

## 學海飛颺/學海惜珠學生出國研修心得報告內容大綱

獲補助年度	105學年度
薦送學校、系所、年級	國立臺灣師範大學生命科學系碩二
中文姓名	賴怡安
研修國家	澳大利亞
研修學校	澳洲國立大學
<p>一、緣起</p> <p>一開始選填澳洲國立大學單純只是因為其QS排名高，且對於澳洲的資訊較多，而對於澳洲國立大學所在的坎培拉一無所知，甚至不知道坎培拉即是澳洲的首都。沒想到一來到坎培拉，就不知不覺愛上這種恬靜與悠閒的城市...</p> <p>二、研修學校簡介</p> <p>澳洲國立大學在學術地位上是澳洲的頂尖大學，QS排名為世界19名，屬於研究型大學。澳洲國立大學（英語：The Australian National University，簡稱ANU），於1946年創立，同時也是國際研究型大學聯盟（IARU）、澳洲八大名校（Go8）、大學天文研究協會（AURA）以及環太平洋大學聯盟（APRU）的盟校之一。澳洲一年分為兩學期，我參加的是下學期(七月到十一月)，澳洲國立大學</p>	

位於澳洲的首都-坎培拉，是個行政城市但又保有小鎮風情。



### 三、國外研修之課程學習(課內)

澳洲國立大學的全職學生，每人一學期必須修24學分(等同於四門課)，然而每門課有lecture、tutorial、lab，以及自修時間，每周更有quiz、essay、seminar等。一門課雖有六學分，但實際花在上面的時間遠超過每周六小時的負荷。在選課方面需要注意自己是否符合修課條件(如語言能力足夠以利進修進階語言課程、身體狀況可以負擔田野勘查等)，在新生訓練第一周學生們可以在固定的時間內去與開課學院負責人討論選課內容，再決定自己是否適合。澳洲國立大學同時也有提供幫助學生修改作業的服務，只要學生預約並在指定時間內帶著自己的作業到指定辦公室，會有老師指導你如何更加精確地完成自己課程中的報告或作業撰寫等。除此之外我住的Fenner Hall宿舍一樣有提供學生學術上的幫助，採預約制，幫助同學在學業的解決個人問題。

### 國外研修之生活學習(課外)

在國外生活的便利性不比台灣，為了省錢三餐自備是家常便飯，因此除

了念書之外，煮飯便是最花時間的活動了。我被分配到的宿舍是唯一一個校外宿舍(Fenner Hall)，Fenner Hall有交誼廳、桌球室、視聽室、自習室、電腦教室、小酒吧等公共設施，每層樓約有26間單人房，一棟有9層樓，共分為南北兩棟。Fenner Hall最大特色就是在ground floor有一個很大的廚房，住宿生每人有自己的櫥櫃、冰箱格，許多人三餐便在這裡自備伙食並且認識不同人，甚至偶爾也能品嚐不同國家的料理。Fenner Hall因為屬於校外宿舍，要到學校上課是比其他住在校內宿舍的同學還要遠，因此學校有提供周一至周五的接駁車，每20分鐘一班，接送同學來往學校與宿舍。除此之外一周會有兩天的“採買接駁車”，接送學生到附近的超市採購一周所需的食材。在澳洲外食費用是遠比自己煮來的貴許多(外食一餐約15澳幣，自己煮一周伙食費約80-100澳幣)。澳洲國立大學的每棟宿舍之間會舉辦體育競賽，不論是桌球、羽球、壘球等，除了讓同學有運動機會，也可以認識不同的人，更能培養一份為自己以及夥伴追求榮譽的心。

#### 四、研修之具體效益(請條列式列舉)

1. 了解澳洲大學生活與台灣大學生活的不同，在澳洲“讀書”，老師並不會一步一步的督促你，要不要來上課或是要不要交作業跟報告都是自己的自由。然而這是一種對自己負責任的態度，真正想要學習的同學會認真對待

自己的課程與作業，而不願意參與課堂或不認真完成老師交代事項，老師也是在分數上不會跟你客氣的。

2. 澳洲學制上大學是念三年，因此課業壓力是比台灣大許多的，而這邊的學生相較於台灣學生更活躍於課外活動一些，卻又同時兼顧課業。因此利用與分配時間是我來澳洲之後學會的最大課題。

3. 來澳洲之後算是培養自己獨立生活的能力，學會自己處理生活上的瑣事(無論是洗衣、煮飯、打掃)，重要的是學會了處理事物的能力，當遇到未知或變化時，如何應對的能力。

