

A semi-transparent background image of a traditional Dutch windmill standing next to a canal, with vibrant tulip fields in shades of pink, purple, and yellow in the foreground under a blue sky with white clouds.

EXCHANGE DIARY

企三 A 李亭頤

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- 歐洲旅遊



交換初心

Line ID : mischa1113
Instagram : mischa_1113

大家好！我是在113學年度出去交換的，可以叫我Mischa（米莎）就好～之前高中時就有期許自己可以大三出去交換一年，沒想到這個願望真的有達成，還是覺得很不可思議，真的很像一場夢。在交換的過程中其實沒有我想像中的那麼順利，所以原本還懷疑自己這個決定是不是正確的，經過一年後回頭看就知道，這一定是我人生中最珍貴的回憶！如果你還在猶豫要不要去，希望正在看我心得的你可以跨出這一步，一定要去歐洲看看！親自在歐洲生活真的很不一樣，我很喜歡歐洲的生活方式和環境，當然也經過了很多文化衝擊和洗禮的部分哈哈哈哈哈哈，這一年我拓展了好多視野，每次聽人家說旅行能增廣見聞，以前都沒什麼感覺，現在完全能體會到這句話的意義，明顯感受到我成長了不少，不論是外在還是內在，歐洲都有悄悄的改變著我，所以非常歡迎大家去歐洲交換體驗看看！如果有任何問題也非常歡迎聯繫我，有聯絡資訊在上面！



前期準備-台灣

我這邊想要提及一下準備過程，因為之前自己準備的時候沒有太多資源幫忙，所以當時在準備時會不清楚和瞭解，希望能幫助到有興趣的同學！

然後我自己是上下學期不同間荷蘭大學交換，上學期是校級的蒂爾堡大學，所以我轉到漢斯時可能和一般過程不太一樣。那也歡迎去看看我蒂爾堡大學的心得，我也有寫準備過程，可能會有幫助。

這邊整理一下會需要處理的事項

- Program/Learning agreement
- SSH
- Student card
- MVV（荷蘭在台辦事處）
- Residence permit
- Gemeente Groningen（市政廳預約）
- AON insurance
- Revolut bank

前期準備-台灣

Program/Learning agreement

下學期去的話大約9月中就會進行提名，並會需要在11月前完成申請過程。商學院學生會有三種Program 可以選，裡面課程大約有六堂，那在自己斟酌要選擇哪個計畫和哪些課程，然後選擇課程前請先和助教確認是否可以抵免！！！

附圖的照片是到時候要完成上傳的資料，Learning agreement就是選課單了，學校都會傳mail給你所以這部分不用擔心。

- Transcript of Records

Your most recent grade list in English; you can ask your home university for this document.

- Passport

Make sure the document is valid throughout the period of your exchange. EU/EER students can also upload the front and back of their ID card.

- Learning Agreement non EU students

It is mandatory to upload a Learning Agreement signed by you and your home university. You can find your courses by clicking on your chosen exchange programme. You are not able to pick courses from different programmes; all programmes are fixed. You can use the Learning Agreement of your home university or our

[Learning Agreement](#)

. Once your learning agreement has been approved and signed, you can download it again from the online application portal.

- Digital Learning Agreement for Erasmus students

Please contact your home university for the procedure. You will also need to upload your fully signed Learning Agreement in our online application portal.

- Additional documents

Some Schools require additional documents. If this is the case, then this will be mentioned in your application link at the 'documents' section.

前期準備-台灣

SSH

這個是租房網站，我是因為剛好上學期有朋友自己找，所以我就順勢接著她的住宿。學校會再提供交換生宿舍不用擔心，好像也是這個平台的。

Zernikepark 31 k25a
€ 770.18 · 18 m² · Shared room · 1 Feb 2025 - 25 Jul 2025

✓ Step 1: Confirm booking option

○ Booking completed

Booking completed

Thanks! Your booking for Zernikepark 31 k25a has been received and confirmed.

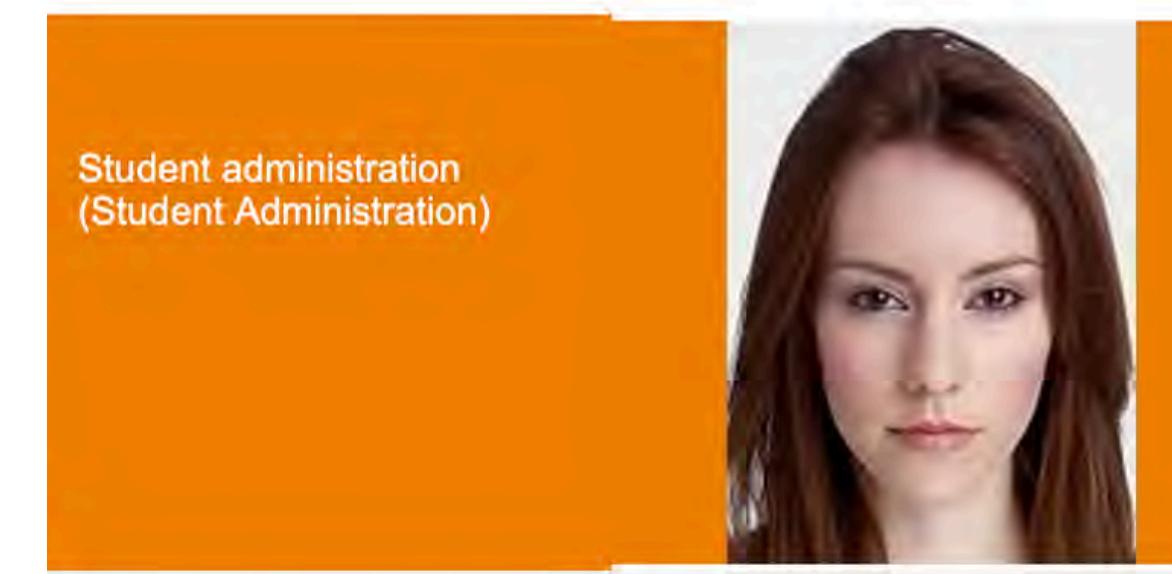
You'll receive more information by email.

Booking details

You made a booking for Zernikepark 31 k25a from Feb 1, 2025 till Jul 25, 2025.

Student card

10月底的時候會請你申請學生證，一定要用喔，因為考試時會請你出示學生證。到時候到學校時再去櫃檯領就好！



Student administration
(Student Administration)

Photo for your student card
(Photo for your student card)

You will find the English translation of this message at the bottom of the page

Dear Mischa,

For your student card with student number 497645, we need a **color** passport photo. Therefore, we invite you to go to [upload passport photo](#) and follow the instructions. The link is valid for 90 days. If your photo doesn't meet the stated guidelines, it will be rejected. You can see a **good example** of a photo in the **top right corner** of this email.

