

心得報告

A. 學校簡介

這次是到維爾紐斯吉迪米納斯科技大學 (VILNIUS TECH) 進行交換，VILNIUS TECH 是一所創新的立陶宛大學，培養創意和高素質的專業人才。該大學在科技領域中處於領導地位，採用現代和以勞動市場為導向的學習方式。科學研究和實驗開發項目在 13 個研究所和 3 個科研中心進行，設有 22 個研究實驗室。

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

這學期共修習兩門課，分別是 Basic Lithuanian 以及 Fundamentals of Applied Artificial Intelligence。立陶宛語課還蠻簡單的，老師提供很多教材，推薦給想要學習立陶宛日常對話的同學，不過這堂課有三次小考和期末考，需要花一些時間準備。人工智慧這堂課則是介紹當前 AI 的發展現況以及應用領域，課程內容很基礎，如果只是想知道歐洲對於 AI 的發展近況，可以選這門課，但若是想學習更深入的理論知識，不太推薦修這門課。

C. 國外研修之生活學習 (課外)

課外期間，我有參加學校舉辦的語言社團，主要是在校內教授中文，沒有教學經驗也可以參加。成為中文老師對我來說是個很特別的經驗，第一次教外國人自己的語言，從親自準備教材到教授，才發現學中文真的不容易，尤其是要在有限時間內教會這個語言。起初只是抱著交朋友的心態參加，沒想到報名的同學們都是認真想學習中文的，看著他們認真學習自己的母語，內心有種莫名的感動。除了體驗當中文老師，在這堂課也結交許多外國朋友，非常推薦有想練英文以及交朋友的同學參加這個社團！

D. 交換/研修之具體效益 (請條列式列舉)

1. 英文能力進步：變得更敢說，聽力也有所進步。
2. 體驗歐洲生活：除了體驗立陶宛生活，透過旅行也體驗到其他歐洲國家的生活型態，對於自己未來的生活方式多了些選擇。
3. 增加國際觀：透過走訪二十幾個國家以及認識來自不同國家的朋友，讓原先被限縮於台灣這片小島的眼界更加開闊了。
4. 自我成長：變得更加獨立自主，內心也更富裕。
5. 結交異國朋友：有了再次前往歐洲的理由。

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?

交換期間，某堂課的期末考日期與我們原先認知的時間不一樣，導致已規劃好的旅遊行程被打亂，最後只好縮短該趟旅程的時間，趕回學校完成期末考。這次經驗讓我更加重視事前確認與規劃的重要性，無論是課業、旅遊或未來的工作，都應該在行動前確認所有關鍵資訊，確保計畫能順利進行，減少不必要的麻煩與壓力。

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?

在歐洲的這半年所遇到的文化衝擊有不少，像是多數歐洲國家的行人紅綠燈需要按燈才能過馬路，一開始還傻傻的等，心想這裡的紅綠燈都這麼久嗎，直到發現其他行人按了旁邊的按鈕才知道，好好笑。可以直接喝水龍頭的水也是一開始很難適應的事，不過水質好壞每個國家不太一樣，立陶宛號稱歐洲數一數二乾淨好喝的國家，來這邊交換的同學可以放心飲用，個人覺得挺好喝的，切記只有冷水可以直接喝，熱水會有白白的礦物質。

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?

這趟交換我認為自己變得更主動，以往在群體中都是屬於被動角色，等著其他人指示才動作，經過這半年的生活，讓我意識到人生是自己的，一味地跟從只能充當他人人生裡的配角，敢於表達自己的想法，提出意見，才能成為自己人生的主角。最大的改變，我想是在自信性上的提升，當自己見識的東西越多，內心自我否定的聲音就越小了。

H. 感想與建議

到現在都還覺得這一切就像是夢一場，好不真實，剛進中山從沒想過自己能夠在二十幾歲就走遍歐洲二十多個國家，覺得自己很幸運，沒有學校和家人的支持，我無法實現這樣的夢想。感激所有成就這趟旅程的美好元素，讓我的人生多了這麼一段珍貴且難忘的回憶。若有想環遊歐洲，建議提前一個月規劃好行程，特別是遇上特殊節日需要更早安排，否則機票和住宿的價錢會讓你的錢包哭哭，當初德國啤酒節太晚訂住宿，最後只能住帳篷，重點是這帳篷還要兩千。另外，如果有想去博物館或美術館，可以留意各國的免費日，像是義大利的博物館在每個月的第一個禮拜天是免費的，可以省超多哦！

English Version

A. University Introduction

I participated in an exchange program at Vilnius Gediminas Technical University (VILNIUS TECH). VILNIUS TECH is an innovative Lithuanian university that nurtures creative and highly skilled professionals. The university is a leader in technology, adopting modern, labor market-oriented learning approaches. Scientific research and experimental development projects are conducted across 13 research institutes and 3 research centers, supported by 22 research laboratories.

