

格但斯克大學(UG)創立於 1970 年是波蘭第三大城市的一所當地學校，這次選擇格但斯克大學，主要有三個原因：一來是物價，波蘭在歐洲算是物價水準相對友善的國家；二來是對歷史的好奇，格但斯克舊名但澤曾經是德國文化圈的一環，也是二戰的起點；三來是校內甄選，格但斯克大學的語言門檻較低，同時中山的同學也多對波蘭沒有興趣，因此可以較輕鬆地甄選成功。

在這次參與到的課程中，**Project Budget** 讓我受益良多。雖然只是 2ECT 的課程相對輕鬆，但教授本人就是波蘭當地許多大型公司的顧問，能夠很深入地講授如果進行一個專業的專案預算管理。教授本人英文絕佳，有個波蘭人的紳士風度，讓我印象非常深刻。也因為本身就讀管理專業，能夠在交換期間接觸到不同的課程，確實也是大開了眼界。

在課外方面我參加 UG 的活動不多，但他們確實很積極在推動學生活動，常常會帶著學生在波蘭各個城市旅行，比如到條頓騎士團的主堡_馬爾堡、到札科帕內滑雪等。我主要是獨自旅行比較多，因為我對於文化、藝術及歷史比較好奇，以及 UG 的課程多為兩周上課一次的頻率，因此交換期間常常趁著課程空檔到各個國家的博物館參訪。以我個人來說，法國的橘園、奧賽，保加利亞的國家博物館，義大利的烏菲茲、國家博物館群等都很讓人印象深刻。尤其很多場館對 25 歲以下學生都有優惠、甚至免費，更應該趁著交換期間趕快去看看。否則就會像我一樣要花錢進去了(不過還是非常值得!)

整體來說，交換對我的主要效益大約有以下幾點：

1. 擴展文化&國際視野：透過文化參訪及與來自不同國家的學生交流，確實會讓我有種短短一學期恍若隔世的錯覺。歐洲是一個多元、複雜，有時又覺得有歧視及混亂的洲域。如果有機會，看看世界美麗和醜陋的一面，我覺得是很重要的事情。
2. 增進英文能力&多元價值觀：歐洲人很喜歡 **small talk**，也因此每每遇到都會開啟一場對話。我很有幸地在當地也認識一些朋友，讓我有機會可以更了解不同國家的文化，他們有些是穆斯林、基督徒或來自爭議國家(如：俄羅斯與

烏克蘭)，透過這些瞭解和解釋我的文化與他們的異同，讓我有機會鍛鍊英文。我認為能夠有這些機會，才能真正地看到多元，看到共融的意義。

3. 考驗問題解決力：人在國外會有很多問題需要解決，如何安排行程、會不會被罰款(是的，我在歐洲因為不清楚當地交通規定而被罰過錢)、人身安全如何保障等等，都在考驗一個人的問題解決能力。即便我年紀稍長，仍然覺得學到很多。

提到遭遇困境，我得說在歐洲交換這是必然會遇到的事情。我的所有在歐洲交換的中山同學們都各自遇到或大或小的事情，對我來說記憶深刻地莫過於是錯過飛機這件事了。當時我的行程是從格但斯克經丹麥轉機到法國戴高樂機場，結果因為航空公司的疏失，使得我和其他外國乘客被滯留在丹麥機場數個小時，最後是改經由瑞士轉機才到法國。因為語言上未必流暢、又有損失金錢的壓力，當下非常慌張，在那種時候就很考驗一個人在壓力之下的心態了。也是被逼無奈到法國的行程早就排好了，當然得面對問題。因此我積極尋找地勤及航空公司求助，最終才順利到達法國。對我最大的啟發莫過於安排行程需要彈性，以及最重要的是深知計畫永遠趕不上變化，面對就要趕緊處理，及時止損。

在歐洲倒是沒怎麼遇到文化衝擊，個人覺得波蘭的生活習慣並不會跟台灣人差異太多，環境也很安全。不過當我到其他地區時，確實也有遇過一些不友善的人，或許歧視或是會面臨騷擾、作勢攻擊。這大概是獨旅比較不可避免的部分，對我來說就轉換心態，當作是文化體驗吧，歐洲並不是都是充滿美好的，回到現實，更能夠了解更多。

承續前面所說，我覺得來到歐洲對我來說是很全面的認知轉變，並不是讓我能力變特別厲害，但我知道我的所見所聞會讓我在未來面對任何事情時，都能夠保持更加從容、鬆弛的心態，我想這是我最大的成長吧。

最後回到感想與建議，我想每個學校的申請門檻都不一樣，除了思考自己

能不能申請之外，不妨也想想自己出國交換的目的。如果是旅行，有些國家的交通特別方便(比如法國)；如果是生活，那東歐或許很適合你；如果是課程，那麼就需要更加深入了解各個學校的課程安排，祝願所有後來者都順利、平安回國。

My exchange program at UG provided a wealth of learning experiences, both academically and personally.

Academic and Cultural Insights

The **Project Budget** course was a standout for me. Despite being a light 2-ECTS course, the professor's deep expertise—gained as a consultant for numerous major Polish companies—offered a thorough understanding of professional project budget management.

On a cultural note, traveling alone in Europe enriched my perspective. I noticed fascinating aspects of local life, such as the exemplary traffic habits in Poland, particularly in Gdansk. Drivers instinctively slow down from a distance to allow pedestrians to cross zebra crossings, even in the absence of traffic lights.

Extracurricular Activities and Solo Travels

I did not participate in many UG-organized activities, though the university actively promotes them. Their events often include student trips to explore Polish cities, such as visiting the Teutonic Knights' Castle in Malbork or skiing in Zakopane.

I mostly traveled independently, driven by a curiosity about culture, art, and history. The biweekly class schedule at UG allowed ample time for visits to museums across Europe. Highlights for me included the Orangerie and Orsay Museums in France, the National Museum in Bulgaria, and the Uffizi Gallery and National Museum clusters in Italy. Many museums offer discounts or free entry for students under 25, making it a

great time to explore these cultural treasures. Otherwise, as I learned later, paying the full price is still worthwhile!

As someone passionate about museums and art galleries, I found Europe, a former cradle of civilization, to be brimming with masterpieces. Experiencing them in person provided perspectives I could never have anticipated—like finding the Louvre less captivating than some other museums.

Benefits of the Exchange Program

1. Broadening Cultural and International Perspectives

Engaging in cultural visits and interacting with students from diverse backgrounds made this semester feel transformative. Europe, with its diversity and complexity, offers glimpses of both its beauty and its flaws, including discrimination and disorder. Witnessing this duality is crucial for personal growth.

2. Improving English Skills and Embracing Diverse Values

Europeans' love for small talk often led to spontaneous conversations, allowing me to connect with people of various cultural and religious backgrounds. Some of my acquaintances were Muslim, Christian, or from politically contentious regions like Russia and Ukraine. These discussions not only improved my English but also deepened my appreciation of diversity and the importance of inclusion.

3. Developing Problem-Solving Skills

Living abroad posed numerous challenges, from planning trips to avoiding fines (yes, I was fined for not understanding local transportation rules) and ensuring personal safety. These experiences tested and enhanced my problem-solving abilities, teaching me lessons that will benefit me for years to come.

Overall Reflection

This exchange program significantly expanded my knowledge and boosted my confidence. It opened my eyes to the vastness of the world and highlighted how limited my understanding of culture and knowledge had been. This journey has not only contributed to my personal growth but also provided valuable skills that will positively impact my social interactions and career development.