

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

我所交換的學校是布魯塞爾自由大學 (ULB)，位處比利時法語區且靠近布魯塞爾市中心。交換的學院為 Solvay Brussels School of Economics and Management，在歐洲是一個頗具盛名的商學院，學院強調理論與實務結合，同時注重學生的創新及思維決策能力。學院提供許多英文授課的課程，且有許多來自世界各地的交換生。我的校區是 Solbosch，地理位置良好且安全，旁邊為居民區，且 Tram、公車都有直達到校門口，火車站走路也只要十分鐘。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

交換的這學期我總共修了兩門課程，分別是 Project management 和 Strategy and strategic analysis。這兩門課程分別代表兩種課程模式，雖然不同但讓我受益良多。首先是 Project management，這門課是集中課程，也是我比較推薦的，一學期只需要去上課六堂課，一次的授課時間為四小時。教授非常專業，有大量的實務經驗背景，課堂簡報上的內容也非常詳細。每堂課除了都會認真的傳授內容外，也會提供簡單的案例來讓學生討論。這門課的評分方式為出席以及期末報告，沒有筆試。而我幸運地跟來自台灣還有日本的學生一組，除了語言方面沒有太多障礙溝通較為方便外，大家對於彼此所提出的建議包容度也更高。最後在期末報告的時候，老師會抽取做得好的組別上台報告，以此促進大家的意見交流。

Strategy and strategic analysis 這門課則是跟專案管理完全不一樣，這兩門課皆為面授課程，不過策略這門課是需要每個星期去學校上課的，教授在課堂上會提供不同案例讓學生參考，也會預留時間讓學生討論然後上台發表自己的看法。課程的最後，教授也邀請了當地知名企業的主管來演講，讓大家可以更

直觀聽到業界的實際分享。這門課的評分方式主要是期末的團體書面 report，教授不點名，所以很看重自己個人的督促能力。但這堂課老師給分比較嚴格，不算是可以輕鬆過的，需要花費更多的精力。

C. 國外研修之生活學習 (課外)

在學校之外對我來說最大的挑戰是租屋，由於學校並沒有提供學生宿舍，所以交換生都必須自己去找房子。出發前就有耳聞這裡的房子不太好找，也聽過很多交換生遇到的糟糕租房經驗，所以讓我提早半年大概在三月份左右就開始找房子。不過這個時候房源並不多，而且租期只有半年所以難度更高。過程中並不那麼順利，有遇過簽了合約房東又臨時反悔的，也有房東回訊息到一半突然消失的，每一次都必須從頭來過，常常心力交瘁。但幸好最後有承接之前在當地的交換生所住的房子，且位置安全、租金合理，一個月只需 690 歐，才讓我鬆了一口氣。

D. 交換/研修之具體效益 (請條列式列舉)

● 問題解決能力提升

第一次自己在國外生活，而且還是語言不通的國家，會遇到的問題其實比我想像的多更多。除了租房，還有暖氣的問題。記得剛去不久就發現暖氣是壞的，聯繫房東多次才等到維修師傅來，不過來了好多次都沒有修好，且語言上不是那麼順暢加上房東每次都不在，所以一開始溝通上有很多問題，甚至最後等太久直接去滿一條毯子來蓋，最後慢慢跟室友研究哪裡有問題，再跟房東回報。

● 生活技能能力提升

在國外都必須自己煮飯才能省錢，對我來說並不是太難的事情，因為我原先就對於煮飯就不陌生。但難題是要怎麼讓自己吃好，需要學著看不同的菜譜，去不同的超市買不同食材來變換菜色。尤其是當地有專門的肉鋪，可以自己買所需的份量，但在台灣不太去市場的我完全沒有概念要怎麼買，所以只能一步步的摸索，每次的經驗累積下來，最後也可以成功買到理想的份量！

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？

在這趟交換的過程中遇到航空公司突然破產、歐洲之星停駛等等狀況，需要臨時花錢買機票以及改變行程。從一開始的焦慮到後面的慢慢接受，對我來說也是很大的一個轉折點，畢竟如果不是因為出國，在台灣是很難體驗到這些事情的。

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？

最大的衝擊應該是行政效率方面，還有一些莫名的歧視。布魯塞爾的居留證每個區域有不同的申請方式，我住的區域已經是最多外國人居住的地方，但沒想到我的居留證還是在交換生活過半後才拿到。除此之外，也會莫名遭受一些惡意，例如在申辦居留證的時候申辦人員態度非常差，還有走在路上也被莫名的言語歧視。對於這些，我覺得最重要的是不要讓他影響到自己的心情，有時候有必要的時候，還是要展示自己的態度，讓他們知道這樣的行為是非常不禮貌的。

