

繕打 中文及英文 心得報告，應包含下列項目

(中文至少 1,000 字+英文至少 500 字。赴中國交換者不需撰寫英文心得。)

A. 學校簡介

根特大學是位於比利時荷語區根特的一所世界百大，也是比利時排名第二的大學。根特大學總共設有 11 個學院及 117 個系，包含藝術與哲學、法學、科學、工程、建築、心理、醫學等等領域。根特大學是以大學城的形式散佈在整個城市的不同角落，所以第一次上課時也花了不少時間尋覓教室的位置。整體來說學風自由，課程也非常扎實，針對交換生也有嚴格的修課學分規定，以工學院交換生為例，一學期的最低學分限制為 20 學分，其中 15 學分必須為工學院的課程。根特大學的課程相對其他交換校更為密集，且課程多為該領域專業選修，以交換來說並不是很輕鬆的學校，而學校的整體資源和圖書館館藏也都非常豐富。除此之外，學校內的種族也相當多元，可以認識到來自世界各地的學生們，是一個相當多元化且友善的學習環境。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

交換期間我共修了 5 門課，工學院的 3 門，分別為 Planning Theory, Project Management, Characteristics of Semiconductor Components and Electronic Devices，非工學院的 2 門，分別為 Low Countries Studies, Global Minds。

Planning Theory:介紹 planning 可能涉及的各種理論和面向，例如 uncertainty, feminist, post growth 等理論，班上同學會分組各自負責其一主題，老師每週針對一主題邀請一位相關領域的學者講課，接著由負責該主題的組別報告他們對此主題的了解和心得以及呈現為其準備的課堂活動。本門課有期末口試佔 80%，考試範圍為每週的課堂內容和同學準備的活動內容。

Project Management:介紹專案管理的基礎概念，包含 critical path method, risk analysis, project control 等等，每週由老師講授為主，有時會是助教帶著做習題，期末有小組作業 50%可報告任何有關 PM 的知識以及影片呈現，另外 50%則為期末筆試，考試範圍為整學期的上課內容。

Characteristics of Semiconductor Components and Electronic Devices:電機系專業內容，每週課堂講授，介紹半導體元件特性，與台灣課程內容一樣，期末口試 100%。

Low Countries Studies:介紹低地國荷比盧的各個面向，包含歷史、文化、音樂、媒體、藝術、政策等，老師每週邀請該主題相關講師講授，內容紮實但有趣，適合且有助於交換生了解低地國的課程，每週要寫心得報告佔 50%，另外 50%則為期末筆試，考試範圍為整學期上課內容。

Global Minds:介紹不同的全球議題，包含氣候變遷、環境正義、全球健康、生殖正義、經濟正義、移民議題等，可以看到來自世界各地國家的學生如何評論這些議題，但如果平時沒有關注這些議題，在討論參與上會有些吃力。整學期的課以小組為主軸伴隨著個人作業，有時是課堂講授，有時

是小組討論，針對各主題有小組作業和報告，最後期末則有一個小組報告呈現這學期的所學，沒有考試。

習慣在台灣聽老師講授，回家自己複習考試的學習模式後，在這邊上課的初期會很不知所措，在課堂上可以很明顯看到東西方教育方式差異的體現，包含學生的踴躍發問、發表意見，小組討論大家會很在乎彼此有沒有發表自己的意見，在給出自己的意見後也會積極的想聽其他人的 comments 和 feedback。老師們在教學方面都很用心，鼓勵學生發言，訓練學生批判式思考的能力，與同學們相處更像是平輩，彼此都有更舒服友善的交流，非常樂於聽到學生對他的教學有任何評價和改善上的建議，但同時在對學生內容理解上的評估也非常嚴謹，考試的難度很高，再加上很高比例的課程都是期末口試 100%，對台灣學生來說不是件容易的事。

C. 國外研修之生活學習 (課外)

歐洲外食物價高昂，想省錢的話就自己煮吧!起頭總是不容易，但食物只要有熟就可以吃，煮第一次不好吃就煮第二次，再不好吃就煮第三次，到最後吃到自己煮出來的家鄉味，是真的會很感動的。自己去銀行開戶，自己打電話問問題，自己去市政廳辦居留證，隻身在異鄉要想辦法解決所有問題，因此這些場合也是很重要的成長。除此之外，觀察當地人的生活模式，觀察到彼此習慣的不同，體會文化差異也讓我感到很有趣，比如這邊的人不重吃，中午可以吃點簡單的東西就當一餐，平時的休閒就是下午去公園曬太陽野餐看書，晚上去酒吧喝酒唱歌跳舞。這邊的人注重生活品質，工作大多有彈性上下班時間，下班後和假日不回工作訊息，勞方每週都罷工維護自己的權益，認知到在同個時空背景下，跨越了七個小時的人們過著很不一樣的生活，這種感覺真的很有趣。

