

# 臺英大學聯盟

## Taiwan-UK University Consortium (TUKUC)

### 學術交流合作計畫返國報告書

**注意事項：**填寫完畢後(請給 word 檔，不需轉成 pdf)，請連同 2-3 張研修期間的照片原始檔寄至 TUKUC 聯絡窗口。

姓名	劉和謙	撰寫日期	114 年 12 月 12 日
學號	41242211S	甄選年度	114 年第一學期
院系所	(中) 國立台灣師範大學化學系 (英) Department of chemistry, NTNU		
研修時年級	三		
就讀研修學校名稱	(中) 利物浦大學 (英) University of Liverpool		
就讀研修學校院系所名稱	(中) 化學系 (英) Department of chemistry		
研修期間	2025/9/10-2026/1/30	實際停留期間	143 天
獎助來源	臺英大學聯盟		

為瞭解學生對出國研修內容之吸收程度與「出國研修」對同學的影響和幫助，以作為未來規劃國際學術交流活動之參考，特別針對出國研修的同學進行學習成效評估問卷調查，請同學依據個人實際學習狀況審慎客觀填寫 (\*為必答)，敬請同學協助配合填寫，謝謝合作。

Q1. 於研修期間，共花費了約新台幣 268700 元，分別是：

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> 簽證費 <u>700</u> 元   | <input type="checkbox"/> 生活費 <u>57500</u> 元 | <input type="checkbox"/> 書籍費 <u>0</u> 元                     |
| <input type="checkbox"/> 機票費 <u>35000</u> 元 | <input type="checkbox"/> 交通費 <u>2500</u> 元  | <input type="checkbox"/> 語言學校費用 <u>0</u> 元                  |
| <input type="checkbox"/> 保險費 <u>0</u> 元     | <input type="checkbox"/> 旅遊費 <u>90000</u> 元 | <input type="checkbox"/> 其他費用 <u>                    </u> 元 |
| <input type="checkbox"/> 住宿費 <u>83000</u> 元 |   |   |

Q2. 請問您的家庭年收入約為 (單選) :

- 211 萬元以上                       181-210 萬元                       151-180 萬元  
 121-150 萬元                       91-120 萬元                       61-90 萬元  
 31-60 萬元                       30 萬元以下                       符合低收入戶標準

Q3. 請問您認為您家庭的社會經濟地位是屬於哪一階層? (單選)

- 上層                       中上                       中等  
 中下                       下層

Q4. 至研修學校就讀期間的住宿問題 :

- 學校宿舍-在校園內                       自己尋找的私人住宿  
 學校宿舍-校外                       自己尋找的住宿家庭                       其他  
 學校媒合/推薦的私人住宿機構                       住自己的親友家

Q5. 離學校多遠(單選)

- 走路 10 分鐘內                       搭車半小時內  
 走路 11~30 分內                       搭車半小時~一小時  
 走路半小時~一小時                       搭車一小時以上

Q6. 對於住宿的滿意度(單選)

- 非常滿意                       普通                       不滿意  
 滿意                       非常不滿意

Q7. 填寫滿意/不滿意的原因

滿意原因：每週只要 99 鎊，價格相對便宜

不滿意原因：電梯壞掉、離學校較遠 (走路要 20-30 分鐘)

Q8. 最初選擇出國研修的動機 (複選)

- 想增進外語能力                       未來想在國外工作  
 想增進國際視野                       獎助學金支援                       其他: (請註明\_\_\_\_\_) )  
 為未來出國念學位作準備                       畢業門檻

Q9. 最主要的動機 (單選)

- 想增進外語能力                       未來想在國外工作  
 想增進國際視野                       獎助學金支援                       其他: (請註明\_\_\_\_\_) )  
 為未來出國念學位作準備                       畢業門檻

Q10. 出國研修的收穫(複選)

- |   |   |  |
|---|---|--|
| <input checked="" type="checkbox"/> 增進外語能力      | <input checked="" type="checkbox"/> 選修國外課程，嚐試不同上課方式 | <input checked="" type="checkbox"/> 確立未來出國進修方向 |
| <input checked="" type="checkbox"/> 增進國際視野      | <input type="checkbox"/> 與國外學生與學者交流，結交許多良師益友        | <input type="checkbox"/> 其他: (請註明_____)        |
| <input checked="" type="checkbox"/> 體驗國外生活與風俗民情 |   |  |
| <input checked="" type="checkbox"/> 增進自我信心，學習獨立 |   |  |

Q11. 最大的收穫(單選)

