

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

澳洲國立大學是一所位於首都坎培拉的研究型大學，是澳洲八大名校之一，也是澳洲唯一的國立大學，享有許多政府資源和補助，並以其研究聲譽聞名，在最新的 2024 年 QS 世界大學排名中排在第 34 名。

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

澳洲國立大學的課程運作模式與台灣有非常大的差距，一門課程通常會有兩到三種小課程，例如純講課的 lecture，進行案例分析的 seminar 和 workshop，以及小班制的助教課 tutorial，這些大多都是一至兩小時，因此每門課一週實際上課時間約落在三至四小時，但報告考試較多，根據學校要求，每週應花十小時在一門課程上(包含上課與課後學習)。學期時程則是上課六週，接兩週期中假期，再繼續上六週課後，開始期末考兩週。我個人認為這樣的上課模式優點有兩個：一是不會讓學生被動學習，案例分析和小班制的助教課都需要一直思考並回答問題；二是學期長度短且多了兩週假期，在讀到快撐不住時，假期就來了，讓整體學習壓力較小。

而我上的三門課，第一門 Corporate Social Responsibility, Accountability and Reporting 是與企業社會責任相關，與我在台灣學到較不同的地方是它多了更多永續發展方面的知識，也分析了非常多實際案例。第二門 Derivatives 是衍生性商品，雖然我在台灣還沒修過這門課，但能夠事先學習總是好的，我也學到許多台灣沒有販售的期貨與選擇權商品。不過這門課評分方式完全就是看重期末考，而我期末考表現較差，因此沒有通過。最後是我最喜歡的一門課 Introduction to Marketing，這門課的兩個教授都非常有趣，並且每週上課都要用行銷理論分析一個零食品牌，所以每週去上課都能吃到零食，是發掘澳洲零食品牌的好機會。我這門課最後拿了 Distinction，相當不錯的成績。

C. 國外研修之生活學習 (課外)

眾所皆知，澳洲以各種特有動物聞名，最有名的袋鼠、無尾熊在我去之前就知道了，但袋熊、袋獾、袋貂、針鼹、鸛鵒等，甚至是不同類型的袋鼠，我都是去了澳洲親眼看到才知道世界上還存在這些特別的動物。除此之外，我也去了非常多動物保護基地，還成功摸到和抱到袋鼠、袋熊、無尾熊，都是很特別的體驗！

除此之外，我在交換的這五個月還體驗了各種特殊運動，例如衝浪、滑索、滑雪、跳傘等，許多都是在台灣無法做的，因此就想趁這個機會將人生清單都完成一遍，而每一個都是會想再次嘗試的項目。

D. 交換/研修之具體效益 (請條列式列舉)

1. 學習獨立生活

相對於歐洲的交換生，我們學校的澳洲交換生很少，只有五個。澳洲國立大學有三位，但大家都

是不同科系、住在不同宿舍，很多時候需要自己解決問題。剛落地的第一天，抵達宿舍已經是傍晚了，太陽下山得早，而坎培拉的店也關得很早，當時我有許多生活用品需要採買，但大部分的店都關了，而我當下也沒有認識的人，要去哪裡買、怎麼去都不太知道，感覺特別無助。最後自己找到了還開著的店，再走半小時去買交通卡、處理交通卡學生優惠和儲值、自己查澳洲搭車的方法，最後成功採買再回宿舍，回到宿舍那一刻真的覺得自己又長大了。

2. 學術能力提升

在澳洲讀了非常多的英文，並且每門課的報告都要求 **referencing**，所以也學會如何快速查找英文文獻並適當引用和參考這些文獻。同時，我也覺得自己在學術寫作上有很大的進步。

3. 多國文化的洗禮

澳洲國立大學約有五分之一的國際學生，我除了認識澳洲當地學生，以及熟悉的亞洲國家如中國、香港、日本、韓國、印尼朋友外，還認識了世界另一頭——哥倫比亞的朋友。這裡認識的很多朋友不只英文說得很好，還懂很多其他語言，例如中文很好的韓國朋友、正在學習日文的哥倫比亞朋友、日常生活中文英文粵語混著用的香港朋友，甚至還認識到中文、英文、日文、泰文都很流利的 **multilingual**。很感激這群朋友們教會我各國語言，還有帶我了解他們國家的食物和文化。

