

心得報告

A. 學校簡介

科爾多瓦大學 (Universidad de Córdoba, UCO) 坐落於西班牙南部安達魯西亞自治區的歷史名城哥多華。該校創立於 1972 年，UCO 在全西班牙享有盛名，特別是其**獸醫學**與**農業工程**學系，更是該校的王牌特色。

學校規模宏大，目前共有四個主要校區，其中三個分布於 Córdoba 市區內，分別為 Rabanales 校區、Menéndez Pidal 校區以及 Centro 校區；另一個則位於貝爾梅斯 (Belmez) 。

B. 國外研修之課程學習 (課內)

在研修期間，我對大學附設語言中心 (UCOIdiomas) 所開設的西班牙語課程印象最為深刻。入學之初，有修課意願的學生會由校方安排線上分級測試，我最終被分入 A2 級別班。這門課之所以讓我受益匪淺，原因有二：首先是其「文化沉浸式」的教學法。老師不僅傳授語法與單字，更將西班牙的節慶、社會禮儀及飲食文化編織進教材中，讓語言學習不再枯燥。其次是全西語的教學環境，老師堅持「用西語解釋西語」，這極大程度地訓練了我的聽力。經過一個學期的磨練，我的西文水平有成長，不僅掌握了關鍵的基礎文法，更認識了許多西班牙尤其是 Córdoba 當地的文化。

C. 國外研修之生活學習 (課外)

身處歐洲地理位置的優勢，課外生活我妥善規劃假期，走訪了多個歐洲國家。當那些曾經只出現在歷史課本上的古蹟，如羅馬競技場或梵蒂岡大教堂，真實呈現在眼前時，那種視覺與靈魂的震撼感難以言喻。除了旅遊之外，在 Córdoba 的日常生活中，逛超市成了我的一大興趣，特別是西班牙國民超市 **Mercadona**，以及 Dia 和家樂福。在那裡，我發現了許多台灣未見的食材與零食，這些瑣碎的日常採

購讓我更接地氣地體驗當地生活。當然，品嚐道地的西班牙料理也是必備行程，雖然安達魯西亞的飲食對我而言往往鹹度較高，但這正是最真實的風味體驗。

D. 交換/研修之具體效益

透過半年的洗禮，我將此次交換的具體效益歸納如下：

- **語言能力提升**：不僅在英語溝通上更加流利，更具備了基礎的西語 A2 溝通能力。
- **獨立自主精神的養成**：從異鄉的備餐料理到跨國旅行的行程規劃，全面提升了生活自理能力。
- **跨文化視野的開拓**：親歷歐洲歷史現場，建立更宏觀的世界觀。
- **國際人脈的建立**：與來自各國的學生交流，學會尊重多樣性並建立深厚友誼。

E. 遭遇困境與解決方式

我在海外遇到最大的困境在於「語言隔閡與地方腔調」。Córdoba 並非如馬德里或巴塞隆納般的大都市，當地人的英語普及率較低，且安達魯西亞地區特有的西語腔調常讓初學者的我感到挫折。

起初，溝通不順讓我感到沮喪，但我很快找到解決之道：我善用 Google Translate 作為橋樑，並輔以肢體語言，大多數問題都能迎刃而解。這段經歷給我的啟發是「持續學習的重要性」，我原以為自己的西文已足以應付生活，實則還有巨大的進步空間。這也激勵我在遇到溝通障礙時，能更冷靜地尋求技術與心態上的轉機。

F. 文化衝擊與適應

最大的文化衝擊莫過於「飲食結構」的差異。歐洲人習慣以冷食（如著名的西班牙冷湯 Salmorejo）和麵包作為主食，這與台灣溫熱且以米飯為主的飲食習慣大相逕庭。

面對這種衝擊，我在外食時會更加細心挑選提供米食（如 Paella）或熱菜的餐廳；另一方面，我開始精進廚藝，在當地超市購買食材自己下廚。這不僅解決了胃的思鄉病，也讓我學會在尊重當地文化的同時，找到最舒適的生活平衡點。

