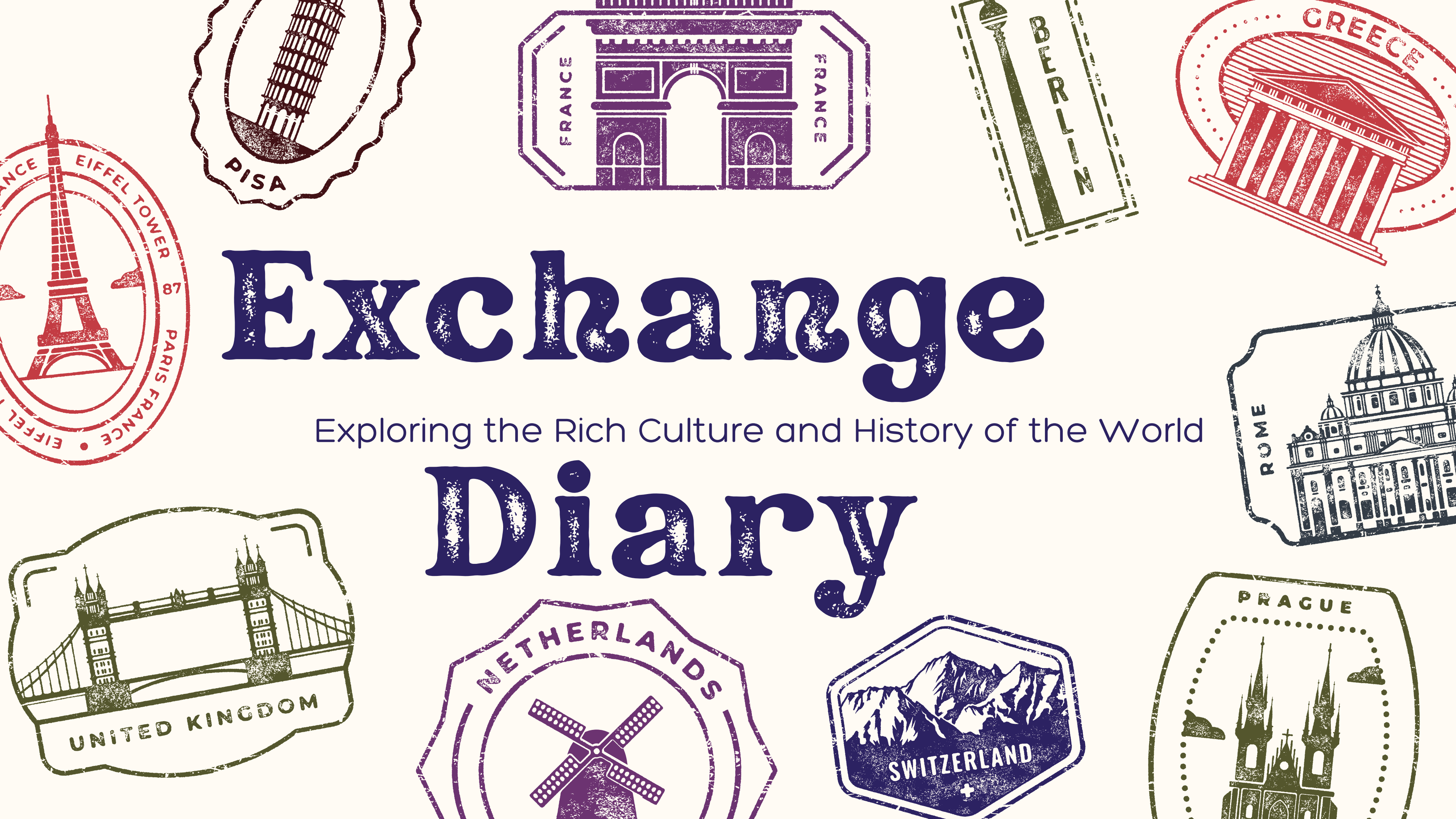


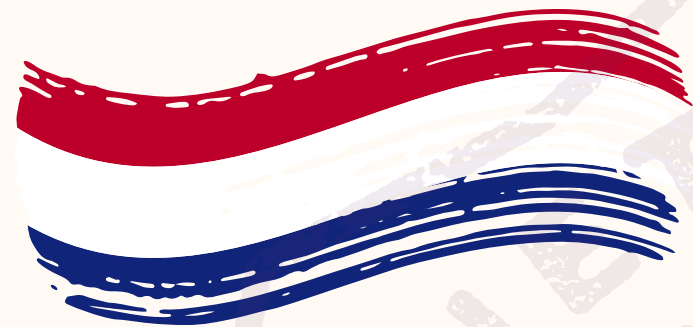


# Exchange

Exploring the Rich Culture and History of the World

# Diary

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# 交換初心

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。但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，但經過半年後回頭看，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，可是在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！如果有任何問題也非常歡迎聯繫我，以下是我的聯絡方式～



**Line ID : mischa1113**

**Instagram : mischa\_1113**



# 交換初心



我上學期選擇到荷蘭的蒂爾堡大學交換，詳細的學校資訊我就不細說了反正網路都查得到。我一直都很想來歐洲，主要是受到我爸爸的影響，因為他非常喜歡法國，很常聽他分享法國的文化，因此他很希望有機會我一定要去歐洲看看。那一定想說我幹嘛不去法國，主要是因為我還沒有學習法文，如果在當地生活的話我想要會說法文，因緣際會下我選擇了荷蘭，當然首要原因是英文在當地基本上都是可以通的，再來我自己是本來就聽過這間大學，印象中是一間很不錯的大學，而且爸爸那邊也有認識的荷蘭同事就畢業於那間學校，他也十分推薦我去交換看看，所以我就選擇了蒂爾堡大學。

後續會在詳細介紹一下校園的生活，但整體來說是一間很漂亮的大學，我個人很喜歡學校的森林，走在裡面都有種很放鬆的感覺，很多當地人也會去那邊運動或是遛狗。我也很喜歡學校有很多公共區域可以让你休息，也可以讓你討論功課，是一間設施很完善的大學！總而言之很開心我來這邊交換～



# 前期準備-台灣

我覺得比較沒那麼多人提及準備的過程，所以想來重點描述一下。因為那時候沒有太多資訊，所以要自己摸索實在是滿累的，希望可以透過我的一些經驗分享，讓後續想出國的人能更快速了解要準備什麼東西！

我這邊主要注重在蒂爾堡大學的申請過程，其他荷蘭學校我就不確定了，但基本上應該會是一樣的喔！在台灣可以將以下這些東西先用好，記住一定要在規定時間內完成，如果錯過了很可能就無法出國交換了。



- Mobility system
- Osiris
- MVV（荷蘭在台辦事處）
- Gemeente Tilburg（市政廳預約）
- Residence permit
- AON insurance
- Revolut bank

# 前期準備-台灣

## Mobility system

它就很像待辦事項一樣，每當一個時間點就會提醒你需要準備什麼，是一個很棒的平台，所以基本上學校的東西你都需要在上面繳交，有非常多東西需要你填寫或確認，這邊就截圖給大家看有什麼東西。

TILBURG UNIVERSITY

Application workflow

For further help please expand this bar!

Last name LI Country of Host Institution Netherlands  
First name TING-YI Host Institution TILBURG01 - TILBURG UNIVERSITY  
Date of birth (dd.mm.yy) 13.11.2003  
Country of Home Institut... Taiwan  
Home institution USoochow - Soochow University

| Necessary steps                                                                                                                                               | Done | Done on    | Done by    | Direct access via following link  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------------|------------|-----------------------------------|
| <b>Nomination and registration</b> 3 / 3                                                                                                                      |      |            |            |                                   |
| Nomination                                                                                                                                                    | ✓    | 03.04.2024 |            |                                   |
| Invitation email received                                                                                                                                     | ✓    |            |            |                                   |
| Registration in Mobility-Online                                                                                                                               | ✓    | 03.04.2024 |            |                                   |
| <b>Application</b> 13 / 14                                                                                                                                    |      |            |            |                                   |
| When you have finished working on your application, please log out of Mobility Online by using the 'log out' button ('X' symbol in the grey area on the left) |      |            |            |                                   |
| Start application                                                                                                                                             | ✓    | 22.04.2024 | TING-YI LI | Download application instructions |
| Complete personal details                                                                                                                                     | ✓    | 03.04.2024 | TING-YI LI |                                   |
| Complete address details                                                                                                                                      | ✓    | 23.04.2024 | TING-YI LI |                                   |

TILBURG UNIVERSITY

Application workflow

For further help please expand this bar!