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？

澳洲生活期間並沒有遇到太多讓我感到非常困擾的問題，或許是因為我是樂觀主義者，大多時候我都覺得只要問題能解決就不是什麼大事。

不過，若要提到交換時大家最常出現的問題，那必須是旅行。旅行務必要找會事先規劃的朋友一起，因為提前規劃旅行不只能讓你省錢（機票更便宜），也能讓你玩得更開心（不會遇到餐廳沒開等問題），而且有規劃行程的話，之後還能拿著行程表和其他朋友交換其他城市的行程表。當然，因為和我一起旅行的朋友都是會事先規劃、不會抱怨的很好的旅伴，所以我這半年去了將近十個城市都沒有吵架，並且大家都玩得很開心。

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？

比起文化衝擊，這更像是我已經知道，但剛到澳洲時無法馬上習慣的文化。澳洲人非常友善且熱情，路人搭話、和你進行 **small talk** 很常見，而我剛到澳洲時很難順利地將對話進行完。不過這半年，我在不同朋友身上學習，再加上英語口說進步，我覺得我現在已經完全能夠自然地與路人進行 **small talk** 了。這讓我在回台灣後，也變得更加外向且擅長社交，甚至身邊的朋友都有發現這點。

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？

我覺得人格特質的改變就如前述故事所提及，我變得更加外向和不畏懼和路人進行 **small talk**。此外，我認為澳洲和其他國家比較不同的是，這裡很多台灣學生都不是交換生（歐洲交換生較多），更多的是學位生，而這些人的目標通常是移民澳洲。我覺得我目前還沒怎麼遇到過像他們一樣，人生目標非常明確，並且已經開始在實踐的。和這些在澳洲的台灣朋友聊聊後，我覺得自己的人生計畫有更明確的方向了，對於人生必須有所取捨也更有感悟。

H. 感想與建議

這五個月的交換是如此短暫且珍貴，不論是在這邊遇到的人、做的事、了解的知識、看過的動物、去過的每一個城市，對我而言都是想珍藏一輩子的回憶。雖然澳洲不像歐洲一樣，有許多鄰近國家可以旅遊，但也因為他獨立於其他洲之外，才能夠保有這麼豐富的自然生態。此外，澳洲人 (Aussie) 非常友善和熱情，我平常逛街買東西、搭訕遛狗的路人，總是能夠聊上好幾句，他們還會用各種方式稱讚你，大大提升你的自信。如果對於自然生態有興趣，或是喜歡與人互動、想感受一下澳洲人的熱情，甚至是想多了解 Aussie accent 的獨特魅力的話，澳洲絕對是交換的最佳選擇！最後，若是擔心坎培拉會有點無聊的話，其實也可以一直去雪梨，畢竟只要搭三小時的 Murrays Bus，而且學生價只要台幣 1000 左右，隨時想去就可以去，非常方便。

- 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
赴中國交換者免填英文心得

Introduction of Australian National University:

The Australian National University (ANU), located in the capital city of Canberra, is a prestigious research-focused university and the only national university in Australia. As one of the Group of Eight (Go8) leading Australian universities, ANU benefits from significant government resources and grants. Its strong reputation for research excellence has earned it a spot at 34th in the 2024 QS World University Rankings. My exchange at ANU provided not only academic growth but also life-changing experiences that I will cherish forever.

Academic Learning and Memorable Courses:

The structure of courses at ANU differs greatly from that of Taiwan. Each course typically includes several components, such as lectures, seminars for case studies, workshops, and tutorials in small-group settings. While the total in-class time per week per course is around three to four hours, students are expected to dedicate at least ten hours per week, including self-study. The semester schedule is also unique, comprising six weeks of classes, followed by a two-week mid-semester break, then another six weeks of classes before a two-week exam period. I found this structure beneficial as it encouraged active participation through case discussions and small-group activities while offering regular breaks to manage stress.

