

學校簡介

Griffith University 位於澳洲昆士蘭州，布里斯本有數個校區，而我在最新的黃金海岸校區上課，其中各個校區距離非常遠，選課一定要選同一個校區的宿舍。Griffith University 也有很多的科系，其中黃金海岸校區以飯店管理與管理學院出名。

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

我在 Griffith 修了三堂課，每堂都是 10 學分，分別是 Why Money Matters(類似經濟學與會計學的合體)、Partnerships in Australia, Asia and the Pacific(主要是從外交的角度分析亞洲國家與澳洲的關係)、Investment Analysis and Management(內容是結合財務分析以及投資學)。Griffith 交換生的課程是由學生預選之後交給學校審核學生是否具備修課資格後交換生才可以選課，有一堂 Student Investment Fund 是實際操作學校給的錢來在金融市場投資，我非常有興趣，不過很可惜學校的審核並沒有通過，因此我沒能修那堂課。

澳洲的課程非常重視學生有自己的想法，同時也希望學生能夠有能力表達自己的想法，我選的這三堂課都有需要自己面對鏡頭錄製影片來完成的作業，這種作業也是我在台灣比較少碰到的。

對我來說受益最多的是 Investment Analysis and Management 這堂課，這堂課同時也是最具挑戰性的一個課程。Griffith 的課程都是循序漸進的，從低年級開始打基礎到學業的後期則會有這類型比較高難度的課程。這堂課需要一定的數學能力還有 Excel 應用能力以及財務分析的基礎，否則會很難跟上。上課大多需要自己先花時間把課程內容預習後再參加線上 lecture，老師會在 workshop 的時候講解題目以及指導功課。印象最深刻的是這堂課的期中作業要錄製 stock pitch 的影片(在影片中規定著正裝)，從教授挑選的六支股票選一支對其進行股票分析並給出相關的投資建議。因為從來沒有做過類似的工作所以起步也非常困難，只能在網路上找 stock pitch 的影片然後慢慢 google 這些股票的公司背景等等。最後我

選定了一間賭博公司的股票進行分析，並且在一系列的分析後給出了對該股票的前景不看好的結論(最後該股票在我離開澳洲前漲了)，雖然最後還是有一些細節被教授糾正，不過教授還是給了我的影片不錯的評價。

儘管課程內容很艱澀難懂，就算用中文上課恐怕還是很困難，不過好在努力有了回報，最後還是取得了比想像中好的成績所以完成課程很有成就感。

國外研修之生活學習 (課外)

在澳洲首先要面對的是高昂的物價，尤其是外食動輒破千台幣，如果不想餐餐吃速食，煮飯就成了每個澳洲遊子的必學技能。我的廚藝在交換的這幾個月突飛猛進，雖然在澳洲有許多台灣常見的食材不容易取得，但是幾度探索之後我發現澳洲有很多華人超市，裡面有各式各樣的亞洲食品，其中也包含了中式與台式的食材還有飲料，是我在澳洲非常重要的精神食糧。

我在澳洲的朋友幾乎都是在籃球場認識的，我也有透過朋友介紹認識了一些同樣是在澳洲留學的台灣人，澳洲的華人比例其實也蠻高的，不過都出國了我想走出舒適圈多多認識異國朋友，運動就是一個不分國界、不分種族可以讓人快速拉近距離的方式，最後在我離開澳洲之前我和這群一起打球的朋友一起到了很多地方旅行，這也成為了我在澳洲最好的回憶之一。

交換/研修之具體效益 (請條列式列舉)

- 1 提升英文能力(尤其是口說)
- 2 學習獨自生活的技能
- 3 結交外國友人
- 4 提升自我表達能力

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？

在出發澳洲前我在中山也有過住宿的經驗，不過當時的室友都有很好的衛生習慣以及很尊重他人，但來到澳洲就沒那麼幸運了。我剛到澳洲時由於季節跟北半球是相反的所以是直接從台灣的夏天變成澳洲的冬天，我也因此感冒了，但我的其中一位印度室友在半夜還是大聲跟非宿舍的友人打鬧讓我無法好好休息，讓我當下就去找他吵了一架，但我聽不太懂印度腔所以根本聽不懂他在講什麼。不過隔天冷靜下來之後寫了一張紙條放他門口讓他知道我感冒了希望能讓我好好休息並對他釋出善意之後我們也和好了，雖然我直到最後都聽不太懂他的印度腔。對於這個事件最大的啟發是我明白了任何時候最好不要讓情緒驅使自己，若是能夠冷靜下來以及帶著善意就能很好的處理人與人之間的問題。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

