

荷蘭阿姆斯特丹商學院返國報告書

26-1 學校簡介

我們交換的學校是 Hogeschool van Amsterdam (HvA)，阿姆斯特丹應用科學大學，是荷蘭一所大型高等職業教育機構。校區分散在阿姆斯特丹各地，我們上課的位置在 Bijlmer station 捷運站附近。

26-2 國外研修之課程學習（課內）

我在這學期選了兩門課，分別是 Business law (商業法律)和 Human resource management(人力資源管理)。在商業法律的課程裡，內容遠比我想像的有趣很多，教授從歐洲歷史開始介紹，也講解了歐盟的成立還有作用、歐洲的貿易方式等，在結合貿易實例去套用相對應的法律。課堂上也有分組報告，每組都有一個 Case study，從每一組的報告內容更學習到很多國際間貿易上有糾紛時是用什麼法律或方法去解決的，課程實用且充實。另一堂課人力資源管理，教授教導我們操作 SAP 系統，一組會抽一個企業，並用 SAP 系統去整理歸納這個企業的人力資源調度、招募等過程，並去分析這個企業的特性，在人力資源上要怎麼去分配才得宜，透過實作的方式有深入了解到一間公司可能是怎麼去管理他的人力資源，也更了解公司企業的文化。

26-3 國外研修之生活學習（課外）

在國外生活除了上課外有很多的課餘時間，學校有辦很多有關交換生的派對和活動，在參與各項活動的過程中大量與來自各國的同學們相處，雖然一開始都很緊張，因為怕英文講不好而不敢開口說，但發現其實外國的朋友都很友善，也都很願意慢慢去聽、去了解你想表達的，不但增加了開口說英文的勇氣，更結交一些外國的好朋友。

另一項很重要的學習是與自己的相處，比起在台灣，交換的日子多了很多自己的時間，把時間好好的利用和管理是很重要的，我養成了早上醒來和晚上睡前都讀英文的習慣，也更懂得在生活上如何照顧、打理自己，例如三餐都要自己準備，生活上遇到各種困難也試著自己處理、自己解決，在這過程中有感受到自己成為一個更獨立的人，也更能與孤單寂寞共處，不是依靠外界來給自己快樂，而是在心靈找到平靜所帶來的快樂，這才是最重要的。

26-4 交換/研修之具體效益（請條列式列舉）

增進英文能力

建立、拓展人脈

了解國外的上課方式、文化

學會如何照顧自己，變得更獨立

出國旅遊，增廣視野及國際觀

26-5 感想與建議

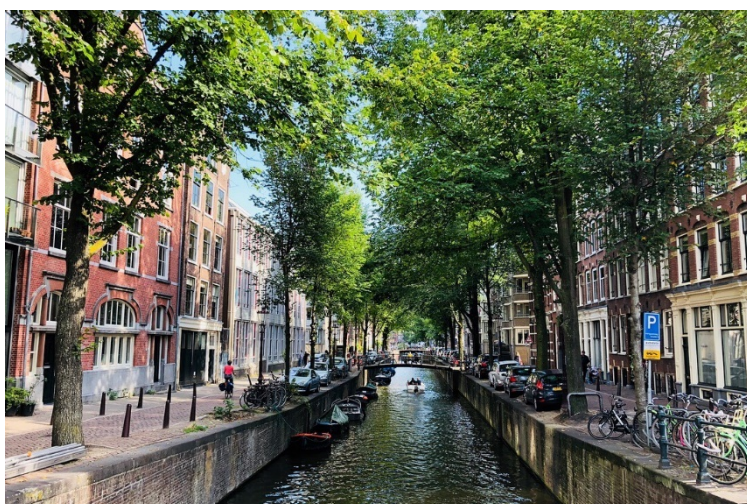
在人生能夠有機會出來交換是非常難得且珍貴的經驗，我真的覺得自己很幸運能夠去荷蘭交換，阿姆斯特丹是一個很美麗的城市，被條條運河圍繞，房屋建築也很特別，光是走在街道上就是一種享受。荷蘭比起其他歐洲國家也是對不同種族比較友善的一個地方，雖然荷蘭有荷蘭語，但大部分的人都能用英文溝通，讓在異地生活的一切順利許多。

當然在這段交換生活中還是留有一些做得不夠好的地方，一些遺憾。在課堂上可以看到來自各國的學生都很積極努力的學習，包含主動發言、主動提問，在課堂上有很多與教授的互動，覺得自己在學習上還是比較畏畏縮縮，沒有善用資源把能夠學習的發揮到最大值。在課外的部分，覺得自己參與不夠多交換生的活動，錯失一些認識更多朋友接觸更多文化的機會，這是我覺得很可惜的地方。

在國外生活能學習獨立自主很重要，要能夠在自由和自律間取得平衡，認真學習、認真玩樂，一

切都會成為一個非常美好的回憶。

26-6 相片（2~3 張貼進 word 檔案，含說明，並 Email 原檔給國際處承辦人）



照片一：

在阿姆斯特丹市中心與運河的合照

照片二：

運河、街道、樹蔭，阿姆斯特丹最難以未忘記的美景

照片三：

中山大學一起來交換的夥伴，在外地互相照應，更加點綴了這段美好回憶

It was a very precious experience to be an exchange student in Amsterdam. I was very nervous at first, because it was the first time to live abroad by myself. However, after I met many nice friends there, I got used to everything gradually. Amsterdam is such a beautiful city, every view in the city just like a fabulous painting. This is the main reason why I love Amsterdam so much. The city of freedom, the weed and red light district are all legal in this city, which really impressed me and made this city so special.

I had two courses in this semester, one was “International Business Law” , and the other was “Human Resource Management” , both were very practical. “International Business Law” helped me to understand Europe’s history and current business situation more clearly. “Human Resource Management” let me know how to use SAP system to manage and sort out an enterprise’s employees and learned many real cases in every week’s case study. I also sat in on “Business English” class on weekend, I have learned a lot from this class, especially the speaking practices every class, let me not being afraid to speak English with others. The teacher was very nice and helped me with many problems patiently.

I have traveled to many places in my free time, such as Rotterdam and Zaandam. The Erasmus bridge in Rotterdam is very spectacular, the night view on the bridge is so amazing. I love Zaanse Schans in Zaandam very much because of its windmills and lovely buildings, it’s such a beautiful place to visit. I also went to lots of other countries. Athens and Santorini on autumn break, and Dusseldorf, Cologne, Berlin, Prague, Budapest for Christmas. Every city has different cultures and different looks, all deeply impressed me and made every journey so memorable.

There are three other students in NSYSU also came to exchange in Amsterdam together. They were all so friendly and took care of me a lot. We were just like a family, keeping company with each other. We cooked together, learned together, traveled together, I can’t image how to live my exchange life without them. We also met many foreign friends, they were very kind. We invited them to dinner and cooked some traditional Taiwanese cuisines, they loved our food very much. Our friends from France also cooked their famous dessert – “Crêpe” for us, it was so special and delicious. I really hope I can see those friends again in the future.

After theses five months, I have learned a lot of things and become a more independent person. Now, I am good at cooking and doing many housework, and I can plan a whole trip by myself. The most important thing is I am not afraid of talking to foreigner anymore! I am very grateful to my parents and NSYSU for giving me this chance to go to Amsterdam for exchange. Amsterdam is the greatest city, I will definitely go there again in the future!