

# 國立政治大學商學院學友制度心得報告

## Buddy Program Reflection

| 學號        | 中文姓名 | 參加學友制學期 | 外籍學友英文全名           |
|-----------|------|---------|--------------------|
| 109405064 | 趙芸萱  | 112 - 2 | Janne Ingebrigtsen |

### 1. 學友簡介(含第一次聯繫及 email 截圖):

**Janne** 是一個有金色頭髮的漂亮女生！就讀挪威經濟管理學院，已經完成學業，且一年前就已經錄取正職，等交換回去就可以開始上班，讓我跟 **Abby** 非常佩服。比較特別的是，**Janne** 有亞洲比較少見的麩質過敏，甚至連醬油都不能吃，所以很多台灣美食都沒辦法讓他品嚐到，很可惜！另外，**Janne** 非常熱愛戶外運動和旅行，特別是爬山，飲食也非常健康，常常吃沙拉等調味較少的食物。

From: Janne Ingebrigtsen  
Sent: Wednesday, December 27, 2023 10:44 PM  
To: 趙芸萱  
Cc: 陳郁雯  
Subject: Re: From your buddies in NCCU!

Hello Ruby, Abby, and Angel!

Thank you for the warm welcome 🍷

I will be arriving in Taipei from Manila at 01:15 am on the 11th of February. Prior to arriving in Taipei, I will be traveling to Sri Lanka, Kuala Lumpur, and the Philippines. If any of you have visited these places and have recommendations, I would be delighted to hear them.

Regarding my preparations for NCCU, I am currently in the process of securing an apartment in Da'an District with two classmates from Norway. I am in communication with a landlord named "Sally Sai" regarding an apartment close to NTU Language Center, which I discovered through the Facebook page "Taipei Taiwan Apartment Rentals." While awaiting confirmation, I am curious about the standard procedure in Taiwan for renting an apartment. Is it customary to pay a two-month deposit (to be refunded at the end of the stay), sign a contract, and then pay the initial rent upon arrival?

I am really looking forward to meeting all of you!

Best regards,  
Janne

From: 趙芸萱  
Sent: Wednesday, December 27, 2023 10:23:20 AM  
To: Janne Ingebrigtsen  
Cc: 陳郁雯  
Subject: From your buddies in NCCU!

Hi Janne,

We are Ruby, Abby, and Angel, your buddies in Taiwan!

Is everything alright with your preparations to come NCCU? If not, for free to tell us. We can help you to figure it out! Or if you have some small questions such as where to travel and eat, don't be shy and just tell us, we are all happy to share about this ~

And we also want to ask you whether you have reserved your flight ticket to come Taiwan, and when the arrival date is.

Can't wait to see you!

Best wishes,

Ruby, Abby, and Angel

### 2. 學友最喜歡臺灣的一點(可自由發揮字數不限):

有很多很漂亮的山岳美景，Janne 在來交換的這半年甚至去爬了玉山！也對夜市文化感到非常驚喜，尤其很喜歡通化夜市的冰火湯圓！

### 3. 接待心得(至少 300 字以上):

這是我第一次參加學伴計畫，英文沒有很流利的我在見面前一直很擔心沒辦法好好接待 Janne，結果 Janne 一見面就好熱情，突然就不那麼緊張了！身為台北夜市通的我，決定要帶 Janne 吃好多好多很好吃的夜市美食，結果在前往夜市的路上得知 Janne 有很嚴重的麩質過敏，甚至有醬油的東西也不行！我跟 Abby 一度很慌張，因為台灣真的有太多東

西加醬油了！尤其是夜市！！

在第一次約出來玩後，我就有很深的感觸，雖然一開始見面很緊張，感覺用完了我一年份的英文口說量，但原來跟一個生活在完全不同文化裡的人交流，是一件這麼快樂的事情。這也讓我開始期待明年去荷蘭交換的生活，更讓我下定決心要更精進我的英文口說能力！這半年最大的遺憾就是沒有多和 Janne 聊聊自己，大部分都是在聽他分享故事。希望明年去荷蘭的時候，我的英文口說可以有很大的進步，可以和 Janne 有更深的認識，也期待可以有機會去挪威找她一起爬山！

照片\*2(含文字介紹、拍攝日期及地點活動名稱)



→ 2024/03/03 是我們第一次見面，約在通化夜市希望讓 Janne 第一次體驗看看台灣的夜市文化！照片裡就是通化夜市很有名的冰火湯圓！



→ 2024/05/21 這是我和 Janne 的最後一次見面，原本是要去士林夜市，但因為那天下大暴雨，所以我們一起去公館吃了 Janne 推薦的 Taco，超級好吃！