Last name LI Country of Host Institution Netherlands  
First name TING-YI Host Institution TILBURG01 - TILBURG UNIVERSITY  
Date of birth (dd.mm.yy) 13.11.2003  
Country of Home Institut... Taiwan  
Home institution USoochow - Soochow University

| Necessary steps                                                                                                                           | Done                     | Done on    | Done by     | Direct access via following link |
|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|------------|-------------|----------------------------------|
| Inform us of your proposed study plan                                                                                                     | ✓                        | 07.08.2024 | TING-YI LI  |                                  |
| Transcript of records uploaded                                                                                                            | ✓                        | 23.04.2024 | TING-YI LI  |                                  |
| Do you give Tilburg University permission to share your personal details with our Housing partner in order to receive a housing offer?    | ✓                        | 22.04.2024 | TING-YI LI  |                                  |
| Do you have any extra needs that require you to have special accommodations with regards to housing? (e.g. help dog, physical disability) | <input type="checkbox"/> |            |             | Answer                           |
| Terms and Conditions downloaded                                                                                                           | ✓                        | 22.04.2024 | TING-YI LI  | Download Terms and Conditions    |
| Read terms and conditions                                                                                                                 | ✓                        | 22.04.2024 | TING-YI LI  |                                  |
| Application submitted                                                                                                                     | ✓                        | 06.05.2024 | TING-YI LI  |                                  |
| Application marked as complete                                                                                                            | ✓                        | 07.05.2024 | Rik Verlaan |                                  |
| Accepted to Tilburg University                                                                                                            | ✓                        | 07.05.2024 | Rik Verlaan |                                  |
| Acceptance letter downloaded                                                                                                              | ✓                        | 14.06.2024 | TING-YI LI  | Download                         |

# 前期準備-台灣

TILBURG UNIVERSITY

English

Search

My application data

Change password

Application workflow

For further help please expand this bar!

Last name LI

Country of Host Institution Netherlands

First name TING-YI

Host Institution TILBURG01 - TILBURG UNIVERSITY

Date of birth (dd.mm.yy) 13.11.2003

Country of Home Institut... Taiwan

Home institution USoochow - Soochow University

| Necessary steps                | Done | Done on    | Done by    | Direct access via following link |
|--------------------------------|------|------------|------------|----------------------------------|
| Acceptance letter downloaded   | ✓    | 14.06.2024 | TING-YI LI | Download acceptance letter       |
| View your submitted study plan | ✓    |            |            | View your submitted study plan   |

Pre-arrival

2 / 2

Start pre-arrival workflow

✓

11.06.2024

Rik Verlaan

Read pre-arrival instructions

✓

14.06.2024

TING-YI LI

Download pre arrival instructions

Pre-arrival checklist

5 / 5

The following part is an overview of actions that you need to take/arrange before coming to Tilburg. Please inform us in the steps below, as soon as you have arranged or confirmed these actions.

You can always come back and change your answer to these steps.

Arrange a room

✓

28.06.2024

TING-YI LI

I have arranged my room

Arrange insurance

✓

01.08.2024

TING-YI LI

I have arranged my

TILBURG UNIVERSITY

English

Search

My application data

Change password

Application workflow

For further help please expand this bar!

Last name LI

Country of Host Institution Netherlands

First name TING-YI

Host Institution TILBURG01 - TILBURG UNIVERSITY

Date of birth (dd.mm.yy) 13.11.2003

Country of Home Institut... Taiwan

Home institution USoochow - Soochow University

| Necessary steps                                   | Done | Done on    | Done by    | Direct access via following link      |
|---------------------------------------------------|------|------------|------------|---------------------------------------|
| Arrange University Card                           | ✓    | 13.07.2024 | TING-YI LI | I have applied for my University Card |
| Confirm attendance Registration Days              | ✓    | 13.07.2024 | TING-YI LI | Confirmation Registration Days        |
| Confirm attendance mandatory Program Introduction | ✓    | 13.07.2024 | TING-YI LI | Confirmation Program Introduction     |

Pre-arrival - Course approval proposed study plan

2 / 2

Course approval in progresss

✓

Outcome proposed study plan

✓

View outcome proposed study plan

Arrival&Exchange

6 / 7

Information on course schedules & procedure of changing courses received

✓

01.08.2024

Monique Veldmeijer

Download Final Study Plan & Course Registration procedure

✓

05.08.2024

TING-YI LI

Download

# 前期準備-台灣

TILBURG UNIVERSITY

TILBURG UNIVERSITY

English

Search

My application data

Change password

Application workflow

For further help please expand this bar!

Last name LI

First name TING-YI

Date of birth (dd.mm.yy) 13.11.2003

Country of Home Institut... Taiwan

Home institution USoochow - Soochow University

Country of Host Institution Netherlands

Host Institution TILBURG01 - TILBURG UNIVERSITY

| Necessary steps                                                                                                                                                                                                                                                                                                                                     | Done                                | Done on    | Done by    | Direct access via following link              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|------------|------------|-----------------------------------------------|
| Check your course schedules                                                                                                                                                                                                                                                                                                                         | <input checked="" type="checkbox"/> | 07.08.2024 | TING-YI LI |                                               |
| If you need to make changes to your study plan or indicate further changes, you can use this step.                                                                                                                                                                                                                                                  |                                     |            |            |                                               |
| If you need to change courses at a later point, you can come back to this step and change your answer, even if you already indicated that there are no changes.                                                                                                                                                                                     |                                     |            |            |                                               |
| You cannot change any courses, once you downloaded the Transcript of Records procedure in the Upon Return part.                                                                                                                                                                                                                                     |                                     |            |            |                                               |
| Enter changes to the study plan                                                                                                                                                                                                                                                                                                                     | <input checked="" type="checkbox"/> | 07.08.2024 | TING-YI LI |                                               |
| Changes to study plan submitted                                                                                                                                                                                                                                                                                                                     | <input checked="" type="checkbox"/> | 08.08.2024 | TING-YI LI |                                               |
| The checkbox at the step 'View outcome final study plan' will only mark green when <u>all</u> of your added courses have been approved and/or rejected. Go to 'View outcome study plan' to see the current status of your added courses. You can already register for the (green) approved courses and for all added Category 1 courses, in Osiris. |                                     |            |            |                                               |
| Note: it may be possible that Category 1 courses don't have the (green) approved status yet in your (changed) study plan. However, you can already register for these courses, as they do not have any special conditions. Click on the 'I' before the course code in your study plan to find the course category.                                  |                                     |            |            |                                               |
| Request further changes                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/>            |            |            | <a href="#">Request further changes</a>       |
| Outcome final study plan                                                                                                                                                                                                                                                                                                                            | <input checked="" type="checkbox"/> |            |            | <a href="#">View outcome final study plan</a> |

TILBURG UNIVERSITY

TILBURG UNIVERSITY

English

Search

My application data

Change password

Application workflow

For further help please expand this bar!

Last name LI

First name TING-YI

Date of birth (dd.mm.yy) 13.11.2003

Country of Home Institut... Taiwan

Home institution USoochow - Soochow University

Country of Host Institution Netherlands

Host Institution TILBURG01 - TILBURG UNIVERSITY

| Necessary steps                                                                                                                                                                        | Done                                | Done on    | Done by            | Direct access via following link                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|------------|--------------------|---------------------------------------------------------------------------------|
| <b>Upon departure- Transcript of Records</b>                                                                                                                                           |                                     |            |                    |                                                                                 |
| Information on Transcript of Records procedure received                                                                                                                                | <input checked="" type="checkbox"/> | 18.12.2024 | Monique Veldmeijer |                                                                                 |
| Download Transcript of Records procedure                                                                                                                                               | <input checked="" type="checkbox"/> | 16.01.2025 | TING-YI LI         | <a href="#">Download</a>                                                        |
| Did you receive a grade for all of your courses?                                                                                                                                       | <input checked="" type="checkbox"/> | 16.01.2025 | TING-YI LI         | <a href="#">Please indicate if you received a grade for all of your courses</a> |
| Did you participate in a certificate program?                                                                                                                                          | <input checked="" type="checkbox"/> | 16.01.2025 | TING-YI LI         |                                                                                 |
| Share transcript with Home University                                                                                                                                                  | <input checked="" type="checkbox"/> | 16.01.2025 | TING-YI LI         |                                                                                 |
| Submit your request to receive your Transcript of Records                                                                                                                              | <input checked="" type="checkbox"/> | 16.01.2025 | TING-YI LI         | <a href="#">Request transcript</a>                                              |
| Please make sure to request your Transcript of Records only as soon as all your grades have been registered in OSIRIS. Without the grades we will not be able to process your request. |                                     |            |                    |                                                                                 |
| Download Transcript of Records                                                                                                                                                         | <input checked="" type="checkbox"/> | 01.02.2025 | TING-YI LI         | <a href="#">Download TOR</a>                                                    |
| Stav finished                                                                                                                                                                          | <input checked="" type="checkbox"/> | 23.01.2025 | Monique Veldmeijer |                                                                                 |

# 前期準備-台灣

## Osiris

其實我沒有到很懂mobility system 和 Osiris 的差別，但是但Osiris 也會請你提交一些文件，最重要的是財產證明，需要匯款差不多7000歐到學校帳戶，因為它要確保你在荷蘭有足夠的生活費，所以之後會退款回來不用擔心。

### Financial documents

In order to study at Tilburg University you need to prove that your funds for living expenses are sufficient. For current amounts, please check Phase 2.2 of the [Immigration Process](#).  
Please upload the documents asked. Some documents have to meet specific requirements.  
For detailed information about the financial options, please click on the option of your choice:

[Bank transfer](#) (Please transfer the money in one payment only)  
[Grant/Scholarship](#)

9 Choose what is applicable to you;

\* ☒ Bank transfer  
☐ Grant/Scholarship

10 Upload a copy of the bank transfer.

\* **Attachment**  
[Bank transfer.pdf](#) Accepted

11 Do you want to add a second financial option?

\*

SEPA bank account number.