前期準備-台灣

MVV

這個非常非常重要！！！這個要去荷蘭在台辦事處預約，因為一定要有學生簽證才能過去荷蘭，但是這個非常難搶到預約的名額，所以要在前3-4個月就慢慢開始看了，一定要趕快預約！然後我自己有申請出生證明，但其實沒有用到所以大家不用特別申請。
還有很重要的是大頭貼要特別去拍，荷蘭有規定的尺寸，所以一定要跟照相館老闆確認好！

[Reschedule Appointment](#)

[Cancel Appointment](#)

Appointment confirmation for a MVV – visa for long stay (>90 days) on Wednesday, 24/Jul/2024 at 10:00 .

Appointment Information					
Applicant Name	Reference No.	Appointment Date	Appointment Time	Queue	Branch Name
TINGYI LI	001265509788	24/Jul/2024	10:00	Long Stay	Taipei

Dear Madam/Sir,

With this message we confirm your appointment to apply for a MVV (Provisional Residence Permit) issuance. The whole procedure to issue MVV sticker on your passport takes about 5-10 working days if your MVV had been approved.

To hand in a **MVV application for WHP** (Working Holiday Program) **this is not** available at this category, please cancel your appointment and make an appointment for Working Holiday Program-WHP. If no date(s) are available for WHP this means that all time slots are taken. You can try to schedule an WHP appointment in the following period.

Via the links below (choose one) you will find information on the application procedure and the documents you need to

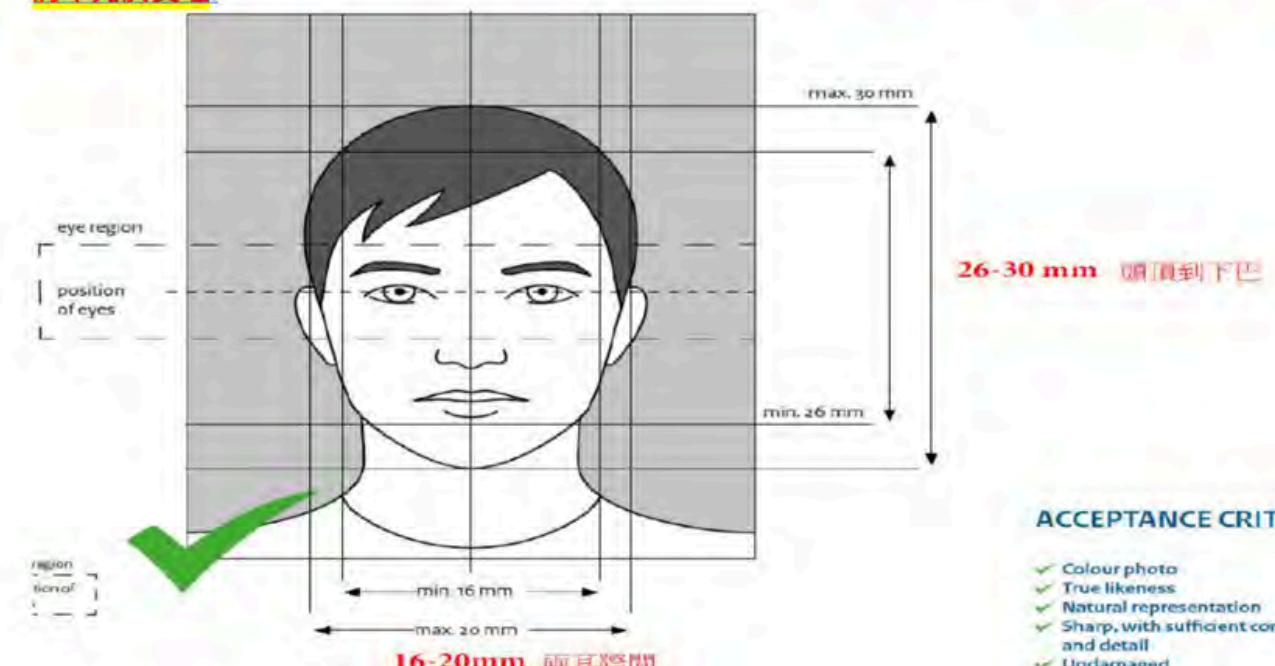
照片不符合荷蘭官方要求，但仍被錄入 VISA 系統，對您本人將造成嚴重後果。如此，無法在荷蘭簽發居留許可證。如果申請人在抵達荷蘭後無法獲得居留許可證，則該人就無法在市政廳登記，開立銀行帳號或簽訂租賃合同等。

請參閱：[護照和身份證的照片要求 | 荷蘭全球](#)

[Please note Taiwanese passport photo measurements do NOT comply with the Dutch passport photo measurements.](#)

請注意照片不是台灣護照照片尺寸, 台灣護照照片尺寸無法受理.

照片頭部大小尺寸: 下巴-頭頂: 26-30MM; 兩耳際之間 (不含耳朵) 16-20MM; 照片不符合規定, 您的申請將不允於受理.



ACCEPTANCE CRITERIA

- ✓ Colour photo
- ✓ True likeness
- ✓ Natural representation
- ✓ Sharp, with sufficient contrast and detail
- ✓ Undamaged
- ✓ Not a reproduction (copy)
- ✓ Unaltered by computer software
- ✓ Printed on high-quality, smooth photo paper
- ✓ Resolution of at least 400 dpi

前期準備-台灣

Residence permit

這個也是非常 important，那因為我上學期就有了，所以我是延長我的效期而已。附圖是我需要再提供的資料，提供完後要再去預約IND領取新的居留證，但如果你是剛申請也一樣要記得預約去領取喔！



Because you already have a valid residence permit for the Netherlands you can ignore the immigration instructions called TEV.

It unfortunately is not possible to upload the documents for the immigration procedure you need to undergo called 'transferring from another university in the Netherlands' in our system Osiris – Hanze Apply, so please send them to me as an attachment by email.

The documents we need to receive from you, you can find on our [website](#) or see attached.

- Personal details form (see attached)
- Copy of your (valid) passport (*include the pages with your personal details and signature, and if applicable: any pages that contain MVV sticker, travel stamps. Combine into one PDF file*).
- Antecedents certificate (see attached)
- Copy bank statement of your Revolut showing at least 7,000 euro

Another thing I need to inform you about is that your current residence permit is valid till May 2025 and not for the whole semester you will be studying at Hanze and because of this we will have to extend it.

We can do this only 3 months before the expiring date of your permit. In March 2025 we will send you instruction about how to extend your residence permit.

