

學校簡介

我此次交換就讀之 KU Leuven (天主教魯汶大學) 創立於 1425 年，是歐洲最古老的高等學府之一。學校目前設有 15 個學院，學術實力在世界排名 60 名，於 2025 年歡慶 600 週年校慶。

國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

最喜歡的課程是行為經濟學，該堂上課時間其實非常短，老師每週會要求同學閱讀三篇 paper 並發三部教學影片在教學系統上，然後我們利用一週的時間自己慢慢消化學習三篇 paper 的內容並在課堂上針對三篇 paper 進行討論，這樣自由的教學模式對我來說反而激發了很多的動力，因為老師不會要求你每一堂課都一定要到場或者是要求你教什麼作業他就是把所有的資源交給你讓你自己去學習。該堂課最後的期末報告，是讓我們從閱讀到的 paper 去延伸出我們自己感興趣想要做的領域，並進行有關行為經濟學的一項實驗。我認為這堂課就像是給研究生的預習，要怎麼閱讀 paper、怎麼抓住不同 paper 之間可以比較的點、可以延伸的點，練習我們的批判性思考並且設實驗設計，還有最後的實際演練，整體來說是他很完整的課，對於學術生涯非常的有幫助。

國外研修之生活學習 (課外)

課餘時間，我積極參加跨文化活動、比利時城鎮深度導覽。透過這些場合，我不僅練習語言能力，也與來自不同國家的同學建立友誼。此外，我亦利用週末造訪歐洲各國，看見各個不同國家的人的生活步調、生活態度完全不同，也讓我對於自己的人生有更廣闊的思考。其實人生有很多種活法，我想要怎麼活？其實有更多的可能性。

交換/研修之具體效益 (請條列式列舉)

跨文化研究能力：能與歐洲、本地與亞非學生共同完成實驗設計與統計分析。

學術資源：KU Leuven 圖書館提供線上資料庫、古籍典藏與 24 小時討論空間

語言能力提升：英語專業表達更為流暢

自信提升：練習把自己的想法有條理地講出來，因為身邊的人永遠都會傾聽

國際視野：參訪歐盟機構，對服務設計與行為科學在公共政策中的應用有第一手觀察。

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？

錢不夠是最大的問題，一開始去的時候對所有事物很新鮮，且對於當地貨幣的數字概念還沒有建立起來，導致後來財務上有一些緊繃。解決方案就盡量多煮飯一次煮一整個禮拜的份量起來會更省

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

走在路上常常遇到路人跟你說 nihao 因為不確定對方是不是種族主義份子，或是他只是很熱情的在跟你打招呼，遇到這種狀況會有點緊張。面對的方法就是微笑面對，大部分的人都沒有惡意

海外生活歷練是否為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？

覺得自己更願意打開心胸去跟這個世界交流建立更多的人際關係，以前可能一定要熟識的人我才會跟他講話，但是在這裡路上的路人、公車隔壁座位的旅客或是超市的店員可能都能夠和你成為朋友，都就會發現其實與人交流人與人的之間的距離其實沒有那麼遙遠

感想與建議

建議提前備妥簽證文件

許多選課計畫可以跟承辦人員多討論，有時候規定是死的但其實有溝通空間

During my five-month exchange in KU Leuven, I had the opportunity to fully immerse myself in a new academic and cultural environment. I stayed in an on-campus dormitory located just a 10-minute walk from my classrooms. The location was central and safe, and although there were occasional noises from nearby bars, the dorm community was respectful and welcoming. I felt very satisfied with both the living conditions and the people I lived with.

My motivation for joining the exchange program was to prepare myself for future graduate studies abroad. I also hoped to improve my language skills and broaden my global perspective. This experience helped me grow significantly in terms of independence, communication, and confidence. The most valuable part of this journey was learning to adapt in a multicultural environment and interacting with people from different backgrounds. I became more comfortable expressing my thoughts clearly and discovered that meaningful conversations could happen even with strangers—on buses, in supermarkets, or during casual encounters.

One of the main challenges I faced was the language barrier in some courses, especially during final exams and fast-paced lectures. To cope, I often sat with Chinese classmates and used real-time translation apps to support mutual understanding. These small strategies made a big difference in helping me keep up with the course content.

I would strongly recommend this exchange experience to other students, particularly those interested in academic exploration and cultural exchange. The university atmosphere encourages critical thinking and respectful dialogue, and I was impressed by how often professionals from local industries were invited into the classroom. This helped us see the practical side of our academic studies.

Outside of class, I joined a student dance club called “dance_de_smile.” It was a joyful experience dancing with students from different countries. Through movement and rhythm, we shared a universal language that transcended borders. I would highly recommend joining a club—it’s one of the best ways to connect with others and build meaningful friendships.

Looking back, this exchange helped me open up to the world, build new relationships, and redefine my understanding of what it means to live a meaningful life. It taught me that there are many ways to live, and each culture offers its own unique perspective worth learning from.