

學校簡介

法政大學於1934年6月27日成立，最初名為「道德與政治科學大學」，旨在以開放式的教育方式向泰國市民普及民主知識，故起初學費低廉，入學門檻低。

1947年更名為法政大學，轉變為法律、政治科學、經濟學和商業會計等結構化學位課程。1973年成為學生運動的發展中心，支持民主改革。1975年擴建至蘭實校區，專注於科學和技術領域。

1994年設立芭堤雅校區，專注於技術和工業研究。1996年開設南邦校區，服務泰國北部，提供多種學位課程。

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

1. 【IR601 Research Design and Methods in International Relations】

- 課程介紹：學習應用於國際關係的研究原則、設計和方法，包括質化與量化方法。強調三個主要目標：第一，提升在國際關係領域進行研究的能力；第二，探索不同的研究方法和技術，並評估這些方法的優缺點；第三，促進對進行研究時各種倫理問題的審慎考量。

- 修課心得：針對質化與量化研究方法進行細節式的分析與授課，且聘請專業客座教授手把手帶領我們、教導我們如何操作量化研究的工具程式。與我在台灣上的社會科學研究方法授課方式差異很大，讓我能夠更獨立思考不同研究方法的優缺點與適用之處。此外，期末考時老師會給我們一個研究題目，讓我們思考分析該題目適用何種研究方法以及適用原因，無論是理論還是實作方面都兼顧。

2. 【IR610 Global Challenges and International Relations Theory】

- 課程介紹：本課程專注於當代國際關係的基本知識，通過探討各種理論方法，包括現實主義、新現實主義、自由主義、新自由主義、建構主義以及其他替代性方法。課程考察全球化和全球挑戰對國際過程、衝突、合作、決策及國際機構的影響。分析內容涵蓋行為體（包括國家和非國家行為體）、國際規範和行為等概念。

- 修課心得：國際關係理論是一門非常死板的課，但老師卻有辦法把它上得有趣生動。儘管這幾個國際關係理論對我來說都已經深刻烙印在腦海裡了，但在課程中我還是常常會被老師丟出的問題考倒，課程中也經常讓我們分組討論與辯論各種國際時事與議題，是一門讓我們都能動腦的課。

3. 【IR630 International Institutions and Global Governance】 ***受益最多的課程

- 課程介紹：這門課程探討國際機構的角色，了解它們如何參與全球治理。課程通過一些主要的正式國際組織來分析全球治理，包括聯合國、世界銀行集團、世界貿易組織、國際法院和國際刑事法院。此外，課程還探討當前全球治理的不同問題和挑戰，涵蓋範圍從環境、貿易到安全等議題。

- 修課心得：這堂課可以讓我們深入學習各種關於國際制度與國際組織的相關知識，不只課程內容豐富，老師更會在每週邀請不同專業的客座教授來教導與分享不同國際制度與組織的工作內容、組織架構和理念。不僅課程內容有趣，更可以與客座教授交流並學習到更多額外的知識，著實獲益良多，推薦給之後想來法政大學交換的學弟妹。

4. 【IR638 ASEAN in Global Politics】 ***推薦的課程

- 課程介紹：本課程分析東盟的機構、政策和合作過程，涵蓋其內部及外部合作。課程從政治、經濟和社會文化角度考察東盟的變化，並評估東盟在應對區域和國際問題上的成功與失敗。特別強調東盟如何應对外部大國及變化中的全球背景。

- 修課心得：本課程的授課老師是朱拉隆功大學的授課老師，對東協擁有非常專業且一針見血的見識，從東協成立的歷史、政策、到目前的合作狀況、變化以及議題，都在課程中有提及。能夠在東協國家中學習東協在國際政治中扮演的角色，對我來說非常有用，因為在台灣鮮少能跳脫兩岸關係的角度來看待東協。

國外研修之生活學習（課外）

1. 學校課外活動：學校在不同節日時皆會舉辦不同主題的活動，例如在十月水燈節時會舉辦活動，教導大家如何手工製作水燈；四月潑水節時會在校園舉辦潑水節活動等，一年四季皆有不同主題的課外活動提供國際學生體驗泰國節慶與民俗風情。
2. 個人課外生活體驗：我在研修期間參與了國際志工，前往泰北服務偏鄉學童與戒毒村裡的弟兄，無論是深入體驗參與他們的日常生活，還是透過與他們交流而學習不同視野與觀點，對我來說都是深刻的體悟。

