

26-1 學校簡介

At ISEG you will find a culture of excellence and achievement alongside a climate of inclusiveness and cooperation. This is made possible by the mutual collaboration of students, faculty and support staff. It is this environment that has enabled our school to educate a large number of business and political leaders and also to develop a strong academic reputation over its more than 100-year history.

For all these reasons, ISEG is one of the most sought-after destinations in Portugal for international university exchange programmes and it currently hosts more than 400 foreign students. The number of international students attending full degree programmes has grown year after year, and we expect to maintain this trend.

26-2 國外研修之課程學習（課內）

一開始我選修了四門課，包含 Europe History、Marketing、Sociology of Work、葡文，葡萄牙的上課方式跟我想像中歐洲上課方式不太一樣，反而是跟在台灣上課的情況很像，老師在台前死板板的說著理論，台下的學生用著電腦不見得是在抄筆記，也有的是在逛網購之類的，開學的時候因為不清楚怎麼去旁聽其他課程，不像中山在選課網站上查詢就好，每一堂課都有獨立的頁面不好找，而且加退選時間只有開學的第一個禮拜，所以後來退掉包含 Europe History、Marketing 兩堂課當初都非常死板的教理論念課本，後來有點後悔上了有點少

課。

另外學校的課程跟中山的很不一樣，像是 Sociology of Work 一個禮拜就有兩堂，禮拜二早上十點跟禮拜上早上八點半，其中一堂兩小時另一堂一個半小時，老師會有一堂課專門講理論，另一堂課就會有課堂討論關於個案所用到的理論，或是找世界組織的某個表，請那個國家的同學講述該國家的情況，令人有點難過的是，這些表中都不會出現台灣，所以只能看著同學互相討論，不過也意外地了解到一些實際的數據，顛覆了對一些國家的刻板印象。

葡文課需要自費，學校有禮拜一和三、二和四晚上六點半到八點半的課，系統會根據你的空堂幫你安排，我後來因為個人原因，有跑去另一個時段上課，發現那班的人超少，老師比較有足夠的精力照顧到全部的人，建議可以去聽聽看另一個時段的上課氛圍，決定要去哪個時段，因為我的時段人大概有二十位，而且同學們非常喜歡聊天，常常打擾到老師上課的進度，最後甚至嚴重到老師直接在黑板上寫了一大串文字，請同學尊重她。老師蠻活潑認真的，但是很常時候我不知道她是在用英文還是葡文解釋我不知道的單字，每次上課都很吃力，因為我是班上唯一的亞洲學生，其他學生都是義大利、德國、法國之類的歐盟學生，有些單詞用法實在聽不懂，後來買了本葡語書，有幫助到我的學習，課程快進入尾聲時，老師幾乎全程使用葡文上課。

26-3 國外研修之生活學習（課外）

平常沒課的時間，就會待在家裡直到吃完午餐才出門，去公園散個步、海邊吹吹風，晚上再和朋友出去聊個天，在這邊我覺得可以好好的重新找回在台灣怎麼深思都得不到的答案，換個環境學習跟自己相處，處理好自己的想法跟找到自己喜歡的生活模式，我覺得是很難得且寶貴的。

26-4 交換/研修之具體效益（請條列式列舉）

重新整理混亂的思緒

重新認識自己、發覺自己能做的事很多

學會如何好好生活

不再覺得外國人就是各方面比我們好，我們也是有自己的優點

勇於面對任何狀況並處理

認識世界各地的人們，並發覺各國人的特色

探索歐洲各國，欣賞古蹟、尋遊市區、大啖美食，了解到是什麼樣的歷史才會造就現在所見的一切

26-5 感想與建議

在出發前建議能先想好這次交換的目標，像是：認識十個外國朋友、旅遊十個國家、學習國外新知，確認好目標才能義無反顧地前進，不然在中途面對各種情況發生，會無所適從，到頭來交換可能成為一場空，此外，和父母確認好金錢來源、方式，設定上限和各自期許，避免在交換期間，看到生活各種雜支感到

害怕，不敢踏出自己的國家、對父母抱持罪惡感等，良好的溝通是解決問題必要的辦法，如果連溝通都無法順利進行，那生活真的會寸步難行。我自己認為到了國外，最重要的就是讓自己每天都過得很開心，試著享受生活，找到屬於自己的步調，在台灣，可能生活處處都受到學校、父母、同儕的壓力影響，但在交換期間，就像解開一切的束縛，身上不再背負別人的期望，能照著自己的方式生活，我覺得真的是很珍貴難得的一件事，一定要好好把握，盡可能地享受每一天，遇到困難不要妥協，找出辦法去解決，其實沒有想像中的困難，至於旅行，把基本功課做好就可以上路了，做得太仔細可能沿路都在趕車，會錯過沿途最棒的風景、意想不到的趣事呢！

26-6



The picture was filmed at the event that hold by our school. By invited all the exchange students to introduce their home country and home school to local students for having more information on decided their exchange school. When I see our country flag, I feel so excited. It's been a long time no see our own flag. And thanks to our school that print the right one. However, after the event I receive my Chinese friend that told me some Chinese had against to school that Taiwan flag shouldn't be appear in the school. I feel really sad about the news but what we can and must do is that more people know about us. We need to stand up and talk to them and show our deference. That what we need to make more effort on it now and in the future.



The picture is filmed on lunar day. It's the first time that I met all the exchange students. After school event, we have cruise party with charged. Our school called for the bus and took us to the cruise. It's have juice, beer, cookie and DJ on it. It's good time to social. With beautiful sunset its amazing moment. After the cruise party, most people just disband right away. Then I realized their have one more party at school. However, our school didn't call the bus for return. So everyone could do nothing but walk back together. Its somehow ridiculous.



It was a journey to Königssee. The day that my phone contract cutoff so I can't surf the internet. I have prepared all the information I need before I go out. However when I arrived Königssee, everything seemed a little different to the information I found on website. The ticket price is lower and I was very hurry to bought the ticket and forgot to ask about the reason. Until I got on the boat, asking the Taiwanese couple nearby then I realized that the boat won't stop at the church because of the rock crack. So on the boat trip we just turn around the lake for like ten minutes with rock wall view. After the boat trip, I asked to the couple where are they going next spot and could I go with them? Owing to the rock crack I have never expect, the trip in Königssee only took half an hour which is much less than I prepared taking whole day to stay in Königssee. Luckily, they really welcome me to join their trip. This was the first time to take hitchhiking! We stop at Hintersee which is much more beautiful and clear then the one before. They also helped me took this amazing photo. Really appreciated their kindness for giving me, a stranger to travel with them for a half day. The accidential rock crack caused another surprised trip! Life is such a surprise!