

A. 學校簡介

根特大學（英語：Ghent University，荷蘭語：Universiteit Gent），簡稱 UGhent，是比利時學術排名領先的綜合性研究型大學，也是全球百強名校之一，位於比利時的荷蘭語區城市根特。

該校創立於 1817 年，由荷蘭國王威廉一世設立，是比利時最早以荷蘭語授課的大學。其前身為國立根特大學（荷蘭語：Rijksuniversiteit Gent），並於 1991 年更名為現今的根特大學。目前，根特大學擁有 11 個學院和 117 個系所，在校學生約 41,000 人，其中約 4,150 名為國際學生，教職員工約 9,000 人。學校在生物技術、醫學、水產學、獸醫學、心理學、農業與林業學、法學等基礎與應用研究領域擁有強大的科研實力與競爭力。

根特大學擁有多個校區，包括根特主校區、Kortrijk 校區、Ostend 科學園以及位於韓國的全球校區。在 2020 年軟科世界大學學術排名（ARWU）中，根特大學位列全球第 66 名，並位居比利時首位；而在 2017 年全球大學研究影響力排名（RRGU）中，則位居全球第 53 名。作為世界一流的學府，根特大學培養出了眾多傑出人才，包括 4 位諾貝爾獎得主、多位比利時首相、前國際奧委會主席及聯合國 UNAIDS 執行董事。

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

因應交換校規定需修息至少 24 學分，因此修了六門課，在此介紹其中放比較多心思學習的三門課程（依推薦程度高至低）：

1. International and Cross-Cultural Marketing

推薦給對文化和行銷有興趣的同學，課程內容兼具理論模型同時也保有貼近生活的趣味性，

且有助於在多元文化環境生活的同學理解不同的文化現象，是對於行銷專業和生活方面都能有所收穫的一門課。作業與其他課程相比較少，內容也好吸收，期末作業是撰寫跨國行銷策略的計畫書，此為小組作業，需要與當地學生討論、一同完成。

2. Business Skills

強烈推薦給對管理和領導力有興趣的同學，教授知識淵博，課程內容有趣實用，認真學可以收穫很多，沒有作業，只有期末考試，而且偏難。

3. Low Countries Studies

推薦給想要深度瞭解荷、比、盧等國家的同學，課程針對這些國家（主要是比利時），根據不同主題（如：語言、地形、藝術、文化、音樂、經濟、種族、政治），帶同學認識比利時不同的面向和背景，有些課程很有趣、有些偏枯燥，每堂課後都要寫心得報告並發表在學生討論板上，有時看同學們的反思也可以學到很多，期末需繳交一份期末心得，沒有考試，是相對輕鬆有趣的課。

C. 國外研修之生活學習（課外）

此次到歐洲交換也花了很多時間（和金錢）旅行，一共去了 10 個國家、35 個大大小小的城市，旅行教會以下幾件事情：

1. 保持彈性

在這些旅行當中，有些是獨旅，有些是和熟悉的朋友，有些是和社團上找到的旅伴，每一種旅行模式都有不同的樂趣，認識很多不同同溫層的人，學習到如何與不同的人相處，在短時間內磨合旅行習慣。

2. 擁抱不確定性

每一個旅行都像在開盲盒，永遠不知道會遇見什麼人，發生的意外是驚喜還是驚嚇，旅行中

唯一可以確定的就是旅行的不確定性。事情永遠不會造著計畫來，旅途中也不見得總會有好的天氣、友善的人、合胃口的食物，放下心中的期待，保有開放的心胸和成見，一場跌跌撞撞的旅行也可以變成好玩的大冒險。

3. 理解與尊重

避免拿自己國家當尺去度量、批判其他國家是我在旅行中學到很重要的心態，每個國家的民族風情、生活習慣和包容開放程度的不同，用心去理解、尊重彼此差異才是更溫柔去看待世界的方式。

D. 交換/研修之具體效益 (請條列式列舉)

- 認識不同文化風情
- 保有尊重和開放的心胸
- 訓練外語能力
- 擴展國際視野
- 體驗歐洲優秀大學的學風

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？

反思交換期間遇到最大的煩惱是困在舒適圈內。此行一同前去根特交換的同學有兩位同學，加上歐洲交換生的社團網絡十分活躍發達，所以很容易找到台灣人一起出去玩，除了少數在學校教的其他國家的朋友，大部分都與台灣人來往，久而久之就待在自己的舒適圈裡了，然而這不是我最初出國交換的目標，有同鄉人作伴、互相照顧固然很好，但我也想與不同文化背景的人來往，交換想法、藉由實際相處認識不同的文化。所以交換結束後我找了三個打工換宿的機會，分別在葡萄牙、英國與法國，真正的住進了當地人的家，每天與當地人生活在一起，體驗他們的文化和生

活風格，也從他們口中認識了一個國家更道地的面貌。

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？

在歐洲種族歧視的現象仍然不少見，每個國家對於不同種族的接納程度不同，在某些國家，友善並不包含在他們個性裡的預設值，保持友善並不像在台灣一樣那麼理所當然，建立好強壯的心態去面對十分重要，因為我們沒辦法去控制其他人怎麼對我們，而這個世界最不缺的就是更多的惡意，面對不合理的情況要勇敢站出來維護自己的權益，同時我們永遠可以選擇善良和謙虛，不要成為和他們一樣心胸狹窄的人。

