

心得

A. 我赴交換的學校為加拿大渥太華大學(渥大)，為加拿大排名前十之大學。渥太華大學主要培育系所為法學院與醫學院，分別為世界排名第 69 與 101 名，不過我讀的是文學院——世界排名 250。雖然並不是學校資源最豐盛的系所，依然能深刻感受到師資與同儕的優越，程度一點也不輸給中山，而究我的課堂觀察而言，可輕易判定上課氛圍略勝一籌，相較於在台讀書較有競爭與專心的壓力。

B. 使我受益最豐富的課程是在校二年級的必修課——加拿大文學；而我最感興趣的是語言課程——初階法文。相較於在台所讀的種種文學類課程(必修的英國、美國、歐洲文學)，加拿大文學是平常不會特別觸及到的領域，能夠在加拿大學習當地的文學特色與發展絕對是屬一非凡的體驗，我也能夠運用在中山學習到的文學技巧與批判性思考，成功銜接上國外的教材而更有效率地吸收我毫無經驗卻充滿好奇心的領域，無庸置疑的我對於上課所讀的教材如魚得水。至於法文課，有鑑於渥太華為加拿大法語區的政治中心，法文在渥大也並不陌生。我能夠在全國最大的雙語學校中學習在地的語言，同時帶著我在中山所習得之第二外語知識，體驗當地官方語言的腔調與教法，令我感到十分有興趣。我體驗了同個語言所擁有的不一致發音，至今也改變了我講法文的習慣(魁北克腔調)，我認為只有交換學生才能體驗到的風俗。

C. 在國外生活最主要的學習點是獨立。我知道很多人在上大學都說搬去宿舍住或自己租屋就算是獨立生活，可我倒是認為整個台灣都是舒適圈，交換至國外需要習慣的日常才可以說是練習獨立的機會。一開始過去在一個陌生、沒朋友、不熟食物的地方，心理壓力是一莫大要克服的難關，要學會慢慢發展出自己的方向，出門結交朋友與調節飲食習慣等。我認為我在這方面做得相當成功，我只是光在國外生活就很快樂了，我認為我的舒適圈就是跳脫原本的舒適圈，利用在國外生活的角度回頭看以前看似被囚禁的生活。

D. 我認為習得的具體之效益為

1. 結交各國新朋友，拓展人脈

2. 體驗國外生活，開拓自己的世界觀

3. 獨立生存，增進生活常識

4. 習得於國內不同的知識，與本地人共同學習獨特的課程內容

E. 我在加拿大的期間內都過得相當順利，畢竟這也不是我第一次自己在那邊生活，已經有許多熟悉的面相了。不過我想除了上述提及之心理要克服的孤獨難關除外，我有一次把自己鎖在門外。那時候已經過了半夜 12 點，外面下著大雪而我沒鑰匙進門，打電話給房東也無人接聽，手機不巧地也被室外寒冷的天氣給耗沒電了。於是我走去附近的便利超商跟店員借了電話，查了鎖匠來幫我開門，事情最終基於我的漫不經心耗費了我 3000\$ 台幣解決。我想這也不是太嚴重的事情，不過算是在國外發生最大的不順勢了。

F. 在加拿大生活首當其衝要習慣的就是天氣，乾冷的空氣配上極為寒冷的天氣，是我深信每個台灣人都會需要時間調適的環節。除此之外，市區的遊民問題也相當嚴重，失業率在加拿大飆高，造成許多街友在路上與店內要錢，形成各種潛在的社會公共問題，我想也是要習慣的挑戰之一。不過，最大的適應點絕對是飲食習慣，畢竟在國外很少會有米飯和麵食的選擇，大多食物為速食或麵包與馬鈴薯作為主食為主。這些對於我來說都不是很致命的問題，不過事情堆疊起來心裡依然會有些許的不適。我透過在學校結交的朋友，一起體驗寒冷的冬天與尋找好吃的亞洲餐廳的方式來克服，在了解其他人有相同的遭遇與挑戰時，體驗到了自己並不孤單的感覺，慢慢地大家也都開始習慣這些小事，司空見慣了的情況下也成為了我們的日常。

