

學校簡介

天普大學位於美國費城，校園周圍有地鐵站及多個公車站，搭乘地鐵15分鐘即可到達費城市中心，交通方便，生活機能佳。美國的大學幾乎都有自己所屬的代表色及吉祥物，天普大學即是以紅色、白色為主，學校吉祥物為貓頭鷹，走進學校書店（紀念品店）就可以發現商品皆以這兩個顏色及貓頭鷹圖案所組成。天普大學屬於綜合研究型的公立大學，包含醫學院、法學院、商學院、傳播及藝術學院等，科系多樣可供學生選擇。此外，天普大學與各國多校簽訂姊妹校或交換協議，因此國際學生多，且國際處組織完善，能提供國際生非常全面的協助。

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

我在出國交換前，給自己設定的目的為體驗異地生活及提升英語能力，因此選課時，我以體驗性課程為主，像是露營課（Backpacking and Camping I）及寫生課（Philadelphia Sketchbook），另外我還選擇一堂演說課（Public Speaking）及一堂財金通識課（Investing for the Future）。

當中露營課屬於較輕鬆無壓力的課程，根據不同老師，每學期會實際去校外健行或露營兩到三次，實際應用過去課堂上所學的知識及技巧，並且占總成績很大的比例。不管是課堂上或是校外實踐時，同學與老師都會給予適時的幫助，我也確實從中學習到很多露營知識，並認識了共患難的同學們。因此，非常推薦想試試看野外露營且不怕累的同學選修這堂有趣又能拿高分的體育課。

寫生課最吸引我的地方就是每堂課老師都會帶全班到費城的景點或畫廊，這讓對費城零了解的我能更快認識這個城市。過去這一學期，幾乎每到一個地方，也就是一次上課，就需要繳交一項作業，時不時老師也會要求大家跟同學分享自己的畫作，這也是很好的表達想法、練習英文口說的機會。不過，這堂課的小小缺點就是很多畫畫很厲害的同學，這讓我展示自己作品時會感到沒自信。

演說課就不同於上述兩堂輕鬆的課程，是我的課程中負擔最重的一堂。一學期中，每個人都要發表五次演說，每次演說前都要繳交演說概要，有時還會有為後續演說準備的作業，例如蒐集文獻、照片或影片、題目問答等。因此，每周都需要花上大量的時間，並且接觸大量的英文。雖然對非英語母語者來說，選修這堂課不容易，但最後一次演說時明顯感受到自己的進步及自信心的增加，感覺一切的辛苦都很值得。

最後，財金通識課是我唯一不推薦的課，尤其是像我一樣原本就主修財金的同學。當初選修這堂課是因為我放棄了另一堂對我來說太困難的財務分析課，但仍想要看看美國教授是如何講授這類課程，因此選擇較簡單的通識課。然而，課堂太過枯燥、沒有互動，內容又比想像中簡單太多，唯一學習到的可能是每次作業的英文寫作，但也不會得到老師的回饋，因此這是我較不推薦的課程。

以上是我所選修的四堂課程心得及分享，推薦與否是主觀想法，也可能與課堂教授有關。在美國的大學，同一個課名就會有非常多不同教授講授，因此推薦未來需要選課的同學可以事先到Rate My Professor網站查看各個教授的評價，以作為選課的依據。而美國課堂與台灣課堂最大的不同是作業非常非常多，就連我選修的露營課也是有作業及考試。好處是平常被迫跟著進度讀點書，考試時就比較不會臨時抱佛腳，對我來說，也是多練練英文的機會。當然，缺點就是每周都在交作業會覺得好累好辛苦。

國外研修之生活學習（課外）

到了美國後，我意識到真的什麼都好貴，在路邊餐車隨便吃最便宜的一餐就可以抵台灣的三餐。

這讓在台灣天天三餐外食的我也開始學習自己買菜、自己煮飯，偶爾才出去外食或跟朋友聚餐。因為我出國前是完全不會下廚，只會煎蛋、煮泡麵或下水餃，所以這無疑對我來說是個大挑戰。雖然我亂學亂煮，成了煎荷包蛋達人，也學會了自己最愛的番茄蛋花麵，成功在美國存活了半年。但還是推薦未來要來美國交換或研修的學生提前精進廚藝，如此絕對會讓你的美國生活更加美好，也很容易因此交到更多朋友！

