

A. 學校簡介

VNU-UEB 的前身為 1974 年成立於河內大學 (University of Hanoi) 的政治經濟學系 (Faculty of Political Economy)。在發展歷程中，學校歷經多次組織與體制轉型，並於 2007 年正式升格為隸屬於越南國家大學河內校區 (Vietnam National University, Hanoi) 的經濟與商業大學 (University of Economics and Business)。迄今，VNU-UEB 已發展成為一所充滿活力的大學，以前瞻性的發展策略與邁向國際教育及研究標準的堅定決心而聞名。VNU-UEB 總共有三個校區，分別為 Ho Tung Mau 校區、Việt Úc 校區及 Xuan Thuy 校區。

The VNU-UEB was formerly established as the Faculty of Political Economy under the University of Hanoi in 1974. During its development, the university had experienced several transformations before being upgraded as the University of Economics and Business under Vietnam National University, Hanoi in 2007. So far, the VNU-UEB has been known as a dynamic university with a strategic vision and a strong determination towards international standards in education and research. VNU-UEB operates across three campuses: Ho Tung Mau Campus, Viet-Australia Campus, and Xuan Thuy Campus.

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

我交換了兩個學期共 7 門課，分別為社會議題經濟學、永續發展經濟學、行銷學原理、領導力基礎、策略管理、國際管理和政府與公共政策。推薦受益最多/最喜歡的課程為領導力基礎 (Foundation of Leadership) 這門課。

老師採用小組分組的形式上課，每個禮拜都會設計小組活動要完成，而非單純的只聽老師授課。請自願者上台介紹自己，成為組長後再邀請同學加入，要有男有女、有越南本地和外籍學生。我認為這樣的模式可以避免交換生只和交換生同一組、越南本地學生不會因為害羞而不敢交流。透過這門課程，我不僅學習到領導力相關概念與團隊合作技巧，也獲得許多與不同背景同學交流互動的機會，進一步拓展了我的跨文化溝通能力。超級推這堂課！！

During my two semesters as an exchange student, I completed seven courses: Economics of Social Issues, Economics of Sustainable Development, Principles of Marketing, Foundation of Leadership, Strategic Management, International Management, and Government and Public Policy.

Among these courses, Foundation of Leadership was the one I enjoyed the most and benefited from the most. The instructor adopted an interactive, group-based teaching approach rather than relying solely on lectures. Every week, students were assigned different group activities and tasks to complete together.

At the beginning of the course, volunteers were invited to introduce themselves and become group leaders. The leaders then selected their team members, ensuring that each group included both male and female students, as well as local Vietnamese and international students. I believe this arrangement effectively prevented exchange students from only interacting with other exchange students and encouraged local Vietnamese students, who might otherwise be shy, to communicate and collaborate with students from different cultural backgrounds.

Through this course, I not only learned leadership concepts and teamwork skills but also had valuable opportunities to engage with classmates from diverse backgrounds and broaden my intercultural communication abilities.

C. 國外研修之生活學習 (課外)

● 2025 Spring Welcome Ceremony

學校為交換學生舉辦了一場歡迎會，並介紹越南農曆新年的傳統文化。作為活動的一部分，校方特別邀請了捏麵人工藝師到場示範技藝，並指導參與者親手製作捏麵人，讓學生有機會親身體驗越南民間傳統文化的獨特魅力。

2025 Spring Welcome Ceremony

The university organized a welcome ceremony for exchange students and introduced Vietnamese Lunar New Year traditions. As part of the event, a traditional dough figurine artist was invited to demonstrate the craft and guide participants in creating their own dough figurines, allowing students to experience a unique aspect of Vietnamese folk culture.

● Gia Trinh Bakery 參訪

河內的 Gia Trinh 麵包房專營傳統越南美食，尤其擅長製作各式各樣的「bánh」(蛋糕和糕點)。他們供應的招牌美食包括“Bánh rán ngọt” (油炸甜甜圈)，這是河內備受歡迎的小吃。此外，他們還提供“Bánh chưng”和“Bánh dày”等傳統糕點，這些糕點通常在農曆新年等特殊節日享用。他們在河內擁有多家分店，並提供便利的線上訂購服務。

Gia Trinh Bakery Visit

Gia Trinh Bakery, located in Hanoi, specializes in traditional Vietnamese foods, particularly a wide variety of bánh (cakes and pastries). One of its signature products is Bánh rán ngọt (Vietnamese sweet fried doughnuts), a popular local snack in Hanoi. The bakery also produces traditional delicacies such as Bánh chưng and Bánh dày, which are

commonly enjoyed during special occasions, especially the Lunar New Year. During the visit, participants learned about the production process and cultural significance of these traditional foods while gaining a deeper understanding of Vietnamese culinary heritage.