我的宿舍是 shared apartment 因此會跟另外四個室友一起共用衛浴以及廚房，其中一位巴基斯坦的室友使用完廚房從不清理，因此讓其他人都不太開心，儘管我們跟他關係都不錯但是每次跟他講完他都會答應我們會清理結果還是不清。在住宿期間還有許多諸如此類的衛生問題，我的處理方式就是沒影響到我的話就視而不見，影響我的話就順手清理了。

交通部分也是一個當初到澳洲非常不適應的地方，除了澳洲是右駕所以過馬路的時候很容易看錯，澳洲的馬路需要按行人按鈕行人號誌才會動，另外在澳洲車輛是絕對禮讓行人的，我不清楚是有法令規定還是當地的風土民情就是如此，但適應了車子都會禮讓行人之後回到台灣還蠻危險的。

在來到澳洲之前我就做好了面對種族歧視的心理準備，儘管很多澳洲人都很友善，不過還是有很少數遇到種族歧視的時候，這個時候千萬不要退縮，實在不想理會就盡可能無視對方就不能對你做什麼了。

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？

在澳洲的時間雖然沒有那麼長，但這段時間我也結識了很多異國友人，也因此我在澳洲的日常都需要用英文來溝通，口說能力也在這段時間進步了許多，這點也是經過外國友人認證的。

而獨自在一個陌生的環境生活也讓我有種提早進入社會的感覺，許多問題包含銀行開戶醫療保險都得自己搞定，雖然還沒有開始工作但是日常生活都得自己料理，讓我在心態上更加成熟。

感想與建議

這趟澳洲之行我的收穫很多，學業上學到了很多，也見識到了澳洲的上課方式，可以說是開了眼界。雖然課程難度超出我的預期導致交換期間有點後悔選了那些課，但是現在看來我對我的選擇絲毫不後悔。

中山給了獎學金的支持，Griffith 也在生活上給了國際學生很多幫助，包含各種迎新以及每個禮拜的免費食物可以領取，讓我在生活上得到了很多的幫助。

除了上課以外我也利用假期時間到了澳洲的各大城市：布理斯本、雪梨、墨爾本、坎培拉、塔斯馬尼亞。每次旅行都更加認識澳洲，不管是澳洲的大城市或是可愛的澳洲特有種都很吸引人，我也深深的喜歡上這個地方，未來有機會還會想到澳洲玩。

唯一的小遺憾是當初申請的時間太趕了，我沒有申請到學伴計劃，所以除了上課以外沒有太多跟澳洲本地人交流的機會，不過我也因此認識了更多來自不同國家的朋友。

總結來說我很滿意我這次的交換。

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

School Introduction

Griffith University is located in Queensland, Australia, with several campuses in Brisbane. I

attended classes at the newest campus on the Gold Coast. Since the campuses are very far apart, it's crucial to select courses within the same campus as your accommodation. Griffith University offers a wide range of disciplines, with the Gold Coast campus being particularly renowned for its School of Hotel Management and Business School.

Courses Taken Abroad

At Griffith, I took three courses, each worth 10 credits:

1. **Why Money Matters:** A combination of economics and accounting.
2. **Partnerships in Australia, Asia, and the Pacific:** Focused on analyzing the relationships between Asian countries and Australia from a diplomatic perspective.
3. **Investment Analysis and Management:** A blend of financial analysis and investment studies.

For exchange students, course selection requires pre-approval by Griffith to ensure students meet the prerequisites. One course, **Student Investment Fund**, caught my attention as it involves hands-on investment in financial markets using university-provided funds. Unfortunately, my application for this course was not approved.

Australian courses emphasize independent thinking and the ability to express ideas. Each of the three courses I took required assignments where students had to record video presentations—something relatively uncommon in Taiwan.

