

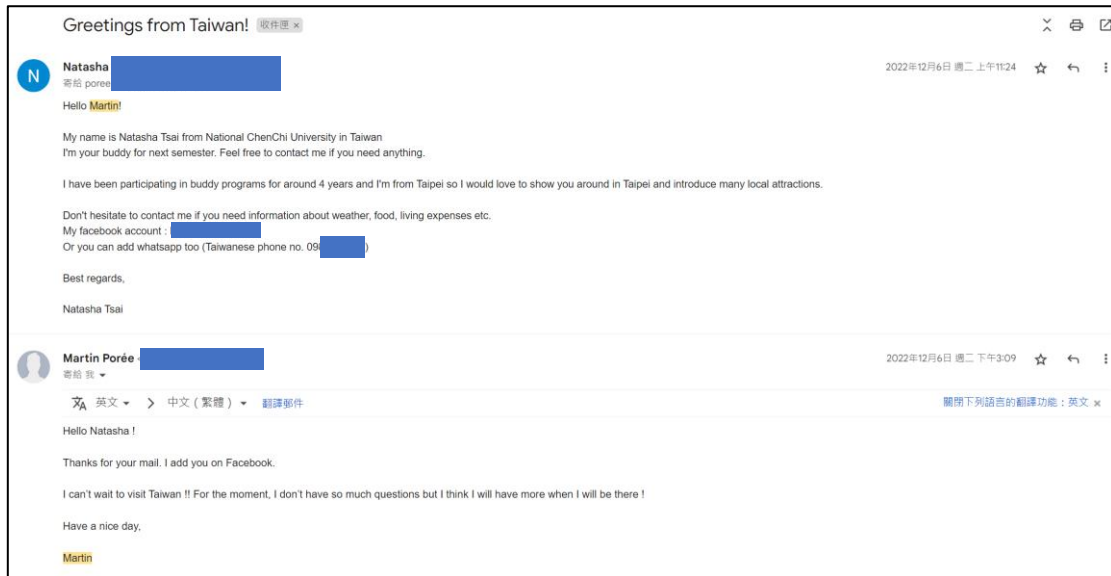
# 國立政治大學商學院學友制度心得報告

學號：110364129 中文姓名：蔡宜臻

Buddy 姓名：Martin Porée (法國人)

這次參加的是 2023 年春季的 buddy program，接待的學伴來自法國諾歐大學商學院。

## 第一次聯繫的截圖



我們隔天就轉到 Messenger 聯繫了。

在來到台灣之前他都沒有詢問相關的注意事項，開學後他有詢問過有哪些景點可以造訪、哪些推薦的夜店跟酒吧，並閒聊了一些實習、課堂、圖書館的事項。

目前在開學後有約過一次在敏忠餐館，與另一位接待生一起吃飯，他提到自己很喜歡亞洲食物，例如水餃、炒飯，並覺得每個餐都會有熟的蔬菜很神奇。此外，近期他有一位朋友剛好想在我前實習公司實習，所以請我做詢問，我覺得這樣的文化交流很特別，第一次從就業面向來跟外籍生聊台灣的就業以及實習制度、給薪跟加班文化。此外，他的朋友也跟我分享到法國人近期所參與的退休年齡抗議事件、剩食議題、房子格局以及房租與台灣的差別等。

雖然目前只與 buddy 見過一次面，但文字上的文化交流，以及他介紹給我的其他朋友所帶來的法國新知，讓我透過這個 program 了解到許多以前不曾接觸過的知識。

以下是我推薦他的一些餐廳跟景點，大家也可以拿來做參考：

Cow banana : chocolate and banana milk shakes, rasberry banana milkshake

龍角 : famous for their milk, u can try taro ball with milk tea.

政大茶亭 : it's like a juice shop. Freshly made.

