

26-1 學校簡介

HvA 是一所位於荷蘭首都—阿姆斯特丹的學校，擁有數個校區，而我這次前往交換的校區則是位於 Bijlmer Station 附近的校區。此校區位於阿姆斯特丹最大的體育館旁，旁邊也有荷蘭最大銀行-ING Bank 的總部。HvA 每年都招收許多來自各國的交換生，每年大概有 1000 名左右。

HvA 中文全名為阿姆斯特丹應用大學，與 UvA 阿姆斯特丹大學是不一樣的，這兩所學校在 2016 年正式分家，因此想申請荷蘭交換校的學弟妹們在這方面可以注意一下哦。

26-2 國外研修之課程學習（課內）

我所選的其中一門課程是人力資源管理，在課堂上老師所教導的是企業用的 SAP 系統，讓我們直接體驗一家公司是如何運用此系統來進行人力資源分配、調度、招募等等的工作。課堂上老師幾乎是讓學生們自行摸索，有問題隨時可以發問，並且每週要完成一篇關於人力資源管理的小組 Case study，於隔週課堂繳交。

由於上述所及，老師給予同學們的自由度是很高的，基本上不太會管學生，因此有什麼問題或是課堂上的困難建議主動詢問老師，才不會造成聽不懂以及進度落後的問題。

26-3 國外研修之生活學習（課外）

生活方面，阿姆斯特丹其實算是一個消費滿高的城市，像是外面的餐廳、酒館價格都不低，因此建議去超市買食材回來自己料理三餐。在阿姆斯特丹生活了五個月後最讓我懷念的便是他們最大的連鎖超市— Albert Heijn，裡面應有盡有，而且超級乾淨整潔，基本上生活上需要用到的東西在那裡都找得到。

在這個大麻合法化的國家，交際應酬、喝酒作樂的場合在國際學生中非常普遍，幾乎每週都有不同的 parties, events, 在此建議學弟妹們適度玩樂消遣有益於交換生活，但也不能太沉迷、學會自我控制才能享受健康人生哦。

26-4 交換/研修之具體效益（請條列式列舉）

1. 學習獨立、自主生活
2. 體驗國外文化，拓展國視野
3. 結交外國友人，深度了解他國文化，體驗不同風俗民情
4. 學習「自處」，擁有更多屬於自己的時間，能好好規劃畢業後的生活、職涯

26-5 感想與建議

十分感謝爸媽、學校以及所上讓我有這個機會來到阿姆斯特丹交換。在這五個月的生活裡，我學到了很多，包括日常生活上、自我管理、學習等等方面。阿姆斯特丹是個十分友善並且美麗的城市，在那裡的每個人都很親切，並且英文程度也很好，因此不管到荷蘭哪裡旅遊，溝通上都不是什麼問題。

但在物價方面，阿姆斯特丹是真的滿高的，因此在阿姆斯特丹生活的預算就會稍微壓縮到去其他國家旅遊的預算。因此，若學弟妹們在交換期間想要遊遍歐洲，建議可以至比較東歐的國家進行交換，預算會比較充足！

五年前剛上大學因為遊學的關係在這個美麗的城市短暫停留了三天，那時候就對荷蘭有著很好的印象，而如因為期五個月的交換生活咻一下地就結束了。謝謝所有發生的開心的、快樂的、難過的、好壞參半的事情。再見了阿姆斯特丹，我會帶走一些你給我的，也留下一些給你了。以後有機會我一定會再踏上這個美麗的國度。

English version

It was really glad that I could spend a part of my lifetime in Amsterdam. Amsterdam is a beautiful city, and I also met lots of beautiful people there. Before I started my exchange life, I was really nervous about what if I could not accommodate to my exchange life there, but when I first stepped on that beautiful city and saw my lovely coaches and classmates, I believed that I would definitely love Amsterdam.

In my free time and holidays, I have traveled to Athens, Santorini, Dusseldorf, Cologne, Paris, Berlin, Prague and Budapest. All of these became my ever-lasting memories. I am really grateful that my parents gave me a chance to study and live abroad.

Netherland is really an amazing country, I have been to several cities when I was there. The windmills in Zaandam and Kinderdijk are really endearing, the Markthal building and the Erasmus bridge in Rotterdam are really stunning, and also the incredible view in the famous place- Giethoorn. We had a boat cruise in Giethoorn, everything is built on the water and is so lovely.

During these five months, I have learned a lot of things, including cooked for myself, had a short trip myself, made friends from many different countries, and so on. I really enjoyed it and also appreciated it. My roommate is a girl from Argentina, she is really kind and friendly, we became good friends and helped each other when we had some problems during the exchange life. I have other two friends from France and Italy, we always talked about our experiences and funny things in our home country, and also our plans in the future and our dreams. We made a deal that if one day we go to one another's country, we will meet up again, and we hope to see each other again soon.

After few days I left Amsterdam, I have already missed everything there. There are also three other students in NSYSU with me these months. We became best friends during the exchange life, we cooked and traveled together and had a lot of good times. I think I am really lucky that I have met them in Amsterdam, we took care of each other just like a family, I think I would have felt lonely if I did not meet them in Amsterdam. Thus, I think friends are really important when you get to a new place, you guys can help and take care of each other in the beginning when you are not familiar with everything.

Finally, I want to say thank you to everyone that helped me before and during my exchange life, and also thanks to everything that Amsterdam have taught me, although some of those are unhappy or sad, I will all collect them in my mind and regard them as the nutrient in my life. Thank you Amsterdam, hope to see you soon in the future, I will expect that day coming soon, to see the sunshine, canals and windmills again.

26-6 相片 (2~3 張貼進 word 檔案, 含說明, 並 Email 原檔給國際處承辦人)



相片一：位於荷蘭最大的百貨公司- De Bijenkorf 前，為阿姆斯特丹最繁榮之地- Dam Square.



相片二：位於荷蘭其中一個城市- Zaandam，此城市以風車著名，又有別稱“小羊角村”。