



國立臺灣科技大學海外研習心得

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學號：M11008007

研習學期：

111 學年度第二學期



交換國家/學校：

比利時布魯塞爾自由大學

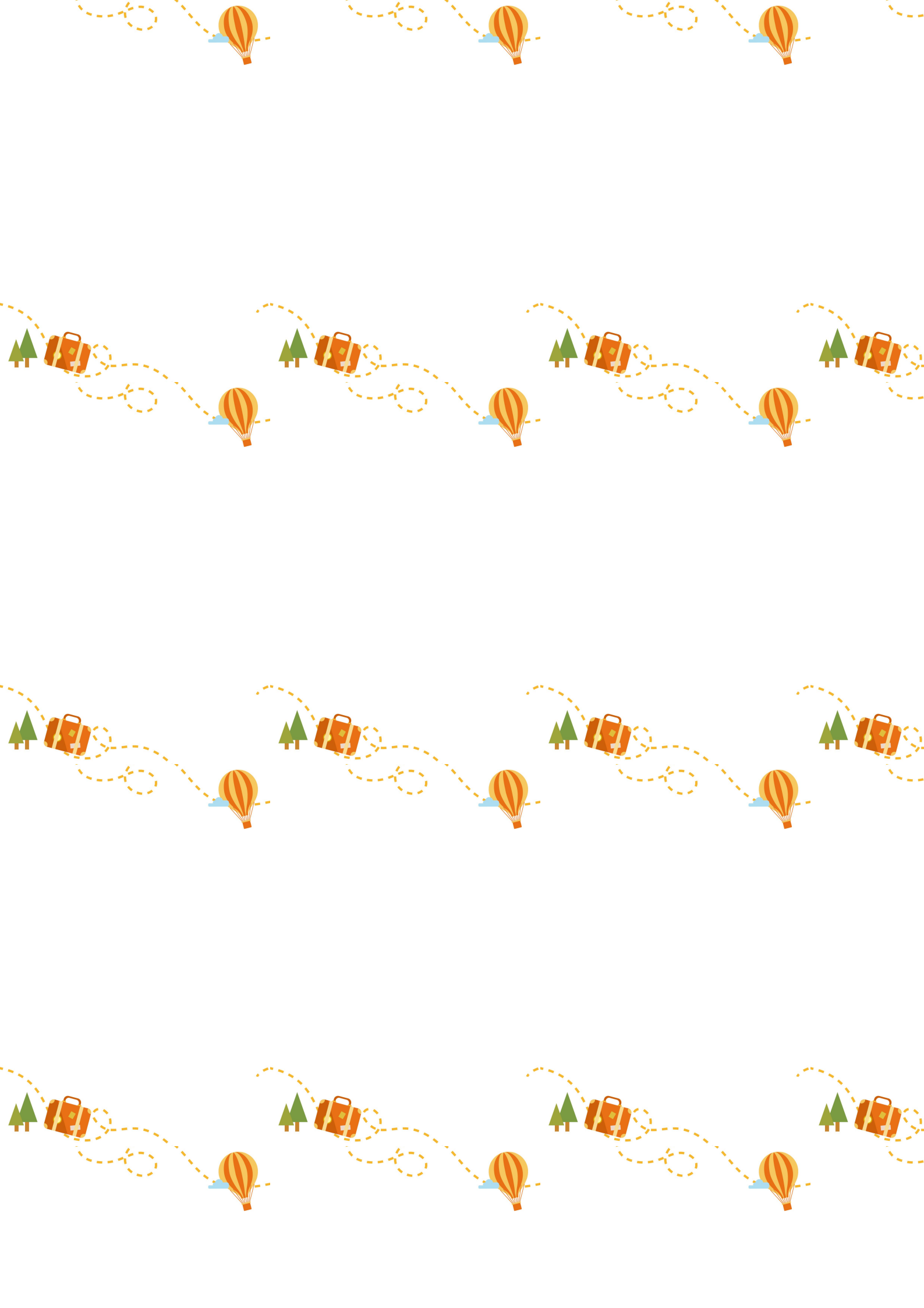


研習學校授課語言：英語



研習期間：

2023/01/28~ 2023/06/28





壹、行前準備


一、簽證

1. 申請簽證前，須先繳納 簽證管理費
 2. 須親自送件，現場照相。
 3. 電子簽證申請表請印出兩份，並於每份申請表上貼上六個月內白底近照乙張（照片規格需與護照相同）
 4. 護照正本及影本乙份，效期至少一年以上。
 5. 非台灣國籍者，請提供居留證影本乙份。
 6. 學生問卷（須當場填寫，交換學生不在此列）
 7. 21 歲以上者需經過公證程序過的良民證。（文件上需有與護照相同的英文姓名，文件效期為三個月，從申請該份文件到入境比利時要在三個月以內）
 8. 體檢表：需明確指出申請人未患有何具傳染性或遺傳性之疾病，或沒有罹患使公共安全陷入危險的疾病。若無法至指定醫院辦理體檢，需下載體檢表至其他醫院辦理體檢後，將該文件完成公證程序。
 9. 比利時大學或被政府承認或允許錄取外國學生之專科學校核發之註冊證明（正本）或入學許可（正本）。10. 高中畢業生申請法語區的大學就讀者，需提供等同於高中學歷證明，此證書需在正式就讀前十一月十五日至七月十五日內申請。請參考 www.bruxelles-j.be/equivalence-de-diplome（交換學生不在此限，請忽略此點）
 11. 扶輪社辦理學生簽證：需要具備扶輪社提供之正本文件、繳交簽證管理費水單（未滿 18 歲者不需繳納）、未滿 18 歲須填寫父母同意書（須公證）、體檢表（同第 8 點）以及 18 歲以上須有經過公證程序的良民證。