交換/研修之具體效益（請條列式列舉）

1. 增加國際觀：在當地生活一年可深入體驗道地的生活方式與學習他們的道德價值觀；課程中與不同國家的學生交流可學習跨文化知識，這些都會提升個人的國際觀。
2. 提升語言能力：課程中必須用英文與同學及老師聽說讀寫溝通，課外則是必須用泰語與當地人進行日常溝通，一年下來無論是英語或泰語能力都有顯著提升，甚至可以在網路上當翻譯，協助進行中翻泰、英翻泰、泰翻中、泰翻英等翻譯工作。
3. 增進自我信心，學習獨立：一個人在國外會遇到各種問題與困難，必須學習如何解決問題與學習獨立，並且能夠透過解決問題進而獲得信心與成就感。
4. 結交當地朋友，拓展人脈：積極參與課外活動，認識了許多當地朋友，與他們時常聚會聯繫感情，回國後也線上保持聯繫，拓展人脈對將來尋找工作也會有幫助。

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？

1. 2023年8月，我在租屋處用快煮鍋煮湯時不小心扯到電線打翻，被滾燙的熱水燙傷左手。
解決方法：當下先馬上沖冷水半小時，同時打學校提供之緊急聯絡電話聯繫國際處老師，詢問建議處理方使以及租屋處附近與學校合作的國際醫院。隨後叫車送至醫院急診處進行緊急傷口處理。
2. 2023年12月，我至泰北旅遊，搭麵包車要前往另一地點轉車，但司機聽錯我要去的目的地，在中途就把我放下車，剩下我一個人的人生地不熟的荒郊野外驚慌失措。
解決方法：就近至最近的藥局詢問店員我現在所在之處，以及詢問店員是否有推薦的交通工具前往我原本預計前往的目的地。最後店員建議我在門口公車站搭乘公車前往目的地。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

泰國人個性隨性，做事步調與節奏非常緩慢，對於時間的觀念也非常差，無論是私底下的飯局或是公開的大型活動都經常遲到或延遲，對於生長在守時的台灣的我來說是很大的文化衝擊。調適的方式是要說服自己必須入境隨俗，不能強迫當地人為了我而改變，而是要調適自己的心態去配合當地人的生活習慣。

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？

海外生活的經歷拓展了我的視野，使我在各方面的感知都達到了新的高度。無論是對世界運作的理解還是人際互動的觀察，我都獲得了寶貴的經驗。在這段時間裡，我積極參與國際志工服務，致力於幫助偏遠地區的弱勢學童以及戒毒村中的居民。這些無可取代的經歷不僅為我的生命上了重要的一課，也讓我學會了感激和珍惜我所擁有的。同時，我也開始思考如何在回到台灣後繼續為那些需要幫助的弱勢群體貢獻自己的力量。在這一年的交換生活中，我不僅變得更加獨立，也更深刻地理解自己能做到什麼，以及付出的意義。

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？

獎學金對我的海外研修最大的幫助是讓我可以不必綁手綁腳去做自己想要做的事情，也可以大大減低家庭負擔。若沒有本次獎學金的機會，我們家可能不會答應讓我出國進修，我出國進修的意願也會大大降低。因此，若沒有這筆獎學金，或許我將沒有機會獲得這所有的學習、成長與體悟。

感言及心得感想

在學生生涯的最後階段，能夠獲得這筆獎學金並再次有機會前往泰國進行交換學習，對我而言無比珍貴且充滿感激。自從在五專期間首次前往泰國交換後，我便對這個國家念念不忘。泰國的風俗民情、熱情友善的人民以及豐富的歷史文化，都深深吸引著我，使我一直希望能再度踏上這片土地。

因此，我格外珍惜這一年在泰國進修的機會。在學業上，我全心投入學習，完成所有課堂閱讀與報告，並積極與老師和同學進行交流。在課外時間，我充分利用每一刻，深入體驗最道地的泰國生活。我參加了各種節日慶典，從佛誕節到潑水節，都全心投入其中。