B. Academic Courses and Recommendations

This semester, I took two courses: Basic Lithuanian and Fundamentals of Applied Artificial Intelligence.

- **Basic Lithuanian:** This course was relatively easy. The instructor provided ample materials, making it highly suitable for students who want to learn everyday Lithuanian conversations. However, there were three quizzes and a final exam, which required some preparation.
- **Fundamentals of Applied Artificial Intelligence:** This course introduced the current developments and applications of AI. The content was quite basic and suitable for those who want an overview of AI trends in Europe.

However, if you're looking for in-depth theoretical knowledge, I would not

recommend this course.

C. Extracurricular Learning

During my free time, I joined a language club at the university, where I taught Chinese. No prior teaching experience was required to participate. Becoming a Chinese teacher was a unique experience for me—it was my first time teaching my native language to foreigners. From preparing teaching materials to delivering lessons, I realized how challenging it is to teach Chinese, especially within a limited timeframe.

Initially, I joined the club just to make friends, but I was deeply moved by how eager the students were to learn Chinese. Watching them dedicate themselves to learning my language was incredibly rewarding. Apart from teaching, I also made many international friends in the process. I highly recommend this club to anyone who wants to improve their English and make new friends!

D. Specific Benefits of the Exchange Program

1. Improved English skills: I became more confident in speaking, and my listening skills also improved.
2. Experience European life: I not only immersed myself in Lithuanian culture but also gained insights into the lifestyles of other European countries through travel, giving me new perspectives on how I might want to live in the future.

3. Broadened international outlook: Visiting over 20 countries and meeting people from diverse backgrounds expanded my worldview far beyond the confines of my home country, Taiwan.
4. Personal growth: I became more independent and self-reliant, enriching my inner self.
5. International friendships: I've made friends across the globe, giving me a reason to revisit Europe in the future.

E. Challenges Faced and Solutions

One challenge I encountered was a scheduling mix-up for a final exam, which conflicted with my pre-planned travel itinerary. As a result, I had to cut my trip short and return to school to take the exam. This experience underscored the importance of double-checking and planning in advance. Whether for academics, travel, or work, it's crucial to confirm all key details before taking action to minimize unnecessary stress and complications.

F. Cultural Differences and Adaptation

I encountered several cultural differences during my six months in Europe. For example:

- Pedestrian traffic lights: In most European countries, pedestrians need to press a button to activate the traffic lights. At first, I naïvely waited, thinking the lights were unusually long. It wasn't until I saw someone press the button

that I realized how it worked—a funny learning moment!

- Drinking tap water: Adjusting to drinking tap water directly was also a challenge at first. However, Lithuania is known for having some of the cleanest and best-tasting tap water in Europe, so I gradually got used to it.

Note: Only cold tap water is safe to drink; hot water often contains visible mineral deposits.

G. Personal Growth and Transformation

This exchange program made me more proactive. In the past, I often played a passive role in group settings, waiting for others to give instructions. However, this experience taught me that life is my own. Merely following others will only make me a supporting character in their story. By expressing my thoughts and voicing my opinions, I've become the main character of my own life.

The greatest change I experienced was a boost in self-confidence. The more I saw and learned, the quieter my inner voice of self-doubt became.

H. Reflections and Suggestions

Even now, this entire experience feels like a dream. It's surreal that, in my twenties, I've been able to travel across more than 20 European countries. I feel incredibly fortunate, as none of this would have been possible without the support of my school and family. I'm deeply grateful for all the elements that made this journey so memorable and meaningful.

For those planning to travel across Europe, I suggest planning your itinerary at least a month in advance. This is especially important for trips during major holidays, as last-minute bookings for flights and accommodations can be costly. For example, I booked my accommodation too late for Oktoberfest in Germany and ended up staying in a tent, which still cost me around €60!

Additionally, if you're interested in museums or art galleries, keep an eye out for free admission days. For instance, museums in Italy offer free entry on the first Sunday of every month, which can save you a lot!