# 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

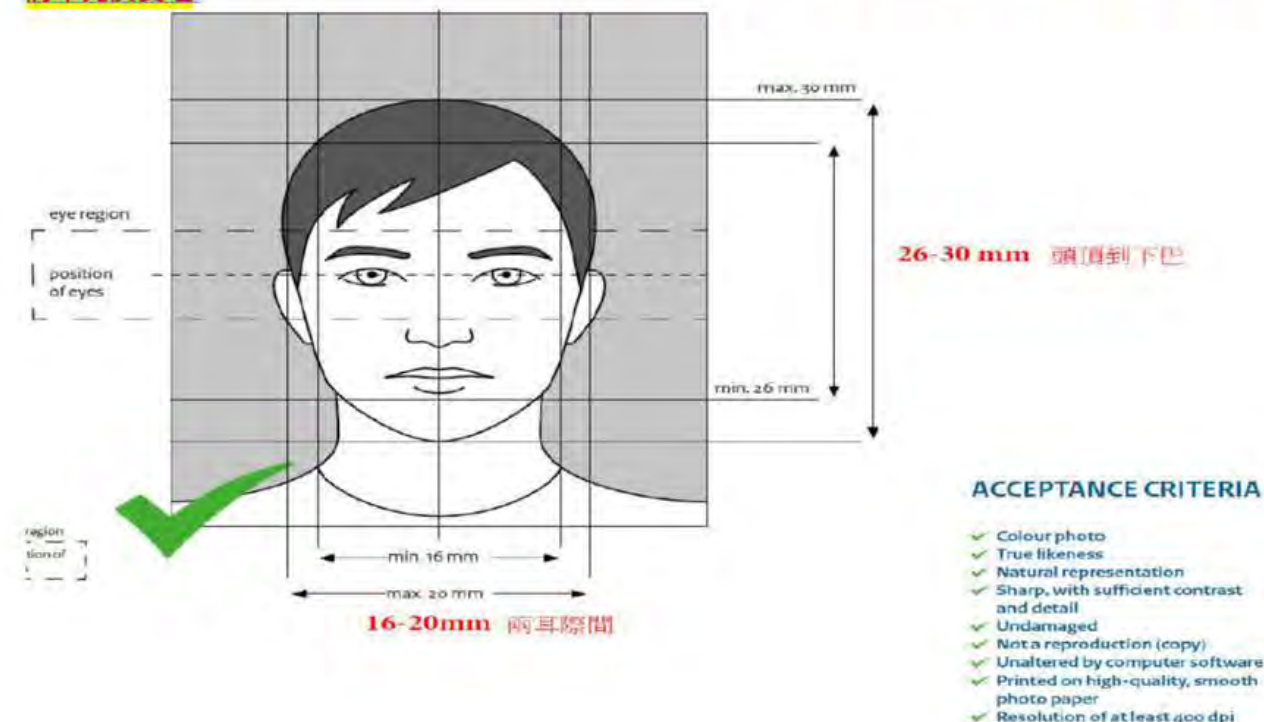
照片不符合荷蘭官方要求，但仍被錄入 VISA 系統，對您本人將造成嚴重後果。如此，無法在荷蘭簽發居留許可證。如果申請人在抵達荷蘭後無法獲得居留許可證，則該人就無法在市政廳登記，開立銀行帳號或簽訂租賃合同等。

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。



# 前期準備-台灣

Gemeente Tilburg

這個是蒂爾堡的市政廳，你會需要提前預約，這個主要是去拿你的BSN number還有註冊你的地址。BSN number就很像台灣的身分證號碼，它會給你一份文件，所以這個絕對不能用丟！還有在荷蘭找租房時，要跟房東確認是否可以註冊地址，這個也很重要！

Dear sir/madam,

We put your appointment at De Stadswinkel in our schedule. To serve you well, we would like to ask you to arrive 5 minutes before your appointment. You can register at the appointment post.

The address of De Stadswinkel is [Koningsplein 10, Tilburg](#).

Appointment number: 3160977

Date: woensdag 21 augustus 2024

Time: 16:30 uur

Subject: Nieuwkomersloket studenten

Please bring these items to your appointment:

1. A valid ID (preferably a passport)
2. A rental contract, or permission registration from the house owner
3. A duplicate of these two.

Using the appointment number, you can change or cancel the appointment. Go to:

<https://winkel.tilburg.nl/formulieren/server/start/AfspraakAfzeggenWijzigenBurger>

Kind regards,

Gemeente Tilburg

Klantcontactcentrum

市政廳準備文件

小建議：我在台灣有印了很多證件的影本，還有租約也是，因為荷蘭不像台灣有那麼多方便的地方可以影印，所以建議大家可以在台灣多印幾份影本帶過來，申請東西也比較方便！

# 前期準備-台灣

## Residence permit

這個也非常重要要記得預約！這就是可以讓你在荷蘭生活的居留證，他只有開放很少的日期去領取，所以可以盡快拿就盡快拿，這樣之後出國也比較方便！



## Appointment confirmation

Dear Sir/Madam,

You have made an appointment to pick up your Student Permit. Your appointment code is: **OUZ05 W7NM 24**. You can use this to register at the Jaarbeurs Beatrixgebouw - Entrance GREEN. Choose the entrance door with this colour.

### Where and when are you expected?

You have an appointment on Saturday 24 August 2024 at 15:30 at the address:

Jaarbeurs Beatrixgebouw - Entrance GREEN

[Jaarbeursplein 6](#)  
[3521 AL Utrecht](#)

### What should I take into account when I visit?

- Be on time, not too early and not too late.

### What do I have to bring?

- This email with the appointment confirmation and the appointment code.
- Your valid passport. You will only receive the residence document with your valid passport.

### Who is expected at the appointment?

- Ting-Yi Li

# 前期準備-台灣

## AON insurance

保險也可以在台灣就申請好了，步驟也非常簡單，等到你有租房地址就可以用了！那在台灣也可以多印幾份保險證明，有些申請文件會需要用到，所以電子檔和紙本都要收好。

**AON**  
**Aon Student Insurance - Insurance Certificate**

**Personal Details**  
Insurance certificate no.  
Name insured  
Date of Birth  
Nationality  
Home country  
Country of destination  
Address of residence

FIC001749273  
Ms. Ting-Yi Li  
13-11-2003  
Taiwan  
Taiwan  
Netherlands  
Professor Verbernelaan 35 , 5037 AD TILBURG

**Insurance Details**  
Insurance package  
Start date insurance  
End date insurance  
Policy conditions  
Deductible  
Co-payment  
Insurance coverage  
Area of coverage  
Group scheme

Complete+  
15-08-2024  
30-08-2025  
no. 1.23  
None  
None  
As per description of cover (page 2)  
Worldwide  
Tilburg University C+

**Premium**  
Assistance & Repatriation  
Home contents  
Accident  
Liability

EUR 46,54  
EUR 10,99  
EUR 62,50  
EUR 10,99

STUDENTS  
EDUCATIONAL INSTITUTIONS  
HEALTHCARE PROVIDERS

**AON**  
Home Request insurance Your Situation Products File a claim Service & Contact Login

Welcome to  
Aon Student Insurance

Get advice for your situation, a quote and apply directly,  
all in one go via the below button

Feedback

Get started! >

I have a question

Cover stories

Submit a claim

Contact Aon

Emergencies

Which country will you study?