G. 我在加拿大的其間有了大量的獨處時光，基於外面的寒冷天氣與政治中心的文化，整座城市也幾乎在晚上 8 點之後形成宵禁。我在家的這段時光不斷地磨練我的廚藝，不僅省錢也能夠轉移注意力，我漸漸意識到了我在台灣一成不變的生活，一種毫無意識地被囚禁在當下的感覺席捲而來，我領悟到我人在國外可以做任何事，況且是我這輩子再也無法回到的時光，我意識到我是自由的。除此之外，我學到

了不能被困在看似跳脫不了的日子，要不要改變始終都是自己在阻止自己，只是我們找了各種藉口來合理化自己不做改變的事實。這段時間內，我學會了要做就做，沒有這麼多的束縛，因為外面還有太多可以看的。

H. 我知道出國交換很花錢，在決定跳脫框架的同時也都是需要金錢才能做到的事，我很感激家裡有這樣的經濟能力讓我體驗如此新鮮的價值觀轉變，同時也刺激我畢業後要賺大錢，才能允許我在這樣多做幾次。我認為交換計劃對於一個大學生的影響遙不可及，我希望有機會與能力的人都可以這樣體驗。不過我也清楚去交換的人大部分都是抱著能夠揮霍家裡經濟的人，到處遊玩世界各國，體驗那短暫的風俗民情。儘管如此，我覺得學校有提供如此眾多國家的選項，造福了很多人去開拓自己的價值觀，回來成為一個更有彈性且文化豐富的人。

I. University of Ottawa is the largest duo language institution in Canada, with a ranking of no.183 of all world universities on the QS World Ranking System. Despite the school's mainly focus casted on Law and Medical faculties, the faculty of Arts was just as competitive and comprehensive as the top tier academies. In the faculty of Arts, Introduction to Canadian Literature and French101 were the two most intriguing and engaging classes to me. I got the chance to experience Canadian culture through literature readings and better my understandings of how Canada views its identity. Different from the mainstream literatures (English, American, and European), it is a course that can only be learned through the exchange program where locals have unique insights to the materials taught in class. As for French101, I got to experience the extraordinary Quebecoise accent, which is significantly different from the European French accent I was taught at NSYSU. It was extremely

entertaining and multi-cultural course to enroll as certain aspects could only be found in Canadian French courses. Apart from classes indoors, outdoor activities were just as packed and somewhat overwhelming. The brisk winter air was what I had to get used to immediately in Ottawa, along with the mental burden of having no friends in a foreign environment. However, I got to overcome these obstacles once I began to engage myself at school. Meeting up with new friends and knowing that they are going through the exact emotions had me feeling at ease, I didn't feel as if I was all alone. There were many other cultural shocks that I encountered during my stay, including homeless people harassing me in downtown, overpriced foods, and the little to no activities past 8pm. These are all little issues that only began to take into account once accumulated all together. That being said, I eventually accustomed myself to these issues with the help from some company to boost my mental tenacity. To sum up, the largest benefit of embarking on the exchange program is probably the people that I met overseas. In no other condition would I ever meet with those friends, and now that I have connections, I can always utilize them to benefit my future if necessary. Acquiring independent skills is another beneficial factor to the program, learning how to adjust yourself to not only the climate but the culture and the environment in general is a life lesson filled with advantages. The experience sharpens your observation skills, strengthens your mental health, and enhances your success to challenge the future. I highly recommend anyone who has the opportunity to study abroad to seize their moment. One of the best decisions in my life was going on this exchange program, as it not only affected me with the afore mentioned benefits but completely altered my life values on how I used to live in Taiwan.

I realized that I could be free and not held into a seemingly captivating daily routine, there is still so much more that I could see than get held up on some pity problems.