

返國心得報告書

心得：

Saint Mary's University 位於加拿大東岸的大學，所在城市為哈利法克斯。聖瑪麗大學是以它們的商學院著稱，因此學校裡主修商的學生比例很高。除此之外，學校裡也非常多國際生，有超過四分之一的學生都是國際生。哈利法克斯為一個港口型都市。即使如此，這座城市一年當中有將近三個月都在下雪，而學校有時也會因為暴風雪而停課。想等到完全不再下雪大概要等到五月初，對於台灣地區的學生而言會是一個比較特別的經驗。還記得開學第一天與學校教授進行 **academic meeting** 時，教授第一個與我談到的就是哈利法克斯的天氣。教授說，世界上很少有像哈利法克斯的天氣一樣糟的地方，所以當地人很喜歡和別人談起天氣，因為總會有說不完的故事。

這次來聖瑪麗大學交換，我選了三門課，分別是文學導讀，日本文化以及新聞媒體相關課程。還記得當時，我十分希望能夠修犯罪學的相關課程，但由於一些選課規定我無法修犯罪學的課程。於是，在犯罪學教授的同意之下，我便旁聽了一學期，學習到了很多我不曾接觸過的知識。聖瑪麗大學的教授對學生十分用心，好比我文學導讀的教授，會定期安排與每一位學生進行一對一的面談，並且利用面談時間給予學生的期末論文很多指導與建議。每一位學生一學期至少都和教授面談了五次。至於日本文化則是茶道課，教授是一位在日本跟著當地師傅學習了將近二十年的茶道老師。透過這堂課，我學習到了各種茶道相關的知識，比如如何正確地拿茶給客人，或是如何正確地以客人身份品嚐一杯茶。每堂課教授都會用日本食材做出傳統的和果子，對我而言是一個非常新奇有趣的體驗。

至於課外活動，學校的學生會會舉行各種活動讓學生參加，比如學生之夜，參加的學生會被要求穿著正式服裝，並到晚宴會場享用自助餐。現場也會有專業攝影師幫學生拍照留念。另外，冬天時學生會也會安排滑雪，帶著學生坐遊車到附近的滑雪場地。大部份的亞洲學生對於滑雪難免較為生疏，所以他們也會安排教練教初學者滑雪。除此之外，由於天氣因素，平常較無法有太多戶外活動。因此，大部份的時間我會與朋友在公寓裡玩桌遊打電動和吃披薩，假日也會去酒吧或夜店。學校附近有一個溜冰場，只要出示學生證就可以免費入場，也是學生常去的地方。天氣許可時，我也會與朋友去哈利法克斯的 **waterfront**，坐在碼頭附近看海。

交換具體效益：

1. 認識來自各個國家的朋友，了解各個國家的文化
2. 很多事情都必須自己處理，因此會變得更獨立
3. 了解不同國家的教育方式
4. 體驗當地的風俗民情
5. 開闊自己的視野
6. 探索自己的興趣

感想與建議：

很慶幸當初報名參加了中山大學提供的交換計畫，讓我體驗到了很不一樣的教學環境以及生活模式。另外，能夠和不同過家的朋友討論國際時事分享彼此的看法也是一件很棒的事情，不但可以獲得各種不一樣的看法，也同時能透過這種方式增廣自己的見聞。

Saint Mary's University is located in Halifax, Canada. The university is well known for its Business department, thus the percentage of students who are majoring in business is high. Furthermore, more than 1/4 of the students here are international students, which makes the university a perfect place to cultivate global vision and experience different cultures.

Halifax is a port city, yet it snows a lot during winter and spring. Since Saint Mary's is located in Halifax, it is quite often that classes would be canceled due to snowstorm during winter. When I first arrived in Halifax, I was not used to the harsh weather at all, and thus I tended to stay indoors whenever I could. I also remembered clearly that during my academic meeting at the beginning of the semester, the very first thing the professor talked about was the weather in Halifax. He told us that people who live here enjoy talking about the weather, because there are always endless interesting stories they could share.

During my exchange period in Saint Mary's, I registered three courses: Introduction to English Literature, Japanese Aesthetics and Media in Everyday Lives. Originally, I tried to sign up for criminology related courses, yet due to some reasons, I was not qualified for it. Luckily, a professor agreed to let me audit his course, and I have gained much knowledge from it. The professors at Saint Mary's are really attentive toward students. For example, the professor from Introduction to English Literature asked us to set up one-by-one meetings with her every month, and during those meetings she would give us advice and help us through our final project step by step. As for Japanese Aesthetics, I have learnt the proper way to serve tea and wagashi to guests during Tea Ceremony, not to mention the symbolization of those beautiful patterns on the tea bowls.

Besides studying, I have spent a lot of time participating in all kinds of activities. The student council held many activities for international students to attend. For example, there was an event called Silver Skating, where they took us ice-skating. It was an unforgettable night, because many of the students have never gone ice-skating before. Thus, I remembered seeing people struggling hard to move on ice, which made the night full of laughter. Furthermore, my friends and I hanged out very often. We usually gathered together every night after supper to play cards or watch movies. On weekends, we would go to the waterfront to have picnic and enjoy the sun if the weather was nice. On snowy weekends, we would go to a bar and have some drinks. The incredible and amazing memories we had created together are unforgettable.

Being an exchange student at Saint Mary's has broadened my horizon in many different ways. When studying at Saint Mary's, I noticed the significant difference of teaching styles between Canada and Taiwan. Furthermore, not only did I experience the life style in Halifax in a thorough way, I fell deeply in love with this slow paced city. Last but not least, by making friends from all over the world, I get to have a glimpse of many fascinating cultures, and also see global issues from different perspectives. The whole journey is beyond description.