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學校簡介

烏特勒支大學（荷蘭語：Universiteit Utrecht），簡稱烏大（UU），世界頂尖公立研究型大學和百強名校，荷蘭最古老大學之一，也是歐洲規模最大的大學之一，擁有超過3萬學生以及6700多名教職人員，是歐洲研究型大學聯盟、科英布拉集團和烏特勒支網絡成員。

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

The essentials of entrepreneur，小組作業跟兩位荷蘭人同組，學習到很多當地學生的思維模式，課堂上也有很多互動的機會，收穫良多。

國外研修之生活學習（課外）

跟室友相處的時間居多，前期覺得英語口說進步得很快，透過活動和共同朋友，也認識了許多來自各地的學生，每天都覺得視野不斷在拓展，很酷。另外生活上也學會自主獨立，例如因為當地食物難吃又貴，所以學會了自己做菜，還有處理帳單、簽證等等雜事。

交換/研修之具體效益（請條列式列舉）

1. 獨立
2. 英語能力
3. 交際能力
4. 使用google map能力
5. 廚藝
6. 想像力
7. 專注力
8. 作息
9. 拓展視野
10. 體驗當地文化
11. 旅遊增廣見聞
12. 好看的照片
13. 因為食物難吃所以變瘦
14. 去哪都很漂亮所以心情很好

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?

這件事情很誇張(我的問題)，我要去倫敦過海關時才發現忘記帶護照，被帶到一個都是警察跟非法移工的房間等了一個小時，途中警察還對著其他人怒罵，我超緊張，好險最後只是了解一下情況就放我回家拿護照了。

出去旅遊真的不能粗心大意，同時也要提防潛在的危險，不是每個地方都像台灣安全。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

其實還好，因為本來就有心理準備，所以沒花什麼時間調適，而且我遇到的人都很友善，就算文化不同也不影響我們相處。硬要說的話，應該是我的室友吃冷的義大利麵還跟我說很好吃。

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？

我覺得自己的個性變得圓滑很多，比以前更能接受與自己觀點不同的人事物，主動與人溝通和攀談的頻率也比較高，也比較有自信。在學習和未來規劃上產生了不同的想法，以前會因為怕丟臉或怕失敗而安於現狀，現在則覺得想做甚麼就去嘗試一下，就跟當初決定踏出舒適圈交換一樣。

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？

經濟上的幫助。沒有的話還是會去交換，但我還是希望越多越好。

感言及心得感想

申請交換是我上大學之前憧憬的目標之一，但到了大二時才真正下定決心開始準備，花了兩個月左右準備英檢、履歷和計劃書。在排申請學校志願序時其實沒有什麼想法，於是就參考世界大學排名，由高至低排下來。經過了約半個學期的等待，我收到了烏特勒支大學交換錄取的資格，當時很開心在志願序第二順位(僅次於澳洲國立大學)就上了，另一方面，由於當時填志願時沒做甚麼功課，對烏特勒支大學的認識只有位於荷蘭，得知結果後的日子，我一邊處理入境荷蘭的手續，一邊搜尋當地的資訊，直到飛機起飛的那刻，突然有一種邁入人生番外篇的感覺，對未來一學期的未知充滿期待。

跟許多人一樣，我對荷蘭的第一印象也是風車、鬱金香、大麻跟紅燈區，相較於充滿這些元素的阿姆斯特丹，烏特勒支則較古老且幽靜，街道與運河交縱，市容整齊乾淨，是一個充滿文青氣息的傳統城市，騎著單車繞城市一圈，不會看到上述的荷蘭觀光特色，卻能探索到更多可愛的細節，像是湖泊、熱氣球、綿羊跟乳牛等牲畜。

如果以觀光的角度來說，身為國際大城市的阿姆斯特丹，絕對是首選，在那裡可以體驗到都市熱鬧的燈紅酒綠，但以生活居住為考量的話，我認為烏特勒支是更好的選擇。

雖然荷蘭官方語言是荷語，但當地人的英文程度極高，對外國人也很親切，就人文方面，我的評價是素質極高，我甚至沒有在烏特勒支遭遇過種族歧視或是不友善的待遇，一次都沒有，當時已經準備好面對各種文化衝擊，反而被暖每一天。

烏特勒支的校區跟宿舍的地理位置還滿分散的，我與一位韓國男生、一位義大利女生以及一位西班牙女生，同住在SSH提供的一間家庭式宿舍，鄰近公車站和校區，騎單車20分鐘能到市中心，內部共用廚房和衛浴，有自己的房間，採光好空間寬敞，除了公共空間有點小之外，我這學期住得是相當舒。我覺得我這間CP值非常高，地址是Cambridgelaan 693 k22，推薦給想搶宿舍的學弟妹。當然住這種家庭式的宿舍，舍友是誰非常重要，我很幸運跟大家都相處得很好，常常一起吃飯、出遊、聊天，還受邀去一起義大利過聖誕節，就像家人一樣相處，除了豐富日常生活，我的英文口說也因此進步許多。

