

學校簡介

維爾紐斯科技大學Vilnius Gediminas Technical University (以下簡稱Vilnius TECH)是一所位在立陶宛首都維爾紐斯Vilnius的大學，Vilnius TECH 的課程以技術、應用課程為主，不過除了學習如何應用以外，也訓練學生必須了解其應用背後之機制，除此之外，Vilnius TECH對待來自世界各地的國際生非常友善。

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

Vilnius TECH選課的程序和臺灣很不一樣，在課程時間還沒公布之前，學生需要先提出一份讀書計畫，並把預計要修習的課程名稱都登入至系統，同樣的課程內容可能會有不同的教授開課，學期將近的時候，學校的系統會將該課程所有有開設的時間列出來，並同時也會幫學生依照當初選的課先安排一份課程表，學生在前兩周可以去各個不同教授的課堂試聽，最終在決定自己該學期的課程表要如何安排。最終我在Vilnius TECH一學期修習了三堂課，分別是地理資訊系統技術Geoinformation Systems Technology、立陶宛語Lithuanian Language以及專業英文-環境工程學院Speciality English Language-Environmental Engineering Faculty。

其中Geoinformation Systems Technology是碩士班的課程，課程主要是在教授GIS軟體應用，該課程學分有6 ECTS，相較於台灣的3學分，授課時間分配為每周有一個半小時的Lecture時間，以及一個半小時的Lab Work時間，Vilnius TECH大部分碩士班課程的Lecture都是以線上授課為主，而這堂課Lecture的內容是在說明每一次的作業做法，而Lab Work時間，則是可以到老師的Lab詢問他相關的問題，我在台灣也上過有關GIS的課程，我認為Vilnius TECH比較注重學生是不是真正會應用GIS軟體，且除了應用軟體之外，也必須了解軟體背後的機制，許多次的作業並不是要我們利用GIS工具完成分析，而是要我們自己利用自己會的程式語言寫出我們需要使用的GIS工具。

我修的第二堂課是立陶宛語Lithuanian Language，Lithuanian Language修習的都是國際生，課程主要是在教授立陶宛語以及立陶宛文化，該課程學分有3 ECTS，相較於台灣的1.5學分，授課時間為每周有一個半小時的Lecture時間，課程一開始，老師主要教大家日常生活會用地的句子，從頭學習一個新的語言真的很不容易，但是我認為生活在一個英文不一定可以使用的地方，學習他們的語言是一件一定要做的事情，立陶宛語我覺得最有趣的地方是，大部分的字同一個意思的詞彙，都可以有很多不同的形態，而區分這些型態的方式就是看每個詞彙的結尾，還記得老師說，男生如果想要有一個立陶宛的名字，就在後面加上-as就好，立陶宛文雖然很複雜，但是從中找到這個語言的邏輯之後，就覺得其實非常有趣。

我修的第三堂課是專業英文-環境工程學院Speciality English Language-Environmental Engineering Faculty，課程主要是在教授環境工程相關的英文專業用語，該課程學分有3 ECTS，相較於台灣的1.5學分，授課時間為每周有一個半小時的Lecture時間，我在這堂課完成許多個人挑戰，像是獨自完成英文的上台報告，撰寫許多英文的文章等等。

我在Vilnius TECH除了修習專業課程以外，我也有去上學校的排球課、桌球課以及有氧課，因為專業課程幾乎都是國際生，因此較不容易認識到立陶宛人，而體育課並沒有將交換生以及在地學生分班，因此在體育課比較容易認識到本地人，同時也發現這裡的體育課相較台灣的方式也很不同，在Vilnius TECH你不需要一個學期都上同一種項目，你可以每周去上不同的項目，學習不同的技能。

我最推薦Geoinformation Systems Technology。

國外研修之生活學習（課外）

課程以外的時間，我會參加Vilnius TECH學校辦給學生的活動、Vilnius TECH學生組織ESN舉辦的活動以及去歐洲其他國家的旅行，Vilnius TECH學校在學期一開始就有舉辦新生周Orientation Days的活動，除了說明許多有關選課、校園、宿舍及立陶宛文化的事宜之外，也有舉辦立陶宛首都維爾紐斯Vilnius舊城區Old Town的歷史文化導覽，這些活動讓我們更了解學校和立陶宛首都維爾紐斯Vilnius。

