

學校簡介

根特大學創建於1817年，位於比利時東弗蘭德省會根特市，大學校園散佈於城市各個角落，文化歷史底蘊豐厚，是世界著名的百強學府。軟科世界大學學術排名第74位（ARWU2022），是12年蟬聯比利時學術排名第一的綜合性研究型大學！（轉載2022根特大學留學生手冊from根特中國學生學者聯合會）。

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

□ 媒體：此課程是東方語言中文碩士班課程。課程方式為學生報告兩次主題和論文進度，期末要交出兩次的4000字的全中文報告加上期末的總結。教授會在學期初給研究主題，並且排好每位同學每周的報告順序。教授會針對進度給予意見，也會請同學針對主題給予建議。吃堂課的兩位教授解釋中文專業出身，所以報告的時候是以全中文發表，但平時和教授聯繫是以英文為主。若是文科出身的同學希望更加精進研究方法和論文書寫，且對此課程報告主題有興趣，推薦此課程。

□ 佛學：以教授講授為主。起初就會在網路大學給予整個學期的規劃（每週上課內容和教授），並且會請相關領域學者至學校演講。期末考是以口試為主。一位老師接受非英語母語交換生可以在考試過程中可以部分中文作答，另一位則不行。兩位老師的口說考試內容不同，一位以課程講述內容為主，一位以指定閱讀文本為主。可以更加了解佛學的歷史發展和西方研究者以不同的研究方法認識佛學。推薦給對佛學有基礎認識，想要更加了解佛學，和能夠有效率的安排指定文本閱讀量的同學。

□ 英美文化：以教授講授為主。一位教授負責英國，另一位則負責美國（TMI這位教授的口音混合很多國家所以對習慣了美式口音的我來說聽起來很難理解）。課程蠻像中山大學的通識課，有非常多的學生選擇此堂課程。若是對英美文化、地理、歷史發展很喜歡或想要深究的同學推薦此堂課程。老師的PPT內容很多其中一位老師有指定課程主要課本，需自行購買。雖然內容很像高中的地理歷史課，但是期末筆試並沒有很容易。因為很多以往記的專有名詞變成英文反而讓人很措手不及。老師的評分也沒有很高，大家可以參考看看。

□ 性哲學：很有意識的課程。認識的韓國交換同學的本科專業是哲學。他上的很認真。教授的英文發音相對英美課程其中一位教授更聽得懂。教授非常喜歡跟學生互動且池塘的同學很會提問，甚至在課堂上可以開始辯論。雖然課程名稱類似於中山大學的性與人生博雅課。但授課老師的專業不同，此堂課老師授課提到的文本很深奧。老師說對於非哲學專業的我停課時蠻吃力的。很多詞彙都不在我的理解範圍內，需要在課後自行查閱。但是這這位教授給分很甜，期末的筆試只要你願意回答，基本上只要不跑題，老師都會給及格的分數。對想要更加理解西方對於性的看法是如何演變或很喜歡與同學討論互動的人可以選選看此課程。

國外研修之生活學習（課外）

學校針對交換生有舉辦許多活動，像是提供免費的遊船活動和品嚐比利時薯條，在學期初的時候甚至邀請交換生到當地酒吧和當地學生聊天交換資訊。甚至有開設針對交換生的課程，希望能夠讓學生理解根特甚至是比利時的文化是如何產生，還有戶外教學帶著學生去甜點學校試做比利時鬆餅。這些課外活動除了能夠更了解當地文化風情外，也能夠和在地學生有更多交流。

在歐洲，我感受到能夠接觸富有文化歷史脈絡的人文藝術是一件很幸福的事情。在歐洲的這段時間，見識到了各種在歷史課本、網際網路看到的繪畫真跡，也去看了各國的歷史建築和參加了當地導覽、地方節慶、看了芭蕾舞等非台灣社會主流的藝文活動。在歐洲以學生非觀光客的身分真的是很划算的事！此外我認為在學校外也可以觀察到許多和台灣華人社會不同理解方式的事物。好比交通規劃、音樂藝術融入生活、社交模式等等。為什麼這麼說是因為有認識的藝術專業的朋

