交換心得（中）

我選擇的交換校是比利時的布魯塞爾自由大學 Université Libre de Bruxelles(ULB)，是一間處於布魯塞爾市中心的學校，建校於 1834 年，為比利時知名的法語綜合型大學。學校以世俗主義與「自由探索」為立校核心精神，長年致力於批判性思考與獨立研究。由於身處歐洲政治與多元文化的樞紐，ULB 擁有極高比例的國際學生與跨國交流資源，提供極具包容性與國際視野的學習環境。附近交通便利且生活機能發達，餐廳、超市、公園、酒吧等等應有盡有。附近因為住了很多學生所以人員組成較單純治安也較好，到了晚上也都很熱鬧。

在修過的課中，Project management 這堂課最令我印象深刻。這門課著重實戰模與解決問題能力，課堂主要透過模擬的「問題專案」為案例，讓我們親自診斷專案痛點，並撰寫出一份具體可行的改善報告書。老師會非常有系統地拆解一份專業 PM 報告該具備的關鍵架構（如時程控管、資源分配、風險評估與溝通策略）與撰寫技巧。如果你未來想接觸專案管理、顧問分析，或單純想加強結構化商業寫作與統整思維，這堂課的收穫會非常具體扎實。

除了學校的課程，我認爲讓我受益更多的是在陌生國家生活裡的探索。從出發前的簽證申請、租屋，再到到了當地後採買日用品和食材、自己下廚、規劃生活預算、日常行政等等，這種在新的環境下靠自己從零開始的過程，對我來說是最珍貴也使我成長最多的經驗。以我的例子來說，因為生活在台灣，平常外食太方便又便宜，幾乎沒有採買食材的經驗，更不用說下廚了。但是到了歐洲，在外食成本高得驚人的情況下，我不得不學會如何料理自己的一日三餐。於是在這一年裡，我從站在琳瑯滿目的超市裡卻不知從何下手，到現在回國後不只能處理自己的三餐，還能為全家料理一頓晚餐，一年前的我一定也不敢相信我一年後的成長。

此外，在不同語言和文化的環境裡生活也是使我成長的一大關鍵。一開始抵達比利時我感覺自己是孤獨的，沒有任何認識的人，害怕犯錯、害怕與人交流，深怕丟了自己的臉。但我轉念一想，這同時也代表這裡沒有人認識我不是嗎？那我為何要害怕犯錯丟臉？就算做錯了又如何？於是我開始放開自己，我嘗試與室友和身邊的人交談，在獨自打理一切的過程中不懂就問，聽不懂就問到懂為止，為了更融入當地我開始學習他們的語言，並在日常中應用。雖然有時會有說錯或對方聽不懂的情況，但這不是很正常嗎？這本就不是我的母語，且對我來說最深刻且有效的學習方式就是從錯誤中學習，因此我並不覺得這有什麼丟臉的。然後我發現自己開始在生活的各個角落裡留下腳印，去上課的時候有同學跟我打招呼、下課後有朋友約我一起吃飯、回到家總是有室友問我”How are you?”，像這樣從沒有人認識我到慢慢在身邊的人和環境裡留下影子，真的是一個很奇妙的過程和感覺。

