

心得(中文)

26-1 學校簡介

波特蘭州立大學位於奧勒岡州波特蘭市，是一個人情味很濃厚的城市，學校離 downtown 不遠，走路或是搭乘電車都很方便到達。學校有很多棟建築物，其中最讓我印象深刻的是一棟叫做 viking center 的建築物，他是一個運動的比賽場地，還有很多觀眾席，學校內常常都會在那邊舉辦運動賽事。波特蘭的餐車文化很豐富，不僅市區有蠻多的餐車聚集地，連校內都有擺設各種不同食物的餐車。在足球場的旁邊有一排的櫻花樹，在我要離開波特蘭大學回家時，剛好是櫻花盛開的時候，一整排的櫻花樹為校園增添了更多的色彩。

26-2 國外研修之課程學習（課內）

我到波特蘭大學交換了兩個學期，第一個學期我休習了兩門數學系關於統計的課及個人理財規劃，第二個學期我休習了金融工程，語言學及數學證明的課。第一個學期的時候，才剛進入到一個新的環境，還在適應，所以一開始在課業方面有點辛苦。到了第二個學期不幸因為疫情的關係，我回台灣繼續修線上課程，原本以為線上課程會降低學習成效，但是因為教授們的努力，反而我認為線上學習更增加了我在課堂上發表的機會。

26-3 國外研修之生活學習（課外）

我在課餘時間加入了羽球隊，一開始只是想運動而已，沒想到在羽球隊結交了很多朋友，除了平時會約出去吃飯之外，羽球隊還時常會假日約出去憶起打球或是跟其他學校有友誼賽，是個很棒的一個球隊。

因為疫情的關係，我出遊的次數不多。第一次出遊是到離學校車程大概一個半小時的 Hood Mt. 這個地方以滑雪著名，我到了滑雪場有很多種路線，完一整天都不膩呢！第二次出遊是與一個日本女生，我們自駕往南邊，先到一個海邊喝最著名的巧達濃湯並在沙灘上走走之後，前往我們的目的地，Thor's well，它是由大自然力量打造而成的一個海蝕洞，在漲潮時會呈現像一個無底洞將海水吸食進去的景象，距離三個小時的車程，真的不枉此行。

26-4 交換/研修之具體效益（請條列式列舉）

1. 較勇於表達自己的想法
2. 數學方面：較懂得如何去思考證明題目，而不是死背公式
3. 金融方面：更加了解美股及投資還有理財的技巧
4. 英語方面：在全英語的環境中，英語口說能力可以進步得很快

26-5 感想與建議

雖然原本六個月的交換縮短為三個月，但我還是收穫良多，不僅在學習方面，看到了很多與台灣教育不同之處，在生活方面也體驗到當地的風俗民情。

而且自己走在路上有問題問路人，他們都很耐心的回答我或是幫助我，真的是一個很有人情味的小鎮。

這次疫情的關係，被迫返台，我認為學校對於交換學生的一些措施實行的有點緩慢，像是在台灣爆發疫情，而美國尚未爆發的時候，就應該先擬配套措施或是關心所有交換學生的狀況。

26-6 相片







心得(英文)

26-1 School Introduction

Portland State University is located in Portland, Oregon. It is a city with a lot of friendly people. The school is not far from downtown and it is easy to reach by walking or taking the tram. There are many buildings in the school, the one that impressed me the most is a building called viking center. It is a sports competition venue and there are many auditoriums. A lot of sports competition often held there. Portland is also famous for the food truck culture. Not only are there a lot of food trucks gathering together in downtown, but there are also food trucks with various foods inside the school. There is a row of cherry trees beside the football field. When I was leaving the University of Portland, it was just the time that the cherry trees in full bloom. A row of cherry trees make the campus more colorful and beautiful.

26-2 Studying abroad courses (in class)

I went to the University of Portland for two terms. At the first term, I took two mathematics related courses about statistics and probability and personal financial planning and investment. At the second term, I took financial engineering, linguistics, and mathematics about proof. At the first term, I just entered a new environment and was still adapting to it. Therefore, in the beginning, I was having hard time catching up with the professor on the Math courses. However, at the second term, the unfortunately event happened. The serious epidemic situation forced me to return to Taiwan to take the courses remotely. I originally thought that online courses would reduce the effectiveness of learning, but because the professors put a lot of efforts on it, I think that online learning has increased my enthusiasm of studying.

26-3 Life and study abroad (extracurricular)

I joined the badminton team in my spare time. At first, I just wanted to exercise. However, I make a lot of friends on the badminton team. Also, we usually went out for dinner after the badminton team practice time. There's often a lot of matches with other school. It's a great team and spending time there is so happy.

I did not travel much because of the epidemic. The first trip was to Hood Mt, which is about an hour and a half drive from the school. This place is famous for skiing. There are many routes to the ski resort and I felt like I still wanted to ski after a whole day! The second trip is with a Japanese girl. We

drove to the south first and went to a seaside to drink the most famous Chowder soup and walked along the beach. Then we went to our destination, Thor's well. It is a sea cave created by the forces of nature. At the high tide, it will appear a hole and looks like it is sucking the seawater. It is a three-hour drive away from the university, but it's really worthwhile.

26-4 Specific Benefits of Exchange/Training (please list in list)

1. Be more courageous to express my thoughts
2. Mathematics: Know how to think about proofs, not formulas
3. Finance: Learn more about U.S. stocks and investment and financial management skills
4. English: In a full English environment, the ability to speak English can improve quickly

26-5 thoughts and suggestions

Although the original six-month exchange was shortened to three months, I still learned a lot. Not only did I see a lot of differences from Taiwan's education, but I also experienced local customs and cultures in life. Whenever I had questions, the people there were always willing to give me a hand. They all answered me patiently or helped me. It is really a friendly state.

The situation of the epidemic forced me to return to Taiwan. I think the school implemented some policy toward exchange students a little too slow. I think when the epidemic began in Taiwan and not yet happen in the U.S, the university should first plan to have policy helping exchange students.