注意事項:

國立中山大學出國A. 學校簡介:次交換的學校為越南國立大學河內分校經濟大學(University of Economics and Business, Vietnam National University, Hanoi, 簡稱 VNU-UEB)。該校座落於越南首都河內, 是越南最頂尖的國立大學系統成員之一, 尤其在經濟與商業管理領域享有極高的學術聲譽。學校積極推動國際化, 開設了許多全英文授課的課程供學生學習, 吸引了一些來自不同國家的交換生。

校園內充滿朝氣, 學術氛圍濃厚, 是體驗東南亞經濟快速崛起與跨文化交流的絕佳據點

B. 國外研修之課程學習(課內):推薦受益最多/最喜歡的課程:在課內學習方面, 我修讀了涵蓋國際貿易、策略管理與金融等多門專業課程。在這些課程中, 我最喜歡也推薦的是 Entrepreneurship (創業學) 與 Strategic Management(策略管理)。這兩門課非常著重小組討論與個案分析, 讓我能與當地的越南同學組成團隊, 針對東南亞市場的實際商業案例進行深度剖析。雖然部分課程如 International Finance 的難度極高, 但在高度互動的課堂氛圍下, 不僅訓練了我從全球視角思考商業決策, 也激發了我的思維邏輯。

C. 國外研修之生活學習(課外):課外生活是一場豐富的文化探索。河內是一座融合傳統古都風情與現代發展活力的城市。在日常生活中，我積極走出校園，深入當地的市場、咖啡廳與街道，體驗越南特有的文化。

特別值得一提的是，我有幸參與了由學生宿舍所舉辦的國際學生聚會。過去這個宿舍委員會(宿委會)其實已經名存實亡，但非常幸運地，在我交換的這個學期，宿舍迎來了一位全新的宿舍管理員，他決定將這個宿委會重新開張，每個月精心組織外籍生聚會交流。在這些聚會中，我認識了來自中國、內蒙古、緬甸、寮國、日本、韓國等各國的同學。大家背景截然不同，但都無比友善，我們在聚會中彼此交流文化、建立跨國友誼，這對我而言是非常難得且有趣的體驗。

D. 交換/研修之具體效益(請條列式列舉):

學術成就卓越: 在多元且高強度的全英文商業課程中, 最終所有科目皆順利取得 A+ 的優異成績, 厚實了國際商學專業知識。

跨文化團隊協作能力:透過密集的跨國小組專案, 掌握了與不同文化背景同儕高效溝通、協調與分工的實戰技巧。

拓展全球化人脈網絡:透過宿舍新開辦的國際交流聚會, 結識了全亞洲各國(包含東南亞與東北亞)的跨國朋友, 拓展了國際視野。

實用語言能力提升: 成功將越南語由零基礎提升至具備日常基礎溝通與課堂聽力適應之水平。

獨立解決問題能力: 隻身在外生活, 全面提升了危機處理與獨立生活的韌性。

E. 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?剛抵達宿舍要辦理入住時便遭遇一波三折。起初校門警衛聽不懂英文且拒絕溝通, 隨後辦公室學生因當天也是越南本土新生的入住高峰期, 極度忙碌

之下請我下午再來。然而，由於先前宿委承諾任何時間皆可辦理，我當下堅定且有禮貌地表達後續另有行程，最終成功促使對方聯絡原對接人，順利拿到鑰匙放行李。怎料拿到鑰匙、正式入內整理房間時卻迎來更大的生態挑戰。我在擦拭床鋪時，發現有些許類似泥土的痕跡，不料一擦拭之下，床板竟然開始不斷掉出大量白蟻。我第一時間聯絡宿委求助，對方起初因臨時調度床位不易，僅答應派工人前來清理，並婉拒更換床鋪。

- 解決方式：當工人前來清出大部分白蟻時，其數量之震撼、堪稱我此生見過最密集的景象（彷彿白蟻的祖宗十八代都寄生在床板上）。當宿委親自到場視察，僅看了五秒便意識到嚴重性，立刻改口答應幫我換新床。在將舊床墊與床板拖出清理的過程中，整張舊床甚至直接現場解體，場面極度混亂。在經歷了一個多禮拜的積極溝通與重整，這場風波才終於塵埃落定。此外，後期雖曾遭遇颱風導致房門外容易積水，但我也學會了與之共處，隨機應變。

F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?最大的文化衝擊來自於兩地「行政效率」與「生活節奏」的差異。不論是入住宿舍當天的忙亂，還是後續在學校處理行政文件，承辦人的辦事效率有時稍微欠缺彈性與積極度，一開始讓我感到相當焦慮。

面對與適應：我調整了自己的心態與做事方法，理解這是在地文化的一部分。此後不論是申請成績單還是校務文件，我都會主動預留充足的「緩衝時間」，並定時、有禮貌地向承辦人緊盯進度。此外，因為外表相似，在日常生活中常被誤認為越南人，這項有趣的插曲反而成為我拉近與當地人距離的契機，讓我能更自然地融入當地。

G. 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?這段海外歷練為我的人生帶來了深遠且本質上的改變。在前往越南交換之前，我習慣於高度有序、凡事皆在計劃之中的生活環境;然而，這趟旅程徹底打破了我的舒適圈，讓我發現自己變得更加開放、包容，且具備更強的適應彈性。

