

學海飛颺學生出國研修心得報告

獲補助年度	108年度
薦送學校、系所、年級	國立台東大學 英美語文學系 四年級
中文姓名	柳瑄寧
研修國家	西班牙
研修學校	公立納瓦拉大學
國外研修成績	30學分
短片時間及標題	Erasmus in Pamplona, Spain https://www.youtube.com/watch?v=nyNwCK4ZMiA

UPNA Erasmus 2019-2020

Exchange Motives

“Travel is not reward for working, it’s education for living.” I am always a strong believer that if you never leave home, you believe the world is the size of your backyard. Travel allows us to broaden our horizons, open our mind and the heart; each trip has its significance.

I was born and raised in Taiwan, and I’ve been living here for more than twenty years. I love Taiwan, it is a great country with good food, beautiful landscape and hospitable people, but most importantly, it’s home. During the third year of my university, I was working part time as a waitress in a Spanish cafe. What’s so unique about the cafe is that I get to meet a lot of people from all over the world coming for various purposes, whether it’s for surfing or just a temporary nomad. I was mesmerized by every story they told; it wasn’t until

then that I reckoned it was time for me to leave my comfort zone and set foot to somewhere far away from home that I'd never been to. I have to see the world, I have to let more people know about Taiwan, Formosa.

Public University of Navarra

Created in 1987 by the Parliament of Navarre, the UPNA is a relatively small public university in Spain, with campuses in Pamplona and Tudela. Academically, it focuses on Engineering, the Natural Sciences, Health Sciences, Social Sciences and Law, and is a markedly technical university. It is one of Spain's leading universities in terms of teaching, research and transfer.

The university's commitment to teaching and the European Higher Education Area has led to the creation of 25 Bachelor's degree courses (including 12 Bachelor's degrees with foreign languages and 17 with specialization), 6 double Bachelor's degrees, 9 international programs, 26 Master's degree courses (5 of which permit access to regulated professions), 15 PhD programs and 28 in-house qualifications.

The university is ranked 15 out of 47 public universities (Comprehensive University Information System, SIU, academic year 2015-16), meaning that it is able to provide the close, personalized teaching which has earned its fourth place in teaching productivity, alongside thirteen other Spanish public universities (2017 ISSUE ranking, BBVA-IVIE).

Courses

1. International Trade Management

This course is from the department of economics and business administration. We were assigned in different groups, and each group had to select a Navarra based company to cooperate with, by which it means that we had to make an export project for the company we worked with. Our group decided to choose a winery — Bodegas Ochoa. During the whole semester, we learned about how to use technical sources to analyze the most beneficial country for us to export our product. And also learned

about the proper procedure to conduct an international trade. Every week, we have to work in groups to discuss various case studies so as to intensify our knowledge in trading and critical thinking. In order to make the course more practical, there were also two group presentations in the midterm and the final exams. By the end of the semester, each group had to hand in a thirty-pages document about our research project. As a student from English Literature, it was indeed a hard work for me to follow up the course. Fortunately, the teacher was always helpful and patient to answer whatever questions we had in class. Even though this course was a lot of work, It was a great experience by challenging myself in a complete different field of study.

2. Organizational Design and Behavior

This was my least favorite course of all. There was only theory instead of actual activities or practices in class. It is the study of human behavior and its management in organizations, and the variables that are related to the design of the organization; to be able to recognize why an employee acts in this way, and what do leaders need to put in place to make their teams feel good and therefore productive. It is the whole analysis of human behavior and the elements that will influence them to act in certain way. In my opinion, human resources could be more interesting regarding psychological aspect of studies. However, the teacher was making the whole lecture dull and seemingly a waste of time. Every chapter was repetitive; I didn't understand the necessity of keep repeating the same idea. She even asked us to cooperate with some Mexican students to finish an unrelated task, which was obviously impossible and meaningless because of the time difference between Spain and Mexico. In this course, each group had to do a presentation followed up with a 20 pages document. Other assessment such as group work was 20%, individual work 15% and the final exam 50% with a minimum of 4/10 to pass it.

