

學校簡介

阿姆斯特丹應用科技大學 (Hva)，在阿姆斯特丹市區有很多校區，不同系所上課的地方完全不同，是一間非常注重實作的學校。

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

Sales and Negotiation

國外研修之生活學習（課外）

英文能力

交換/研修之具體效益（請條列式列舉）

1. 英文能力
2. 荷蘭人的生活風格
3. 當地學生對人生的想法
4. 各國民俗風情
5. 危機處理能力
6. 自信心

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?

我覺得每天都會遇到不同的困境，但是現在回頭看每個困境都真的是養分。我覺得保持開放的心態、多開口問、用自己的創意並且保持正向的心態，基本上所有困境都能夠迎刃而解

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

國外學生上課的態度。我先從私底下問教授問題開始，發現他們真的能夠接受所有的意見，並學習他們勇敢發問及表達意見。

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?

對自己的自信心有大幅的提升

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？

如何管理金流和讓金錢的使用最大化。是。

感言及心得感想

我覺得這次的交換學生計畫真的非常值得，這是一段很難被取代跟用其他方式達成的旅程。我們以一個相對特殊的身份（領有歐洲居留證的學生），享有很多福利，譬如說：相對便宜的房租、很多免費門票等等的，去深度體驗歐洲國家。這是跟去當地自助旅行完全不同的感受和視角。

在這段期間我也去了十個歐洲國家，每一個國家都有屬於自己的風貌，過程中有非常多的衝擊，不管是文化上/飲食上，都讓我真正了解世界有多大這個概念。同時我也發現很多台灣很幸福的地方和台灣很需要加油的地方，這些體悟都讓我在現在和未來多了很多具體且可行的商業想法。

除此之外很感謝的是我們另外有申請『全球移動人才實踐計畫』獎助學金，讓我們在交換的過程中，逼迫自己為中山大學/台灣大學生提供價值。我們做了企業介紹、人物訪談、深度旅遊的內容，讓未來有意願出國研修的學弟妹，更能視覺化的想像自己在未來的樣子。

總的來說，我非常鼓勵學弟妹或任何現在在可慮要出國的朋友們，勇敢地走出去。有些事情如果你沒有自己出去過真的是無法想像跟體會的。如果可以在這過程中，用自己喜歡的方式為台灣提供價值，絕對是更值得的。

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)

In my own perspective, I think this exchange student program is really worthwhile. It is a journey that is hard to be replaced or achieve in any other way. We were able to experience the European countries in depth with a relatively special status (students with a European residence permit and enjoyed many benefits, such as relatively cheap rent, many free tickets etc. It was a completely different experience and perspective than only being a traveler.

During this period, I also visited ten European countries, each has its own style. and the process had a lot of impact on me, both culturally and in terms of food. At the same time, I also found there are many great things that we can be proud of in Taiwan, but also places that need to be improved.

I'm also extremely impressed by how European students live their lives. They spend so much time to explore themselves rather than be in a hurry to find a GOOD job. They care even more about what are they interested in and good at. Once they find their "Destiny", they won't question themselves and literally just be confident to chase their dream. What's more surprising is that the whole society will definitely support them. No matter what it is. I think that is the huge shock to me.

In addition, I am grateful that we have applied for the Global Mobile Talent Practice Program scholarship, which allows us to push ourselves to provide value to National Sun Yat-sen University/Taiwanese university students during the exchange period. We did a corporate introduction, interviews, and in-depth travel, so that future students who wish to study abroad can visually imagine what they will be like in the future.

Overall, I would like to encourage students or anyone who is considering going abroad now to go out bravely. There are some things you can't imagine and experience if you haven't been there yourself. If you can provide value to Taiwan in the process in the way you like, it is definitely more worthwhile.