

學校簡介

烏特列茲大學坐落在荷蘭人文重鎮烏特勒支，是荷蘭第四古老的大學。烏特列茲大學是荷蘭綜合實力最強的大學，同時也是歐洲最好的研究型大學之一，一直以強大的研究實力，高質量的教育水準，和良好的學術聲譽而享譽歐洲。

學校宗旨是提供科學與其它各種領域的知識教育，開展科學及各種領域的研究，以及為社會提供服務。目前，烏得勒支大學共有七大學院。

在荷蘭除了由專科大學開設的技術與農業工程學方面的課程外，烏大開設幾乎所有知識領域的課程，是荷蘭規模最大的大學，範圍幾乎包含了所有學科，同時各院還開展廣泛的科學研究工作。

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

個人推薦選修策略管理，教授會使用不同個案帶入章節所討論的內容，並提供相關文獻與其他相關個案在實習課時讓學生進行報告與公開討論，雖需要大量的個人時間預習，但同時能幫助了解課堂內容與實習課中的討論，釐清概念並吸收更多的想法。

而資料分析最好需要有中等的Python程式能力，課堂上主要教工具使用與概念釐清，實習課會要求學生使用Python時做進行分析並報告其發現，對初學者來說會有點吃力。

國外研修之生活學習（課外）

除因為荷蘭是歐洲消費第二高之國家外，歐洲本身的飲食消費金額高於台灣太多，外送較台灣不方便且運費也高，所以大多數都自炊，廚藝能力大漲，同時也通過此機會與其他國家的朋友分享彼此國家的料理與得知不同的飲食文化。

到歐洲當地幾乎所有生活上的事情都要自行處理，像保險、醫療、銀行開戶等等，歐洲的某些制度上都和台灣有所不同，需要自己特別注意細節跟關注申辦的進度。如果超過一個禮拜沒有得到回應的話基本上再寄一封信或是直接打客服比較快，但通常客服會比較塞，建議一到營業時間馬上打或是使用App上的客服訊息解決問題，培養個人獨立生活能力也磨練個人的耐性，因為有些時候處理速度真的很慢或是直接被忽略。

交換/研修之具體效益（請條列式列舉）

1. 文化學習與包容：在生活中的各種小細節與和朋友的聚會中皆會發現或討論到各國文化和生活習慣上的不同，透過詢問他們有疑問和覺得很新奇的事物後，慢慢累積對各國文化的認識並接納所有的不同之處。
2. 海外友緣：透過不同的社交場合結交來自各地的朋友，並邀約共進晚餐、旅遊等等來加深感情，可以更深入了解不同文化下的思考模式，也讓自己累積海外人脈與機會。
3. 實力增進：英文實力增進外，也培養自主學習和自律的生活能力，有效的減少社交媒體的使用時間，將其運用在其他對未來更有益的事物上。更因經常安排旅遊的關係，提昇讓自己融入當地文化的速度、危機處理能力和更加勇於嘗試。

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?

因為銀行APP當機的關係，導致無法登入且因帳號已存在而無法重新申請帳號，電話客服詢問後卻回應他們銀行查無帳號資料，因此只好實際跑一趟專櫃進行帳號辦理並在開立成功後自行將帳戶轉為學生帳戶(免每月費用)。

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，有些外國人在廚房整潔上較不注重，鍋碗瓢盆會放1~3天再清洗，垃圾處理上也較沒有資源回收和壓扁摺疊的概念，幾乎都是直接往垃圾桶一丟了事，而且沒有定期到垃圾的習慣，通常要到爆滿才會倒。後續這些狀況後有與其他室友立定相關規矩，不過放寬清洗和倒垃圾的規定。

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?

閱歷的成長，生活文化上的不同無法改變太多，所以更能包容不同的文化和生活習慣，對溝通上更有耐心。

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?

當初機票在買的時候有點晚，價格超過自己的預算太多，原本想要不要再晚幾天出國，但有獎學金下來之後剛好Cover到機票的錢，所以就按照原計畫時間出國了。

感言及心得感想

半年的時間過得比想像中的快，把握機會多嘗試新事物、永遠保持一顆好奇心與探索心、多出門走走逛逛，不要把自己關在家裡面不出門，但同時要做好學生的本分，因為荷蘭的課業相對於其他歐洲國家來說算是重的。做好時間的規劃和事前功課的準備，幫助個人不被學業壓垮也可以達到省錢的旅遊。

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)

1. Introduction of the University

Utrecht University is located in the historic city of Utrecht, known for its rich cultural heritage, making it the fourth oldest university in the Netherlands. Renowned as one of the strongest comprehensive universities in the country, it stands as one of the premier research institutions in Europe. The university has garnered acclaim for its robust research capabilities, high-quality educational standards, and esteemed academic reputation.

The mission of the university is to provide education in sciences and various other fields, conduct research in science and diverse disciplines, and contribute to societal welfare. Currently, Utrecht University comprises seven faculties.

Apart from offering courses in technology and agricultural engineering, typical of Dutch universities of applied sciences, Utrecht University provides courses covering almost all knowledge domains. It is the largest university in the Netherlands, encompassing a wide range of disciplines, with each faculty actively engaging in extensive scientific research.

2. Academic Learning during Foreign Study (In-class)

A highly recommended course for personal enrichment is Strategic Management. The professor incorporates various case studies into the curriculum, supplemented by relevant literature and additional cases discussed during practical sessions. While this course demands significant individual pre-class preparation, it proves instrumental in understanding the course content and facilitating meaningful discussions during practical sessions, fostering a clearer grasp of concepts and the absorption of diverse perspectives.

For the Data Analysis course, a moderate proficiency in Python programming is advisable. The class primarily focuses on tool usage and conceptual clarity, while the practical sessions require students to use Python for analysis and present their findings. It may pose a challenge for beginners, but it enhances analytical skills.

3. Life Learning during Foreign Study (Extracurricular)

Living costs in the Netherlands, being the second-highest in Europe, necessitate self-cooking due to the inconvenience and high delivery fees. This has led to a significant improvement in culinary skills, providing opportunities to share and explore cuisines with friends from different countries.

Handling various aspects of life, such as insurance, healthcare, and opening a bank account, is essential. European systems may differ from those in Taiwan, requiring attention to detail and timely application. Developing personal independence and patience becomes crucial, as response times can be slow, necessitating proactive communication through channels like customer service apps.

4. Specific Benefits of Exchange/Study Abroad (Enumerated)

a. Cultural Learning and Inclusivity: Exposure to diverse cultures and discussions on different nationalities' lifestyles in daily life and gatherings foster an appreciation for cultural differences and inclusivity.

b. International Friendships: Engaging in social events allows the formation of friendships with people from various backgrounds, deepening understanding of different cultural perspectives and expanding international networks.

c. Skill Enhancement: Beyond improving English proficiency, the experience hones self-directed learning, discipline, and time management. Active participation in frequent travels enhances integration into local culture, crisis management skills, and a willingness to embrace new experiences.

5. Testimonials and Reflections

The six months passed faster than anticipated. Maximizing opportunities to try new things, maintaining an ever-curious and explorative mindset, and venturing outdoors are essential. While enjoying the richness of the experience, it is crucial to balance exploration with academic responsibilities, as the academic workload in the Netherlands can be demanding compared to other European countries. Effective time management and thorough pre-study preparation can help avoid being overwhelmed by academic pressures while facilitating budget-friendly travel experiences.