D. 交換/研修之具體效益 (請條列式列舉)

1. 體驗東西方教育環境差異
2. 體驗文化差異並學習包容接納
3. 學習照顧好自己和解決問題的能力
4. 拓展對這個世界的認知和視野

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？

對我來說最大的困境其實發生在行前，因為沒有宿舍可以住，所以最後要到外面險惡的租屋市場中自己找房子住，對只待半年的交換生來說其實是非常困難的。我嘗試了當地臉書租屋社團、根特政府官方租屋網、當地最大的租屋網、當地學生社團、當地台灣人社團，最後幸運遇到有人轉租，才解決問題，若正在閱讀的您也有一樣的問題，歡迎聯絡我，可以跟您分享我怎麼解決的。

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？

由於我住外面，所以我少了與其他國際生認識的機會，再加上上述所提，在這邊交換生幾乎只能修專業課程，通常意味著比較難認識其他交換生同學，以我的例子來說，我遇到的比利時同學都有自己的交友圈，我與他們最深的交流是僅止於課堂上同組共事關係。如果可以的話，住宿舍會是認識其他交換生很好管道，再來是參加 ESN 辦的各種活動，也會有很大機會認識不同的人。根特算是很安全的城市，居民也都很友好，英語普及度很高，也很願意跟你用英文溝通，晚上一個人走在路上不會很危險，在交換期間我沒有遇到任何霸凌或歧視問題。蠻建議租一台腳踏車，好好體會歐洲良好的腳踏車道規劃，在通勤上也方便很多。

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？

在出發之前我最大的擔心就是沒辦法照顧好自己，但隨著一件件挑戰接踵而來，也一件件迎刃而解，發現自己沒有想像中的弱小，也變得更獨當一面。隨著處理問題的能力逐漸增長，往後遇到更多生活上的困難，也更能冷靜下來解決。

H. 感想與建議

感謝學校和家裡提供我機會和資源到世界的另外一端體驗不一樣的生活，我覺得這半年對我來說獲益良多，不管是在實務上還是心靈上還是個人涵養都獲得很大的滿足。比利時可能不是最有趣的歐洲國家，但根特仍然是個不錯的交換地點，治安良好且居民友善。貼心小提醒，帶一件防水外套，怕冷的人多帶幾件保暖衣物，會讓你更適應比利時的糟糕天氣的。

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

A. University Introduction

Ghent University, located in the Dutch-speaking region of Belgium, is ranked among the top 100 universities in the world and is the second-highest ranked university in Belgium. It comprises 11 faculties and 117 departments, covering a wide range of disciplines including Arts and Philosophy, Law, Sciences, Engineering, Architecture, Psychology, Medicine, and more.

The university operates in a college-town style, with its buildings spread throughout the city, which made finding classrooms quite an adventure during the first week. The overall academic atmosphere is liberal, yet the coursework is rigorous. There are also strict credit requirements for exchange students; for instance, students from the Faculty of Engineering are required to take a minimum of 20 ECTS per semester, with at least 15 ECTS from

engineering courses.

Courses at Ghent University tend to be more intensive compared to other exchange programs and often focus on specialized electives. It is not considered an easy university for exchange students. However, the university offers extensive academic resources and a well-stocked library. Moreover, the student population is highly diverse, providing the opportunity to meet peers from all over the world in a friendly and inclusive learning environment.

B. Academic Learning Abroad (In-Class) – Recommended Courses

During the exchange, I took five courses: three from the Faculty of Engineering — Planning Theory, Project Management, and Characteristics of Semiconductor Components and Electronic Devices — and two from other faculties — Low Countries Studies and Global Minds.

Planning Theory:

This course introduced a variety of theories and perspectives in planning, such as uncertainty, feminist theory, post-growth, etc. Students were divided into groups, each responsible for one topic. Each week, a guest speaker from a relevant field was invited to lecture on a specific topic, followed by a group presentation and classroom activity designed by the students. The final oral exam accounted for 80% of the grade and covered the entire course content, including student-led activities.

Project Management:

This course covered fundamental project management concepts including the critical path method, risk analysis, and project control. Lectures were primarily led by the professor, with occasional problem-solving sessions by teaching assistants. The final grade consisted of 50% from a group project on any PM-related topic (presented as a video), and 50% from a written final exam.