另外，交換生到了美國後最常做的事、最令人羨慕的事就是到處去玩。在這個過程中，你會更了解一個人的習慣、價值觀、文化背景等，有時會找到志同道合的朋友，有時會與原先的朋友漸行漸遠。這是非常有趣的過程，尤其是身為國際生，你的旅伴可能來自世界各地，所以能夠明顯看到文化差異及語言隔閡，也是最迫切需要使用英文溝通、解決問題的時候。而我在這半年旅程中，最大的突破就是一個人去旅行。從住宿到行程都要自己安排，旅程中遇到困難只能自己勇敢發問，這是在台灣連想都不敢想的，但我在美國成功做到了，也好像在證明自己是有能力在異地他鄉生存下去的！

交換/研修之具體效益（請條列式列舉）

1. 能更自信的使用英文溝通
2. 提升獨立解決問題的能力
3. 開拓國際視野、認識多元文化

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？

在美國時，我曾因為網路購物需退換貨及手機sim卡的問題而撥打客服電話。然而，我遇到的這些客服接線人員皆不是美國人，且有非常重的口音，使得我很難理解他們的意思而無法溝通，就算請他們重新講過或是放慢速度，有些時候還是聽不懂或是無法確定是否有接收到重要資訊。所以後來我大部分都會透過訊息傳遞或親自到店面詢問的方式處理，因為透過訊息能完整接受到對方的資訊，也讓自己有足夠的時間去清楚地回覆，而親自到店面則是有較高的機會遇到有耐心的店員，且一定是美國人。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

我遇到的其中一項文化衝擊就是大部分美國的做事效率都極差。例如，出國前三個月我在找房子時，寄出了許多電子郵件給不同的房東或機構，其中有一封我在抵達美國後才收到回信。我目前遇到的例外只有天普的國際處，有組織、效率又好。總之，後來我知道如果急需找誰詢問問題，絕對是以電話溝通或親自拜訪為優先，唯一要注意的就是，若內容是討論重要資訊，如電話合約、房租規定等，一定還是要用文字訊息傳遞再次確定，以證據留下證據。因為在美國非常可能遇到今天這個職員說可以，明天那個職員說不行的情況。

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？

我認為最大的成長是懂得一個人的獨處、獨立。儘管到了國外會有機會認識許多各國的朋友，但很多時候你還是需要一個人獨自面對問題、解決問題，這種時候真的就需要足夠成熟穩重的心靈。像是我以前在台灣是沒辦法一個人在餐廳吃飯、一個看電影，但經過這半年的經歷，這些我都可以做到，甚至能夠一個人去旅行。並且學會與自己獨處，也能夠更認識自己、更懂得自己想要的什麼。

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？

獎學金對我來說最大的幫助不外乎就是減輕金錢上的壓力，因為在美國真的沒有什麼東西是不貴的，尤其是機票與住宿。一般來說，這半年的獎學金是足以負擔台北直達紐約來回機票的，只是因為我出發的時間疫情剛好較嚴峻，所以機票價格非常高。雖然這筆獎學金並不會改變我的出國計畫，但有了它能讓我的負擔減輕，所以非常建議想要交換的同學都試試看申請獎學金，不只是學海飛颺，也可以積極找尋其他單位所提供的獎學金，讓你的交換之旅更輕鬆無負擔！

感言及心得感想

我非常感謝自己有積極爭取到這次出國交換的機會，讓我能踏出舒適圈，不僅看見更大的世界，認識了很多好朋友，也成長了不少，我認為這些都是在書本中或網路世界裡體驗不到的。最後，建議所有要出國研修的同學提前學得一手好廚藝，並取得汽車駕照後再出國，如此絕對有益無害，也要學會找資源、找人脈，讓留學生活更一帆風順！

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)

School profile:

Temple University is located in Philadelphia, USA. There is a subway station and multiple bus stops around the campus. It takes only 15 minutes to reach the center city by public transportation. The transportation is convenient around the campus and also the liver function is good. Most universities in the United States have their representative colors and mascots. Temple's representative colors are red and white, and the mascot is the owl. When you enter the school bookstore (souvenir shop), you can find that the products are all in these two colors and some have owls on them. Temple is a public state-related research university, which owns a medical school, law school, business school, communication and art school, etc. In addition, Temple has signed sister schools or exchange programs with many schools in various countries, so there are many international students. Their Global Program office is well-organized, which can provide international students with very comprehensive assistance.

Course study:

Before I went abroad, I knew my purpose to exchange are experiencing life in a new place and improving my English skills. Therefore, when choosing courses, I mainly focused on experiential courses, such as "Backpacking and Camping I" and "Philadelphia Sketchbook". Also, I chose "Public Speaking" and a financial general education class called "Investing for the Future".

