

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

阿姆斯特丹商學院 (Amsterdam University of Applied Science, AUAS) 其實更應該稱之為阿姆斯特丹應用科技大學 (荷：Hogeschool van Amsterdam, HVA)，與阿姆斯特丹大學 (荷：University van Amsterdam, UVA) 並不相同，比起學術研究，從小班制的課堂就能看出其更注重實務應用的導向。而 HVA 商學院的校區 (Corry Tendeloo building, CTH) 位於較偏遠的東南方，是一棟四層樓的建築，有學生餐廳、小圖書館，以及許多自習空間。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

本次交換共修習六門課，以下依照推薦順位高至低簡短介紹：

1. Cases in Entrepreneurship

這門課是我在交換期間最喜歡的一門。學到很多創業理論與案例，課程安排相當扎實，作業量比其他課較多，幾乎每兩週就要完成一次報告並上台發表，雖然進度緊湊，但能感受到教授的用心，每組都會給予認真的回饋。課堂上更是鼓勵學生踴躍討論，大家也很很願意分享意見，互動性很強，我認為這是在台灣很少感受到的課堂氛圍。

2. Creativity in Business

這是一門有趣、充滿想像力的課程。上課的方式靈活多元，教授會使用不同的素材與活動引導我們發想，但不會過多干涉，也沒有標準答案，高度自由讓我們可以盡情發揮創意。對我來說，這門課最大的收穫是能從同學的分享裡得到很多靈感，有時候聽到別人的想法，會突然啟發自己去思考更多可能。

3. Intercultural Awareness

這也是一堂專門為交換生開的課程，所以同學來自世界各地。每次學到新的文化理論，大家都會套用到自己國家的例子來分享。這是第一次那麼直接地感受到各國文化差異，也讓我打破以往只把文化簡單區分成「東方」和「西方」的想法。實際上，每個國家都有其獨特的價值觀和習慣。

4. Contemporary Topics in Organizational Behavior

這門課是和荷蘭本地學生一起上，班上只有 15~20 人，算是很小班，所以討論特別頻繁。需要自行購買電子課本 (€30)，雖然也有沒有購買的同學，但其實課堂的核心就是文本討論，每週要先讀完一個章節，隔週就以此為基礎展開討論。期末的個人報告和小組報告也都是要從課本章節延伸主題來發想。

5. Financial Risk Management

這堂課主要分成三個部分：風險的辨識、量化與管理。教授非常專業，對學生的提問都有問必答，也會不斷確認大家是否跟上進度。比較讓人擔憂的是「期末考佔總成績 100%」，真的有種一試定生死的壓力。不過，隨著課堂的安排一步步跟著走，最後發現考試內容其實和課程進度緊密相關，只要平時有認真跟上，就不會太困難。

6. Economies of Emerging Markets

這門課主要介紹發展經濟理論，會帶入各種社會指標，教授也常請大家分享自己國家的數據。不過因為我國不是聯合國會員，很多時候都不在比較名單上，多少有點尷尬。期末需要選兩個開發中國家做研究分析。比較可惜的是，這學期老師是新接手的，感覺對教材不夠熟悉，對報告的要求也不太明確。不過，透過這堂課我還是更認識到不同國家在發展上會遇到的多重挑戰，也開始從更全面的角度去思考「經濟發展」與「社會問題」的連結。

C. 國外研修之生活學習 (課外)

透過一年的交換生活，我學會了完全自理，從煮飯到安排日常一切都要靠自己，且如何在課業與旅行之間取得平衡，更是一大挑戰。既然難得有一年在歐洲，當然要好好探索各地的文化與風景。而旅行對我來說不只是單純的觀光行程，除了走訪景點地標，我看見了不同國家的歷史脈絡與社會樣貌，同時在旅途中與新朋友相處、交流，也讓我培養出跨文化溝通的能力。換句話說，旅行本身就是一種學習，它讓我在探索世界的同時，也更了解自己能如何適應、如何成長。