此外，我也努力走訪、探索泰國的不同地區，從南部靠近馬來西亞的宋卡府，到北部靠近金三角的清萊，再到東北部的馬哈薩拉堪。這些地區各具特色，與曼谷截然不同，各自擁有獨特的飲食習慣、風俗民情，甚至方言。這些旅行經歷讓我更加深刻地愛上了泰國，儘管這個國家也有其挑戰和問題，但我堅信泰國將是我未來希望工作與長期定居的國家之一。

我非常感激這次機會，讓我獲得了多樣的生活體驗，學習了原本在科系中未涉及的課程內容和專業知識，並顯著提升了泰語能力。我平時習慣將在泰國的見聞分享於社群平台，並在回國後積極與友人分享我的泰國經歷。這些分享不僅獲得了友人的高度關注與喜愛，還激發了他們前往泰國的興趣，這對我而言是一種額外的收穫。

感謝中山大學提供我這個寶貴的機會和獎學金，使我能在學業生涯的最後階段為人生的篇章增添多彩的一筆。

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)

(A) School Introduction:

Thammasat University was established on June 27, 1934, initially named the "University of Moral and Political Sciences." It aimed to disseminate democratic knowledge to Thai citizens through an open education system. Therefore, tuition fees were initially low, and admission requirements were lenient. In 1947, it was renamed Thammasat University and transitioned to offering structured degree programs in law, political science, economics, and business accounting. In 1973, it became a hub for student movements supporting democratic reform. The university expanded to the Rangsit Campus in 1975, focusing on science and technology. In 1994, the Pattaya Campus was established, concentrating on technological and industrial research. In 1996, the Lampang Campus was opened to serve Northern Thailand, offering various degree programs.

(B) Course Studies:

1. IR601 Research Design and Methods in International Relations

- Course Overview: This course covers research principles, design, and methods applicable to international relations, including both qualitative and quantitative methods. It emphasizes three primary objectives: first, to enhance the ability to conduct research in international relations; second, to explore different research methods and techniques and evaluate their strengths and limitations; and third, to promote careful consideration of various ethical implications when conducting research.

- Course Reflection: The course provides detailed analysis and instruction on qualitative and quantitative research methods, with expert guest lecturers guiding us step-by-step through the use of quantitative research tools. This differs significantly from the social science research methods courses I took in Taiwan, allowing me to independently evaluate the strengths, weaknesses, and appropriate contexts for various research methods. Moreover, during the final exam, the professor assigns us a research topic, prompting us to analyze and determine the most suitable research method and its rationale, ensuring a comprehensive understanding of both theoretical and practical aspects.

2. IR610 Global Challenges and International Relations Theory

- Course Overview: This course focuses on fundamental knowledge in contemporary international relations by exploring various theoretical approaches, including realism, neorealism, liberalism, neoliberalism, constructivism, and other alternative methods. The course examines the impact of globalization and global challenges on international processes, conflicts, cooperation, decision-making, and international institutions. The analysis covers concepts such as actors (including state and non-state actors), international norms, and behaviors.

- Course Reflection: International relations theory is typically a rigid subject, but the professor managed to make it engaging and dynamic. Despite my familiarity with these theories, I was often challenged by the professor's questions during the course. We also frequently engaged in group discussions and debates on various international issues and topics, making it a course that truly stimulated our critical thinking.

3. IR630 International Institutions and Global Governance ***Most Beneficial Course***

- Course Overview: This course explores the roles of international institutions and their participation in global governance. It analyzes global governance through key formal international organizations, including the United Nations, the World Bank Group, the World Trade Organization, the International Court of Justice, and the International Criminal Court. The course also examines current issues and challenges in global governance, covering topics from the environment and trade to security.

- Course Reflection: This course offers an in-depth understanding of various international institutions and organizations. The course content is rich, and the professor invites different expert guest lecturers weekly to teach and share insights on the operations, structures, and philosophies of different international institutions and organizations. The engaging course content and the opportunity to interact with guest lecturers allowed me to gain additional knowledge, making this course particularly beneficial. I highly recommend it to future students considering an exchange at Thammasat University.

4. IR638 ASEAN in Global Politics ***Recommended Course***

- Course Overview: This course analyzes ASEAN's institutions, policies, and cooperation processes, covering both internal and external cooperation. It examines ASEAN's evolution from political, economic, and socio-cultural perspectives and assesses ASEAN's successes and failures in addressing regional and international issues. The course particularly emphasizes how ASEAN responds to external major powers and the changing global context.

