

A. 學校簡介

烏特勒支大學 (Utrecht University · UU) 創立於 1636 年，是歐洲歷史悠久且享有卓越學術聲譽的研究型大學。烏特勒支大學位於荷蘭第四大城市烏特勒支，以其深厚的學術傳統享譽全球。截至目前，該校已培育出 12 位諾貝爾獎得主和 15 位斯賓諾莎獎得主。

B. 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

荷蘭 UU 的上課方式跟台灣不太相同，一個學期分成兩個 block，在第一個 block 我選修了兩門課程分別是 Making Diversity Work: Building Inclusive Organizations 以及 Wild years: Researching youth in different cultures。而第二個 block 則是選修 Education and ICT。在這三堂課裡面我最喜歡的課程是 Education and ICT，也許是與本身在中山就讀的專業有關，所以在上此門課時感覺更有共鳴感。此堂課與台灣不同的是，這堂課是 Blended learning, 學生必須在家裡完成線上預錄影片的預習，預習完課程後再參加每周一次的 tutorial, 授課老師會在 tutorial 中幫同學複習一次本周上課內容並且針對內容加深加廣，除此之外，老師也會發想很多活動讓同學彼此討論 (例如: 規劃一個教案, 或是分析影片內容...等)。整體來說，由於班級人數少，與同學會有很高的互動性，老師教學非常扎實，我覺得獲益良多。

C. 國外研修之生活學習 (課外)

由於荷蘭的生活費頗高，所以大多數的時間我都喜歡自己下廚來節省開銷。課餘時間，我喜歡逛逛超市、在咖啡廳坐坐或者是去博物館走走 (強烈推薦辦博物館卡)，如果有更長的假期，會規劃去鄰近國家走走。

D. 交換/研修之具體效益 (請條列式列舉)

-體驗不同國家的授課方式

-增進自己的國際觀和文化敏感度

-訓練自己解決問題的能力

-培養自己獨立自主

-跨出自己的舒適圈嘗試新事物

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？

在荷蘭租房的部分極度難找 (堪稱租房地獄)，UU 本身沒有提供宿舍，但是有跟外面的公司 SSH 配合，提供限量的學生套房或雅房，但是由於數量有限，即使準時上去登記房間，也還是失敗 (超像搶演唱會門票)。嘗試過了許多管道，例如租屋社團、或是詢問其他租房網站，但還是沒有找到合適的房源。最後是在出國前幾周，認識了一名台灣人，剛好她朋友的親戚購買新屋，未來想出租房間，我才順利找到此次交換的住所。

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？

本身沒有遇到非常大的文化衝擊，唯一比較需要適應的是，荷蘭有些腳踏車是腳煞性質，不像台灣的腳踏車是手煞，因次需要花一些時間去習慣。

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？

一直以來就對歐洲生活非常感興趣，非常感謝有這個交換機會讓我能一緣這個夢。這次交換帶給我最大的成長是讓我能有時間好好思考未來的生活。我喜歡聆聽每個人不一樣的故事，我也相信每個人都有不同的樣子，人生沒有什麼對與錯，這次的交換給了我更大的信心去追尋未來想做的事。

H. 感想與建議

參加這次的交換是我人生中一個很正確的決定，雖然找房子真的找得很痛苦，但好險最後都順利

解決了! 如果未來有考慮交換的朋友 (特別是荷蘭), 房子的部分一定要提早做規劃並且小心租房詐騙。如果學校有提供宿舍那就太棒了。強烈推薦學弟妹可以參加交換計畫, 不管去哪一個國家都好, 相信都會帶給你們深刻的回憶。

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
赴中國交換者免填英文心得

Utrecht University (UU), founded in 1636, is one of Europe's oldest and most prestigious research universities. Located in the Netherlands' fourth-largest city, Utrecht, the university is famous for its academic excellence.

When it comes to the academic experience in UU, the teaching way at UU differs from that in Taiwan. For example, one semester is divided into two blocks. Every student can choose different courses (ideally two) in each block. I took *Making Diversity Work* and *Wild Years: Researching Youth in Different Cultures* in the first block. For the second block, I took *Education and ICT*. The *Education and ICT* was my favorite course, as it closely aligned with my major at NSYSU. This course used a blended learning approach. Students watched pre-recorded lectures at home and attended interactive three hours tutorials weekly. During the tutorial, teachers not only made sure students understand each week's material but also prepared some activities to help students practice the course's content in real life. The small class size encouraged active participation, and the teacher's guidance helped deepen my understanding of the subject. To sum up, this course was very suitable for the students that would like to learn more in education especially ICT part (technology).

Life in the Netherlands was also different from Taiwanese lifestyle. Due to the high cost of living, I often cooked at home. In my free time, I enjoyed visiting grocery stores, relaxing in cafés, and exploring museums with a Museum Card (highly recommend for registering). If I had more free time, longer holidays allowed me to travel to neighboring countries, further enriching my experience.

In my opinion, this exchange provided me with several benefits, including exposure to different teaching styles, enhanced international perspectives, improved problem-solving skills, and had greater independence. Moreover, stepping out of my comfort zone allowed me to embrace new experiences.

However, there were still some challenges that I encountered during my exchange period. One major challenge was finding accommodation, as UU does not provide dormitories. Despite the school told us to register

SSH (student housing company), but it was too competitive, so I was unsuccessful. After exploring various rental options without luck, I eventually secured a place through a friend's relative, just weeks before departure. Another cultural difference I had to adjust to was the Dutch bicycle braking system. Unlike the hand brakes commonly used in Taiwan, some Dutch bikes rely on backpedal brakes, which required time to get used to.

In conclusion, this exchange was a dream come true (I wanted to go to Europe before), giving me valuable time to reflect on my future. I enjoy listening to people's diverse stories and have realized that life has no absolute right or wrong path. This experience has strengthened my confidence in pursuing what I really want. Participating in this exchange was one of the best decisions I have ever made. For me the most significant challenge was securing housing, so I highly recommend planning accommodations as early as possible if you would like to study or do working holiday in Netherlands. Also, be careful of scams. If there are dormitory options, securing a spot would be ideal. I strongly encourage students to participate in an exchange program no matter which country you choose, it will be an unforgettable and life-changing experience.