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？

記得當時出國前在機場家人來送機，在我進海關前爸爸和我說的最後一句話是「勇敢一點。」在海外漂流將近一年不知不覺就真的變勇敢了，也是這份勇敢帶我到更遠的地方看更多的世界，在不同的挑戰中學習，因接受不同的刺激而成長，相比出國前的自己，變得更勇於闖入未知、勇於追隨內心的聲音、勇於面對自己的不足。

H. 感想與建議

非常推薦學弟妹們把握這個交換機會和獎學金出國看看這世界到底有多大。除了從其他國家身上看到很多值得學習的地方，也有機會重新檢視自己的國家，了解自己的家鄉、自身的文化與根，那些好的一面和仍可以向其他國家學習、需要進步的一面，台灣雖然很小，且有他的限制，但也有很多令人驕傲的地方，我希望未來能與台灣一同成長，同時與世界保持連結，虛心向其他文化學習，並讓更多人看見台灣。

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)

► School Introduction

Ghent University (Dutch: Universiteit Gent), referred to as UGhent, is Belgium's leading

comprehensive research university in academic rankings and one of the top 100 universities in the world. It is located in the Dutch-speaking city of Ghent in Belgium. The school was founded in 1817 by King William I of the Netherlands. It is the first university in Belgium to teach in Dutch. It was formerly known as the National University of Ghent (Dutch: Rijksuniversiteit Gent) and was renamed the current Ghent University in 1991. Currently, Ghent University has 11 colleges and 117 departments, with approximately 41,000 students, including approximately 4,150 international students, and approximately 9,000 faculty and staff. The school has strong scientific research strength and competitiveness in basic and applied research fields such as biotechnology, medicine, fisheries, veterinary medicine, psychology, agriculture and forestry, and law. Ghent University has multiple campuses, including the main campus in Ghent, the Kortrijk campus, the Ostend Science Park and the global campus in South Korea. In the 2020 Academic Ranking of World Universities (ARWU), Ghent University ranked 66th in the world and first in Belgium; in the 2017 Research Impact Ranking of Global Universities (RRGU), it ranked 66th in the world. 53 people. As a world-class university, Ghent University has cultivated many outstanding talents, including 4 Nobel Prize winners, multiple Belgian Prime Ministers, the former President of the International Olympic Committee and the Executive Director of the United Nations UNAIDS.

► About Courses

Due to the regulations of the exchange school, students need to take at least 24 credits, so they took six courses. Here we introduce the three courses that require more attention (in

order of recommendation level from highest to lowest):

1. International and Cross-Cultural Marketing

Recommended to students who are interested in culture and marketing. The course content combines theoretical models while also keep them interesting and closely related to life. It helps students living in a multicultural environment understand different cultural phenomena. It is a good choice for study marketing majors and understanding diverse culture. There is fewer homework assignments compared to other courses, and the content is easy to absorb. The final assignment is to write a plan for a cross-cultural marketing strategy. This is a group assignment that need to discus and completed with local students.

2. Business Skills

Highly recommended to students who are interested in management and leadership. The professors are knowledgeable. The course content is interesting and practical. If you study hard, you can gain a lot. There is no homework, only a final exam which is difficult.

3. Low Countries Studies

Recommended for students who want to have an in-depth understanding of countries such as the Netherlands, Belgium, and Luxembourg(which together called low countries). The course is targeted at these countries (mainly Belgium) and takes students based on different themes (such as language, topography, art, culture, music, economy, race, politics) Students get to know Belgium' s different aspects and backgrounds. After each class, students must write a report about their reflection and post it on the student

discussion board. Sometimes you can learn a lot just by reading other's reflections. You will submit a final report and there will be no exams. It is a relatively easy and interesting class.

► Life growth

I took a lot of time (and money) to travel during my exchanged time. I visited 10 countries and 35 cities in total. Traveling taught me the following things:

1. Stay flexible

Among these trips, some are solo travel, some are with good friends, and some are with travel companions found in clubs. Each mode of travel has different fun. You get to know many different people and learn how to get along with them.

2. Embrace uncertainty

Every trip is like opening a surprising box. You never know who you will meet and whether the accident will be a surprise or a shock. The only thing that can be certain during a trip is the uncertainty of the trip. Things never go with the original plan, and there may not always be good weather, friendly people, or delicious food during the journey. Let go of your expectations, keep open-minded and drop prejudices can make a bumpy trip a fun adventure.

3. Understand and respect

Avoid using your own country as a standard to measure and criticize other culture. This is a very important mindset I learned during travel. Each country has different national customs, living habits, and tolerance and openness. To understand and respect each

other's differences with heart is a better way to see the world.

➤ Specific benefits

- Understand different cultural customs
- Be respectful and open-minded
- Training foreign language skills
- Expand international horizons
- Experience the academic style of excellent European universities

➤ Reflection

I highly recommend fellow students to grab this exchange opportunity and scholarship to go abroad and see how big the world is. Not only learning a lot from other countries, I also have the chance to reflect on my our own country, and understand the root of my culture, both the good aspects and the aspects that we can still improve. Although Taiwan is small and has its own limitations, there are still many things we can be proud of. I wish I can grow with Taiwan in the future, while staying connected to the world, learning from other cultures humbly, and introduce Taiwan to more people.