3. Social Organization and Human Behavior

This course is basically a sociology class. We not only did a lot of critical thinking and discussion about community, education, and social norms; we also

learned to use multiple methods to collect data from different fields. It is important to have your unique idea on every issue. There is not an exact or eternal answer in the study of society; it is a constant observation and renewal of a concept. The final exam came with five short essay questions all according to the slides and the research paper provided by the teacher. Also, at the end of this course, a group presentation based on sociological issue would be taken into account. I wouldn't say it was a tough course, but it definitely required a certain competence of improvising our thoughts.

4. Communication Skills in Spanish A1-A2

As Pamplona is not a city where you can easily get by with only English, it is very important to have a basic level of Spanish. This course is best for those who have never learnt Spanish before. The teacher started with common verbs, tenses, proposition and so on. The course was completely in Spanish, but regarding that we were all first learners, the teacher tried to speak as slow and clear as possible, and to be fair, it works even better than if she taught us in English. In addition to that, since the class was pretty small, we wouldn't feel embarrassed for answering wrong in front of the whole class, which helped a lot to build up the confidence for first learners like us. There were several assignments to complete each week, and at the end of the semester, a presentation is taken into account for grading. Overall speaking, it is a pleasant and helpful course to take.

5. Foreign Language: English

This course is from the department of primary education and for those who wants to become a teacher in their future career. I'd always enjoyed taking this class; there were only 18 students in total, and I was the only international student. Instead of American English, we were learning British English in the course, including the accent and pronunciation. I found it very interesting because I grew up learning American English. In this course, the ability to summarize information is very demanding, and we were constantly asked to summarize either different or the same

article and video again and again, as being a teacher not only requires the capability to express clearly, but also the tolerance of repeating.

Entertainment

1. Juevintxo

Juevintxo is always the highlight of the week. Juevintxo is a mixture of the word Jueves and Pintxo. Jueves, meaning Thursday in Spanish; pintxo is a small snack, something typical in northern Spain. On Thursdays, every bar will offer something like 2 euros for a beer and a pintxo, which is a very good bargain. We would go from one bar to another to try out various pintxos and have a few drinks with friends. It was one of my favorite things to do in Pamplona.

2. Indara

Indara is the legendary nightclub in Pamplona. With erasmus wristband, we were granted free entrance to Indara from 00:30-00:50 on Fridays. The only thing we had to pay is the drink. We mostly went there every single week unless there was an exam coming. Even though Indara always played the same music, but note that Spanish music is another level. It was always fun to dance and enjoy those nights with friends.

3. Happy Erasmus

Happy Erasmus is an agency that arranges a lot of trips for Erasmus students. There was a little getaway to a nearby city almost every weekend; sometimes to farther places like Portugal or Morocco. We simply just booked the trip online in advance before all tickets were sold out. It was a cheaper way to visit different places because they would hire a bus, which took you to multiple destinations and showed you around. Normally if we traveled on our own, the round-trip ticket for a bus cost at least 20 euros or more. However, by going with happy erasmus, it would be 15-17 euros for a one-day trip and approximately 170 euros for five-day trip.

Life in Pamplona

Pamplona is very famous for its bull run during the summer. In July, the Spaniards call this festival "San Fermín". It's a relatively small city compare to the city where I originally come from. I had been told that it was a student town but I think it's a town for families or older people. It's very tranquil most of the time. There are several nice cafes as well. However, we don't get to do a lot of things here because there's not a lot of activity. It is almost the same every week, on Thursdays, all the bars are open and all the young people go out and have fun, we call it "Juevintxo", afterwards we go to the nightclub. Spanish people do everything late. At first I found it very hard to adapt to the timetable here. The usual lunchtime is from 14:00 to 16:00, and dinner starts from 20:30 until midnight. It's the same thing for the night club, Spanish people arrive at around 3:00 in the morning.

People here are very close to each other. They greet each other and say goodbye with a blow kiss on both cheeks. This was something I had never experienced before. Frankly speaking, I felt a bit awkward at the beginning because it never happens in Chinese culture, but after some time, I have to admit that physical contact actually brings people closer, and I like the fact that they are so close to family and friends. Spanish people are also amiable; if you need help, they don't hesitate to give you a hand. I do not speak Spanish well, but I always tried my best to explain my request in broken Spanish; with a translation app if necessary. From previous experiences I had with the locals, I'd say that people were generally patient and kind to help you anytime.

