漢恩應用科技（簡稱 HAN）大學位於荷蘭中間偏東的的阿納姆 Arnhem，一個靠近德國邊境的小城市。交換期間我就讀 HAN 的 ISB（International School of Business），他是國際商學院，課堂上的同學都是來自各地的交換生，言下之意認識到的當地荷蘭在校生很少，但也同時讓我有機會結識到各式各樣背景的朋友！

至於交換期間修過的課程，其中有一門是 Dutch，就是在教你荷蘭文的聽說讀寫。這門課聽起來很有趣也很單純，但對我來說其實根本是惡夢。雖然發音其實沒有到法文、西文這麼難，但畢竟是完全不同語言系統的西方，要學好真的需要下點工夫，但最後這門課還是被當掉了哈哈哈。期中考包含機上考跟口頭報告，口頭報告我非常勉強地背了一篇簡短的講稿，老師也非常好心沒有刁難我。報告結束後，老師跟我說接下來的機上考對東方人來說會很難，所以不敢保證我會 Pass，所以我也很聽從老師的話，機上考只拿了3.4/10（通過門檻5.5），開放式問答寫作的題型幾乎都不會...。

另外在 Period3期間有修一門院上的課- Business Performance Management，有點類似資管的 MIS，課程講述一間企業如何有效將商品成功營銷，除了對外行銷策略之外，企業內部的各種評比和 KPI 在其中也扮演非常重要的角色——利潤導向也包含了內部成本的精煉、企業結構、員工管理等等多重因子組合。期中報告也要求我們針對現有品牌做尚未上市地區的模擬營銷企劃。

在歐洲這半年期間，我最深刻體會到和台灣不同的地方在於人。歐洲人的思維和我習慣的台灣人思維不一樣。以個人在群體中來說，有問題就是問，課堂上沒有出現過某一堂課是沒有人提問的，通常老師也不會主動問同學是否有問題，反而是同學會在老師授課期間，有問題的當下直接舉手，一直舉到老師點名為止；台灣人在群體中會變得比較敏感，鏡中自我的意象比較強烈，害怕變成唯一的、特別不一樣的「怪人」，這個現象也套用在許多場景，甚至走在路上。有個荷蘭朋友和我這麼說過，「本來就沒有人會管你做什麼，除非你影響到他」。

另外，在這半年也明顯感受到，歐洲人普遍很有自信，但對於他們而言這才是基本的條件，如果我們表現出沒有自信的樣子，有些人就會立刻騎到你頭上。

說到出國這半年的效益，最大的收穫承接在前一段的敘述，除了增進外語能力、體驗國外民俗風情以外，對我而言，拓展國際視野以及提升個人自信是體感上較明顯的。

1. 國際視野：體會到各地不同的文化以及人文。因為生活的環境使我們演變出一種專門應對這個社會的心境，而這樣的心境是內化在潛意識中並且持續受到身處社會的影響。在這段期間我也體悟到原來這個世界也可以這麼運作。
2. 個人自信：對我而言，受到最大的啟發便是人與人之間的距離，雖然我們說西方人比較熱情自信、亞洲人比較內斂含蓄，並且這不是刻板印象，但是在這段期間我才更清楚理解，對於他們來說只是一種生活習慣，一種由內而外呈現出來的自信。其實你沒有想象中這麼多觀眾，不需要因為害怕被說三道四或是旁人眼光而過度拘謹，影響到自己。

當初選擇荷蘭作為交換國家的第一志願，原因是荷蘭的英文程度在非英語母語國家之中位居世界第一（北歐緊隨在後，但考慮到物價可能過高，加上地理位置較不適合到處旅遊）。在荷蘭居住期間，我完全感受不到語言障礙，從年輕人到路邊的爺爺奶奶，英語口說能力都非常好。

總之，這趟荷蘭的交換學生之旅對我而言是一趟非常值得也非常寶貴的經歷，因為這輩子再也不會有第二次在這麼有活力的年紀並且在國外長居，體會西方學校以及所有人事物的機會，也不是將來有錢就可以重拾的經驗。我很感謝去年25歲的自己，當時因為覺得25歲應該趕快畢業、找個正職開始工作而一度想放棄出國交換，但最後還是鼓勵自己做出這個決定。

'Hoi, mijn naam is Ray, ik ben 26 jaar oud.' This is one of the most used sentences in my Dutch introduction, which means 'Hi, my name is Ray, I am 26 years old'. I studied in a small countryside city called Arnhem. There are mostly locals and fewer foreigners compared to major cities such as Utrecht, Rotterdam, or Amsterdam.

During my exchange period, I was enrolled at HAN University of Applied Science, and I was in the International School of Business. Most of my classmates were exchange students from different countries as well. Every group project or casually hang out made me feel like a small international gathering.

We shared stories about our home universities, our cultures, and our plans after the exchange semester. Even though I didn't meet many Dutch students in class, I still got to feel the Dutch way of life, because I was living there and surrounded by Dutch people in daily life.

One of the most memorable courses I took was "Dutch", which focused on listening, speaking, reading, and writing. At first, I thought it would be a fun elective, but it became

one of the hardest subjects for me soon. It is a completely different language system from what I am used to in Chinese, and it requires a lot of practice. I tried to memorize vocabulary and simple sentences, and I prepared a short speech for the oral exam. The teacher was very kind and patient, but the written exam was still extremely challenging for me. In the end, I failed the course. Surprisingly, I didn't feel that frustrated.

Another important course I took was Business Performance Management. It was like a class I'd done in college called MIS. The course focused on how companies can manage their performance effectively. We discussed marketing strategies, internal KPIs, cost structures, and employee management. For the group project, we had to design a marketing plan for an existing brand in a new market. Working with groupmates made me notice how people from different backgrounds think differently. Sometimes we disagreed, but those discussions helped me understand that there is never only one "correct" way to see a situation.

Outside the classroom, what impressed me the most was the difference between European and Taiwanese attitudes. For example, there would never be any silent sessions in a lecture. Students would raise their hands immediately whenever they had questions, and they were not shy about stopping the teacher to ask for clarification. In Taiwan, many students, including me, usually hesitate because we worry about what others might think. In the Netherlands, I gradually realized that most people always focus on their own lives instead of judging you. There was a Dutch friend of mine said, "No one really cares what you do, unless it affects them." It has more or less changed the way I see myself in a group.

Living in Europe for half a year also helped me build more self-confidence. Europeans often act very confidently, and this is just a natural way of expressing themselves. This mindset allowed me to relax in this environment and made me enjoy conversations with strangers on trains or anywhere.

Finally, still thanks to the unforgettable and priceless experience, I feel truly grateful to have had such a chance, my world became much bigger because of this journey.