 12. 財力證明：（下列三種方法擇一提供即可）
 - 12.1 每月超過歐元 730 元（約新台幣 24,090 元）之獎學金證明
 - 12.2 比利時學若具有 blocked account 的服務，可請比利時學校開立財力證明。
 - 12.3 擔保人簽署之生活保證書，生活保證書可於線上下載，擔保人需提供以下文件：（缺一不可）

若擔保人為受雇員工，，則請準備：a. 近三個月的固定收入證明（存摺封面及內頁影本） b. 銀行存款證明（無金額限制） c. 所得稅證明（扣繳憑單或結算申報收執聯） d. 擔保人護照影本及全戶戶籍謄本，若一家人分屬不同戶籍，不同戶籍的戶籍謄本也請一併提供

若擔保人為公司負責人，則請準備：a. 公司變更登記表影本 b. 近 2 期 401 報表 c. 上一年度資產負債表與損益表 d. 擔保人個人存款證明 e. 擔保人護照影本及全戶戶籍謄本。備註： 1. 擔保人每月固定收入（薪資、租金、公司單月淨收入、退休金等）需約新台幣 87,451 元以上，金額視撫養擔保人數而定，每多擔保一人薪資需再加 150 歐元。若有租金收入，請繳納租約影本並現場提供租約正本以茲證明。 2. 生活保證書應由擔保人親自到辦事處簽名，簽署後將由比利時台北辦事處公證。若擔保人無法親自到場，生活保證書應由地方法院及外交部領事局公證，最後再至辦事處公證。 3. 擔保人若為比利時人，需附比利時身分證影本
- 請注意：公證文件的效期為三個月**公證程序三步驟：**先請地方法院或民間公證人公證，再送至外交部領事局公證，最後，再將該文件送至比利時台北辦事處公證。此步驟可與申請簽證一併處理。





二、機票

直接上網搜尋最便宜的航班，我那時候最便宜的是土耳其航空。雖然很多人對土航評價不好，但我本身沒遇到什麼問題，行李限重為不限件數 30 公斤重。不過，機票價格是浮動的，早訂晚訂以及航空優劣程度不一定會與機票價格成正比。比如：我朋友比我晚訂華航的機票，但價格卻比我便宜。

