

26-1 學校簡介

我們交換的學校為 Hogeschool van Amsterdam, Amsterdam University of Applied Sciences (HvA)，是荷蘭的一所大型高等職業學院，每個學院分部在阿姆斯特丹市區的各個地方，而我們交換的學院為 Business & Economic，該棟建築物名稱為 Fralijmaborg，位於 Amsterdam Bijlmer Arena 捷運站附近。

26-2 國外研修之課程學習（課內）

我在這學期選了兩門課，分別是 Dutch for International Students（荷蘭文）和 Behavioral Finance（行為財務學）。首先，會想選修荷蘭文的原因是因為我認為要了解一個國家要先從它的語言開始，畢竟都來荷蘭交換了，想要多多了解荷蘭各式各樣的文化，可以藉由學習荷蘭文的過程中，體會到荷蘭是一個怎麼樣的國家，而且荷蘭文的老師也會時不時在課堂上介紹一些荷蘭或是阿姆斯特丹的景點或是民俗風情，讓我對於荷蘭這個國家有更深入的了解。此外，期末考試分成口試及筆試，口試分成三個部分，第一部分為找一個組員並介紹他的家庭背景、個性及興趣等；第二部分為與組員建立一個情境並進行對話；第三部分為老師提問，而筆試則都是上課老師教過的東西，整體而言並不是太難。而行為財務學的部分，老師會先簡單介紹傳統經濟學，再慢慢帶入行為財務學的部分，之後會詳細介紹行為財務的各個理論，並會帶入一些例子讓我們能更清楚各個理論背後的邏輯。期末會有一個小組報告及筆試，小組報告為選一個行為財務的理論，並做一個大約 15 分鐘的簡報，而筆試內容也不會太難，有把上課內容讀熟即可。

26-3 國外研修之生活學習（課外）

學校會舉辦許多有關交換生的派對及活動，在一開始真的會很緊張，因為覺得自己的英文不是太好，而且會覺得很難融入歐美人的生活。像是學校辦的迎新，就是為期一個禮拜的活動，學校會事先幫你分好組，而在報到完的當下就是挑戰的開始，要試著開始跟其他人聊天，而通常歐美人也都自成一群，就顯得更難融入他們，但後來發現其實外國的朋友都很友善，也都很願意慢慢去聽、去了解你想表達的，不但增加了開口說英文的勇氣，更結交一些外國的好朋友。

另外就是多了很多跟自己相處的時間，會開始思考自己想要什麼，及一些未來的打算。此外，還得自己照顧自己，以前從沒想過會要學習煮飯自己下廚，面對許多困難，時常也需要靠自己解決，在這樣的過程中有感受到自己成為一個更獨立的人。而在自己旅行的過程中，發現我還滿享受只有自己一個人的時光，這樣讓我更能用心去體會不同的國家。

26-4 交換/研修之具體效益（請條列式列舉）

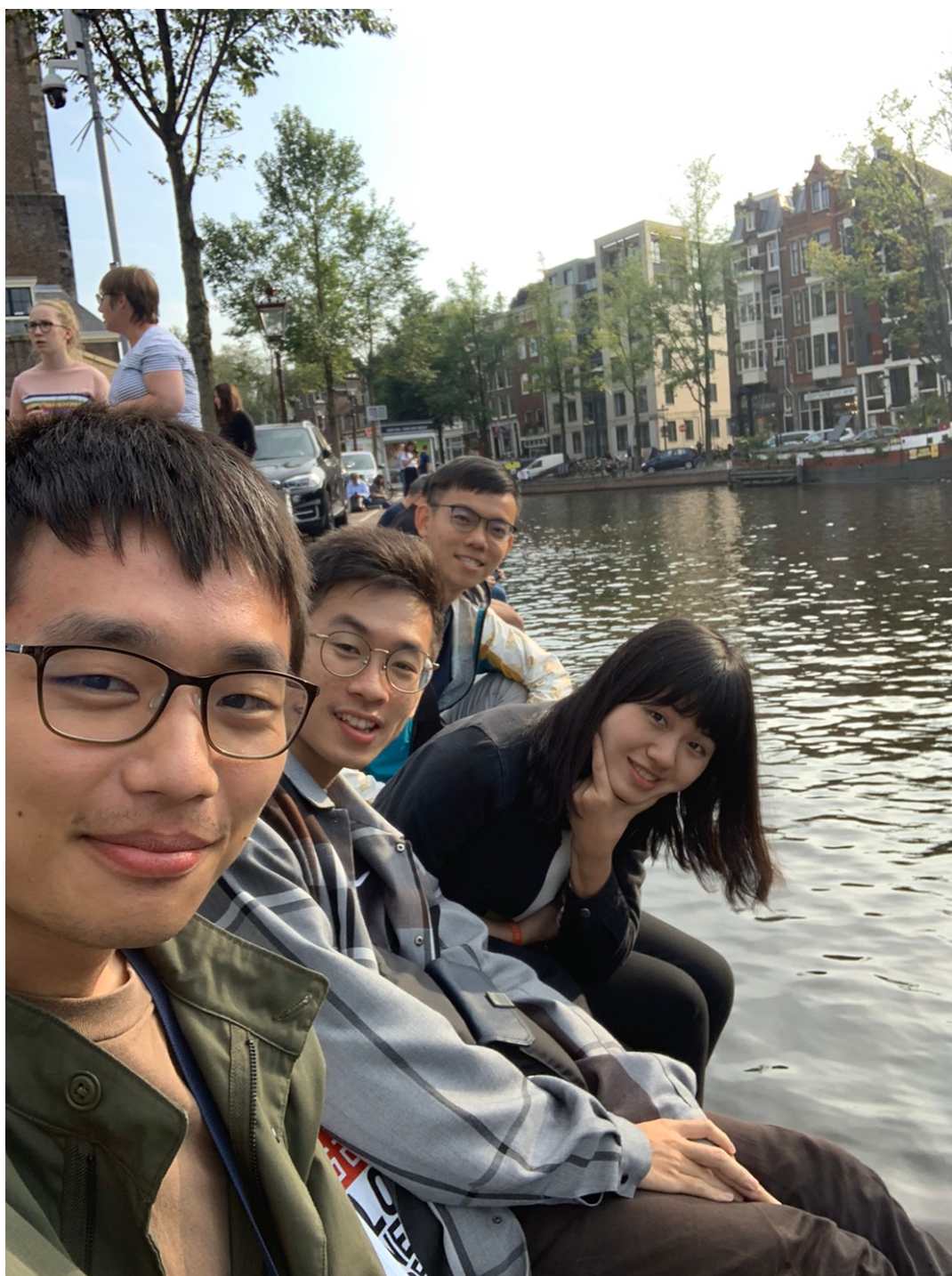
- 增進英文能力
- 建立、拓展人脈
- 了解國外的上課方式、文化
- 學會如何照顧自己，變得更獨立
- 出國旅遊，增廣視野及國際觀