具體來說，交換總體對我來說的效益包括但不限於：

- 變得更加獨立自主
- 習得許多生活技能
- 增加獨力解決問題能力
- 訓練應變能力、危機處理能力
- 語文方面（英語）能力增進

- 拓展國際視野
- 以不同角度和切入點學習專業知識
- 更深一層認識自己，更清楚自己喜歡什麼、想要什麼
- 體驗和學習不同國家的文化人文風情

回頭看當時出發交換前的我，真的覺得自己成長了許多。我非常慶幸能在最沒有負擔的時期出國交換，人生還有多少機會能再沒有人認識你的環境裡真正生活一次？我一直覺得交換是我的第二次人生，實際上這樣說也毫不為過。獨自一人到 9700 公里以外的國家，那裡沒有人認識我，沒有一處我熟悉的地方，沒有人告訴我該怎麼做、該做什麼，沒有太多的身份和社會牽制。我就像來到了另一個世界，用著不是母語的語言，向別人介紹著自己的第二個名字，看著與家鄉天差地別的街景，自由穿梭探索著這座城市。我不禁想著，人生曾幾何時還有機會重新活一次？於是我做了平常不會做的事，吃了平常不會吃的東西，說著平常不會說的話。
這場「第二次人生」並非終點，走出舒適圈的這段日子，不僅拓寬了我的國際視野，更重要的是，它給了我重新定義自己自由的機會，它讓我明白自己擁有打破未知的勇氣，也學會更自在地與自己相處。而這份底氣，將會陪伴我走向接下來的每一個階段，繼續勇敢地探索世界與自我。

交換心得（英）

I chose to complete my exchange program at the Université Libre de Bruxelles (ULB) in Belgium. Founded in 1834, ULB is a renowned French-speaking comprehensive university located in the heart of Brussels. The university is built on the core values of secularism and "free inquiry," with a long-standing commitment to fostering critical thinking and independent research. Situated at the political and multicultural crossroads of Europe, ULB boasts a high proportion of international students and rich cross-border resources, offering an inclusive and globally oriented academic environment. The campus neighborhood offers exceptional convenience, surrounded by restaurants, supermarkets, parks, and lively bars. Because many students live in the area, the environment is safe, vibrant, and welcoming.
Among the courses I took, **Project Management** left the deepest impression on me. This course focused heavily on hands-on practical simulations and problem-solving skills. Through simulated case studies of troubled projects, we diagnosed key pain points and drafted actionable improvement reports. The professor systematically broke down the essential frameworks of professional project management reports—including timeline control, resource allocation, risk assessment, and communication strategies—as well as structured business writing techniques. The practical knowledge and analytical mindset I gained from this class were extremely solid and directly applicable to future consulting or management roles.

Beyond the classroom, navigating daily life in an unfamiliar country was where I experienced the most significant personal growth. From applying for a visa and finding housing before departure to budgeting, handling administrative paperwork, and grocery shopping on my own, starting completely from scratch was truly transformative.

Coming from Taiwan, where eating out is convenient and affordable, I rarely had to cook or buy groceries. However, faced with high dining-out costs in Europe, I had to learn how to prepare my own meals. Over the years, I transformed from being overwhelmed in the supermarket aisles to cooking all my daily meals—and even cooking dinner for my entire family after returning home.

Living in a new linguistic and cultural environment also completely reshaped my mindset. Initially, I felt isolated and was terrified of making mistakes or looking foolish. But I soon realized: no one here knew me, so why fear making mistakes? Learning from errors is the most effective way to grow. I began opening up, chatting with my roommates, and learning the local language. Gradually, I became an active part of my community—classmates greeted me on campus, friends invited me to dinner, and my roommates warmly asked "How are you?" when I walked through the door. Building a life from knowing no one to leaving meaningful footprints was truly magical.

Overall, the exchange experience provided me with invaluable takeaways:

- Enhanced personal independence and essential life skills
- Stronger standalone problem-solving, adaptability, and crisis management capabilities
- Significant improvement in English communication and language proficiency
- A broadened global perspective and new approaches to specialized academic knowledge
- A deeper self-awareness regarding my genuine interests, goals, and values
- Firsthand appreciation and understanding of diverse cultures and traditions

Looking back, I feel incredibly grateful to have studied abroad during this stage of life. Living 9,700 kilometers away from home truly felt like living a "second life." In a place where no one knew my past and free from social constraints, I spoke a non-native language, introduced myself with a second name, and freely explored a new city. Stepping far outside my comfort zone taught me not only to embrace the unknown with courage, but also how to be truly comfortable with myself. This profound confidence will accompany me into every future journey, inspiring me to keep exploring both the world and my own potential.