

國立中興大學交換學生赴國外研修計畫

心得報告

姓名	洪0婷	學號	
性別	女	就讀本校系所	財務金融學系(所)四年級
研修學校	西南財經大學	研修系所(學程)	金融專業
研修學校獎學金補助經費	0	實際教育部/本校補助經費 (領取者填寫)	0
實際花費金額 (新台幣)	學費:中興學費 學雜費:中興學雜費 住宿費: - (大陸交換-宿舍類別: <input checked="" type="checkbox"/> 一般生宿舍 <input type="checkbox"/> 外國學生宿舍) 生活費: NT\$50,000 來回飛機票: NT\$13,500 合計: NTD\$63,500		
國外修讀學分數	13學分	薦送學校採認學分數	9學分
實際出國日期	2019/1/18	實際返國日期	2019/9/2

心得內容(1000-1500字，請附照片1~3張，至少含上課照片1張)

I came to Taiwan 5 years ago to study abroad and I thought it was the time to experience new surroundings and new life. Therefore, I decided to apply for an exchange program to China. China was my only choice because there are only few requirements. In the end, I was accepted to go to Southwestern University of Finance and Economics in Chengdu for a one-semester exchange program. I chose this university because we can transfer our credits to NCHU afterwards so that I will not waste my time during the exchange program. There were four of us who came from NCHU. The school started on 3rd March, so students were only allowed to enter the dormitory on that day. Therefore, we arrived at Chengdu right on that day. As we arrived at the school, the international students affair representative let a Chinese student to take us around the school, getting us student card, buying stuffs, opening a bank card, and to buy sim cards. The Chinese student then asked his friends to come and help us as there were four of us. They were really helpful and nice. They even bought us foods for dinner.

The first month was really difficult for me to adapt with the new surroundings and cultures. Sometimes I could not understand what people were saying because their Chinese accent are very different with Taiwanese. The foods in Chengdu are super spicy and oily. I even had diarrhea for the first two weeks. Almost every food are spicy and it was really difficult for me to choose what to eat. We also had some problems on choosing our courses because exchange students were allowed to choose our courses on the day we arrived at school while other local students had chosen their courses months ago. Thankfully, the international students affairs representative could help to add us into the course even though the classes were already full. The other problem was the dorm. We lived in the dorm together with the local students. The room is actually not bad but because my Chinese roommates were busy with their studies, they seldom clean the room. When I first entered the room, I was shocked to see the sink was covered with moss, the floor and balcony were all dirty. It felt like no one had cleaned the room for many years. However, I always clean my place almost every day because I could not bear dirty surroundings.



There was a holiday during the Ching Ming Festival in April, I decided to go to Shanghai with my friends who also study in China. I felt like I really need a holiday to relieve all the stress that I had during my adaptation process. We really had lots of fun and I wished I could travel with them longer. During my exchange program, I only had classes on Wednesday, Thursday, and Friday. Other than these days, I did not really have things to do and sometimes I felt really boring. Our school is located on the last station of the metro, which is really far from the city. My friends were busy preparing for their ielts exam and my Chinese roommates were studying really hard every day because they were preparing for their exam on December to apply their master programs. One day, my friend and I found out that there are Indonesian students association in Chengdu. We contacted them and they invited us to one of their outbond activity, which is hold every year for all Indonesian students in Chengdu to gather and have some social contacts. The activity was fun and I got to know many new friends. They also invited us to join an international trip with all other foreign students in Chengdu and do the longest chain of 5200 people making heart-shaped hand gestures at Yunyang Longgang Scenic Spot in Chongqing.



In May, there was another holiday so my friends decided to come to Chengdu. I took them to some famous tourist attractions in Chengdu such as the Panda Base, Dujiangyan, Mount Emei, Giant Stone Buddha, and Mount Qingcheng. Luckily, most entrance tickets are half-price if we bring our student cards. It really helped us to save lots of money! We also went to Xi An because the city is quite famous in China. Every day was tiring because we walked and hiked a lot during the trip. We went to one of the most dangerous mountain in the world, Mount Hua. The scenery on top of the mountain really blown us away. We could feel the fresh air on the top of the mountain and it was really refreshing! We also learned many new historical knowledge from this trip, especially from the Terra-Cotta Army Museum.

On the end of May, our school hold an International Culture Festival, where all foreign students from different countries share their cultures and foods, introducing their countries to other people. The event was really fun because I got to know many countries that I have never even heard before. I also made many friends from different countries and had fun with them. After having so much fun for the past few months, June has finally came. Our final exams were on the first two weeks of July so I told myself to start studying for finals. Other than exams, I also had two presentations before the semester ended. Because of my poor Chinese language, luckily the professor let me to present in English.



After all of the fun I had during this exchange program, finally it was time to go back. I still remember that I almost felt regret for going to China because the first month there was quite difficult for me to adapt. But as time flew, I feel like I have made the right choice. I get to experience new environment and new people with different cultures. I also learned how to survive by myself when there is no one there to help you. The one thing that I like the most when I was in China is the convenience of paying things. People in China mostly use WeChat Pay or Allipay for payments. I also like how they provide powerbank rental stations in almost everywhere. Lastly, I was amazed that Chinese students are so competitive and they study really hard to achieve their goals. This really motivates me to study and work harder.

* 請於返國二個月內將本報告繳交至 oia@nchu.edu.tw