

## 26-1 學校簡介

烏特勒之大學是荷蘭和全歐洲非常著名的大學，歷史也十分悠久。烏特勒之大學位在烏特勒之市中心地帶，附近有書局，餐廳，跟許多商店街，交通和生活機能都十分方便。舊的大學校舍是烏特勒之的著名建築和景點，常有許多活動會辦在此處；而新的校區，就我記得，共有三處，分別在 science park，UCU 以及 Drift。因為我選的課大多是人文學院開設，因此上課地點多在 Drift 和 UCU 附近。

## 26-2 國外研修之課程學習（課內）

除了交換校規定的部分課程外，其實交換生的選擇還算不少，但考量到內容，其實還是有些課是不適合短期的交換生上的。大學學期總共分成四個 Block，每期上課周數大約八到十二周(看授課教師安排)，有時因為課程和考試安排會有超長的假期，但就算上滿十二周，每個 block 間都會有約一周的假。上課有分英語，荷蘭語和其他語言(法西德義語)。因為語言關係，我都是選英語授課。儘管上課週數不多，但內容非常充實，每堂課的除了課本之外，課外閱讀也非常多，上課重量蠻大的。有些課程除了課外閱讀外，還會有搭配的學習單要完成；而報告、小論文和考試也幾乎是許多課必備。上課時，也有許多討論跟問答時間(學生們的參與度也都很高)。

## 26-3 國外研修之生活學習（課外）

其實交換期間有許多可以玩的時間，可以搭火車在荷蘭境內玩，也可以搭飛機或巴士到遠一點的國家旅遊。烏特勒之因地處荷蘭中心地帶，交通十分方便(搭火車大約三十分就可以到阿姆斯特丹)。交換期間我常趁假日或是周四周五搭火車到處旅遊，去阿姆斯特丹看展覽或逛逛街，也到其他城市走走逛逛(推薦像我一樣常搭火車的人可以到荷蘭鐵路的官網 NS 的網站上查優惠方案，我當時是買了一個每個月付五歐，搭火車就會打折的票，然後還可以搭配一些優惠甚麼的)；短的假期也可以到德國或比利時玩，搭火車或 flixbus 都可以到。我記得最印象深刻的旅程是在聖誕節跟跨年的時候去了英國跟丹麥玩。我和另一個朋友大約是在十月分就把機票跟住宿訂好(越早訂越便宜，我們買到單程大概不到一千五台幣的飛機票；之後聽朋友說他們太晚買，結果變成兩三千的單程火車)。聖誕節跟跨年去的好處是，雖然很多觀光客，但同時也有很多活動，像市集或是遊行。北歐也很漂亮，但真的很冷；旅遊可能春天或夏天更適合，因為日照長而且天氣也比較暖和。如果是時間較長的旅遊，其實蠻適合找旅伴一起去，不僅可以省下一筆花費，也可以互相照顧和認識新朋友。

## 26-4 交換/研修之具體效益（請條列式列舉）

1. 英語能力增進
2. 溝通及表達能力更進步
3. 增進國際觀及開拓視野
4. 認識許多不同背景文化的人並從中獲得許多新的想法
5. 對海外生活更加認識
6. 產生新的生活經驗及新的目標

## 26-5 感想與建議

### (建議)

- ✓ 在國外遇到問題(行政程序、租房、課業等等)的時候要記得主動問學校或是找認識的人幫忙，他們都會很願意幫忙的！（我剛開始去的時候，不太願意請別人幫忙，怕麻煩別人，也覺得要試著自己解決；但後來發現，別人的意見可以幫忙省很多(自己在那邊想破頭的)時間，而且其實執行方面大多都還是自己處理；所以有問題就問吧！)
- ✓ 建議大家兼顧課業之餘也要用力的玩，然後最重要的是人身安全，國外扒手真的不少，而且相較台灣來說治安也比較差。在國外的幾個月，可以認識到許多不同的人事物，打開心胸，你會發現一年或是半年的交換會給你許許多多特別難忘的經歷。

## (感想)

It has been a difficult time for the exchange students in 2020 whose exchange program ends in a very abrupt way. Although many regrets exist, this journey still impresses me a lot. I would say I learn a lot from this exchange experience. I seem to be braver to face difficulties. In the beginning of the exchange, I deal with some problems. First one is about visa. Because of the incompleteness of certain document, the date at which I get my visa is one month later than the usual schedule. Also, because I do not successfully apply for the dormitory which is limited in numbers, I need to find a new one for myself. Thus, the second problem following by the first one is the problem of housing. I start to contact with many house agencies from June and arrive at the Netherlands before the first semester begin. However, things do not go smoothly, I still cannot find a satisfactory place. After asking some of my friends and my relative, I finally find a couple who are willing to rent a room to me. It is three days before the new semester starts that I finally settle down in this new place.

I still remember the feeling when I first arrive at this country; I am excited, nervous, worried and unfamiliar with everything around me. I know there is a big problem (housing) waiting to be solved, but I also believe I could figure out the solution. This kind of believing may sounds too naïve under this circumstance, but, anyway, it still shows the courage.

The exchange period brings me a lot of fun. I meet many different people and exchange various ideas and thoughts with them. Their ideas are sometimes really inspiring, and some of my stereotypes are changed because of them. I know more about what I really want in my life. I also travel to many countries and join festivals and celebrations. Although the exchange period is shorter than I first planned, it is still worth taking this journey. In this year (half of year), I do not set a certain goal (for example I 'have to' make many friends or I 'have to' learn something), but I only treat this period as an opportunity to experience many different things. The most important thing in this period is definitely your safety. Then, what you are going to do is only to experience this new life. Before I go abroad, someone told me that if I do not open my mind to embrace those differences, the exchange program will still bring nothing to me. After this period, I think, for myself, I do not totally agree with this idea. I think once you make the decision (to go abroad), you have already taken the first step. The first step might have shown some changes. But I agree with this friend in this part of the idea that to 'experience' and to be 'open-minded' is very important during this period.

