中文心得報告:

本次交換學校為澳洲昆士蘭科技大學（Queensland University of Technology, QUT），位於澳洲布里斯本，是一所以實務導向與創新教學聞名的公立大學。QUT 強調「real-world learning」，課程設計重視與產業接軌，並鼓勵學生透過專題、討論與實作方式學習。其創意產業、媒體與設計相關領域在國際上具有一定知名度，校園分布於市中心與 Kelvin Grove。

本次交換共選修四門課程，其中最喜歡的是 Writing Fiction。相較於其他偏重理論學習與應用的課程，我更喜歡這門著重思考、分析與實務寫作技巧的虛構文學創作課程。課程在大班 lecture 中主要講授寫作技巧、業界成功案例，以及作品發表的相關管道，而 tutorial 小班互動則以訓練學生之間的互評與實作練習為主。我特別喜歡 tutorial 的部分，每堂課都能期待閱讀同學的作品並獲得他人對自己作品的回饋，每週最期待的便是與同學交換意見的時間。

在布里斯本的生活與台灣相比開銷並不低，日常生活以自行烹飪為主，透過超市購買食材來控制支出，也會偶爾外食，例如速食餐廳或簡單餐點。除了因為每日烹飪而使廚藝有所進步外，在人生地不熟的環境中需要自行處理各項生活事務，也使我變得更加獨立。此外，與來自不同國家的學生交流，使我更加熟悉多元文化環境，也逐漸適應以英語作為主要溝通語言的生活方式，透過日常互動提升表達能力與跨文化理解能力。

交換具體效益如下:

- 提升英語溝通與學術寫作能力
- 熟悉澳洲高等教育之教學模式
- 增進跨文化溝通與適應能力
- 進一步提升生活能力
- 擴展國際視野與人際網絡

- 提升對媒體、文化與創意寫作之專業理解

在交換期間所遭遇的主要困境，是與台灣課堂截然不同的教學環境。一開始不熟悉需要額外選擇 tutorial 時段，在小班討論中也常需快速組織英文想法並表達意見。雖然對教授的講授內容理解上沒有問題，但在表達自身觀點時常會卡關。不過透過心態調整與持續練習，逐漸克服了這項挑戰。

此外，在生活方面也曾遇到各種行政流程的問題，但透過詢問相關人員後順利解決。整體而言，問題都能以透過主動求助與適應逐步改善。

初到澳洲的文化衝擊，對於其較為開放與直接的溝通方式感到不適應，特別是在課堂討論中，學生普遍積極發言且鼓勵表達個人觀點。相較於台灣相比較為內斂的學習環境，需要時間適應。此外，在澳洲旅遊時較常遇到陌生人主動搭話，雖然多為簡單問候或詢問方向，但當時在表達上仍需較多時間思考，回想起來覺得可惜，認為自己當時應能表現得更好。不過這些問題也隨著時間迎刃而解。

本次交換使我在多方面有所成長，包括自主學習能力、語言表達能力以及跨文化溝通能力。在面對陌生環境時，也更能保持開放態度並積極解決問題。尤其在英語表達方面我認為進步最多，交換以前對理解英語內容毫無問題，但在表達方面依然有很大的進步空間，這次的經驗使我英語更加流暢並勇於使用英語。在學習方面上也有進步，從以前的被動學習轉為主動發言與批判性思考，同時也學習到了更多尋找學習資料的管道。

整體而言，本次交換經驗是非常寶貴的學習歷程，不僅提升學術能力，也拓展生活技能與文化視野。建議未來交換學生在出發前要做好完善的目的地調查與多多練習語言能力，可以免去許多不必要的麻煩。

英文心得報告:

The university chosen for this exchange program was the Queensland University of Technology (QUT) in Brisbane, Australia. It is a public university known for its practice-

oriented and innovative teaching approach. QUT ‘s motto is “real-world learning”. Its courses are designed to focus on industry connections and encourage students to learn through projects, discussions, and practical activities. Its programs in creative industries, media, and design are well recognized internationally. There are two campuses, Gardens Point and Kelvin Grove.

During this exchange, four courses were taken, and the personal favorite was Writing Fiction. Compared to other courses that focused on theoretical learning and application, I preferred this course, which emphasized reasoning, analysis, and practical writing skills in fiction creation. In lectures, the course mainly introduced writing techniques, success stories, and ways to publish or present one’ s work. In tutorials, the focus was on peer feedback and writing exercises. I especially enjoyed the tutorial sessions, as I looked forward to reading classmates’ works and receiving feedback on my own work. The weekly discussions with classmates were the most anticipated part of the course.

Life in Brisbane was comparatively more expensive than that of Taiwan. I mainly cooked for myself and bought groceries from supermarkets to reduce my living expenses and only ate out occasionally. In addition to improving my cooking skills through daily practice, I have become more independent because various daily tasks had to be handled in an unfamiliar environment. Furthermore, interacting with students from different countries helped me become more familiar with a multicultural environment and gradually adapt to using English as my main language of communication. Through daily interactions, my communication skills and cross-cultural understanding steadily improved.

The specific benefits of this exchange experience are as follows:

- Improved English communication and academic writing skills
- Gained familiarity with the Australian higher education teaching model
- Enhanced cross-cultural communication and adaptability
- Improved independent living skills
- Expanded international perspective and social network
- Strengthened professional understanding of media, culture, and creative writing

The main difficulty encountered during the exchange was the vastly different classroom environment compared to Taiwan. At first, I was not familiar with the need to select tutorial sessions separately, and during classes I often had to quickly organize my thoughts in English and express opinions during small-group discussions. Although I had no problem understanding the lectures, I often struggled to express my own ideas in a timely fashion. However, through adjusting my mindset and continuous practice, this challenge was overcome with time.

In addition, I also encountered administrative issues in daily life, but these were resolved fairly easily by asking around. Overall, most problems were gradually solved through proactive help-seeking.

My first weeks in Australia, the open and direct communication style was a cultural shock to me, especially in classroom discussions where students spoke actively and were encouraged to express opinions. Compared with the more reserved learning environment in Taiwan, it took me a while to adapt. In addition, during traveling in Australia, I often

encountered strangers initiating conversations completely unprompted. Although they were usually simple greetings or directions, I needed more time to respond at that time, and I felt that I could have done better. However, these issues gradually improved over time.

This exchange experience contributed significantly to my personal growth, including independent learning ability, language expression ability, and cross-cultural communication skills. When facing unfamiliar environments, I became more open-minded and proactive in solving problems. My English speaking ability especially improved. Before the exchange, I had no major issues understanding English, but I still had room for improvement in speaking. This experience made my English more fluent and gave me more confidence in using it. My learning style also changed from passive learning to active participation and critical thinking, and I’ ve also learned more ways to acquire learning resources and utilize learning assisting tools.

Overall, this exchange experience was an invaluable journey. It not only improved my academic abilities but also broadened my life skills and cultural perspectives. One suggestion for future exchange students would be to have a deep understanding of your destination and make sure to hone one’ s language ability before departure in order to avoid unnecessary troubles.