Characteristics of Semiconductor Components and Electronic Devices:

A technical course under the electrical engineering department, this subject focused on the properties of semiconductor devices. It followed a traditional lecture format, with the final grade based entirely on a 100% oral exam. The content was quite similar to related courses in Taiwan.

Low Countries Studies:

This course explored various aspects of the Low Countries (Belgium, the Netherlands, and Luxembourg), including history, culture, music, media, art, and policy. Each week featured a guest speaker on a specific topic. The course was both informative and engaging, ideal for exchange students to better understand the local context. Weekly reflection papers accounted for 50% of the grade, with the remaining 50% from a final written exam.

Global Minds:

This interdisciplinary course focused on global issues such as climate change, environmental justice, global health, reproductive justice, economic justice, and migration. It provided a platform to see how students from different countries approach these topics. The format emphasized group work and discussions, supplemented with individual assignments. The final assessment was a group presentation that showcased the semester's learning, and there was no written exam.

Reflection on learning style differences:

Coming from a background in Taiwan where lectures and self-study dominate, I initially struggled with the learning style at Ghent. Here, students are active in raising questions and engaging in discussions. Group work emphasized equal participation, and students were eager to hear each other's comments and feedback. Professors were approachable and encouraged critical thinking, often treating students more like peers. They welcomed constructive feedback on their teaching while maintaining high academic standards — exams were challenging, and many courses relied heavily on oral finals, which was a tough adjustment for students like me.

C. Learning Through Life Abroad (Outside of Class)

Dining out in Europe can be expensive, so cooking is the key to saving money! It was tough at first, but I gradually learned to cook — even recreating the taste of home, which brought a genuine sense of joy and accomplishment.

Living abroad also meant handling everything independently — opening a bank account, calling to resolve issues, applying for a residence permit at the city hall. Each of these was an opportunity for growth. Observing the local lifestyle and cultural differences was also fascinating. For example, locals here often eat very light lunches, enjoy sunny afternoons in the park reading or picnicking, and spend evenings socializing at bars.

Work-life balance is highly valued: people have flexible working hours and rarely respond to work messages outside office hours. Labor unions are active in protesting for workers' rights. It's eye-opening to realize how people living in the same globalized world can have such vastly different ways of life.

D. Concrete Benefits of the Exchange Program

Experienced the contrast between Eastern and Western education systems

Learned cultural tolerance and acceptance through firsthand encounters

Improved ability to be self-reliant and solve problems

Broadened global awareness and worldview

E. Difficulties Encountered and Problem-Solving

The biggest challenge I faced occurred before departure — securing housing. Without access to university dormitories, I had to navigate the tough private rental market, which is particularly difficult for short-term (one semester) exchange students.

I tried every channel available: local Facebook housing groups, official Ghent rental websites, popular housing platforms, local student groups, and even Taiwanese community groups. Fortunately, I eventually found a sublet opportunity.

If you're reading this and facing the same issue, feel free to contact me — I'm happy to share how I managed it.

F. Cultural Shocks and Adaptation

Living off-campus meant I missed out on dorm-based social opportunities and had fewer chances to meet other exchange students. Additionally, since I was mostly enrolled in technical courses, it was harder to connect with others in class. Most Belgian students already had established social circles, and our interactions were mainly limited to group project settings.

If possible, I would highly recommend staying in student dorms — it's one of the best ways to meet fellow exchange students. Participating in events organized by ESN (Erasmus Student Network) is another great way to expand your social network.

Ghent is a very safe city. Locals are friendly, speak fluent English, and are willing to communicate. I didn't experience any discrimination or bullying. Renting a bicycle is highly recommended to enjoy the well-designed cycling infrastructure and make daily commuting easier.

G. Personal Growth and Life Changes

Before the exchange, I was most worried about whether I could take care of myself. But as challenges came one after another and were gradually overcome, I discovered that I was stronger than I thought.

As I became more capable of problem-solving, I learned to stay calm when facing difficulties

in daily life. This growth in independence and resilience was my most significant transformation.

H. Final Thoughts and Suggestions

I am deeply grateful to both my home university and my family for giving me the opportunity and resources to experience life on the other side of the world. This six-month journey has been immensely rewarding — practically, emotionally, and intellectually.

Belgium may not be the most "exciting" European country, but Ghent is a great exchange destination with a safe, friendly environment.

A few practical tips:

If you' re sensitive to cold, get a water proof jacket and bring more warm clothes.

These will help you better cope with terrible weather