

學校簡介

列日大學位於比利時東部的列日市，該城市鄰近荷蘭與德國，是屬於比利時通行法語的一大地區。列日大學至今已有多年的歷史，是一所國際性的公立大學，從學士到研究所，提供學生多樣化的學科種類做選擇，包含文學與哲學、建築、政治、醫學以及其著名的商學院等等。學校亦設有歐洲學生會 Erasmus Student Network (ESN)組織，從開學到期末，定期舉辦各項活動來幫助國際生適應與融入當地生活文化。

國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

由於僅出國交換一學期，在課業上希望將重心放在語言學習上，因此我只選擇了兩門課程，分別是 Visual Communication 和 Elementary French A1，前者是屬於哲學與文學院的碩士班專業課程，事實上一學期的課程結束後我仍對於這門課隸屬的學科有些疑惑，因為在課堂上教授傾向傳授攝影與後製的技巧，而非我原本所預期探討靜態和動態意象所傳遞的語言之相關內容，雖然是我以前沒有接觸過的領域，但大部分時間教授的表達都算可以理解；相較之下，法語課讓我收穫不少，學期初有先進行測驗來依法語語言程度幫大家分班，我被分配到初級班，一周兩天上課，時間是下午四點到六點，法語老師從第一堂課開始就幾乎全程使用法文授課，幸虧我以前還有學過一些法文，要不然肯定會措手不及。我們的法文老師習慣用紙本來教學，每堂課都會發上課講義，通常會即時用剛教完的文法或單字來提出問題並隨機點學生回答，另外，課堂中時不時會進行倆倆一組的對話練習，我個人很喜歡這種上課模式，頻繁的口說練習會幫助我更快速熟悉新的語言。

國外研修之生活學習（課外）

歐洲以高物價聞名，所以在列日幾乎每餐都是自己料理，這對於過去從未烹飪過的我來說是很大的改變，從到列日的第一週我就開始學習料理，後來也變得越來越熟練。

交換/研修之具體效益（請條列式列舉）

1. 透過遊覽不同國家與城市來增廣見聞並且親身體驗與台灣截然不同的文化。
2. 能直接置身於目標學習語言當中，像我想要學習法語，在列日生活的期間，我所看到的文字幾乎都是法語所以我必須去理解，當我在外消費時，也會嘗試用法語和他人溝通。
3. 第三就是讓我有大幅成長的烹飪技術，畢竟歐洲的外食文化也沒有台灣如此方便。

海外生活期間是否曾遭遇困境/文化衝擊，如何去面對及適應？

我認為我在歐洲適應得不錯，交換期間並沒有遇到甚麼困境，只有一些生活中的文化衝擊，其中讓我最不習慣的就是出門在外很少有公共廁所，大部分車站、百貨商場等地方的公廁也都須收費，為了省錢，我和朋友出門只能利用去餐廳、咖啡廳或博物館時趕緊使用。另外，很多歐洲人去餐廳習慣喝酒，所以餐廳也幾乎都會先問客人要喝什麼，後來漸漸的我去餐廳閱讀菜單也會先看飲料的部分。

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？

我覺得在國外的這段期間，我變得更加有耐心，歐洲的處事效率時常不比台灣，比如申請居留證就須等

待很長的時間，還有對於當地人似乎習以為常的火車頻繁大延誤在台灣人眼裡就會覺得很荒謬，但實際經歷過就發現許多事情著急也無法解決問題，所以我後來也變更心平氣和，遇到離譜的突發狀況就冷靜處理。

感想與建議

在交換期間我有認識一位朋友因為適應不良僅僅兩個月就放棄交換，在我看來有些可惜，這是一個得來不易的機會，出國前程序繁雜又花費的簽證流程好不容易已經完成、住宿也找好，結果交換期還不到一半就無法承受了，所以我會建議想出國交換的同學真的要慎重考慮，假如等到簽證辦好、住宿簽約，甚至人已經都到國外了才要半途而廢，這樣是既浪費金錢又浪費時間。我認為在國外生活有很多的不習慣是正常的，畢竟文化與人文風情等等相差甚遠，但既然已經下定決心去體驗，就拋開雜念，盡可能入境隨俗，好好學習與享受不一樣的生活吧！

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)

About the school

University of Liège is located in the city of Liège in eastern Belgium which is close to the Netherlands and Germany. Also, Liège lies in the largest French community in Belgium. Founded in 1817, University of Liège is an international public university. From undergraduate to graduate studies, there are a variety of disciplines, including Philosophy and Literature, Architecture, Political Science, Medicine, the well-known HEC Liège School of Management, and so on. Moreover, the local students at the university organize the Erasmus Student Network (ESN) to hold a range of activities periodically, helping international students adapt and integrate into local life.

Course study and recommended course

Since I studied overseas for only one semester, I preferred focusing on learning and practicing a new language. Therefore, I only selected two courses — Visual Communication and Elementary French A1. The former belonged to the graduate-level specialized course from the faculty of Philosophy and Literature, but in reality, the professor put more emphasis on the techniques of photography and editing rather than the language communication of still and moving images that I expected. In contrast, the French course benefited me greatly. At the beginning of the semester, everyone was placed into classes according to their test results. I was assigned to the elementary class, which took place twice a week from 4 pm to 6 pm. The teacher conducted the class almost entirely in French and was used to giving out printed handouts in every class. She tended to randomly call on students to answer questions regarding the terms or grammar that were just taught. In addition, students were frequently asked to practice French conversation in pairs. I really liked this kind of teaching mode because it helped me become familiar with the new language more quickly.

Benefits from the exchange program

This exchange program abroad has benefited me tremendously. Firstly, through traveling around different cities and countries, I personally experienced cultures completely distinct from Taiwan's, which indeed broadened my horizons. Secondly, I could immerse myself directly in the environment of the target language because I accessed French everywhere in my daily life. This forced me to learn new words and even communicate with locals. Thirdly, my cooking skills have improved a lot. Since eating out in Europe can be very expensive, I cooked almost every day when I was in Liège to save money.

Thoughts and Suggestions

During the period of studying abroad, I think I became more patient. The efficiency of handling matters in Europe is often not as high as in Taiwan. For example, it took me a lot of time to apply for a residence permit. Additionally, frequent train delays that are considered a daily routine in Europe seem absurd to people from Taiwan. Later, when I encountered unexpected, terrible situations, I became calmer and focused on how to solve the problems.

The preparatory work for studying abroad is complicated, including applying for a visa, looking for accommodation, etc. I sincerely advise anyone who considers studying abroad to think carefully before deciding. Don't give up halfway after you have already arrived in a foreign country, as it wastes both money and time. In my opinion, it is normal to feel unaccustomed to a foreign country with a culture and customs totally different from those in Taiwan. However, if you decide to study abroad, set aside the distractions and just try to adapt to the local environment as much as possible. Focus on your learning experience and enjoy a fresh life!