- **Dấu chân bạn(你的足跡) 文化體驗活動**

本次活動於越南各民族文化旅遊村 (Làng Văn hóa - Du lịch các dân tộc Việt Nam) 舉行，透過闖關、文化體驗及團體活動，讓參與者深入認識越南多元民族文化。活動首先進行分組與團隊建立，接著前往各民族文化村探索，體驗北部少數民族的傳統音樂、服飾、手工藝及生活文化。下午則透過丟繡球、竹竿舞、踩高蹺及拔河等傳統民俗遊戲，增進團隊合作與交流。最後參觀拉格萊族 (Raglai)、高棉族 (Khmer) 及占婆族 (Chăm) 文化區，欣賞特色建築與傳統藝術。

Dấu chân bạn (Your Footprints) Cultural Experience Program

This cultural experience program was held at the Vietnam National Village for Ethnic Culture and Tourism (Làng Văn hóa - Du lịch các dân tộc Việt Nam). Through interactive activities, cultural workshops, and team-based challenges, participants gained a deeper understanding of Vietnam's diverse ethnic cultures. The program began with team formation and group-building activities, followed by visits to various ethnic villages where participants experienced the traditional music, costumes, handicrafts, and lifestyles of northern ethnic minority groups. In the afternoon, participants took part in traditional folk games such as ném còn (ball throwing), bamboo dancing, stilt walking, and tug-of-war, which encouraged teamwork and cultural exchange. The program concluded with visits to the cultural areas of the Raglai, Khmer, and Cham peoples, where participants explored distinctive architecture, traditional arts, and cultural practices. This enriching experience provided valuable insights into Vietnam's multicultural society and ethnic diversity.

D. 交換/研修之具體效益 (請條列式列舉)

a. 跨領域學習，了解越南產業的脈動與展望

To broaden my interdisciplinary knowledge and gain insights into Vietnam's industrial development and outlook.

b. 國際視野培養，跨文化團隊合作

To develop a global perspective through cross-cultural interaction and international

teamwork.

c. 學習越南文化與越南語，多跟家人相處的時間

To deepen my understanding of Vietnamese language and culture while strengthening family connections and spending more quality time with my relatives.

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？

一起交換的夥伴出現適應不良的問題，正逢台灣清明連假(4/3-4/6)與越南雄王節(4/7)，其家人難以盡快買到機票來越南接她回家。現場需要靠宿舍管理組行政人員來處理，但他們對心理健康議題沒有相關的訓練和敏感度。我協助把現場狀況回傳給 Maxine 和引導她的家人來學校。幸好她的媽媽也是越南人，不然要靠我的越南語要溝通是非常之困難。

這件事讓我更加堅定要學好越南語，好好照顧心理健康和有事趕快聯繫台灣駐越南河內辦事處！

One of my fellow exchange students experienced serious adjustment difficulties during our exchange period. Unfortunately, this happened during Taiwan's Tomb Sweeping Day holiday (April 3 to April 6) and Vietnam's Hung Kings Commemoration Day (April 7), making it difficult for her family to book flights and come to Vietnam immediately.

At the time, the situation had to be handled mainly by the dormitory administrative staff. However, they lacked training and awareness regarding mental health issues. I assisted by reporting the situation to Maxine and helping guide her family to the university. Fortunately, her mother was Vietnamese; otherwise, it would have been extremely challenging for me to communicate and coordinate solely with my limited Vietnamese language skills.

This experience strengthened my determination to improve my Vietnamese proficiency, pay closer attention to mental health issues, and seek assistance promptly when needed. It also reminded me of the importance of contacting the Taipei Economic and Cultural Office in Hanoi as soon as possible in emergency situations.

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？

● 人與人之間的距離

越南文化是很注重情感和互助的，第一次見面就可以親切的稱呼哥姊弟妹，同時也是很重視輩分和禮貌的，因此詢問年齡是第一要緊事。因為自己本身就是越南新二代，來交換之前就已經知道這件事，對於請他人幫忙就不難開口。

Interpersonal Distance

Vietnamese culture places great importance on personal relationships and emotional

connections. Even when meeting for the first time, people often address one another using familial terms such as older brother, older sister, younger brother, or younger sister, creating a warm and friendly atmosphere. At the same time, Vietnamese society highly values hierarchy and politeness, which is why asking about a person's age is often one of the first questions in a conversation. As a second-generation Vietnamese immigrant, I was already familiar with this cultural practice before coming to Vietnam for my exchange program. Therefore, I felt comfortable asking others for help and found it relatively easy to build connections with local people.

