

香港中文大學返國報告書

26-1 學校簡介

香港中文大學成立於 1963 年，是全港最寬廣、最綠意盎然的學校，為研究型綜合大學，並以「結合傳統與現代，融會中國與西方」為使命，英語則為主要授課語言，且其採取全港獨有的書院制度，有晚餐共膳、高桌晚宴等增進師生間的交流互動、凝聚感情。再者，中文大學是亞洲首屈一指的大學，於 QS 世界大學、泰晤士高等教育世界大學等國際排名皆有亮眼成績與肯定。

26-2 國外研修之課程學習（課內）

在香港中文大學我修習 Business Analytics、Big Data Management 等課程，為過往自己未曾接觸之領域，學習 Python 與 SQL 程式語言，進行資料分析與管理。我覺得交換期間更可以嘗試修習不同專業，因為相較之下，交換時課業壓力相對沒有那麼重，更可以去修習自己感興趣的領域，並多加善用彈性時間，像是我會於課堂外，尋找網路資源，輔助、加強我在程式語言這塊能力上的不足。此外，也藉由 Business Analytics 的小組專案，學習與當地學生一起合作，並將理論運用於實務上，分析公開數據並針對主題予以結論。

26-3 國外研修之生活學習（課外）

作家劉克襄在《四分之三在香港》一書曾提到，「因為行山穿村，我幸運地邂逅了隱藏版的香港，一個比購物和美食更獨特、更有魅力的香港。」而交換期間，我也透過爬山認識香港不同的面貌，當厭倦都市繁忙腳步與喧囂時，不妨和三五好友，一齊親近大自然，享受美麗景致，例如麥理浩徑、龍脊、獅子山等，用不一樣的方式去體驗交換生活。

香港除了本島之外，尚有許多離島，例如長洲、南丫島、大澳等，有漁村風光，也有愜意的異國情調，不妨從中環碼頭或馬料水渡輪碼頭出發，用一天的時間，體驗各個離島風情。此外，香港因地理之便，到深圳、澳門旅遊皆十分方便，搭乘港鐵、巴士或乘船即可到達，探索不同地區的文化背景與品嚐美食。

至於學習廣東話，則可利用網路資源，例如觀看 YouTube 影片，讓學習更有趣並提升學習效果，平常逛街、去茶餐廳時，也勇於開口用廣東話詢問、點餐，把握每次練習機會。

26-4 交換/研修之具體效益（請條列式列舉）

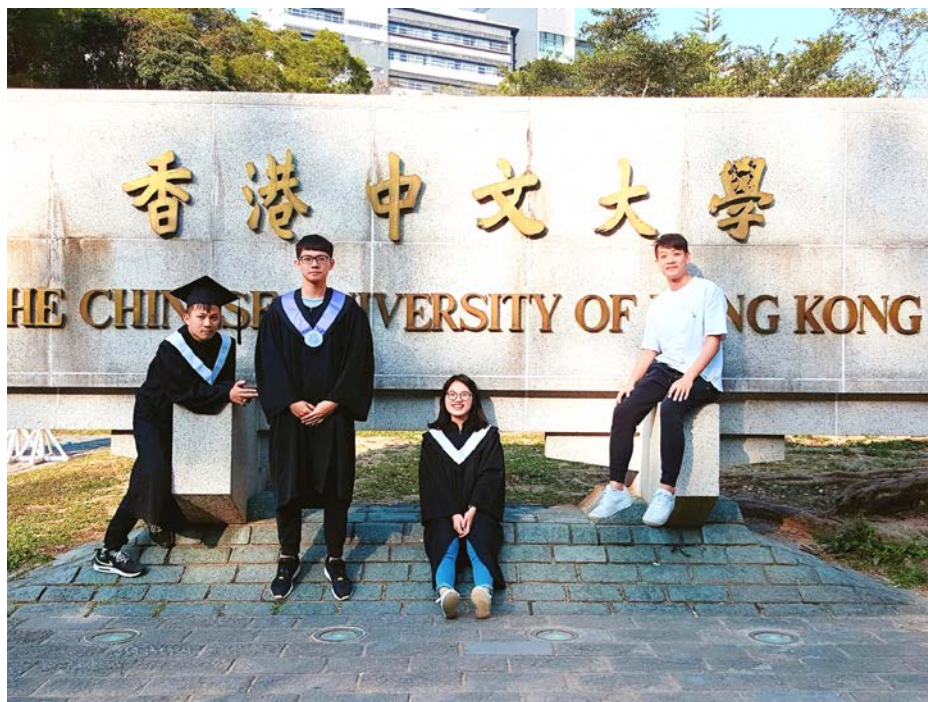
1. 拓展國際視野，深入認識不同地區的文化與歷史背景等。
2. 結交國外朋友，透過與其聊天交流，學習以不同視角看待事情。
3. 學業上體驗不同授課方式，並認知到與當地學生程度上之差異，警惕自己要更加學習以補足不足之處。
4. 學習當地語言－廣東話。
5. 以較小成本事先了解此國家/地區的產業、生活、職場等型態，是否適合自己，未來就業時可多一項選擇，發掘更多不同可能性。
6. 學習更加獨立、培養解決問題能力。