To give you an idea what is needed for us to extend your permit, you need to upload certain documents and pay an immigration fee of 228 euro.

The IND will eventually approve the request and you will receive a letter about this 'IND approval letter'.

For more information about the procedure just visit our website: [Immigration Procedure Extension \(hanze.nl\)](#).

Should you have any further questions just let me know.

Kind regards / Met vriendelijke groet,

前期準備-台灣

Gemeente Groningen

我當時去市政廳是因為要去重新辦理居留證，要再去用一些生物辨識的資料。那第一次去的人我記得需要去領BSN，還有去註冊地址，我就不太清楚時間了，但學校那邊一定會傳mail做確認。

The screenshot shows the official website of the municipality of Groningen. At the top right, there are links for 'Contact', 'Nederlands', 'English', and a 'Translate' button. Below the header, there's a search bar with a magnifying glass icon and a 'Listen' button with a speaker icon. A yellow callout box contains the text: 'Students studying in Groningen for 4 months or longer must [register at the municipality](#)'. The main content area features several service cards:

- Help with your financial matters or energy savings**: Includes a brief description and a link to the Groningen Kredietbank (GKB).
- Moving**: Describes how to let the municipality know about moves.
- Housing**: Provides information on finding a room and rental rules.
- Elections**: Details the upcoming elections on Wednesday 29 October 2025.
- Parking**: Information on P+R sites, car parks, and on-street parking.
- Request an extract from the Register of Non-Residents**: A service for requesting extracts from the register.

前期準備-台灣

AON insurance

保險通常申請的都是這一間，方便更改資料也方便線上申請，像我之前以為可以直接申請一年份，但是後來才知道不同間學校要分開來，然後我就直接更改時間就可以了，非常方便！但要注意你要有荷蘭地址後才能申請喔～



Aon Student Insurance - Insurance Certificate

Personal Details

Insurance certificate no.	FIT001802550
Name insured	Ms. Ting-Yi Li
Date of Birth	13-11-2003
Nationality	Taiwan
Home country	Taiwan
Country of destination	Netherlands
Address of residence	Zernikepark 31 25a, 9747 AP GRONINGEN

Insurance Details

Insurance package	Complete+
Start date insurance	01-02-2025
End date insurance	30-08-2025
Policy conditions	no. 1.23
Deductible	None
Co-payment	None
Insurance coverage	As per description of cover (page 2)
Area of coverage	Worldwide
Group scheme	Hanze UoAS C+

Premium

Assistance & Repatriation	EUR 25,93
Home contents	EUR 6,12
Accident	EUR 34,83
Liability	EUR 6,12
Luggage	EUR 14,51
Legal assistance	EUR 29,50
Medical & Dental	EUR 277,97
Total premium	EUR 394,98 (For the entire insured period and including EUR 7,24 insurance premium tax)

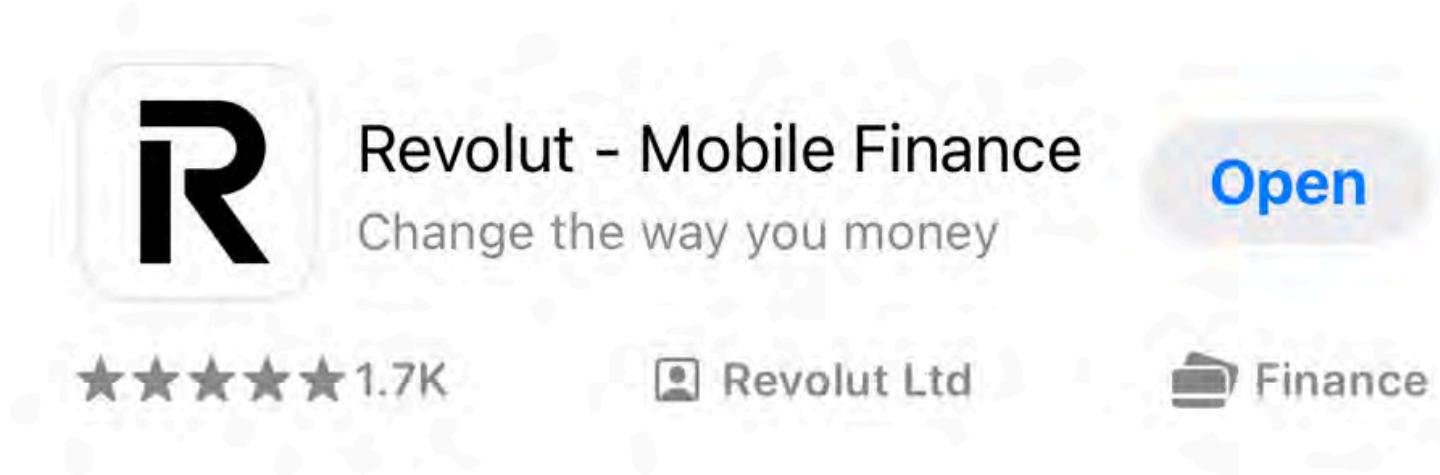
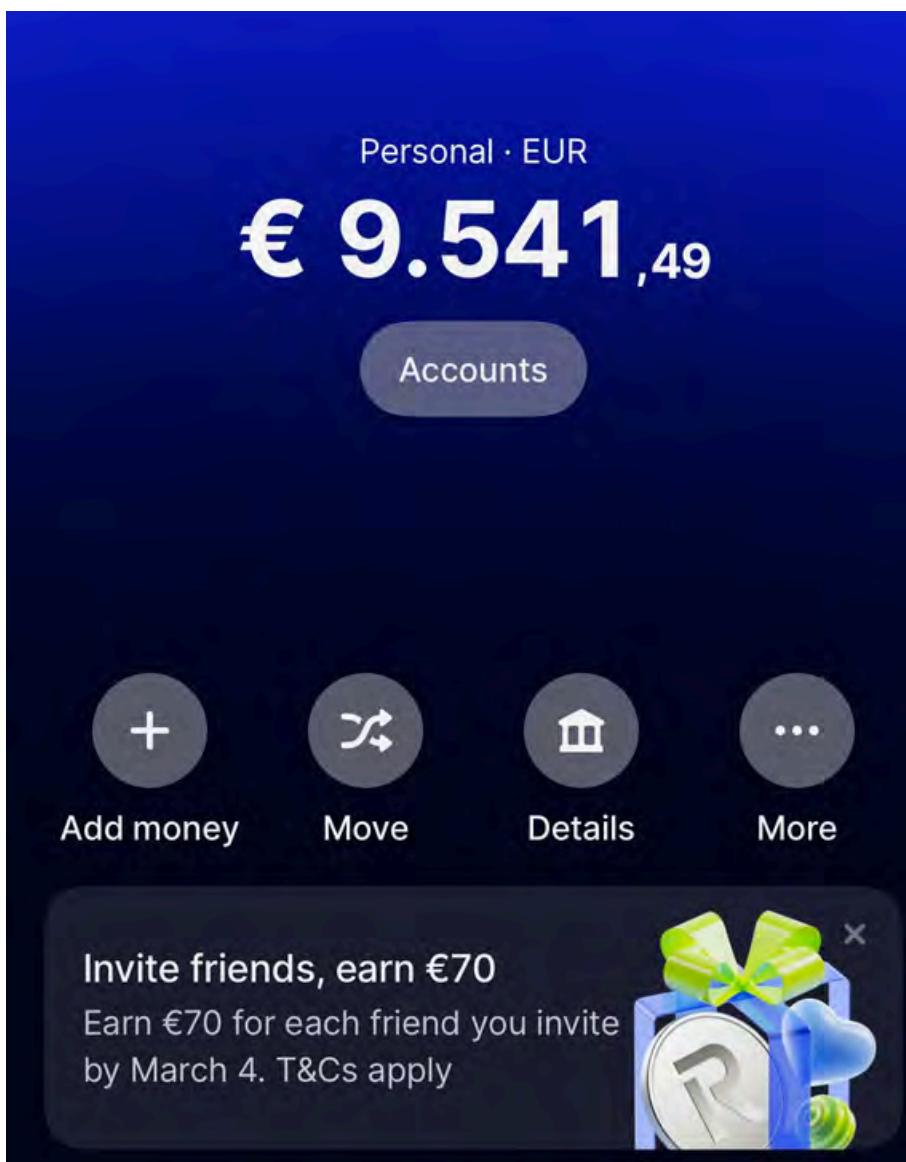
Insurer Details

