A. 學校簡介

杜倫學是英國少數採用 College System 的歷史悠久大學之一，並且這裡同時也是哈利波特的拍攝取景場景之一！。而我所屬的 St. Mary's College 不只是住宿的地方，更像是一個大家庭。學院經常舉辦各種活動，例如 fresher's week, Formal Dinner, Ball 還有 common room, bar 讓大家同樂一起打撞球。尤其是 Formal Dinner，學生們穿著正式長禮服與西裝，在充滿歷史氛圍如同城堡一般的餐廳裡用餐，這樣的傳統文化體驗是在臺灣校園生活中相當少見的。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

交換期間，我修習了 year 1 工程還有電腦科學相關課程。杜倫大學的教學模式與臺灣有所不同，除了大型 Lecture 之外，也包含 Seminar, Tutorial 以及 Practical 等小組討論和上機操作課程，學生需要更主動地參與討論與課前準備。另外，一年級的課程大多數 lecture 都是用能容納兩百人的大型教室，因此教師的教學品質都很穩定可靠，多數語速都會儘量放慢並且咬字清晰，約莫一兩個月就能逐漸適應~~不必過於焦慮，聽力肯定越變越好!最重要的是，無論哪間教室都配有錄音錄影系統 (encore)，教授會將上課完整內容於一到兩天內上傳於杜倫的網路大學（blackboard durham），就算有上課跟不上的地方也可以回家反覆觀看。我其中最推薦的便是 Computer Science - Programming (year 1)。因為在台灣我並非主修資工，因此覺得能夠建造自己的網站很新奇興奮有成就感，這也是最能夠如涓涓細流般長期應用到生活當中的一項重要技能。

C. 國外研修之生活學習（課外）

在課餘時間，我也有去嘗試過義工志願服務活動，是去當地國小帶領讀繪本與故事書。除此之外，我也利用每個學期間約莫一個月的假期探索英國各地以及歐洲其他國家，如愛丁堡、曼徹斯特、義大利、布拉格、德國等等。過去我對許多歐洲城市的認識僅來自教科書圖片或是網路，而這次能夠親自走訪那些歷史悠久的城市，實際感受不同國家的氛圍、建築，讓我對世界有了更真實且立體的理解。每一次旅行都需要自己提前規劃交通、住宿與行程安排，這些經驗也進一步培養了我的獨立問題解決能力。

D. 交換/研修之具體效益（請條列式列舉）

本次交換帶來的具體效益包括：

- 提升英語溝通和學術專業科目英文能力
- 提升獨立思考與生活解決問題能力
- 建立國際人脈網絡
- 深入了解英國高等教育制度與學習模式
- 培養時間管理與規劃能力
- 增加國際移動力與未來海外發展競爭力
- 擴展國際視野與文化包容力
- 架設網站的專業能力
- 加強金錢消費觀念

E. 海外生活期間是否曾遭遇困境，及是否解決問題? 如是，請說明如何解決問題;如未解決，請說明事件最大的啟發及思考未來可以怎麼解決?

其實在剛到英國時也曾遭遇謊稱中國警察的詐騙電話事件，而在身心狀況都不穩定的當下我一度接近崩潰，不知所措，(似乎是英國在台辦事處送的網卡電話號碼外流)，但後來我透過台灣中山大學提供的資訊(外交部官方 LINE)以及向其他在這裡的台灣人聯絡後，令我對於海外資訊安全有更高的警覺，學習辨識可疑訊息並保護個人資料。另一項困難則是語言與文化適應。起初聽英國當地

口音時無法完全理解(英國北部口音更不熟悉)，但透過持續與鄰居們交流、參加 formal dinner、一起吃晚餐、廚房聊天或一同觀看英國影集，我也逐漸習慣當地語速與表達方式。然而，身為有酒精不耐症基因的人，和朋友們去夜店或是酒吧依舊較難融入。

F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

英國大學生對於夜晚社交活動的重視程度一定是我覺得最驚訝也驚嚇的文化差異了。週五是結束一周上課的最後一天，因此當晚的夜店狂歡與酒精路跑更是他們生活中不可或缺的一劑良藥。但是，因為這經常會持續到深夜凌晨 2, 3 點，有時他們回到宿舍後依舊會站在走廊或樓梯間聊天玩樂，而這便會打擾到其他已經入睡的人休息。我有打開房門請他們小聲一點，或是自行戴上耳塞，都能夠改善睡眠困擾。這些活動不只是娛樂，更是建立人際關係的重要途徑，但我認為必須在追求快樂與尊重他人之間取得平衡。