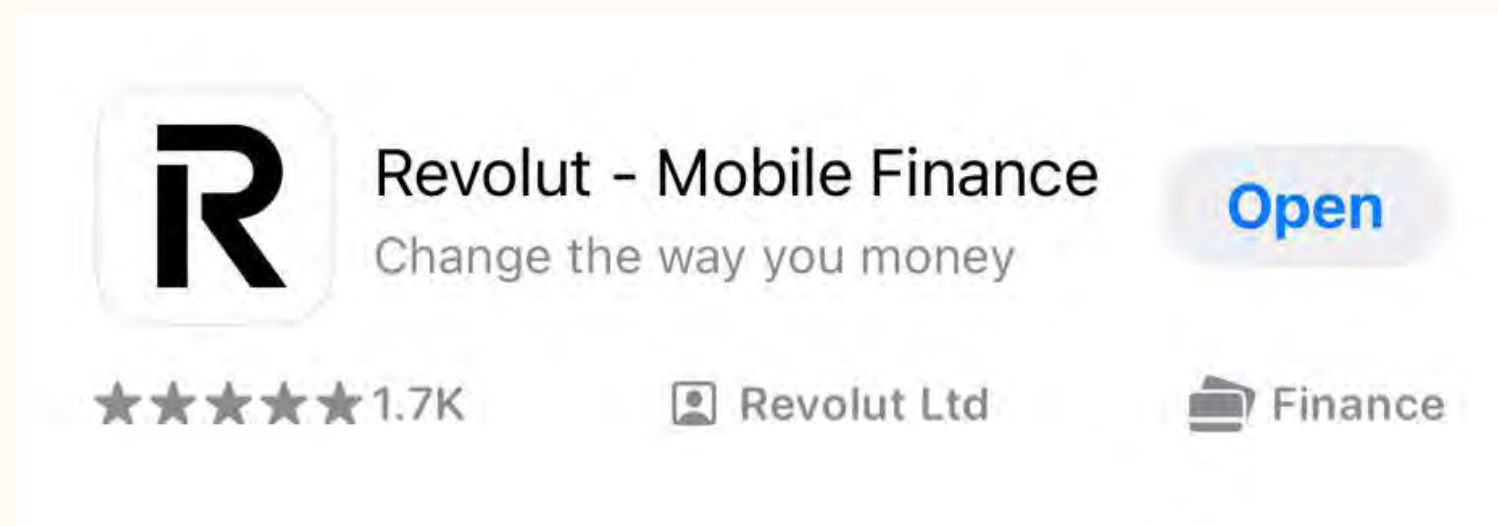
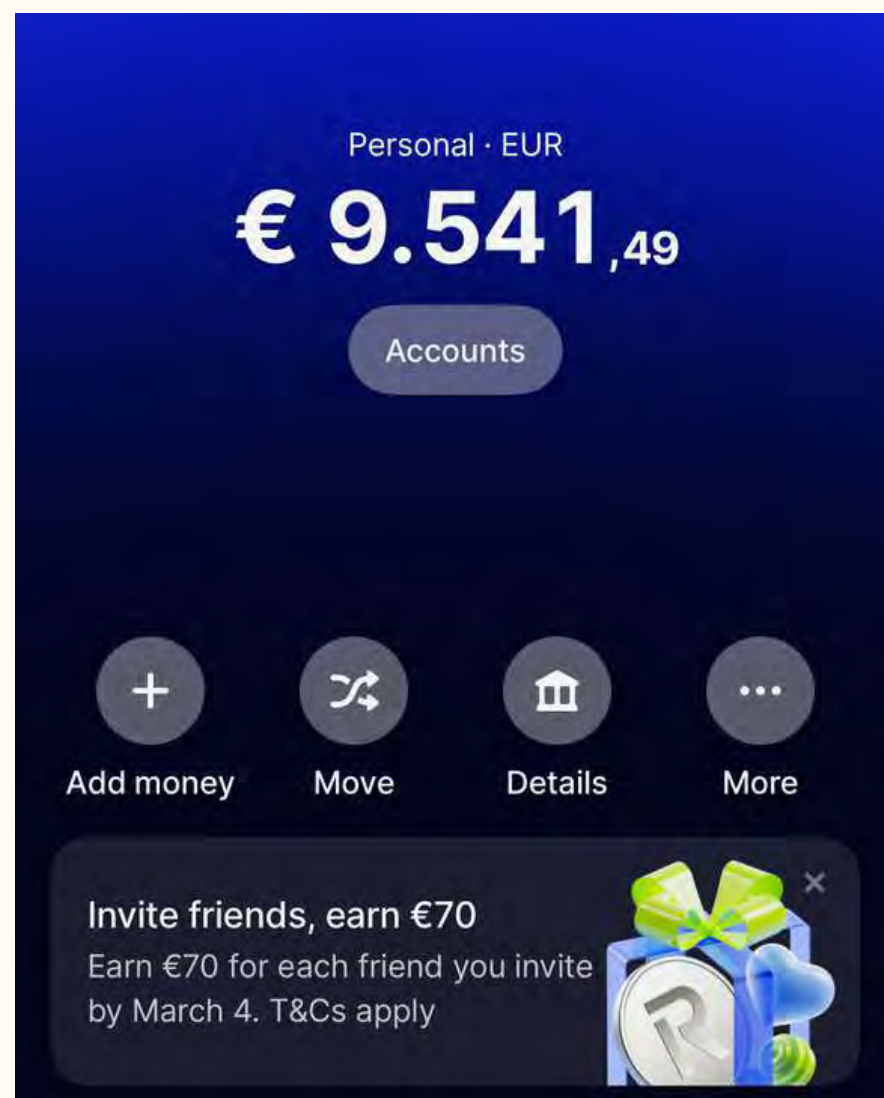
¿Estudios en el extranjero?

Are you going to study abroad?

# 前期準備-台灣

## Revolut bank

超級好用的網路銀行，我自己覺得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，如果你需要的話。



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！



- SIM card
- Swapfiets
- Student mobility card
- 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 'Mijn gegevens' (My data) page of the Youfone website. The header is dark purple with the Youfone logo and navigation links: Producten, Facturen, Klantvoordeel, and Service. A 'Mijn profiel' link with a user icon is on the right. Below the header, there's a red 'Berichten' (Messages) button with a '0' icon. The main content area is divided into two columns. The left column, titled 'Persoonsgegevens' (Personal data), contains a text input field with '31617620250' and a table with the following data:

| Persoonsgegevens         |                                                      |
|--------------------------|------------------------------------------------------|
| Klantnummer              | 1020012803                                           |
| Naam                     | TingYi Li                                            |
| Adres                    | Professor Verbernelaan 35 24<br>5037AD TILBURG<br>NL |
| Geboortedatum            | 13 november 2003                                     |
| Standaard telefoonnummer | 0628462917                                           |

Below this table is a section titled 'Inloggegevens' (Login data). The right column, titled 'Direct regelen' (Manage directly), contains an 'Account' section with links: 'E-mail wijzigen' (Change email), 'Wachtwoord wijzigen' (Change password), 'Uitloggen' (Logout), and 'Zelf regelen' (Manage yourself).