D. 交換/研修之具體效益 (請條列式列舉)

1. 養成更強的獨立生活能力與問題解決能力：交換期間所有生活都要自己打理，從煮飯、採買到處理住宿問題，都須親力親為。遇到不熟悉的制度或突發狀況，也要主動找答案並想辦法解決。
2. 增進跨文化溝通與團隊合作能力：課堂上經常和來自不同國家的同學分組，大家背景、想法都不同，需要不斷溝通協調。這樣的過程讓我更懂得如何理解差異、找到合作的方法。
3. 時間規劃能力：一方面要應付課業與作業，另一方面又想把握時間探索歐洲，這讓我學會在有限時間中做出取舍，培養出更好的規劃能力。
4. 語言能力提升：不論是課堂報告、討論，還是旅行中的日常交流，都需要大量使用英文。長時間沉浸在這樣的環境裡，自認為在聽說讀寫各方面都有明顯進步。
5. 國際視野：透過旅行與交流，實際感受到歐洲各國的多元文化與社會氛圍。從不同角度看世界，讓我更開放心態，也培養了更全面的國際觀。

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？

在歐洲生活，交通工具臨時停駛是常有的事。我最難忘的是有次期末考地鐵突然停駛，下一班的時間絕對趕不上考試，最後只好臨時叫車，雖然心疼荷包，但至少準時到場。除此之外，我的腳踏車也曾被偷過兩次，剛開始真的很生氣，但後來慢慢體會到「能用錢解決的都是小事情」，放寬心就好。這些不愉快的經驗，反而讓我學到面對不確定性要隨機應變，調整心態去接受，生活才能過得更自在。

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？

剛到荷蘭時，最讓我不習慣的有兩件事：一是街上到處都有人抽菸，二是荷蘭人講話非常直接。課堂上同學甚至會當場挑戰老師或彼此的意見，剛開始我覺得有壓力，也震驚這樣的做法是不是太沒禮貌。但隨著時間過去，我發現這種文化反而讓討論更真誠，能真正把問題攤開來談，並從中修正進步。慢慢地，我開始欣賞這種坦率，也更敢於表達自己的想法，這對我來說是一大突破。

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？

這段經驗讓我變得更勇於挑戰，也更懂得及時行樂。世界真的很大，出走看看會發現還有很多不同的生活方式與價值觀。最大的成長是心態更開放、更勇敢去嘗試，不管是課業、旅行，還是與人交流，我都更願意跨出去，並把握每一個機會。

H. 感想與建議

食：

荷蘭外食價格偏高，所以學會自己料理三餐是必備技能。而超市的選擇很多，除了最常見的 Albert Heijn 和 Lidl，還有 Jumbo、Dirk、Vomar、Aldi，可以每週上網看看各家的特價商品。

衣：

建議一定要準備防水防風的外套，荷蘭的風雨真的不是開玩笑。入冬後，發熱衣褲也是必備，如果行李還有空間，也能從台灣帶暖暖包來，在濕冷的天氣裡會好過一些。

住：

阿姆斯特丹的住房問題很嚴重，房租高。我很幸運抽中 Leiven De Key 的單人宿舍，月租 € 721，且因為有個人廚房和衛浴，還可以申請租屋補助，每月能領到 €250。換算下來比多人宿舍還便宜，雖然少了室友照應，但多參加活動、去交誼廳，認識朋友也不難。

行：

大眾交通費用很高，所以大部分人都靠腳踏車通勤。我經過考量後也買了二手車，雖然中間被偷過兩台，但算下來還是比天天搭車省很多。買車的好去處是 Waterlooplein，那裡有二手市集，腳踏車選擇不少，有手剎的可以殺價到€80–€100。而最重要的是一定要投資一個好鎖，不要只用單純鎖後輪的那種，最好是能拆下來、直接固定在車架上，安全性會高很多。停車時也盡量選

擇有監視器的地方，才比較放心。

育：

關於課程，我認為最大的問題是選課時無法事先得知確切的上課時間，因此無法像在台灣一樣提前規劃課表，避免時段衝突。這一點讓人有些困擾且不安，但可以寫信請學校幫忙，雖然沒辦法更動已確定選上的課程，但是能夠加選，而且之後隨時都可以棄選，所以利用這個彈性來做調整的話還是能排出理想的課表。

