

學校簡介

UMCS於1944年成立，是盧布林唯一的整合型大學，同時也是波蘭東部最大的綜合型大學。該校擁有十個學系，涵蓋自然科學、人文科學等多個領域，此外還包括音樂和藝術學系。由於波蘭東部與烏克蘭、白俄羅斯接壤，因此校內有許多來自白俄羅斯和烏克蘭的非交換正式學生。

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. 選課

UMCS在選課規定方面並沒有學分的上下限，因此只需要遵守原始學校的規定即可。選課並不受限於申請階段分發的學系，只要外系課程比例不超過總選課的百分之五十以上，就可以通過。因此，在學期間，除了修習分發至生物及生物科技學系的人體解剖學、顯微鏡技術課程外，我還選修了藝術系的陶藝課程。此外，我還選修了語言中心專為交換生開設的波蘭語課程。交換生的選課方式與正式生不同，無需使用學校的線上選課系統。取而代之，我們在申請學校階段填寫 Learning Agreement，在經過原始學校、交換學校、交換學系負責人的三重同意後，即可確定選課內容。最終的確認會在Orientation當日，由學系負責人與同學們進行確認（確認方式可能因學系而異）。如果在開學首兩週內有任何變動需求，也可以與相關負責人進行溝通。

2. 修課情況

在課程教授方面，我實際上並未感受到上課方式有太大的不同，但是在其中仍然存在一些差異。其中之一是，在課程設計上，我觀察到波蘭的做法通常會將講授和實驗合併為同一門課，不像台灣通常會分成講授課和實驗課兩部分。此外，在上課和考試時間方面，波蘭的彈性較大，舉例來說，在人體解剖學課程中，經常會有小考，但如果需要更改個人的考試時間，與老師討論並不成問題。此外，課程的期末考試時間基本上會與學生進行討論，且學校的考試週時間範圍較大，與台灣固定在學期末的安排不同。

在所有的課程中，我印象最深刻的是陶藝課。手作一直是我感興趣的事物，因此我在選課時決定一定要選修一門藝術系的課程。在陶藝課上，我的老師和同學大多不擅長英文，但在上課時，我並不會感到不自在，因為老師和同學們會用各種方式來讓我理解和參與。這是我第一次體驗到如此自由的上課方式，雖然上課有固定的時間，但遲到、早退，甚至在不同天進入工作室都是被視為理所當然的事情，也許這就是藝術家的奔放精神吧~

另外，波蘭語的課程也是一個非常特別的經驗。我從未想過波蘭語會是我除了英文以外接觸的第一個外語。在課程中，我體驗到了極具挑戰的文法結構，並驚訝地發現它的發音與中文極為相似。雖然課程學習的內容不多，也不太貼近日常生活，但這個體驗讓我對波蘭產生更深的歸屬感。我深刻體會到「學習當地語言是融入新環境的最佳途徑」，這成為我在這次交換經歷中的重要體悟。

國外研修之生活學習（課外）

1. 交友

在出國交換之前，我總是以為參加許多交換生活活動是必要的，但實際上，如果你是那種不喜歡參加社交活動的人，也無需勉強自己參加大型的活動。我自己也是這樣的人。然而，這並不代表你無法結交新朋友，根據我的經驗，室友、同學和學伴是結交新朋友的最佳途徑，因此，就算是內向的人也不必擔心如果不擅長或熱愛社交活動就不適合出國交換。透過學伴、同學，我學到了許多有關波蘭傳統和當地事物的知識；透過與土耳其室友的互動，我感受到了外國人的熱情；而與來自白俄羅斯和烏克蘭的室友交往，我更深刻地體驗到多元文化以及國際間的相互關係；與這些新朋友的交流無疑豐富了我的知識和涵養，成為我成長的一大養分。

因此，對於那些內向或不太喜歡參加大型社交活動的人來說，不必擔心出國交換會讓你感到孤立。你仍然有許多機會透過日常的學習和生活，結交到有趣的新朋友，這些人將會成為你在異國他鄉的陪伴和支持。

2. 旅遊

在我前述的緣起部分中，我已經提到旅遊在交換生經驗中的重要性。在波蘭的這半年裡，我充分利用各種假期，遊覽了許多波蘭城市以及其他國家。這段旅程不僅讓我親身感受到了「讀萬卷書，行萬里路」的道理，也讓我獲得了許多課外的寶貴經驗。

在旅行過程中，我學會了如何有效地規劃行程，面對突發事件時如何應對，以及在異地如何保護自己的安全。背包旅行和獨自旅行也是我新的體驗，這些經歷都豐富了我的人生經驗，讓我更加成熟和自信。這些課外的學習不僅對我的個人成長有所貢獻，同時也拓展了我的視野，讓我更加開放和接納不同文化和經歷。這些經驗將成為我一生中難以磨滅的寶貴記憶，並且對我未來的發展產生深遠影響。