三、住宿

布魯塞爾自由大學每個學期提供宿舍的狀況不太一定，我這學期剛好沒有提供。不過，學校會定期寄信到信箱，提供非常多的住宿訊息。我後來找到的房子是在比利時讀大學的朋友幫忙找的，價格偏高，一個月 750 歐，但有獨立衛浴、獨立廚房、雙人床、房間空間很大。不過，交換生長期都在周遊列國，待在租屋處的時間可能不多，所以大家可以自行斟酌。

四、換錢（帳戶）

我總共帶了 1500 歐元來比利時，但發現其實用不太到，這裡行動支付居多。不過，在某些小城鎮會有 Master 跟 Visa 刷不過的問題，這時候現金就很重要了！所以勸大家多少還是要帶點現金在身上。至於台灣帳戶的部分，我辦了一個永豐銀行的外幣戶（Debit card），海外消費回饋 1.5%+外幣消費回饋 1.5%=3%，減去海外手續費 1.5%，會倒賺 1.5%蠻划算的。歐洲帳戶的部分，一定要申辦神卡 Revolut！推薦原因為以下幾點：

1. 相較傳統銀行開戶，方便且快速，審核也較容易。
2. 帳戶可持有 31 種貨幣。
3. 可消費超過 140 種貨幣。
4. 許多交易免手續費，費用透明化。
5. 消費、轉帳容易且快速。
6. 匯率好。
7. APP 直覺性操作，適合各年齡層使用。
8. 可以查詢交易紀錄，方便記帳

五、信用卡

信用卡的部分，Visa 跟 Master 我各辦了一張父母的副卡，基本上都能使用。但有些鄉村小鎮只收 Maestro 卡，這種卡在台灣比較少見。如果要確定卡一定能刷的過，可以三種卡別各辦一張。選擇信用卡時，可以申辦海外刷卡有回饋的比較划算，不然會一直被扣海外手續費 1.5%。





貳、修課介紹

一、Management and sustainable development : constraints and opportunities – 202223

1. Key constraints, concepts & frameworks

- Basics of Environmental Economics (externalities, public goods, etc.)
- Sustainability and the UN's Sustainable Development Goals
- Climate change - Mitigation & Adaptation
- Carbon accounting/footprint, Biodiversity, Corporate Social Responsibility
- Risk Analysis and the Precautionary Principle, Cost-Benefit Analysis & Life Cycle Analysis
- Eco-efficiency and other paradigms

2. Sustainability challenges & opportunities for business

- Key sustainability challenges in selected sectors (see industry focus)
- System Thinking : Mass Balances and Industrial Metabolism
- Sustainability and Corporate Culture, Internalizing Sustainability into Corporate Strategy
- Social Enterprise and the Social Return on Investment, Linear Vs circular economy
- Extended producers' responsibility, The functional economy, Value creation & Value capture

3. Objectives & General principles

- Three group assignments
- Ways to demonstrate understanding of and engagement with course material
- Outputs : Short essays and slideshow (+ Workshop ? and group presentations)
- Grading :

