A. 學校簡介

本次交換學校為羅馬尼亞巴比什 - 博雅依大學，當地學生通常直接簡稱為 UBB。學校位於羅馬尼亞第二大城市克魯日 - 納波卡，是一座充滿學生氣息的大學城。由於學生人口眾多，市區內有許多咖啡廳、餐廳及商店，生活機能相當完善。學校大部分校區都位於市區周邊，無論上課、購物或到市中心參加活動都十分方便，步行或搭乘大眾運輸工具即可抵達。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

這次在 UBB 主要修習「International Business Models」和「International Insurance」兩門課程，兩門課都以報告和上台簡報為主。其中，我比較推薦「International Insurance」，因為這是我過去比較沒有接觸過的領域，對我來說是新的學習經驗。

課程除了介紹保險相關內容，也會透過不同歐盟國家的案例進行分析，不只侷限於羅馬尼亞，讓我能從更廣的角度了解歐洲的保險議題。同時也讓我練習用英文準備報告和上台表達。

C. 國外研修之生活學習（課外）

交換期間我住在 UBB 提供的學生宿舍，房間是兩人一房，並有獨立衛浴和廚房。室友來自摩洛哥且信仰伊斯蘭教，平常會自己準備餐點，也讓我有機會了解不同文化和飲食習慣。

克魯日市區不大，大部分地方都可以步行抵達，課外時間我也參加了 Cluj Days，看了演唱會和無人機燈光秀。宿舍靠近克魯日體育館，也有機會看到當地球迷在比賽期間聚集，感受到和台灣不同的足球文化。

另外，我也利用課餘時間前往錫比烏（Sibiu）和布拉索夫（Brașov）旅行，感受羅馬尼亞不同地區的歷史、建築和生活氛圍。

D. 交換/研修之具體效益（請條列式列舉）

1. 了解羅馬尼亞大學與台灣不同的課程安排和學習方式
2. 透過與不同國家的室友共同生活，了解不同文化與生活習慣
3. 參加 Cluj Days 等當地活動，更深入了解克魯日的城市文化
4. 透過旅行認識錫比烏、布拉索夫等不同城市，增加對羅馬尼亞的了解

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

一開始比較大的困難是簽證核發時間較晚，抵達羅馬尼亞時已經錯過部分課程。因為擔心跟不上課程，我主動聯繫授課教授並說明自己的情況，也詢問是否能補交之前錯過的課程內容。

幸運的是，教授願意讓我補交報告，因此我可以慢慢把之前缺少的內容補回來。

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?

這次比較明顯的文化差異，是 UBB 的上課方式和台灣不太一樣。課程安排比較彈性，教室、時

間甚至是否上課都有可能因實際情況調整，學生需要自己主動確認資訊。

一開始我會覺得這樣的方式比較不習慣，因為在台灣通常有比較固定的課表和上課模式。後來我慢慢調整自己的習慣，經常查看 Teams，也主動和教授確認課程資訊。

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?

這次交換對我最大的改變，是讓我更能接受不同的做事方式，也變得更有彈性。

我本來就習慣自己處理事情，但在 UBB 及當地生活中，發現他們處理事情的方式和臺灣不太一樣，步調比較隨性，也比較不會要求所有事情都照原本預期的方式進行。

這讓我學到，遇到不同的環境時，不一定要用自己原本習慣的方式去要求事情，而是可以先接受不同的步調，再調整自己的做法。這種彈性是我這次交換很重要的收穫。

H. 感想與建議

這次在羅馬尼亞 UBB 的交換經驗，讓我從課程、生活到文化都有不同的體驗。雖然一開始因為簽證較晚核發而錯過部分課程，也需要適應和台灣不同的上課方式，但在自己主動處理問題後，最後還是順利完成這段交換生活。

除了課業之外，和不同國家的學生一起生活、旅遊、參加 Cluj Days 也讓我更了解當地的文化。利用課餘時間到錫比烏和布拉索夫旅行，更讓我有機會從不同角度認識羅馬尼亞。

建議未來交換的同學：

1. 提前了解當地學校的課程安排和學習方式
2. 遇到問題時不要害怕，主動和教授或學校聯繫
3. 保持彈性的心態，不要完全用自己熟悉的方式看待不同國家的學習環境
4. 多和來自不同國家的同學交流，了解彼此的文化和生活習慣
5. 除了課業之外，也可以利用課餘時間探索當地城市和文化，讓交換生活更加完整

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

During my exchange semester, I studied at Babeș-Bolyai University (UBB) in Cluj-Napoca, Romania. Cluj-Napoca is the second-largest city in Romania and is known as a student city. There are many restaurants, cafés, and shops around the city, and most places can be reached by walking or public transportation. This made my daily life quite convenient. I also enjoyed the relaxed atmosphere of the city and had many chances to experience local life outside the university.

During my exchange, I took two courses: International Business Models and International

Insurance. Both courses mainly involved reports and presentations. I especially recommend International Insurance because it was a new field for me. The course introduced different insurance topics and used cases from several European Union countries, rather than focusing only on Romania. This helped me understand international insurance issues from a wider European perspective. Preparing reports and giving presentations in English also helped me improve my English communication and presentation skills.

Because my visa was issued later than expected, I arrived after some classes had already started. I contacted my professors and explained my situation. Fortunately, they allowed me to make up some of the missed work, so I was able to catch up with the courses. I also found that the class arrangements at UBB were quite different from those in Taiwan. Some classes did not have fixed classrooms, and the time or location could change. Therefore, students needed to check Teams regularly for the latest information. This taught me to be more active in checking information and managing my own learning.

For my daily life, I stayed in a UBB student dormitory and shared a room with a roommate from Morocco who is Muslim. He had different habits related to food and prayer. Although I already knew something about Muslim culture, this was my first time living closely with someone from this background. It gave me a more practical understanding of cultural differences. It also helped me learn how to respect and adapt to different lifestyles in daily life.

Outside the classroom, I also experienced local culture. I joined Cluj Days, where I watched concerts and a drone light show. Since my dormitory was close to Cluj Arena, I also experienced the atmosphere of local football fans during matches. I also traveled to Sibiu and Brașov, where I saw different historical buildings and local scenery. These activities helped me understand Romania not only as a place for studying, but also as a country with its own culture and lifestyle.

The biggest change for me was becoming more flexible. I was already used to solving problems by myself, but I found that people in Romania sometimes handled things differently from people in Taiwan. Their pace was more relaxed, and things did not always happen exactly as expected. I learned to accept different ways of doing things and adjust

my own plans when necessary. I think this is one of the most important lessons I learned during my exchange.

Overall, my exchange at UBB was a valuable experience. I learned from my courses, improved my English presentation skills, experienced a different university environment, and learned more about Romanian and European culture. Most importantly, I became more flexible and more comfortable with unfamiliar environments. I believe this experience will be useful for my future studies and career.