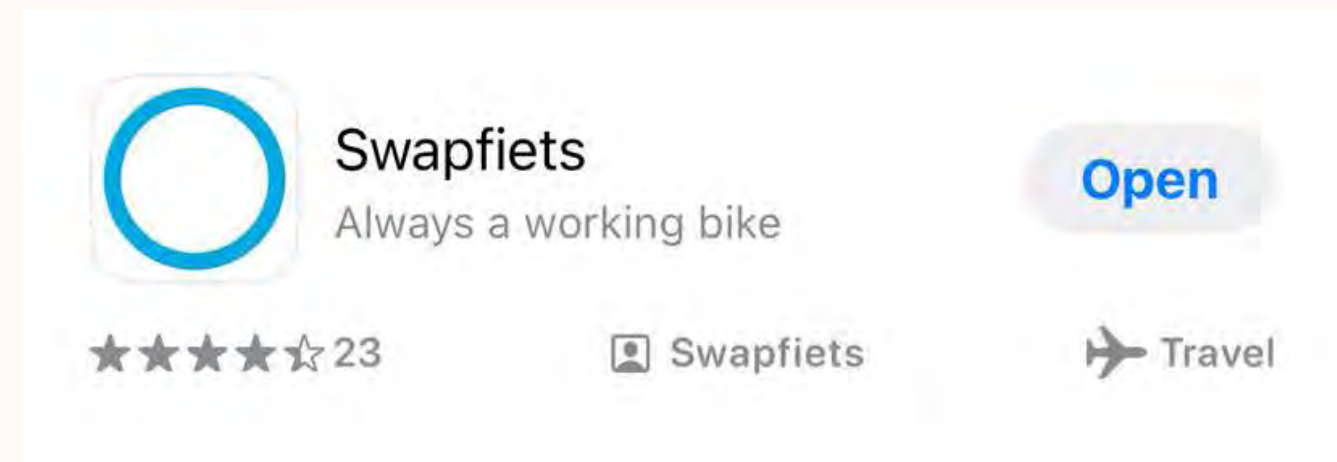
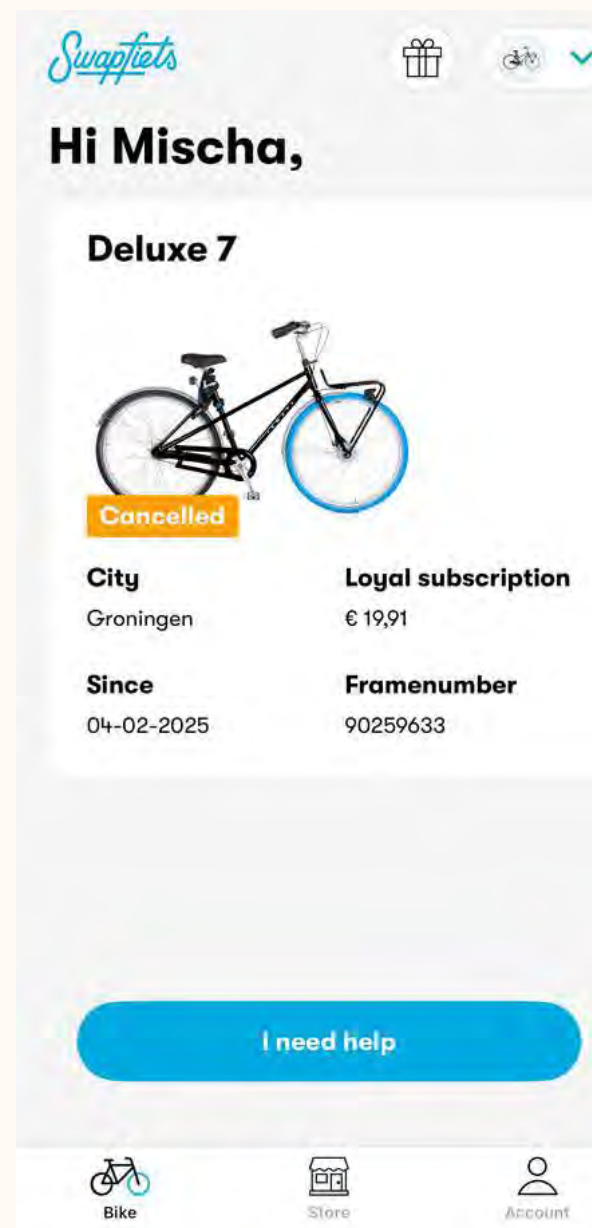
- 它需要叫你填一組電話號碼，你就隨便亂填數字就好，後面你就選擇說要新的電話號碼就可以了，你就會有荷蘭的號碼。
- 然後我買的是一個月18GB，然後有加買ceiling 提醒我網路快沒了，所以一個月我付**12.50歐元**。

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。

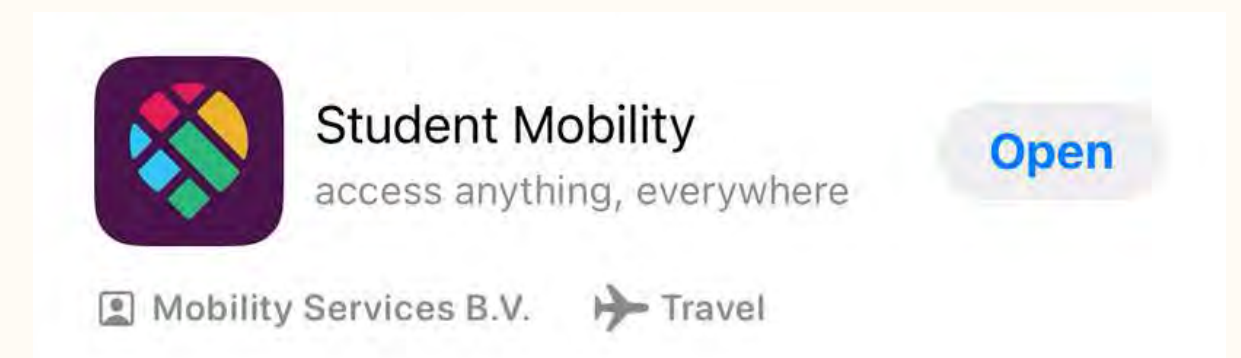
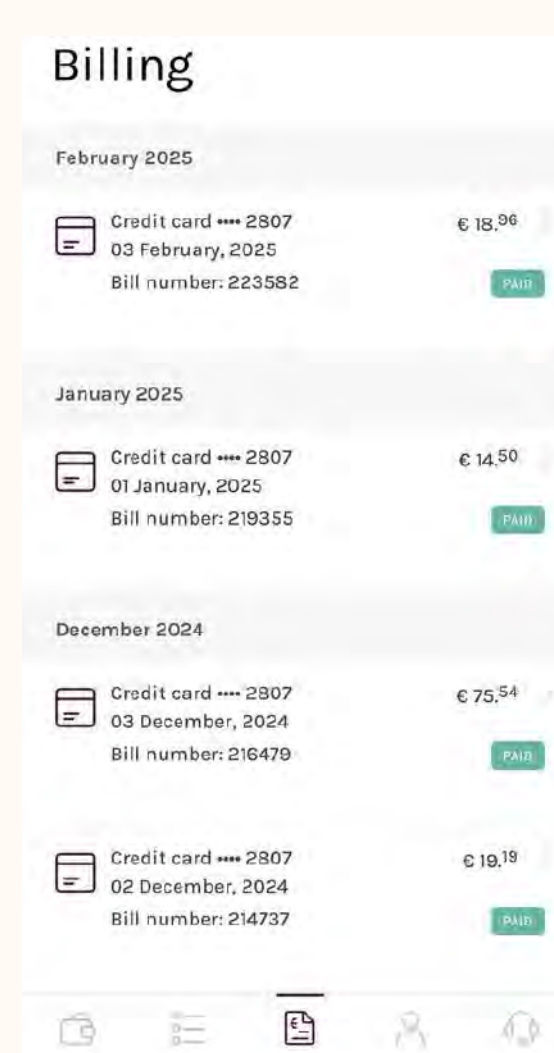
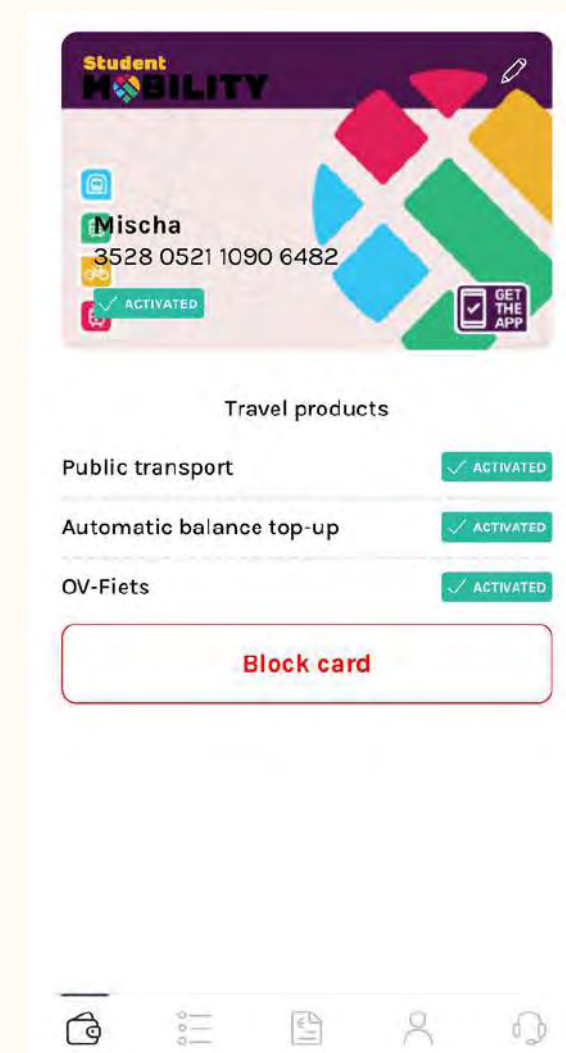


小建議：腳踏車鑰匙如果可以的話，可以掛個鑰匙圈，因為它的鑰匙蠻小一個很容易找不到，所以建議可以掛個鑰匙圈比較不會不見！

# 後期準備-荷蘭

## Student mobility card

在荷蘭最主要的交通方式就是搭火車，也就是NS，這個就類似悠遊卡，上下車都要刷卡。這個是在off-peak 的時候享有15%的折扣，但如果買他們當地的黃色NS卡好像也有很多優惠，大家可以自己評估一下！操作方式就是綁定好信用卡後，它就會自動幫你扣款，所以一定要上下車都刷才知道你會花多少，不然NS會直接算這趟火車整趟的錢。