Course attendance/Participation : 2 points

Carbon Footprint Evaluation & Reduction Plan : 6 points

Opportunities in the Circular Economy for Bpost : 6 points

Innovative Sustainability-driven Business Case : 6 points

Total : 20 points





貳、修課介紹

二、Managing organizational innovation and change – 202223

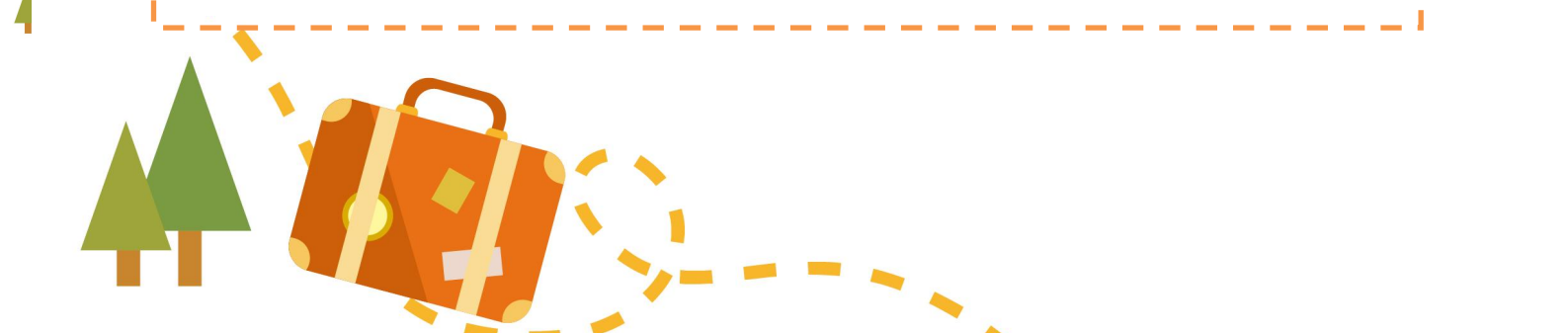
1. Course objectives

- A privileged time together
 - A safe container for experimenting and learning – Work your soft skills
- What can we do together that you can't do (better) alone?
 - Discuss and debate, Speak and listen, Express and sense
 - Getting reactions and feedback, including informal / non-verbal
 - Sometimes, individual timed reading or guided activities
- Innovate in our ways of communicating: – Visual, diagrammatic, systemic
 - Physical interaction, experimentation and engagement

2. Course methods

- Put students in an active role
 - Engage and empower fellow students
- Capacity to construct, formalize and organize – Ideas from papers & other research references
 - Ideas from cases, Teamwork, Discussion and debate
- Innovate in our ways of communicating
 - Visual, diagrammatic, systemic, Physical interaction, Interaction, experimentation and engagement

3. Evaluation

- Should be meaningful and coherent – Related to course objectives
 - Related to course methods
 - Should not get in the way of learning – Preserve “safe container” of the course
 - Three modalities:
 - Group assignment (case or papers: 30%)
 - Diagram of practitioners' testimonies (30%)
 - Individual essay due 1 week after end of course (40%)
- 

貳、修課介紹

三、Innovation strategy - 202223

1. Introduction

Meeting today's business and world challenges requires going beyond the thinking that created the challenges in the first place. This is where a good innovation strategy helps. In this course, you will develop your knowledge of the challenges of open innovation, management innovation, platform innovation and emerging market innovation and learn how to meet them with a long-term approach. Using quizzes, the newest theoretical insights, cases on pioneering businesses, and thought-provoking debates with leading experts, you will solidify your knowledge of innovation, both in taught and in online sessions.

2. Main objectives

The pedagogical objectives of this course are to increase individual and group learning of key transferrable and subject-specific skills in the global innovation workplace:


(1) Transferrable skills: i) the ability to work both autonomously and in group, ii) the application and knowledge of digital learning tools, iii) the ability to combine critical thinking and communication with empathy, and iv) the ability to self-regulate, take responsibility and show commitment in group projects.

(2) Subject-specific skills: the ability to i) challenge the usual suspects of innovation strategy, and ii) come up with logical, impactful answers to the major challenges of open innovation, management innovation, platform innovation and emerging market innovation.

3. Assessment methods

(1) Formative assessment (non-graded) Please note that each student participating in the course is obliged to go through each step of each of the four online modules, including the online test. For your info, the uv.ulb.ac.be site automatically generates logs of each student's activity. Please take your time for each step.

