

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。)

比利時交換心得 (中文):

1. 學校簡介

這次交換的學校位於比利時—隸屬於布魯塞爾自由大學(ULB)下的 Solvay Brussels School Economics & Management，雖然並非歐洲最知名的大學，但在管理與國際交流的部分也算是相當有特色的學校。ULB 的國際學生比例高，因此可以接觸來自世界各地的同學；課程設計也相當注重實務應用，教學中總會帶入許多實際個案分析以及給予學生接觸企業與執行專案的機會。

2. 交換校的研修課程

在學術方面，我修習了行銷管理與專案管理的課程，整體而言，歐洲的課程相當注重自主學習與實作，老師們會使用較活潑的方式引導，期待學生主動思考及發表想法與意見，營造友善發言的課堂環境與空間。其中，在行銷管理課程中，我遇到了較大的挑戰—小組成員全是會說法語的人，雖然起初他們答應以英文溝通，但實際上大多數時候仍以法語交流，導致我難以參與討論。我試圖表達自己的想法與需求；然而，改善有限，因此最後只能專注於自己負責的部分，所幸仍順利完成課程。在專案管理的課程中，一個學期中只上 6 堂課，但一次課程的時長約 3~4 小時，評分方式主要為出席與小組期末報告，老師會用簡單易懂的例子帶大家做小組個案討論，也能有許多與各國學生交流的機會，老師也是個非常 open minded 的人，是非常可愛的一個老師。這讓我深刻體會到，國際交流不僅僅是學術層面的學習，也涉及文化與溝通方式的適應。

3. 交換生活：旅遊與租屋挑戰

在課餘時間，我規劃了多次歐洲旅行，足跡遍及法國、德國、荷蘭、義大利、挪威、丹麥、芬蘭與英國。透過這些旅行，我從一個旅遊小白逐漸學會如何規劃行程、預訂交通與住宿、應對突發狀況，這些

能力都成為寶貴的收穫。此外，旅途中遇到的善良陌生人，也讓我感受到世界各地的溫暖，即使在語言不通的地方，仍然能夠獲得幫助。不過，租屋經歷並不像旅遊一樣順利，由於交換校不提供宿舍，我需要自行租屋，但因交換期間僅半年，許多房東不願意接受短租，因此拒絕我的詢問；最後，我透過台灣人在歐洲交換的社群找到了一位香港女房東，起初條件看似合理，但入住後卻問題不斷，如：洗澡沒熱水、無法使用暖氣、浴室漏水、甚至被要求不要使用馬桶，最終只好提前搬離，還額外負擔了一週的 Airbnb 費用。從遇到租屋問題至找到新租房的過程中，我曾請求學校協助，但學校直到我們已經簽約付押金後，才告知有空出的宿舍可提供，這也提醒我未來處理租屋問題時應更加注意。

4. 交換的具體效益：培養獨立與適應能力

這次交換對我來說最大的收穫，我認為是培養了獨立性與問題解決能力。從生活瑣事到旅遊規劃，許多事情都必須自己處理，尤其在遇到困難時，如何保持冷靜、主動尋求資源、以及堅持爭取自身權益，都是在這段經歷中學到的重要課題。例如，在辦理居留證時，由於公務機關的作業速度緩慢，我必須不斷催促、發信、甚至直接打電話溝通，這些都是在台灣較少遇到的狀況，同時也讓我學會如何與不同文化背景的人們溝通並完成自己需要完成的事項。

5. 文化衝擊與適應

生活方面，比利時的食物多為冷食，調味偏重，且物價約為台灣的三倍，因此自己下廚就會是更經濟實惠的必備技能。此外，這裡不像台灣這麼方便，沒有 24 小時營業的便利商店，且夜晚出門偏不安全，這也讓我養成早住處的習慣，也戒掉了宵夜。在課程安排上，歐洲的學校不像台灣，在初始的教學大綱就會幾乎列出所有的細節，考試與報告的內容甚至到 11 月才完全敲定，這樣的「滾動式調整」文化需要花時間調整與適應，也會影響旅行與回台計畫的安排。

此外，歐洲雖然普遍友善，但仍有部分人對亞洲人帶有偏見，曾經在購物、詢問問題或車站購票時，遇到被忽視或不友善對待的情況。面對這樣的狀況，我學會調整心態，不被單一事件影響情緒，並透過多

詢問幾個人、換不同方式解決問題，最終總能找到辦法達成目的。

6. 交換帶來的改變

這趟交換的經驗讓我變得更獨立、冷靜並勇於為自身權益發聲。以前在台灣，遇到問題時通常能快速獲得幫助，但在比利時，辦事速度緩慢、語言溝通困難，讓我學會自己尋找解決方案，甚至在必要時據理力爭。如果連自己都不敢說話，那問題永遠無法解決，這也是我認為這趟交換帶給我最寶貴的成長之一。此外，我也學會更靈活應變，例如生病時，發現台灣帶來的藥不夠用，最後嘗試當地成藥，意外發現效果更好。這樣的經驗讓我理解，雖然提前準備很重要，但更重要的是適應當地環境，學會活用身邊的資源。

7. 感想與建議

這次交換的經歷對我來說充滿挑戰與驚喜，許多在台灣從未遇過的事情全都發生了，但這些體驗與經歷最終都成為讓我成長的養分。我在生活、課程及旅途中與朋友創造了許多美好回憶，看到了極光、品嚐美食、體驗不同文化，同時，也更加珍惜在台灣所擁有的一切。