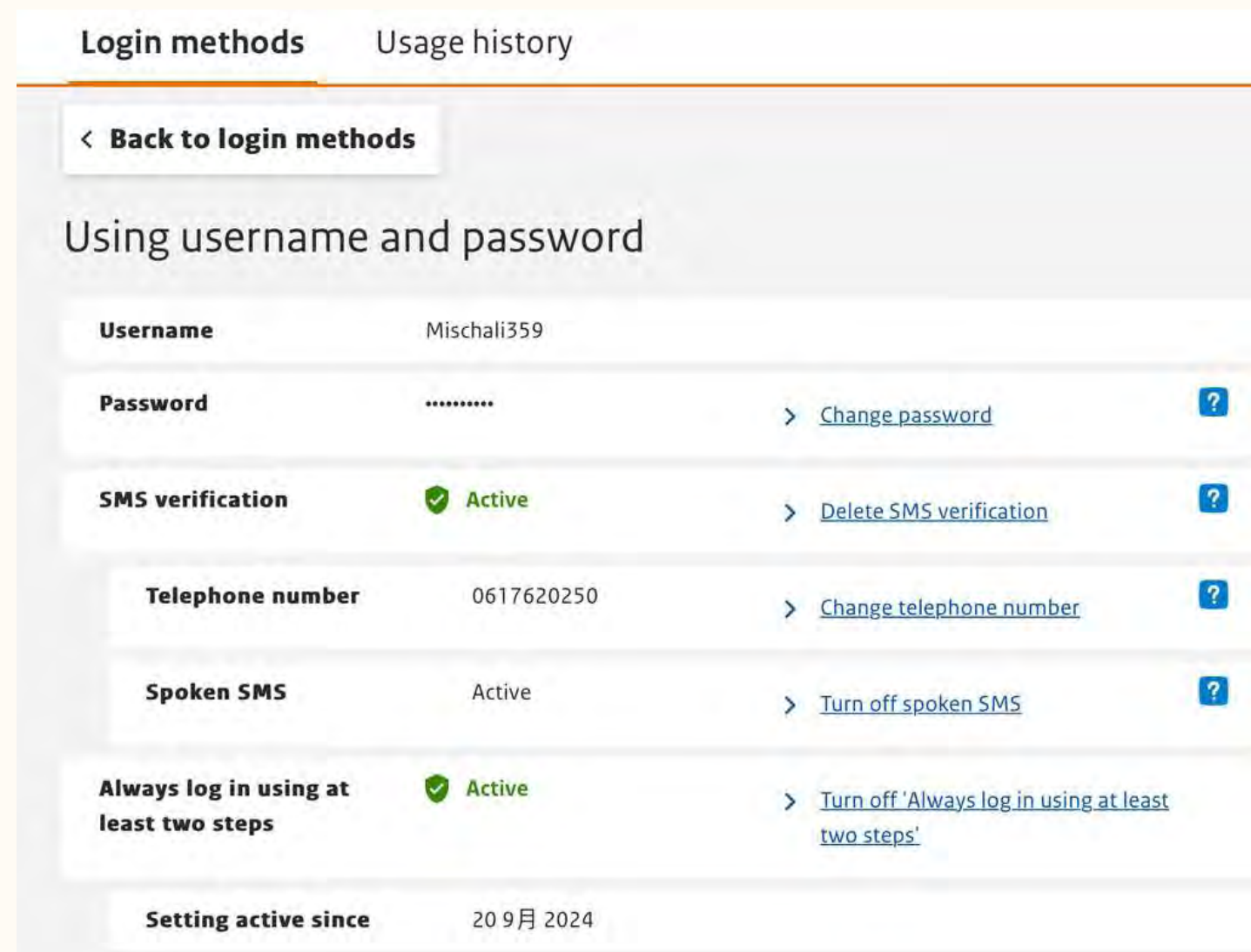


大部分荷蘭都可以用信用卡刷卡，所以就算沒有辦卡也是可以搭車的，只是會沒有優惠而已。

# 後期準備-荷蘭

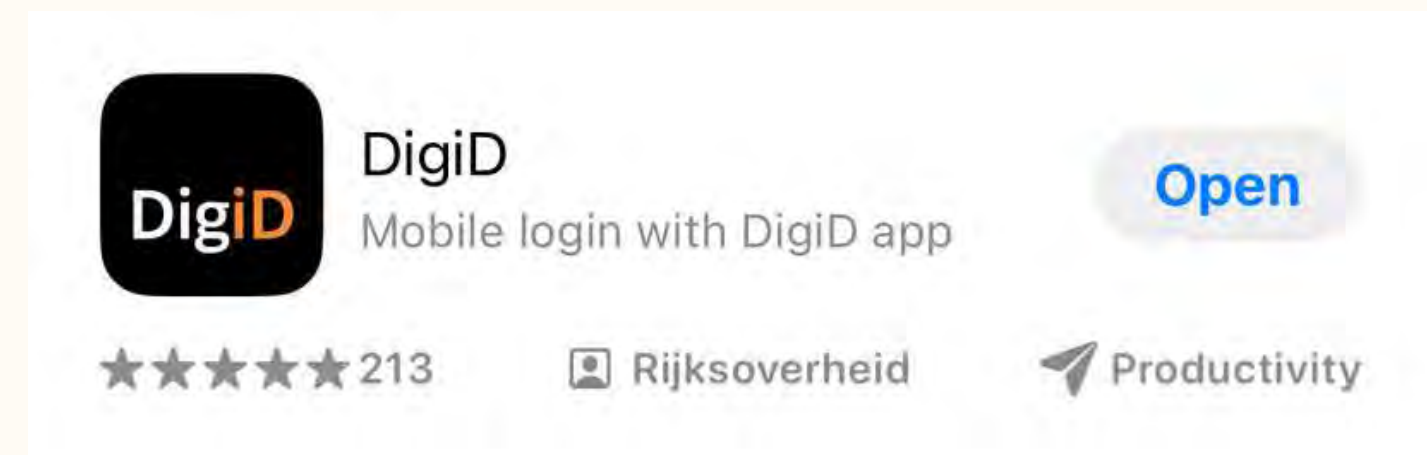
## Digid

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。



The screenshot shows the 'Login methods' page for a Digid account. It includes a 'Usage history' tab and a 'Back to login methods' link. The main section is titled 'Using username and password'. Below this, there are several rows of settings:

| Setting                                | Value       | Action                                                            |
|----------------------------------------|-------------|-------------------------------------------------------------------|
| Username                               | Mischali359 |                                                                   |
| Password                               | .....       | <a href="#">Change password</a>                                   |
| SMS verification                       | Active      | <a href="#">Delete SMS verification</a>                           |
| Telephone number                       | 0617620250  | <a href="#">Change telephone number</a>                           |
| Spoken SMS                             | Active      | <a href="#">Turn off spoken SMS</a>                               |
| Always log in using at least two steps | Active      | <a href="#">Turn off 'Always log in using at least two steps'</a> |
| Setting active since                   | 20 9月 2024  |                                                                   |



- 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。
- 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。

# 蒂爾堡大學

荷蘭分成兩種大學，一個是研究型大學，一個是應用科技大學，蒂爾堡是第一種。研究型大學會有很多文章需要閱讀，也會有很多考試，所以選擇去蒂爾堡大學交換的人，一定要留點時間唸書不然你真的會被當。然後再就讀期間有幾個程式是你在學校一定會用到的，這邊稍微介紹一下。

- Osiris
- Canvas
- Timetable

主要是查你的課表，每週課表都不一樣所以要每天上去查看時間看教室地點。現在系統好像有變，但應該是差不多的！



OSIRIS Tilburg University  
Schedule and registration

Open

CACI bv

Education



主要是選課、退課，還可以查詢成績，還有最重要的是要註冊考試，這邊考試要特別去註冊，不然你沒辦法參加考試。這點要特別注意！



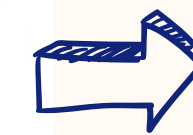
Canvas Student  
Education

Open

★★★★★ 2.7K

Instructure Inc.