(2) Summative assessment (graded) The purpose of the group case report is to evaluate your analytical rigor and practical case insights, resulting from concerted group efforts and discussions as is the case in real teams. You will be asked to respond to four questions addressed in the online modules of Sessions 1-4, drawing on the frameworks, concepts and insights that are most relevant to your specific firm's case. Please do so in full sentences and using visuals (figures & tables) where appropriate. And remember that quality beats quantity! I thus advise you not to exceed 1,500 words for each Part (I and II), i.e. 3,000 words in total



參、生活面臨的困難與解決方法

一、語言

比利時總共有三種官方語言，分別是法語、荷語以及德語。我所在的是比利時的法語區——布魯塞爾，但我一句法文也不會講，建議學弟妹來時，可以學一些簡單法語。我的解決方法是，有報名參加學校提供免費為期一週的密集課程，多多少少有些幫助。

二、飲食


我在台灣就比較挑食，而且吃的偏中式。炸物、麵包、馬鈴薯、生菜我全部都不吃，因此來的時候會很想家、很不適應。建議大家可以帶台灣的醬料來比利時，比如說：沙茶、醬油等等。如此一來，就可以做出有家鄉味的料理，這是我解決飲食習慣上的問題。除此之外，在家自己煮，也會剩下很多餐費，因為比利時物價很高，在外面隨便吃，至少台幣 600 起跳。

三、歐規日常用品

在台灣時，只知道要帶轉接頭以及變壓器。常見的電子用品如：筆電、手機、相機的電壓都是 110V-220V，所以只需要用轉接頭即可充電。但是，其他電器沒有支援這個範圍的電壓，因此需要使用變壓器。然而，我不知道某些電器類用品不能使用變壓器，比如：快煮鍋、吹風機等高溫電子用品，所以帶來的東西全部不能用。我的解決辦法是，直接在當地的日用百貨買吹風機以及平底鍋等日常電子用品。

四、大眾運輸誤點成日常


在台灣，只要大眾運輸誤點，肯定被投訴。但在歐洲，誤點是常態…我曾經要搭客運轉飛機，結果客運大誤點，導致沒趕上飛機，機票只能重買。從此之後，我學乖了，時間絕對不能抓的剛剛好，最好是多抓個 2-3 小時比較保險，因為歐洲人的效率真的很低，還會常常罷工，所以千萬不要冒險。





肆、心得分享

將近半年的时间就这样飞逝，明天我就要帶著這幾個月的事、超重的行李，回到我最熟悉最懷念的台灣。最後一次踏入租屋處，滿滿的回憶湧上心頭，還記得第一次踏進這時有多陌生、有多想家。我想，說不會懷念這裡都是騙人的，細細的翻閱這幾個月的照片，從一開始的緊張、擔憂，到現在熟悉這裡的一切，我看見自己的渺小，但同時也看見自己的成長。我在這幾個月裡走遍了 13 個國家，認識了幾十個不同國籍的朋友，很難想像這輩子我居然可以有這麼難得且特別的體驗。很多人說：「讀萬卷書不如行萬里路。」這次，我是深刻感受到了。很多的經驗必須自身實際感受，無法在書本上學習到。走完交換這條路，我發現自己的視野更加寬廣。很感謝在這半年裡遇到的每個人，即使來自不同的國家、擁有不同的文化、說著不同的語言，但其實只要一個微笑、一聲熱情的 Bonjour，並用一顆開放的心去認識身邊的每個人，就會發現其實他們很好相處，而每個人都有屬於自己的故事等待我們去了解。這幾個月的收穫與成長將是我這輩子永遠會記得的回憶。雖然有一些些的不捨這裡，但更期待的是一回台灣和親朋好友聚一聚，並分享屬於我獨一無二的故事！




伍、給學弟妹之建議

交換學生三大優點

一、人生成本低且 C P 值高

放眼整个人生時間軸，學校畢業後就要開始就業到 65 歲退休，到那個時候才要開始環遊世界早已沒有體力了。不如趁現在，在工作前，好好的去交換；再來，學生時期沒有家庭與工作的壓力，不需中途辭掉工作來一場人生壯遊也沒有家庭小孩等這些現實壓力。除了只需繳交台灣的學雜費之外，只要在校成績維持一定的水準還有學校獎學金可以申請。再者，學生這個身份(有些規定是 25 歲以下)在歐洲可以享有很多優惠，舉凡交通、住宿、各大博物館與熱門景點的門票都比一般票還便宜許多。





