

## 學校簡介

列日大學，位於比利時法語區的列日市，主校區在城市南邊郊區的山坡上，商管學院及語言中心在城市北邊較靠近市中心。

## 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

Investments and Portfolio Management 我沒有商管背景，但我對這個領域有興趣，老師很資深，在業界及學界都很有經驗，因此學到了很多。這堂課也要求與其他學生一起做報告，從一開始對各種名詞都很陌生，到後來能夠帶領組內同學完成報告，讓我非常有成就感，

## 國外研修之生活學習（課外）

如果沒有這次的交換，有些東西我相信在台灣的環境我可能一輩子都學不會，其中最直接的是煮飯，在台灣，餐廳和各種食物價錢都相對低廉，且住在家裡的我也很少煮飯、很少嘗試煮新的東西。再者是社交能力，不管是與陌生人交流、與朋友交流都有很明顯的成長。我常常獨自旅遊，因此更能夠獨自面對各種問題及突發狀況。在國外的新環境，也更了解自己，更曉得如何跟自己相處。

## 交換/研修之具體效益（請條列式列舉）

文化薰陶  
國際視野  
語言能力  
社交能力  
更了解人生的目標  
美感  
周遊列國  
看待事情的層次不同

## 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?

在國外，最熟悉的家人、朋友都不在身邊，遇到事情常常需要一個人承擔，常常是一些很陌生的小事情，尤其是一開始抵達時，很多事情要自己處理。再者，體會到自己生活的不方便性，由於住宿位置較偏僻，凡事都得坐公車，不管是生活用品的採買、洗衣服，各種大小事都要坐公車去市區，在考試期間最讓人心煩，跟在台灣相比，讀書時間一下子就被壓縮許多，讓我非常能夠理解貧富差距對學習的影響。這實在也稱不上是困境，也沒有甚麼解決方法，就是自己要去適應，在好好重新規劃時間。

## 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

我在國外學習當地人的穿搭風格，及審美觀，不在當地生活，大概很難學習他們的穿搭方式，因為我自己很喜歡他們對衣著的美感、獨特性，每個人都能展現自己的個性及生活方式在他們的衣著上，且都對自身很有自信，這是很喜歡的地方，也是我學習的部分。

## 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？

最大的成長應該是我與人交流方式的改變，大家常說外國人很擅長與人交際，這不僅是文化差異，還是教育方式的不同，在國外體會過了與陌生人交流後帶來的愉悅感，以及人們之間話題不間斷的交流方式後，我了解為甚麼他們這麼擅長與人交流，而且我也向他們學習。

## 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？

減輕家裡的負擔，因為家裡剛好有親人生病，同時我姊在我出發前一個學期也出國交換，且她的學校沒有補助獎學金，雖然有無獎學金我都會出國交換，因為這本來就在我的計畫當中。我知道幾個中山的朋友也想出國交換，但他們想說研究所再出國交換也可以，殊不知他們研究所就讀的學校沒有獎學金，交換校還不一定比中山多，因此而後悔沒有在中山交換。

## 感言及心得感想

交換絕對是個值得且正確的決定，且交換的機會過了就不再有了，年輕，擁有學生身分，在歐洲學習，同時又能旅遊，又沒有工作壓力，這種機會只有在這個人生階段才能實現。我很滿意這一年的交換經驗，很獨特，很有挑戰性，同時又很讓人享受，尤其在covid的時期出國交換，國內外的文化差異更為明顯。想當初前一年去瑞典的交換申請因為covid突然被拒絕，當時還很不知所措，但如今證明，延畢一年出國交換絕對是個最棒的選擇，果然所有的安排都是最好的安排。在國外一年，學習到非常多東西，體驗到更多東西，很感謝中山給了我這個交換的機會，還提供了獎學金，這一年絕對是人生中非常重要且特別的一年。

## 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)

My exchange study is hosted by the University of Liège, Belgium. A French speaking region.

University of Liège (ULiège) offers a variety of courses I can choose from. However, bachelor level courses are only taught in French. Most of the master level courses are in English though. The lack of fluency in French narrowed my selections. As a result, all of my courses are at master level. I chose many different courses from other departments, such as courses in Finance, Space Science, Urban planning. The reason that I took so many different fields of courses is simply because I am interested in them. I am unfamiliar with most of the fields, but at the same time, I am fascinated by the contents of what the teacher gave and I work hard to keep up with my classmates. Every course needs to finish at least one report with classmates, which is a good incentive for learning so that we don't fail each other. Interacting as a group is also a key point as well. Sometimes my teammates have to communicate in English just because of my existence in that group, otherwise they would speak their mother tongue, French. They show a huge respect to me by doing so, just to make sure I am in the conversation, which I am very thankful for. It also shows the norm of them when interacting with people from different cultures, which is a multicultural environment we rarely experience in Taiwan.

I learned a lot living by myself. Cooking is the most straightforward. I would never learn it in Taiwan. I also have immense progress in socializing. In that environment and with all these friends and people, I learn it fast. Traveling by myself also helps. I definitely see myself improving step by step. I am very comfortable traveling, living by myself without feeling fearful.

Needless to say, this exchange program is challenging, fruitful and also satisfying. I had the chance to study so many different courses and travel around Europe and also meet so many fascinating people around the world. They changed my point of view in many aspects. I feel more open-minded and more courageous about who I am and what I am going to do. I am also amazed by the history and culture of this continent. It totally changed my values. And I also see myself at an entirely different place in the next ten years.

This year of exchange study will be a special and cherishing experience of my life. Even extending one year of my bachelor study is a bargain. It is a must do for every student in Taiwan. Things I learned in this very year are so valuable that I think maybe it would took my whole life to learn them if I did not cherish this opportunity. I would like to show my gratitude to my home university for offering me this opportunity for this exchange program, and also my host university for giving me this loving experience.