交換/研修之具體效益（請條列式列舉）

1 國際觀提升

1 溝通能力提升

1 解決問題能力提升 1 膽量提升

1 了解更多元的文化 1 料理能力提升

1 跳脫舒適圈

1 更加獨立自主

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？

發生問題時如果不是特別急迫，我一定會自己先思考有什麼解決方法，因為語言問題，拜託他人常常會傳達不清楚。但若是在很緊急的狀況下，遭遇問題我認為最好的解決方法就是馬上去問可能知道的人，例如旅行時。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

我認為並未遇到所謂文化衝擊，但是發現很多生活中的小差異，觀察並記錄這些小差異十分有趣。

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？

眼光可以放得更廣，接受更多事物。

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？

無獎學金並不會改變我的海外研修計畫，但是有了獎學金肯定是在生活花費上更有餘裕。

感言及心得感想

起初，當我告訴別人自己要到波蘭交換時，很多人都會問我為什麼不選擇更知名的西歐國家，並對烏俄戰爭波蘭安全性和不友善的刻板印象感到疑慮，因為他人傾向不積極的回應我曾感到遲疑，甚至迴避提及我要前往波蘭交換。然而，在這一學期的波蘭體驗中，我深刻體悟到許多事情需要親身經歷才能真正理解，別人的看法並不重要，重要的是我自己的體悟和感受。現在，每當有人問我去了哪裡，我都可以自信地回答：我去了波蘭交換！我很喜歡波蘭！

回想出國的那天，剛剛踏上杜拜機場轉機連點餐說英文都怕的自己，到後來無畏自己一個人去旅行，我深深體會到這次出國交換對我帶來的巨大影響。在去交換之前，我從來沒有離開「家」裡自己生活過，正因為如此雖然我並不是一個完全「靠爸靠媽」的人，但是父母的呵護其實無形的讓我活在一個保護膜中。然而，經過這次交換的經歷，我發現自己具備更大的自主能力，能夠勇敢地獨立面對各種情況。雖然我可能無法清楚指出自己在哪些方面有所改變或成長，但我相信這些變化將無形中對我的未來產生深遠的幫助，我對於做出這次出國交換的決定感到十分欣慰和自豪！

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)

Background:

Initially, participating in an exchange program during my university years was not part of my original plan. However, due to the dual prerequisites of meeting the graduation requirements of the school and the experience of taking the TOEFL exam for further studies abroad, I opened the exchange school brochure provided by the school's International Office. Out of curiosity about my own abilities, I systematically reviewed the exchange schools that matched my criteria. Gradually, an idea emerged in my mind: perhaps embarking on an adventure abroad during my university years would be a good decision! Thus, my exchange plan began.

Among the numerous options of exchange schools, I first focused on the European region. Because exchange not only allows experiencing foreign educational systems but also broadens horizons through travel, this was an important goal. Based on this notion, I hoped to conduct my exchange in Europe, a continent with convenient transportation and diverse cultures. Eventually, I set my sights on Maria Curie-Skłodowska University (UMCS) located in Poland as my top preference, and in the end, I successfully completed the application.

Introduction to the Host University:

Campus Location:

UMCS is located in Lublin, the capital of Lublin Province in eastern Poland, and it is also the ninth-largest city in Poland. Historically, Lublin held significance as an important city within the Polish-Lithuanian Commonwealth. The city boasts several universities, making it more of a university town compared to bustling metropolises. The city center not only provides essential resources for living and recreational facilities but also lacks the hustle and bustle of major cities. In this city, you can enjoy the companionship of lush parks and historical landmarks. If you prefer a city that isn't overly commercialized or technological but also don't wish to live in a place that's too remote, Lublin could be a very suitable choice for you.

University Introduction:

Established in 1944, UMCS is the only comprehensive university in Lublin, and it is also the largest comprehensive university in eastern Poland. The university comprises ten faculties that span across various fields, including natural sciences, humanities, and even includes a music and arts faculty. Given its geographical proximity to Ukraine and Belarus, the university also accommodates many non-exchange regular students from Belarus and Ukraine.

Study Abroad Courses (In-Class Learning):

Course Selection:

UMCS does not have specific credit limits for course selection, so you only need to follow the regulations of your home university. The choice of courses is not restricted by the distribution of departments during the application stage. As long as the percentage of courses taken from other departments does not exceed fifty percent of the total courses, it is acceptable. Therefore, during the semester, in addition to taking courses assigned to the Department of Biology and Biotechnology, such as Human Anatomy and Microscopy Techniques, I also chose a pottery course from the Art Department. Additionally, I enrolled in Polish language courses offered by the Language Center specifically for exchange students.