伍、給學弟妹之建議

二、大膽走出去，世界走進來

我們應該要脫離舒適圈，看看地球另一端的人如何思考與生活。能在年輕的時候，到訪不同的地方，與世界各地的人交流，交換想法，共同成長，為我們這些傳統東方教育下成長的孩子，注入新的思維觀念，與不同角度來思考人生，相信對未來的幫助是無庸置疑的。

三、異國生活學習獨立，旅途中學會隨機應變

銀行開戶、辦理電話卡、租房子、在超市買著看不懂的食物、旅行搭錯車時如何用英文或第二外語向站員求助、旅遊途中如何預防扒手小偷…等等的這些事情都是靠經驗的累積，多多嘗試之後你就會發現最可靠的只有自己，內心也會越來越強大，當緊急事件發生時，盡量不讓情緒左右，冷靜處理事情。在異國生活的時光裡，每一天都是一種練習、一種挑戰！這是交換生的日常。

四、思考自己的人生

相信大多數在台灣長大的小孩都被動地參與了一場唯有讀書高的升學遊戲，我也不例外。好好唸書、考上好大學、畢業後趕快找到好工作、認真工作求表現、存錢買房、成家立業。在這個所謂步調很快的人生模板裡，來不及好好思考我們想要什麼。或許知道了想要什麼，但是不知道怎麼去做而永遠停留在“我只是想想”的階段裡。經由交換學生，讓我相信，只要夠想要一個東西，渴望的力量會驅使我們想盡辦法找各種方法去完成。只要夠想要，你就達得到。





Fourth. Experience sharing


Nearly half a year has passed by like this, and tomorrow I will return to Taiwan, the place I know and miss most, with the stories of the past few months and overweight luggage. The last time I stepped into the rented house, I was full of memories. I still remember how strange and homesick I was when I first stepped in. I think it would be a lie to say that I won't miss this place. Looking through the photos in the past few months, from the nervousness and worry at the beginning to the familiarity with everything here, I see my insignificance, but at the same time own growth. I have traveled to 13 countries in the past few months and met dozens of friends of different nationalities. It is hard to imagine that I can have such a rare and special experience in this life. Many people say, "It is better to travel thousands of miles than to read thousands of books." This time, I felt it deeply. Many experiences must be experienced by oneself, and cannot be learned from books. After taking the road of exchange, I found that my vision was broader. I am very grateful to everyone I met in the past six months, even if they come from different countries, have different cultures, and speak different languages, but in fact, all I need is a smile, a warm Bonjour, and an open heart to get to know people around me. You will find that they are actually very easy to get along with, and everyone has their own stories waiting for us to understand. The harvest and growth of these months will be memories that I will always remember in my life. Although I am a little bit reluctant to leave here, what I look forward to more is to go back to Taiwan to gather with relatives and friends and share my unique stories!