I was pleasantly surprised by the fact that Pamplona is a city where one feels safe, by which I mean that a girl can go home safely alone at night. Sometimes I stayed up late and walked home alone but not once did I feel dangerous. I wasn't afraid to walk alone in streets in the middle of the night. I think this is due to the fact that the city is very small and there are fewer inhabitants. I had never felt as safe as I felt in Pamplona. I think it's important to mention this with everything that's happening

nowadays and especially for girls. I don't think other big cities like Madrid or Barcelona can be safe like this.

The only public transportation in Pamplona is bus. Hence, most people usually get around by bus, but it's actually possible to do everything on foot; it takes about 10-20 minutes from one point to another. Once I was able to locate myself correctly, I could do almost everything on foot, it allowed me to visit the surroundings and see what the city looked like. On top of that, I could save some money because taking the bus every day ended up topping up the bus card very often. Not to mention that I've lost two bus cards in three months due to my carelessness.

What I've Learned

1. Independence and self-grown

Not everything goes as the way we planned, bad things happen all the time, so instead of playing the victim, we have to fix the problem and move on. This is probably the most traumatizing experience I had during this year. It was at the end of 2019, I took an overnight bus from Pamplona to Barcelona because I was flying from Barcelona to Norway on that day. Just right after I got off the bus, I got robbed..... I lost almost everything, including my passport, NIE, cash, credit card, etc. I had never felt so helpless in my life, being alone in a place I wasn't familiar with, and without money or ID. Realizing that nobody can pick up the pieces for me except myself, I pulled myself together and went to the police station to report my situation. Anyway, long story short, I still managed to catch up the Norway trip with my friends even though it was half ruined due to this accident. I had a strong feeling that I grew 5 years older after it happened. It was indeed a lesson of life that I would never ever forget.

2. Cultural awareness and self-enrichment.

When it comes to meeting new people, I have to admit that I was more passive before I came to Spain. I felt a little awkward and uncomfortable to take the first step

to know people. Fortunately, I got to know some amazing friends who taught me to take more initiative in friendship. People here are mostly very close with one another, no matter males and females or students and professors, there is no grey area between different gender, neither is there a hierarchy among different social status, which I appreciate a lot at some point. It is common to give each other a hug as a greeting or a goodbye, and this simple physical contact definitely brings people closer. Growing up in Asian culture, I disliked and avoided any types of physical contact with anyone, even my family. A close friend from Austria told me we Asian people seem to be so cold and indifferent, whereas it is actually a matter of cultural habits. Surprisingly, after one semester soaking up in this kind of intimate culture, I found myself adapted to it and dig it. It is crazy how environment can have such an influence on a person. I am now more willing to reach out to people and express my cares or even show my appreciation to them.

3. Open-mindedness

Regarding the people I met during my erasmus, all these people were just amazing, I didn't expect to make "true friends" during this year, yet I am more than proud to call some of them my best friends! I believe when you treat people genuinely, the good deed will absolutely come back to you. Friends I met all taught me something, I enjoyed meeting people from other countries, whether it was for companionship or personal enrichment. I consider myself very sociable once I feel comfortable enough with the person. It is true that at the beginning I was a little more reserved for the fact that I was always the only Asian girl among European people. It was a pressure regarding that they somehow had a stereotype for a different culture, especially Chinese. However, it turned out to be very simple once I open my mind completely and embrace the discrepancy of each individual. Unfortunately, we erasmus, were not able to get to know the Spaniards that much. The young people stayed in their own group of people, they prefer their proximity, which I totally understand. And the fact that I don't speak Spanish fluently also created a barrier. In addition, most Spanish students who study here in UPNA actually live in other

villages. That is to say, they are only here for weekdays when they have class, and they return back home on weekends.

Suggestion

- I highly recommend students to pick up some basic Spanish before studying in Pamplona. As it is a small town where people don't really speak English. As such, having the ability to communicate will definitely make your life easier.
- Being an exchange student is indeed a lot of fun, it could be hard at times though. Changes happen before plans, there are more unexpectancy than you can ever imagine; be positive and stay calm, and don't be afraid to reach out for help.
- It won't be a problem for international students who don't speak Spanish to study in UPNA, as there are quite a few courses that can be taken in English.
- Some people assume that Erasmus is all about breaking free from the old life and diving into a new crazy way of living. Well, they are wrong. UPNA is a university where students studied hard enough to get in. As a student, it is your responsibility to be present in class and make efforts on the school work.