

布魯塞爾自由大學交換心得分享

我所交換的學校位於比利時首都布魯塞爾的布魯塞爾自由大學（Université libre de Bruxelles, ULB），是比利時最知名的法語大學之一，以學術自由和國際化聞名。其中，它的 Solvay Brussels School of Economics and Management 是頂尖的管理學院，專門研究經濟、管理、金融和創業等領域，同時也是我所交換的學院。學院最大的特色是理論與實務並重、強調創新和全球視野，而且和歐盟機構、大型企業聯繫緊密，像是學校時常會舉辦企業參訪和業界人士演講等。另外，學校整體風氣開放、國際化，學生們組成多元且都非常熱情協助處理各種問題，包含問路、課業相關與旅遊相關等。地理位置也相當便利，離火車站僅需步行半小時內，搭乘大眾運輸則是約 10 分鐘左右。因此，不管是想精進國際商業管理知識、體驗歐洲各國文化或認識多元國際交換生，布魯塞爾自由大學都可以滿足以上條件。

交換期間，我選修了兩門課，Project Management 和 Strategy and Strategic Analysis。其中，Project Management 是我最喜歡、也最推薦的課程！這門課的授課方式與台灣的大學課程有很大的不同，讓我印象深刻。每節課約 3 小時，但過程卻不會讓人感到枯燥，因為老師除了講解理論，還穿插了大量的小組討論、案例分析和實作演練。有時候，甚至會徵求學生上台進行小遊戲或即興活動，讓大家透過實際參與來體會理論的核心概念，而不是單純聽講。這種互動式教學方式，讓課堂更生動有趣，也讓學生更容易記住所學內容。相比之下，台灣的授課多半以講授、聽課為主，較少即時的互動討論。而在比利時，老師更強調學生的主動參與與批判思考，鼓勵大家發言、交換意見，甚至在課堂上直接應用所學解決問題。這種學習方式不僅讓我更投入，也訓練了臨場反應與團隊合作能力，是一次非常寶貴經驗！

課業之外，我參加了學校的學伴計畫，有幸認識了兩位來自比利時的女孩，一位來自北部，一位來自南部。她們都非常熱情，從一開始就積極與我聯繫，第一次見面時，不僅請我吃飯，還準備了小禮物，讓我感受到滿滿的善意與歡迎。之後，我們還一起去了安特衛普來場輕鬆的一日遊，邊走邊聊，深入了解彼此的文化與生活。雖然因為我交換期間的旅遊行程較緊湊，見面次數不多，但我們透過社交網絡保持聯繫，分享彼此的生活點滴。更令人興奮的是，今年 2 月換她們來亞洲交換半年，我們已經約好在台灣相聚！很期待能接待她們，繼續這段跨國友誼。

五個月中，我也安排許多旅遊來體驗歐洲風情。總共踏足了 16 個國家，包括比利時、法

國、德國、盧森堡、冰島、丹麥、捷克、義大利、斯洛維尼亞、奧地利、斯洛伐克、匈牙利、英國、葡萄牙、瑞典和荷蘭，每個地方都帶給我獨特的感受。從巴黎的繁華街景、冰島的壯麗極光，到倫敦的繁華都市到斯洛維尼亞的自然美景，每趟旅程都充滿驚喜。我品嚐了各國的經典美食，像是法國的可頌、義大利的道地披薩、葡萄牙的蛋塔、德國的香腸與豬腳配啤酒，還在荷蘭的河道上享用了高級晚餐。此外，參觀了許多世界知名的歷史遺跡，如羅馬競技場、科隆大教堂、布拉格城堡、哥本哈根小美人魚與倫敦大笨鐘等，感受到歐洲豐厚的歷史底蘊。這些旅行不僅讓我大開眼界，也讓我更深入了解歐洲不同國家的文化與生活方式，成為交換生活中最難忘的回憶之一。

綜觀上述，我統整出下列幾點歐洲交換的具體效益：

- 開拓國際視野，體驗不同文化，了解未來的更多可能。
- 學會獨立思考、批判思考與西方風格思考，增加創新點子。
- 跨文化交流，變得更敢表達，英文能力大幅提高。
- 獨立生活能力大提升，適應力更強。
- 結交來自世界各地的朋友，拓展國際人脈。

不過，除了美好的一面外，交換期間也有遇到一些困境與文化衝擊，最大的困境事件發生前往丹麥旅程的路程中。那時我搭乘過夜巴士準備前往丹麥，其中要在德國西部轉車，下車時卻發現我的 20 寸行李箱不在行李儲物區中，它消失了...整箱被偷走了。當下馬上詢問了司機、乘客以及巴士站人員，卻沒有得到明確的答案，他們只說「這種事很常發生...」、「有可能是中間停靠站有人拿錯。」、「會不會是不小心掉出車外呢？」等對情況沒幫助的回覆。最終，我也只好摸摸鼻子認了...這就是歐洲最出名特色之一：很多小偷。

