

交換心得報告(中文版)

渥太華大學 (University of Ottawa) 位於加拿大首都，渥太華，也是【楓葉之都】。此學校因為是全球最大雙語學校，所以學校的法語以及英語學生幾乎是 1:1。學校有很多系所和院，因此也吸引了諸多學生，例如工學院、醫學院、法學院、教育學院等。因為加拿大的冬天是出了名的冷，所以也會有貫穿各大學院的地下道。學校的設施也非常齊全，包含了提供學生討論空間的圖書館、刷卡儲值的學餐餐廳、加拿大版本的路易莎 Tim Hortons、羽球場、籃球場、壁球場、游泳池健身房、甚至還有加拿大國民運動的冰球館以及溜冰場。校園裡面就有設立一個捷運站，方便各個地區同學通勤。

由於這次是交換一學年，每學期規定要修 4credits (約等於中山大學 12 學分)。上學期選修的課程如人權、初階法文、永續城市、社會學概論。下學期選修的課程如進階法文、環境法、環境政策、地理與健康。這些課程都有助於我之後在相關領域就業，也是我成為社畜前的最後學習機會，因此我特別珍惜。我最喜歡的課程是環境法，因為可以了解到環境面向的法律條文等，以便更好的保護環境。相比起台灣大學的教育體系，渥太華大學的教授方式偏向於比較多的課前讀物以及課後心得。

課外的生活不外乎是跑步、健身、打羽球、逛超市以及做飯。冬天的時候生活則是圍繞在溜冰和滑雪。之前的我是完全滴水不沾，但現在的我可以算小當家了。做過的食譜例如滷肉飯、打拋豬肉飯、蛋撻等。我做的蛋撻可是堪比台灣肯德基蛋撻。

交換的效益例如

- 拓展國際觀，了解更多國外局勢
- 了解各國風情以及文化，體驗節日以及活動
- 認識各國好友進行文化交流

海外生活沒有遭遇什麼困境。

海外生活期間遇到的文化衝擊是加拿大人冬天不太喜歡洗澡，例如跟朋友出遊的時候，她可以 3 天不洗澡，我實在是深感敬佩。大多數的人也都有飲食上的忌口，各個餐廳也都會清楚標示，例如我有好幾個朋友都不能食用乳製品。

海外生活歷練對我帶來最大的改變是性格變得比較獨立，因為自己的時間非常充裕，所以需要大量的社交以及活動來填滿生活，但我也學會享受一個人逛超市做菜的獨自時光。最大的成長就是包容，包容不同文化的思考方式，也包容自己的偶爾不完美，允許人生的某些遺憾。

感想就是這一學年來，我收穫了很多意想不到且珍貴的友誼。例如一起趕 due 熬夜讀期末考的課友、每天只想打羽球的羽球發燒友、零下 10 度流着鼻涕在外面跑步的跑步社社員、一起看看不懂的橄欖球賽的交換生朋友、萬聖節一起變可愛沒有要嚇人的朋友、聖誕節在另一個城市（多倫多）一起過節的朋友、在蒙特利爾一起跨年的朋友、在加拿大過年還能打麻將的香港牌咖、帶我學滑雪就為了笑我的朋友。雖然遠距離的關係比較難保持聯繫，但是我一定會珍惜這得來不易的緣份。我們一起經歷了很多只有我們知道的事情，我一定會永記心中，並把這份回憶好好的保存起來。

Reflections on Exchange Program (English Version)

Spending a year on exchange at the University of Ottawa was one of the most enriching and transformative experiences of my life. The university is the largest bilingual French-English institution in the world. I was immersed in a multicultural environment that constantly challenged and inspired me.

The University of Ottawa offers a diverse array of faculties, from Engineering and Medicine to Law and Education. Its comprehensive facilities include everything from libraries with group study areas to fitness centers, badminton and squash courts, and even a full-sized ice hockey arena. One of the most cool features of the campus was the extensive network of underground tunnels—a necessity in the face of Ottawa's famously frigid winters. The convenience of having a metro station right on campus also made exploring the city and commuting effortless.

As part of the exchange program, I was required to take four credits per semester, which equated to roughly twelve credits at my home university, National Sun Yat-sen University. In the first semester, I enrolled in courses such as Human Rights, French for Beginners, Sustainable Cities, and Introduction to Sociology. During the second semester, I took Advanced French, Environmental Law, Environmental Policy, and Health Geography. These courses not only aligned with my academic interests but also laid the foundation for my future career. Among them, Environmental Law stood out as my favorite—it offered me insights into legal frameworks surrounding environmental protection, an area I deeply care about.

Compared to Taiwan's educational system, the University of Ottawa emphasized more independent learning. Professors frequently assigned pre-class readings and encouraged reflective writing after class, a different approach that helped me think critically and engage more deeply with the material.

Outside of academics, I filled my life with physical activity and personal growth. I picked up running, played badminton regularly, went grocery shopping, and—much to my own surprise—started cooking. Before this exchange, I barely stepped foot in a kitchen, but I eventually mastered dishes like braised pork rice, Thai basil pork, and egg tarts that rivaled those from KFC back home in Taiwan. Winter brought new adventures, such as ice skating and skiing, and I even learned to appreciate the silence and solitude of cooking alone after a long day.

Living abroad offered more than just academic enrichment—it broadened my worldview. I gained a deeper understanding of global affairs, cultural customs, and holiday traditions. The exchange allowed me to meet people from all over the world, and through them, I learned to see life through many different lenses.

There were certainly moments of cultural shock. One of the more surprising ones was discovering that many Canadians do not shower daily in the winter. A friend of mine once went three days without a shower while we were traveling together. Dietary restrictions were also far more common and openly accommodated in Canada; many of my friends could not consume dairy, and restaurants made it easy to identify allergen-free options.

Perhaps the most profound transformation I experienced was in my own personality. I became more independent, learning to manage time alone, engage in new social circles, and find fulfillment in everyday tasks. I grew more tolerant, not only of others' cultural differences but also of my own imperfections. I began to understand that life doesn't have to be perfect to be meaningful—sometimes it's the flaws and regrets that teach us the most.

Over the course of the year, I built friendships that I will treasure forever: classmates who stayed up late with me working on assignments and studying for finals; badminton enthusiasts who played rain or shine; running club members who braved the -10°C cold; friends who watched football games with me even though none of us understood the rules; Halloween companions who dressed up to be cute instead of scary; spending Christmas with friends in Toronto; New Year's Eve in Montreal; and even celebrated Lunar New Year while playing mahjong with Hong Kong people. And of course, the friend who taught me to ski—just to laugh at my falls.

Although long-distance friendships can be hard to maintain, I will always cherish the connections I made during my exchange. We shared moments and experiences that only we understand, and I will carry those memories with me for the rest of my life.

In the end, this exchange year was more than an academic program—it was a journey of personal growth, cross-cultural understanding, and unforgettable human connection. I am endlessly grateful for the opportunity.