- **時間觀念**

最驚訝是和越南本地學生約時間拍影片，說好 8:30 要集合，結果快 8:50 人才陸陸續續過來。越南人對於時間的感受是很悠閒的，悠閒的在路邊喝咖啡，悠閒的處理事情（效率超級慢）。我以為我晚到 15 分鐘已經很過分了...後來同學說我還是太早到了，這樣下次就知道可以 30 分鐘後再說。這是文化上的差異，有和同學溝通時間調整一定沒問題，但請他一定要提早傳訊息說，不然我找不到人又在外地會很擔心受怕。

Perception of Time

One of the most surprising cultural differences I experienced was Vietnamese students' perception of time. I once arranged to film a video with local students, and we agreed to meet at 8:30 a.m. However, people did not start arriving until around 8:50, and even then they came one by one rather than all at once.

In my experience, many Vietnamese people seem to have a more relaxed attitude toward time. It is common to see people leisurely enjoying coffee by the roadside or taking their time when handling daily tasks. At first, I thought arriving 15 minutes late would already be quite impolite. Later, however, my classmates told me that I had arrived too early, and joked that next time I could show up 30 minutes later.

This was an interesting cultural difference for me. After communicating with my classmates, we were able to adjust our expectations about meeting times without any problems. However, I did ask them to let me know in advance if they were going to be late. As an international student in an unfamiliar environment, not being able to find anyone at the agreed meeting place could make me feel quite anxious and worried.

- **台灣主權認定**

學校活動方把台灣誤認為中國，在宣傳上寫有來自俄羅斯、日本和「中國」的同學參加。當下看到

心理覺得很不舒服，立刻傳訊息和負責的同學反應狀況，說明台灣和中國是不同的國家，同學知道後馬上處理及致歉，後來也有和負責老師說。那時候會有越南的同學問我台灣不是中國的嗎？經了解可能是資訊來自於抖音，上面有很多類的言論宣稱台灣是中國的。我平常是不會主動解釋台灣和中國是不一樣的，像是中國主席習近平沒有來過台灣、有不同的政治體系、護照和貨幣系統也是不同的。

另一個是來自中國同學的態度，有同學一見面就說她討厭台獨，我就笑笑地不說話=)其實只要不要談到政治議題，大家都蠻友善的，也不用預設立場。也或許是能來國外交換學習，想法上相對比較開放，甚至直接說政治迷因，如：習包子，口頭上吃豆腐說「我們都是中國人」也還能接受。

Misunderstandings about Taiwan's Status

During one school event, the organizers mistakenly identified Taiwan as part of China. In the promotional materials, they stated that students from Russia, Japan, and "China" would be participating, with Taiwan being grouped under China. When I saw this, I felt uncomfortable and immediately contacted the student organizer to explain that Taiwan and China are different countries. After learning about the issue, the organizer promptly corrected the information and apologized. The matter was also reported to the supervising teacher.

Following this incident, some Vietnamese students asked me whether Taiwan was part of China. After discussing the issue with them, I learned that much of their information came from TikTok, where there are many videos and comments claiming that Taiwan belongs to China. Normally, I do not proactively discuss the differences between Taiwan and China. However, when asked, I explained that Taiwan has its own political system, passport, and currency, and that the Chinese President, Xi Jinping, has never governed Taiwan.

Another experience involved interactions with students from China. On one occasion, a Chinese student told me upon our first meeting that she disliked Taiwan independence. I simply smiled and chose not to respond to the topic. In my experience, if political issues are avoided, most people are friendly and approachable, and there is no need to make assumptions about one another based on nationality. Perhaps because many of these students could study abroad, they tend to be more open-minded in their perspectives. Some were even comfortable joking about political memes and current affairs.

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？

實際在越南生活，對我來說是更認識我的第二個故鄉。藉由和當地人的相處，模仿他們的口音和講話的感覺，讓我的越南語不再是啞巴越南語。這也是我第一次用英文以外的語言交流，講越南

話更能拉近彼此的距離。這次交換的經驗能肯定我其實是在台灣以外的國家存活，即使一開始語言不通，只要敢開口多聽多練，就有機會變得很順～

Living in Vietnam gave me the opportunity to gain a deeper understanding of what I consider my second home. By interacting with local people, imitating their pronunciation and way of speaking, my Vietnamese gradually became more natural and practical rather than remaining a language that I could only understand but not actively use.

This was also the first time I communicated extensively in a language other than English. Speaking Vietnamese helped shorten the distance between people and made it easier to build genuine connections with locals.