學習方面跟台灣比起來，課程安排差很多，一學期會再分成兩個block，一堂課一個block就會上完，其實我只去一個學期修過三門課可能有點以偏概全，但可以確定的是workload比台灣重而且安排很緊湊。這裡的課程設計包含講授課跟輔導課，講授課的節奏很快，偶爾會需要跟老師互動，十分考驗聽力而且需要很專心。輔導課的內容不固定，我有一堂是分組做project，另外一堂是講解題目的，輔導課的參與度比講授課要求更高，會頻繁的討論、報告或回答問題。

旅遊方面，這段期間去了德國、比利時、法國、冰島、義大利、瑞士、英國、瑞典、奧地利跟匈牙利，真的是大開眼界，也很慶幸是來歐洲交換，出國的交通很方便，大部分都是搭乘火車或巴士前往，這方面比較需要做功課規劃，像是如何使用EURAIL PASS節省交通費、熟悉當地交通。

簡單總結在荷蘭交換的體驗，這段期間去了很多國家和城市旅遊，我覺得荷蘭算是歐洲數一數二適合交換的國家，除了物價高跟東西不太好吃，交通、市容、風景、人文、地理位置、觀光跟娛樂都很棒，關於交換經歷實在有太多可以分享了，這邊怕篇幅爆炸就不鉅細靡遺的敘述，如果有相關問題的話都歡迎再詢問我。

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)

Applying for a student exchange program was one of my goals before starting college, but I didn't really start preparing until my sophomore year. It took me about two months to prepare for the English proficiency test, resume, and study plan. When I was ranking my preferred schools, I didn't have any particular ideas, so I just referred to the world university rankings and ranked them from high to low. After waiting for about half a semester, I received the qualification for exchange at Utrecht University. At that time, I was very happy to have gotten my second choice (only after the Australian National University). On the other hand, I didn't do much research when filling out my preferences, and my knowledge of Utrecht University was limited to the fact that it is located in the Netherlands. After receiving the news, I spent my days processing the procedures for entering the Netherlands while searching for information about the local area. Until the moment the plane took off, I suddenly had a feeling of stepping into an extra chapter of my life, filled with anticipation for the unknown future of the upcoming semester.

Like many people, my first impression of the Netherlands was windmills, tulips, cannabis, and the red light district. Compared to the city of Amsterdam, which is full of these elements, Utrecht is older and quieter, with streets and canals intersecting and a tidy and clean cityscape. It's a traditional city full of artistic atmosphere. Riding a bike around the city, you won't see the aforementioned Dutch tourism features, but you can explore more lovely details, such as lakes, hot air balloons, sheep, and cows.

If we're talking about tourism, Amsterdam as an international metropolis is definitely the first choice, where you can experience the hustle and bustle of the city's nightlife. But if we consider living, I think Utrecht is a better choice.

Although Dutch is the official language in the Netherlands, the locals have a very high level of English proficiency and are very friendly towards foreigners. In terms of culture and human qualities, I found the people in Utrecht to be of high quality, and I never encountered any racism or unfriendly treatment during my stay there. I was prepared for various cultural shocks, but instead, I was greeted with warmth every day.

The campus and dormitories in Utrecht are quite scattered. I shared a family-style dormitory provided by SSH with a Korean male student, an Italian female student, and a Spanish female student. It was close to the bus stop and the campus, and it only took 20 minutes by bike to get to the city center. The dormitory had a shared kitchen and bathroom, and my room was spacious and well-lit. Although the common areas were a bit small, I found my dormitory to be very comfortable this semester. I think the cost-effectiveness of my dormitory was very high, and its address is Cambridgelaan 693 k22. I recommend it to any younger students who are looking for a dormitory.

Of course, when living in this kind of family-style dormitory, it's important to have good roommates. I was fortunate to get along well with everyone, and we often ate, traveled, and chatted together. We even got invited to spend Christmas together in Italy, and we treated each other like family. In addition to enriching my daily life, my English speaking ability also improved significantly during my stay there.

In terms of academic experience, the course structure and workload were quite different compared to Taiwan. Each semester was divided into two blocks, with each course lasting for only one block. Although I only took three courses in one semester, I can say that the workload was heavy and the schedule was tight. The courses included lectures and tutorials. The pace of the lectures was fast, and it was necessary to pay close attention and interact with the teacher occasionally, which tested my listening skills. The content of the tutorials varied, with one course requiring group projects and the other explaining course material. Tutorials demanded a higher level of participation, involving frequent discussions, presentations, and answering questions.

In terms of travel, I visited Germany, Belgium, France, Iceland, Italy, Switzerland, the United Kingdom, Sweden, Austria, and Hungary during my exchange period. It was truly eye-opening, and I feel lucky to have had the opportunity to study abroad in Europe. Transportation was convenient, with most journeys made by train or bus. However, planning was necessary to ensure that I made the most of my travel experiences, such as utilizing the Eurail Pass to save on transportation costs and getting familiar with local transportation.

To sum up my exchange experience in the Netherlands, I found it to be an excellent country for exchange students, with its great transportation, urban planning, scenery, culture, location, and entertainment. However, the high cost of living and the less-than-satisfactory cuisine were some downsides. There is much more that I can share about my exchange experience, but I will keep it brief to avoid overwhelming this text. Feel free to ask me any questions if you have any related inquiries.