雖然說講別人國家很危險、很多小偷，有點抹黑的感覺，不過這種流言也是許多人根據他們的真實經驗所敘述的。除了我的 20 寸行李箱整箱被偷走外，其他時間我都認為歐洲沒有想得這麼恐怖、危險。網路上說來歐洲一定要買手機掛繩，但真實經歷過交換後，我認為可以不用買。物品會被偷都是自己不注意所導致的，像是包包毫無防備地背在背部、大搖大擺的拿出現金或是把行李箱直接長時間暴露在眼睛看不到的地方（像我這樣....）等，只要多加小心，就不會遭竊。不幸中的大幸是我有保保險（很重要），只要有警察所開立的報案紀錄即可申請遭竊理賠。因此，回到比利時後，我向當地警方報案並向其申請遭竊紀錄。沒想到...意外的簡單，警察甚至連證據都沒向我要，直接問需要提供我哪些資料，完全相信我所說的一切，整個處理

過程非常迅速，這顯示著「偷竊」這種事在當地是多麼頻繁地發生，另我感到文化衝擊。

在面對這樣的衝擊時，需要先接受現實，調整心態，學會適應。一開始遭竊時，我真的很緊張，不過冷靜下來想想，緊張也沒用，東西回不來，不如把它當成一次寶貴的經驗，學會在歐洲「如何保護好自己的東西」。之後我就保持提高警覺心的習慣，對環境的適應力也提升許多，來到一個文化完全不同的地方，難免會遇到跟預期不符的狀況，但這正是交換的意義「學習如何在陌生環境中生存，找到自己的節奏」。這次的事件雖然讓我對歐洲的治安現實有了更清楚的認識，但也讓我學會了如何更聰明地旅行，如何在突發狀況中冷靜處理，而不是驚慌失措。

另一方面，海外歷練也帶給我思想上的改變，如社交技能提升、從關注結果改為注重過程、受到讚賞文化的影響等，最大的改變是讚賞文化對我的影響。我發現比利時以及歐洲的學生普遍習慣給予正向回饋，無論是課堂上的發言、報告表現，甚至日常對話，大家都很自然地表達讚美與鼓勵。比如在小組討論時，只要有人提出一個不錯的想法，組員們會馬上說「That's a great idea!」或「Good point!」，老師也經常在課堂上肯定學生的表現，而不是只挑毛病。這樣的氛圍讓我慢慢改變過去不太主動表達讚美的個性，開始學會適時地給予正向回饋。這種「讚賞文化」不僅改變了我與人互動的方式，也讓我學會欣賞自己在過程中的成長，而不是只關注結果。這讓我更有自信，願意嘗試新事物，並從中學習。我已決定未來在台灣，我也要開始多給自己和他人更多鼓勵，讓生活和人際關係更正向！

最後，獎學金對我海外研修的幫助不僅體現在經濟上的支援，更讓我能夠毫無顧慮地專注於學習和探索新環境。若沒有這份獎學金，出國計劃可能會因此受限，無法實現這麼豐富的經歷。感謝所有捐贈者的支持，您們的慷慨讓我有機會拓展視野、增進學識，這段經歷將會是我人生中的寶貴財富！您們的付出對我來說意義深遠，讓我更加努力回饋社會！謝謝！



上圖：各國旅遊的影像記錄

Exchange Experience at ULB

Institute of Marketing Communication Ying Hsuan Lai | Exchange Semester: 114-1

I went on an exchange at Université libre de Bruxelles (ULB) in Brussels, one of the top French-speaking universities in Belgium. It's well-known for its academic freedom and international environment. The Solvay Brussels School of Economics and Management, where I studied, is renowned for its focus on economics, management, finance, and entrepreneurship. The school combines theory with practice, promoting innovation and a global perspective. It has strong ties with the EU institutions and large companies, often organizing company visits and guest talks. The international and open atmosphere made it easy for students from all over to connect and help each other. The location is also very convenient, just a 30-minute walk from the train station or a 10-minute bus ride.

During my exchange, I took two courses: Project Management and Strategy and Strategic Analysis. Project Management was by far my favorite, and I highly recommend it! The course was very different from what I was used to in Taiwan. Each class was about three hours long, but it never felt boring. The professor mixed in plenty of group discussions, case studies, and practical exercises. Sometimes, we even had to play games or do improv activities to better understand key concepts. This hands-on, interactive approach made the class much more engaging and easier to remember compared to the lecture-based style I'm familiar with in Taiwan. In Belgium, professors emphasize active participation and critical thinking, encouraging us to share ideas and solve problems in class. This approach not only made me more involved but also helped me improve my quick thinking and teamwork skills.

