

學校簡介

阿姆斯特丹商業大學，是一所兼具學術及實作的學校，理論不會特別多，上課多是討論及互動的方式

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

荷蘭語，真的認真學，快回台灣前可以聽懂一點當地人在說什麼！

國外研修之生活學習（課外）

在國外生活一定會不斷碰到問題，多出去走走，自己解決問題的機會就變多了！

交換/研修之具體效益（請條列式列舉）

1. 英文真的會進步(一定要開口)
2. 遇到問題不再慌張，一定會解決
3. 出國不再是難事，隨時訂好機票跟旅館說走就走的能力get

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?

我很常遇到去別的国家旅行結果網路沒了or不能在該區使用，一開始很緊張~沒有網路等於不能查資料或路線，後來學會只要在機場連好wifi下載好離線地圖，或是去車站連wifi等等，都有辦法順利旅遊跟回家!

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

還好耶，因為荷蘭本身就是許多人種的聚集地，所以那邊的人多數都有很大的包容性

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?

真的變勇敢了!出國就是一個逼迫自己長大的過程，在台灣什麼都太方便，語言也方便、依靠也多，真的在國外遇到難事，也只能硬著頭皮解決

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?

獎學金當然幫我們省下一筆錢,非常感恩,但若沒有獎學金我還是覺得很值得出國!

感言及心得感想

出國交換半年，其實可以獲得非常多的啟發，觀察他人的長處，檢討自己不足的，截長補短使自已有所成長。是否一定要會荷蘭的話，我覺得是不一定，荷蘭人算是歐洲英文最好的國家，因為本身小國家就有許多人種混合，所以不會說荷蘭文還好，不過如果你會的話，在這邊生活也會更方便！但是因為我個人熱衷於學語言，所以燒維會一些皮毛。其實會當地一點語言比較好，除了比較看得懂一些標示之外，互動也比較親切一點。歐洲鐵路方便，也有廉價航空能夠協助規劃短期旅遊，學弟學妹們也可以趁周末或是放假期間去鄰近國家遊玩一下，也是非常難得的經驗。

有關學校及生活：

阿姆斯特丹商學院是一所很注重個案及實務分享的學校，課堂中並非全教理論知識，反倒是小班制的小組討論、學生主動報告、以及教授與學生之間的討論為多數。荷蘭人很直接，如果同學們覺得你不够資格，也會很直接地跟你說，並不會留情面，所以在台灣就事先練好英文非常重要。HVA的課程有專門開給交換學生，所以很多課程的同學是來自世界各地，有機會遇到很多國家的同學並且進一步成為朋友。

我想很多人一定有這樣的疑問：去德國要學德文、去法國要學法文、那去荷蘭要學荷蘭文嗎？

我的答案是不一定、甚至是不用。因為荷蘭是個包容性很強的小國家，人口由非常多人種所組成，也因為這樣他們比其他國更常使用英文，雖然他們自己在講話當然是荷蘭文，但轉換成英文對外國人溝通，完全不是問題哦！等學弟妹真的去了法國德國義大利西班牙等等的國家，就知道其實英文沒有這麼通，在荷蘭英文是完全行得通的！！所以我也滿推薦沒有修第二外語的學弟妹來荷蘭交換~

生活上的學習：

荷蘭是個很國際化的國家，融合了許多文化，因此他們對於不同文化的包容性很高，是個久待也會覺得很舒服的國家。因為有些歐洲比較強勢的大國，朋友們去那邊當交換學生，會覺得他們比較不友善，不過所有來荷蘭的朋友都告訴我，荷蘭人真的非常親切！除了待在荷蘭以外，一定要多出去歐洲的國家走走，唯有多出去走走，才會遇到很多問題，像是你的電信在國外不能用、訂好的房間出狀況、火車誤點或是停開、車站有炸彈等等，都是一生中很寶貴的經驗。

還有如何一個人在陌生的地方安頓好自己，也是出國之後很大的收穫。你會發現一開始到宿舍什麼都沒有，缺這個缺那個，甚至我連要聽交換校的線上迎新說明會時，都發現wifi機壞掉，連忙找咖啡廳借網路等等，你就會發現一切在台灣易如反掌的事情，到國外都會變得很困難，這就是出國交換的成長。

如果有機會的話，一定要多出國走走！不管是課程與課程之間的空檔，還是學期結束後留下來一段時間，都推薦學弟妹去交換以外的國家旅遊！認真旅遊也是一種學習，去不同的國家一定可以感受到很不一樣的風情文化，也才漸漸地從不同的文化中學習，況且從台灣飛歐洲那麼貴，如果在歐洲之間移動，有時候幸運可以買到台幣不到一千塊的機票~我還有朋友買過兩百多元台幣的機票...總之好好安排的話，既可以出國玩到，也可以花很少的預算，端看你怎麼安排囉~

心得部分：

很高興在準備交換的時候有堅持下去，沒有因為疫情或是申請程序繁瑣就放棄。出國就是一個被迫長大的過程，在我半年在國外的時間充分體會到，遇到好多的困難都要自己解決，加上大家講英文或荷蘭文，都讓一切變得更困難更陌生，但經過半年的我，真的長大了很多。

