

26-1 學校簡介

葛洛寧恩大學(University of Groningen)又稱 UG、RUG，成立於 1614 年，同時也是荷蘭大學中歷史第二悠久的學校。UG 位於荷蘭北部的葛洛寧根省，離首都阿姆斯特丹約兩小時火車車程。除了主校區之外，UG 有另一個位於主校區北邊的 Zernike 校區，商學院的課程多在 Zernike。另外，由於學校主校區即為市中心所在地，因此生活機能相當好。

26-2 國外研修之課程學習（課內）

一般而言，荷蘭一學期劃分為兩個 block，UG 也不例外。以下學期為例，二月開始為期八週的第一個 block，三月底至四月初約一個月左右為 exam 以及 spring break，四月中旬開始第二個 block，同樣為八週的課程以及約一個月左右的 exam。這樣的制度導致學業上的進度較為緊湊，且有別於台灣原有的制度，很多課程並無期中考，僅有期末考，故在課程上需注意複習進度。另外，若選擇 tutorial 需分組的課，則一定要在開放選擇組別的時候馬上去選，否則熱門的時段和組別容易被搶完。

上課方式的部分，商學院大多都是 lecture 和 tutorial，文學院則時常有 seminar。Lecture 即以老師講授為主，通常人數非常多，一週至多可上二至三次，端看不同課程安排而定。Tutorial 則是以類似小組討論的方式完成報告等作業，相較於 lecture 更重視討論。許多課程都會兼具這兩種上課方式，以更有效地提升學習效果。

26-3 國外研修之生活學習（課外）

在荷蘭生活時，腳踏車是很重要的代步工具。以交換學生來說，可以選擇用租的或是用買的。若想用租的，連鎖品牌可以參考 Swapfiets 或 Boogle。Swapfiets 有學生價，官網上亦有清楚的租借規範；Boogle 則是可以去有提供服務之腳踏車店詢問詳細的租約事宜。除了連鎖品牌，一般的腳踏車店有些也有提供租借服務，但是價格就比較不一定。若決定用買的，亦可以加入臉書社團或直接在腳踏車店購買，Zernike 校區內即有一間店，也是許多學生的選擇。

此外，住宿之於荷蘭交換生活亦是非常重要的環節。由於荷蘭多數學校並無直接管理學生宿舍，而是委由 ssh 來處理，因此宿舍並非強制、也非保障住宿，UG 亦然。在這個狀況下，交換生除了可以自由選擇是否要住 ssh 提供的宿舍，也可以自己找住處。自己找住處的風險較高，因為不管是 fb 社團或租房網站都有很多詐騙，若決定自己找房子，可以參考 Kamernet、Xior 等網站。

26-4 交換/研修之具體效益（請條列式列舉）

- 一、未來有出國念研究所的規劃時，能藉由交換更了解之後欲去的國家、學校及領域。
- 二、體驗國外的教育環境及學習風氣。
- 三、去鄰近國家旅遊，增廣視野。

26-5 感想與建議

今年的交換體驗與以往相較而言有很大的不同，故許多活動都未能體驗。但就生活上而言，本質上其實是一樣的。這學期的交換經歷更多的是歐洲人對於疫情的態度、以及時常耳聞某些隨之而來的種族偏見與歧視事件。即便學期已步入尾聲，疫情仍未結束。回想起這段交換時光，儘管出乎意料的匆促，我仍非常慶幸自己得以有機會用不同的角度看見世界的樣子。



圖：葛洛寧恩大學 academy building



圖：Reitdiephaven, Groningen

Exchange life in Groningen

Location

For students who want to travel a lot during their exchange program, University of Groningen might not be the best place to study. Since it takes two hours train ride to Amsterdam, one has to always spend more time on the road. Despite this little inconvenience, Groningen is still one of the best student cities. Unlike most capital cities in Europe, it is a small city with fewer tourists. There are a lot of international students, which makes it an invigorating city.

Accommodation

SSH offered several student house choices. I lived in a student house named Suite 23, which is located south of the city center. It takes about fifteen minutes to Academy building and twenty-five to Zernike. Since it was cold in February, I took the bus more when I first got here. There is an Albert Heijn store in short walking distance and Jumbo within ten-minute biking. So daily grocery shopping is very convenient.

Bank account

Most international students choose to open their bank account in ABN AMRO, ING, or Rabobank. If you only stay in the Netherlands for less a year, there is a chance that ABN AMRO Bank might decline your request of opening an account, since it is said that one has to stay at least a year. I chose to open an ING account, which is also a popular choice among international students. Opening a bank account requires a lot of patience. First, you have to book an appointment, which can be hard when all of the international students are doing the same thing. Second, bring your passport and birth certificate and other documents they asked. After ten to twenty minutes of paperwork, you basically finish the first part of your job. And the rest thing you have to do is keep waiting. I still remembered I checked my mailbox so often that I felt like an eight-year-old looking for presents in Christmas and got disappointed every time. I guess living in Asia makes me get used to the efficiency of all the work and the administration stuff, but things are very different here. Anyway, you supposed to collect three letters and follow all the instructions required. Then take all the letters and the residence card to the place where the letter informed to get the fourth letter. It is said that five letters are needed to successfully use your account, but my friends and I do so with just four. So, it is possible that you can check online banking and ING app right after you get the fourth letter. There were a lot of people sharing their experiences and problems they encountered when they opened their account, but the procedure changed slightly different each year. Therefore, I suggest that if you have any problem, you should always call ING or sent a message to their Facebook pages.

Recommendations

For me, Groningen is definitely a great place to go on an exchange program. This is a city where you will be able to feel calm and serene in the air, and also enjoy the chill vibes which differs from the hustle and bustle of the capital cities. Days in Groningen is the once in a lifetime experience that I will never forget.