

國立中興大學交換學生赴國外研修計畫

心得報告

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性別	男	就讀本校系所	生物科技 學士學位學程 系(所) 3 年級
研修學校	南京農業大學	研修系所(學程)	食品科技學院生物工程系
研修學校獎學金補助經費	8000 元	實際教育部/本校補助經費 (領取者填寫)	本校補助
實際花費金額 (新台幣)	學費：0 學雜費：0 住宿費：3040RMB (大陸交換-宿舍類別： <input type="checkbox"/> 一般生宿舍 <input checked="" type="checkbox"/> 外國學生宿舍) 生活費：15000RMB 來回飛機票：16000NTD 合計：100000NTD		
國外修讀學分數	18	薦送學校採認學分數	
實際出國日期	107/9/3	實際返國日期	108/1/21

心得內容(1000-1500 字，請附照片 1~3 張，至少含上課照片 1 張)

一、緣起

I am a third-year university student and I find Taiwan's college life is all the same. I want to make something different and I am desperate to experience the world out of my comfort zone. My teacher and my parents always encourage me to find your way and to see the world.

I am very glad to apply for exchange program to China. It is my first time to come to China. I apply for Nanjing Agriculture University. Why I choose this university? It is because I want to study the similar major to where I study in Taiwan and that is food science. In that way, I can not only learn the same project but also make friends with who also have the same major. However, I only stay here for one semester, but I still have wonderful memories here. After I go back to Taiwan, I will never forget about what happened here and friends I make with. It is really unforgettable for my college journey.

二、研修學校簡介

南京農業大學是一所以農業為主要研究項目的學校，位於江蘇省南京市，坐落於中山陵下，環境好及生活各方面都非常便利，學校占地不大，但是研究單位不少，有大豆中心、肉品中心、作物教學大樓，各個研究大樓，所以資源是相當豐富，除此之外還是國家 211 重點學校，有許多研究項目都是全國第一，對我來說這間學校是相當不錯的。

三、國外研修之課程學習(課內)

I attend some experiment classes like molecular biology and protein, DNA, RNA extraction. I find

their labs have more facilities and equipment than my Taiwan's college. The school provides students good condition to conduct experiments. I think this is very good to students and I also want to study further here. Because in Taiwan I have some experiments like biochemistry and molecular biology, I can learn very fast.

四、 國外研修之生活學習(課外)

What I do here is not only study or something like scheduled routine but I can choose any kind of classes I want to attend. This is very different and important to my college life in Taiwan because I can be more flexible and take advantage of time wisely, instead of wasting time to selecting classes which are not proper to me. For example, before I come to China, I am always longing for learning guitar and street dance. But the fact is I have no time to accomplish these things. Therefore, I make my mind to make them into reality, and fortunately the university has guitar class and a very good guitar teacher. During the period of staying here, I bought a guitar and learn how to play it. I am so proud of myself that I insist practicing day and night. I can understand the chord and play some songs within just a few months. What is more, I even perform on the stage.

I also visit many places in Nanjing like 中山陵、南京博物院、明故宮、雞鳴寺、鼓樓..... Nanjing is really a big city and its metro is very convenient. Next time I can take my parents to pay a visit here.

五、 研修之具體效益(請條列式列舉)

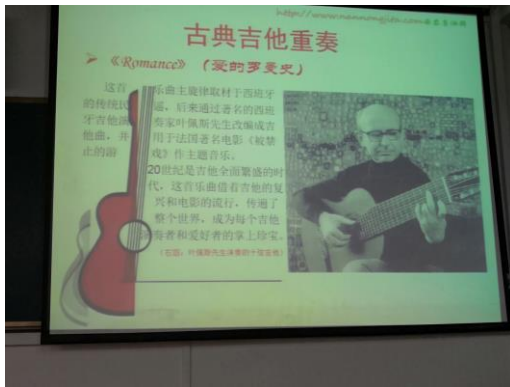
1. 體驗國外生活，增加國際視野
2. 結交各國朋友、拓展人脈
3. 吃遍各地美食
4. 脫離舒適圈
5. 學會獨立自主

六、 感想與建議

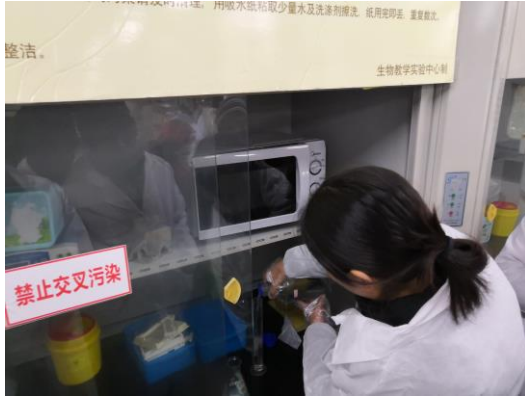
Why do I choose China instead of other countries? First, people speak mandarin as well and I can fix daily life more easily. Whenever I face any problem, communication is not the problem and I can ask for help easily. Second, China is such a big nation that you can visit as many places as you can, so it will widen your vision and horizons. Besides, China has more than 5000 years history and you don't want to miss this chance to discover it. Third, it is a big country as I mention before so the food will also be various that you don't want to miss. It has eight main kinds of food in different areas. For example, the city I stay "Nanjing" belongs to 蘇菜 and it tastes not spicy and a little sweet. 川菜 compared to 蘇菜 is more spicy and put more food flavor in dishes. What makes this so different depends on the weather, culture, area and people. China is definitely huge and has plenty of treasure for you to find out. In addition, I must talk about china's Ali Pay and wechat pay. They have many kinds of mobile pay. I have to admit they are the best in this field. Almost every shops or street food clerks use ali pay or wechat pay. They seldom use cash or credit cards to pay. We must admire they can handle it. We don't need to be afraid our money will be stolen. Everything can be done by the cellphone. Another big event once a year is 1111 shopping festival. This is absolutely the most important day for all China people because Alibaba is a smart company to attract people to buy more and more things. You can't imagine how big the event is and after shopping day everyone takes more than one delivery bag since this day.

Last but not the least, I make some foreign friends who really affect me the most. They are from Pakistan, Yemen, Nigeria, Egypt, Malaysia, Kenya and so on. They make my exchange memories more treasurable. Why? On one hand, they are very warm-hearted and I feel very comfortable to be with them. They invite me to drink milk tea almost every day. Besides, I find they treat others like their families although they are just classmates or labmates. On another hand, they teach me a lot. Not only in class but also in daily life they help me. I am very lucky to meet them and make friends with them. Although I only apply for one semester exchange program, this is the best choice I made in my college and it is worth.

When I come back to Taiwan, I find Taiwan is really a comfort zone. Everything is convenient and food is delicious.



吉他藝術欣賞課



分子生物學實驗課



* 請於返國二個月內將本報告繳交至 oia@nchu.edu.tw