

A. 學校簡介

考納斯理工大學 (Kaunas University of Technology, KTU) 座落於立陶宛第二大城考納斯，是波羅的海三國中規模最大的技術類大學之一，該校以創新與科技研發聞名，校園環境融合了立陶宛的歷史底蘊與現代化的教學設施，並擁有完善的 ESN (Erasmus Student Network) 組織，協助外國學生融入當地生活。校區分佈於城市各處，圖書館與實驗室的資源極其充裕，對於學習經濟與管理學科的學生來說，這裡提供了多元的視角觀察東歐與歐盟市場的發展轉型，是極具學術潛力與生活體驗的選擇。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

我受益最多也最喜愛的課程是「Lithuanian for Foreigners」，這門課不僅是語言的學習，更是一個微型的國際交流平台，課堂上聚集了來自世界各地的學生，大家在練習基礎語句的同時，也交換著彼此國家的文化點滴。特別令我印象深刻的是期中與期末報告：期中要求我們介紹自己的祖國，讓我學會如何用國際視野重新詮釋台灣的特色；期末則以「國家美食」為主題，透過飲食文化打破隔閡。

C. 國外研修之生活學習 (課外)

歐洲的研修生活是一場關於「變動」與「省思」的修煉，這段期間我走訪多國，深刻體會到歐盟各國間民情與經濟現況的巨大差異。在生活開銷上，我學會了在「高物價」與「生活品質」間找尋平衡：歐洲沒有便宜又好吃的餐飲，唯有自己下廚或前往非歐元區 (如波蘭) 旅行，才能在有限預算下獲得最高 CP 值的體驗。波蘭是我最推薦的國家，其人文風景與博物館深度讓我造訪三次仍感意猶未盡，更重要的是，在不斷的認識與離別中，我學會了如何優雅地說再見。每一次相遇都是一趟旅程，聽著希臘室友、英國夫婦、甚至是各國交換生的故事，我開始反思自己的人生資源。有人拼命實習存錢，有人依靠家庭資助，這些差異讓我學會放下比較，專注於自身的成長與幸運。

D. 交換/研修之具體效益 (請條列式列舉)

- (1). 跨文化溝通能力提升：透過與希臘、英國、立陶宛等不同國籍人士共事與生活，掌握了在文化差異下達成共識的溝通技巧。
- (2). 預算規劃與獨立生活：在有限的獎學金與存款中，獨立完成跨國旅行規劃、餐飲管理與財務分配，培養了極強的環境適應力。
- (3). 多語環境適應：除了英語能力的實戰運用，也習得基礎立陶宛語，能進行簡單的日常互動。
- (4). 國際視野開拓：親眼觀察歐盟發展中國家 (如立陶宛) 與先進國家 (如法、德) 的社會現況，對國際經濟形勢有更直觀的理解。

E. 海外生活期間是否曾遭遇困境，及是否解決問題？如是，請說明如何解決問題；如未解決，請說明事件最大的啟發及思考未來可以怎麼解決？

在海外最常面臨的困境是「孤獨感」與「極端氣候的挑戰」，立陶宛的冬日漫長且黑暗，容易影響心理狀態。為解決此問題，我主動參與各類社交活動，如酒精路跑、溜冰及各國學生的聚會，透過社交維持心理健康。此外，在預算管理上也曾面臨景點物價上漲的壓力，我學會了利用學生身份購買優惠票券，並選擇搭乘夜車或睡機場等方式節省住宿費。這些雖然辛苦，卻是在「青春最後階段」才能承受的磨練，我將其視為一種適應力的測試，讓我學會如何在資源有限的情況下最大化產出。

F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

最大的文化衝擊來自於立陶宛人「冷漠外殼下的溫暖」，初到波羅的海國家，會覺得當地人表情嚴肅且不擅社交，與台灣的熱情大相逕庭。但透過課程與當地活動，我發現這只是文化上的防備心。當你主動踏出第一步，他們會展現出極致的真誠。面對這種衝擊，我選擇「觀察而不評判」，給予彼此空間，並學習他們直截了當的溝通方式。

