

天普大學位於費城，交通十分便利，校園內就有地鐵站，可以直接前往市中心及城市各地，因此出行相當方便。不過，學校周邊的治安稍微不佳，建議外出時多加小心。

住宿方面，如果可以，建議選擇校外宿舍，價格通常會比校內宿舍便宜一些。至於校園設施則非常完善，像是體育館、游泳池和餐廳，都能免費提供給學生使用。

整體而言，在天普的校園生活不僅便利，也能過得相當多采多姿，還能結識來自世界各地的朋友。

這次去交換因為已經是大四了，學分上的壓力相對比較小，所以我特地選了一些看起來很有趣的課程，例如Intro to Backpacking & Camping和Music in Movie Epics。這類課程在台灣的大學比較少見，因此我想藉此體驗一些國外特別的課程內容。

在Intro to Backpacking & Camping這門課中，老師真的帶我們到美國的山區露營，那裡完全沒有手機訊號。整個過程非常新鮮，我體驗到許多在台灣難以接觸到的活動，例如野外生活、用營火煮飯、搭帳篷、爬樹、過濾山泉水等等。這些經驗對我來說非常特別，也讓我覺得這門課是我最喜歡的一堂課。

另外，因為課程設計需要大量的團體合作，所以同學之間的互動也特別多。透過這堂課，我認識並結交了來自各國的朋友，收穫非常豐富。

在課外生活方面，我最推薦大家去嘗試的就是參加社團。因為社團是把有相同興趣與愛好的人聚集在一起的地方，你會遇到許多志同道合的朋友，聊天也會更加投緣。所以我非常建議大家一定要參加社團，這樣才能認識更多朋友。否則生活圈可能會很難擴展，也會錯失身為交換學生一個非常重要的機會——認識來自不同文化背景的朋友。

在交換的過程中，我覺得有幾點收穫對我的未來非常有幫助。

第一點：勇敢為自己發聲

亞洲人的個性普遍比較內斂，不太習慣為自己爭取。但在國外，沒有人會特別在乎你的權利，一切都需要自己去爭取。這對我來說是一個很大的文化衝擊，也逼著我學會勇敢地站出來，為自己爭取應得的東西。雖然一開始很困難，特別是要用不是自己母語的語言去表達，但這也鍛鍊了我的膽量。

第二點：拓展國際視野

在交換的過程中，我認識了許多來自不同國家的朋友，這讓我的視野被大大打

開。我們人往往無法想像沒有看過的事物，而在國外生活，正好提供了更多機會去看見、去體驗在台灣難以遇見的事情。很多我從未想過會發生的事，卻在短短一個學期裡一再出現，讓我感受到世界的廣大與多元，也激發了更多想像與可能性。

第三點：學會更加獨立

雖然在台灣已經是大學生，自認為相當獨立，但到了國外才發現，當身邊沒有熟悉的朋友時，很多事情都必須靠自己完成。這樣的環境迫使我成長，學會在生活與學業上更加自立自強。我相信這份獨立不僅對未來的工作有幫助，也會讓我在生活的各個面向都更加成熟。

最後的感想與建議，其實我本身是一個非常害羞、也不太喜歡主動與人接觸的人。但是在國外的這段時間，我強迫自己一定要去主動結交新朋友，雖然對我來說非常困難，但也正因為這樣，我感受到生命更多的成長。

在國外，朋友是非常重要的。因為許多資訊不可能每一次都能靠自己獲得，而透過朋友，我可以得到許多對未來有幫助的訊息。同時，如果在國外依舊只是一個人生活，那其實和在台灣沒有太大差別。唯有認識來自各國的朋友，才能真正體驗到多樣而豐富的交換生活。

所以我非常想給學弟妹們的建議是：如果你和我一樣害羞、不習慣與陌生人互動，那麼你一定要逼自己踏出第一步。雖然過程中可能會感到不自在，但當你回頭看時，一定會像我一樣，感謝當初勇敢跨出舒適圈、主動去結交朋友的自己。

Exchange Experience Reflection

My exchange semester at Temple University in Philadelphia was truly a life-changing experience.

First of all, Temple's location made daily life very convenient. The campus itself has a subway station, so getting around the city was easy. The only thing to be mindful of was the neighborhood's safety, which required a bit more caution when going out. In terms of facilities, the university provides everything students could ask for—from gyms and swimming pools—all free of charge. Living arrangements, however, were slightly different. On-campus housing can be more expensive, so I would recommend off-campus options if possible.

Since I was already a senior, I didn't have heavy academic pressure, which allowed me to choose courses purely out of interest. I enrolled in classes such as *Intro to Backpacking & Camping* and *Music in Movie Epics*. These are courses rarely found in Taiwanese universities, and they gave me unique learning opportunities. In the backpacking course, for example, our professor actually took us camping in the mountains with no cell signal at all. We learned survival skills such as cooking with campfires, setting up tents, filtering water, and even climbing trees. It was an unforgettable experience that helped me step outside my comfort zone and brought me closer to classmates, since teamwork was essential. Through this class, I also made many friends from all over the world.

Outside of academics, one of the things I highly recommend is joining student clubs. Clubs gather people with similar interests, and it's the best way to meet friends and expand your social circle. Without this, it's easy for exchange students to stay within a small group, which would be a missed opportunity to truly experience campus life abroad.

During the exchange, I also gained valuable lessons that will help me in the future. First, I learned to speak up for myself. Coming from an Asian background, I was used to being more reserved, but in the U.S., nobody will fight for your rights unless you do. It was difficult at first, especially expressing myself in a foreign language, but this experience made me more courageous. Second, I realized how much international friendships can broaden my perspective. We cannot imagine what we have never seen, and studying abroad gave me the chance to see new things that opened my mind to endless possibilities. Finally, I learned to become truly independent. Although I already considered myself independent in Taiwan, being alone in a foreign country with no familiar friends forced me to handle everything by myself. This growth will continue to benefit me in both my career and personal life.

Lastly, I want to share a piece of advice for future exchange students. I used to be a very shy person who avoided interacting with strangers. But studying abroad pushed me to step out of my comfort zone and make new friends. At first, it was difficult, but having friends abroad is essential—not only for information and support but also for creating unforgettable experiences. If you are shy like me, I strongly encourage you to push yourself to connect with others. Looking back, I am truly grateful to my past self for being brave enough to reach out.

Overall, my exchange semester was filled with growth, friendships, and eye-opening experiences. It not only gave me wonderful memories but also shaped me into a more confident, independent, and open-minded person.