Among them, "Backpacking and Camping I" is the least stressful course. According to different professors, each semester will go outdoor hiking or camping two to three times to practically apply the knowledge and skills learned in class. These outdoor activities would account for a big portion of the total grade. Whether learning in class or outdoor, my classmates and professor always assist when I need help. After this semester, I have learned a lot of knowledge about camping, and also met friends who shared hardships during the class. Therefore, it is highly recommended that students who want to try camping in the wild and are not afraid of getting tired take this interesting and high-scoring physical education class.

The most attractive thing about "Philadelphia Sketchbook" for me is that we would visit various attractions and galleries in Philadelphia during the semester. It allows me to get to know the city faster. This semester, we went to a new place in every new class. There would be an assignment in almost every class. Sometimes, the professor would ask everyone to share their paintings with our classmates. This would also be a good chance to express ideas and practice English speaking.

"Public Speaking" is different from the two easy classes I mentioned above. It is the most high-loading course. This semester, every student has to give five speeches. Before every speech, we have to submit an outline of the speech. Sometimes there would also be assignments for subsequent speeches, such as collecting literature, photos, or videos, and answering questions. Therefore, I always spend a lot of time on this course. Although it is not easy for non-native English speakers to take this course, when I delivered the last speech, I could see my improvements in delivery and self-confidence. And, I felt that all the hard work was worth it.

Lastly, "Investing for the Future" is the only course I would not recommend, especially for students like me who are majoring in finance. I took this course because I dropped another financial analysis class that was too difficult for me, but I still wanted to see how American professors teach this type of class. However, this class is too boring and non-interactive. The content is much simpler than I expected. The only thing you can learn is English writing skills when writing every assignment. However, you will not get feedback from the professor. Thus, I do not recommend this course.

Above are the experience and sharing of the four courses I have taken. They are my personal opinions, and they might also be related to the professors. In American universities, there would be many different professors to teach the same course. Therefore, I would recommend students who need to choose courses

in the future can check the reviews of each professor on the “Rate My Professor” website in advance so that they can gain some main ideas for course selection. The biggest difference between studying in the U.S. and Taiwan is that there are a lot of assignments during the semester in the U.S. Even the “Backpacking and Camping I” had assignments and exams. The advantage of this is that students are forced to study every week so that they would not cram for exams the nights before it. For me, it is also an opportunity to practice English more. Of course, the disadvantage is that you will feel very tired every week.

Life-study:

After arriving in the United States, I realized that everything is super expensive. For example, the price of eating the cheapest meal at a food truck is similar to the price of having three meals in Taiwan. This made me, who had never cooked in Taiwan, learned to buy ingredients, and cook by myself. This was undoubtedly a big challenge for me because I only knew how to fry eggs and boil instant noodles and dumplings before I went abroad. Although I became a master of doing fried eggs, knew how to make tomato and egg noodles, and successfully survived in the United States for half a year. I still highly recommend students who want to come to the United States improve their cooking skills in advance, which will make their living in the United States better. Also, it will be an advantage to make more friends!

In addition, the most common and enviable thing for exchange students is to travel around the U.S. In this process, you will know more about a person's habits, values, cultural background, etc. Sometimes you will find some like-minded partners, but sometimes you will lose touch with some of your original friends. I think it is a very interesting process, especially as an international student. Your travel partners may come from all over the world, so you can see obvious cultural differences and language barriers. It is also a good opportunity to force you to use English to communicate and solve problems. During my six-month journey, the biggest self-breakthrough was to travel alone. I have to make my arrangements for everything, such as accommodation and itinerary. I can only ask questions bravely if I encounter difficulties during the journey. This is what I had never thought about in Taiwan, but I did it successfully in the United States, which prove that I can survive in a foreign country by myself!

Specific benefits:

1. Communicate in English more confidently.
2. Improve the ability to solve problems independently.
3. Broaden the global horizon and multiculturalism.

Review:

I am very grateful to myself for actively fighting for this opportunity to go abroad for exchange. It allowed me to step out of my comfort zone. Not only to see a bigger world but also to meet many good friends and get spiritual growth. You cannot experience these through books or on the internet. Finally, I recommended all students who want to study abroad learn cooking skills in advance and obtain a car driver's license before going abroad. This is beneficial and harmless. Also, finding resources and contacts is important to make your study abroad life smoother!