

26-1 學校簡介

烏特勒支大學是在位於荷蘭中心的第四大城的大學，烏特勒支中央火車站是荷蘭境內最大火車站，巴士公車轉乘以及轉車到其他城市都十分方便。整個大學有很多校區，位於市中心的校舍是散佈在街道中的，只要看到學校的校徽旗幟就是所屬學校的校舍建築，市中心校區與老城區融為一體，運河穿梭其間，儼然就是一座古老美麗的大學城。學校擁有兩個圖書館，一個在市中心校區，另一個在科技園校區。科技園校區和國際校區需要搭乘公車前往較方便，我有幾堂研討課在這兩個校區，這兩個校區雖然距離市中心有段距離，但是都有各自的校區食堂，建築有別於古老的市中心校區，整個是現代化的建築。學校內女學生佔三分之二，人種以白種人為主，很難遇到亞洲人或是其他人種，烏特勒支市和大學可以說是人種較為單純的白人城市、白人大學。

Utrecht University is a university town located in the fourth populated city in the Netherlands and the central station in Utrecht is the most sizable train station in the country, which is convenient for passengers to transfer by train, bus or tram to other cities. There are a lot of areas belonging to the campus. If you see a university flag, the buildings are the Utrecht University. The buildings of old campus are scattered in the city center while the new campus, including the international campus and the science park, require traveling there by bus or tram. The university owns two libraries. One of them is in the city center, and the other is in the science park. There are also cafeterias in each campus. Overall, female students make up two-thirds of all the students, and most students are white people. It is really difficult to meet an Asian or other races of people.

26-2 國外研修之課程學習（課內）

烏特勒支大學是荷蘭第一的綜合型大學，會選擇這所大學交換是因為文類課程豐富，個人目標是修習語言學相關課程，歐洲語言種類豐富，語言學相關研究發達，很幸運的申請上文學院的交換名額參與交換。其他種類的課程也相當豐富，一起同住的國際生主修種類非常廣泛，從教育、社會學、法律、生命科學、物理……等，除了醫學院我們不能申請之外，選擇算是相當多了！學校一年分為兩學期共四期，我去的是春季學期，總共兩期課，每期都能最多選2門課程，一門課程通常以一週去學校上三堂課，第一堂課通常是講授課(lecture) 第二和三堂是研討課(seminar)，有時候第三堂課是實作課(practical)給學生訊問指導教授實驗報告實作的各種問題，如果是實作課會在電腦教室上課。在學校上課的時間比起台灣真的很短，但是課業更繁重，很多作業、課本課程內容都是要自己精讀預習後帶著自己的問題在課堂上問教授的。

Utrecht University is the top comprehensive university in the Netherlands. The reason why I choose this university is the courses in the faculty of the Humanities. My aim is to take courses related to linguistics. In Europe, the languages are abundant, so there are innumerable linguistics researchers as well. Fortunately, I was honored to get enrolled as a student in faculty of the Humanities. The other fields of studies and courses are diverse, and the flat mates living with me have different majors, including education, sociology, law, biology, physics, and so on. Except for the medical science, most of the courses are available for exchange students. The variety of courses is impressive. The academic year is divided into two semesters and four periods. I went there in the spring semester. Every student is recommended to take two courses, 7.5 credits for one course, in each period. Some courses contain the lecture sections and the seminar sections.

26-3 國外研修之生活學習（課外）

在國外生存的必備技能之一就是自炊，荷蘭與其他德國法國歐洲國家比起來，食物費用真的很昂貴，而且大部分的食物餐點都不符合亞洲人口味，能夠自己下廚煮，不只省錢又好吃！我是住和其他11位國際生一起住的 Share House，共用一間廚房與各兩間的浴室和廁所，偶爾會開辦煮飯派對，大

家各自煮一道菜互相分享，可以體會到不同國家的料理。住處離超市非常近，有缺什麼材料都可以出門補買，非常方便。交通方面，由於我上課的地點幾乎依靠步行與公車就能抵達，所以沒有購買腳踏車，如果常常需要通勤或是想要到處逛逛，可以考慮購買腳踏車或是用租的。

One of the most important skills to study abroad is cooking. Compared with other European countries, the average price of eating out is high in the Netherlands, and most of the foods do not suit Asians' taste. Therefore, making foods on your own is a better choice. I lived in a share house with 11 flat mates, which we share one kitchen and two toilets. We sometimes held cooking party. The place I lived was very close to the local market, jumbo. If I was lack of some materials or ingredients, I could get them as soon as possible. As for the transportation, I could go to school on foot or by bus most of the time, so I did not buy a bike.

26-4 交換/研修之具體效益（請條列式列舉）

1. 廚藝一定可以有某種程度上的進步，因為吃都要靠自己來
2. 英語口說在課堂上發表意見與國際生交流變得非常流利
3. 自己讀書時間變長，更可以自己妥善規畫時間
4. 與其他國際生交流後更有國際觀，在舒適圈外生活得心應手

26-5 感想與建議

在這次交換中我有上到很滿意的課也有很失望的課。滿意的課是教授很認真授課，在辦公時間也很用心耐心地解答學生疑問；失望的課是教授根本不管學生有沒有聽懂自顧自地講課外內容，導致我期末考時根本不知從何準備，另一堂則是教授在設計課程作業時根本不考量國際生，明明是英語授課卻大量放入荷蘭語內容，導致國際生不知如何是好，一起修課的其他國際生和我遇到相同問題，最後我們被荷蘭語為導向的考試作業內容且困難的課程內容難倒，教授也沒有提供足夠的辦公時間讓我們詢問問題。幸好我上到了一門很棒的語言學課程，在跟荷蘭人同學同組的情況下完成了作業真的覺得很感動。這次交換只有去短短的半年，我不像其他交換生去很多地方周遊列國，集中在西中東歐安全消費中等的國家，因為連假不多且因為不想翹課和花太多錢，即使這樣我也很滿足了。如果同學們很喜歡歐洲的歷史和文化，交換一定能帶給你不同於旅遊的人生經驗，與當地人深入交流學到的一定更多！

In the experience of my exchange to Utrecht University, I was satisfied and disappointed with the courses. Some professors were dedicated to their teaching while some professors did not care whether the students understood or not. One of the courses I took was horrible to international students when they designed the assignments. However, I was happy that I took a great linguistic course because the professors answered my question in the office hour and my Dutch partners did a group project with me. This exchange was worth it not only because of the traveling but also for the local experience.

26-6 相片（2~3 張貼進 word 檔案，含說明，並 Email 原檔給國際處承辦人）



中為講授課上課情景。

Taking the course in the vast lecture hall in the campus of city center which is next to the library

市中心圖書館校區的大間教室，非常寬敞，圖



位於市中心校區的建築會像這樣插上旗子表示該建築屬於大學。

Located in the city center, the campus building is flagged.