

中文及英文心得報告

Going on exchange to Utrecht University wasn't something I spent a lot of time idealizing or planning in detail—I mainly saw it as a chance to experience something different. I didn't have big expectations going in, and to be honest, a lot of it turned out to be just okay. But looking back, it challenged me in ways I didn't quite expect, and helped me shift how I approach new environments, people, and uncertainty.

Academically, the most engaging course I took was *AI for an Open Society*. It explored how artificial intelligence interacts with both formal institutions like governments and informal spaces like social media. I liked that the course didn't stay within one discipline—we were asked to think through societal challenges using tools from psychology, policy, and technology. In our group project, we designed a proposal on using language models to detect misinformation. The assignment was practical and thought-provoking, and it pushed me to see how AI tools could be more than just technical systems—they're deeply embedded in social contexts too.

Outside of class, Utrecht took some getting used to. It's a very organized, peaceful city, but I often found myself feeling like there just wasn't much going on. I arrived in the middle of winter, which probably didn't help—cold, wet, and gray days felt endless, and it got dark around 4:30 in the afternoon. It honestly made me question why I thought moving to the Netherlands in January was a good idea. But as spring slowly arrived and the sun started showing up again, everything changed. By May, people were sitting out on terraces, biking to parks, and hosting street markets. The same streets that once felt cold and empty were suddenly full of life. It really made me appreciate the seasonal contrast, and I started to understand why Dutch people react to good weather with such enthusiasm.

Because Utrecht felt quiet at times, I traveled often—sometimes to visit friends in other cities, sometimes just to get out. I ended up taking weekend trips to Belgium, Germany, and France, all easily accessible by train. That kind of flexibility was something I really valued, and it added variety to my time abroad in a way I hadn't planned for. Through those trips, I also got to meet a number of international students who were living in the Netherlands long-term—some had been there for years, working or applying for citizenship. I even attended a friend's naturalization ceremony, which gave me a different perspective on what “living abroad” can actually mean.

I stayed in SSH housing with a group of other exchange students. The townhouse setup made it easy to build a little community. Even though the city felt quiet, our neighborhood was full of energy. We held a couple of open house parties where everyone opened up their kitchens and we filled the entire row of houses with music and conversation. Those nights were chaotic, a bit messy, and genuinely fun.

One of the most memorable events was King's Day in Amsterdam. A big group of us booked a boat and spent the day cruising through the canals—dressed in orange, music blasting, everyone dancing and waving at other party boats. It was one of those moments that felt totally out of the

ordinary and fully immersed in local culture. It's not something I could've planned for, but I'm really glad it happened.

One cultural difference that stood out was how direct Dutch people are. At first, it felt a little blunt, but over time I started to appreciate it. There's a clarity in that kind of communication—you don't have to guess what someone's thinking. And when someone's being kind or supportive, it's expressed just as directly, which I found refreshing.

Overall, the experience didn't change my life in some dramatic way, but it did shift my perspective. It made me a bit more flexible, more comfortable with things not always going according to plan, and more open to different ways of living and thinking. I'm glad I did it—not because it was perfect, but because it quietly moved me forward.

我這次的交換學校是烏特勒支大學（Utrecht University, UU），位於荷蘭中部的烏特勒支，是一所研究型大學，在社會科學與人文領域都有一定聲譽。會選擇來荷蘭交換，其實一方面是因為有幾個朋友也在這裡唸書，另一方面是因為我幾年前夏天曾經來過荷蘭旅遊，當時的印象非常好，覺得這裡天氣舒服、城市漂亮、人也友善，所以對荷蘭留下滿好的印象。不過這次是冬天來，老實說前幾個月真的有種被騙了的感覺，氣陰暗又濕冷，白天很短，有時下午四、五點天就黑了，常常心情會有點悶。還好熬到四月底、五月以後，陽光開始穩定出現，整個城市也活過來了。人們開始坐在戶外喝咖啡、騎腳踏車去郊區、公園裡也會辦市集，這時候我覺得這就是我記憶中的荷蘭。