- |                                      |  |  |
|--------------------------------------|--|--|
| <input type="checkbox"/> 增進外語能力      | <input type="checkbox"/> 選修國外課程，嚐試不同上課方式     | <input checked="" type="checkbox"/> 確立未來出國進修方向 |
| <input type="checkbox"/> 增進國際視野      | <input type="checkbox"/> 與國外學生與學者交流，結交許多良師益友 | <input type="checkbox"/> 其他: (請註明_____)        |
| <input type="checkbox"/> 體驗國外生活與風俗民情 |  |  |
| <input type="checkbox"/> 增進自我信心，學習獨立 |  |  |

Q12. 整體來說，我認為自己在研習內容之吸收瞭解程度為何？(單選)

- |   |                             |                               |
|---|-----------------------------|-------------------------------|
| <input checked="" type="checkbox"/> 非常好 | <input type="checkbox"/> 普通 | <input type="checkbox"/> 不好   |
| <input type="checkbox"/> 好              |                             | <input type="checkbox"/> 非常不好 |

Q13 整體來說，我對自己在研習上表現之滿意程度 (包括實驗室互動、師生互動、同學間的互動等等)(單選)

- |  |                             |                                |
|--|-----------------------------|--------------------------------|
| <input type="checkbox"/> 非常滿意          | <input type="checkbox"/> 普通 | <input type="checkbox"/> 不滿意   |
| <input checked="" type="checkbox"/> 滿意 |                             | <input type="checkbox"/> 非常不滿意 |

Q14. 整體而言，我對自己在研修學校的表現的滿意程度 (包括上課、學校內的活動等等)(單選)

- |  |                             |                                |
|--|-----------------------------|--------------------------------|
| <input type="checkbox"/> 非常滿意          | <input type="checkbox"/> 普通 | <input type="checkbox"/> 不滿意   |
| <input checked="" type="checkbox"/> 滿意 |                             | <input type="checkbox"/> 非常不滿意 |

Q15. 研修期間，遭遇最大的問題？

平均每天都只有一到兩小時的課程，導致每天都要花一小時通勤，只為了上一到兩小時的課。

Q16. (承上題)，你的解決方式是？

線上觀看上課的影片，如此一來便能安排自己出去旅行。(前提是點名沒有算進學期成績)

Q17. 此次研修體驗對我畢業後繼續出國深造之意願(單選)

- |   |                             |                                |
|---|-----------------------------|--------------------------------|
| <input checked="" type="checkbox"/> 非常有意願 | <input type="checkbox"/> 普通 | <input type="checkbox"/> 無意願   |
| <input type="checkbox"/> 有意願              |                             | <input type="checkbox"/> 完全無意願 |

Q18. 你向其他同學或學弟妹推薦此研修學校的之意願程度(單選)

- |   |                             |                                |
|---|-----------------------------|--------------------------------|
| <input checked="" type="checkbox"/> 非常有意願 | <input type="checkbox"/> 普通 | <input type="checkbox"/> 無意願   |
| <input type="checkbox"/> 有意願              |                             | <input type="checkbox"/> 完全無意願 |

Q19. (承上題) · 推薦/不推薦的原因是

利物浦具有濃厚的文化底蘊、物價比其他大城市 ( 倫敦、曼徹斯特、伯明罕 ) 還低

Q20. 此次是否有進研修學校實驗室? (單選)

- 有  沒有 (跳至 Q23)

Q21. 回國後是否繼續進行該項實驗? (單選)

- 有  沒有 (跳至 Q23)

Q22. 你是否有針對實驗成果發表論文? (單選)

- 有 (請附上論文摘要影本存查)  沒有

Q23. 你對於研修學校的活動安排(聚會、PARTY、小旅遊等) 的滿意程度 (單選)

- 非常滿意  滿意  普通  不滿意  非常不滿意

Q24. 整體而言，你對研修學校的滿意程度為何? (單選)

- 非常滿意  滿意  普通  不滿意  非常不滿意

Q25. 整體而言，你最滿意研修學校哪些地方?

一學期最多只能修 12 學分的課，所以學生會有很多自己的時間。課餘時間可以溫書或是去其他城鎮旅行。

Q26. 整體而言，你最不滿意研修學校的哪些地方?