給未來交換生的建議

- 調整心態，勇敢迎接挑戰！遇到困難時，試著冷靜思考所有可能的解決方法，而非慌張無助。
- 住宿選擇要謹慎，若交換學校沒有提供宿舍，找房時務必確認房東背景，避免踩雷及衍生後續不必要的冤枉開銷。
- 預算要抓 Buffer，許多突發狀況可能導致額外開銷，例如租屋問題或緊急搬遷，因此預算規劃時需考量這些不確定因素。
- 社交能量分配可以盡量平衡，前期如果忙於解決問題與適應生活，可能會影響與當地人的交流機會，做好適當的調查與事前作業，並調整時間分配，才能讓交換生活更加豐富。

總結來說，這趟交換不僅拓展了我的視野，也讓我學會如何較快速的適應異文化與解決問題，並更有自

信地面對各種挑戰。雖然過程中有遺憾，但這些經驗將成為我人生中最寶貴的回憶與成長！

Exchange Experience in Belgium (English version):

1. Introduction to the University

During my exchange in Belgium, I studied at Solvay Brussels School of Economics & Management, part of Université Libre de Bruxelles (ULB). While it is not the most prestigious university in Europe, Solvay is known for its strong management programs and international student environment. ULB has many international students, offering opportunities to interact with peers from diverse backgrounds. The courses emphasize practical applications, incorporating case studies and real-world projects in the industry.

2. Courses and Academic Challenges

I enrolled in courses on Advanced Marketing and Project Management. European education emphasizes independent learning and active participation, encouraging students to think critically and express their own opinions.

One major challenge I faced was in my Marketing Management course, where my group members were all French speakers. Although they initially agreed to communicate in English, they often reverted to French during discussions, making it difficult for me to contribute and discuss together. Despite my request for inclusivity again and again, little improvement was made. Eventually, I focused on my assigned tasks and successfully completed the course.

The Project Management course had only six sessions per semester, each lasting 3~4 hours. The grading was based on attendance and a final group project. The professor used simple, relatable

examples to facilitate discussions, making it an engaging experience. The course provided opportunities to collaborate with international students, and the professor was exceptionally open-minded and approachable.

3. Exchange Life: Travel and Housing Challenges

During my exchange, I traveled across France, Germany, the Netherlands, Italy, Norway, Denmark, Finland, and the UK. These experiences helped me develop essential skills such as trip planning, booking accommodations, and handling unexpected situations. I also encountered kind strangers who offered help despite language barriers, reinforcing my faith in humanity. However, my housing experience was far from smooth, since the university did not provide dorms, I had to find private accommodation. Many landlords were unwilling to rent for just one semester, making the search difficult. Eventually, I found a place through a Taiwanese exchange student network, renting from a Hong Kong landlady. Initially, the conditions seemed acceptable, but after moving in, I faced multiple issues, including a lack of hot water, heating problems, and a leaking bathroom. The landlord even requested that I avoid using the toilet. Ultimately, I had to move out early and bear additional costs for an Airbnb stay. Although I sought assistance from the university, they only informed me of an available dormitory after I had already signed my rental agreement. This taught me the importance of thorough planning.

4. Practical Benefits of the Exchange: Independence and Adaptability

The biggest takeaway from this exchange was developing independence and problem-solving skills. From handling daily life to managing travel plans, I learned to remain calm, seek resources, and advocate for my rights. For example, when applying for my residence permit, I had to

repeatedly follow up with the local government office due to slow administrative processing. This experience improved my ability to communicate effectively across cultural differences and resolve issues proactively.

5. Cultural Adaptation

Belgian food is mostly cold, heavily seasoned, and expensive—about three times the cost in Taiwan, so cooking became a necessary skill. Unlike Taiwan, Belgium lacks 24-hour convenience stores, and going out at night can be unsafe. As a result, I adjusted my habits, avoiding late-night outings and giving up midnight snacks.

Additionally, European universities operate differently from Taiwan's institutions. Course details and exam schedules are often finalized much later, sometimes as late as November. This required me to adapt to a more flexible planning style.

While most Europeans are friendly, I did experience occasional discrimination as an Asian.

Instances included being ignored while shopping or receiving unfriendly treatment at train stations. I learned to stay composed and not let isolated incidents affect my mood. By asking multiple people and exploring alternative solutions, I always managed to resolve any issues.

6. Personal Growth and Reflections

This exchange made me more independent, composed, and assertive in advocating for myself.

Unlike in Taiwan, where help is readily available, I had to navigate challenges on my own in Belgium. I realized that if I did not speak up for myself, problems would remain unsolved. This experience also enhanced my adaptability—when I ran out of medicine, I tried local over-the-counter drugs and found them surprisingly effective. Through these experiences, I learned the

importance of preparation while also being flexible and resourceful.

7. Advice for Future Exchange Students

- **Be open-minded and embrace challenges.** When facing difficulties, stay calm and explore possible solutions instead of panicking.
- **Choose housing carefully.** If dormitories are unavailable, verify the landlord's background to avoid unnecessary expenses and troubles.
- **Set a budget buffer.** Unexpected costs, such as relocation expenses, can arise. Plan your budget with these uncertainties in mind.
- **Balance social energy.** If you are too preoccupied with settling in and solving problems early on, you might miss out on valuable cultural exchanges. Managing your time well can enrich your experience.

Conclusion

This exchange broadened my horizons and strengthened my ability to adapt to new environments and solve problems. Although there were challenges and regrets, the experiences I gained are valuable. From overcoming obstacles to forming unforgettable memories with friends, this journey has been a crucial part of my personal growth. Despite the difficulties, I will always cherish this experience as one of the most transformative periods of my life.