在課程方面，我最喜歡的一門課叫做 **AI for an Open Society**，是由行為科學與政策治理背景的老師共同教授。這門課的內容不只是教你 AI 是什麼或怎麼運作，而是探討 AI 怎麼實際影響我們的社會制度，包括像是演算法如何形塑我們看到的資訊、模型怎麼被政府用來設計介入政策、甚至像是社群平台如何影響人與人之間的信任與偏見。這堂課的形式也很特別，它結合了理論課、實務工作坊與小組合作。我們前半學期會學一些關鍵理論與模型的基本概念，例如 agent-based modeling、bounded rationality、以及 social norm emergence 等，也會閱讀一些關於 mis/disinformation、AI 偏誤與治理的文獻。後半學期是小組合作的階段，我們需要組成跨領域小組，共同撰寫一份模擬的研究補助計畫。我們組選擇的主題是「如何利用語言模型偵測網路上的仇恨言論與誤導資訊」，不只要設計研究架構，還要思考這個提案的社會影響與倫理風險。我們組內有來自 AI、心理學與公共政策背景的同學，一開始對問題的理解差很多，但慢慢磨合後，每個人都找到自己的位置，

也讓整份提案更完整。最後上台做 pitch，對我來說是一種很實用的訓練，因為這和一般寫論文的邏輯不太一樣，要更注重說服力與社會連結。這堂課讓我印象最深的其實不是它多難或多學術，而是它讓我第一次認真思考「科技的設計和使用，真的不能脫離人和制度的脈絡來看」。在台灣我們談 AI 比較常聚焦在效率與技術進步，但在這門課裡，老師一直提醒我們問的是：「這個模型會影響誰？誰制定它？它可能排除了誰的聲音？」我覺得這樣的思維對我後續無論是學術研究還是實務工作，都會有很大的影響。

生活上，烏特勒支這個城市其實比我想像中還要安靜很多。它是一個井然有序、交通方便的城市，位於荷蘭的中部，烏特中央車站是荷蘭最大的火車站，但對我來說生活節奏有點慢、事情也不多，這點剛開始讓我有些不適應。我常常會跑去阿姆斯特丹或鹿特丹，找朋友、換個環境透透氣。

我住在 SSH 的學生宿舍區，是一整排的 townhouse，SSH 住的都是來自不同國家的交換生。雖然城市本身沒那麼熱鬧，但在 SSH 的時候都蠻好玩的。我們有辦過幾次 open house party，把廚房的落地窗打開，整排一起開 party。我很喜歡這種大家自發性湊在一起的感覺，也讓我在生活層面上沒有感到孤單。

荷蘭的節慶文化也是我覺得很有趣的部分。四月底的國王節（King's Day）是一整年最熱鬧的日子之一，整個城市的人都穿上橘色，街上、運河、廣場到處都是活動。我跟一群朋友一起開 boat party，大家包了一艘船，在運河上一路開趴，有音樂、有酒，沿路還會跟其他船互相打招呼、跳舞，那氣氛真的很瘋但也很歡樂，是一種在課堂上絕對不會經歷到的文化參與。我很喜歡這種瞬間讓你意識到「我真的正在另一個國家生活」的片刻。

文化方面，最讓我印象深刻的是荷蘭人的「直接」。剛開始會覺得他們講話蠻衝的，沒什麼修飾，但後來慢慢習慣之後，我反而開始欣賞這種溝通方式。他們如果對你有意見會直接講，對你好也會直接展現，不會拐彎抹角，也不太玩那種「表面和氣」的遊戲。雖然有時候需要調適一下，但整體來說是比較清楚、也比較省力的互動方式。

總結這段經歷，我不會說它是什麼「改變人生」的大事，但它確實讓我在很多細節上變得更彈性、更放得開。我學會怎麼在陌生的環境裡調整自己、怎麼和來自不同文化的人相

處，也更能接受「生活不一定要符合預期，但還是可以過得不錯」這件事。不是特別驚喜、也不算失望，而是一種我覺得值得經歷過的過程。