

這次交換的學校為國立莫斯科師範大學，為莫斯科歷史十分悠久的師範學院，其地位等同於台灣的台師大。主校區主要位於 Фрунзенская 站，亦有個校區，其中學生宿舍位於 Юго-Западная(西南站)校區，大學內包含理工、人文、藝術等科系，亦設有預科(語言學校)提供國際學生入學前的準備。

這次交換過程遇到最大的問題就在於，本所大學本身並無英語授課之課程，因此考慮到交換生俄文程度，學校方面只提供交換生語言課程，並無法彈性選課，一切按照預科安排，因此剛到達莫斯科時感到非常錯愕，因為這些資訊在出國前都未明瞭，造成資訊對稱的問題，希望中山與交換校這邊之後能夠有比較完善的溝通，避免意外發生。

這次就讀的語言學校，基本上是確保將來就讀該學校學士或是碩士的國際生能夠有一定水準的語言能力，整個課程為兩學期，最終考試目標為俄文語言能力達 B1 程度。課程內容包含語言的聽、說、讀、寫外，亦有關於俄國的歷史及文化，基本上為班導師自行規劃，課程為一週五天，每天 4-5 個小時，時間課表每個班級不同，有時也會出現沒有週休二日的狀況，或是課程時間為下午到晚上，對台灣學生來說較難以習慣，另外必須注意的是，其教學方法為用俄文教俄文，每位教師的英文能力參差不齊，因此剛開始學會有點吃力。到了第二個學期，會再加入一門專業科目，為國際學生做正式入學前的準備，我這次選擇的是經濟課程，一個禮拜一天，其內容程度大約跟台灣高中所學並無大異。

必須說一個禮拜五天，每天五小時的課程真的很沉重，尤其我的上課時間都在下午到晚上，因語言學校在距離宿舍地鐵四站的地方，因次每天到家都已經晚上 8 點半，很難有自由的時間規劃玩樂，真的是去那邊當"學生"的，但因為自己本身也希望俄文能力有所提升，因此第一學期投入十分多時間在念書，期望著第二學期有非常多的連假，能夠去玩，結過今年三月俄羅斯因為疫情開始封城，也只能聽天由命，在宿舍關了三個月後，搭乘日本包機提前回國。

俄羅斯是個非常不一樣的國家，不屬於我們認知的西方社會當然也沒有亞洲國家的風情，是一個獨樹一格的地方，其雖然為民主國家，但依然能感受到舊社會的氣氛存在著。莫斯科這個城市最能明顯看出貧富差距西方區位理論的驗證，越接近市中心、越接近克林姆林宮，越能感受到金錢、夜生活、貧富差距等資本主義的體現。整個莫斯科因為地鐵縱橫，基本上要到哪裡都十分方便，搭配地鐵卡交通費十分的便宜，值得一提的是，莫斯科的物價跟台灣比起來基本上差不多，有些民生物資甚至更便宜，除了外食餐廳以外，一般人在莫斯科的基本開銷不會比在台灣多，因此十分推薦交換預算不高的學生來此體驗。

在俄羅斯交換過程中，最印象深刻的莫過於我們幾個台灣學生遭遇俄羅斯警察，因有朋友未帶護照，而差點被警察勒索 20000 盧布(約台幣 10000)，所以在俄羅斯，只要出門一定要帶護照，只有護照足以完全證明你入境俄羅斯的正當性，要不然警察有權居留你 48 小時，而通常警察也不在意，他們只在意能不能騙到錢，並會刻意鎖定亞洲學生，認為亞洲學生普遍有錢且願意花錢了事，非常不可取。

在預科的時候，學校有時會舉辦國際學生共同慶祝的節慶活動，或是班導師帶著學生座城市導覽。另外莫斯科市的周圍(莫斯科州)有許多小鎮值得一探究竟，也可以趁連假時到別的城市旅遊，這次雖然因為疫情的關係沒有在旅遊上盡興，但還是去了些有名的城市，例如：聖彼得堡、摩爾曼斯克。預科裡的學生有七成至八成的學生為中國人，第二多的則為越南學生，其他則來自世界各地，至於台灣人則是特別的稀有種，為了讓別人認識自己來自台灣，最重要的就是自己多主動認識國際學生，在這個交換期間，最慶幸的就是認識了幾個來自世界各地不同國家的好朋友們。