選課時，課程大綱並沒有寫說這堂課是在禮拜幾，所以很難自己安排上課的時間。

繕打 **中文及英文** 心得報告，應包含下列項目

( **中文至少 1,000 字+英文至少 500 字。** )

A. 學校簡介

B. 國外研修之課程學習 ( 課內 )，另外推薦受益最多/最喜歡的課程

C. 國外研修之生活學習 ( 課外 )

D. 研修之具體效益 ( 請條列式列舉 )

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，請說明事件最大的啟發及思考未來可以怎麼解決？

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？

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？

H. 感想與建議

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

#### **A. 學校簡介：**

利物浦大學在 2025 年 QS 世界大學排名當中排名 147 位，也是羅素集團的成員之一，並誕生出 10 位諾貝爾得獎主。而利物浦大學最著名的科系是獸醫系，在英國排名第三。校區集中，整座校園落於緩丘上，位於市中心的東邊。校地面積為 40 公頃，約為師大古亭校區與公館校區加起來的兩倍。

#### **B. 國外研修之課程學習 ( 課內 )，另外推薦受益最多/最喜歡的課程**

我在利物浦總共修了三門課，分別是 Further organic chemistry、Global pop music 與 English for academic purpose。我當初選 Further organic chemistry 是因為我是化學系的學生，且之後想要在歐洲念研究所，所以想要體驗看看在國外上化學系的課是什麼樣的感覺。而 Global pop music 則像是一門非常基礎的通識課，老師會介紹許多國家的流行音樂，除了英語流行音樂 ( 因為太主流了 )。另

外評量方式也很簡單，整個學期只要寫兩份 2000 字的 essay 就好了。而我最推薦的課是 English for academic purposes，在這堂課不僅可以認識許多來自不同國家的學生，還可以學習到很實用的學術寫作及口說技巧。

### **C. 國外研修之生活學習 ( 課外 )**

在日常生活中我開始學習如何料理，畢竟在英國外食太貴了，所以我通常都是自己煮飯。我學會炸地瓜球、煮咖喱飯、炒菜、炒蛋 ( 我在台灣很少下廚，所以這對我來說是很大的進步了 )。此外我也從我的法國朋友 Serine 學到如何做軟餅乾還有可麗餅。

### **D. 研修之具體效益 ( 請條列式列舉 )**

1. 結識朋友—認識來自不同國家的朋友，促進跨文化交流
2. 學習外語—我的法國與義大利朋友時常教我她們的語言
3. 學習烘焙—做可麗餅、軟餅乾
4. 學習料理—煮咖喱飯、炸地瓜球
5. 管理時間—課餘時間健身、下廚、旅遊
6. 增廣見聞—到六個國家旅行，體驗當地風俗民情
7. 口說進步—每天都要說英文，並且要適應利物浦的口音
8. 適應文化—跟義大利朋友打招呼要擁抱，跟法國朋友打招呼要親臉
9. 教會生活—每週日固定去教會聚會，結識許多當地朋友
10. 確認目標—堅定自己未來想在國外念書的決心

**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，請說明事件最大的啟發及思考未來可以怎麼解決？**

當我在克羅埃西亞獨旅的時候，我的手機不幸在我用腳架錄影時被風吹進海裡，並且找不回來。因此在此剩餘的一週我只能用平板看地圖、訂旅館、查資料。在自己一個人獨自旅行的情況下失去手機，並與網路世界斷絕，是如此可怕的事情。在失去手機的隔一天我非常焦慮，也常常陷入懊惱的情緒。但好在後來我有幸地在旅途中遇到很多非常友善的人，有本地人為我指路，也有觀光客用他們的手機幫我拍照。我還非常幸運地在威尼斯遇到一個一樣是從台灣去旅行的女大學生，我不僅在那幾天擺脫沒有網路的煩惱，還結交到一個十分特別的朋友。

#### **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？**

我有一群非常要好的歐洲女生朋友，她們在見面與道別的時候都會跟彼此擁抱，包括異性的朋友。一開始我非常不習慣，因為這在亞洲社會不是一件常見的事情。但後來她們解釋擁抱象徵情感連結與社會親密感，因此我逐漸接受這樣的打招呼文化，也拉近我們彼此之間的距離。

#### **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？**

我覺得此次出來交換我獲益良多。第一是我意識到人生的容錯率比我想像的還要多很多。在歐洲我不僅遺失我的手機、火車經常誤點，還因為太晚到櫃檯報到而被航空公司罰錢，更有一次因為旅館訂成女生房而無法入住，上述的種種經歷都使我的心變得更強韌，讓我在現在遇到任何困難時都可以積極去面對。第二是我更懂得去尊重與欣賞他人的文化。我在這裡認識了來自馬來西亞、新加坡、印度、日本、法國、西班牙、義大利、德國、丹麥、美國和中國的朋友，這使我在日常生活就能接觸到各式各樣的文化，我們不僅透過餐會了解彼此國家的特色美食，更學習對方的語言，拉近彼此的距離，也拓展我的國際觀。此外在這裡我暫時逃離了原本學校的競爭關係，給自己鬆一口氣也給自己充電，讓我更有精力回去台灣面對繁重的課業壓力。