Insurer	95% AIG Europe S.A., NL Branch 5% AWP P&C S.A. - Dutch Branch
Broker	Aon One Underwriting B.V.

前期準備-台灣

Revolut

超級好用的網路銀行，不用特別申請當地的荷蘭銀行，這個就非常夠用了，除非你有什麼特殊需求才需要申請。剛開始申請時不用你的BSN number，但等你從市政廳拿到後它會叫你要身分認證，這時候就需要填BSN number了。此外，我個人還有再申請實體卡，但這個就等到你到荷蘭在用就好了，如果自己有需要的話。



小建議：

我在台灣有事先綁定帳號，我是用台銀綁定的，所以之後如果急需匯錢到Revolut 會比較方便，蠻建議大家可以綁定的！

後期準備-荷蘭

再來這裡是可以到荷蘭後再準備的東西，但還是可以有一個基本認識，到時候到荷蘭也可以比較快上手！

這邊整理一下會需要處理的事項

- SIM card
- Swapfiets
- NS ov-chipkaart
- Digid

後期準備-荷蘭

SIM card

我是使用Youfone的網路，個人覺得用下來蠻不錯的，旅行去到歐洲各國都能連上當地網路，而且它可以不用用荷蘭當地銀行卡申請，用先前講的Revolut 就可以了！因為之前申請一間網路叫Odido（荷蘭數一數二的大牌子，類似中華電信），可是它就一定要荷蘭當地的銀行卡才能申請，所以後來就換到朋友推薦的這間。

The screenshot shows the Youfone website interface. At the top, there's a purple header with the Youfone logo and navigation links: Producten, Facturen, Klantvoordeel, Service, Mijn profiel, Berichten (with 0 notifications), and Direct regelen.

The main content area has two columns:

- Mijn gegevens** (My details):
 - Persoonsgegevens:
 - Klantnummer: 31617620250
 - Naam: Ting Yi Li
 - Adres: Professor Verbernelaan 35 24, 5037AD TILBURG, NL
 - Geboortedatum: 13 november 2003
 - Standaard telefoonnummer: 0628462917
 - Inloggegevens
- Direct regelen**:
 - Account:
 - E-mail wijzigen
 - Wachtwoord wijzigen
 - Uitloggen
 - Zelf regelen

1. 它需要叫你填一組電話號碼，你就隨便亂填數字就好，後面你就選擇說要新的電話號碼就可以了，你就會有荷蘭的號碼。

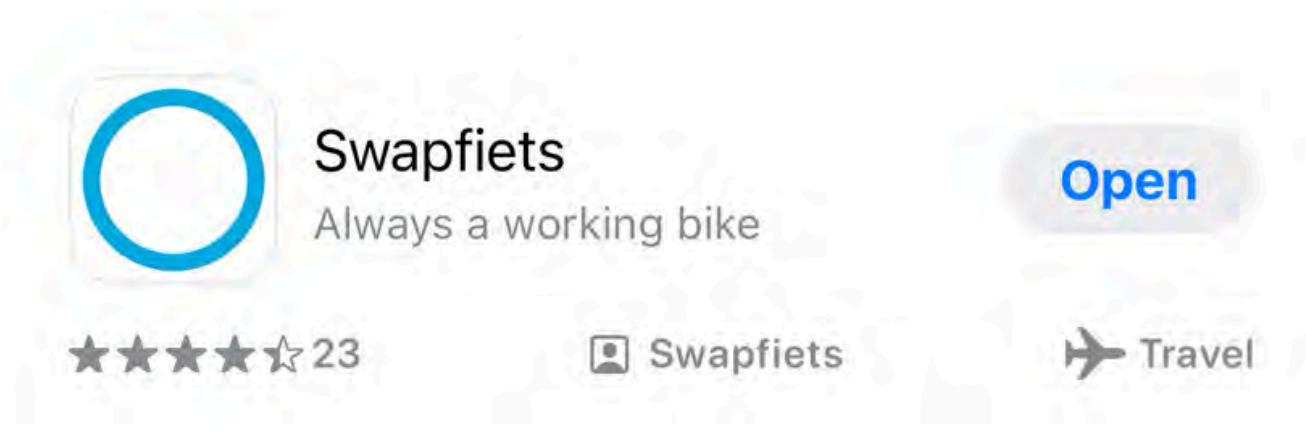
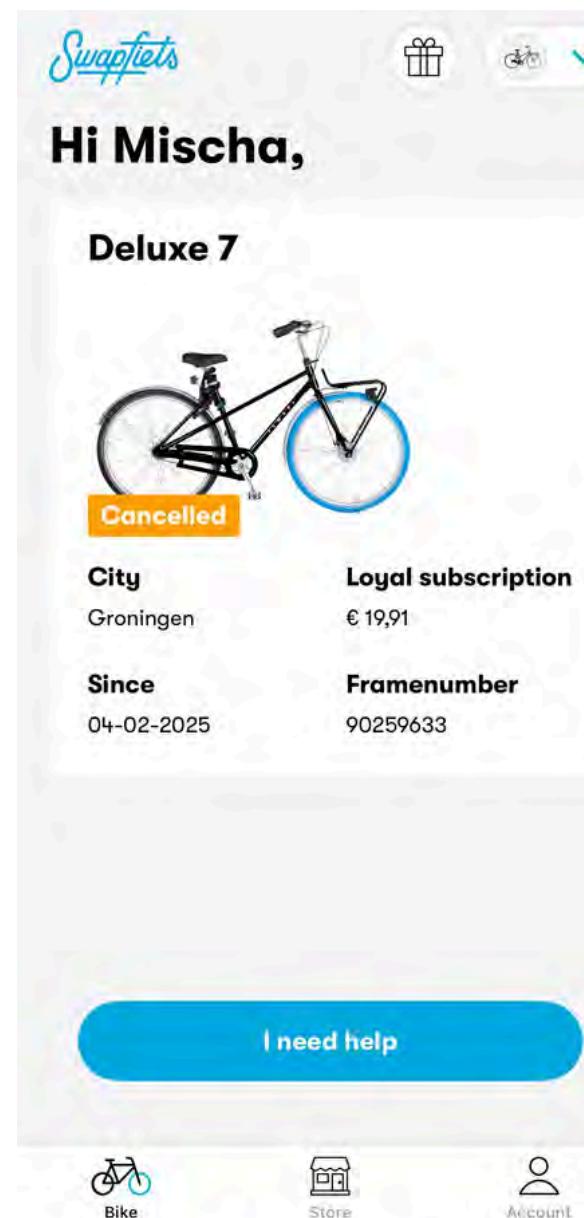
2. 然後我買的是一個月18GB，然後有加買ceiling 提醒我網路快沒了，所以一個月我付12.50歐元。

