A. 學校簡介

比利時列日大學創辦於 1817 年，是第一所由國家資助的公立法語國際性大學，是歐洲最早成立的、公立高等學府之一。位於比利時的法語區首府—第三大城市列日市。

列日大學有多個校區，最大的校區是 Sart Tilman，靠近山區，從市區搭公車大約 30 分鐘可以到達。大部分的學院都座落於此，例如法律、理工、醫藥、社會科學學群等。除此之外，迎新日、足球比賽、社團活動大多也在此舉行。市區也有多個校區，例如 20-Août 校區，這裡有文史學院、圖書館以及國際處等行政單位。HEC 管理學院則是另外一棟建築。在市中心的一間 Mall 裡也有列日大學的分部，有書店、諮詢中心、自修室及大型教室。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

- Entrepreneurship and Innovation

這堂課算是當地學生的通識課，有超過一百個人修課，每周上課都會點名，但教授常常請假停課，雖然會有一些作業，但基本上都很簡單，不需要花太多時間就可以完成。期末需要分組做一份創新創業的報告，並錄製影片進行說明，期末考試就是評價其他組別的報告，分析他的優缺點，寫越多越高分。這堂課適合給不想額外花太多時間念書，又想得到好成績的人。

- Marketing：Concepts and Decision Making

這堂課在介紹和行銷相關的理論，上課內容非常扎實，如果沒有基礎會需要多花時間讀書，總共有兩個報告，教授會要求每個人都要上台報告，不用擔心英文不好會不會被扣分，當地很多歐洲學生的英文也沒有到很好。期末考很多手寫、簡答題，真的要熟讀上課內容才寫得出來，適合給想要認真上課的同學。

C. 國外研修之生活學習（課外）

Buddy Program

D. 交換/研修之具體效益（請條列式列舉）

1. 幾乎餐餐都自己煮，廚藝大躍進
2. 認識許多當地學生，了解各種文化
3. 英語表達能力進步，能流暢與外國人溝通交流
4. 生活中遇到各種困難，能夠有效率的解決，遇到問題也更敢表達
5. 規劃旅遊能力強，可以用有限的預算玩得很開心

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?

因為同間學校的台灣人都是女生，比較不會一起煮飯或約出門玩，所以一開始都是自己一個人行動，但也透過這個機會跟很多外國人聊天，不用怕尷尬，其實大家都很願意交流，除此之外，也會自己安排獨旅，原本還會有點不習慣，也擔心別人異樣的眼光，但多玩幾次之後就了解到獨旅的浪漫了。之後認識一個很棒的鄰居，熟了之後兩個人就常常一起出去玩，讓我在交換期間交到了一輩子的朋友。

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?

歐洲的流浪漢非常多，路邊或是火車站都有很多人在睡覺，甚至吃飯、搭車的時候會有流浪漢直接問能不能給她錢，一開始會有點嚇到，但其實不要理他、假裝聽不懂就好了，他們就會去找其他人了。

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?

交換生活讓我更有勇氣，願意主動跟外國同學聊天、交流，過去可能會很擔心自己的英文不夠好，擔心無法清楚表達自己的想法，導致其他人聽不懂我在說甚麼，但事實上只要你敢說，大家都很願意聆聽，而且他們根本不在乎文法，只要說出想說的就好了。

我認為我回國之後能夠更專注於自己，不再跟同儕進行比較。或許是受到歐洲的氛圍影響，我覺得他們活得好快樂、好自在，不管甚麼時間總能看到有人在咖啡廳喝酒聊天，除此之外，不管是甚麼行業的員工，展現出來的態度都非常好，感覺得出來他們真的很享受工作，不像在台灣常常會被用薪水、職位來比較，導致很多人會選擇去做自己不那麼喜歡的工作。我現在認為開心、自由的生活比什麼都重要，不需要太在意其他人的眼光，自己問心無愧就好了。

H. 感想與建議

我很慶幸當初有決定去歐洲交換，這半年真的過得很快樂，視野也變得開闊許多，以前常聽別人說出國會改變一個人的想法，我原本還不相信，但真的只有體會過的人才能了解，不管是學校、旅遊，甚至是一個街道，都是我從未體驗過的，每天都活得很充實，會對這個世界充滿好奇。交換回來之後，我了解到世界有多大，有好多我從沒去過的地方，每個風景都各有不同，除此之外，我也了解到這個世界其實很小，歐洲離我們並不遠，一張機票就能讓你大開眼界。

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

A. School Introduction

The University of Liège, founded in 1817, is the first publicly funded French-speaking international university and one of the earliest public higher education institutions in Europe. It is located in Liège, the third-largest city and the capital of the French-speaking region of Belgium.