The course selection process for exchange students differs from regular students; we do not use the school's online course selection system. Instead, we fill out a Learning Agreement during the application stage. After obtaining approval from our home university, the host university, and the respective departments, our course selection is confirmed. The final confirmation takes place on the day of the Orientation, where department representatives and students verify the courses (the confirmation process may vary depending on the department). If there are any changes within the first two weeks of the semester, you can communicate with the relevant individuals for adjustments.

Course Experience:

In terms of course instruction, I didn't feel a significant difference in the way classes were conducted, but

there were still some nuances. One notable difference is that in course design, I observed that Poland often combines lectures and practical experiments into the same course, unlike Taiwan where lectures and labs are usually separate. Additionally, in terms of class attendance and exam scheduling, there is greater flexibility in Poland. For instance, in the Human Anatomy course, there were frequent quizzes, and if you needed to change your exam time, discussing it with the teacher was not an issue. Moreover, the timing of final exams is often discussed with students, and the exam weeks at the university have a wider timeframe, differing from Taiwan's fixed end-of-semester schedule.

Among all the courses, the most memorable one for me was the pottery class. Handicrafts have always interested me, so I decided to take an art course. In the pottery class, most of my teacher and classmates weren't proficient in English. However, during the classes, I didn't feel uncomfortable because the teacher and classmates used various methods to help me understand and participate. This was the first time I experienced such a free-form approach to classes. While there were fixed class times, being late, leaving early, and even entering the studio on different days were considered normal, perhaps embracing the free spirit of artists.

Additionally, the Polish language course was a unique experience. I never thought Polish would be the first foreign language I encountered apart from English. In the course, I tackled challenging grammar structures and was surprised to find that its pronunciation was remarkably similar to Chinese. Although the content of the course wasn't extensive and didn't closely relate to daily life, this experience deepened my sense of belonging to Poland. I deeply understood that "learning the local language is the best way to integrate into a new environment," and this became a significant realization during my exchange journey.

Life Learning Abroad (Extracurricular):

Making Friends:

Before going on exchange, I used to think that participating in numerous exchange student activities was necessary. However, in reality, if you're not someone who enjoys attending social events, you don't have to force yourself to join large-scale activities. I'm that kind of person myself. Nevertheless, this doesn't mean you can't make new friends. Based on my experience, roommates, classmates, and study buddies are the best ways to make new friends. Therefore, even if you're introverted, you don't need to worry that not being good at or fond of social activities means you're not suitable for studying abroad. Through study buddies and classmates, I learned a lot about Polish traditions and local things. Through interactions with my Turkish roommate, I felt the warmth of foreigners. By interacting with roommates from Belarus and Ukraine, I gained a deeper understanding of multiculturalism and international relations. The exchanges with these new friends undoubtedly enriched my knowledge and culture, becoming significant sources of my personal growth.

Therefore, for those who are introverted or not particularly fond of large social events, there's no need to worry that studying abroad will make you feel isolated. You still have plenty of opportunities to make interesting new friends through your daily learning and life experiences. These individuals will become your companions and support in a foreign land.

Travel:

In the section where I discussed the background, I've already mentioned the importance of traveling in the exchange student experience. During my six months in Poland, I made the most of various holidays to explore many Polish cities and other countries. This journey not only allowed me to personally understand the saying "traveling thousands of miles is better than reading thousands of books," but also provided me with valuable extracurricular experiences.

Throughout my travels, I learned how to efficiently plan itineraries, handle unexpected situations, and ensure my safety while in unfamiliar places. Backpacking and solo travel were also new experiences for me. These encounters enriched my life experiences and contributed to my personal growth and increased confidence. These extracurricular learnings not only contributed to my personal development but also broadened my perspective, making me more open and accepting of different cultures and experiences. These experiences will remain cherished memories throughout my life and will have a profound impact on my future development.

Reflection and Suggestions:

Initially, when I told others that I was going to Poland for exchange, many people questioned why I didn't choose more well-known Western European countries. They expressed concerns about the Ukrainian-Russian conflict, Poland's safety, and unfavorable stereotypes. Due to these reactions, I felt hesitant and even avoided mentioning my exchange to Poland. However, throughout this semester in Poland, I deeply realized that many things need to be personally experienced to truly understand. Other people's opinions are not as important as my own insights and feelings. Now, whenever someone asks me where I went, I

can confidently answer: I went to Poland for exchange! I really love Poland!

Looking back to the day I left for exchange, from being afraid to even order food in English during a layover at Dubai Airport, to eventually fearlessly traveling alone, I profoundly felt the enormous impact of this exchange journey on me.

Before going on exchange, I had never lived away from "home." This lack of experience meant that despite not being entirely reliant on my parents, their care unknowingly enveloped me in a protective bubble. However, through this exchange experience, I discovered that I possess greater autonomy and can bravely face various situations independently. While I might not be able to clearly pinpoint how I've changed or grown, I believe these transformations will invisibly assist my future, and I'm greatly pleased and proud of the decision I made to embark on this exchange journey.