A. 學校簡介

我這次交換的學校是新加坡南洋理工大學(Nanyang Technological University, NTU)，學院是南洋商學院 NBS。NTU 是新加坡非常知名的頂尖大學之一，世界排名長期名列前茅，校園位於新加坡西部，雖然離市中心有一段距離，但校園本身非常大，生活機能也相當完整。校內有許多學餐、便利商店、圖書館、自習空間、運動場地以及校車系統，校外也有搭校車就可以到的大型百貨，因此即使大多時間待在校園附近，也不太會覺得無聊。

我覺得 NTU 最大的特色是校園環境很漂亮、設備很新且應有盡有，也畢竟是在種族文化大熔爐的新加坡，學生都來自世界各地，一個班有 10 種國家的同學都不誇張，這裡也能感受到一種和台灣大學很不一樣的學習氛圍。這裡的學生普遍很主動，課堂討論與分組報告也都很重視實際應用，對我來說是一次非常特別的國外大學生活體驗。

B. 國外研修之課程學習（課內)

這次交換我修了幾門與商業、程式和管理相關的課程，有 Decision Making with Programming & Analytics、Business Operations & Process，以及 Introduction to Computational Thinking & Programming。我自己體感覺得 NTU 的課程難度比我原本想像中高一些，尤其是課程進度、作業要求與分組討論都需要花不少時間準備。不過也因為這樣，我覺得自己在課程中學到很多實用的知識。

其中我最推薦、也覺得收穫最多的是 Business Operations & Process。這門課讓我從企業營運流程的角度去思考問題，不只是學習理論，而是透過案例分析、流程觀察與團隊討論，理解企業如何改善效率、降低等待時間，並提升服務品質，我跟新加坡芬蘭日本的組員選擇校內的 7-11 作為優化目標，自己親自調查與記錄客人的購買、等待時間等數據，進行彙整與數據分析，完成一份充分調查的門店優化報告，並以全英文上台分享。

另外兩堂 Programming 也讓我接觸到更多資料分析與程式決策的應用，上課基本上是講 Python 的基礎應用與資料視覺化，也有帶到 SQL 的應用，雖然對我來說有一定挑戰，尤其是要用英文理解課程內容並完成作業(還有老師 Singlish 口音很重)，但這門課也幫助我更確定未來想往商業分析、資料應用或數位轉型相關領域發展，真是受益匪淺 (雖然課的 loading 都滿重就是了)。

C. 國外研修之生活學習（課外）

除了課堂學習，這次交換最大的收穫其實也來自生活本身。我住在 NTU 的 Hall 4，這是一個我非常喜歡的宿舍，宿舍空間比我想像中大，環境乾淨，也有自己的學餐和生活空間，更幸運的是我遇到一位非常好的日本室友。我們相處得很好，平常會聊天、分享彼此國家的文化與生活習慣，更時常有空就一起出門旅遊，也讓我更自然地練習英文溝通，這位室友絕對是這趟交換中很重要也忘記不了的一部分，甚至交換結束後還來台灣找我玩。

新加坡的生活整體來說很安全、乾淨，也很方便，但不得不說天氣真的非常炎熱潮濕，剛開始我不太習慣每天都像夏天一樣，常常走一小段路就爆汗，下雨也來得很突然。不過住久了之後，也慢慢學會適應，例如隨身帶傘、安排室內活動，或是在比較涼的時間 (晚上)出門。

交換期間我也利用長假期到不同地方旅行，除了新加坡的有名景點外，也去了隔壁的吉隆坡和峇里島。這幾趟旅行讓我看到新加坡以外的東南亞樣貌，也學到很多以前課本上沒教的事情。像是在吉隆坡旅行時，有一次叫 Grab 司機沒有等我們就直接離開，當下很錯愕，也讓我們行程受到影響。還有一次搭 Grab 司機與其他車發生擦撞，雖然不是嚴重事件，但也讓我意識到人在國外旅遊時，真的需要更注意交通安全、保險與應變能力。峇里島則是另一種很不同的文化體驗，當地的生活節奏、宗教文化、自然景觀都和新加坡很不一樣，有非常漂亮的海景與山景，也用少少的錢找到絕佳的住宿與美食，還體驗到人生第一次的滑翔翼。

D. 交換／研修之具體效益

這次交換對我的幫助非常多，具體來說包括：

1. 提升英文聽說讀寫能力，尤其是在課堂討論、分組報告與日常生活中更敢開口。
2. 體驗國外大學的學習方式，了解不同學校對課程、作業與團隊合作的要求。
3. 增加國際視野，透過與不同國家的同學交流，理解更多文化差異。
4. 更確定未來想出國讀研究所的方向，尤其是商業分析與管理相關領域。
5. 學會在陌生環境中主動解決問題，不再過度依賴熟悉的人或環境。
6. 透過旅行，增加自己視野以及環境適應力與事情規劃能力。

