

學校簡介

拉脫維亞大學（LU），位於拉脫維亞首都里加市區，設有 13 個學院，是該國最大的綜合類大學，各個學院散落在不同的區域，需搭乘大眾交通運輸才能抵達，除了一般的課程以外，學校還提供許多特地為交換生所設計的課程，每年都有非常多的國際學生至拉脫維亞大學交換，因此學校提供了對國際學生相當完善的資訊與協助。

國外研修之課程學習（課內）

學校提供了兩種不同的課程規劃讓學生選擇，1.半個學期的課程 2.整個學期的課程，大家可以依照自己旅遊的規劃來選擇，因為想體驗在台灣比較少接觸的課程類型，所以我選擇了兩門外語課程（德語/拉脫維亞語）以及織毛線的手作課程，外語課程上課的方式跟台灣的上課方式有非常大的不同，拉脫維亞的上課方式以口說對話為主，課堂中會不斷的要求學生之間進行對話互動，考試也多是以上台簡報或是同學之間組隊進行對話讓老師評流暢度與單字文法的正確度，讓習慣上課時都坐著聽老師講解的我，一開始有些衝擊，不過很快就能適應並欣賞這種教學方式，因為在國外生活後更直接且強烈的感受到擁有多國外語能力的優勢，把新學到的句子直接在生活中用來與朋友對話很有成就感，學習的熱忱也能維持得更久。手作課程還滿特別的，課程一開始老師會詢問我們想要學習製作的品項，整個學期就是以完成該品項為目的，課程中老師都非常有耐心的指導，連完全沒有織過毛線的我也順利完成了，是相當特別有趣的體驗。

國外研修之生活學習（課外）

課外的活動很推薦加入 ESN，ESN 是歐洲的學生組織，會不定期舉辦很多有趣的活動，可以從活

動中認識很多朋友，除了 ESN 的活動外，我也安排了不少旅遊，利用課餘的時間到不同的國家走走看看！因為參加 ESN 的活動跟修課的關係我認識了不少外國朋友，我們常常舉辦晚餐聚會，大家各自準備一道菜一起分享，並互相分享自己國家的特色跟有趣的文化，除了知道更多他國的事情外也為了要介紹台灣而變得更了解台灣了！

交換/研修之具體效益（請條列式列舉）

- 1.開闊視野，加強國際觀，交到很多來自不同國家的朋友。
- 2.認識很多不同國家與不同領域的人，變得更了解自己，更清楚自己的優缺點是什麼。
- 3.提升外語能力，口說跟聽力很明顯的進步，表達能力也大躍進。

感想與建議

非常值得，是超棒的回憶！很開心能夠透過交換的方式到國外學習，體驗了許多沒有體驗過的事物，接觸了許多以往沒有接觸過的人事物，都是相當美好的回憶以及寶貴的經驗！

相片



11/18 拉脫維亞獨立紀念日



跟朋友們聚餐聊天

英文心得

It was my first time to stay in Europe for such long time. I got a lot of new friends during the time I stayed in Latvia. Except Erasmus students, locals are also pretty kind. They always give me a hand when I need help. I missed the time we enjoyed bubble tea together, we watched the fireworks together on Proclamation Day of the Republic of Latvia. Everything happened in last two semesters was such wonderful and memorable! I also learned lots of things from those foreign friends. They enjoyed the sun, waved with the music. They looked so happy all the time. I really wanted to be like them. But at beginning, I did not know how to join them. I always felt a bit embarrassed. So, I felt so frustrated in the first few weeks. Then my Korean friends told me just try it, don't think too much, just try. I followed her suggestions then things became easier. And It was my first time to know how to enjoy life. I can get happy mood easier than before. I learned one thing from them. "Just enjoy every moment, you can get happy easily."

Actually, most of my friends know nothing about Latvia before, they felt so confused when I told them I was going to Latvia for ten months. I also did not know much about Latvia before I went to there. But after I stayed in Latvia for two semesters. I really recommend Latvia to be the place to be an Erasmus student. In Latvia, the daily cost was much cheaper than other Europe countries and the security in Latvia is pretty good. It is way better than other Europe countries. You can save lots of money from daily to be your travel expenses. So, Latvia is a

really good choice. Highly recommend!

Last, it is an amazing journey and I will definitely miss everything happened in last two semester. Thanks to my home University to give me the chance to be an Erasmus student in Latvia and of course thanks to my parents for supporting me everything. To be honest, you might feel homesick or face something difficult during the period. But it is difficult to express how nice is the time when I was an Erasmus student in Latvia. I am proud of my myself to catch this chance and step out of the comfort zone.