Education



主要是課程資料，你在Osiris 選擇的課，到時候Canva 就會提供課程的教材，教授也會在上面放簡報或文章等等。

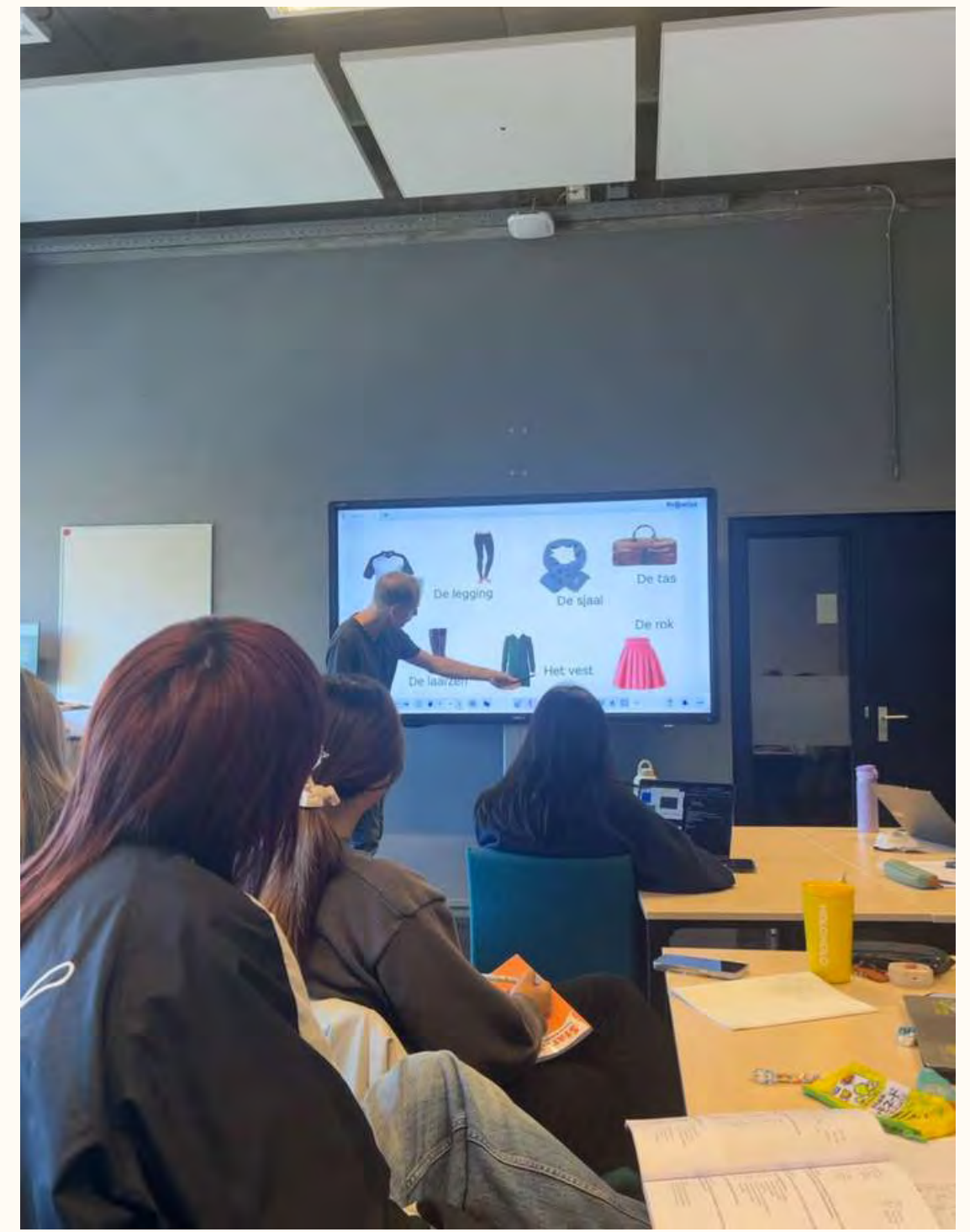
# 蒂爾堡大學

分享一些紀錄學校的影片，很喜歡他們有很多樹走起來真的很舒服，最右邊的兩個照片是他們的森林，很推薦大家去走走！



# 蒂爾堡大學

一些上課片段，最右邊是荷蘭文的課，老師人非常好，但現在不能抵學分大家可以斟酌要不要選。



# 當地生活

我這次不是住宿舍，是在外面租房子的，一個人的那種，雖然很享受有一個人的空間，但我還是會推薦大家去住交換生宿舍，也就是Verbs。會認識到很多不同國家的朋友，我也偶爾會去那邊社交一下，認識新朋友！我朋友很推薦去那邊住，她說非常好玩！但當然有好有壞要自己評估一下喔～

然後我日常就是自己煮飯、去上課、派對、去各個荷蘭城市走走，尤其是煮飯真的是佔了大部分，大家每個人來這裡都變的很會煮，我自己也是很享受的！這邊也分享一下片段～







# 歐洲旅遊



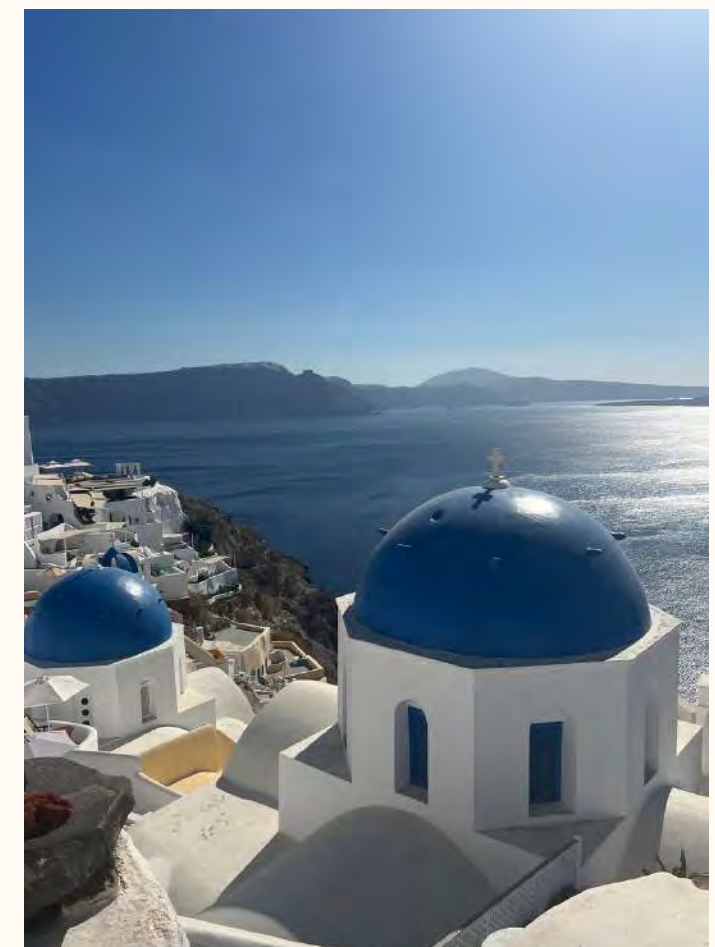
光上學期在歐洲，我就造訪了很多國家，但還是有很多地方還沒去到，身邊有大四的朋友真的是一直出去玩，我跟他們比真的算少了。但是來歐洲一定要把握機會，把你想去的國家都去一遍，我是因為還有下學期的機會可以慢慢來，但都還是覺得玩不完，所以知道你的課程後可以盡快安排旅遊，享受一下歐洲風情！以下是我上學期去的國家，就不包括荷蘭了～