E. 海外生活期間遭遇的困境與解決方式

這次交換過程中，我遇到的第一個困難是選課系統。NTU 的選課流程對交換生

來說不是非常直覺，課程資訊、時間安排與選課規則都需要花時間研究。剛開始我其實有點焦慮，因為怕選不到適合自己的課，也怕課程衝堂。後來和一起去 NTU 交換的同學互相討論，也參考過去學長姊留下的經驗分享，最後才順利完成選課。

另一個比較可惜的地方是社交活動。原本我以為會有交換生專屬的社團活動，但這次交換期間似乎沒有開放，導致認識外國朋友的機會比預期少。學校原有的學術性社團加入門檻也比較高，程序較繁瑣，對短期交換生來說比較不容易參與，因此我這次沒有實際參加到社團。雖然這樣，但我還是利用交換生的 Telegram 社群認識很多人，跟交換生的大家一起旅遊、野餐、煮火鍋、玩桌遊，同樣是非常難忘的回憶。這讓我學到，不能只等學校安排，也要更主動參加課堂外的活動，或透過宿舍、同學、旅行與分組報告去拓展人際圈。

F. 文化衝擊與適應

新加坡雖然離台灣不算太遠，也有很多華人文化，但實際生活後還是感受到一些文化差異。首先是語言環境，雖然中文在新加坡也能通，但在學校和課堂上主要還是使用英文，而且是口音特別的 Singlish，剛開始我一度真的連聊天都聽太不懂，也會擔心自己英文講得不夠好，尤其是在分組討論時，怕自己表達不清楚，不過後來發現，只要願意開口，同學大多都很友善，也不會太在意文法是否正確，這讓我慢慢變得比較有自信。

另外新加坡的生活節奏和規則感也很明顯，整個城市乾淨、治安良好，大家普遍很遵守秩序，交通和公共設施也很有效率，所以有人說新加坡是「模型城市」這點我是滿可以理解的。不論是城市景觀、公共秩序、交通規劃，或是人民對規則的遵守程度，都讓我感受到新加坡和台灣在生活環境上的不同。這也讓我重新思考，一個城市的管理方式與公共制度，其實會深深影響人民的生活品質與日常習慣，面對文化衝擊時，我覺得最重要的是保持開放心態，不急著用我們的標準去判斷，而是先觀察、理解，再慢慢調整自己的生活方式。

G. 海外生活帶來的改變與最大成長

這次交換對我人生最大的改變，是讓我更確定自己未來想出國深造。出發以前，我雖然一直有申請國外研究所的想法，但其實心裡還是會擔心自己能不能適應全英文環境、能不能在國外生活、能不能和不同文化背景的人合作。經過這四個月，我發現自己雖然還有很多不足，但其實是可以適應的，也可以在陌生環境中慢慢找到自己的節奏。

我覺得自己最大的成長是變得更獨立，也更有自信。以前遇到問題時，我可能會先緊張或想依賴別人，但這次在國外，很多事情都必須自己處理，像是選課、住宿、交通、旅行安排、預算控制，甚至是突發狀況。這些經驗讓我知道，真正的成長不是完全不害怕，而是即使害怕，也能一步一步把事情處理好。

H. 感想與建議

整體而言，我非常慶幸自己有機會到 NTU 交換。這四個月不只是一次出國讀書的經驗，更像是一段重新認識自己的旅程。我看見了國外頂尖大學的學習方式，也體驗了不同文化下的生活節奏；我認識了來自不同國家的朋友，也在旅行中遇到許多意想不到的狀況。這些經驗都讓我變得更成熟，也更清楚未來的方向。

如果要給未來想去 NTU 交換的學弟妹一些建議，我會建議大家出發前可以先研究選課制度，也可以多看學長姊的心得分享。住宿方面，如果能住在校內宿舍，會很方便跟便宜（基本上都抽的到別擔心），也比較容易融入校園生活。生活費部分，新加坡物價不算低，尤其如果有安排旅行，預算要抓得充足一些。最後我也建議大家要更主動去做任何事，不論是課堂發言、認識朋友、參加活動或安排旅行，都不要害怕嘗試，因為交換四個月的時間其實過得很快，只要你越主動，收穫就會越多。

Exchange Student Reflection Report

Fall Semester, Academic Year 2025

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Department of Business Management, Year 4

During my exchange semester, I studied at Nanyang Technological University (NTU) in Singapore, under Nanyang Business School. NTU is one of the most well-known universities in Singapore, and it is also a very international and modern university. Although the campus is located in the western part of Singapore and is not very close to the city center, the campus itself is very large and convenient. There are many canteens, libraries, study spaces, convenience stores, sports facilities, and shuttle buses. There are also shopping malls outside the campus that can be reached by school shuttle bus. Therefore, even though I spent most of my time around the

campus, I did not feel bored.