迷克夏 : famous for the milk too. U can order taro milk or orange green tea+white bubbles

清新福全、50嵐 : these two are like classic brands since I was little. First one u can order four season tea with bubbles四季春加珍珠, second one I personally don't really like it but it's famous

八方雲集(chained restaurant) : they have fried dumplings鍋貼 and boil dumplings水餃. I recommend 4 flavors. Original原味, chives韭菜, spicy kimchi 泡菜, curry咖哩. U have to order at least five in one flavor. So I suggest u can order 5+5( two flavors ) As to soup : sour spicy soup酸辣湯 ( thick vege soup, u might not like it but u have to try if u are in Taiwan lol), squid ball soup花枝丸湯  
Drink: black soy bean milk 黑豆漿

波波洽洽 : shrimp sauce Fried rice蝦醬炒飯, green pepper+chicken fried rice青椒雞丁炒飯

美香味 : it's a very cheap restarant and a lot foreigners love it but seldom Taiwanese ppl go there. It has English menu on the glass door.

Schumann's Bistro No. 6 : German restaurant. Pasta and risotto.

東京小城 : fried chicken egg rice炸雞丼飯

韓大佬 : Korean pork/beef rice韓式拌飯

敏忠餐廳 : scallion beef rice蔥爆牛肉飯, vege beef rice空心菜牛肉蓋飯

Apt Cafe: they have four cats in it. U can use your laptop there. It's very cozy

明池豆花 : a dessert place. Sweet pudding tofu+ taro ball+red beans+oats, mango shaved ice (it's not the best but one of my polish friend loves it)

MOS burger: there rice burger is great! (chained restaurant)

口福豆漿店 : for Breakfast. u can order the steamed white bread (or taro bread or brown sugar bread)+ egg in it.

古早味 : breakfast place. U can order same as above or their most famous one is called 蛋餅, it's like scallion pancake with egg in it and u can have different flavor (vege, tune, pork, corn...). Another thing u can order here is rice roll.

華越 : Vietnamese restarant. U can try their beef noodles越南牛肉河粉. I know there's a lot of Vietnam restaurant in poalnd but the noodles are different here haha

oh haha and here's another list for taiwanese food in general

"special " food

Stinky tofu (fried/steamed) u can start from the fried one. Texture is good but the smell is smelly hahah

Pig blood cake(pig blood+rice. Peanut powder on top and add some coriander )

Kimchi (korean spicy cabbage)

Hot pot (u cook while eating)

Japanese fried prok

Scallion pancake (easy and delicious. I can teach u how to make. It only takes 3 mins)

Fried chicken+sweet potato+tempura (it's like a style of eating. U take many food in a plate and ask the cook to deep fried for u. They'll add some spice on it. Unhealthy but extremely delicious)

Oyster egg (oyster+egg+some kinda soft sticky stuff lol)

Braised pork rice

"Fast pan-fried dish" it's kinda style of eating. Each one will have a bowl of rice and then there will be many dishes on the round table that u can eat it with Taiwanese beer.

Pineapple cake

Bubble tea

Aloe tea

Fruits juice

Moon cake

Sweet pudding tofu+taro/sweet potato ball

Red beans soup

Green beans soup

Purple rice+red beans soup

Red beans cake

Fruits:

Guava

Buddha head

Pamelo

Dragon eye

Mango

Short banana

Chinese pear

Restarant:

鼎泰豐

渡小月

MOS burger

紫藤蘆

阜杭豆漿

紫琳蒸餃

### Place to visit in Taipei:

淡水 river, night market, history architectures

北投 hot springs, Japanese architectures

迪化街 a old style street. U can take bike from NTU along the river to this place and then spend the evening there and end the day by the river

陽明山竹子湖 u can have a hot sweet potato soup wing ginger here.

Elephant mountain: for taipei 101 picture

And the cities I recommend are

jiufen: good old street

1.Tainan (many many good food and ancient architecture and museum)

2.East Coast 花蓮&台東, there's many natural scenery and taroko gorge is the most famous tourist attraction

3.宜蘭 it's a chilled city. Many rice fields and nice little house. It's famous for its food and hot springs too

4.South of Taiwan :墾丁 is also famous but I think it's too touristic

5. If u like hakka culture, u can visit 苗栗、新竹

6.南投 is also a very very lovely place that u can enjoy forest walk (in a place called 溪頭 and there's a monster village near it. Kinda cool)