Most importantly, this exchange experience gave me confidence that I can live and adapt outside Taiwan. Even when facing language barriers at the beginning, I learned that if I am willing to speak up, listen carefully, and keep practicing, I can gradually become more fluent and comfortable communicating in a new environment.

H. 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？

我認為獎學金對海外研修最大的幫助是，讓我無後顧之憂的去探索和體驗世界。這筆獎學金成為我延長交換的重要後盾，不僅減輕了經濟壓力，更讓我能安心投入學習與探索，充分珍惜並把握這段難得的國際交流經驗。

原本申請到 113-2 西灣領航獎學金，打算只交換一個學期，但來越南交換後收穫頗多，希望可以再多留一個學期，非常感謝交換校與中山大學的同意。但其實得到交換延長許可同意後內心是沒有底氣的，由於在交換期間沒有其他收入來源，再加上實際花費超出西灣領航獎學金，如果沒有其他獎學金的話，可能要去借款甚至只能取消。幸好在 Eileen 和 Maxine 的幫忙下，順利申請到乘風萬里獎學金！

I believe that the greatest benefit of this scholarship to my overseas study experience is that it allows me to explore and experience the world without financial worries.

Initially, I was awarded the 113-2 Siwan Pilot Scholarship and planned to participate in an exchange program for only one semester. However, after arriving in Vietnam, I gained far more than I had expected and hoped to extend my exchange for an additional semester. I am deeply grateful to both my host university and National Sun Yat-sen University for approving my extension request.

To be honest, even after receiving approval for the extension, I still felt uncertain about

whether I could make it happen. During my exchange period, I had no other source of income, and my actual expenses exceeded the amount covered by the Siwan Pilot Scholarship. Without additional financial support, I might have had to take out a loan or even cancel my extension plan altogether.

Fortunately, with the assistance of Eileen and Maxine, I was able to successfully obtain the Study Abroad Scholarship (乘風萬里獎學金). This scholarship gave me the financial support and confidence to continue my exchange journey and make the most of this valuable international learning opportunity.

I. 給乘風萬里獎勵金捐贈者的感言及心得感想

首先真的非常感謝乘風萬里獎勵金捐贈者，因為有你們贊助，我才能走出那一步展翅高飛的翱翔！我大學的時候就有想要出國交換的夢想，因為這個世界是如此廣大，但那時因為疫情關係只好暫緩。中山大學很鼓勵同學去國外交換，多看看世界。幸好上碩班的時候，疫情已經結束了。半工半讀的情況下，在國家的選擇上以越南為首選。一來，越南是我第二個故鄉；再來，越南的消費水準相對於歐美也比較低。

我的外婆家是天主教家庭，下學期的交換期間剛好遇到聖誕節。幸好有獎學金的支持，在這個重要的節日，我可以陪著我最愛的外婆一起上教堂禱告並慶祝聖誕節。交換帶給我的成長，不像以前只有暑假回外婆家一個月，是跳脫舒適圈的挑戰。外婆也很開心我會說越南話，不然以前回去都說英文或找媽媽，祖孫兩人也能進行深入交流，聽外婆說以前是多麼的不容易。

First and foremost, I would like to express my sincere gratitude to the donors of the Study Abroad Scholarship. Because of your generous support, I was able to take that important step and spread my wings to explore the world.

Ever since my undergraduate years, I had dreamed of participating in an international exchange program. The world is so vast, and I wanted to experience it beyond the boundaries of my own country. However, due to the COVID-19 pandemic, I had to put this dream on hold. Fortunately, National Sun Yat-sen University strongly encourages students to study abroad and broaden their horizons. By the time I began my master's program, the pandemic had come to an end, and the opportunity to pursue my dream finally became possible.

As a student balancing both work and study, Vietnam was my first choice for exchange. On the one hand, Vietnam is my second home. On the other hand, the cost of living is relatively lower than that of many Western countries, making it a more affordable destination for me.

My grandmother's family is Catholic, and during my second semester of exchange, I had the opportunity to spend Christmas in Vietnam. Thanks to the support of this scholarship, I was able to be with my beloved grandmother during this important holiday, attend church together, pray, and celebrate Christmas as a family.

This exchange experience brought me growth in ways that were very different from my previous visits to Vietnam, which were usually limited to one-month summer vacations at my grandmother's home. Living abroad independently challenged me to step outside my comfort zone and adapt to a new environment. My grandmother was also delighted that I could speak Vietnamese. In the past, I often relied on English or asked my mother to help translate. This time, however, my grandmother and I were able to have meaningful conversations directly with each other. Through these conversations, I learned more about her life experiences and the hardships she had endured, which deepened our bond and gave me a greater appreciation for my family's history.