

學校簡介

阿姆斯特丹應用科技大學Hogeschool van Amsterdam/Amsterdam University of Applied Sciences屬於重視實踐之應用科大，與業界有密切之合作。此外，與阿姆斯特丹大學UvA有研究合作，兩間皆是阿姆斯特丹主要大學。校區依學院不同，散布於阿姆斯特丹各處。商學院位於阿姆斯特丹東南邊，距市中心搭metro約20分鐘，為一棟現代化建築，空間寬敞，課程多元，以英文授課。

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

學期間共修習3門課程

☐ Current Issue in Business and Society

一學期共有四次小組報告，課堂有一半的時間是學生報告，其他上課內容偏向老師自由發揮。主題如課堂名稱大致圍繞在各種社會議題，包含永續經營、企業倫理等等，也有一部分是老師自己想的主題，跟課堂主題比較沒有關聯。整題還算是不錯，可以跟不同國家的人討論各種議題。

☐ Business Model and Service

屬於理論課，上商業模型跟各種服務流程與品質，期中考試是一對一口試，有理論背誦與應用。期末報告是團體報告要針對荷蘭的公司進行訪問與分析，對交換生來說要訪問荷蘭公司比較麻煩一點。整體來說沒有特別推薦。

☐ Creativity in Business

上課內容蠻有趣的，會用不同的方式、不同的上課素材去講跟創造力有關的主題，很豐富不會千篇一律。期中發表各組決定主題後，自由決定如何呈現，老師只會從旁輔助，不會插手很多，自由度很高。

國外研修之生活學習（課外）

獨自前往國外生活，所有大大小小的事情都要靠自己，大至銀行開戶、小至要吃什麼，都需要自己去處理，無疑是成長的快速道路。

生活雜事外，交友圈也須從頭開始建立。剛到當地無親無故不免感到孤獨，需要勇敢踏出去交友，也許是同樣去交換的台灣人，也許是來自世界各地的人。在認識不同國家的朋友後，會發現大家的生活習慣、想法都很不一樣，相當有趣，也是學習跨文化溝通、廣納異同的好機會。

此外，當然包括所有交換生都會提到的煮飯能力，自己原本就稍為會煮，但出國後真的再更提升，尤其是自己要採買食材、思考要煮什麼，要顧及價格、豐富度、營養度。

最後，是來到歐洲大家不會錯過的旅行各國。在旅行期間感受與欣賞不同國家的風情、生活模式，學著規畫行程、預算控制以及緊急情況處理。

交換/研修之具體效益（請條列式列舉）

- ☐ 獨立生活的能力
- ☐ 適應力提高
- ☐ 廣納異同

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？

沒有特別大的困境，就是很多雜事要處理，要有耐心溝通、處理。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

沒有很特別的文化衝擊，但生活上倒是很不一樣。一開始對飲食不是很適應，午餐都是輕食類的，對平常吃便當的我們很空虛哈哈。但久了其實也蠻習慣的，也覺得不錯吃，回台灣前甚至吃了好次怕回來比較吃不到。

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？

成為更獨立的人，並學著傾聽自己的聲音，照著自己的步調生活。

您認為獎學金對您海外研修最大的幫助是什麼？有無獎學金是否會改變您的出國計畫？

經濟負擔沒這麼重
可能會沒這麼有吸引力，但不確定是否因此改變計畫

感言及心得感想

若家裡經濟能力可以負擔的話，蠻推薦可以出去看看的。每個人出國的目的、目標與個性接不盡相同，有人想要周遊列國、有人想專注課程、有人想廣交朋友，只要清楚自己想要什麼，照著自己的步調走就好了，出國交換還要跟別人到處比較就太辛苦了。會擔心害怕都是很正常的，學著允許與包容自己有這些情緒，聆聽自己的聲音，享受在國外的生活，等快回國的時候真的會捨不得，這段旅程也將成為重要的經歷與回憶。

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)

2. Introduction to the Study Abroad School:

Amsterdam University of Applied Sciences, also known as Hogeschool van Amsterdam, is an applied sciences university that emphasizes practical education and maintains close collaboration with the industry. Additionally, it has research partnerships with the University of Amsterdam (UvA), both of which are major universities in Amsterdam. The campus is spread across different locations in Amsterdam, with the Business School situated in the southeast, approximately 20 minutes away from the city center by metro. The Business School building is modern, spacious, offers diverse courses, and conducts classes in English.

3. Course Learning during Study Abroad (In-class):

During the semester, I took three courses:

- Current Issues in Business and Society: This course involved four group presentations throughout the semester, with students presenting for half of the class time. The topics revolved around various social issues such as sustainability and business ethics, although some topics seemed unrelated to the course theme. Overall, it was a good experience as I had the opportunity to discuss various issues with people from different countries.
- Business Model and Service: This course focused on theoretical aspects of business models and service processes and quality. The midterm examination was an individual oral exam that required both theory recitation and application. The final project was a group presentation and analysis of a Dutch company, which was a bit challenging for exchange students due to the need to interview Dutch companies. Overall, I do not have a specific recommendation for this course.
- Creativity in Business: This course was interesting as it explored topics related to creativity using different teaching methods and materials. The course was diverse and not repetitive. After deciding on the topic as a group, we had the freedom to choose how to present it, with the teacher providing assistance but not interfering much. The course offered a high level of flexibility.

4. Experiences and Learning Outside the Classroom:

Living abroad alone required me to handle everything, from major tasks like opening a bank account to minor decisions like what to eat. It undoubtedly served as a fast track for personal growth. Apart from daily life matters, building a social circle from scratch was necessary. Initially, it felt lonely being in a new place without any acquaintances, but I had to gather courage and make new friends, whether they were Taiwanese exchange students or individuals from various parts of the world. After getting to know friends from different countries, I discovered the diverse habits and perspectives people have, which was fascinating. It provided an excellent opportunity to learn about cross-cultural communication and embrace differences. Additionally, like all exchange students, cooking skills became essential. Although I had some cooking skills prior to going abroad, being responsible for purchasing ingredients and deciding what to cook considering price, variety, and nutrition further enhanced my abilities. Lastly, traveling to different countries in Europe was an experience not to be missed. Exploring different cultures and lifestyles, planning itineraries, managing budgets, and dealing with unexpected situations were all part of the journey.

5. Specific Benefits of the Study Abroad Experience:

- Enhanced ability to live independently
- Improved adaptability
- Broadened acceptance of differences

6. Thoughts and Suggestions:

If your family's financial situation allows, I highly recommend studying abroad. Everyone has different purposes, goals, and personalities when going abroad. Some want to travel extensively, some prefer to focus on their studies, and others aim to make friends from around the world. It's important to be clear about what you want and proceed at your own pace. Comparing yourself to others during the exchange journey can be exhausting. Feeling worried and fearful is normal, so allow yourself to experience and

accept these emotions. Listen to your inner voice, enjoy life abroad, and when it's time to return home, you will genuinely miss it. This journey will become an important experience and memory in your life.