

國立中山大學出國交換/研修(含寒暑期課程)/獎助學生返國報告書

學校簡介

蘇黎世應用科技大學位於瑞士蘇黎世州的溫特圖爾市，距離蘇黎世約30分鐘車程，管理與法律學院提供英語授課課程及基礎德語語言課程，校內課程以case study實務為導向，講師多來自業界，課程注重團隊合作及口語表達報告能力。

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

-Communication

此課程教授如何表現出有說服力的演講，課程內容包含了演講架構、肢體語言以及語氣的運用，另也包含了商業場合中的溝通技巧運用。

雖然自己目前的語言程度對於此課程有些吃力，但因為在台灣的大學很少有單獨教授演講的課程，更傾向於在其他專業課程中練習簡報技巧，因此抱持著試試看的態度我還是堅持上完了整學期。此堂課是我在上學期收穫最多也最喜歡的課，其中學到的學術理論也在簡報場合幫助我頗多。

- German

在zhaw

學校提供從初學到A1+的德文課程，課程注重文法和口說，學校提供自編的教材，教授是母語者，非常願意解答學生的問題也很鼓勵學生開口說，我很喜歡上課的氛圍：)

國外研修之生活學習（課外）

因疫情嚴峻，交換生社團Erasmus Student Network舉辦的活動都取消了，但因為有幸住在交換生宿舍，所以還是交到了許多來自世界各地的朋友。

遇到了法國、烏克蘭、摩洛哥及義大利其他國家來的學生，在放假期間，我們一起去了瑞士著名的少女峰地區旅遊，也會在晚餐時段分享各國的特色料理及週末party等等…

趁著夏季歐洲逐步開放，我也開始在歐洲搭火車周遊列國，去了7國17個城市，在各地的青年旅館遇到了從墨西哥、印度、以色列等等來旅遊的背包客，一起走在托斯卡尼的太陽下、里斯本小酒館看歐洲足球聯賽、在布拉格party到天亮，好多以前想都不敢想的瘋狂事蹟都在這短短幾週的旅程中發生，也成為我此行最寶貴的回憶。

交換/研修之具體效益

• 語言能力

這一年的英語授課課程讓我的英語簡報及寫作能力顯著提升，此外，在日常生活交流中也學到了日常英文的對話，增加了我講英語的自信，也能更清楚流利地表達自己的想法。此外，在德語區生活也能

練習了一些日常德語，雖然無法做到完全的劉立即正確，但每日的使用也增加了我學習的動力。

- 增進學術能力

在國外學習的期間寫了無數個學期論文，有團體合作及個人的，透過同學間的交流指教及導師指導，讓我對未來不論是學術上或英文考試的論文寫作都更有信心。

- 社交能力

俗話說出外靠朋友，一個人來到異國他鄉，在對一切都陌生什麼都不懂的情況下，我必須強迫自己走出舒適圈，主動與陌生人說話、解決問題及了解經驗，這也讓我變得更外向、懂得如何為人處世，也更能敞開心胸跟別人交流，更結交了能在未來相互扶持的一群知心好友。

- 國際觀

在交換的這一年遇到了來自四面八方的人，從宗教信仰、飲食習慣到日常起居都大不相同，還記得第一次借住朋友家說要到廁所換衣服時被大力阻止，因為對於穆斯林來說廁所是不潔淨的，除了「上廁所」外不應在裡面做其他的事。出國前我自愈是一個有國際觀的人，但此趟旅行後我才理解這世界之大，仍有許多我未觸及的邊邊角角。

- 沈著處理問題的能力

在疫情之下出國的日常就是天天確認入境限制及當地lockdown規定，原本的計畫在一天前泡湯已經變成稀鬆平常的事，看遍了大風大浪，我也練久了一身處變不驚的能力及態度，對於突如其來的改動已能沈著應對，專注於思考解決方法而不是沈溺於情緒之中。

海外生活期間是否曾遭遇困境，及是否解決問題？

學期剛開始時，是我覺得最困難的時候，因為本身比較害羞內向，突然面對一群陌生面孔且要用英文交流，加上上課的方式跟台灣完全不同，每天都壓力很大及焦慮，但好在當時有一位比我早來半年的台灣學姊幫助我很多；社交方面，我也嘗試用每日達成各種小目標的方式，漸漸改善了我的社交焦慮及恐懼。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