The most rewarding and challenging course for me was **Investment Analysis and Management**. Griffith's curriculum is structured progressively, building foundational knowledge in lower grades and moving to more advanced courses in later years. This course demanded solid math skills, proficiency in Excel, and a basic understanding of financial analysis. To keep up, students needed to preview materials independently before attending online lectures. Workshops provided opportunities for problem-solving and guidance on assignments.

A particularly memorable assignment was the midterm project for which I had to record a stock pitch video. We were required to choose one stock from six selected by the professor, conduct an analysis, and present investment recommendations, all while dressed in formal business attire. I selected a gambling company's stock, concluded with a pessimistic outlook after extensive analysis, and presented my findings. Ironically, the stock's price increased before I left Australia. Although some details were corrected by the professor, the video received positive feedback. Despite the complexity of the courses, I managed to achieve better-than-expected results, making the effort worthwhile and the experience highly fulfilling.

Life Abroad

The first challenge in Australia was coping with the high cost of living. Dining out often costs over

a thousand NT dollars per meal, making cooking an essential skill for every student abroad. Over a few months, my cooking skills improved significantly. Although some common Taiwanese ingredients were hard to find, I discovered numerous Asian supermarkets offering a variety of Asian foods, including Chinese and Taiwanese staples and drinks, which became my spiritual sustenance.

Most of my friends in Australia were people I met on the basketball court. Through these connections, I was introduced to other Taiwanese students studying in Australia. While Australia has a high proportion of Chinese residents, I chose to step out of my comfort zone and connect with people from diverse backgrounds. Sports became an excellent way to bond across cultures. Before leaving, I traveled with my basketball friends to various places, creating some of my most cherished memories.

Specific Benefits of the Exchange

1. Improved English skills, especially speaking.
2. Learned essential independent living skills.
3. Made international friends.
4. Enhanced self-expression and communication abilities.

Challenges, Solutions, and Insights

Before going to Australia, I had experience living in dormitories at my university, where my roommates had good hygiene and respected others. However, my luck changed in Australia. Upon arrival, it was winter there, and I caught a cold. One night, an Indian roommate was loudly socializing with non-residents in the apartment, making it hard for me to rest. I confronted him, but his strong Indian accent made communication difficult. The next day, I left a note explaining my illness and requesting some quiet while extending goodwill. This gesture improved our relationship, even though I never fully understood his accent.

The incident taught me to avoid letting emotions dictate actions. Approaching conflicts calmly and with kindness can lead to better resolutions.

Cultural Differences

I lived in a shared apartment with four other roommates (from four different countries). We shared bathrooms and the kitchen. One Pakistani roommate never cleaned the kitchen after use, which annoyed everyone. Despite friendly reminders, the situation didn't improve. My approach was to ignore issues that didn't affect me directly and clean up when necessary.

Adjusting to Australian traffic was another challenge. Besides right-hand driving, pedestrian crossings required pressing a button to activate the signal. Cars also consistently yield to

pedestrians, a norm I found both safe and challenging to re-adapt to when returning to Taiwan. I had mentally prepared for potential racial discrimination before arriving in Australia. While most Australians were friendly, I did encounter occasional discrimination. In such instances, I tend to stand my ground, ensuring they can't affect me.

Personal Growth

Although my time in Australia was short, it was transformative. I made friends from various countries, which required daily communication in English, significantly improving my speaking skills—a fact acknowledged by my foreign friends.

Living alone in an unfamiliar environment felt like an early introduction to adult responsibilities. Tasks like opening a bank account and managing health insurance, combined with cooking and other daily routines, helped me mature and develop a more independent mindset.

Reflections

My trip to Australia was highly rewarding. Academically, I learned a lot and experienced an eye-opening approach to education. Although the courses were more challenging than expected, I don't regret my choices.

Support from both my home university and Griffith University, including scholarships and resources for international students, greatly eased my journey. Beyond academics, I explored Australian cities such as Brisbane, Sydney, Melbourne, Canberra, and Tasmania during holidays.

Each trip deepened my appreciation for Australia, from its vibrant cities to its unique wildlife.

My only regret was not applying for the buddy program due to time constraints, which limited my interactions with local Australians. However, I made up for it by befriending people from various countries.

Overall, I am highly satisfied with this exchange experience.