友正好在歐洲，和朋友在逛美術館的時候一邊看著畫作，一邊聽著他們的介紹，真的覺得靈魂和美感都被昇華了。歐洲可親近的藝術資源和歷史建築的數量真的很令人感動。觀察和參與他們如何保存、推廣這些累積起來的文化寶物，反思台灣能夠以什麼樣的方式借鑑，又該怎麼樣找出台灣特有的文化瑰寶並塑造成國際的台灣印象，是我在交換期間的一個觀察點。

另外還有一個讓我學到很多的非課程知識，就是該如何好好過自己的生活，第一次離鄉背井到文化差異極大的國家，申請手續、準備行李、實際到達後的生活調適、在歐陸旅行種種，這些過程真的也是極具意義的學習。

交換/研修之具體效益（請條列式列舉）

□ 多元視角和反思己身

從課堂和課外交流學習到不只比利時，還有其他歐洲國家看待事物的角度。各國的做事風格和解決問題方式不盡相同，但博採眾長，回扣自身，反思以往經驗，進而也能夠匯聚出自己獨特的看待事物角度和富有創意性解決問題的方法。

□ 解決問題能力up!

踏出舒適圈是成長的第一步。在歐洲生活會遇到大大小小的事情得靠自己處理。過程中要靠自己積極的去查詢相關資源、和同儕、辦事人員溝通，都會成為無形的養分。多嘗試挑戰並完成，經驗累積下來後會更有自信和挑戰自我的勇氣。

□ 增進語言和社交能力

了解到語言是最基礎踏入文化圈的工具。在歐洲能夠自在的以英語表達，雖然程度不突出，但多和當地人交流能夠收穫表達的勇氣，也激發自己更精進外語能力的意願。和當地學生交流或旅途中的陌生人談天更是國外生活印象中的精華。一次良好的交談會成為彼此美好的回憶和下次跟他交流的動力。

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?

同時間在歐洲交換的親人初期有很嚴重的焦慮問題，所以頭一個月每天都會和她通視訊電話，互相關心。後期是身心狀況因為自身和家庭問題導致很跟不上學校課程內容。因為問題牽涉到台灣這邊的家人，所以當時在歐洲沒有辦法解決，後來回台和家人相處跟接受心理諮商有逐漸好轉。適時的鼓起勇氣求助和清楚說明自身狀況我覺得很重要，不用害怕別人的眼光和想法。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

我會適時和家人朋友分享，也會跟當地友人聊聊遇到的狀況。真的遇到很無解的狀況的話可以和校方國際處或台灣人在根特的社群尋求協助。

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?

能夠去到心心念念以久的歐洲大陸和見到形形色色的人真的夢想實現和受益良多。交換這半年對我來說最大的收穫是讓我更明白自己的能耐和優缺點。這半年在歐洲讓我知道有別於台灣社會的種種生活方式，清楚現階段的自我需要，對於我的人生規劃有很大的影響。海外生活真的可以讓人重新認識自我。

您認為獎學金對您海外研修最大的幫助是什麼？有無獎學金是否會改變您的出國計畫？

獎學金能夠稍微舒緩金錢壓力。但就算沒有獎學金我還是會申請出國計畫。

感言及心得感想

半年其實瞬轉即逝。因為有朋友在身邊，我們常常交流彼此的感受。像我的朋友起初非常焦慮，對於新學校、新環境還有許多手續感到非常恐慌。但後來鄰近期末，大概回國前的一個月，他就已經愛上根特的環境和強烈表達想要在歐洲繼續深造的意願。在歐洲我認識很多台灣學子，和他們聊天後更覺得交換真的是極具cp值，有餘力真的很值得做下去的選擇。因為留學的花費更高，住宿生活費也是個問題。像根特大學就優先提供交換生申請宿舍(但非常熱門名額有限)，後來得知在根特的房租之驚人，著實令我很慶幸是以交換生的身分來到比利時。此外作為學生，進入各國各博物館、美術館大部分都享有學生優惠(巴黎的某些景點甚至針對26歲以下的旅客皆免費)，相較於觀光客的身分，學生更能省錢和深入的探究各國文化風情。

