

A. 學校簡介

新加坡南洋理工大學是一所研究型大學，坐落於新加坡的西部，除了為世界頂尖學校之一，也以其美麗的校園環境聞名，校園內有大量的植被，和精心設計的多座可持續性的特色綠建築，因應氣候變遷、降低碳足跡的同時也提供舒適的學習空間。目前有高達 8 座零耗能建築位於這間大學內，是新加坡擁有最多綠建築的大學。當初我會選擇這所大學作為交換校，一部分原因便是想一探究竟各式各樣特別的建築。

B. 國外研修之課程學習 (課內) · 推薦受益最多/最喜歡的課程

我交換期間共選了 4 門課，包括兩門專業課程，分別是「工業 4.0 的積層製造」和「生醫電子儀器」，另外還有德語課及 ADM 學院開設的「沉浸式 360 度與 VR 體驗」課程。在經歷一學期的課程後，每一門課都讓我收穫許多，我覺得我遇到的老師們都很用心教學，雖然剛開始對全英文的課程會有點難理解，但通常老師都會在下一堂課的一開始快速複習上一堂課的內容，而且大部分課程都會錄影記錄，下課後隨時可以在自己的電腦重複觀看上課內容。除此之外，我也很喜歡這裡的課程安排方式，像是「生醫電子儀器」這門課分為兩小時的 **lecture** 和一小時的 **tutorial**，兩小時的上課過程不會太累可以保持專注，幾天後的 **tutorial** 老師會逐題講解當週的習題，讓我不會一下子就忘記學過的知識，小考測驗和最後的期末考也都不會很刁難，以上課和習題的重要觀念為重點，整學期下來我覺得這堂課是我收穫最多的一堂課，學習到許多未來可能會有幫助的知識。而「沉浸式 360 度與 VR 體驗」課程，開學沒多久後老師便發給每位同學一人一組 VR 頭戴式裝置，借給我們一學期，鼓勵我們多去探索和體驗 VR，真的是難得的體驗，我也因為這堂課參觀了藝術設計與多媒體學院(ADM)，不得不說南洋理工大學的設備和教學環境都相當充足且良好，上課的教室很寬敞舒適，廊道旁時常可以看見一排排的桌椅，隨時都有學生可以自習、休息的空間。

C. 國外研修之生活學習 (課外)

我把課程安排得較為集中，因此空出許多課餘時間可以去新加坡的各個地方走走逛逛，新加坡是一個小小的國家，很多著名的景點多靠近東部的市區，而南洋理工大學在西部，每次要到市區通常要會花至少一小時的時間，所以通常沒有課的時候我才會到市區去，新加坡的公車和捷運都很發達，雖然距離遙遠但通常透過公共交通工具就可以到想去的地方。新加坡的文化和人群組成非常多元，我很難看出誰是新加坡人，這裡有來自各個地方的移民和前來留學及工作的人們，是相當友善且安全的國家。我第一次走訪濱海灣，擁有著名魚尾獅的那個區域時，眼前一座座高大壯觀的辦公大廈讓我感到震驚，馬上就能體會新加坡經濟的繁榮，而各式各樣的大樓也沒有讓街道看起來雜亂壅擠，反而塑造出摩登的城市街景，路依舊保持寬敞，讓我很佩服他們的城市規劃，後來我也有去參觀新加坡城市規劃的展廳，了解到一些城市規劃的方法，其中在一個互動裝置中，提到綠地、住宅、商業區三者沒有完美的比例，而是看不同的需求及考量讓我印象深刻。新加坡作為相當繁榮的國家，街道時常可見各種植物，有時還可以看到雞在路上走，政府沒有一味的開發土地，反而高度重視環境永續，這是我覺得值得學習的。

D. 交換/研修之具體效益

1. 體驗多元的文化和接觸不同的人群，拓展國際視野。
2. 從課程中扎實學到實用的新知識。
3. 英文能力提升，能慢慢適應全英文的教學環境。

E. 海外生活期間是否曾遭遇困境，及是否解決問題？

在南洋理工大學交換期間，我遇到一個不小的挑戰，就是與室友之間的生活習慣差異所帶來的不合。起初我試著自己調適，例如戴耳塞、改變作息時間等方式來避免衝突，但效果有限。後來，我終於有鼓起勇氣與室友進行溝通，雖然沒有太大的好轉，但這件事讓我學到溝通的重要性，也讓我更了解自己。

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？

一開始來到新加坡，語言的多樣性（英語、新加坡式英語 Singlish、馬來語、中文夾雜等）、飲食習慣、溝通方式等都多少帶來一些文化衝擊，我選擇以開放的心態去理解與適應。例如在學校用餐時，我會主動嘗試不同國家的料理，並和來自不同文化的同學交流，從中了解各地的習俗與觀念，也更能體會新加坡包容與尊重多元文化的精神。當我以一種學習者的角度面對這些文化差異，不僅減少了不適感，反而激發我更強烈的好奇心與包容力。

G. 海外生活歷練為您人生帶來不一樣的改變或個人特質上的轉變最大的成長。

這段交換生活帶給我最大的成長，是提升了解決問題的能力與溝通的能力。無論是在國外生活、與室友之間的摩擦，或是剛開始適應全英文授課的挑戰，都培養了我主動面對並解決問題的習慣，並善用溝通、資源尋求協助。此外，我也更能獨立規劃生活，學會時間管理和安排，兼顧學業與旅遊，讓交換的每一天都過得有意義，有了這次的交換經歷，更是讓我珍惜不同文化之間的差異，並學會欣賞每個地方獨特的美。