● 因為我剛好是申請一年的交換，所以我就能直接買一年的方案，可是如果你是只有半學期的話可能就要用Lebara，這個就可以月付就好！有聽朋友說很貴，但我沒有到很清楚所以可以再查一下。

後期準備-荷蘭

Swapfiets

到荷蘭一定要體驗每天騎腳踏車的生活，推薦大家到荷蘭租Swapfiets，一樣也是月付，然後可以只租半學期，也可以隨時退租非常的方便！可以先下載它的app然後預約，然後在規定的時間去拿就可以了！我自己還有加買前面放東西的籃子，可以依自己狀況斟酌加購。還有保險我也是有買，因為只要腳踏車不見就會跟你收很高的費用，連同鑰匙不見就會更慘，所以我還是有買。



小建議：

腳踏車鑰匙如果可以的話，可以掛個鑰匙圈，因為它的鑰匙蠻小一個很容易找不到，所以建議可以掛個鑰匙圈比較不會不見！

後期準備-荷蘭

NS ov-chipkaart

這個就像是台灣的悠遊卡，主要是搭火車時使用，當然其他大眾交通也都可以。然後他有一些訂閱項目可以選擇，像是假日免費，或是非尖峰時段六折之類的，那可以在自己斟酌要不要訂閱。提醒一下在訂閱的第一個月都無法更改項目，要過一個月才能更換或是取消喔。

Apply for personal OV-chipkaart

1 Data 2 Photo 3 Photo check 4 Reloading 5 Check 6 Payment

Personal information

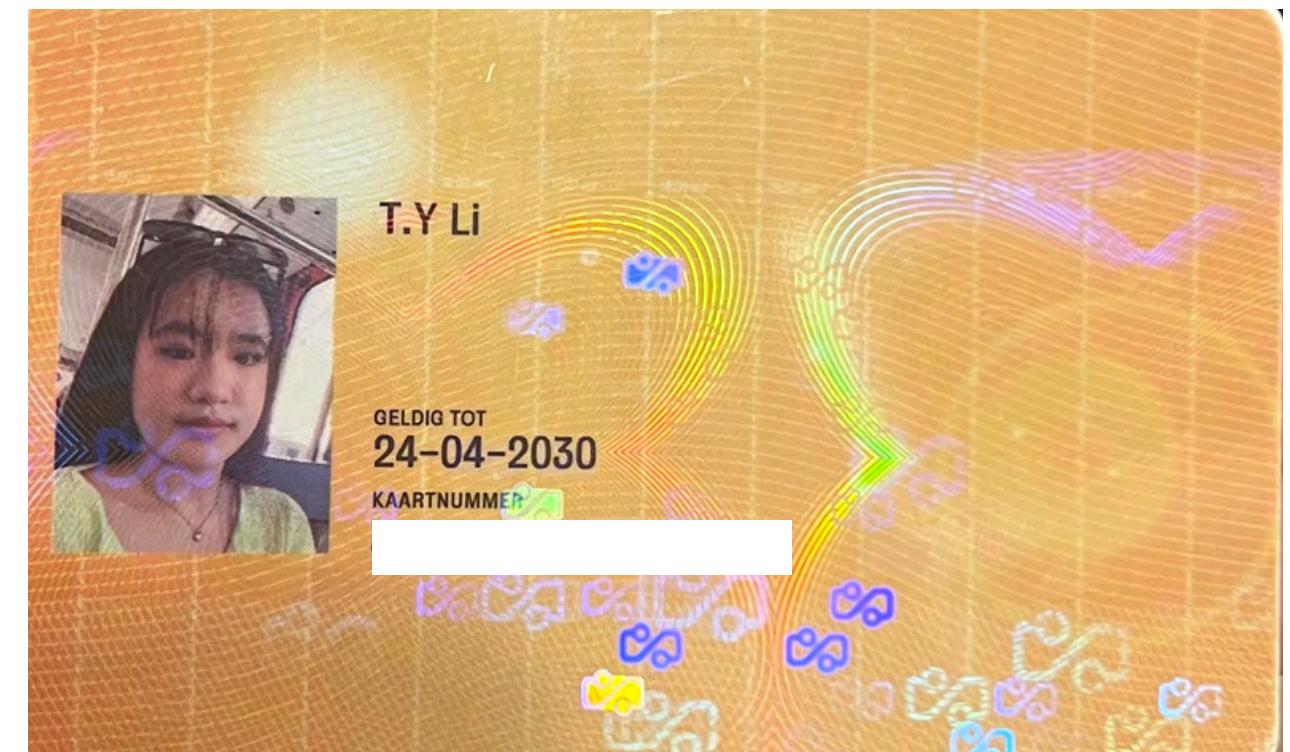
A personal OV-chipkaart costs € 7,50. You will receive your new card within 1 week. Please note: there is no mail delivery on Mondays.

Is your card expired, lost or broken? Then [replace your card through your account](#). This way your subscriptions and travel products will be transferred to your replacement card.