我相信交換到比利時這半年的時光肯定是我人生到老，和朋友說起一定會很佩服自己的回憶。在這半年，情緒雖然因為焦慮的家人和台灣的家事而起伏不定，甚至撞見了宿舍跳樓事件令我震撼和低落許久。但在歐洲，我生活過的地方、見識到的風景、接觸的人們都讓我更清楚自己的喜惡和能耐，也成為我懷有對生活更大好奇和熱情的動力來源。無論是好是壞，這些都成就了現在的我。

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)

Introduction of the School

Ghent University was founded in 1817, is located in Ghent, the capital of East Flanders, Belgium, the university campus is scattered in all corners of the city, rich in cultural and historical heritage, is the world's leading top 100 universities. Software World University Academic Ranking 74th (ARWU2022), is the 12-year cicada Belgian academic ranking of the first comprehensive research university! (Reprinted 2022 Ghent University Student Handbook from Ghent Chinese Students and Scholars Association). Ghent University has a main campus in Ghent, a campus in Kortrijk, a science park in Ostend and a global campus in Korea. There is a strong exchange culture on campus, and many exchange students from different states come to Ghent University every semester. Therefore, there are plenty of seminars and activities for international exchange students organized by both the university and the students.

Study Abroad Program (In-class)

□ MEDIA: This course is a Master of Arts in Oriental Languages program. The course format is for students to report twice on the progress of their topic and thesis, and at the end of the semester, they have to submit two 4,000-word reports in Chinese plus a final summary. The professor will give the research topic at the beginning of the semester and arrange the weekly reports for each student. The professor will give advice on the progress and ask students to give suggestions on the topic. The two professors in the class explained that they majored in Chinese, so the presentations were given in Chinese, but communication with the professors was mainly in English. This course is recommended for students from liberal arts backgrounds who wish to refine their research methodology and thesis writing, and who are interested in the topics covered in this course.

□ Buddhism: Lectures are given by professors. At the beginning of the semester, the entire semester is planned in the online university (weekly class contents and professors), and scholars from related fields are invited to give lectures at the school. Final exams are mainly oral. One teacher accepts non-native English speaking exchange students and allows them to answer part of the exam in Chinese, while the other does not. The content of the oral exams differed between the two teachers, with one focusing on the content of the course lectures and the other on the assigned readings. The two teachers' oral exams are different, one focusing on the content of the course lectures and the other on the assigned reading texts. This course is recommended for students who have a basic understanding of Buddhism, who want to learn more about Buddhism, and who are able to efficiently organize their reading of the assigned texts.

□ British and American Cultures: Lecture by professors. One professor is in charge of the UK and the other is in charge of the US (the TMI professor's accent is a mixture of many countries, so it sounds very difficult for me to understand when I am used to an American accent). The course is quite similar to the General Studies course at Sun Yat-sen University, and many students choose this course. If you are interested in British and American culture, geography, historical development or want to study more, this course is recommended. One of the teachers has assigned the main textbook for the course, which must be purchased on your own. Although the content is very similar to a high school geography and history class, the final written exam is not very easy. Many of the terms that I had memorized in the past were changed into English and I was caught off-guard. The teacher's rating is not very high, so you can check it out.

□ Sexual Philosophy: A very intellectual course. The Korean exchange student I met majored in Philosophy. He took it very seriously. The professor's English pronunciation is more understandable than that of one of the professors in the English/American program. The professor likes to interact with the students and Ikeda students are very good at asking questions and even starting debates in the classroom. Although the name of the course is similar to Sun Yat-sen University's Sex and Life liberal arts program, the instructor's specialty is different. However, the teacher's specialty is different, and the text mentioned in this class is very profound. The teacher said that it was quite difficult for me to stop the class as a non-philosophy major. A lot of the vocabulary was beyond my understanding, so I had to look it up myself

after the class. However, this professor is very sweet, as long as you are willing to answer the written exam at the end of the semester, basically as long as you don't go off on a tangent, the teacher will give you a passing grade. For those who want to understand more about how Western views on sexuality have evolved or who like to discuss and interact with their classmates, this is the course to take.