H. 感想與建議

這段在南洋理工大學的交換經驗不僅豐富了我的學術知識，也讓我在生活、文化適應與人際互動方面有所成長。從新加坡前往附近的東南亞國家像是馬來西亞、印尼、泰國等地方也都相當方便，在課間休息周或連續假期都有機會前往，我非常推薦對文化交流、多元學習或對東南亞國家有興趣的同學申請這所大學作為交換地點。不過也建議提前做好心理準備，特別是關於氣候與文化差異的適應上，這裡白天較為炎熱也經常會下雨，總而言之，只要願意保持開放的心態嘗試融入當地生活，我相信這會是一段非常值得的旅程。

I. 英文心得

Nanyang Technological University (NTU) in Singapore is a research-intensive university located in the western part of the country. Not only is it one of the world's top universities, but it is also renowned for its beautiful campus, which features lush greenery and numerous thoughtfully designed, sustainable green buildings. These buildings address climate change and reduce carbon footprints while providing a comfortable learning environment.

During my exchange, I took four courses, including two professional courses: "Additive Manufacturing for Industry 4.0" and "Biomedical Electronic Instrumentation." I also enrolled in a German language course and an ADM course called "Immersive 360° and VR Experience." After a semester of study, I gained a lot from each class. The professors were dedicated and enthusiastic in their teaching. Although I initially found it challenging to follow courses conducted entirely in English, most professors would briefly review the previous lesson at the start of each class. In addition, many courses were recorded, so I could revisit the lessons anytime on my computer.

I also appreciated the course structure at NTU. For instance, "Biomedical Electronic Instrumentation" consisted of a two-hour lecture and a one-hour tutorial. The lecture duration was manageable and helped me stay focused. A few days later, the tutorial would go over each practice question in detail, reinforcing what we had just learned. The quizzes and final exams were not overly difficult and focused on important concepts from class and exercises. Overall, I found this course the most rewarding, as I learned a great deal of practical knowledge that may help in the future.

As for the "Immersive 360° and VR Experience" course, the instructor distributed a VR headset to each student early in the semester and encouraged us to explore and experience VR throughout the term. It was truly a rare opportunity. Because of this course, I also visited the School of Art, Design and Media (ADM). NTU's facilities and learning environment are exceptional. The classrooms are spacious and comfortable, and the corridors are often lined with desks and chairs, offering students convenient spots to study or relax.

I arranged my schedule so that my courses were concentrated on certain days, leaving me ample free time to explore Singapore. Although the country is small, many of its famous attractions are located in the eastern urban area, while NTU is in the west. It usually took at least an hour to reach the city center, so I only went when I had no classes. Singapore's public transport system—buses and MRT—is very well-developed, allowing easy access to most places despite the distances.

Singapore is a multicultural country with a highly diverse population. It's often hard to tell who is a local Singaporean, as the city is home to immigrants, international students, and professionals from all over the world. It is also a very safe and welcoming country. When I first visited the Marina Bay area, where the iconic Merlion is located, I was amazed by the towering office buildings, which reflected the country's economic prosperity. Despite the variety of buildings, the cityscape was not cluttered or cramped. On the contrary, the wide roads and well-organized layout impressed me with Singapore's city planning. I later visited an exhibition on urban planning and was struck by an interactive display that explained how there is no perfect ratio of green spaces, residential areas, and commercial zones—it all depends on various needs and considerations.

As a highly developed country, Singapore balances urban development with sustainability. The streets are often lined with greenery, and I even saw chickens walking along the roadside. The government does not recklessly develop land; instead, it places great emphasis on environmental sustainability, which I find truly admirable.

Specific Benefits of the Exchange Program:

1. Exposure to diverse cultures and people, broadening my global perspective.
2. Acquiring practical, solid knowledge through the coursework.
3. Improved English proficiency and adaptability to an all-English learning environment.

During my exchange at NTU, one significant challenge I faced was the clash in living habits with my roommate. Initially, I tried to adapt by wearing earplugs and changing my schedule to avoid conflict, but these efforts had limited effect. Eventually, I gathered the courage to talk to my roommate directly. Although the situation didn't improve much, I learned the importance of communication and gained better self-understanding through the experience.

Upon arriving in Singapore, I encountered some culture shock due to the linguistic diversity (English, Singlish, Malay, mixed Chinese, etc.), food habits, and communication styles. However, I approached these differences with an open mind. For example, I made an effort to try foods from various cultures in the school canteen and engaged with classmates from different backgrounds. This helped me better understand their customs and values, and deepened my appreciation for Singapore's spirit of multicultural inclusivity and respect.

Facing these cultural differences as a learner helped reduce discomfort and sparked greater curiosity and open-mindedness in me. The biggest growth I experienced from this exchange was the enhancement of my problem-solving and communication skills. Whether it was living abroad on my own, dealing with interpersonal conflicts, or adapting to English-medium courses, I developed the habit of facing and resolving issues proactively. I also learned to make good use of resources and seek help when needed. Additionally, I became more capable of planning and managing my time independently balancing both academic work and exploration, making each day of my exchange meaningful. This experience helped me cherish cultural differences and taught me to appreciate the unique beauty of every place.

This exchange experience at NTU not only enriched my academic knowledge but also helped me grow in terms of daily life, cultural adaptation, and interpersonal interactions. Traveling from Singapore to nearby Southeast Asian countries such as Malaysia, Indonesia, and Thailand is also very convenient, and there are opportunities to visit these places during recess weeks or long holidays. I highly recommend this university to students who are interested in cultural exchange, diverse learning, or exploring Southeast Asian countries. However, I also suggest preparing mentally in advance, especially for adapting to the climate and cultural differences. The weather here is generally hot during the day, and it often rains. All in all, if you are willing to keep an open mind and try to immerse yourself in the local life, I believe this will be a truly worthwhile journey.