## 五、感想與建議

來澳洲半年的時間，除了課業之外，去旅遊看看世界也是不可避免的。坎培拉位於澳洲東南部，介於雪梨與墨爾本之間，除了逛完坎培拉這個小鎮，雪梨與墨爾本這兩大城市便是我來澳洲後的第一站與第二站。雪梨給人較屬於“旅遊勝地”，有著名地標“雪梨歌劇院”、“雪梨大橋”，而墨爾本則是兼融了市區的繁忙與自然的景觀，復古電車在街道上駛過也別有一番風味。坎培拉是行政首府，因此在此居住的居民多為高官或是退休老人，生活景象不像雪梨與墨爾本那樣繁雜，卻是充滿的高級餐廳與緩慢的生活步調。

澳洲氣候乾燥，因此相較於台灣是較為舒適的，然而在澳洲這段期間，我認為是一種新的生活體驗，在一個全然不同的環境中，找到一個與生活能平衡的平衡點並為著學業而努力著。這段期間我獲益良多，無論是了解到澳洲的學習環境、與各國朋友認識並交流、或是學會了獨立，誠實面對自己。回去台灣後，我更加在自己的學業上多了一股衝勁，也對於自己真正喜歡什麼、不喜歡什麼更加認識了。



澳洲國家植物園



野生袋鼠(坎培拉)



墨爾本夜景



雪梨大橋



自己煮飯



赴外分享會  
Australian National University

Leanne Lai



# 甄選準備

舉辦申請說明會及公告校內初選簡章: 秋季班: 11月 春季班: 5月

遞交初選書面審查資料: 秋季班: 11-12月 春季班: 5-6月

面試  
秋季班: 上學期期中或末(12-1月)  
春季班: 下學期期中或末(5-6月)

志願分發、繳保證金(郵政劃撥)、報到、榜單公告----秋季班: 1月 春季班: 7月

繳交給交換校的申請文件----秋季班: 2-5月 春季班: 9-12月

交換校核發入學許可(視各校作業時程而定)---秋季班: 6-8月 春季班: 12月-2月

\* 獲得許可函後, 再可辦理簽證與機票訂購、役男等出國事宜

本處發函學生及校內相關單位、舉辦行前說明會---秋季班: 5-6月 春季班: 12-1

出國→於海外學習→返國、繳交心得及協助宣傳活動→辦理保證金退費。

\* 出國前、抵達交換校及返國後三階段, 都須至本校線上系統更新動態

- A. 線上列印申請書  
(作為首頁，並務必貼上證件用照片、親筆簽名、系主任簽名)
- B. 本校教師推薦信  
(中/英文，格式不限，須彌封一式四份)
- C. 中文自傳與出國學習計畫  
(格式不限，合計中文須介於 1000-5000 字之間，自行評估歡迎加附英文版本約 500-2500 字)
- D. 語言能力證明文件**影本** (中文組除外)  
(檢附影本繳件時務必攜帶正本供承辦人查驗。部分等待正本成績單寄發者，可先列印繳交網路/電子郵件之成績單，並於指定時間內補正本)
- E. 中文歷年成績單正本
- F. 其他相關優良事蹟或活動證明影本。  
(請勿附上高中職(含)時期以下之證明，正本須於繳件時檢附查驗)
- G. 報名費 515 元(含手續費)之郵政劃撥單收據影本一份。

# 語言檢定準備

- IELTS e.g. ANU- overall 6.5+  
no under 6.0/ each
- TOEFL

(Depends on each school)

Tips: Online resources + Practice

# 姊妹校申請準備

- Online Application
- English Proficiency Requirements
- Transcript
- Current Courses Schedule
- Passport

- offer Letter (OSHC)
- eCOE (Electronic Confirmation of Enrolment)
- Apply Visa
- Apply Accommodation
- Apply Scholarship
- Book your flight



# 赴外上課情形

- Timetable

PSYC1005\_S2 Life Issues: Applying Psychology

Displaying Dates: 18/7/16 - 20/11/16

	Monday	Tuesday	Wednesday	Thursday	Friday
7AM					
8AM					
9AM		PSYC1005_S2 Practical01/001 Practical 31-35,38,41-43 09:00 - 11:00 PSYC G5 PSYC G5	PSYC1005_S2 Practical01/003 Practical 31-35,38,41-43 09:00 - 11:00 PSYC G5 PSYC G5		
10AM					
11AM					
12PM					
1PM		PSYC1005_S2 Practical01/002 Practical 31-35,38,41-43 13:00 - 15:00 PSYC G5 PSYC G5			
2PM	PSYC1005_S2 Practical01/006 Practical 31-35,38,41-43 14:00 - 16:00 PSYC 149 PSYC 149			PSYC1005_S2 Practical01/005 Practical 31-35,38,41-43 14:00 - 16:00 PSYC 150 PSYC 150	
3PM			PSYC1005_S2 Lecture01/001 Lecture 29-35,38-43 15:00 - 17:00 PHYS T PHYS T		
4PM					
5PM					