Study Abroad Life Learning (Extracurricular)

The school organizes many activities for exchange students, such as free boat trips and Belgian french fries, and at the beginning of the semester even invites exchange students to local bars to chat and exchange information with local students. There are even classes for exchange students to help them understand how the culture of Ghent and even Belgium came to be, as well as outdoor classes where students go to a dessert school to try their hand at making Belgian muffins. These extracurricular activities not only helped me to understand more about the local culture, but also allowed me to have more exchanges with the local students.

In Europe, I feel that it is a blessing to be able to come into contact with the cultural and artistic heritage of the country. During my time in Europe, I was able to see a variety of paintings that I had seen in history textbooks and on the Internet, as well as visit historical buildings in various countries and participate in local guided tours, local festivals, ballets, and other arts and cultural activities that are not the mainstream of Taiwanese society. It was a good deal to be a student and not a tourist in Europe! In addition, I think there are many things that can be observed outside of school that are different from the way the Chinese community in Taiwan understands things. For example, transportation planning, integration of music and art into life, socialization patterns, and so on. The reason why I say this is because I have friends who majored in art in Europe, and when I walked around the museum with my friends while looking at the paintings and listening to their introductions, I really felt that my soul and sense of aesthetics were sublimated. The amount of art resources and historical buildings in Europe is really touching. Observing and participating in how they preserve and promote these accumulated cultural treasures, reflecting on how Taiwan can learn from them, and how to find Taiwan's unique cultural treasures and mold them into an international impression of Taiwan was one of the things I observed during my exchange.

Another non-curricular knowledge that I learned a lot about was how to live a good life. It was the first time I left my hometown to go to a culturally different country, and the process of applying for a visa, preparing my luggage, adapting to life after my actual arrival, and traveling around Europe were all really meaningful learning experiences.

Specific Benefits of the Study

☐ Diversity of perspectives and reflection on oneself

From the classroom and extracurricular exchanges, we have learned not only about Belgium, but also about the perspectives of other European countries. Each country has different styles of working and problem solving, but by drawing on all of them, reflecting on our own experiences, we have been able to develop our own unique perspectives and creative ways of solving problems.

☐ Problem solving ability up!

Stepping out of your comfort zone is the first step to growth. Living in Europe means that you have to deal with things on your own. During the process, you have to actively search for relevant resources, communicate with peers and staff, all of which will become intangible nutrients. Trying to accomplish challenges more often will give you more confidence and the courage to challenge yourself as you accumulate experience.

☐ Improve language and social skills

Understand that language is the most basic tool for entering the cultural world. In Europe, I was able to express myself comfortably in English. Although my level of proficiency was not outstanding, I gained the courage to express myself by interacting with local people, and it also inspired me to improve my foreign language skills. Talking to local students or strangers on the road is one of the best things about living abroad. A good conversation becomes a good memory for each other and a motivation for the next time you talk to someone else.

Thoughts and Suggestions

I believe that the six months I spent in Belgium will be a memory that I will admire when I talk about it with my friends as I grow old. In these six months, although my emotions fluctuated due to my anxious

family and family matters in Taiwan, and even the dormitory jumping incident that shook me and made me depressed for a long time, I have lived in Europe and seen a lot of places. However, the places I lived, the landscapes I saw, and the people I met in Europe made me more aware of my likes and dislikes and capabilities, and became a source of motivation for me to be more curious and passionate about life. For better or for worse, these things have made me who I am now.

I truly recommend that if you have the slightest desire to exchange, don't hesitate to apply if you have the ability to do so! Don't let yourself think about this exchange opportunity in the future but miss it because of your timidity. Let exchange be a valuable experience in your life or a stepping stone to study abroad!