

- A. 烏特列支大學(Utrecht University, 簡稱UU)位於荷蘭的烏特列支市, 是荷蘭最古老和最著名的大學之一。
- B. 我是112學年度下學期去交換的外文系學生, 為了與本科系更加有關聯, 我選擇了人文學院。UU的學制是一個學期分成上下兩個blocks, 第一個block我選擇的是Academic Speaking這堂課, 而第二學期則選了MK: Development, learning and behavior。在學習期間我不僅克服了講英文時的緊張感, 更通過了不熟悉領域的考試。這兩堂課中我特別推薦Academic Speaking, 其實英文口說與其說他是一堂知識性課程不如說是一個技能性課程。每週我們都會有兩堂seminars和一堂lecture, 像是實作課跟講授課的概念。每週固定的報告不只能透過同學給的回饋改善自己, 更因頻繁練習而克服了緊張感。我個人是蠻推薦給那些想要練習站上台講英文的同學修習。
- C. 課外活動我認為是一定要去參加的, 尤其是為期兩日的迎新。交換學生的大目標就是能與來自四面八方的同學交朋友。迎新的第一天會有簡單的演講以及帶領大家去看上課的校舍。第二天早上會先有城市探索, 下午則會有許多可以參加的工作坊, 晚上更是有在夜店舉辦的派對。這兩天可以說是非常的充實, 而且也能多多認識大家!
- D. 1.語言能力:在外語環境中學習和生活, 有助於提高語言能力, 特別是聽力和口語表達。
2.文化理解:深入了解當地文化、習俗和生活方式, 增強跨文化交流能力, 開闊國際視野。
3.個人成長:學會適應新的環境和挑戰, 增強自立能力和解決問題的能力, 提升自信心和獨立性
4.建立跨國友誼
5.多國旅行:交換地區為歐洲尤為吃香, 在這半年內遊歷了各國, 也體驗了各區不同的文化
6.豐富人生經歷:交換學習是一段難忘的經歷, 為人生增添色彩和回憶
- E. 我曾經是一個不懂得拒絕別人的人。然而, 人在國外又因自己長得特別矮小, 很容易被一些奇怪的人接近。曾經在回家路上被問問題然後就被順勢要了聯絡資訊。回家後被各種訊息電話騷擾, 不得不封鎖。每次經過碰見他的那條路都會感到害怕, 若是當初勇敢表達自己沒有意願進一步認識, 這件事就不會發生了。因此當我又碰到類似的狀況時, 我便給了錯誤資訊並編造個理由, 趕緊逃離現場。在這件事上我學習到人在國外真的要特別警惕, 也要勇於表達自己的意見。
- F. 最大的文化衝擊大概是腳踏車了。荷蘭又有腳踏車王國的稱號, 路上全部都是腳踏車, 而一般的大眾運輸工具都很昂貴。為了省錢, 即使腳踏車技術不佳, 還有點踩不到地板, 我還是努力的在荷蘭每天騎腳踏車上下學或是去購物。交換期間腳踏車技術因而進步了許多。
- G. 我覺得最大的改變是我感覺自己成熟且獨立了許多。從前在台灣碰到困難總是能找到親近的人幫助我, 然而在歐洲很多時候都必須自行解決問題。再加上處理問題時很常都必須要使用英文溝通, 也讓我更加有條理地使用英文。
- H. 簡而言之, 出國交換真的是一個絕對不會後悔的決定。在這半年的見聞, 不僅提升了語言能力, 開闊了視野, 更是給了我的學生時代一份珍貴的回憶。
- I. Participating in an exchange program at Utrecht University was a transformative

experience that significantly broadened my cultural and personal horizons. Over the course of a semester, I immersed myself in a new type of learning experience, navigated daily life in a foreign country, and developed skills and insights that will benefit me for years to come.

Utrecht University, which is located in Utrecht, the Netherlands, is one of the most famous universities in the world. Being an exchange student here was instrumental in my personal growth. The course, “Academic Speaking”, I took in block 1 is my favorite. During the block, I not only overcame my anxiety of speaking English in front of people but also practiced how to sound more professional while giving a speech. What is more, I made lots of good friends in that class.

Being away from the comfort of my home and familiar surroundings forced me to become more independent and self-reliant. I learned to navigate through challenges such as adapting to a new educational system, managing finances, and dealing with homesickness. Additionally, the need to make new friends enhanced my social skills and boosted my confidence.

Living in a foreign country allowed me to immerse myself in a new culture, which was both exciting and enlightening. I was able to experience the daily life of the local people. This cultural immersion deepened my understanding and appreciation of diversity. It taught me the importance of cultural sensitivity and open-mindedness, as I interacted with people from various backgrounds and perspectives. The experience also improved my language skills, as I was constantly communicating in a non-native language, enhancing my fluency and confidence.

Backpacking also took a great part in my exchange period. I went to several countries such as Belgium, France, Germany, Ireland, Czech Republic, Austria, Hungary, Portugal, Spain, and England. Since I tried to save as much money as I could, I sometimes needed to deal with the problems such as traffic, schedule, and hostels which improved my skill of planning as well as problem solving.

Reflecting on my exchange experience, I realize that it has profoundly influenced my outlook on life and learning. It has instilled in me a lifelong curiosity and a passion for exploring new cultures and ideas. The challenges I faced and overcame have made me more resilient and resourceful. The friendships and memories I made are invaluable, and the academic and personal skills I gained will continue to benefit me long after my exchange program has ended.

In conclusion, participating in an exchange program is a remarkable journey that offers unparalleled opportunities for academic growth, cultural immersion, personal development, and professional advancement. It is an experience that I highly recommend to anyone seeking to broaden their horizons and embark on a transformative adventure.