我最大的成長在於學會了「抽離焦慮、幽默應對未知與困境」。從剛入住宿舍時面臨的溝通落差、驚心動魄的白蟻床鋪解體事件，到後期颱風天房門外的積水問題，每一次的突發狀況都在考驗我的心理韌性。我不再像過去一樣容易因計劃生變而感到慌亂，而是學會了在第一時間冷靜下來、幽默看待眼前的混亂，並主動且堅定地去溝通、尋找解決方案。這種面對生活不確定性時的從容與自信，是我此行獲得最珍貴的個人特質轉變

H. 感想與建議:回首這年的研修生活，心中充滿了感激。越南河內是一座將傳統文化底蘊與現代經濟活力完美融合的城市，而 VNU-UEB 溫暖、充滿包容力的人文氛圍更是讓我感觸深刻。這裡的同學們與當地居民都非常熱情、樂於助人，只要你願意跨出第一步，就能收穫無比真摯的跨國情誼。

給未來學弟妹的實用建議:

保持彈性與開放的心胸： 異地生活難免會遇到文化衝擊與環境適應問題(如飲食習慣或氣候突變)，將這些視為生活體驗的一部分，主動參與學校或宿舍的國際活動，會讓你的交換生涯更加豐富。

行政務必提早規劃、預留緩衝：當地的行政效率與辦事節奏與台灣截然不同。不論是向學校申請成績單、校務文件，或是宿舍硬體設備的報修，都一定要提早規劃並為自己預留充足的「緩衝時間」。在過程中要主動、有禮貌地緊盯進度，才不會耽誤到自己回台後的畢業或離校流程

I. 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) 500字以上

赴中國交換者免填英文心得:

Introduction of the Host Institution

During my exchange program, I studied at the University of Economics and Business, Vietnam National University, Hanoi (VNU-UEB). Located in the heart of Hanoi, VNU-UEB is one of the most prestigious universities in Vietnam, highly recognized for its academic excellence in economics and business management. The university offers a highly internationalized environment with programs like the IBBA taught entirely in English. The campus is vibrant and filled with ambitious students, making it an ideal place for international exchange.

Academic Learning (In-class)

Academically, I enrolled in various specialized business courses. My favorite and most recommended courses were *Entrepreneurship* and *Strategic Management*. These courses emphasized case studies and global business models, allowing me to collaborate closely with local Vietnamese classmates. Although some finance courses, such as *International Finance*, were highly challenging, the interactive learning environment stimulated my critical thinking. Through hard work and active participation, I was able to achieve outstanding academic results, earning an A+ in all my courses.

Life Learning (Outside-class)

Outside the classroom, living in Hanoi was a beautiful and unforgettable cultural journey. A major highlight of my extracurricular life was participating in the international student gatherings at my dormitory. In previous semesters, the dormitory student committee existed only in name. However, a new dormitory manager arrived this semester and decided to reactivate the committee. He organized monthly gatherings for international students, where I met peers from diverse countries, including China, Inner Mongolia, Myanmar, Laos, Japan, and South Korea. Everyone was incredibly friendly, and exchanging cultures while making lifelong friends was a truly wonderful experience. Additionally, because of our similar appearances, I was often mistaken for a local Vietnamese student, which added a fun and unique element to my daily life.

Specific Benefits of the Exchange

- **Academic Excellence:** Gained advanced business knowledge and achieved top grades (all A+) in a competitive international environment.
- **Cross-Cultural Network:** Built a broad network of Asian friendships (from Southeast to Northeast Asia) through newly established dormitory activities.
- **Exceptional Crisis Management:** Developed remarkable resilience and communication skills by resolving severe accommodation and environmental emergencies.

- **Language Proficiency:** Greatly improved my daily Vietnamese speaking skills and academic listening comprehension.
- **Independence:** Enhanced my personal growth and ability to live independently under unpredictable circumstances.

Challenges, Cultural Shock, and Growth

During my exchange, I successfully navigated several unexpected hurdles. Academically, the main challenge was the language barrier when professors occasionally switched to Vietnamese. I overcame this by recording key lectures and asking helpful local classmates to translate the core business concepts afterward.

On a living level, my check-in day was quite an adventure due to minor communication gaps at the dorm office. However, the real crisis began when I wiped down my bed and accidentally unleashed a massive termite infestation hidden in the bed frame. It was a shocking scene, and during the cleaning process, the old bed completely fell apart. It took over a week of active communication with the coordinator to get a complete replacement. Later on, I also had to deal with minor flooding outside my door during typhoons, which further trained my adaptability.

Furthermore, adjusting to the slower pace of local university administration was another culture shock. I adapted by learning to plan ahead and always leaving a flexible buffer time for paperwork. These experiences transformed my personality, making me much more resilient, patient, and mature.

Conclusion and Suggestions

Overall, my exchange experience at VNU-UEB was incredibly rewarding. The students and people in Vietnam are extremely warm and always willing to help. For future exchange students, I highly recommend embracing both academic and dormitory life with an open heart. However, regarding university paperwork and housing administration, remember to follow up actively, be prepared for unexpected challenges, and always leave a flexible buffer time to ensure a smooth transition.