You need the following:

- Digital photo in jpg, max. 5 MB; Please be responsible when selecting your picture: an inappropriate picture or one that is not recognizable as you might be confiscated.
- iDEAL;
- If you cannot pay with iDEAL, you can pay with PayPal.

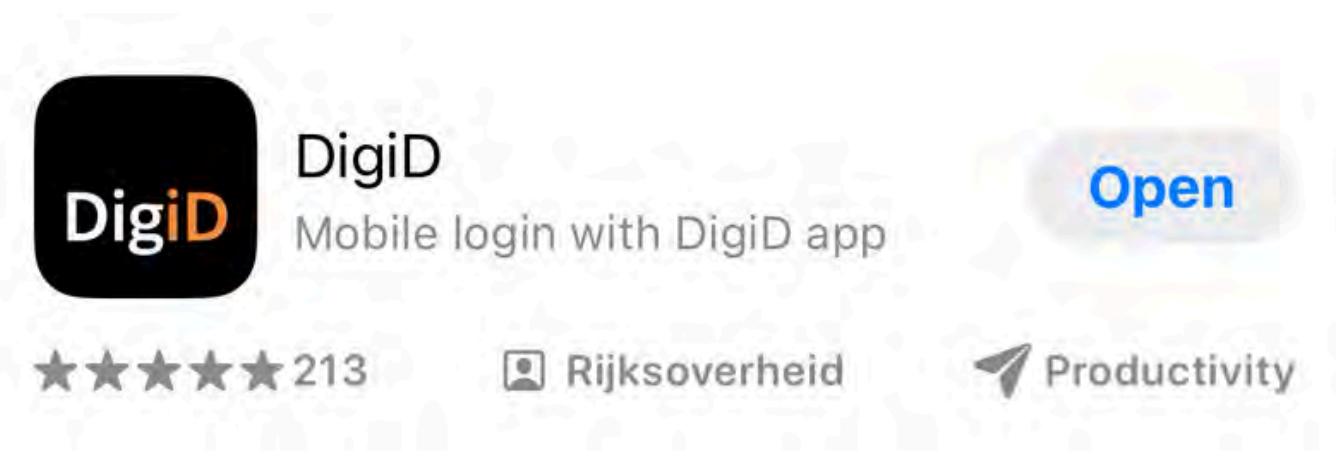
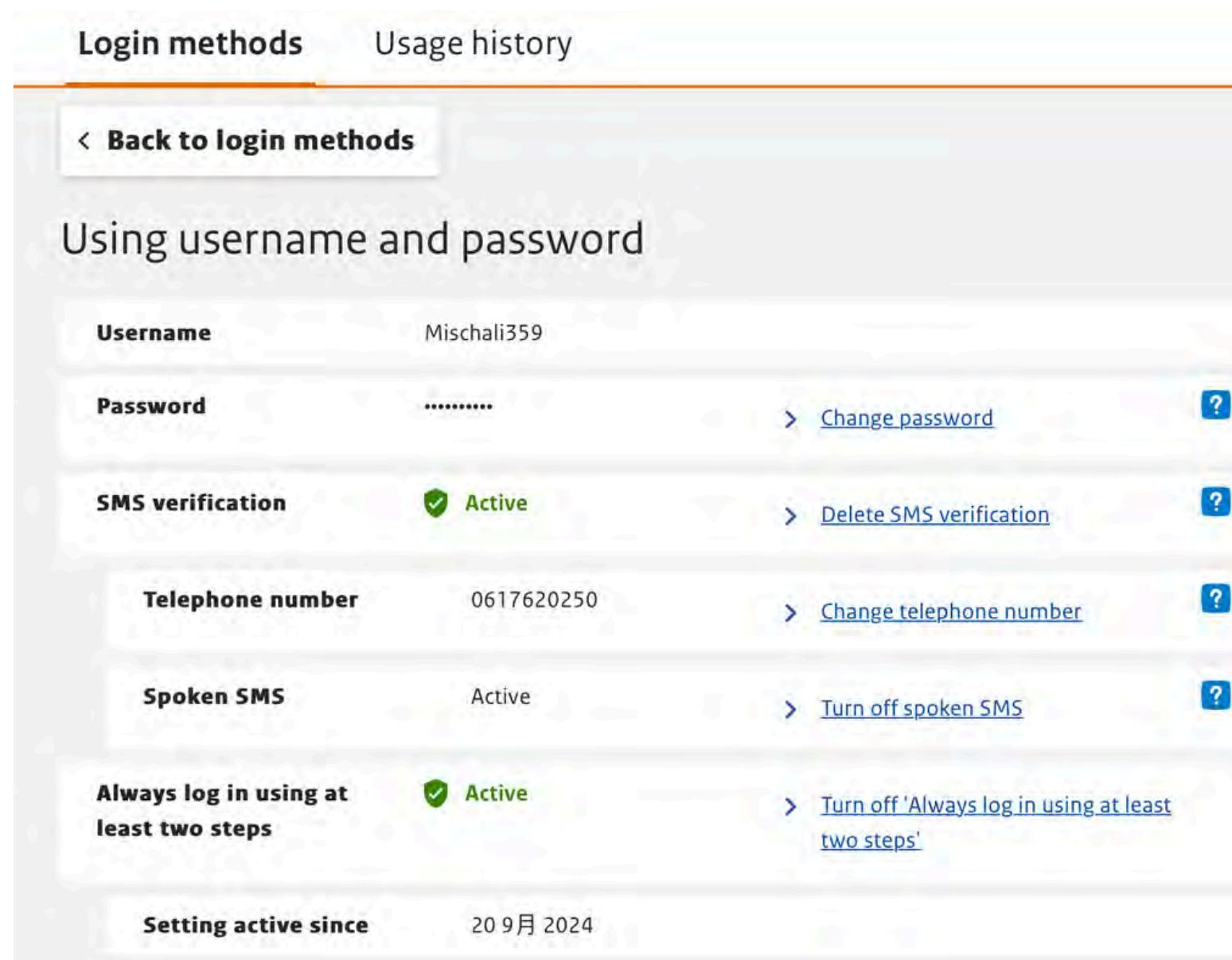
Is your IRAN not from the Netherlands, Belgium, Luxembourg or Germany? Please contact us via chat. We



後期準備-荷蘭

Digid

這個也非常重要！因為在荷蘭地址都需要註冊，到時候在市政廳拿到BSN number之後，可以去辦Digid，它是荷蘭政府提供的電子身分驗證，讓你享有一些福利像是申請租房補助、醫療資源、居留延後等等，還有很棒的是它可以在線上就註銷你的地址，所以當你離開荷蘭時不用再跑一次市政廳，直接在線上用就好。