#### **H. 感想與建議**

我覺得這次能夠出國交換是一件非常幸運且難得的事情，因為我不僅學習獨立生活，還體驗到跨文

化交流，更培養解決問題的能力。我希望用自身的經歷來鼓勵化學系的同儕與學弟妹，不論在國外是否選修自己專業的課，都將會大幅提升語言水平。此外，我認為在這個年紀拓展國際觀至關重要。我在英國的這個學期接觸到各式各樣的生活方式，這讓我不再會把成績當作生活的唯一重心。最後鼓勵所有師大的同學們勇於跳脫舒適圈，畢竟人不輕狂往少年！

## A. Introduction to the University

The University of Liverpool is a historic and prestigious institution renowned for its academic excellence and research impact. In the 2025 QS World University Rankings, the university holds the 147th position globally. It is also a proud member of the Russell Group, which represents 24 leading UK universities dedicated to maintaining the highest research and teaching standards. The university's academic pedigree is further highlighted by its association with ten Nobel Prize laureates who have been affiliated with the institution.

Among its many disciplines, the University of Liverpool is perhaps most famous for its School of Veterinary Science, which is consistently ranked third in the United Kingdom. Geographically, the campus is distinctively concentrated rather than scattered. The entire university is situated on a gentle hill located just to the east of the city centre, providing a cohesive academic community feel. The campus spans approximately 40 hectares (about 100 acres). To put this size into perspective for students from National Taiwan Normal University (NTU), the Liverpool campus is roughly twice the size of the NTU Guting and Gong guan campuses combined. This centralized layout fosters a vibrant student atmosphere where academic buildings, libraries, and social spaces are all within walking distance.

## B. Academic Learning (Curricular) and Course Recommendations

During my semester at Liverpool, I enrolled in three specific courses: *Further Organic Chemistry*, *Global Pop Music*, and *English for Academic Purposes*.

I initially selected *Further Organic Chemistry* because I am a Chemistry major back home. My long-term goal is to pursue a master's degree in Europe, so I wanted to use this opportunity as a "trial run" to experience what advanced chemistry education feels like in a Western academic setting. It provided me with a valuable preview of the teaching styles and laboratory expectations I might face in the future.

On the other hand, *Global Pop Music* served as a fascinating general education course. It was far from a standard music appreciation class. The instructor introduced us to pop music trends from a multitude of countries, deliberately excluding English-language pop music because it is already considered too mainstream and dominant. This approach opened my ears to diverse cultural soundscapes I had never encountered before. Furthermore, the assessment method was quite manageable for an exchange student; the entire semester's grade relied on two 2,000-word essays, allowing me to focus on research and writing rather than high-pressure exams.

However, the course I recommend most highly is *English for Academic Purposes*. This class was not just about grammar; it was a hub for international connection. In this course, I met students from all over the world, creating a natural environment for cultural exchange. Academically, it was incredibly practical, teaching me essential skills for academic writing and professional speaking that will benefit me throughout my future research career.

### C. Life Learning (Extracurricular) & Culinary Adventures

One of the most immediate realities of living in the UK is the high cost of dining out. Consequently, I began learning how to cook as a matter of survival, and eventually, it became a hobby. I usually prepared all my own meals, which led to a significant improvement in my culinary skills.

I went from rarely entering the kitchen in Taiwan to mastering several dishes. I learned to make curry rice, stir-fried vegetables, and scrambled eggs. I even challenged myself to make "fried sweet potato balls," a classic Taiwanese night market snack, to cure my homesickness. For someone who seldom cooked before, this represented a massive leap in independence and capability. Furthermore, I engaged in culinary exchange with my international friends. My French friend, Serine, taught me the secrets of baking authentic soft cookies and French crêpes, adding a sweet touch to my study abroad life.

### D. Specific Benefits of the Exchange (Listed)

1. **Building a Global Network:** I made friends from various countries, which greatly facilitated cross-cultural communication and understanding.
2. **Language Acquisition:** Beyond English, I learned snippets of other languages. My French and Italian friends frequently taught me phrases and slang from their native tongues.
3. **Baking Skills:** I acquired specific baking techniques, learning to make delicious crêpes and soft cookies from scratch.
4. **Cooking Proficiency:** I mastered daily cooking skills, including making curry rice and frying sweet potato balls, becoming self-sufficient.
5. **Time Management:** I learned to balance my schedule effectively, utilizing spare time for fitness, cooking, and traveling throughout Europe.
6. **Broadening Horizons:** I travelled to six different countries, immersing myself in local customs and experiencing the diverse folk cultures of Europe.
7. **Oral Proficiency:** My English-speaking skills improved dramatically as I was forced to speak English every day and adapt to the unique "Scouse" accent of Liverpool.
8. **Cultural Adaptation:** I adapted to European social etiquette, such as hugging Italian friends or kissing French friends on the cheek when greeting.
9. **Community Life:** I attended church gatherings every Sunday, which allowed me to meet many local residents and integrate into the local community.
10. **Clarifying Future Goals:** This experience solidified my determination to pursue graduate studies abroad in the future.