The university has multiple campuses. The largest one, Sart Tilman, is located near the mountains and can be reached in about 30 minutes by bus from the city center. Most faculties are located here, including law, engineering, medicine, and social sciences. Orientation day, football matches, and most club activities are also held on this campus.

There are also several campuses in the city center, such as the 20-Août campus, which houses the Faculty of Humanities, the library, and administrative offices like the international office. HEC Liège (School of Management) is located in a separate building. Additionally, there is a branch of the university inside a shopping mall in the city center, which includes a bookstore, consultation center, study rooms, and large classrooms.

B. Academic Learning (Courses Taken Abroad) – Most Recommended / Favorite Courses

- Entrepreneurship and Innovation

This course is considered a general education class for local students, with over 100 students enrolled. Attendance is taken every week, but the professor often cancels classes. Although there are some assignments, they are relatively easy and do not require much time. For the final project, students work in groups to create a report on innovation and entrepreneurship and record a video presentation. The final exam involves evaluating other groups' reports, analyzing their strengths and weaknesses—the more you write, the higher your score. This course is suitable for students who want good grades without spending too much time studying.

- Marketing: Concepts and Decision Making

This course introduces marketing theories in depth. The content is solid and requires extra study time if you lack prior knowledge. There are two presentations, and the professor requires everyone to present. There is no need to worry about poor English affecting your grade, as many European students are also not fluent. The final exam consists mostly of written and short-answer questions, so thorough understanding of the course material is essential. This course is suitable for students who want a serious academic challenge.

C. Extracurricular Learning (Life Outside the Classroom)

Buddy Program

D. Specific Benefits of the Exchange Program

1. Cooked almost every meal by myself, greatly improving my cooking skills

2. Met many local students and learned about different cultures
3. Improved English communication skills and became able to speak fluently with foreigners
4. Learned to solve problems efficiently and became more confident in expressing myself
5. Developed strong travel planning skills and learned to enjoy trips on a limited budget

E. Challenges Faced and How They Were Resolved

Since all Taiwanese students from the same school were female, we didn't often cook or travel together. At the beginning, I mostly did things alone. However, this gave me the opportunity to talk with many international students. There's no need to feel awkward—people are generally very open to communication.

I also started traveling alone. At first, I felt a bit uncomfortable and worried about others' judgment, but after several trips, I discovered the beauty of solo travel. Later, I met a wonderful neighbor, and after becoming friends, we often traveled together. I ended up making a lifelong friend during my exchange.

F. Cultural Shock and Adaptation

There are many homeless people in Europe. You can often see them sleeping on the streets or in train stations. Sometimes they approach you while you are eating or on public transport and ask for money. At first, this was quite shocking, but I learned that if you simply ignore them or pretend not to understand, they will leave and approach someone else.

G. Personal Growth and Changes

The exchange experience made me more courageous and willing to actively communicate with international students. In the past, I worried that my English was not good enough and that I couldn't express myself clearly. However, I realized that as long as you are willing to speak, people are happy to listen, and they don't really care about grammar.

After returning home, I became more focused on myself and stopped comparing myself with others. Influenced by the European lifestyle, I found that people there seem happier and more relaxed. No matter the time of day, you can always see people chatting over drinks in cafés. Employees in all kinds of jobs show positive attitudes and seem to genuinely enjoy their work.

Unlike in Taiwan, where people are often compared based on salary or position, Europeans seem to prioritize happiness and freedom. I now believe that living a happy and free life is more important than anything else. There's no need to care too much about others' opinions—as long as you have a clear conscience.

H. Reflections and Suggestions

I am very glad that I chose to study abroad in Europe. These six months were incredibly fulfilling and broadened my horizons. I used to hear people say that studying abroad can change a person, and I didn't fully believe it—but now I understand that only those who experience it can truly appreciate it.

Everything—from the university to traveling, even just walking down a street—was a completely new experience for me. Every day felt meaningful, and I became more curious about the world.

After returning, I realized how vast the world is, with so many places I've never been to, each with its own unique beauty. At the same time, I also realized how small the world is—Europe is not as far away as it seems. A single plane ticket can open your eyes to an entirely new perspective.