Outside of class, I joined the buddy program and met two Belgian girls, one from the north and other from the south. They were super friendly and reached out to me right away. On our first meeting, they treated me to a meal and gave me a small gift, making me feel very welcomed. Later, we went on a fun day trip to Antwerp and got to know each other's cultures better. Though we couldn't meet often because of my packed travel schedule, we kept in touch through social media. In February, they're coming to Asia for an exchange, and we've already planned to meet up in Taiwan! I'm really looking forward to hosting them and continuing our cross-cultural friendship.

During my five months there, I also traveled a lot, visiting 15 countries, including Belgium,

France, Germany, Luxembourg, Iceland, Denmark, Czech Republic, Italy, Slovenia, Austria, Slovakia, Hungary, the UK, Portugal, and the Netherlands. Each place gave me unique experiences, from the lively streets of Paris to the stunning aurora in Iceland. I enjoyed local dishes like French croissants, Italian pizza, Portuguese egg tarts, German sausages with beer, and had a fancy dinner on the canals in the Netherlands. I also visited famous historical sites like the Colosseum in Rome, the Cologne Cathedral, Prague Castle, the Little Mermaid in Copenhagen, and Big Ben in London. These travels not only broadened my horizons but also deepened my understanding of European culture and history.

Overall, my exchange in Europe gave me the following benefits:

- A broader international perspective and exposure to different cultures.
- Improved critical thinking and creativity.
- Better communication skills and a higher level of English proficiency.
- Greater independence and adaptability.
- Made friends from all over the world, expanding my international network.

However, it wasn't all smooth sailing. One of the biggest challenges I faced happened on my way to Denmark. I was traveling on an overnight bus and had to transfer in western Germany. When I got off the bus, I realized my 20-inch suitcase was missing from the storage area – it had been stolen. I asked the driver, passengers, and bus station staff, but I didn't get any clear answers. They just said, "It happens often," or "Maybe someone took it by mistake at one of the stops," or "Maybe it fell out of the bus." In the end, I had to accept the loss – that's one of the things Europe is known for: a lot of pickpockets.

Even though it felt unfair to generalize, this experience matched what I had heard from others based on their real-life experiences. Apart from losing my suitcase, I never felt that Europe was as dangerous as some people say. I had read online that you should buy a phone lanyard when traveling to Europe, but after my own exchange experience, I think it's not necessary. Theft usually happens when we're not paying attention, like carrying an unprotected bag on our back, flaunting cash, or leaving a suitcase out of sight for too long (like I did...). If you're careful, you won't fall victim. Luckily, I had insurance, which allowed me to claim the loss with the police report. Reporting it was

easy, and the police didn't even ask for evidence, just what information I needed. They processed everything quickly, showing how common thefts are in the area, which was a bit of a culture shock for me.

In dealing with such a shock, it's important to accept the reality, adjust your mindset, and learn how to adapt. I was really upset when the theft happened, but after calming down, I realized that stressing over it wouldn't help. It was better to treat it as a valuable experience and learn how to protect my belongings in Europe. After that, I became more alert and adapted to my new environment. Moving to a place with a completely different culture means you'll face unexpected situations, but that's the point of exchange – learning how to survive and find your rhythm in an unfamiliar setting. While this experience gave me a clearer understanding of safety in Europe, it also taught me how to travel smarter and handle unexpected situations calmly.

On the flip side, my time abroad changed my way of thinking. I improved my social skills, learned to focus on the process rather than just the outcome, and was influenced by the “praise culture.” I noticed that students in Belgium and Europe often give positive feedback, whether it's in class, on reports, or even in casual conversations. For example, during group discussions, if someone shares a good idea, the others would immediately say, “That's a great idea!” or “Good point!” Professors also regularly praise students' contributions, rather than just pointing out mistakes. This atmosphere gradually changed my tendency not to give compliments and helped me learn to provide positive feedback at the right moments. This “praise culture” not only changed the way I interact with others but also taught me to appreciate my own growth along the way, rather than only focusing on the final results. It boosted my confidence, encouraged me to try new things, and learn from them. I've decided to carry this attitude back to Taiwan and give more encouragement to myself and others, making my life and relationships more positive!

Finally, the scholarship was crucial to my overseas experience, not just financially but in allowing me to fully focus on my studies and exploration. Without it, I wouldn't have been able to experience such a rich journey. I'm so thankful to all the donors for making this possible. Your generosity has given me the opportunity to expand my horizons and deepen my knowledge, and this experience will remain a valuable part of my life. Your support means a lot to me, and it motivates me to give back to society. Thank you!