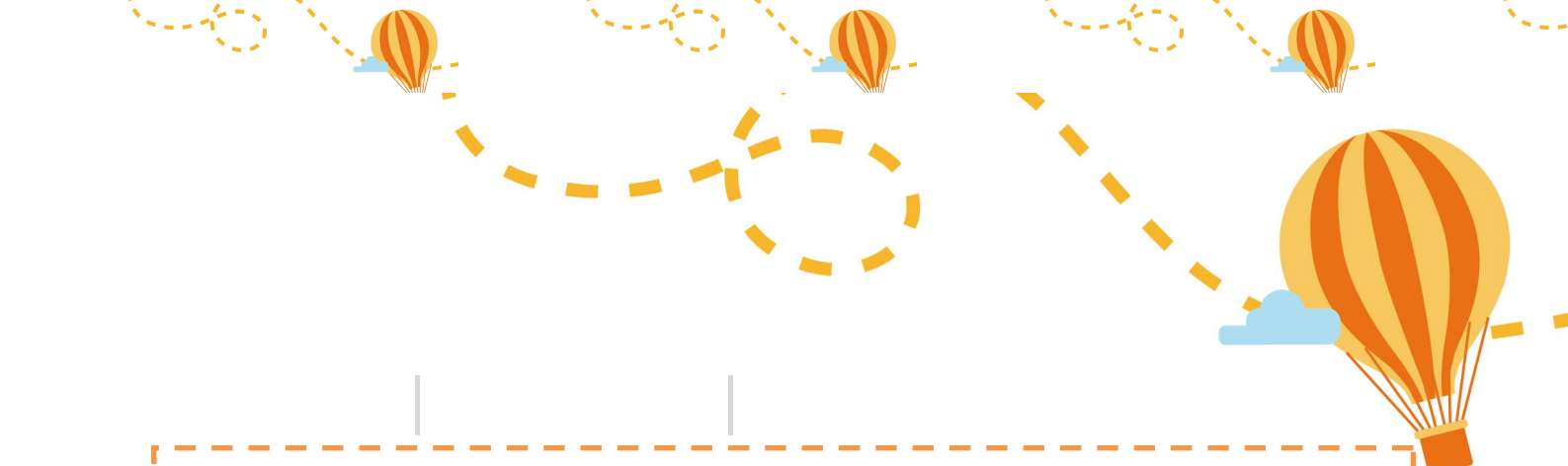
Fifth. Suggestion for students

THREE ADVANTAGES OF EXCHANGE STUDENTS

1. The cost of life is low and the CP value is high

Looking at the entire life timeline, after graduating from school, you will start to work until you retire at the age of 65. By then, you will have no physical strength to start traveling around the world. It's better to take advantage of the present, before working, to make a good exchange; next, there is no pressure from family and work when you are a student, you don't need to quit your job halfway to go on a grand tour of life, and you don't have such realistic pressures as family and children. Furthermore, as a student, you can enjoy a lot of discounts in Europe. For example, transportation, accommodation, tickets for major museums and popular attractions are much cheaper than ordinary tickets.





2. Boldly go out, the world comes in


We should get out of our comfort zone and see how people on the other side of the world think and live. When you are young, you can visit different places, communicate with people from all over the world, exchange ideas, and grow together. For those of us who grew up under traditional oriental education, we can inject new thinking concepts and think about life from different angles. I believe Help for the future is beyond doubt.

3. Living in a foreign country independently, learn to adapt to changes during the journey

Opening a bank account, applying for a phone card, renting a house, buying incomprehensible food in the supermarket, how to ask the station staff in English or a second foreign language for help when traveling on the wrong train, how to prevent pickpockets and thieves during travel...etc. After accumulating experience and trying a lot, you will find that the most reliable person is yourself, and your heart will become stronger and stronger. When an emergency occurs, try not to let your emotions influence you, and deal with things calmly. In the time of living in a foreign country, every day is a practice, a challenge! This is the daily life of an exchange student.

4. Think about your own life

I believe that most of the children who grew up in Taiwan have passively participated in a game where the only thing they can do is study high, and I am no exception. Study hard, get admitted to a good university, find a good job as soon as possible after graduation, work hard for performance, save money to buy a house, and start a family. In this so-called fast-paced life template, there is no time to think about what we want. Maybe I know what I want, but I don't know how to do it and stay in the stage of "I just think about it" forever. Through the exchange of students, I believe that as long as we want something, the power of desire will drive us to find ways to achieve it. As long as you want enough, you can achieve it.





照片說明：

第一個在比利時的假日——
皇家鑄幣局劇院



照片說明：

踏出比利時的第一個國家——
盧森堡



照片說明：

去瑞典找研究所同學玩



照片說明：

德國科隆大教堂一日遊



照片說明：

荷蘭著名景點一方塊屋



照片說明：

冰島—藍冰洞冒險





照片說明：

法國羅浮宮



照片說明：

英國大笨鐘



照片說明：

丹麥新港



照片說明：

維也納歌劇院