當一切簡單的事情都變得很困難，這就是出國一開始會有的心情，希望學弟妹也能克服，經過半年或一年的國外生活，蛻變成不一樣的大人。能夠在學生時期這麼無憂且成本這麼低的情況下出國，在國外生活半年到一年的時間，真的是人生中很寶貴的一段回憶及經歷，出社會後很難再有這樣長的假期及這麼低的成本，所以非常鼓勵學弟妹多利用學校的資源，在學生時期空下一段時間出國交換，許多同學因為覺得交換機會很多，變成好像一件很平常的事，就不去珍惜及把握，總在畢業之後或是看到同學出國後，才來後悔當初沒有把握機會申請，這樣真的非常可惜~

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 & Course Study :

Amsterdam Business School is a school that attaches great importance to case and practical sharing. The classroom does not teach all theoretical knowledge, but small group discussions, student active reports, and discussions between professors and students. Dutch people are very direct. If your classmates think you are not qualified, they will tell you directly, and they will not show mercy. Therefore, it is very important to practice English well in Taiwan. HVA's courses are specially offered to exchange students, so many of the students in the courses are from all over the world, and have the opportunity to meet students from many countries and further become friends.

I think many people must have this question: Should I study German in Germany, French in France, and Dutch in pharmacy in the Netherlands?

My answer is no, not even no. Because the Netherlands is a small country with a strong tolerance, the population is composed of many ethnic groups, and because of this, they use English more often than other countries. Although they speak Dutch, of course, they are converted into English to communicate with foreigners. , is not a problem at all! When the younger siblings actually go to France, Germany, Italy, Spain and other countries, they will know that English is not so fluent, but English is completely practicable in the Netherlands!! So I also highly recommend not taking the first grade. Second foreign language students come to the Netherlands for exchange~

Living and learning :

The Netherlands is a very international country with many cultures, so they are very tolerant of different cultures, and it is a country that will feel comfortable for a long time. Because there are some powerful countries in Europe, friends who go there as exchange students will feel that they are not friendly, but all my friends who come to the Netherlands tell me that the Dutch are really very kind! Besides staying in the Netherlands, you must be more If you go out for a walk in European countries, you will encounter many problems only if you go out more, such as your telecommunication cannot be used abroad, the room you booked is out of order, the train is delayed or stopped, there is a bomb at the station, etc. It is a very valuable experience in a lifetime.

There is also how to settle down in a strange place alone, which is also a great harvest after going abroad. You will find that when you first arrive at the dormitory, you have nothing, lacking this and that. Even when I was going to listen to the online orientation meeting of the exchange school, I found that the wifi machine was broken. It is found that everything that is easy in Taiwan will become very difficult to go abroad. This is the growth of overseas exchange.

If you have the opportunity, be sure to go abroad more! Whether it is a gap between courses or staying for a period of time after the semester ends, we all recommend younger brothers and sisters to travel to countries other than exchange! Serious travel is also a kind of learning, go Different countries must be able to experience very different customs and cultures, and gradually learn from different cultures. Besides, flying from Taiwan to Europe is so expensive. If you move between Europe, sometimes you can be lucky enough to buy less than one Taiwan dollar. Thousands of air tickets~ I have friends who have bought air tickets of more than 200 Taiwan dollars... In short, if you arrange it well, you can go abroad and spend a small budget. It depends on how you arrange it~

Specific benefits :

1. English has improved, because you have to speak, then you can solve many things, even if you can't speak~ You will find a way to check, and if you find the courage to speak, then these are your own~
2. Going abroad has become a very simple matter, all bookings or buying air tickets have become simple, and it is no longer necessary to spend a lot of time preparing for going abroad
3. Improve cultural tolerance, no longer focus on your own culture
4. I am no longer nervous when encountering emergencies, and I have been able to handle most of the things by myself, such as the plane is oversold and unable to get on the plane, the mobile phone is broken overseas but there is no one I know, encountering a snowstorm, etc. I have worked hard to solve it, this is a

great growth after going abroad

5. Learn to be alone with yourself. Most of the time abroad is alone. You need to be able to get along with yourself. Friends and family are not around. After a long time, you will really feel depressed.

Experience feelings :

I am glad that I persevered when preparing for the exchange, and did not give up because of the epidemic or the cumbersome application process. Going abroad is a process of being forced to grow up. During my six months abroad, I fully realized that I have to solve many difficulties by myself, and everyone speaks English or Dutch, which makes everything more difficult and unfamiliar. But after half a year, I have really grown up a lot.

When all the simple things become very difficult, this is the mood you will have at the beginning of going abroad. I hope that the younger brothers and sisters can overcome it, and after half a year or a year of living abroad, they will transform into different adults. Being able to go abroad with such a carefree and low cost during the student period, living abroad for half a year to a year, is really a very precious memory and experience in life. It is difficult to have such a long time after leaving the society. Holidays and such a low cost, so we encourage students to make more use of the school's resources and go abroad for exchange during their free time as students. Many students feel that there are many exchange opportunities, and it seems to be a very common thing, so they do not cherish and exchange. Be sure, I always regret not taking the opportunity to apply after graduation or seeing my classmates go abroad. It's really a pity~