G. 人生改變與個人特質轉變

這次歷練為我帶來最核心的轉變是自我效能感的提升。我變得更加相信自己的力量。回想起剛抵達西班牙時，我獨自帶著沉重的行李，接連轉乘飛機、火車與巴士，歷經超過 24 小時的長途跋涉才到達租屋處。那一刻的疲憊與最終抵達的成就感，讓我深刻體會到：只要心態堅定，我有能力獨自挺過任何困境。現在的我，比以往任何時候都更加獨立、自信且具備韌性。

H. 感想與建議

海外生活是一場關於自我成長的極限運動，無論是心智還是能力，都能獲得在國內無法體會的淬鍊。我建議未來想申請交換的同學：務必踏出舒適圈，主動結交不同國籍的朋友。過度依賴中文圈會削弱語言進步的機會。最後，Córdoba 是一座步調清幽、充滿底蘊的歷史之城，若你嚮往的是大都市的喧囂繁華，這裡可能不是那樣。

I. English Exchange Report

Introduction to the University

The University of Córdoba (UCO), located in the heart of Andalusia, Spain, is a prestigious public institution with a rich academic heritage dating back to the late 19th century. Officially established in 1972, UCO has become a leader in several fields, most notably Veterinary Science and Agricultural Engineering. The university is spread across four campuses, including Rabanales and Menéndez Pidal in the city of Córdoba, providing a

robust environment for both local and international students to pursue academic excellence amidst a backdrop of Roman and Islamic history.

Academic Experience: Learning in the Classroom

During my semester at UCO, the highlight of my academic journey was the Spanish language program at the university's Language Center (UCOIdiomas). After a comprehensive placement test, I was assigned to the A2 Level class.

What made this course exceptional was its holistic approach. The instructors did not merely teach grammar and vocabulary; they integrated Spanish traditions, festivals, and social norms into every lesson. Teaching Spanish *in* Spanish was a challenge at first, but it forced me to improve my listening skills rapidly. By the end of the term, I felt a significant leap in my proficiency.

Life Beyond the Classroom

Extracurricular life in Europe was a transformative adventure. Being based in southern Spain allowed me to travel extensively to various European countries. When those ancient sites, previously only seen in history textbooks, such as the Colosseum or the Vatican Basilica, were actually presented before my eyes, the visual and spiritual impact was indescribable.

In my daily life in Córdoba, I found joy in the simplest activities, such as exploring local supermarkets like Mercadona and Dia. Discovering products that are unavailable in Taiwan became a fascinating hobby. I also spent time exploring local "Tabernas" to taste traditional Andalusian dishes. Although the local palate tends to be saltier than what I am used to, it was an essential part of immersing myself in the Spanish lifestyle.

Key Benefits of the Exchange

- **Language Advancement:** Significant improvement in both English and Spanish (A2 level) communication skills.
- **Enhanced Independence:** Developed high proficiency in self-management, including cooking, budgeting, and solo travel logistics.
- **Global Perspective:** Gained a firsthand understanding of different cultures and historical contexts, fostering a more open-minded worldview.
- **Social Networking:** Built a diverse network of friends from all over the world, enhancing my cross-cultural collaboration skills.

Challenges and Personal Growth

The most challenging thing I faced was the language barrier. Córdoba is a city where English is not widely spoken, and the local Andalusian accent can be difficult for beginners. Initially, simple tasks like asking for directions felt overwhelming. However, I learned to utilize technology effectively, using translation apps and non-verbal communication to navigate daily life. This obstacle taught me humility and highlighted the areas where I needed to improve. It also proved that with patience and the right tools, any problem can be solved.

Furthermore, the "Culture Shock" regarding food—specifically the prevalence of cold meals like *Salmorejo* and the reliance on bread—required an adjustment period. I adapted by learning to cook for myself, which not only saved money but also allowed me to maintain a healthy balance between local exploration and personal comfort.

Conclusion and Suggestions

The most significant change I noticed in myself is a newfound sense of self-belief. Traveling for 24 hours alone across continents to reach my destination was a testament to my resilience. I am now more confident in my ability to take care of myself and navigate unfamiliar environments.

To future exchange students, my advice is to embrace the unknown. Do not spend all your time within your comfort zone or only with people who speak your native language. Interaction with locals and international peers is the key to growth. Córdoba is a serene, historic gem; if you seek a peaceful place to truly learn and grow, this is the perfect destination.