這次交換，最大的收穫絕對是語言能力上的提升，除了俄文本身的提升外，英語口說的經驗更是增加了許多，要跟國際學生交流就必須不斷地說英語，因此能夠把所學發揮在日常上讓我十分慶幸自己選擇了這個交換計畫，另外，能夠與國際學生交流意見，不管是日常上、政治上、文化上，都受益無窮，不只是開闊自己的國際觀，反而反思自己對台灣的認識，更加肯定自己的國家。

建議若有人想來莫斯科交換，來之前最好可以先準備一些俄文相關的知識，因為俄國人的英文程度普遍偏低，基本上溝通會是個蠻大的問題，另外就是證件的部分，俄羅斯入境後會有移民卡已經入住宿舍後要搬的落地簽，基本上出門都一定要帶在身上。俄羅斯的行政效率非常差，請一定要有耐心並確保辦理任何事項時沒有缺失。莫斯科天氣寒冷，冬天會到零

下 20 度，請確保帶足夠禦寒的衣物，亦或是在當地購買即可。若真的到了俄羅斯交換，請盡量找方法教當地的俄羅斯朋友，因為預科大部份是中國人，與你想像的交換生活天差地遠，請自己找學自己的交友管道，才能體會到真正的俄羅斯生活。

The university I chose for exchange program is Moscow Pedagogical State University, which has a great history in Moscow. The main building is near the metro station, Фрунзенская, and the university has several buildings in different areas at Moscow. The student dormitory is near the station, Юго-Западная. The university itself involve all kinds of subjects, including liberal art, science, engineering, and etc.

According to the exchange program provided by the university, exchange students can only take the courses in their language learning faculty, concerning to students' Russian level. The course would be 5 days per week, and 4-5 hours per day. It includes not only the basic skills of the language, but also the history and culture of Russia. Every class has its own teacher, and the whole course is arranged by the teacher. Sometimes the faculty also hold some events for the students to enjoy Russia more; the teachers sometimes bring students to have a city tour.

For the exchange students, there is a group called "Buddy Club," which help exchange to know better about the lives in Russia. There, you can know many international students from different countries. The club also hold the regular event, Speaking Club, for international students to talk in Russian. Sometimes, the members of the club could also take you to see around the city, making you not alone.

Being Frankly, Russia is not like any country commonly known for Taiwanese. Because the whole territory of Russia is so big, it involve many different ethnics and thoughts, which form the uniqueness of Russia. Complicated and unique, Russia is not like the east countries, but also not like the west. Moscow, as the capital and the most developed city in Russia, is absolutely beautiful. The more you are close to the center, the more bustling you can feel. However, the interesting is that the price in Moscow is actually not really high. Except for the restaurants, the price in Moscow is actually not much different from Taiwan's. Some daily necessities are even cheaper. The transportation system of Moscow is very convenient, and does not cost you much money. It is actually quite safe there, and you can see that by the metro station, clean, bright and organized. The most important thing you should be care of might be your passport and the police. The reputation of the police is much worse than what you think. My friends and I have once been extorted by the police because my friend forgot to bring his passport. Fortunately, the police did not get what they want and just left. If you are coming to Russia, please make sure you always bring all the necessary documents with you!

During the exchange, in addition to improving my Russian skill, the most valuable thing is to know new friends from around the world. Through the conversation with them, I not only receive new knowledge of their cultures, but also know my country much better than before. Because it's my responsibility and challenge to introduce my country to those who do not know it well. I realized how important it is to be proud as a Taiwanese. Our conversation could be cultural, political, historical and regional. These experiences are all very helpful for me to know better about the world, especially apart from Dominant American culture.

I would definitely recommend students interested in exploring new things to study in Moscow. The city and the vibe are way much different from the western world. Honestly speaking, if your budget is not much, Moscow is also a proper choice for you. The money I spent in Moscow for a semester was even less than what I spent in Kaohsiung. Furthermore, there are so many small towns around Moscow city and big cities in the country. You can never play through all and there are more and more for you to explore. However, please make sure you bring enough clothes to there. The weather of Moscow is not what a Taiwanese can easily stand. Otherwise, you might become me, who got cold during the whole December.