

學校簡介

阿姆斯特丹商學院，據說是荷蘭最古老的商學院之一，由於國際學生眾多，有許多英語授課的課程，也有開設荷蘭語課程給外國學生，校園小而現代，時尚，學校內的空教室幾乎都可以使用，也有交誼空間，圖書館內也可以飲食

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

我此次交換修習了兩門課，比較喜歡的是策略行銷管理，課堂上有相對較多的理論背景的傳遞，老師傳遞理論也都是逐步引導我們去理解，分組報告也不會多到占用很多課堂時間，比較可惜的是教授對於同學發散的發言，比較少做有效的收斂，如果沒有修過相關的課程，比較難有系統的把知識內化

國外研修之生活學習（課外）

由於交換的課程不多，此次交換的目的也是以加強英文為由，所以平常就到處旅遊，盡量有更多與外國人交流互動的機會，此外課外的時間也會拿來閱讀之前想讀但沒時間讀的書籍，加強自己未來就業的知識與能力

交換/研修之具體效益（請條列式列舉）

1. 獨立自主
2. 解決問題的能力
3. 不害怕用英語溝通
4. 了解國外生活方式，習慣的不同
5. 更加開放的心態

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？

1. 租到unfurnished的房間

由於租房困難，最後學校給的房間是沒有傢俱，廚具，也沒有冰箱的房間，所以住的前期跑了好多趟IKEA選購傢俱廚具，花了差不多一個月房租的錢才買齊，而考量冰箱直接購買不划算，幸好有找到荷蘭當地有出租電器的網站，用一個月500台幣的便宜價格租到功能齊全的中型冰箱

2. 用到有問題的變壓器導致跳電

當時在房間內使用不合的變壓器導致跳電，開關總電源好多次也都沒反應，當時正值聖誕假期，宿舍中心的修繕人員也都放假，後來是找了當地的technician來處理，結果花了120歐元，才發現是總電源在房間外面，只要開關開起來就有電了，但事後想想如果不是有他來處理，我也要等假期結束才連絡的到人，算是學個經驗了

3. 德國行回來得COVID

當時到德國參加啤酒節回來後中標，但剛好朋友們都出國了，自己帶的成藥也沒有辦法有效壓制各式感冒症狀，就這麼反覆發燒了三天，十天左右之後以為痊癒了，結果隔了三四個禮拜又得了長新冠，整個嗓子啞掉完全沒聲音，當時出國前太小看病毒的威力了，還是應該要帶清冠一號出國的

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

由於荷蘭是大麻合法化的國家，所以去市中心逛街的時候，常常每走兩步就會聞到大麻味，不過後來也理解到大麻其實使用得宜，不會比酒精有更大的危害，路上也幾乎不會看到因為抽大麻而精神恍惚的人，整體而言城市沒有因為大麻的合法而有負面的影響，所以也就適應了，而抽的人多是觀光客，荷蘭當地居民其實反而不是很喜歡大麻文化，覺得大家會對荷蘭有不好的印象

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？

海外生活使我轉變最大的是不再害怕英文溝通和獨立解決問題的能力

1. 英文溝通

以前在台灣儘管在課堂上有講英文的機會，或像我本身也會利用一些英語線上學習平台與外國人對話，但總是對英文有一絲絲的恐懼，沒有辦法像母語講得一樣自然無壓力，這趟出去之後無論什麼情境都需要英文溝通，所以很自然而然的就克服對英文的恐懼

2. 獨立解決問題的能力

在海外很多資訊不像在台灣很好搜尋，更多的時候要靠問人才能知道答案，尤其是遇到與當地政府相關的問題，都要親自打電話或跑一趟才有辦法處理，所以讓自己內建了一種有問題，就要靠自己的能力解決的mindset

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？

其實出國交換對我而言就是增加視野，加強英文，體驗不同的上課和生活方式，當然獎學金會減輕一些負擔，但不太會影響我的出國計畫

感言及心得感想

交換前我的目標設定就是增加視野, 加強英文, 體驗國外的上課和生活, 閱讀一些想加強的領域的書籍, 所以整體而言是有達到我想做的事, 但也體會到台灣真的很好, 對我來說歐洲除了風險優美, 氣候宜人(夏天限定)等, 其他像生活機能, 整體方便性, 人情味還是台灣更勝一籌, 也更珍惜在台灣的所有的人事物

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)

Amsterdam Business School is said to be one of the oldest business schools in the Netherlands. It has a large number of international students. There are many English-taught courses, and there are also Dutch courses for foreign students. The campus is small but modern and fashionable. Almost all the classrooms on the campus are You can use it, there is also a communication space, and you can also eat and drink in the library

I have taken two courses in exchange this time, and the one I like more is strategic marketing management. There are relatively many theoretical backgrounds in the class, and the teacher's transfer of theory also guides us to understand step by step, and the group reports will not be too much. Lots of class time, it is a pity that the professor seldom effectively converges on the divergent speeches of the students. If you have not taken relevant courses, it is difficult to internalize the knowledge systematically

Since there are not many courses exchanged, the purpose of this exchange is also to strengthen my English, so I usually travel around and try to have more opportunities to communicate and interact with foreigners. In addition, the extracurricular time will also be used to read but I wanted to read before. Books that you don't have time to read, to strengthen your knowledge and ability for future employment.

The biggest change in my overseas life is that I am no longer afraid of English communication and the ability to solve problems independently.

1. English communication

In the past, although I had the opportunity to speak English in class in Taiwan, or I used some English online learning platforms to talk to foreigners, I always had a little fear of English, and I couldn't speak it as naturally as my mother tongue. After this trip, I need to communicate in English no matter the situation, so I naturally overcome my fear of English.

2. Ability to solve problems independently

A lot of information overseas is not as easy to search as in Taiwan, more often you have to ask people to get the answer, especially when you encounter problems related to the local government, you have to make a phone call or make a trip in person to deal with it, so Let yourself build a mindset that you have to rely on your own ability to solve problems.

Before the exchange, I aimed to broaden my horizons, strengthen my English, experience foreign classes and life, and read some books in the field I want to strengthen. So overall, I have achieved what I want to do, but I also realized that Taiwan is good enough, for me, in addition to the picturesque scene and pleasant climate (only in summer), Europe is better than Taiwan in terms of life functions, overall convenience, and human touch. I also cherish the people and things I have in Taiwan.