因為從小看許多歐美影集及電影，以及家庭背景的關係，受到的文化衝擊沒有想像中那麼大。

總體而言，瑞士文化最驚艷我的地方是他們非常注重社交及個人生活質量。

在台灣時我從來沒有被人關心過交友的問題，但在瑞士（或歐洲）關心別人的交友圈似乎是日常，朋友們也會互相介紹彼此的朋友，我也藉機認識了很多。此外，瑞士人傾向於把自己的生活視為第一位，不論對於學業小組討論或朋友約出遊，有人以「需要自己的時間」為由拒絕是很常有的事，也沒有人會take it personally，大家都很忠於自我也尊中他人。

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？

經過了這一年，最大的改變是我變得更加外向、主動與人交流了，社交技巧的成長是我這年最大的收穫；除此之外，我也更專注於豐富自己的生活，尋找自己真正熱愛的事物，這兩樣成長是我在這年得到最寶貴的禮物。

感言及心得感想

首先，我想感謝我的父母提供經濟支持，讓如此年輕的我在這困難的時節去往歐洲交換一年，也感謝中山大學提供交換生的機會以及教育部的獎學金支援。

在大二這年出國遊歷是我至今做出最勇敢也最不後悔的決定，在我最迷茫的時候得到了這個期盼已久機會，而這年的所見所聞也讓我更認識自己、了解未來想發展的方向，因此最後，我想在這裡感謝18歲的我，感謝當初的我抓住了這個機會，讓現在的我擁有了寶貴的回憶。

英文心得

• □ ZHAW- Zürcher Hochschule für Angewandte Wissenschaften

Zürich University of Applied Science is in Winterthur, which is 30 mins from Zurich city by car. In the college of management and law, they offer the English trial modules and basic German language courses. The module in the college is practice-oriented and focus more on case study. The lecturers have both academic background and rich working experience. The teamwork and presentation skills are emphasized in the class.

• □ Study in ZHAW

I would like to briefly introduce my two favorite modules in this year:

-Communication

The core learning goals of this module is knowing how to make a convincing speech, the strategy of speech, body language and the usage of voice are included in the courses. In addition, the communication skills in the business occasion are also taught in this module.

Honestly, it is challenging to take this module with my limited English. However, we don't have this kind of class which only focus on presentation skills in Taiwan. Therefore, I still tried my best to register in this course. I would say this is my favorite module in the fall semester and the academic theory I learned in this class also helped me a lot to do a presentation.

-German

They offer from beginners to A1+ German class, the module concentrates on grammars and speaking. The lecturer is mother speaker who always encourages students to speak out and willing to help. I really enjoy this class.

• □ My life in Europe

Because of Covid-19 situation, the activities held by the exchange students club, Erasmus Student Network, are all canceled. But fortunately, I lived in the exchange students' dormitory, so I still met a lot of friends from around the world.

During the holiday, we traveled to the famous touristic place Jungfrauoch in Switzerland, do the international dinner and weekend party.

After Europe reopen in summer, I started to travel around Europe by train and travel 7 countries and 17 cities. I stayed in the hostels and met the backpackers from Mexico, India, and Israel. We were walking in the sun in

Tuscany, watching UEFA Champions League in Lisbon, and partying in Prague until sunrise. Too many crazy things happened in these weeks and become the most valuable memory.

- What I have learned in this year

-Language

After one year study in the English trial courses, my English presentation and writing skills are well improved. Moreover, during every day's life I also practiced a lot of daily conversation skills, which enhance my confidence and help me to express myself. In addition, living in the German part in Switzerland also helped me to practice some basic German conversation and give me the motivation to learn.

-Academic ability

During these two semesters abroad, I have written many term papers, not only doing it individually but also with a team. I got other students advices and the reviews from the teachers during the class, which make me have more confidence on the English academic writing structure and research skills.

-Social skills

Coming to a foreign country alone, I must force myself going out from the comfort zone, starting the conversation with the strangers, and dealing with problems by myself. These experiences make me become more extroverted, open-minded, and sophisticated. Fortunately, I also met some soulmates in this incredible year.

-Facing challenges and be calm to the crisis

Going abroad in the covid time is never easy. I am used to checking the lockdown regulation and changing my plan in the last minutes. After going through all of these, now I am able to be calm to every situation and focus more on the solutions instead of the emotions.

At the end I would like to say thank you for my parents, thanks them offering me financial support to exchange in Europe at such a young age and during such a tough time. Furthermore, thanks for National Sun Yat-Sen University giving me this opportunity and the ministry of education giving me the scholarship.

This is the bravest I have ever made in my life. At the time I was so lost and confused, this opportunity which I have been expecting for so long came. And the experience in this year helped me to know myself more and figure out what I really want. Therefore, the last but not the least, I would like to thank for 18-year-old myself, thank you for catching and cherishing this chance. Now I am stronger and ready to fight for the future I desire.