

繕打**中文及英文**心得報告，應包含下列項目

(**中文至少1,000字+英文至少500字**。赴中國交換者不需撰寫英文心得。)

A. 學校簡介

根據我在比利時根特大學的交換經驗，這所學校以其卓越的學術聲譽和多樣化的課程而聞名。根特大學成立於1817年，是比利時最大的高等教育機構之一，提供多種學科的學位課程。學校擁有優秀的教學資源和研究設施，並且與全球多所大學建立了合作關係，為學生提供了豐富的國際交流機會。

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

在根特大學的課程中，我最喜歡的課程是「韓國語言與文化(一)」。儘管這門課無法回學校抵免學分，我仍決定選修這門課，因為它時段利於我遠從另一城市搭火車到學校上課並提供了與非東亞學生交流的機會。Victoria 教授的教學方式非常吸引人，經常引導我們進行小組討論，讓我們能夠更深入地理解韓國文化。此外，課程中透過應用程式的融入，使得上課節奏非常活潑。這門課讓我的韓語水平突飛猛進，短短四個月內，我從零基礎進步到能夠進行基本的日常對話和閱讀。

C. 國外研修之生活學習(課外)

在課外生活中，我有幸結識了一位當地的學生，他經常帶我探索根特的美食和隱藏的景點。我們一起品嚐了當地的特色菜餚，如比利時鬆餅和啤酒，還參觀了許多不為遊客所知的美麗景點。這段友誼讓我更加融入當地文化，並且使我在異國他鄉感受到溫暖和支持。

D. 交換/研修之具體效益(請條列式列舉)

- 增強了語言能力:在日常交流中提高了我的英語和荷語水平。
- 擴展了國際視野:透過與來自不同國家的學生互動，了解了多元文化。
- 提升了獨立生活能力:在異國他鄉學會了如何處理生活中的各種挑戰。
- 增強了學術能力:通過高質量的課程學習，提升了我的學術素養和批判性思維能力。

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？

在住宿方面，我對宿舍安排感到不滿意，因為宿舍位於另一個城市，通勤非常不便。這種情況讓我很難參加課外活動，因為晚歸在安全方面會感到擔憂。尤其是當發生罷工時，交通變得更加困難，有次罷工甚至影響了我的期末考試，學校也沒有提供任何靈活的安排(畢竟這已是比利時人日常生活的一環)。儘管如此，我努力尋找替代交通方案，找朋友家借住，算是在某種程度上緩解了罷工通勤的問題。

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？

對比利時(歐洲)的罷工文化，大開眼界！

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？

這次交換經歷讓我變得更加獨立和自信。我學會了如何在陌生的環境中解決問題(例如倒垃圾卻被關在宿舍地下室)，並且更加開放地接受新事物(罷工、公部門行政效率不佳)。最大的成長在於我對多元文化的理解和包容，使我能夠更好地與來自不同背景的人交流與合作，並深刻珍惜生活在台灣這片寶島的美好。

H. 感想與建議

這次在根特大學的交換經歷是我人生中一段寶貴的旅程。儘管在住宿和交通上遇到了一些挑戰，但我仍然從中獲得了豐富的學術和生活經歷。我建議未來的交換生在選擇住宿時要考慮交通的便利性，並且要主動尋求當地學生的幫助，以便更好地融入當地文化。

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

University Introduction

Based on my exchange experience at Ghent University in Belgium, this institution is renowned for its excellent academic reputation and diverse course offerings. Established in 1817, Ghent University is one of the largest higher education institutions in Belgium, offering a wide range of degree programs across various disciplines. The university boasts outstanding teaching resources and research facilities, and it has established partnerships with numerous universities worldwide, providing students with rich opportunities for international exchange.

Course Learning (In-Class) and Recommended Course

Among the courses I took at Ghent University, my favorite was "Korean Language and Culture (I)." Although this course did not allow me to transfer credits back to my home university, I decided to enroll because the schedule was convenient for me to travel by train from another city and it provided opportunities to interact with non-East Asian students. Professor Victoria's teaching style was very engaging, often guiding us in group discussions that allowed us to gain a deeper understanding of Korean culture. Additionally, the integration of apps into the course made the pace of lessons very dynamic. This course significantly improved my Korean language skills; within just four months, I progressed from zero knowledge to being able to engage in basic daily conversations and reading.

Life Learning (Extracurricular)

In my extracurricular life, I was fortunate to meet a local student who frequently took me to explore the culinary delights and hidden spots of Belgium. We enjoyed local specialties such as Belgian waffles, chocolate, and beer, and visited many beautiful places that are not commonly known to tourists. This friendship helped me immerse myself in the local culture and provided warmth and support during my time abroad.

Specific Benefits of the Exchange

- Enhanced Language Skills: Improved my English and Dutch proficiency through daily interactions.
- Broadened International Perspective: Gained insights into diverse cultures by interacting with students from different countries.
- Increased Independence: Learned how to handle various challenges while living in a foreign

country.

- **Strengthened Academic Abilities:** Improved my academic literacy and critical thinking skills through high-quality coursework.

Challenges Encountered During the Exchange

Regarding accommodation, I was dissatisfied with the dormitory arrangement, as it was located in another city, making commuting very inconvenient. Especially during strikes, transportation became more difficult, and one such strike even affected my final exams, with the university not providing any flexible arrangements. This situation made it hard for me to participate in extracurricular activities and raised safety concerns. Nevertheless, I sought alternative transportation options and stayed with friends, which alleviated some commuting issues.

Cultural Shock and Adaptation

The strike culture in Belgium was quite eye-opening for me!

Personal Growth from the Exchange Experience

This exchange experience made me more independent and confident. I learned how to solve problems in unfamiliar environments (like being locked in the dorm basement) and became more open to new experiences (such as dealing with strikes and inefficiencies in public administration). My greatest growth has been in my understanding and acceptance of diverse cultures, enabling me to communicate and collaborate better with people from various backgrounds, and deeply appreciating the blessing of living on the beautiful island of Taiwan.

Reflections and Suggestions

My exchange experience at Ghent University was a valuable journey in my life. Despite facing some challenges with accommodation and transportation, I gained rich academic and life experiences. I recommend that future exchange students consider the convenience of transportation when choosing accommodation and actively seek help from local students to better integrate into the local culture.

學海惜珠暨乘風萬里或者乘風萬里，心得報告內容項目如下