在新生周的每天晚上都有Vilnius TECH學生組織ESN舉辦的活動，他們有舉辦卡拉OK活動，第一次體驗到國外的卡拉OK唱歌文化覺得很不習慣，不過很有趣，而除了夜生活，ESN也會舉辦去立陶宛其他城市或小鎮的一日遊，其中我最印象深刻的是Trakai一日遊，Trakai是位在立陶宛首都維爾紐斯Vilnius附近的一個小城鎮，他最有名的就是Trakai城堡，那一次的一日遊先是帶我們參觀城堡，並說明有關立陶宛民族的歷史故事，接著讓我們體驗自己製作立陶宛的傳統美食-立陶宛餡餅Kibinai。

我會利用學校課程以及活動以外的時間，為自己安排一段旅行，或是跟來自世界各地的朋友一起出去旅行，如果是跟其他國家的朋友一起去旅行，我會製作台灣的食物分享給他們，在歐洲每一趟旅程都讓人印象深刻，與其說是去旅遊，我認為自己更像是去立陶宛不同城市，或是歐洲不同國家生活，過著當地人平常的生活，對我來說更有趣，因為可以真實感受到與那個國家或是土地的連結，其中讓我想記錄下來的一次是在立陶宛的一個小城鎮Druskininkai遇到一群民眾，因為烏俄戰爭滿一年，而在聲援烏克蘭的民眾，跟我們說明聲援活動目的，然後給我們支持小物。

交換/研修之具體效益（請條列式列舉）

1. 外語溝通能力進步：回到台灣如果有外國人要找我說話，完全不會感到緊張跟害怕。
2. 開闊視野：意識到很多事情跟我們想像中的很不一樣，歐洲的文化融合的程度超乎我們本來的想像。
3. 解決問題的能力提升：在國外很常遇到一些狀況，都必須自己想辦法處理並解決他，解決之後會發現沒有想像中的這麼困難。
4. 認為旅行其實有很多不同的方式：旅行對我來說不再只是「出去玩」，而是體驗並了解不同文化、不一樣的人怎麼生活。
5. 學會和自己相處：有別於在台灣可能有很多的家人朋友，很多的事情等著你去做，在國外大部分的時間都是自己的，一開始確實會有一點不知所措，不過慢慢學習和自己相處之後，才會更知道自己想要什麼。

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？

最大的困難是我一到立陶宛時就重感冒，在國外不像在臺灣感冒就去看醫生，只能先自己想辦法讓感冒好起來，讓我學會要如何照顧自己的身體。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

沒有遇到文化衝擊。

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？

經過這一次出國交換的經驗，除了讓自己對於國外生活有更深入的了解之外，也讓國外的朋友認識台灣，我認為真的是一個很好的交流機會，而除了對外的交流，我也學會怎麼跟自己好好的交流、對話，學會怎麼放慢生活把眼光放回自己身上。

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？

讓我可以少一些錢的煩惱，如果沒有獎學金我還是會出國，不過可能就會想辦法在出國期間賺錢。

感言及心得感想

立陶宛可能不是歐洲最好玩的國家，但是讓我在選擇一次，我還是會選擇立陶宛的大學作為我的交換校，因為那是一個很適合生活的城市，即使冬天真的冷到受不了，路上的人也都不太愛笑，但是室內都有暖氣，然後下雪的風景真的很漂亮，立陶宛人其實也都很好，有時候走在立陶宛的街道，在超市裡面買日常生活用品，真的會一時錯覺覺得自己很像當地人，那樣的感受我相信我一輩子都不會忘記。

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)

Vilnius Gediminas Technical University, Vilnius TECH, is a university located in Vilnius, the capital of Lithuania. The courses of Vilnius TECH are mainly technology and application courses. However, in addition to learning how to apply, they also train students to understand the reason behind its application. The course selection procedure of Vilnius TECH is very different from that in Taiwan. I took three subjects in Vilnius TECH. I took Geoinformation Systems Technology, Lithuanian Language and Specialty English Language-Environmental Engineering Faculty.