During my exchange, I enrolled in three courses. The first, *Corporate Social Responsibility, Accountability and Reporting*, expanded my understanding of sustainability and introduced me to practical case studies beyond what I had learned in Taiwan. The second course, *Derivatives*, was my first exposure to this topic. While I appreciated the chance to learn about futures and options products not available in Taiwan, the heavy emphasis on the final exam ultimately made it challenging for me to pass. Despite this setback, the experience deepened my knowledge of financial instruments. My favorite course, however, was *Introduction to Marketing*. The two professors made each session engaging, and we analyzed snack brands using marketing theories weekly, which meant we got to try different snacks every class. This unique and interactive approach, coupled with my distinction grade, made it a standout learning experience.

Cultural and Extracurricular Experiences:

Australia's rich biodiversity was a constant source of fascination. While I was familiar with kangaroos and koalas, I was amazed to discover wombats, Tasmanian devils, quolls, echidnas, and emus during my time there. Visiting wildlife sanctuaries and having the chance to touch and hold these animals were unforgettable experiences.

Beyond nature, I also embraced adventure sports that are uncommon in Taiwan, such as surfing, ziplining, skiing, and even skydiving. Completing these bucket-list activities not only brought excitement but also gave me a deeper appreciation for Australia's unique outdoor culture.

Personal Growth and Key Takeaways:

1. Independence

Living abroad, especially in a city with relatively few Taiwanese exchange students, required me to solve problems independently. One instance was my first evening in Canberra when I arrived at my dorm late, with shops already closed. After navigating unfamiliar public transport, finding an open store, and arranging basic necessities on my own, I felt a strong sense of accomplishment and maturity.

2. Academic Skills

The rigorous coursework at ANU improved my English proficiency, particularly in academic writing. Every assignment required proper referencing, which honed my ability to quickly locate and cite credible sources. This experience significantly enhanced my research and writing skills.

3. Cultural Awareness

With one-fifth of ANU students being international, I had the chance to connect with peers from diverse backgrounds, including countries as far away as Colombia. Many of them were multilingual, which inspired me to embrace language learning and cultural exchange. From trying different cuisines to learning about new traditions, these friendships were incredibly enriching.

Challenges and Adaptations:

One cultural adjustment I faced was engaging in small talk with Australians. While they are known for their friendliness and warmth, I initially struggled to hold conversations naturally. Over time, through practice and observing friends, I grew more comfortable with casual interactions. This newfound confidence in communication has even made me more outgoing even after I returned to Taiwan.

Life Lessons and Future Aspirations:

My exchange experience has fundamentally shaped my personality and life goals. I became more extroverted and open to new connections, and interacting with Taiwanese students pursuing permanent residency in Australia gave me insight into long-term

planning and prioritization. Their clarity and determination encouraged me to refine my own aspirations and make deliberate choices about my future.

Final Thoughts and Recommendations:

These five months at ANU have been a short yet transformative journey filled with unforgettable moments, from the people I met to the places I explored. While Australia lacks the proximity to neighboring countries that Europe offers, its unique ecosystem and vibrant culture make it a fantastic destination for nature enthusiasts and those seeking meaningful social interactions. For anyone worried about the slower pace of Canberra, Sydney is just a three-hour bus ride away, making weekend getaways both accessible and affordable. If you are eager to embrace Australia's warm hospitality, breathtaking nature, and charming Aussie accent, ANU is undoubtedly an excellent choice for exchange.

學海惜珠暨乘風萬里或者乘風萬里，心得報告內容項目如下

A. 學校簡介
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
C. 國外研修之生活學習 (課外)
D. 交換/研修之具體效益 (請條列式列舉)
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？
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？
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？
H. 您認為獎學金對您海外研修最大的幫助是什麼？有無獎學金是否會改變您的出國計畫？
I. 給乘風萬里獎勵金捐贈者的感言及心得感想
J. 別具意義的照片