

中文心得

A. 學校簡介

萊斯橋大學位於加拿大亞伯達省的列斯布里治 (或稱萊斯橋)，是一所以創新與研究為核心的綜合性大學。萊斯橋大學的校園佔地雖然不大，但有許多設備，包含圖書館、體育館、游泳池、及表演廳。學校內部也舉辦許多活動，提供學生在課餘時間參加並認識新朋友。而負責交換學生的國際部也會安排屬於交換學生的活動，包含聚餐及旅遊等，提供與其他交換學生交流的機會，並讓我們可以以更划算的價格去參觀列斯布里治附近的景點。

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

在交換期間，我總共總共研修了四門課程，其中包括「比較危機管理」、「批判性思考」、「跨文化行銷」、「管理政策與策略」。大多數教授的教學方法都推崇學生回答課上問題並鼓勵提問，因此在上課的過程中有許多學生與教授間的互動，與台灣的教育方式不同，這樣的教學模式令我感覺在上完課後，我對於課程內容的理解會更好，並且能更好的將知識內化成我的一部分，其中我最推薦的課程為批判性思考，這堂課將焦點集中於演繹推理，因此上課的內容十分類似在學習數學的方程式。在這堂課的過程中，我認識了許多人們可能會有謬論，也就是原因與結論並無邏輯上的關聯，也是這門課幫我更認識自己在思考上所會有的侷限。此外，教授的上課方式十分仔細，他會用許多不同的方式講解一個概念，以確保同學們都有確實的了解他所教授的內容，且批判性思考是不局限於專業領域所會用到的技能，因此我認為在所選的四門課中，這節課令我受益最多。

C. 國外研修之生活學習 (課外)

在學期中的假期，我與其他到萊斯橋大學交換的同學一同去旅遊，我一共到了卡加利、多倫多、蒙特羅及魁北克等城市旅行。因為這些城市位於不同的地區，因此他們的文化也十分不同，像蒙特羅及魁北克就是加拿大的法語區，所以僅僅是在加拿大國內的旅遊就讓我感覺好像到了不同的國家。不僅如

此，由於我參加交換的時間為下半年，剛好會體驗萬聖節與聖誕節，加拿大人們的節日儀式感非常的濃厚，這兩個節日的交替能夠看到家外的擺設的變化。而我的房東也邀請我和我室友來體驗做南瓜燈及裝飾聖誕樹等活動，讓我們能夠更好的體驗到加拿大在地人的生活。

D. 交換/研修之具體效益 (請條列式列舉)

1. 提升英語能力：就算英文能力不算太好，學校也有提供英文寫作的輔導，交換學生可以申請在功課上的幫助
2. 培養獨立與適應能力：包含預算規劃及交通安排等
3. 拓展國際視野：接觸來自世界各地的學生，與他們進行交流

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？

交換的生活期間所遭遇的最大困境應該是與來自不同地區的人們交流，因為文化不同因此想法也不同，不過幸好我所遇到的人們都十分友善，在交流時都能使用我所聽得懂的方式來說明，令我的交換生活更加充實。

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？

最主要遭遇到的文化衝擊應該是教授上課的方式，且加拿大的同學都十分勇於分享自己的想法，許多教授也將在上課發表意見列為成績的一部分，不過由於教授也提供許多分的機會，因此雖然頻率沒很高，不過我有漸漸地增加舉手的次數。

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？

我認為海外生活的歷練讓我真正的變得獨立，因為與台灣有十分不同的差異，所以在一開始面對問題時，都需要自己去解決，而非可以詢問家人或朋友。尤其是準備出國前，所有的手續都需要靠自己跑過一輪，因此我認為參與交換的經驗幫助我提升了在時間安排以及解決問題的方面的能力。

H. 感想與建議

我覺得交換是體驗不同國家文化最為簡單且所需經費較少的管道，在學生時期擁有較多的空閒時間，並且學校也提供了許多的幫助。此外，在交換期間的假期，更是可以旅遊的好時機。現在的世界變得越來越國際化，我認為透過交換去認識不同國家的風俗民情能夠幫助我們更好的與來自不同地區的人們交流。

英文心得

University of Lethbridge is located in the southern part of Alberta Province; it is the warmest city of the province. It was founded in 1967 and is one of Canada's top-ranked universities.

During my time of exchange, I attended a total of four courses, which are "Comparative Crisis Management", "Critical Thinking", "Cross Cultural Marketing", and "Management Policy & Strategy". I personally found Critical Thinking to be an interesting class, as this skill is something that can be used within work and life. The class mainly focuses on deductive reasoning, so the content is like learning math equations. And with this class, I found some logical biases that I have been making on a daily basis.

Outside of learning, I utilized school breaks and did some travel with my other exchange partners, I have travelled to Calgary, Toronto, Montreal, Quebec. Canada is a much larger country compared to Taiwan, therefore, the time I spent on moving to different cities was quite shocking, and that different regions make me experience very diverse culture.

Besides travelling, my life in Lethbridge has been very enjoyable. Accommodation is one of the best things for this exchange experience. My accommodation is a bit similar to homestay, but I got to live fully separate from the homestay family by having individual space that is not shared with them, therefore, while I benefit from receiving help from my landlord, I get a lot more time to experience things on my own. At the same time, my roommate is super lovely. I spent almost half of my time with her during my stay in Lethbridge, we experienced many

sports and art events together, and when I encountered some problems, she is the number one person I go to.

I am glad that I decided to attend this exchange program, as Lethbridge is definitely not one of my choices when I decide to go traveling. The environment in the first place is very different. Although I only spent four months there, I experienced a total of three seasons. While I was scared before going, however, people I met there were so helpful and caring. I have also met friends coming from all over the world, by talking to them, I really feel that I have become more global and open-minded.

Lastly, my takeaway from this experience is worthwhile. To live there, we will experience both cultural and language barriers. But in Lethbridge, there are also a lot of students and professors coming from all over the world, therefore, as long as you are not afraid to express, languages are not as challenging as I had imagined. And for the cultural difference, before I went there, I have only been living in large cities, and Taiwan population is very crowded. So, when I saw deer in the neighborhood, it was very new to me. And stores there usually close very early, many days, I have missed the night market we had back in Taiwan. Lastly, there is the weather, because Taiwan does not really snow, so I have a fantasy of it. But when I actually lived with it during the winter in Lethbridge, I discovered how dangerous it could be. When it snows a lot, it piles up very quickly, it makes going outside a tough thing to do. Things get worse when the temperature starts rising, because snow will then melt, making the floor slippery and cause people to fall. This makes me consider that places with snow will not be a top choice of places I want to live.

Overall, this exchange program has been a valuable experience for me, as I get to know people with different cultures, live in places that are some different from where I used to, I believe that this kind of experience is not something I can get again at least within a short time. And I recommend other students who are capable of budgeting to consider joining the exchange program.