G. 海外生活歷練是否為您人生帶來不一樣的改變或者個人特質上的轉變，最大的成長是什麼？

這趟旅程讓我從一個「追求標準答案」的學生，轉變為一個「能擁抱不確定性」的成熟個體，最大的成長在於「眼界的拓寬」與「自省能力」。以前接觸的多是亞洲文化，但在這裡，我與希臘室友同住、與不同背景的留學生交流，看見了資源分配的不均，也看見了努力的各種樣貌。我意識到自己擁有的幸運（如獎學金、父母支持），也因此變得更加謙卑，我學會了在艱苦的通勤中尋找樂趣，在簡陋的飲食中感受滿足，這種心理韌性的增強，是我人生下半場最重要的資產。

H. 感想與建議

給未來學弟妹的建議是：「不要害怕一個人，也不要拒絕一群人。」交換學生的意義在於跳出舒適圈，去經歷那些「如今回想起來都會笑的辛苦」。強烈建議提前做好財務規劃，並把握學生身份的各種票價優惠。對於想來波羅的海國家的同學，請準備好強大的內心去面對冬日的寂寥，感謝學校與獎學金的支持，讓我有機會在進入職場前，完成這場關於自由與成長的成人禮。

I. 英文心得(包含學校簡介、課程學習、生活學習、具體效益、心得感想等等) 500 字以上

Exchange Program Final Report: Kaunas University of Technology

I. Introduction to the Host Institution Kaunas University of Technology (KTU), located in the second-largest city of Lithuania, is one of the most prominent technical universities in the Baltic States. During my exchange semester, I was deeply impressed by its internationalized campus and modern facilities. KTU provides a welcoming atmosphere

for Erasmus students, with a dedicated support network that helps us integrate into the local culture. The university's academic rigor, combined with its vibrant student life, makes it an ideal destination for those seeking a unique Eastern European educational experience.

II. Academic Experience: Lithuanian for Foreigners My favorite and most beneficial course was "Lithuanian for Foreigners." Since this course was specifically designed for international students, it became a melting pot of cultures. I had the opportunity to meet people from diverse countries and backgrounds. For our midterm project, we presented our home countries, and for the final, we shared our traditional cuisines. This experience was eye-opening, as it allowed me to see the world through my classmates' eyes and proudly introduce Taiwan's rich culture to a global audience.

III. Life Beyond the Classroom As my time in Europe comes to an end, I realize how much my perspective has shifted. Traveling across the continent revealed the economic and social differences between founding EU members and newer ones. In terms of daily life, I learned to be highly resourceful. Eating out in Europe is rarely cheap, so I often cooked at home or traveled to non-Eurozone countries to manage my budget. Among all my travels, I highly recommend Poland. It offers the best "price-performance ratio" with its stunning landscapes, delicious food, and profound historical museums. I visited Poland three times, and each visit left me with lasting memories.

IV. Cultural Exchange and Personal Growth The most poignant part of this journey was the constant cycle of meeting and saying goodbye. I shared a room with a Greek student, had dinner with a British couple, and joined "pub crawls" and skating sessions with friends from all over the world. These interactions taught me that everyone has a different story—some come from wealth, while others work multiple jobs to afford this experience. This realization made me reflect on my own luck. Having a scholarship from NSYSU and support from my parents, I felt a deep sense of gratitude. I've become more independent and empathetic, learning to value every encounter as a beautiful journey.

V. Challenges and Conclusion I often describe this exchange as the "last chapter of my youth." It involved enduring long commutes, sleeping in airports, taking night buses, and eating simple bread to save money. These are challenges that I might not be able to handle as I get older, but right now, they are badges of honor. With the rising costs of travel and food, I am incredibly glad I made the decision to come here last year. This experience has broadened my horizons in ways that stay with me forever. To future exchange students: embrace the discomfort and cherish the connections. Every struggle is a lesson, and every stranger is a potential friend.