- Course Reflection: The course is taught by a professor from Chulalongkorn University who possesses deep expertise and sharp insights into ASEAN. The course covers the history, policies, and current cooperation status, changes, and issues of ASEAN. Studying ASEAN's role in international politics while in an ASEAN country is highly beneficial, as it offers a perspective beyond the usual cross-strait relations focus in Taiwan.

(C) Life:

1. University Extracurricular Activities: The university organizes various themed activities during different festivals, such as teaching students how to make Krathong during the October Loy Krathong Festival and holding Songkran celebrations on campus in April. These activities offer international students the opportunity to experience Thai festivals and local customs throughout the year.

2. Personal Extracurricular Experiences: During my one-year studies in Thailand, I participated in international volunteer work, serving children in remote areas and residents of rehabilitation villages in Northern Thailand. Whether it was experiencing their daily lives or learning different perspectives through interaction, these experiences have profoundly impacted me.

(D) Specific Benefits:

1. Enhancing International Perspective: Living in Thailand for a year allows for deep immersion in the local lifestyle and moral values. Interacting with students from different countries during the course enables the learning of cross-cultural knowledge, all of which enhance my international perspective.

2. Improving Language Skills: The course requires communication with classmates and professors in English, while daily interactions with locals necessitate Thai. After a year, my English and Thai skills have significantly improved, to the point where I can work as an online translator, assisting with translations between Chinese-Thai, English-Thai, Thai-Chinese, and Thai-English.

3. Increasing Self-Confidence and Learning Independence: Living abroad alone involves encountering various problems and challenges, requiring the ability to solve problems and learn independence. Successfully overcoming these challenges brings confidence and a sense of accomplishment.

4. Building Local Connections and Expanding Network: Actively participating in extracurricular activities allowed me to meet many local friends. We frequently gather and maintain online connections even after returning home. Expanding these connections will be helpful in future job searches.

(E) Thoughts and Reflections:

My overseas experience has broadened my horizons, elevating my awareness in various aspects. Whether it's understanding how the world operates or observing interpersonal interactions, I've gained invaluable experiences. During this time, I actively participated in international volunteer work, dedicated to helping underprivileged children in remote areas and residents in rehabilitation villages. These irreplaceable experiences not only taught me important life lessons but also instilled a sense of gratitude and appreciation for what I have. Moreover, I began to consider how I could continue contributing to disadvantaged groups after returning to Taiwan. This year of exchange has made me more independent and deepened my understanding of what I am capable of and the significance of giving back.

As I near the end of my academic career, receiving this scholarship and having the opportunity to study in Thailand again is incredibly precious and fills me with gratitude. Since my first exchange in Thailand during my junior college years, I've been deeply enamored with this country. The customs, warm and friendly people, and rich cultural history of Thailand have captivated me, making me long to return.

Therefore, I deeply cherished the opportunity to study in Thailand this year. Academically, I fully committed myself to learning, completing all required readings and assignments, and actively engaging with professors and classmates. In my spare time, I made the most of every moment, fully immersing myself in the most authentic Thai lifestyle. I participated in various festivals, from Visakha Bucha to Songkran, and fully embraced them.

Additionally, I made an effort to explore different regions of Thailand, from Songkhla in the south near Malaysia, to Chiang Rai in the north near the Golden Triangle, and Maha Sarakham in the northeast. Each of these regions has its own unique characteristics, distinct from Bangkok, with different culinary traditions, customs, and even dialects. These travel experiences deepened my love for Thailand. Despite its challenges and issues, I am confident that Thailand will be one of the countries where I hope to work and settle long-term in the future.

I am incredibly grateful for this opportunity, which provided me with diverse life experiences, allowed me to study courses and gain professional knowledge beyond my major, and significantly improved my Thai language skills. I regularly shared my experiences in Thailand on social media, and after returning home, I actively shared them with friends. These stories not only garnered great attention and admiration from friends but also sparked their interest in visiting Thailand, which I consider an additional reward.

I am thankful to National Sun Yat-sen University for providing me with this valuable opportunity and scholarship, allowing me to add a vibrant chapter to my life at the final stage of my academic career.