### E. Overcoming Difficulties and Problem Solving

The most significant challenge I faced occurred during a solo trip to Croatia. While I was attempting to take a video using a tripod by the seaside, a sudden gust of wind tragically blew my phone into the ocean. It was unrecoverable.

For the remaining week of my trip, I was forced to rely solely on my iPad to read maps, book hostels, and search for information. Losing a phone while traveling alone—effectively being cut off from the internet and immediate communication—is a truly terrifying prospect in the modern age. The day after losing my phone, I was consumed by anxiety and deep regret, constantly blaming myself for the accident.

However, this crisis turned into a lesson in human kindness. I was fortunate to meet many incredibly friendly people along the way. Locals went out of their way to guide me when I was lost, and fellow tourists offered their phones to help me take photos so I wouldn't lose the memories. In a stroke of serendipity, I met a female university student in Venice who was also traveling from Taiwan. Meeting her was a turning point; not only did I escape the stress of having no internet for a few days by tagging along with her, but I also made a very special and lasting friendship. This experience taught me that even when technology fails, human connection can save the day.

## **F. Cultural Shock and Adaptation**

One of the most distinct cultural shocks I encountered involved personal boundaries and greetings. I have a group of very close European female friends who would always hug each other upon meeting and parting—this applied to friends of the opposite sex as well.

Initially, I was quite unaccustomed to this. In Asian society, such physical intimacy between friends is not particularly common, and we tend to maintain a larger physical distance. However, my friends explained to me that a hug symbolizes an emotional connection and social intimacy; it is a gesture of warmth rather than romance. Understanding the meaning behind the action helped me shift my perspective. I gradually accepted and even embraced this greeting culture. By adopting their customs, I felt the distance between us shrink, and our friendships became even stronger.

## **G. Personal Growth and Transformation**

I believe this exchange program has been profoundly beneficial, bringing about two major changes in my life.

First, I realized that life has a much higher "margin of error" than I previously imagined. In Taiwan, we often feel that one mistake can ruin everything. However, in Europe, I faced numerous setbacks: I lost my phone in the sea, experienced frequent train delays, was fined by an airline for checking in late, and even faced a situation where I couldn't check into a hostel because I had accidentally booked a female-only dormitory. These "failures" and chaotic moments did not break me. Instead, the sum of these experiences toughened my mind. They taught me resilience. Now, when I encounter difficulties, I face them with a positive and active attitude, knowing that things can usually be solved.

Second, I learned to truly respect and appreciate other cultures. In Liverpool, I befriended people from Malaysia, Singapore, India, Japan, France, Spain, Italy, Germany, Denmark, the United States, and China. This diversity

allowed me to encounter a microcosm of the world in my daily life. We bonded over "potluck" parties, tasting signature dishes from each other's countries, and learning each other's languages. This not only brought us closer but also significantly expanded my international worldview.

Additionally, physically leaving my home university allowed me to temporarily escape the competitive academic environment I was used to. It gave me a chance to breathe, recharge, and return to Taiwan with renewed energy to face the heavy academic workload that awaits.

## **H. Reflections and Suggestions**

I feel incredibly lucky to have had the opportunity to go on this exchange. It was a rare privilege that allowed me to learn independent living, experience cross-cultural communication firsthand, and cultivate critical problem-solving abilities.

I hope to use my own experience to encourage my peers and juniors in the Chemistry department: do not hesitate to apply. Regardless of whether you take courses directly related to your major while abroad, your language proficiency will improve drastically simply by living in an English-speaking environment. Furthermore, I believe that expanding one's international perspective is crucial at our age.

During this semester in the UK, I was exposed to so many different lifestyles and value systems. This exposure has fundamentally changed my mindset; I no longer view academic grades as the sole focus or definition of my life. Finally, I want to encourage all students at NTU to be brave enough to step out of their comfort zones. As the saying goes, "Youth is the time for bold adventures," or as we say, one is never too young to be a little wild. Don't let your youth go to waste—go out and see the world!