

國立中山大學出國交換/研修(含寒暑期課程)/獎助學生 返國報告書

La Sabana 是一個非常美的學校，有著各種不同的系所，包含醫學以及餐飲。

我最喜歡的課程是創意思考設計，他帶著我們進行了許多專案分析。

在與哥倫比亞人生活讓我學習到不同的文化差異以及民族性。

交換經驗拓展了我的國際觀，精進了西班牙語的能力

在哥倫比亞生活，最重要的是保護自己的安全，哥倫比亞是一個相較於台灣比較危險的地方，要注意很多生活上的細節。

在海外歷練讓我學習到了人際上處理的不同技能。

當我踏上哥倫比亞的土地，我仿佛進入了一個充滿活力和多樣性的世界。這段時間的交換學習經歷讓我深刻領悟到許多關於文化、語言和人生的寶貴教訓。

首先，哥倫比亞的文化豐富多彩，每一個地方都充滿了歷史和活力。我曾有幸參觀波哥大的博物館和古老的建築，這些故事和遺產讓我對這個國家的理解更加深入。每個城市都有其獨特的氛圍和魅力，從擁擠的城市廣場到安靜的小巷，每一處都讓我留下了難忘的回憶。

在這段時間裡，我學會了西班牙語的重要性和魅力。雖然一開始面對語言障礙時有些挑戰，但透過日常生活和與當地人的交流，我的語言能力得到了顯著提升。這不僅僅是一種語言技能的學習，更是一種文化融合和心靈溝通的體驗，讓我更深刻地體會到語言背後的文化意義。

此外，哥倫比亞人的熱情和好客深深感染了我。無論是在學校、在街上還是在社交活動中，我都感受到了他們對外來客的友善和幫助。這種熱情讓我感覺自己並不孤單，而是融入了這個社會的一部分，這種感覺是無價的。

除了文化和語言外，這段交換學習也讓我在學術和專業領域取得了新的成長。我有機會與來自世界各地的學生和教授合作，這激發了我的思維，拓展了我的視野。我學到了許多在課堂上無法獲得的寶貴知識，這些知識對我的未來學業和職業生涯都將有著深遠的影響。

最後，這段時間也讓我更加了解了自已。面對新的環境和挑戰，我不斷地成長和進步，克服了許多以前覺得困難的事情。我更加堅定了自己的目標和夢想，並學會了如何在不同的文化背景下建立良好的人際關係和溝通方式。

總的來說，這段在哥倫比亞的交換學習經歷是我人生中一段寶貴的時光。它不僅豐富了我的知識和經驗，也為我打開了一扇通往世界的大門。我將永遠珍惜在哥倫比亞學到的一切，這些將成為我未來人生中不可或缺的一部分。

Participating in an exchange program is an enriching experience that transcends mere academic learning; it is a journey that molds perspectives, broadens horizons, and fosters personal growth. Through immersion in a different culture, whether it's in Europe, Asia, Africa, or the Americas, one gains insights that textbooks cannot fully convey.

Firstly, exchanges cultivate cultural competence. Living among locals, experiencing their traditions, tasting their cuisine, and speaking their language immerse participants in a profound understanding of cultural nuances. This firsthand experience fosters empathy and tolerance, breaking down stereotypes and fostering a deeper appreciation for diversity.

Secondly, exchanges cultivate independence and adaptability. Navigating unfamiliar environments, from bustling city streets to quiet rural towns, teaches participants resourcefulness and resilience. Adapting to new routines, learning to communicate effectively in a foreign language, and overcoming challenges build confidence and self-reliance.

Thirdly, exchanges foster lifelong friendships and professional networks. Collaborating with international peers in academic settings or on cultural projects cultivates global perspectives and

promotes mutual understanding. These relationships often transcend borders, enriching future collaborations and offering diverse perspectives in professional endeavors.

Moreover, exchanges spark personal growth and self-discovery. Stepping outside one's comfort zone encourages introspection and reflection, leading to a deeper understanding of one's values, strengths, and aspirations. Whether through overcoming language barriers, navigating cultural differences, or tackling academic challenges, each experience contributes to personal development.

Lastly, exchanges inspire a commitment to global citizenship and social responsibility. Witnessing societal issues, cultural practices, and environmental concerns firsthand prompts participants to engage critically with global challenges. By embracing diversity and advocating for positive change, exchange alumni become agents of international cooperation and understanding.

In conclusion, exchange programs are transformative experiences that transcend borders, enriching participants with cultural insights, personal growth, and global perspectives. They foster empathy, independence, and lifelong connections while inspiring a commitment to global citizenship. Embracing the diversity of our world through exchange programs not only enhances individual lives but also contributes to a more interconnected and understanding global community