

繕打 中文及英文 心得報告，應包含下列項目

(**中文至少 1,000 字+英文至少 500 字**。赴中國交換者不需撰寫英文心得。)

A. 學校簡介：哥多華大學，是西班牙安達魯西亞自治區哥多華市的一所公立大學，特色學科是獸醫學和農業工程。

B. 國 外 研 修 之 課 程 學 習 (課 內) ， 推 薦 受 益 最 多 / 最 喜 歡 的 課 程

Cómo Leer un Texto Literario，因為老師博學多聞，對於各文化的了解都蠻多的，而且課堂採用很活潑的方式，讓大家都可以有機會彼此交流，認識不同文化。

C. 國外研修之生活學習 (課外)

拳擊課 及西文課程

D. 交換/研修之具體效益 (請條列式列舉)

1.學會獨立生活 2.習得多元文化 3.了解不同文化之間的差異性以及如何尊重彼此 4. 語言能力提升

5. 開拓視野及促進批判性思考 6. 學會煮飯 7. 學會規劃自己的時間

E. 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?

是。 最大的困難就是與當地生活型態完全不適應，從社交模式到吃飯時間都與台灣完全不一樣，不過在經歷了陣痛期過後，就漸漸地打開心胸，不抱著預設立場去接受當地文化，也學會了適應當地的生活習慣。

F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

是，適應並沒有什麼訣竅，就只能讓自己不要退縮，隨著時間過去，就會漸漸適應。

G. 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？

變得比較有耐心，也比較不會生氣。因為常常著急也無法解決問題。

H. 感想與建議

感想: 回想起在西班牙 Córdoba 交換的一年，內心依然充滿了複雜而深刻的感受。當初決定申請交換計畫時，我帶著對歐洲文化的好奇與挑戰自我的渴望。對我而言，這不僅僅是一段學習語言的經歷，更是一段重新認識自己與世界的旅程。

在學術方面，初到 Córdoba 的日子充滿了挑戰。課堂完全以西班牙語進行，即使我在出發前已經有了一些基礎，但仍常常聽不懂教授講課的全部內容。尤其是當地人說話速度極快，口音也和課本上的標準西班牙語有所不同，讓我一度感到吃力。然而，也正因為這樣的環境，我被迫快速適應，不斷做筆記、課後查字典，甚至主動和同學討論。漸漸地，我發現自己能夠聽懂越來越多，也能在課堂上勇敢發言。雖然一開始緊張，但每一次舉手回答都像是小小的勝利。這段過程讓我真正體會到語言不是只靠書本，而是需要在實際交流中磨練出來的。

生活方面，Córdoba 的步調和我熟悉的家鄉很不一樣。當地人習慣中午吃午餐後休息，晚上則吃得很晚，常常是九點或十點才開始晚餐。一開始我很不習慣，常常下午餓得受不了，只好自己準備點心。但隨著時間推移，我慢慢適應了這樣的生活節奏，甚至覺得晚餐時間和朋友聚會聊天，反而更有生活的味道。飲食上，安達盧西亞的橄欖油使用得特別多，幾乎所有料理都少不了

它。剛開始我覺得油膩，但後來發現這樣的烹調方式其實很健康，也學會了自己在家做一些西班牙

料理。在人際關係上，我一開始覺得有些孤單。語言障礙和文化差異讓我不敢輕易主動接

近同學。有時候他們談笑風生，我只能靜靜坐在一旁聽，不太能插上話。這種無形的隔閡一度讓

我懷疑自己是否能真正融入。不過，隨著我參加更多課外活動，例如語言交換聚會、體育活動和

城市導覽，我逐漸認識了一些朋友。有些人對我很友善，願意放慢語速和我聊天，甚至帶我去探

索當地隱藏的餐館或小咖啡廳。透過這些交流，我不僅提升了口語能力，也學到許多課本以外的

文化細節。雖然我不能說自己完全融入了當地的朋友圈，但至少體驗到了友誼的溫暖。

文化上的衝擊也是無法避免的。Córdoba 是一座歷史悠久的城市，融合了基督教、伊斯蘭教和猶太教的文化痕跡。清真寺大教堂壯麗而神聖，讓我第一次深刻感受到文化交融的力量。而當地人對生活的態度也深深影響了我：他們懂得享受日常，不急躁，不把一切都放在效率上。與我原本習慣的快節奏生活相比，這種悠閒讓我學會了放慢腳步，重新思考什麼才是生活中真正重要的。