Wk	Lecture A Tues 1 - 2 Robertson Theatre	Lecture B Wed 1 -2 Robertson Theatre	Lecture C Thurs 11 -12 Robertson Theatre	Workshops Fri 1-3 & 3-5 (repeated) Forestry103
1	<b>Course Intro</b> Craig Strong 19 July	<b>Climate</b> Janette Lindesay 20 July	<b>Climate</b> Janette Lindesay 21 July	<b>No activity</b>
2	<b>Aust Weather 1</b> Nicholas Engerer 26 July	<b>Aust Weather 2</b> Nicholas Engerer 27 July	<b>Aust Weather 3</b> Nicholas Engerer 28 July	<b>Weather/climate Exercise 1 (5%)</b>
3	<b>Paleo Climate</b> Janette Lindesay 2 August	<b>Geology 1</b> John Field 3 August	<b>Geology 2</b> John Field 4 August	<b>Geology Exercise 2 – (5%)</b>
4	<b>Landforms 1</b> John Field 9 August	<b>Landforms 2</b> John Field 10 August	<b>Solutions Lecture 1</b> Craig Strong 11 August	<b>Report writing + peer review Exercise 3 (5%)</b>
5	<b>Aust Flora</b> David Freudenberger 16 August	<b>Aust Flora</b> David Freudenberger 17 August	<b>Aust Flora</b> David Freudenberger 18 August	<b>Aust Flora Exercise 4 (5%)</b>
6	<b>Aust Fauna</b> David Freudenberger 23 August	<b>Aust Fauna</b> David Freudenberger 24 August	<b>Aust Fauna</b> David Freudenberger 25 August	<b>Aust Fauna Exercise 5 (5%)</b>
7	<b>Soils 1</b> Craig Strong 30 August	<b>Soils 2</b> Craig Strong 31 August	<b>Field Trip – Ho</b> Nici Sweaney ? 1 September	
<b>Field Trip 3-4 September</b>				
<b>Mid semester break 1<sup>st</sup> week 5 – 9 September</b>				
<b>Mid semester break 2<sup>nd</sup> week 12-16 September</b>				
8	<b>Soils 3</b> Craig Strong 20 September	<b>Soil ecology</b> Craig Strong 21 September	<b>Class Test – via wattle</b>  22 September	<b>Soils Exercise 6 – (5%)</b>
9	<b>Aust Biodiversity</b> Phil Gibbons 27 September	<b>Aust Biodiversity</b> Phil Gibbons 28 September	<b>Aust Biodiversity</b> Phil Gibbons 29 September	<b>Mulligans Flat 7 (5%) group A</b>
10	<b>Field Trip – Analysis</b> Nici Sweaney 4 October	<b>Solutions Lecture 2</b> Craig Strong 5 October	Spare  6 October	<b>Mulligans Flat group B</b>
11	<b>Water</b> Sara Beavis 11 October	<b>Water</b> Sara Beavis 12 October	<b>Field trip interim report feedback</b> 13 October	<b>report feedback Drop in session</b>
12	<b>Water</b> Sara Beavis 18 October	<b>Water</b> Sara Beavis 19 October	<b>Water</b> Sara Beavis 20 October	<b>Water Exercise 8 (5%)</b>
13	<b>Land Use</b> Craig Strong 25 October	<b>Land Mgt and Deg</b> Craig Strong 26 October	<b>Class Test</b> – IN CLASS 27 October	<b>No activity</b>



