

繕打 中文及英文 心得報告，應包含下列項目

(**中文至少 1,000 字+英文至少 500 字**。赴中國交換者不需撰寫英文心得。)

A. 學校簡介

根特大學位於根特並是比利時的荷語區，學校可以選擇的英語專業課程算多但不是每個科系都有，於當地生活使用英文交流也沒有問題。根特大學學風自由且課程扎實，在一學期需選修的學分相比其他歐洲國家要高，最低需要修至 20 學分。以我在工學院為例，其中 15 學分須為工學院的課程但不限制科系，其餘可以選擇自己有興趣的課程。根特大學本身有許多國際生，種族多元可以認識許多來自不同國家的學生，剛到的學生也可以同學校申請學伴交換語言等等增加對根特的認識。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

交換期間我總共修了 5 門課，其中工學院占三門分別為 Planning Theory, Project Management, Sustainable Energy，非工學院的 2 門，分別為 Low Countries Studies, Global Minds。Low countries Studies 應該是受益最多的一門課程，介紹有關低地國家荷比盧的各種面向，包含了藝術、歷史、音樂、政治及多媒體等內容，每堂課會有不同的演講者帶來各式主題，幫助交換生能更加認識及融入比利時這個國家以及文化。評分為考試 50% 以及課後心得 50%，通過率算是較為容易的一門課。Sustainable Energy 我比較不推薦非本科系的人去就讀，對於我來說課程難度高並且講授速度快比較難以吸收，評分為期末考 100%，容錯率低所以不太建議。

C. 國外研修之生活學習 (課外)

歐洲物價高昂，除了在旅遊外會外食，剩下在宿舍的時間我都自行下廚。根特各式各樣的超市會逛到眼花撩亂，雖然還是比全聯稍貴但蔬菜種類豐富也便宜，中式台式調料也可以在亞洲超市買到，想念台灣時不妨自己料理看看做出屬於自己的家鄉味。在課外我也與不同國家的人出門旅遊，雖然有時在生活習慣不合或者吵架，但更多的是色彩斑斕的回憶。較短的假日會與朋友們出門野餐，晚上偶爾去酒吧品嚐比利時特有的啤酒，或者舉辦簡單的國際餐會，與大家品嚐不同國家的料理。慢步調的生活也是一種不同的文化體驗，若是未來有機會還會想要再進行交換旅程。

D. 交換/研修之具體效益 (請條列式列舉)

1. 自我解決問題能力 (處理銀行居留卡等手續、火車飛機瘋狂誤點或停駛等等)
2. 體驗東西方文化生活學習差異
3. 拓展視野及認知，深入國際趨勢及發展

E. 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？

我與我朋友在來之前因為找不到宿舍的關係所以是自己上網在社團及各種程式尋找住宿地點，詳情可以看他的文章。對於我來說還有一個困境是初到時自己住沒有朋友，對於陌生不熟悉的環境感到迷茫，所以建議剛來可以積極參與學校辦的各種新生活動以及 ESN 學生會舉辦的交流活動與派對來拓展交友圈。交換生比較難融入當地學生固有的朋友，但也有來自世界各地的交換生在活動裡，容易相識興趣相同的異國好友。還有最重要的一點是不要害怕去開口，雖然大家英語或多或少帶一點口音，但沒有人會在乎你是否流利或者說台式英文，只要願意發言大家都會認真傾聽，不要害怕口語不流利的問題。

F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

在上課時歐美國家的學生喜歡主動發言或者提問，在小組活動時也會主動領到並希望其他同學能擁有自己的主見，在台灣這樣的情況較少發生。對於我來說常常會因為專業詞彙量的不足而無法完整表達想法，這一點使我認知在英文方面還有進步的空間。有時在小組討論前會先多花一些時間與預覽內容或者擬稿來輔助之後能清楚說出建議及回饋。

G. 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？

除了自我解決問題的能力外，其中較大的收穫是在這學期體驗歐洲的學習生活後，奠定了碩士的方向未來會希望在歐洲留學發展。海外的學習資源及模式對於我來說較為適應，較多包容性及自由性，時間安排也相較台灣充裕，這段期間英文能力也有所提升，回國後會繼續朝向這部分未來邁進。

H. 感想與建議

首要感謝父母及學校給我這個機會去拓展視野踏出台灣這塊舒適圈，體會到歐洲不同的生活及就學模式，獨立性及自律性也比交換前進步，以上經驗令我受益良多。雖然與朋友很常自嘲比利時是歐洲的鄉下，但根特的漫步生活及安全的治安還是適合來體驗看看。建議女生冬季大衣可以去二手店買便宜又好看，出國時帶舊衣服回國前可以全部丟掉這樣才有空間裝伴手禮及紀念品等，不然行李容易超載被多收錢。比利時巧克力非常有名若要帶回台記得裝進保冰袋不然整盒會融化。

I. 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) 500 字以上

赴中國交換者免填英文心得

Ghent University, located in Belgium, is also on the Dutch side. It is not an English country, but you can choose from many English professional courses during school time. Using English for communication is also available there. For the credits of courses, you must choose at least 20 credits in each semester. For instance, my faculty is engineering and architecture, and I need to choose 15 credit courses from my faculty, and others can choose which subjects I am interested in.

During the exchange period, I took a total of five courses. Three of them were from the Faculty of Engineering: Planning Theory, Project Management, and Sustainable Energy and Rational Use of Energy. The other two courses, Low Countries Studies and Global Minds, were from outside the engineering faculty. Low Countries Studies was the course I benefited from the most. It introduced various aspects of the Low Countries—Belgium, the Netherlands, and Luxembourg, including art, history, music, politics, and social media. Each class featured different guest speakers who presented on diverse topics, helping exchange students gain a deeper understanding and more fully integrate into Belgian culture and society. The grading was based on 50% exam and 50% post-class reflections, making it a relatively easy course to pass.

As for Sustainable Energy, I would not recommend it to students who are not from a related major. I found the course quite challenging because of the fast pace and the high level of technical content, which made it hard to absorb. The final grade was based entirely on a 100% final exam, so I would not recommend it unless you are well-prepared.

It's costly to live in Belgium. Except for traveling, I always cooked for myself while I stayed in the dorm. Ghent's supermarkets are diverse, and while they're more expensive than in Taiwan, they're still quite affordable. If you miss Asian food, you can also buy ingredients in an Asian supermarket. Outside classes, I traveled with friends from different countries. Although we sometimes argued, most of the time we had impressive memories. During a short break, we went on a picnic or had beers in a bar to enjoy chill life. Slow pace of daily life is another kind of culture, if I have the chance, I wish I could have exchanged again. Aside from improving my ability to solve problems independently, one of the biggest takeaways from this semester of studying in Europe was gaining clarity about my future. Now I hope to pursue a master's degree and further my development in Europe. I find the overseas learning environment and system more suited to me, offering greater inclusivity, flexibility, and more generous time management compared to Taiwan's academic system. My English proficiency also improved in this period, and I plan to continue working toward this goal after returning to Taiwan.

I'm especially grateful to my parents and the university for allowing me to broaden my horizons and step out of my comfort zone. Exchange allowed me to immerse myself in a different lifestyle and educational system. My independence and self-discipline have noticeably improved compared to before. Overall, this journey has been incredibly rewarding.