回顧這一年的交換經歷，我認為自己最大的收穫不只是語言能力的進步，而是心態上的成長。我學會了在孤單中找到力量，在困難中尋找方法，也更了解自己的性格與需求。雖然有時候會覺得挫敗，甚至懷疑自己的選擇，但最終我依然慶幸自己勇敢踏上了這段旅程。Córdoba 留下的不只是回憶，更是一種力量，提醒我未來在面對陌生環境時，要有信心適應與成長。

總的來說，這一年的交換生活是一段無可取代的經驗。它帶給我挑戰，也賦予我勇氣。語言、文化、人際關係都讓我受益良多。雖然當時的自己常常覺得辛苦，但現在回想起來，那些困難正是讓我成

長的養分。未來無論走到哪裡，這段 Córdoba 的時光都將成為我人生中一個重要的篇章。

小小建議: 如果想要多多認識當地人或是深入了解當地文化，西班牙文的溝通能力算是很重要，因為當地的人都不太會說英文，如果能用西文溝通，交朋友方面會比較容易，不然就只能認識交換生。

I. 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) 500 字以上

Spending a full year as an exchange student in Córdoba, Spain, was one of the most challenging yet rewarding experiences of my life. When I first decided to join the exchange program, my main goal was to improve my Spanish and immerse myself in a different culture. Looking back, I realize that the experience shaped me in ways I had never expected—academically, socially, and personally.

Academically, adapting to classes taught entirely in Spanish was initially overwhelming. Even though I had studied the language before, the speed of local speech and the Andalusian accent were difficult to follow. In my first few weeks, I often left lectures feeling lost, but I forced myself to review notes, look up unfamiliar words, and ask classmates for clarification. Over time, I gained confidence, and by the second semester I was able not only to understand but also to participate actively in discussions. This struggle taught me that language learning cannot be separated from real-life practice; it requires patience, persistence, and the courage to make mistakes.

Daily life in Córdoba also left a deep impression on me. The rhythm of life was very different from what I was used to. The tradition of siesta, the late-night dinners, and the social culture centered around cafés and plazas required me to adjust my habits. At first, I struggled with eating dinner as late as nine or ten o' clock, but eventually I grew to enjoy it as a time to connect with others. Andalusian food, especially the generous use of olive oil, surprised me at first, but I gradually developed a taste for local dishes and even started cooking them myself at home. One of the hardest aspects of the year was building social connections. In the beginning, I often felt like an outsider. My classmates already had their groups of friends, and my limited Spanish made me hesitate to join conversations. However, things changed once I began attending language exchange events and participating in sports activities. Little by little, I found friends who were patient and supportive, willing to slow down their speech and include me in their plans. These friendships made a huge difference, not only in improving my Spanish but also in making me feel less alone. Living in Córdoba also exposed me to a rich cultural and historical environment. The Mezquita, the old Jewish quarter, and the city's unique blend of Islamic, Christian, and Jewish influences constantly reminded me that cultures can coexist and enrich each other. Beyond sightseeing, what struck me most

was the local attitude toward life: people valued conversation, relaxation, and small daily pleasures rather than rushing through everything. This perspective challenged me to slow down and rethink my own priorities. In conclusion, my exchange year in Córdoba was far more than a language-learning experience. It was a year of growth, filled with struggles, discoveries, and self-reflection. I learned to adapt to a new culture, to persevere when things were difficult, and to appreciate the importance of human connection. Though at times I felt lonely or frustrated, I now see those challenges as essential parts of my personal development. This year abroad will always remain one of the most meaningful chapters of my life.