What impressed me the most about NTU was its international learning environment. Students came from many different countries, and it was common to work with classmates from different cultural backgrounds. This gave me many opportunities to practice English and experience a learning atmosphere that was different from Taiwan. NTU students were generally active in class discussions and group projects, and the courses focused a lot on practical application. For me, this was a very valuable opportunity to experience university life abroad.

During the exchange, I took several courses related to business, programming, and management, including Decision Making with Programming & Analytics, Business Operations & Process, and Introduction to Computational Thinking & Programming. Overall, I felt that the courses at NTU were more challenging than I had expected. The pace was fast, and the assignments, discussions, and group projects required a lot of preparation. However, because of these challenges, I also learned many useful skills.

Among all the courses, the one I benefited from the most was Business Operations & Process. This course helped me understand business operations from a more practical perspective. Instead of only learning theories, we had to observe real business processes, collect data, analyze problems, and propose possible improvements. My group members came from Singapore, Finland, and Japan, and we chose the 7-Eleven store on campus as our research target. We observed customer behavior, recorded waiting time, analyzed the service process, and completed a store improvement report. Finally, we presented our findings in English. This experience helped me connect business knowledge with real-world problem solving.

Besides academic learning, daily life was also an important part of my exchange experience. I lived in Hall 4, which was a very comfortable dormitory. The room was spacious, the environment was clean, and the hall had its own canteen and living spaces. I was also very lucky to have a very nice Japanese roommate. We got along very well, often talked about our cultures and daily lives, and sometimes traveled together. He became one of the most unforgettable parts of my exchange life, and even visited me in Taiwan after the exchange ended.

Life in Singapore was safe, clean, and convenient, but the weather was something I had to adapt to. It was hot and humid almost every day, and sudden rain was also very common. At first, I was not used to sweating easily after walking only a short distance. Later, I learned to bring an umbrella, arrange more indoor activities, and go out more often at night when the weather was cooler.

During the exchange, I also traveled to Kuala Lumpur and Bali. These trips allowed me to see different sides of Southeast Asia. In Kuala Lumpur, we once called a Grab, but the driver left without waiting for us, which affected our schedule. Another time, the Grab car we were in had a minor accident with another car. Although it was not serious, it reminded me that when traveling abroad, I should pay more attention to transportation safety, travel insurance, and emergency planning. Bali was a very different cultural experience. The local lifestyle, religion, natural scenery, food, and accommodation were very different from Singapore. I also experienced paragliding for the first time, which became one of my most memorable travel experiences.

I also experienced some culture shock in Singapore. Although Singapore is close to Taiwan and has many Chinese cultural elements, English is still the main language used in classes, discussions, and presentations. At first, I was worried that my English was not good enough, especially when talking with classmates or doing group work. I also needed time to get used to Singlish. However, I gradually realized that communication is not about speaking perfect English, but about expressing ideas clearly and being willing to speak. This made me more confident.

Another difference I noticed was Singapore's city management and public order. The city was clean, safe, and efficient. Public transportation was well organized, and people generally followed rules. Whether it was the city view, public order, transportation planning, or people's respect for rules, I could feel the difference between Singapore and Taiwan. This made me rethink how a city's management and public systems can deeply influence people's quality of life and daily habits.

Overall, this exchange experience changed me a lot. Before going to Singapore, I already had the idea of applying to graduate schools abroad, but I was still unsure whether I could adapt to an English-speaking environment and independent life overseas. After these four months, I realized that although I still have many things to improve, I am capable of living and studying in a foreign environment. My biggest

growth was becoming more independent and confident. I learned to handle course registration, accommodation, transportation, budgeting, travel planning, and unexpected situations by myself.

I am very grateful for the opportunity to study at NTU. This exchange was not only an academic experience, but also a journey of self-discovery. It broadened my international perspective, improved my English ability, and helped me become more certain about my future direction. I would recommend NTU to students who want to experience a foreign university environment, improve their English, and develop a more global mindset. The exchange period passes very quickly, so I believe the more actively students participate, the more they will gain from the experience.