德國



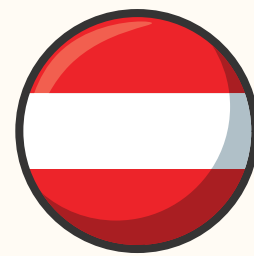
希臘



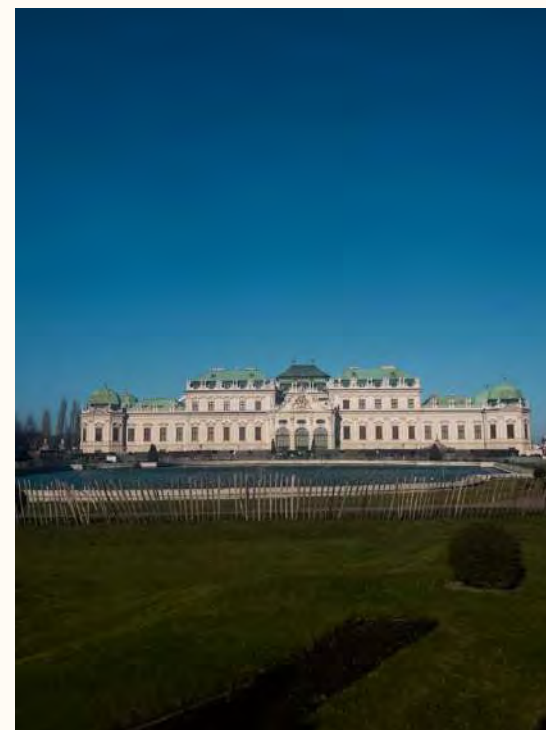
# 歐洲旅遊



捷克



奧地利



斯洛  
伐克



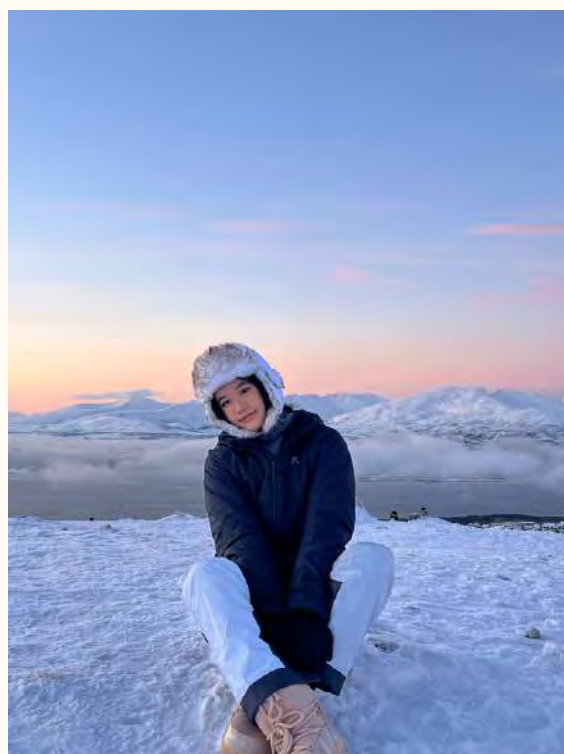
匈牙利



# 歐洲旅遊



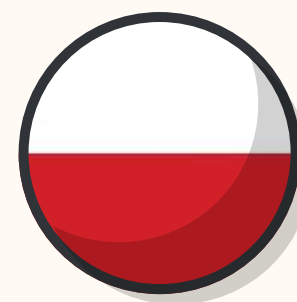
挪威



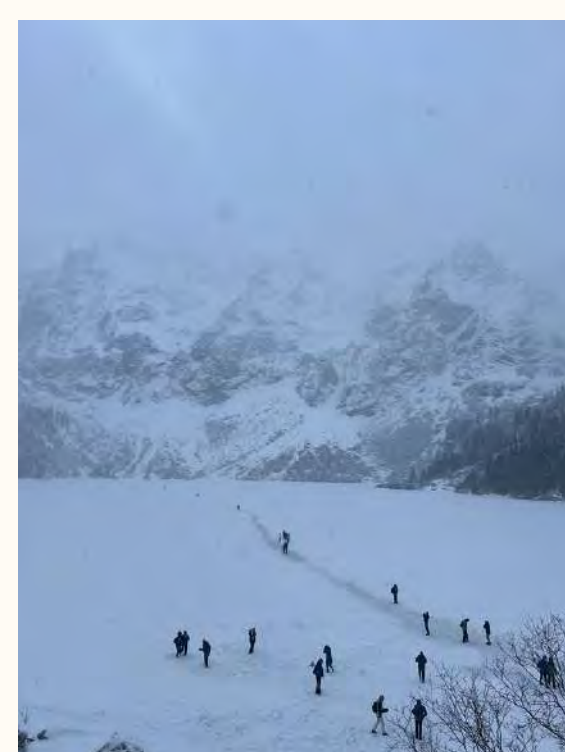
芬蘭



比利時



波蘭

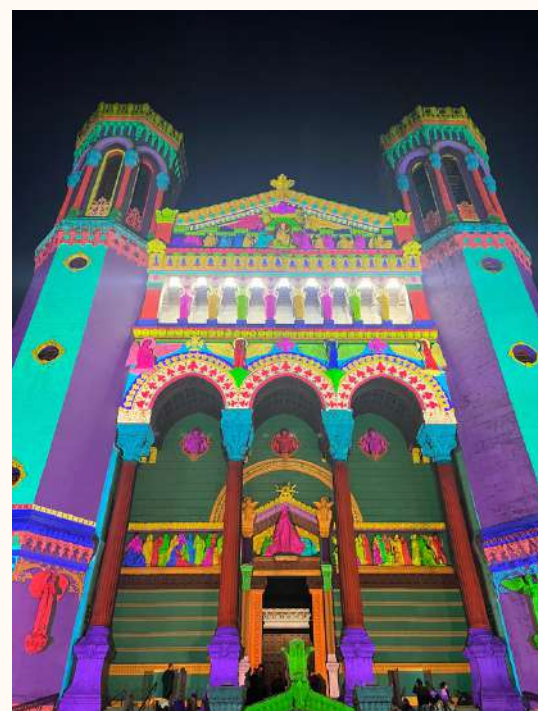
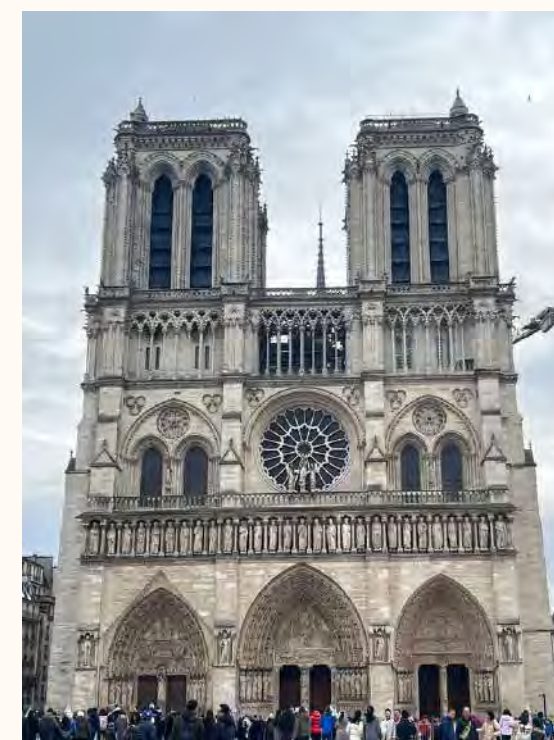
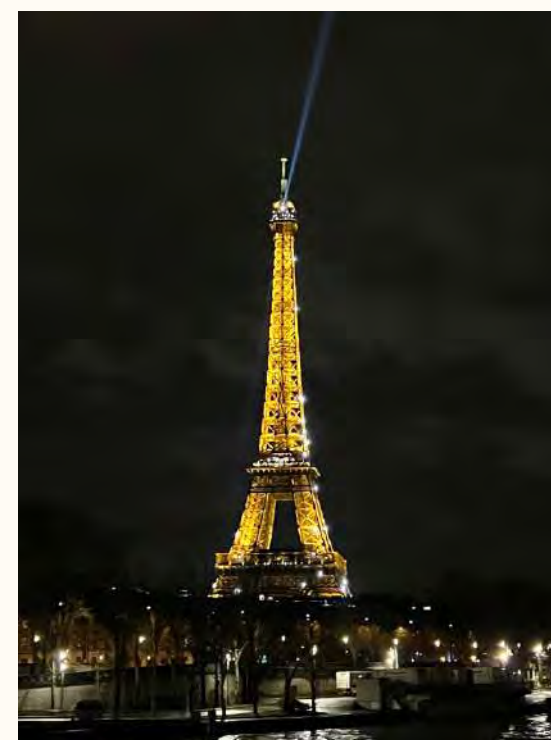
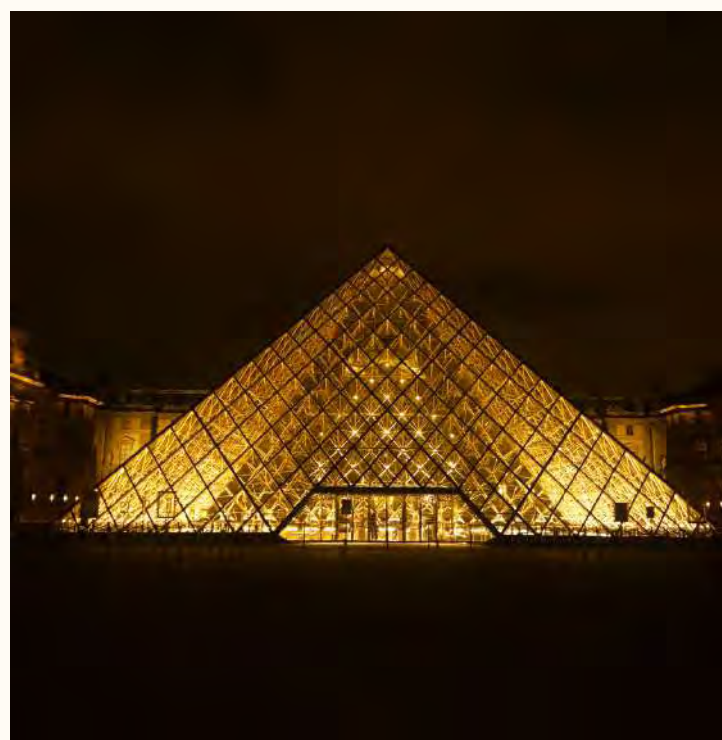


# 歐洲旅遊

私心很喜歡法國所以多放一些哈哈哈哈哈，會想要一直再回去的地方



法國



# Thank you

以上是我上學期的交換片段，過程有辛苦有好玩的地方，一開始一個人確實很孤單，但總會找到方式調適的，希望大家也可以勇敢跳出舒適圈，來漂亮的歐洲走走看看，還是非常值得的呦～