1. 你申請Digid後，它會寄給你一封信，上面就有指定的密碼要你登入，這樣才是正式辦好你的帳號，而且要在時間內完成不然無效。
2. 再來手機上下載完app後，會比較好登入Digid的系統，建議可以去下載。



漢斯應用科技
大學



選課

我選的Program是International Business Fundamental。而我選擇是以下這三堂課，都是綁班的所以同學都會是一樣的。那課程也都是做報告比較多，除了CAB8是有理論講課的。

- Career Development and Professional Communication
- Core Areas of International Business 8 (CAB8)
- Project Market Entry

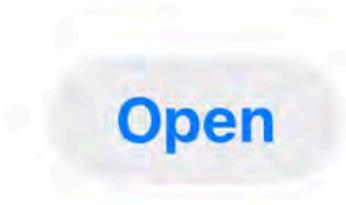
系統

課表和課堂PPT都可以用Osiris做查看，前期也都會有新生教學所以不用太擔心，要注意的是每週課程教室都不一樣，所以要在上課前查看好喔！因為現在系統已把我帳號登出，所以沒辦法給大家看課表長什麼樣子。



OSIRIS Hanze

App for Hanze students



當地生活



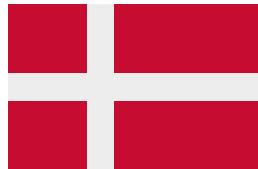
在國外自己一個人生活，最重要的是能自己煮飯，還有和很多世界各國的朋友交流，非常鼓勵大家跨出舒適圈勇敢和大家交談、去派對（一定要的吧～）真的會收穫滿滿！有了上學期的經驗，我也比較能和外國人相處，這一年真的是改變和讓我成長很多，這邊放一些照片讓大家欣賞。



歐洲旅遊



這邊我整理了一些我下學期去的國家，真的非常喜歡歐洲保留他們的文化和建築，每到一個地方都非常驚艷，也很鼓勵大家享受在歐洲的機會，多多旅遊增廣見聞～

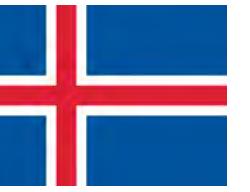


丹麥

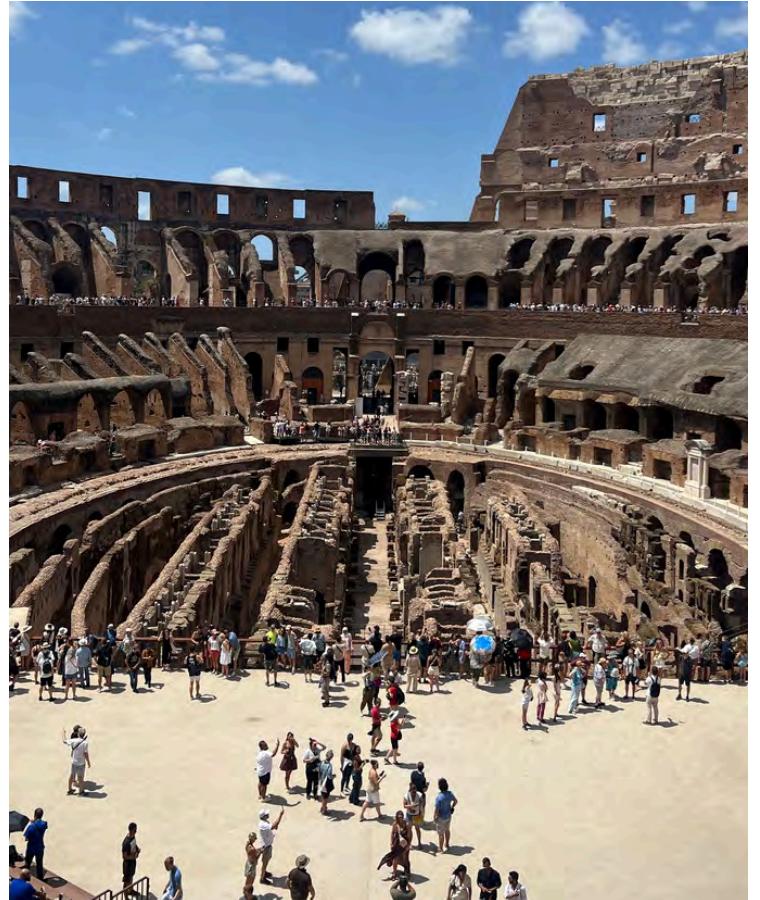
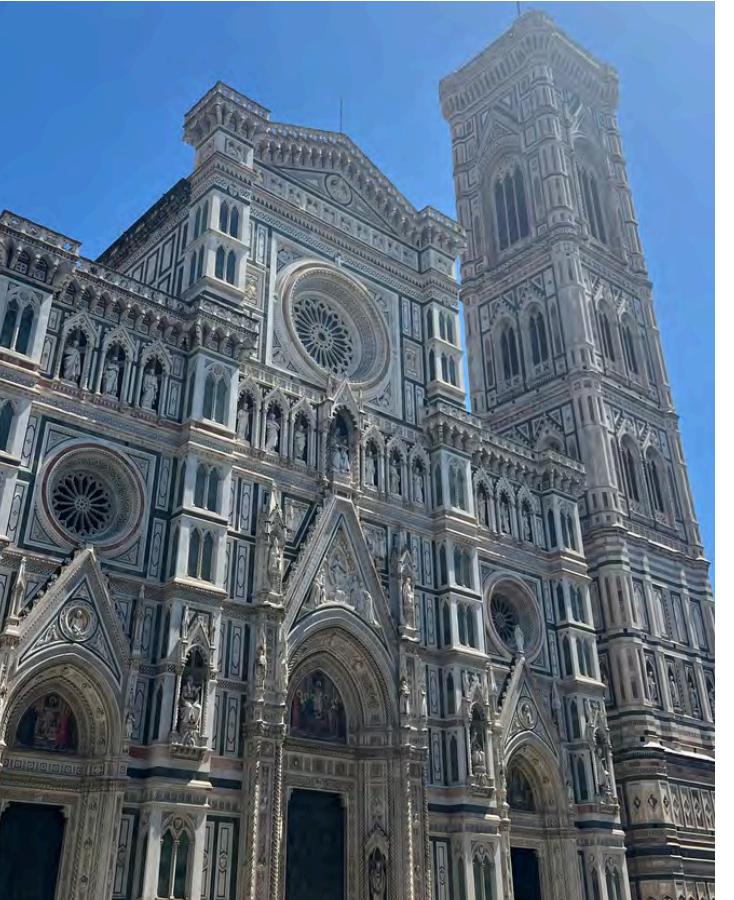
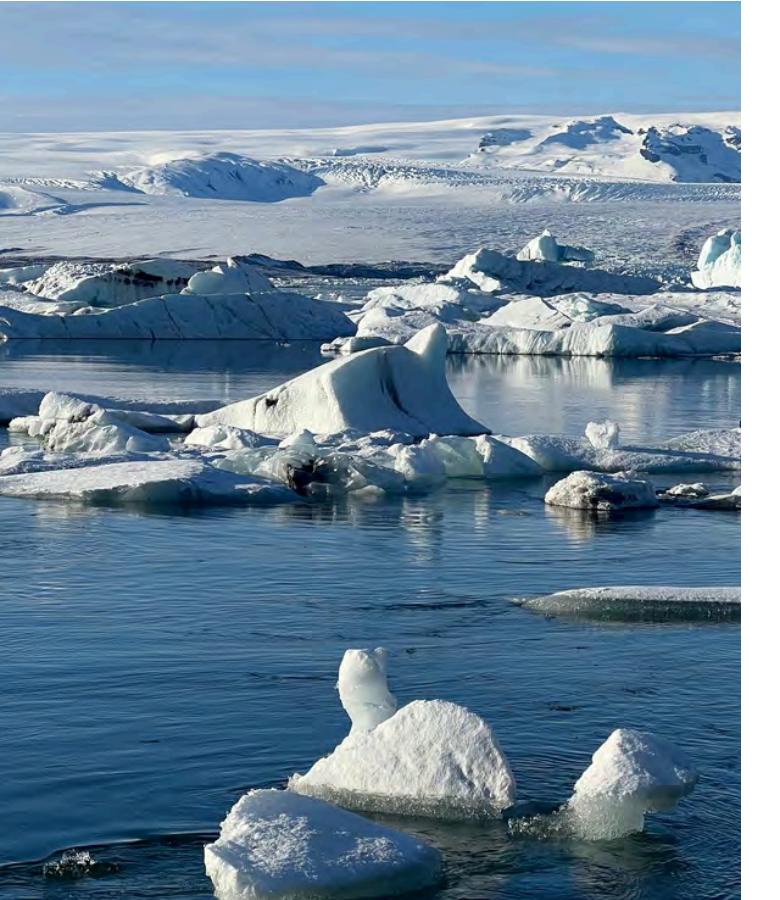


