

學校簡介

我此次交換的學校是位於加拿大艾伯他州的萊斯橋。萊斯橋位置靠近美洲著名的洛磯山脈，雖然是艾伯他州第三大的城市，但相比於溫哥華、多倫多等大城市，萊斯橋可以說是一個相當淳樸的小城區。校區本身建置在平原的丘陵上，在學校的任何角落都能看見窗外一覽無遺的風景，是一個非常適合靜下心讀書的地區。

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

基於萊斯橋大學的基本要求，我選擇了三門課，分別是加拿大文化管理、創業金融和商業統計。由於這學期萊斯橋大學為了遵守艾伯他州政府的防疫政策，再加上學期中發生的教師罷工事件，所以整個學期的教學都是使用線上教學。基本上課程內容與中山大學並無明顯差異，但唯一有較大差別的是教授對於課程的進行方式有很大的自由度，教授可以依據自身與學生的需求隨時做課程的更動，與學生產生良性的溝通。這次的上課雖然以線上的方式進行，但還是能感受到教授對教學熱情。

加拿大文化的課程可以有系統地了解整個加拿大發展歷史，教授對於課程也相當有熱忱。

國外研修之生活學習（課外）

這次的住宿我是選擇校內宿舍，由於文化的不同加拿大的宿舍有非常充足的個人空間與公共空間不必擔心因生活空間高度重疊而產生摩擦。身為一個由移民組成的國家，加拿大人對於非本國人也都相當友善且包容。我認為就算英語程度不高，也能在短時間內適應加拿大的生活。加拿大的消費水平則大約是台灣的2倍左右，若能增加自己下廚的比例能大幅減少日常的支出。交通方面，由於萊斯橋並不是一個大城市，因此交通並不方便。必須先搭乘巴士到艾伯塔的大城市卡加利，再轉搭乘飛機才能到其他大城市。開車也是非常重要的技能，如果沒有國際駕照則附近非常多的地點都無法前往。

交換/研修之具體效益（請條列式列舉）

五、研修之具體效益

1. 增加英語能力
2. 適應不同社交場合
3. 自主學習的規劃與執行
4. 應對突發狀況的應變能力

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？

無，了解到世界上還有許多值得探訪的地方，而且必須有足夠的經濟實力才能完成。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

無

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？

增加賺錢花錢的慾望

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？

儘管生活水平較高出台灣許多，獎學金讓我保留更多預算在旅遊上

感言及心得感想

這次的交換雖然沒能成功地體驗到實體上課的氛圍，但是藉由多餘的時間與課外的活動，還是經歷了非常多有趣且寶貴的事件與旅行。如果交換的主要目的是學習更多的課內專業知識，我不認為萊斯橋大學能提供任何幫助。但是主要目的是想要體驗不同的生活與精進英語的話，我認為萊斯橋可以當成考慮的選擇之一。

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)

一、緣起

Because I have planned to pursue my master's degree abroad after the graduation, I decided to use the opportunity offered by university to exchange in Canada, to improve my English. Moreover, the scholarship can support some of my expenses during exchange, enabling me to explore more places in Canada.

二、研修學校簡介

My exchange university is Lethbridge university in Alberta Lethbridge. Located besides the renowned Rocky mountain, Lethbridge is the third biggest city in Alberta, however it is a small, tranquil city compared with other metropolis, such as Vancouver, Toronto, and Montreal.

三、國外研修之課程學習

Based on the university requirement on minimum credits, I chose Canadian Culture management, entrepreneur finance, and business statistic. Unfortunately, the courses are conducted online for whole semester because the province restrict the in-door activity to prevent Covid transmission and because the professor initiated a strike to express their appeals.

Besides the way of teaching, most of the course's materials in the class show no differences compared with NSYSU's courses content. Nevertheless, professors in U of L showed a lot of passion in teaching students and provided more flexibility in tests and works than NSYSU did. Professor often create a space to communicate with student and adjust the courses to reach the maximum benefit between students and professor.

四、國外研修之生活學習

This time I chose the campus dormitory rather than homestay, both of which have pros and cons. The on-campus dorm offers more flexibility in traveling around during the pandemic, in the other hand, the homestay parents can hold more events in their own house and show students more about the authentic Canadian lifestyles. When it comes to communication, I strongly recommended that every student who plan to exchange in Lethbridge to get an international driver license before the exchange, because most of the travel attractions in Canada cannot be reached with public transportation, and even if there has transportation, the price will be more expensive than renting a car. The last but not the least, the daily expense in Canada is approximately twice the price compared with Taiwan's, and so buying grocery and learning to cook by yourself can save you so money.

五、研修之具體效益

1. improve my English
2. increase my ability to adapt to different social environments
3. enhance the ability to plan and conduct self-learning projects
4. learn the problem-solving ability in unfamiliar and stressful environments

感想與建議

Although it is unfortunately that I can't experience the on-campus course, still I managed to utilize the extra time to travel in Canada and experience an amazing adventure during the journey. However, if you want to learn more professional knowledge in your major during the exchange then I will not recommend Lethbridge as your first choices, but if you want to experience a totally different live in a snowy city and improve your English, then this university can surely meet your needs.