國後對未來方向還是迷茫，但腦海裡已經沒有「XXX不可能」的想法。

英文心得(包含學校簡介、課程學習、生活學習、具體效益、心得感想等等)

Ghent University is a comprehensive academic university in Belgium. It ranks 159th in the 2024 QS World University Rankings and 84th in the Academic Research Ranking. The school is located in the Ghent District of Belgium. Its colleges are located in every corner of the city, making it a veritable university town. The school offers more than 200 courses and has a large number of English-taught courses, so you can meet many international exchange students and international master's students studying at the school. Since the cost of living in Belgium is relatively high in Western Europe, most students will choose to eat in the school cafeteria. School restaurants are located in various schools on campus, and the menu changes every week, so that students can have a full meal at a more favorable price.

In terms of course selection, the school will provide student accounts so that students can log in to the school website Oasis. This website can register, select courses, and save basic information; the other website is Ufora, a so-called online university, which provides course announcements, grouping, and homework payment. Submissions and result announcements can be viewed from Ufora.

The exchange faculty I apply this semester is Economics and Business Administration. The school stipulates that 24 ECTS must be taken. Therefore, after studying the class schedule, my courses are arranged from Monday to Wednesday, during which a total of six classes are taken, which are:

- Behavioral Economics: course lectures
- Environmental Economics and Management: course lectures, individual written reports, group reports
- Strategic Management: Master's course, course lectures, group reports, cooperation with external industry experts
- Operations Management: course lectures
- International Business Class: course lectures, group reports
- Dutch for Exchange Students: course lectures

The style of extracurricular life varies according to individual personalities. Students living in dormitories have more opportunities to communicate with international students. Those who like liveliness can also join the parties organized by ESN to have fun with foreigners. As for me, I lived with my landlord in the center of Ghent. My daily pastime was to go to the supermarket to buy food and figured out what to cook for dinner. If the weather was nice, I would explore Ghent by running, observing the daily behavior of Belgians, and sometimes let myself blend in. Also, I would go to restaurants to taste local cuisine, watched a variety of coffee products in cafes, and experienced movies with English and Dutch subtitles. In my spare time, I studied transportation, accommodation, and attractions for following trips since I visited a country in an average of ten days.

During this exchange period, some growth and progress were obvious, while some changes in mentality were discovered accidentally:

- Small talk ability: If you are an exchange student for only one semester, to be honest, the listening, speaking, reading and writing skills will not be significantly improved, but living in a different place will break through the fear of speaking English, and you will find that it doesn't matter if you make mistakes. Through repeated conversations with landlords, foreign classmates, and strangers, you will gradually become familiar with the conversation method of small talk. You can break the international barriers and draw closer to each other.
- Foreign cultural exchange: While working in the group reports, you will meet local students and exchange students from other countries. Hence, during the preparation of the report, you will inevitably introduce yourself and chat for a while before getting to the main topic. Within the process of chatting, it can help you understand the school systems of different countries. By the way, what surprises me is that most European students are very interested in the situation across the Taiwan Strait. Therefore, it is also recommended that students who will go to Europe for exchange in the future can prepare a short introduction to the Taiwan Strait in case of someone asking.
- The ability to self-adjust: Although daily life such as weather, language, food, prices, etc. are very

different from those in Taiwan, I adapted very quickly in the early stages. There was almost no so-called adaptation period. However, these differences would still accumulate bit by bit, and it might be that in the future on a windy and rainy day, the inner melancholy has also been blown to the stage. At that time, please supplement vitamin D, which is the advice given by the landlord, and immerse yourself in your hobbies, such as cooking, music, watching dramas, etc.

- Project management ability: I treated every trip planning as a project. I must first select the purpose, know the number of people traveling with me, set up a budget, and arrange the itinerary. When actually executing it, I need to be able to master time management and follow the travel schedule of the day. Plus, adjusting the pace flexibly according to that current situation was important, too. And when encountering traffic delays, I had to deal with the crisis, look for filings promptly and decisively, and strike a balance between budget and time pressure.

Looking back on the entire exchange experience, I still find it incredible after returning to Taiwan. I never thought I would set foot in Europe, but I actually stayed in Europe for 150 days and visited 14 countries. During this period, I tried to record my daily life and feelings through words and short videos to preserve these precious six months. Traveling alone, experiencing snow activities, and completing reports together with foreign classmates, these unprecedented experiences have allowed me to continuously break through my limitations. Although I am still confused about the future after returning to Taiwan, I no longer have the idea "XXX is impossible" in my mind.