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？

我認為是焦慮變少了心態更成穩了。在國外會遇到各式各樣的事情，每一天都會接觸不同新事物，有好的有壞的，但其實會發現在當下其實很多事情是無法處理的，剛開始的時候真的會非常焦慮，但越到後來會發現，不管能不能解決，最重要的是心態，心態決定一切！保持正向的心態，當一天的結束的時候會發現自己度過了一個無比充實的一天。

H. 感想與建議

出國交換對我來說像是按下忙碌生活的暫停鍵，可以有機會換個地方生活，感受完全不一樣的世界。在交換期間有很多難忘的回憶，除了去了很多不同的地方旅遊外，最難忘的是遇到了很好的室友以及朋友，大家一起上課、煮飯、出去玩，這些是我在出發前沒有預期的。從不認識的到成為同頻的朋友，這絕對是我交換最大的收穫。對我而言，這趟交換我深刻感受的一句話就是，「享受當下，現在就是最好的。」不管是好的壞的都不重要，重要的是有沒有好好感受或是體驗，轉換正面心態這些都會變成很重要的養分以及回憶。其次，知道自己的目标是什麼，我的目標就是希望在有限交換生活裡面，盡可能地去體驗

在台灣體驗不到的一切事物，除了台灣的朋友，也在課堂上認識了來自盧森堡的同學，透過和他們聊天交流的過程中了解到完全不同的文化及思考模式，對我來說是一種很特別的體驗。雖然和這些朋友只相處了短短的這五個月，但有一部分的我也慢慢的被改變了，變得更正向、鬆弛，以及更了解自己想要變成什麼樣子的人！

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

Going on an exchange was definitely one of the most meaningful experiences in my life. I studied at the Université libre de Bruxelles (ULB), located in the French-speaking region of Belgium near the city center of Brussels. I attended the Solvay Brussels School of Economics and Management, a prestigious European business school that emphasizes the integration of theory and practice while cultivating innovation and decision-making skills. The school offered many English-taught courses and welcomed exchange students from around the world, creating a diverse and international learning environment. My campus, Solbosch, was safe and conveniently located, with easy access to public transportation and a train station within walking distance.

Regarding courses, I took two courses during this semester. Project Management was an intensive course with six four-hour sessions. The professor had extensive practical experience and provided detailed lecture materials. Each class combined structured teaching with case discussions, allowing students to apply theoretical knowledge to real situations. The course was graded based on attendance and a final group project, with no written exam. Working with teammates from Taiwan and Japan allowed for smooth communication and mutual respect. In contrast, Strategy and Strategic Analysis required weekly attendance and followed a more traditional format. The professor introduced various case studies and encouraged group discussions and presentations. Guest speakers from well-known local companies were invited to share real-world industry insights at the end of the semester. The course grade was mainly based on a final group written report. Since attendance was not taken, strong self-discipline was essential. The grading was relatively strict, requiring greater effort and deeper critical thinking.

Beyond academics, finding accommodation was one of my biggest challenges. As the university did not provide dormitories, I had to find housing independently. I began searching six months before departure, yet options were limited due to the short six-month lease. I experienced setbacks, including landlords withdrawing after signing

contracts or suddenly stopping communication. Each time, I had to restart the process, which was mentally exhausting. Eventually, I was lucky to take over an apartment with a reasonable rent from a previous exchange student.

However, I have learned a lot during the time of exchange. Living abroad for the first time tested my problem-solving skills. Shortly after arrival, I discovered that the heating system was not functioning. Due to language barriers and communication difficulties with the landlord, the issue took multiple repair attempts to resolve. At one point, I even bought an extra blanket to stay warm. Eventually, my roommate and I examined the system ourselves and reported the issue clearly. This experience taught me patience, resilience, and proactive problem-solving.

Additionally, managing daily life independently also strengthened my practical skills. Cooking became essential to control expenses. Although I was familiar with cooking, maintaining a balanced and varied diet required learning new recipes and exploring different supermarkets. Purchasing ingredients at local shops was initially unfamiliar to me; however, after several grocery trips, I gradually became more confident in selecting the right quantities.

To sum up, this exchange felt like pressing the pause button on my busy life. It allowed me to step outside my comfort zone and experience a completely different environment. While traveling different countries in Europe was memorable, the greatest reward was the friends I made. From strangers to close friends, we took the same classes, cooked, and explored together. These are the experiences I had never imagined before. Also, the most valuable lesson I learned was to enjoy the present, since the current moment is always the best. During these five months, I became more independent, more open-minded, and more aware of the person I aspire to become. This exchange experience will remain one of the most important chapters of my life.