# • Requirements

## Postgraduates

Item	worth	Alternative?	Length	Due date	Description
Reading and participation	15%	Yes	n/a  or if alt assessment, at least 1500 words	Throughout  OR  if 'alternative assessment', on the week of the student presentation on you are giving feedback  email direct to me	<p><b>Reading and Participation:</b> Derived from your contribution to discussions arising from the readings and from asking questions of presenters.</p> <p><b>Alternative assessment:</b> Written notes on 3 presentations of your choice totalling 1500 words. Give your feedback and thoughts on the presentation and email to me for posting to the student who made the presentation. Your notes will be included in the feedback given to the student, and they must be prepared with that in mind.</p> <p>The same can go for the reading. Submit your thoughts before the class and that way I'll be able to work your opinions and thoughts into the tute conversation in a way that puts them in the mix.</p>
Presentation	20%	Yes	10 -15 mins talking +  10 mins questions	On your nominated week	<p><b>Presentation:</b> A short talk prepared in response to one of the topics set out on the page where each week's readings are also given. If you like, you can adjust a question to suit, or you can make up your own question, as long as it is within the confines of the topic under discussion for that week, AND as long as you discuss your intentions with me well prior to your presentation. Your talk should be about 10 minutes long, with 10 minutes discussion time. You will be assessed on the content of your talk, and on your capacity to respond to questions that are put to you.</p> <p><i>Note: Postgraduate students must do this assessment item individually.</i></p> <p>This sort of assessment can be daunting for some people. If you are an audience member, you may of course ask critical questions, but you must also bear in mind that it takes some courage to put ideas into the public realm. So, put critiques respectfully. Presenters generally put a lot of effort into these things, so as audience members, you should also put in effort to ask a question or make a comment. You will appreciate it when it comes to be your turn to present. We will nominate a few people who will be responsible for asking the first questions each week, before we open it up</p>

# • ANU- Wattle (student service system)

## Yi-An Lai

Wattle

**IMPORTANT WATTLE INFORMATION**

**WATTLE COURSE SITE AVAILABILITY**

Wattle course sites are generally released to students **two weeks** before teaching commences.

If your course site does not appear when you login:

- Check ISIS – note that ISIS indicates your official enrolments.
- Wait a day – new enrolments will have Wattle access one full working day after the enrolment is completed in ISIS.
- Check with your lecturer – some sites are released earlier or later than the standard date.

**CALENDAR**

April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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### College of Arts and Social Sciences (CASS) / Full Year, 2016

**LANGUAGE PLACEMENT TESTS - 2016**

- Weeks/Topics: 0 updated (13 total)
- Quizzes: 0 updated (5 total)

### College of Arts and Social Sciences (CASS) / Semester 2, 2016

**ANTH2132 / ANTH6518 - FOOD FOR THOUGHT: ANTHROPOLOGICAL THEORIES OF FOOD AND EATING - SEM 2 2016**

- Weeks/Topics: 0 updated (15 total)
- Files: 0 updated (42 total)

### College of Business & Economics (CBE) / Semester 2, 2016

**MGMT7030 - FOUNDATIONS OF MANAGEMENT - SEM 2 2016**

- Weeks/Topics: 1 updated (19 total)
- Assignments: 0 updated (2 total)
- Forum posts: 0 updated (900 total)
- Files: 1 updated (7 total)

### Colleges of Science (CMBE\_CPMS) / Semester 2, 2016

**ENVS1004/ENVS6104 - AUSTRALIA'S ENVIRONMENT - SEM 2 2016**

- Weeks/Topics: 0 updated (20 total)
- Forum posts: 0 updated (39 total)
- Quizzes: 0 updated (10 total)
- Files: 0 updated (10 total)

**PSYC1005 - LIFE ISSUES: APPLYING PSYCHOLOGY - SEM 2 2016**

- Weeks/Topics: 0 updated (17 total)
- Forum posts: 0 updated (112 total)
- Files: 0 updated (1 total)

**HELP WITH WATTLE**

- Lecturers - Wattle Basics Online module
- Wattle How-to Guides for Lecturers
- Wattle Intro Guide for Lecturers
- Students - Wattle Basics Online for Students module
- Wattle Intro Guide for Students
- Students - ASLC Turnitin Practice Site 2017
- Wattle Support via IT Service Desk or phone (02) 812 54321, select option 1, 5  
 Mon-Fri: 9am-5pm
- Moodle After-hours support  
 Phone 1300 544 894  
 Mon-Fri: 5pm-10pm  
 Sat-Sun: 9am-5pm

**RESOURCES**

[Timetable](#)  
[Programs and Courses](#)  
[ANU Email](#)  
[ISIS](#)  
[Library](#)  
**Help with your studies:**  
[- ASLC](#)  
[- ILP](#)  
**Health and Wellbeing:**  
[- Health](#)  
[- Counselling](#)  
[- Dean of Students](#)  
[- Student Life](#)  
[ANU Policies](#)  
**Student Representation:**  
[- ANUSA](#)  
[- PARSAs](#)  
[- Tjabal Centre](#)

**EVALUATIONS (SELT)**

You have no outstanding surveys to complete at this time.

[SELT information and privacy](#)

# 赴外生活體驗

- Meal Prep
- Residence Life
- Meet Mates
- School Experiences



# • Aussie Life



- Double Ten Celebration
- Floriade in Canberra
- Gallery Exploration





**THANK YOU !**