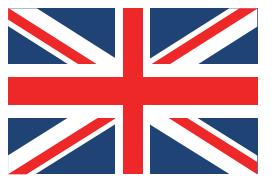
瑞典





冰島

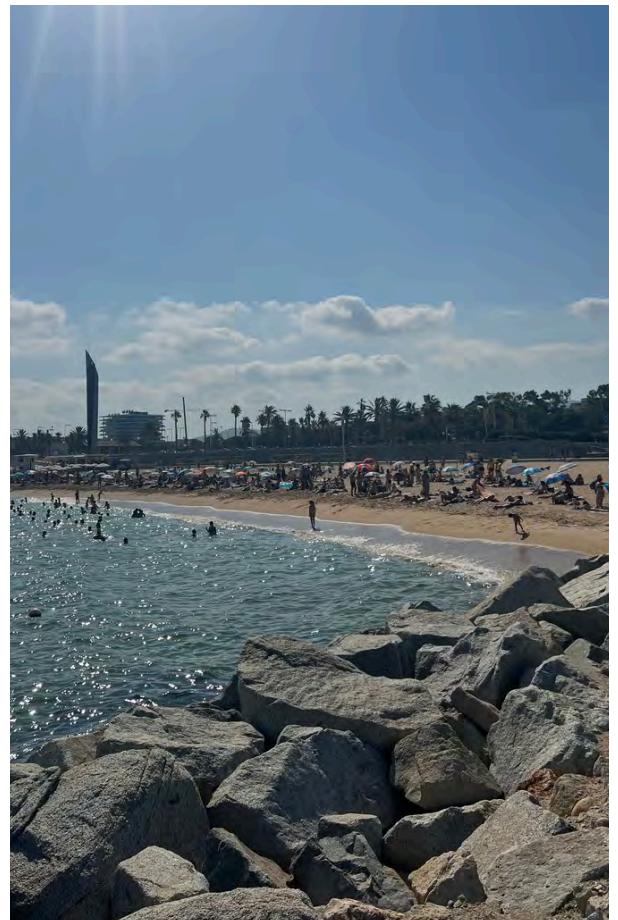




英國



葡萄牙



西班牙

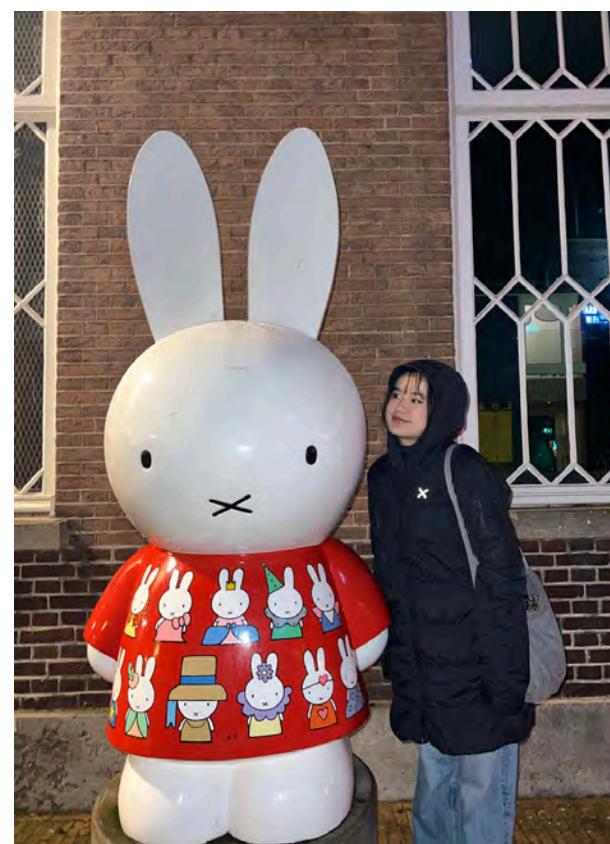




荷蘭

- Amsterdam 阿姆斯特丹
- Rotterdam 鹿特丹
- Utrecht 烏特勒支
- Maastricht 馬斯垂克
- Zaandam 贊丹
- Tilburg 蒂爾堡
- Groningen 格羅寧根
- Leiden 萊登
- Giethoorn 羊角村
- The Hague 海牙
- Haarlem 哈勒姆
- Dordrecht 多德勒克

當然最後一定要分享一下在荷蘭的旅遊啦，也是去了很多城市看看呢～





Wish all the best and
enjoy every moment