

交換心得報告

學校簡介

很榮幸能在 2024 下學期到比利時的根特大學進行交換。根特大學位於比利時根特，是比利時人口第二大城市，屬於荷蘭語區，根特由於當時並未受到戰爭的摧殘，所以保留了很多中世紀的建築，算是一座古色古香的都市，城市內有許多的運河有利於當時的貿易。而根特大學是以大學城的形式散佈在整個根特，許多教學大樓也都是以前保留的中世紀建築，相當有特色。學校各個學院也都很齊全，包含藝術與哲學、法學、科學、工程、建築、心理、醫學等等領域，在研究方面也是首屈一指的好學校。學校內的種族也相當多元，可以認識到來自世界各地的學生們，是一個相當有善的學習環境。

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

在交換期間我習修了許多不同領域的課程，其中另外印象深刻的是一堂叫 **Low countries study** 的課，以各種不同角度介紹「低地國」，包含荷蘭、比利時及盧森堡等區域，並討論許多議題如安樂死、同性婚姻等……

讓來交換的我能更加了解這片土地的種種，使我和這片土地產生更深的連結，同時也 and 台灣進行比較，引發我去思考為何台灣一些政策和文化的形成會有所不同。總體而言我覺得根特大學的教授在教學方面都十分用心，想辦法讓學生以不同角度思考問題，訓練學生批判式思考的能力，並且不會讓課程枯燥無聊。

國外研修之生活學習（課外）

說到課外生活的部分也是有著很大的轉變，讓我學習最多的大概是煮菜的部分，由於那邊外收費較高，大家都養成自己煮的習慣，也藉由這個機會培養了我對煮菜的興趣，藉此也在公共廚房結交了許多外國朋友，品嚐了許多來自世界各地的美食。除此之外，他們的社團活動似乎沒有台灣盛行，大家課餘時間就會去酒吧喝的小酒，生活步調相較台灣愜意很多，走到公園也可以看見許多人在野餐或是曬日光浴，好不愜意。在此期間我也去了許多國家旅行，體驗了許多國家不同的文化與民族特性，實際看到以前歷史課本裡的畫作，實際見到時是相當衝擊的，在不同時代及文化下，人們在做的事是差那麼得多，有些偉大的作品，親眼去見證時，心裡還是挺澎湃的！

交互帶來的具體效益

- 1.使我更能適應環境：在各個不同國家旅行，生活上有許多事是需要適應的，經過這次的交換我學習到更敏銳的觀察文化差異，並透過思考去改變行為，以適應其環境。
- 2.隨機應變能力：在外地生活或旅遊會有許多無法控制的因素影響原先的形成，要如何在利用現有的資源完成原先的目的也是一門學問。
- 3.語言能力的進步：原先口說不是很擅長的我，透過和外國人接觸，慢慢了解到如何完整的表達自己的想法，並在這當中發現自己的不足，並加以補強。

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？

在海外的時候多多少少還是會碰到一些困境，像是再去瑞士遊玩時原先的住宿地點不幸發生洪水，導致完全無法過去，要等待官方的消息，行程直接泡湯，在等待他們官方的消息時就先預料最壞的狀態，先找好預備住宿，最後宣布不能前往時果斷直接更換行程，因禍得福去到了一個幽美的小鎮，體驗了一個不一樣的夜晚！

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

在歐洲期間遇到較大的文化衝擊應該是店家都在晚上六點左右就打烩了，讓原本習慣較晚出門的我相當不適應。除此之外飲食文化差異也相當大，吃不慣當地的食物，於是養成了自己在家煮飯的習慣。

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？

經過這半年的交換生活，了解到世界之大，使我變得更加謙虛，並且對於不同的種族及文化有更大的包容和尊重。除此之外，我原本是個不太愛計劃的人，但出國旅遊有許多事情都是需要事先計劃好的，這也培養了我快速找資料，並進行行程規劃的習慣。

感想與建議

總體而言這趟為期半年的交換之旅真的讓我大開眼界，了解到自己的不足之處，增加了國際視野，也更加瞭解自己想過怎樣的生活。除此之外也更珍惜台灣的好，台灣有很多優點是國外沒有的，雖然仍有不足，但那些就是我們要努力的方向。我相信這對經歷會是我人生中重要的養分，讓我成為更好的自己！

英文心得

Reflection on Exchange Experience at Ghent University

I had the privilege of studying at Ghent University during the Fall 2024 semester. Located in Ghent, the second-largest city in Belgium's Dutch-speaking region, the university is steeped in history, with many medieval buildings preserved due to the city's avoidance of wartime destruction. The university is spread throughout the city, with various faculties offering a wide range of disciplines, including arts, law, science, engineering, and medicine. The diverse student body provided a welcoming and enriching environment, allowing me to connect with peers from around the world.

During my exchange, I took several courses across different fields. One that stood out was "Low Countries Study," which explored various aspects of the Netherlands, Belgium, and Luxembourg, covering topics such as euthanasia and same-sex marriage. This course deepened my understanding of the region and its culture while prompting me to reflect on the differences between these countries and Taiwan, particularly in terms of policy and cultural development. The professors at Ghent University were dedicated to encouraging critical thinking and engaging students from multiple perspectives, making the learning experience both stimulating and enjoyable.

Outside the classroom, I experienced significant personal growth. Learning to cook became a necessity due to the high cost of dining out, which led to a newfound interest in cooking. This also provided opportunities to bond with international students in the shared kitchens, where we exchanged dishes from our respective cultures. Unlike Taiwan, extracurricular activities were less prevalent, and many students preferred to relax at bars or enjoy leisurely afternoons in the park. This slower pace of life was a refreshing change, allowing me to appreciate the simple pleasures of daily life. Additionally, I traveled to several countries, experiencing diverse cultures and witnessing historical artworks firsthand, which left a profound impact on me.

The exchange brought tangible benefits:

1. **Adaptability:** Traveling to different countries required adjusting to various environments. This experience sharpened my ability to observe cultural differences and adapt my behavior accordingly.
2. **Problem-Solving:** Living and traveling abroad often involves unforeseen challenges. I learned to use available resources to achieve my goals despite these obstacles.
3. **Language Improvement:** Initially not confident in speaking, I gradually improved my ability to express myself clearly in English through interactions with international students. This process highlighted areas for improvement, which I actively worked on.

However, there were challenges as well. For instance, during a trip to Switzerland, our accommodation was rendered inaccessible due to flooding, forcing us to change plans quickly. We adapted by finding alternative lodging and discovering a charming town that offered a unique experience.

Cultural differences, such as the early closing times of shops at around 6 PM, were initially difficult to adjust to, especially coming from Taiwan, where late-night outings are common. Additionally, I struggled with the local cuisine and developed a habit of cooking at home.

Overall, my six-month exchange broadened my horizons, made me more humble, and fostered a greater appreciation for diverse cultures and perspectives. It also taught me the importance of planning and research, skills I honed through organizing my travels.

This exchange was truly eye-opening, helping me recognize my own shortcomings, expand my international perspective, and gain clarity on the kind of life I want to lead. It also deepened my appreciation for Taiwan, recognizing its strengths and understanding where improvements can be made. I believe this experience will be a valuable asset in my life, helping me grow into a better version of myself.