G. 海外生活歷練是否為您人生帶來不一樣的改變或者個人特質上的轉變，最大的成長是什麼?

經過了交換一年的洗禮，我覺得對我個人特質與個性的塑造有很大的幫助。在台灣時，我很容易受別人的想法影響，因此也去改變自己的觀點，有點隨波逐流，這讓我容易不自信，太在乎別人的看法。但經過了這遠離親朋好友的一年，以及這邊文化對於「自我」的鼓勵與認同，我能夠最大限度地去營造我想要的生活，在不影響他人為前提下的隨心所欲。我擁有了自己的獨立房間、天壤之別的校園、生活環境，比起他人的眼光，我把我的感覺感受放在更前面，而這也讓我能夠看清楚真正想要做的事情是甚麼，不再趨之若鶩。

H. 感想與建議

這段經歷不僅增進了我的專業知識與語言能力，更讓我拓展國際視野、建立自信，並學會以更開放的態度面對世界。我非常推薦明後年的中山學弟妹來英國杜倫大學交換！

I. 英文心得(包含學校簡介、課程學習、生活學習、具體效益、心得感想等等) 500 字以上

赴中國交換者免填英文心得

Durham University is one of the historic traditional College System, with its campus famously serving as a filming location for *Harry Potter*. During my exchange, I am allocated to St. Mary's College. More than just the accommodation, St. Mary is like a warm family. The college regularly organized fresher's week, winter/summer balls, formal dinners, and lots of pub quizzes, alongside common rooms for playing pool. Among these traditions, the formal dinner was the most unforgettable and highly recommended one. Dressing up in evening gowns and suits to dine in a castle-like ding hall offered a unique cultural experience which is rare in Taiwanese campus life.

Academically, I took Year 1 courses in Engineering and Computer Science. Durham's teaching mode differs significantly from Taiwan's. Beyond large lectures, it heavily incorporates seminars, tutorials, and practical sessions, requiring students to be highly proactive. Since most first-year lectures held around two hundred students, the teaching quality was exceptionally stable. Professors paced their speech clearly, allowing me to adapt within two months! Crucially, every classroom featured the *Encore* recording system, with complete lectures uploaded to *Blackboard Durham* within two days, enabling effective review at home. My favorite course was *Computer Science - Programming (Year 1)*. Not majoring in CS in Taiwan, building my own website from scratch was incredibly rewarding—a practical skill I can continuously apply to daily life. Outside class, I volunteered at a local primary school, leading storytelling sessions with young children.

During month-long term breaks, I explored the UK and Europe, traveling to Edinburgh, Manchester, Italy, Prague, Germany, and so on. Previously, my knowledge of European cities came only from textbooks. Walking through these historic places provided a realistic, three-dimensional understanding of the world. Independently planning transportation, accommodation, and itineraries also sharpened my problem-solving skills.

However, life abroad brought challenges. Shortly after arriving, I was targeted by a scam call claiming to be the Chinese police, likely due to a leaked phone number from a complimentary SIM card. Alone in a new country, I was almost mentally breakdown. Luckily, I navigated the crisis using resources from the Bureau of Consular Affairs (via their official LINE account) provided by my home university, and by contacting fellow Taiwanese students. This incident strengthened my awareness of cybersecurity, teaching me to identify suspicious messages and protect personal data.

Language and cultural adaptation presented another hurdle. Initially, the local Northern British accent was difficult to comprehend. I gradually adapted by chatting with flatmates in the kitchen, attending formal dinners, and watching British television. Nevertheless, possessing the alcohol intolerance gene made it challenging to fully blend into nightclub and bar culture with local students.

The biggest cultural shock was how British students prioritize nighttime socializing. Friday night pub crawls and clubbing are indispensable to their lifestyle. However, because these festivities lasted until 2 or 3 a.m., students often chatted loudly in dorm corridors upon returning, disrupting my sleep. I managed this by politely asking them to lower their voices or wearing earplugs. While these activities are crucial for building relationships, a balance must be struck between pursuing fun and respecting others.

Ultimately, this year-long exchange profoundly shaped my character. In Taiwan, I was easily influenced by others, often altering my views to fit in, which made me insecure. Spending a year away from my support system, combined with a British culture that validates the "self," allowed me to maximize my personal freedom. I learned to create the life I wanted, prioritizing my own feelings over the judgment of outsiders. This journey helped me see clearly what I truly want to achieve, ensuring I will no longer blindly follow the crowd.