

學校簡介

布魯塞爾自由大學（Université libre de Bruxelles，簡稱ULB）是比利時的一所知名大學，位於布魯塞爾市中心。該大學成立於1834年，是比利時最古老的法語大學之一。ULB是一所研究型大學，提供多個學科領域的本科、碩士和博士課程。

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

我最喜歡專案管理的課程，課程時間安排在其中六個星期的週六，安排很多環節能讓學生彼此互動，融合彼此文化產生專案報告，例如：在課堂中的互動小遊戲，讓台下的人觀察台上同學的團隊合作情況，說明專案過程中，達成KPI的方式大家都有不同方式，同時其他人又是怎麼協調團隊的，最後的case study也學到很多，外國人寫作業的方式跟我們真的不太相同。

國外研修之生活學習（課外）

在歐洲真的會開始對藝術感興趣，不管是舉世聞名的畫家、建築師、音樂家，我們就站在他們曾經生活過的地方，以前我只知道梵谷的畫，但參觀完他的博物館我甚至被他的生涯、原則、生平給感動到；以前更是不懂建築物的美，但看完聖家堂之後，深深被高第和大自然結合的設計所感動；以前也不懂聽音樂秀的美好，但聽完音樂之都的演奏，就開始能理解為什麼大家會願意花那麼多錢來現場聽演奏。因此我覺得最大的學習是個人對新事物的開放程度。

交換/研修之具體效益（請條列式列舉）

- 1.認識世界各地的朋友
- 2.旅遊在歐洲真的是一件比吃飯還便宜的事情
- 3.英文聽力及口說能力的進步
- 4.從其他國家教授的講授中，了解外國人對台灣的看法
- 5.小廚師

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?

比利時的首都是布魯塞爾，也因為歐盟總部在此被譽為歐洲的心臟，但是他的治安在歐洲是數一數二差的，幾乎每天都是陰天，物價也是相對其他國家高，在路上也常常遇到吸毒、打架滋事的人。讓我在整趟歐洲之旅非常的謹慎，因此也沒有遇到不好的事情，平時出門能不攜帶現金就不攜帶現金，刷卡非常方便，除了手機掛繩以外，手機一定要緊緊地貼在身上，歐洲讓原本粗心的我，想了很多方法來避免自己的不注意，造成旅途的污點

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

有，接受、嘗試、享受，過好自己的生活就好

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？

變得更獨立、且勇於和陌生人對話，最大的成長是我相信我能做到很多事，也明白自己不是什麼都不想做，而是缺乏動力去享受生活

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？

減輕開銷，如果不是在比利時交換，60000能做很多事情

感言及心得感想

能夠嘗試不同文化的教學方式真的很有趣，我在交換期間，因為課程關係，至少有16位不同的老師授課，也因為這樣口音的問題一開始非常困擾我，但是我能感受到我遇見的每位老師對教學都是相當有熱忱，而且教學的內容非常豐富且有趣，有機會一定要去歐洲交換一次，歐洲的旅遊成本真的太低了，從布魯塞爾出發到其他國家的機票甚至1000元就能解決，住宿費用也非常平易近人，而且歐洲的太陽真的好溫暖、雪真的很夢幻。

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)

The Université libre de Bruxelles (ULB), located in the heart of Brussels, Belgium, stands as one of the renowned universities in the country, tracing its roots back to its establishment in 1834. As one of Belgium's oldest French-speaking universities, ULB has earned a reputation for its commitment to research and academic excellence across various disciplines. Offering undergraduate, master's, and doctoral programs, ULB fosters a dynamic learning environment.

During my time at ULB, I had the privilege of immersing myself in the field of project management, which became my favorite course. The program was meticulously designed, with classes scheduled on Saturdays over a span of six weeks. What set this course apart was its emphasis on interactive learning, facilitating extensive student engagement and cultural integration. Through activities like interactive games and team projects, we explored diverse approaches to achieving key performance indicators (KPIs) and learned firsthand about effective teamwork and coordination. Additionally, delving into case studies exposed me to varying academic writing styles, enriching my understanding of global perspectives.

Studying in Europe opened my eyes to a newfound appreciation for art. Visiting landmarks associated with renowned artists, architects, and musicians provided me with profound insights into their lives and works. Prior to this experience, my knowledge of artists like Van Gogh was limited to their paintings. However, visiting Van Gogh's museum left me deeply moved by his principles and life journey. Similarly, witnessing the architectural marvel of the Sagrada Família in Barcelona highlighted the beauty of harmonizing human creativity with nature. Moreover, attending musical performances in Europe unveiled the enchanting allure of live music, prompting me to grasp why individuals invest in such experiences.

Beyond academic enrichment, my time in Europe offered invaluable life lessons. Interacting with peers from around the world broadened my cultural understanding and fostered lasting friendships. Traveling within Europe proved to be not only affordable but also enriching, exposing me to diverse cultures and perspectives. Furthermore, my proficiency in English significantly improved through regular practice and immersion in an international academic setting. Engaging with instructors from various countries provided insights into global perceptions of Taiwan, fostering cross-cultural dialogue and mutual understanding.

However, amidst the enriching experiences, I couldn't overlook the security challenges prevalent in Brussels, often dubbed the heart of Europe. Despite the city's vibrant atmosphere, concerns about safety lingered, necessitating vigilance and precautionary measures. Nonetheless, this heightened awareness served as a valuable lesson in mindfulness and personal safety, ensuring a smooth and fulfilling journey throughout my European escapade.

In conclusion, my exchange experience at ULB transcended academic boundaries, leaving an indelible mark on both my intellectual and personal growth. From academic pursuits to cultural immersion and life skills, each facet of my journey contributed to a transformative learning experience. I wholeheartedly encourage others to seize the opportunity to study abroad in Europe, where the cost-effective travel, enriching experiences, and warm hospitality await.