樂：

荷蘭博物館非常多，推薦一定要買博物館卡，一年內能不限次數參觀多數博物館，還能當作廁所卡隨時進去休息。若要出國旅遊，Skyscanner 是找便宜機票的好工具。小撇步：比利時的機票會比荷蘭便宜，尤其 CRL 機場常有€15-€30 的機票，雖然不好抵達，但如果時間允許，可以考慮從比利時出發。

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

The Amsterdam University of Applied Sciences (AUAS), or Hogeschool van Amsterdam (HvA) in Dutch, is quite different from the University of Amsterdam (UvA). Rather than focusing on academic research, AUAS is oriented toward practical applications, something that is already reflected in its small-class teaching style. The School of Business and Economics, where I studied, is located in the southeastern part of the city in the Corry Tendeloo Building. It is a modest four-story facility with a cafeteria, a small library, and many study areas, creating an environment that is intimate yet conducive to learning.

During the exchange I enrolled in six courses, each of which offered distinct insights. My favorite was *Cases in Entrepreneurship*. Although the workload was heavy, with reports and presentations almost every two weeks, I truly appreciated the professor's dedication and the lively classroom atmosphere. Students were encouraged to share opinions freely, something I had rarely experienced back in Taiwan. *Creativity in Business* was another enjoyable class, highly flexible and full of activities that allowed us to explore ideas without fear of being wrong. I often found myself inspired by classmates' presentations, which broadened my own thinking. In *Intercultural Awareness*, designed especially for exchange students, I learned to see cultural differences in a more nuanced way. Listening to classmates from around the world share their perspectives broke my old habit of simply dividing

cultures into “East” and “West.” Another small but intensive course was *Contemporary Topics in Organizational Behavior*, where weekly readings and frequent discussions with Dutch students challenged me to express my ideas more directly. In *Financial Risk Management*, the unusual grading method—100% based on the final exam—was stressful at first, but following the lectures closely made it manageable. Finally, *Economies of Emerging Markets* introduced development theories and social indicators. Although the professor was new and the instructions not always clear, the course still gave me a deeper understanding of the challenges developing countries face.

Life outside the classroom was just as valuable as academic learning. Living abroad meant taking full responsibility for myself, from cooking meals to handling all aspects of daily life. The bigger challenge, however, was balancing coursework with traveling. Since this was a rare opportunity to spend a year in Europe, I wanted to explore as much as possible. Traveling for me was not only about visiting famous landmarks but also about seeing the history and social fabric of each country, and learning through cultural exchanges with new friends. Each trip, and every adjustment I had to make along the way, became practice in time management and problem-solving. Travel itself became a form of education, teaching me how to adapt, grow, and discover more about myself.

Of course, there were challenges. Public transport in Europe was sometimes unreliable, and I still remember nearly missing a final exam when the metro suddenly shut down; I ended up taking an Uber at the last minute just to make it on time. My bicycle was also stolen twice, which was frustrating at first, but eventually I learned to take it lightly and remind myself that “if money can solve it, it is only a small problem.” Cultural differences were also eye-opening. The prevalence of smoking on the streets was uncomfortable in the beginning, and I was shocked by how directly Dutch students would challenge professors during class. What seemed impolite at first later proved to be a sign of honesty and genuine discussion. Over time, I came to appreciate this straightforwardness and even became more confident about speaking up myself.

This exchange year has transformed me in many ways. I became more independent and resilient in daily life, more flexible in solving problems, and more open-minded in facing different perspectives. My language ability improved significantly through constant use of English in both academic and social contexts, and my worldview expanded as I encountered diverse cultures and ways of living. More importantly, I became braver in embracing challenges and more willing to seize opportunities, whether in studies, travels, or personal interactions.

Looking back, the year abroad was not only about learning business knowledge but also about living a different life. It taught me how to plan, how to adapt, and how to connect with people across cultures. For students planning to join an exchange, I would encourage them to keep an open mind, prepare to be independent, and embrace both the challenges and surprises along the way. The difficulties will eventually become part of the most memorable stories, and the lessons learned will stay with you long after the exchange ends.