26-5 感想與建議

謝謝這趟交換旅程，讓我以美好的回憶為大學生涯劃下句點，最後一天離開香港前往機場時，我也不禁落下眼淚，因為承載著太多的感動與回憶，交換生活於此劃下句點，但相信這段故事的結束，是另一段新旅程的開始，未來有一天，我會再次造訪這充滿故事的城市。而以下幾點為給之後前往交換的同學的些許建議：

1. 交換前先為自己設下幾項目標與期許，例如學習語言，可以讓交換生活更家充實、有目標。
2. 多參加活動認識不同國家的朋友，如果可以的話，也盡量參與校外活動，例如講座、交流會等，與不同背景的人交流，例如社會人士，可以以更廣泛、全面的視角與觀點了解這個國家/城市。
3. Be open-minded，自己親身體驗、走過一遭，再下結論，用雙眼去認識一個國家/城市，而非透過他人或網路上的言論。
4. 如果可以的話，試著安排一次獨自旅行，旅程中放慢腳步，與自己相處對話，過程中除了學會獨立、培養勇氣，同時也沈澱並更加認識自己，我想這也是交換很重要的目的之一吧。

26-6 相片



與其他交換生一同於學校正門拍攝畢業照



與香港朋友去爬大東山



與其他交換生去香港離島一西貢

<英文心得>

My exchange life in Hong Kong _ We age not by years, but by stories.

Being the exchange student in Chinese University of Hong Kong (CUHK) would definitely be one of my fond memories in life. Founded in 1963, The Chinese University of Hong Kong is a comprehensive research university with a global vision and a mission to combine tradition with modernity, and to bring together China and the West. In addition, CUHK is the only one that offers a unique college experience off all Hong Kong universities. This system encourages intimate interaction among teachers, students, and alumni and also complement the formal curricula by delivering whole-person education. For example, I stayed in S.H. Ho College and we had communal dinners, high table dinners, and cultural dinner together. I can not only experience the local food but also making friends during this time. What's more, having dinners together in the canteen just seemed to be in the Harry Potter scenes.

Besides the colorful life at school, I also explored this city in different ways. That is to go hiking. When it speaks to Hong Kong, shopping or delicious food may first come to people's mind. But there is actually many natural and breathtaking scenery in Hong Kong that you shouldn't miss. For examples, dragon's back, lion rock, sunset peak, etc. So next time if you are weary of the hustle and bustle of big city life then give it a try! Hiking with local friends during the exchange period it was really an unforgettable memory for me. I was mesmerized the great amount of diversity that Hong Kong contains.

Furthermore, it is very convenient for traveling to other places since the geographic location of Hong Kong. For example, you can go to Shenzhen by MTR and Macau by bus or ferry. I strongly recommend seizing the time when you are an exchange student to explore the adjacent cities as much as you can which can broaden your horizons. By the way, the egg tarts in Macau are so mouthwatering and they have different taste and style from Hong Kong's. And there are also some outlying islands with the magnificent view including Cheung Chau, Lamma Island, Lantau Island, etc. You can take the ferry from Central Pier to those wonderlands.

I still remember that there are some people asked me why I choose this city as an exchange student before I went to Hong Kong? I consider it is not the place where you been but the heart that you connect to the world. If you be open-minded then you would get more than you expected though Hong Kong is quite near Taiwan. I cherished every visit and kept records of all the amazing places that I stumbled upon. And also, the amazing people that I met. I appreciate the exchange program that gave me such a special and remarkable experience of my college life. This is the end of my exchange journey, but I bet I will meet this wonderful city again someday!