26-5 感想與建議

真心覺得自己當初決定出國交換而不是踏入職場的這個選擇是對的，能在這個年紀出國交換半年，遊歷各個國家、體會到不同國家的文化、看遍不一樣的美景，只能說還好我有把握住這次機

會，不然下次要這樣毫無顧忌地玩就不知道要多久以後了。此外，荷蘭真的是一個很棒的地方，有幸來這邊交換真的很幸運，在荷蘭，英文都能通，幾乎沒有碰過英文不通的情況，光是這點就會讓你一開始就鬆了點口氣，不會那麼緊張。

另外，在與來自不同國家的人一起上課時，發現他們都會很主動的發言、與老師互動，這就是我做得不足也希望自己能在更加把勁的地方了，這就很明顯可以看出文化的差異了，我們在課堂上就比較顯得畏畏縮縮的，而最終我還是沒有跨出那一步，這就是我這次交換覺得比較可惜的地方了。



📷與一起交換小夥伴們的照片



📍阿姆斯特丹運河照



📍這次交換最愛的照片

I was very nervous when I decided to apply exchange student program, but looking back, it was a very precious experience to be an exchange student in Amsterdam. I am so thankful that I did this decision. Our faculty is located near the Amsterdam Bijlmer Arena Station. It is very easy to take metro to downtown in Amsterdam. Amsterdam is such a very beautiful city, every view on Amsterdam all impressed me. Also, Netherland is such a very freedom country, you can try weed and experience red light street if you want. It is all legal.

I took two courses of this semester, “Dutch for International Student” and “Behavior Finance” respectively. In Dutch for International Student, you can not only learn Dutch but also learn about Dutch’s culture. The teacher told us many things about Netherlands. But the benefit to learn Dutch is not very high, almost everyone live in Netherlands can speak English fluently. Despite this, I still recommend this course. Then, Behavior Finance is not difficult for student in Finance Department. The course is very basic. But for me, let me gained the most was not the knowledge from these two courses but I was more willing to speak English with other students. I was so glad that I worked together with my teammate to finish our final presentation.

My main purpose to be an exchange student was that I want to travel many countries. Because I hoped to broaden my mind and also practice my English by traveling many different countries. I have traveled to many different places such as Netherland, Norway, Belgium, Germany, Austria, Switzerland, Iceland, Czech Republic, Hungary, France, United Kingdom and also Spain when I was free. My favorite countries are Iceland and Switzerland. I was deeply impressed by their spectacular scenery. So, I strongly recommend travelling these two countries to experience their natural scenery. Moreover, every city has their own feature, made my journey so memorable.

There are three other students in NSYSU also came to exchange in Amsterdam together. They were all so friendly and took care of me a lot. We were just like a family, keeping company with each other. We cooked together, learned together, traveled together, I can’t image how to live my exchange life without them. We also met many foreign friends, they were very kind. We invited them to dinner and cooked some traditional Taiwanese cuisines, they loved our food very much. Our friends from France also cooked their famous dessert – “Crêpe” for us, it was so special and delicious. I really hope I can see those friends again in the future.

During these five months, I had some good memory but also some bad memory. No matter it was good or bad, it is all my precious experience. I am so grateful every people I met when I was in travel. They all rich my exchange life. These different experiences made me mature during these five months. I am so glad that I chose AUAS for my exchange school, and I also thankful for my parents and NSYSU giving me this chance. Amsterdam is a very great city. I must visit here again in the future.