Among them, Geoinformation Systems Technology is a master's course. The course is mainly to teach us how to use the GIS software. The course credits have 6 ECTS, compared with 3 credits of Taiwan. The subject time is allocated as one and a half hours of Lecture time per week, and one half an hour of Lab Work time, the lectures of most of Vilnius TECH's master's courses are mainly taught online, and the content of this lecture is to explain each homework method, and during the Lab Work time, you can visit the professor if you have any question. I have also taken courses on GIS in Taiwan. I think Vilnius TECH pays more attention to whether students can really use GIS software. In addition to applying software, they must also understand the mechanism behind the software. This assignment is not for us to use GIS tools to complete the analysis, but for us to use the programming language we know to write the GIS tools we need to use.

The second course I took was Lithuanian Language. Lithuanian Language is for international students. The course mainly teaches Lithuanian language and Lithuanian culture. The course credits are 3 ECTS, compared with 1.5 credits of Taiwan. There is an hour and a half of lecture time per week. At the beginning of the course, teacher mainly teaches everyone the sentences that are used in daily life. It is really not easy to learn a new language from scratch, but I think living in a place where English is not necessarily usable, learning their language is a matter we have to do. I think the most interesting thing about Lithuanian is that most of the words with the same meaning can have many different forms, and the way to distinguish these types is to look at the end of each vocabulary, I still remember the teacher said that if a man wants to have a Lithuanian name, just add -as after his original name. Although Lithuanian is very complicated, after finding the logic of this language, I feel that it is actually very interesting.

The third course I took was Specialty English Language-Environmental Engineering Faculty. The course is mainly to teach English professional terms related to environmental engineering. This course has 3 ECTS credits, compared with 1.5 credits of Taiwan. There is an hour and a half of lecture time per week. I completed many personal challenges in this class, such as completing the English presentation alone, writing many English articles, and so on.

In addition to taking professional courses in Vilnius TECH, I also take volleyball lessons in school. At the same time, I also found that the physical education classes here are very different from those in Taiwan. In Vilnius TECH, you don't need to take the same project for a semester, you can go to different projects and learn different skills every week.

I recommend Geoinformation Systems Technology.

In the time outside of the course, I will participate in the activities organized by Vilnius TECH school for students, the activities organized by Vilnius TECH student organization ESN and travel to other European countries. Vilnius TECH school will hold Orientation Days activities at the beginning of the semester. In addition to explaining many matters related to course selection, campus, dormitory and Lithuanian culture, there is also a historical and cultural tour of Vilnius Old Town. These activities let us know more about the school and Vilnius, the capital of Lithuania.

Every night during the Orientation Days, Vilnius TECH students organized ESN activities. They held karaoke activities. It was the first time I experienced foreign karaoke singing culture and felt very interesting. In addition to nightlife, there will also be day trips to other cities or small towns in Lithuania. Among them, I am most impressed by the one-day trip to Trakai. Trakai is a small town near Vilnius. The most famous place of Trakai is Trakai Castle. The tour first took us to visit the castle and explained the historical stories about the Lithuanian nation, and then let us experience making Lithuanian traditional food-Kibinai.

I will use the time outside of school courses and activities to arrange a trip for myself or go on a trip with

friends from all over the world. If I am traveling with friends from other countries, I will make Taiwanese food and share it with them. Every journey in Europe is impressive. Rather than traveling, I think it's more like living in different cities in Lithuania or different countries in Europe. It's more interesting for me to live the ordinary life of the locals. What I want to record is that I once met a group of people in Druskininkai, a small town in Lithuania. Because the War in Ukraine has been going on for a year, they are in solidarity with the Ukrainian people.

This experience taught me the following things:

1. Improvement of foreign language communication skills.
2. Broaden my horizons.
3. Improvement of problem-solving ability.
4. Learn to get along with yourself.

Lithuania may not be the most fun country in Europe, but let me choose once, I will still choose a university in Lithuania as my exchange school, because it is a very suitable city for life, even if it is really cold in winter, people in Lithuania who walk on the road don't like to smile too much, but there are heaters indoors, and the snowy scenery is really beautiful. Lithuanians are actually very nice. Sometimes walking on the streets of Lithuania and buying daily necessities in supermarkets makes me have the illusion that I am like a local. I believe I will never forget that feeling in my life.