

我是於 2025 年秋季前往荷蘭 HAN University of Applied Science 進行交換的學生。這所大學位於荷蘭的 Arnhem，不像 Utrecht 或 Amsterdam 一樣廣為人知，但卻是個交通方便且治安良好的小城市。雖然 HAN 是應用科技大學，但我參加的是學校專門為國際交換生設計的 International Business 課程，因此我在這裡能夠選修多門國際商業相關課程。

我當初會選擇前往荷蘭交換，是因為雖然當地官方語言為荷蘭語，但幾乎所有人皆能以英文溝通，這對於提升英文能力相當有幫助，此外 HAN 也提供許多專為國際學生設計的全英課程，讓我有機會認識來自不同國家的同學，並了解多元文化。剛抵達學校時，其實內心很慌張，因為這是我第一次踏上歐洲國家，加上這間學校並未提供所謂 buddy 制度協助新生熟悉校園，幸好我在第一天有認識到一位中國的同學帶我熟悉環境，剛到宿舍樓下時也有遇到一位外國同學看到我很迷茫，主動詢問我需不需要幫忙，讓我剛來就感受到荷蘭的溫暖，也讓我比較不那麼緊張。

我這次修了 4 堂課，除了 3 堂商業相關還修了一門英語課程叫做 English for Non-Naive Speakers，除了希望在交換期間能繼續精進英文以外，也希望藉此加強口說。我們這間學校的課程相當特別，不像所有其他學校一樣為一整個學期制，而是分為 P1 和 P2，等於有些課程只需學 7~8 周就要考試。

我認為我最喜愛的課程是「English for Non-Naive Speakers」，雖然每週有文章要看並回答問題，但那些文章有助於我拓展國際視野，老師也會在課堂上分享自己的看法並引導我們討論。除此之外課程中也學習到一些較少接觸的時態用法和發音差異，例如長音和短音的使用時機，雖然每次上課都會被老師點到 2~3 次回答問題，但問題都不會太刁鑽，也不會很有壓力。

除了平常的上課外，我也善用他們中間的假期和空堂時間去其他國家旅行，也嘗試了很多平常不敢嘗試的食物，像是法國的蝸牛和挪威的生魚片。雖然歐洲的餐費真的很可觀，但我也體驗到各國的特色菜，我覺得歐洲料理普遍偏鹹，或許跟當地較寒冷的氣候有關，也因為可觀的餐費，我常常在宿舍下廚，這也是我平常在台灣幾乎不會做的事情，也因此多學會了蠻多料理。

外出旅行的時候，我也遇到不少困難，尤其是歐洲很常發生的罷工問題，像是有一次要從比利時飛義大利，短短 5 天就遇到 3 次罷工，還好已購買的交通部分後面都有拿回全額退款，因此我也學到了很多隨機應變與冷靜處理能力的的能力，雖然每次遇到還是會很慌。此外，因為我有修到一堂課需要做小組報告，我們班上又特別多西班牙籍同學，有時候討論到一半他們會突然開始西班牙文模式，我只能等他們告到一個段落再用英文理解他們剛剛談話內容，這也成為一段相當特別的跨文化溝通經驗。

最後很感謝家人和學校的支持，讓我有機會踏上這趟交換旅程，雖然我一開始真的很慌也後悔了很多次，但我來之後真的看到好多之前只存在於電視或是歷史課本上的風景或畫作，雖然這趟經歷時間有限，且花費不小，但所累積的回憶和視野將成為一輩子的資產，我認為絕對值得！

Participating in the exchange program at HAN University of Applied Sciences in the fall of 2025 became one of the most meaningful experiences of my university life. HAN is located in Arnhem, a small city in the eastern Netherlands. Although it is not as famous as Amsterdam or Utrecht, Arnhem is a safe and

convenient city that allowed me to gradually settle into European life without feeling overwhelmed. The calm environment gave me the space to focus on both my studies and personal growth.

I chose the Netherlands as my exchange destination mainly because of its English-friendly environment. Although Dutch is the official language, almost everyone can communicate fluently in English, which made daily life and academic learning much smoother. HAN also offers International Business courses specifically designed for exchange students, allowing me to study business-related subjects while interacting with classmates from different cultural backgrounds. However, when I first arrived, I felt extremely anxious. It was my first time traveling to Europe alone, and there was no buddy system to guide new exchange students. I clearly remember feeling lost and unsure of myself. Fortunately, I met a Chinese student who kindly helped me on my first day, and later a foreign student at the dormitory noticed my confusion and offered assistance. These small acts of kindness made me feel welcomed and reminded me that I was not truly alone.

Academically, I took four courses during the semester, including three business-related courses and one English course, English for Non-Native Speakers. I chose this English course with the hope of improving my speaking confidence and overall language ability. The academic system at HAN was very different from what I was used to in Taiwan. The semester was divided into two periods, P1 and P2, and some courses lasted only seven to eight weeks. This fast-paced structure initially felt stressful, but it taught me how to manage my time more efficiently and adapt quickly to new learning environments.

Among all the courses, English for Non-Native Speakers left the deepest impression on me. Although weekly readings and class participation were required, the materials broadened my international perspective, and the instructor encouraged open discussion and critical thinking. I was often called on to answer questions in class, which pushed me out of my comfort zone. Over time, I became more confident in expressing my ideas in English and less afraid of making mistakes.

Beyond academics, living in Europe allowed me to experience a completely different lifestyle. I used breaks and free time to travel to other countries and try foods I had never dared to taste before. Due to the high cost of dining out, I learned how to cook for myself, something I rarely did in Taiwan. Traveling was not always smooth, especially when facing frequent transportation strikes, but these challenges taught me how to stay calm and flexible in unexpected situations.

Looking back, this exchange experience was not only about studying abroad, but also about learning how to live independently, communicate across cultures, and face uncertainty with courage. Although the journey was short and financially demanding, the memories, personal growth, and new perspectives I gained will stay with me for a lifetime. I truly believe that this experience was worth every challenge.