

學校簡介：

拉脫維亞大學 (University of Latvia) 成立時間 1919 年，是拉脫維亞最早、最具代表性的公立大學，也是波羅的海地區最重要的綜合型大學之一。位於拉脫維亞首都 里加 (Riga)，具有悠久歷史、多樣化學術領域、國際化學習氛圍，適合希望在歐洲學習並拓展國際視野的學生。

國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程：

我上了 **Textile Materials and Fundamentals of Textile Techniques** 以及 **Drawing (素描)**，最喜歡的是素描課，我從小就很喜歡素描課，但是一直專注在專業科目上，國小畢業後就沒機會再上素描課，可以透過這次交換機會上到自己很喜歡的課程，真的很開心，老師會先讓同學自己畫，再告訴大家該如何畫，留給大家創作空間，所以即使是素描，每個人畫出來的都還是有自己的風格。

國外研修之生活學習 (課外)：

一定要參加 ESN 活動！透過這個活動，讓我結交到許多朋友，活動性質很多，有靜態也有動態，每週的活動都很多，一定會有符合你喜好的，雖然辦卡要 20 歐，但絕對不會後悔！還有 ESN 的出國旅遊團，也非常推薦參加，和一群來自世界各地的學生一起出遊是很特別的體驗，是我在交換期間最難忘的一次旅遊。

交換/研修之具體效益 (請條列式列舉)：

1. 英文口說能力提升，原本因為自己英文很爛，都不敢開口，最後發現大家根本不注重文法，語言是拿來溝通的！
2. 變得獨立且勇敢，交換前我連國旅要獨旅都不敢，交換後我在三個國家獨旅，是我從未想過的。
3. 廚藝進步，我原本連煎蛋都不會，現在甚至可以滷肉。

4. 交換前我不會主動跟別人搭話，交換後會自己主動去認識新朋友。

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？

我旅遊時買東西被多算了兩倍的錢，因為我等旅遊結束回里加時才發現，所以沒辦法直接去店家反應，雖然不是大金額，但我還是覺得不甘心，所以我就上網找店家的聯絡方式，找到他們的 email，主動聯繫告知他們我的狀況，雖然最後拖了一個半月，但最終我還是有收到退款！如果有遇到什麼吃虧的事情，一定要勇敢的反應。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

去逛超市的時候，發現歐洲人都會徒手抓架上麵包，老實說一開始還蠻不能接受，覺得很髒，直到發現有些國家超市的麵包區，甚至連夾子都沒有，我就慢慢接受了，雖然我自己還是會用夾子裝麵包啦。

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？

我原本的交友方式，都是被動式的等人來跟我聊天，交換後讓我敢主動跟別人講話，應該說是個人特質有變得比較外向吧，還有在國外常常被陌生人稱讚穿著或是髮型，感受到這個陌生人的小小舉動帶來的喜悅，自己也開始會這樣做，把原本放在內心讚美的話，主動去跟對方說。

感想與建議：

一定要申請交換！實在想不到缺點，唯一後悔的只有交換不是選一年，在這裡的回憶是我求學生涯中，最美好且最難忘的，認識到來自世界各地的朋友，可能之後不會再有機會見面，所以每一次的相處都格外珍惜，這個世界很大，可以透過這個機會在世界各地留下自己的足跡，親眼看到歷史課本上的場景，真的覺得自己很幸福。如果在交換上有預算的考量，非常推薦選拉脫維亞，租金跟生活費其實跟台灣差不多。

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)：

The University of Latvia, founded in 1919, is the oldest and most prestigious public university in Latvia and one of the most important comprehensive universities in the Baltic region. Located in Riga, the capital city of Latvia, the university is well known for its long history, diverse academic disciplines, and international learning environment. It provides students with valuable opportunities to study in Europe and broaden their global perspective.

During my exchange period, I enrolled in *Textile Materials and Fundamentals of Textile Techniques* and *Drawing*. Among these courses, *Drawing* was my favorite. I had loved sketching since childhood, but after elementary school, I no longer had opportunities to take art-related classes because I focused mainly on professional subjects. Through this exchange program, I was finally able to return to something I truly enjoyed. The instructor encouraged us to draw freely before giving guidance, allowing each student to express their own creativity. Even though we were all practicing sketching, everyone's work reflected a unique personal style, which made the class especially inspiring and enjoyable.

In terms of extracurricular life, I strongly recommend participating in ESN (Erasmus Student Network) activities. Through ESN, I met many friends from different countries. The activities were very diverse, including both relaxing and active events, with something happening almost every week. Although the membership fee was 20 euros, it was absolutely worth it. I also joined ESN-organized trips abroad, which became one of the most unforgettable experiences of my exchange. Traveling with students from all over the world was truly special and meaningful.

This exchange experience brought me many concrete benefits. First, my English speaking ability improved significantly. I used to be afraid to speak English because I thought my English was poor. However, I gradually realized that most people do not focus on perfect grammar—language is simply a tool for communication. Second, I became more independent and courageous. Before the exchange, I was afraid to travel alone even within my own country, but afterward, I traveled solo in three different countries. Third, my cooking skills improved greatly. I could not even fry an egg before, but now I can cook complete dishes. Lastly, I became more proactive in making friends. Instead of waiting for others to approach me, I learned to take the initiative.

During my time abroad, I also faced challenges. Once, while traveling, I was charged twice the amount for a purchase and only noticed it after returning to Riga. Although the amount was not large, I felt it was unfair. I searched for the store's contact information online and emailed them to explain the situation. After a month and a half, I finally received a refund. This experience taught me that it is important to speak up and protect one's rights.

I also experienced cultural differences, such as seeing people touch bread with their bare hands in supermarkets. At first, I found it uncomfortable, but over time I learned to accept and adapt to different cultural norms.

Overall, this exchange experience changed me in many positive ways. I became more outgoing, confident, and open-minded. I strongly encourage students to apply for exchange programs. My only regret is not choosing a full-year exchange. Latvia is also a highly recommended destination

for students with budget concerns, as living costs are similar to Taiwan. This exchange has become one of the most beautiful and unforgettable memories of my student life.

學海惜珠暨乘風萬里或者乘風萬里，心得報告內容項目如下

A. 學校簡介
B. 國外研修之課程學習 (課內)，另外推薦受益最多/最喜歡的課程
C. 國外研修之生活學習 (課外)
D. 交換/研修之具體效益 (請條列式列舉)
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？
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？
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？
H. 您認為獎學金對您海外研修最大的幫助是什麼？有無獎學金是否會改變您的出國計畫？
I. 給乘風萬里獎勵金捐贈者的感言及心得感想
J. 別具意義的照片