

學校簡介

這次交換的學校是位於立陶宛首都維爾紐斯的維爾紐斯科技大學，英文全名是Vilnius Gediminas Technical University，也可以簡稱為 VILNIUS TECH。創立於1956年，距今已經有 60 年以上的歷史。全校學生超過 8100 人。

學生背景多元：超過 80 個國家的國際生

其中約有 17 % 左右的學生為國際交換生，來自全球 80 個以上不同的國家，包括法國、德國、義大利、智利、巴西、土耳其、烏克蘭等等。也因為豐富的建教歷史，迄今已經有超過 88000 名校友，在全球有 460 個合作學校，也是歐洲 Athena 大學聯盟的一員。

課程科技導向，兼顧人文素養

維爾紐斯科技大學總共有十個系所，其中大部分的課程以科技為主，約有 75% 的課程與工程、ICT、資訊科技相關，也因為國際生眾多的關係，有 43% 的課程是以英文教授的。不過除了科技相關的課程，學校仍提供人文相關的課程供國際生選擇，如社會科學、商業與管理，甚至哲學等課程。

二十四小時的圖書館、豐富的體育課程

在課程之外，學校也提供學生豐富的相關設施，其中一個很棒的是 24 小時且一週 7 天都開放的圖書館。除了到圖書館自習，也可以透過線上系統預定討論室，進行小組會議，或申請特定出版刊物的影本。

另外學校也有設備新穎的體育場，提供學生豐富多元的體育課選擇，有比較常見的課程如排球、籃球、網球、桌球、健身房等等，也有針對身體柔軟度開設的 TRX 懸吊訓練、身體平衡訓練、體能設計、音樂節奏健身操 Pump、拳擊，甚至還有柔道課程或防身術等等。

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

維爾紐斯科技大學提供非常多樣化的課程供交換生選擇，除了提供各個系所的專業課程之外，為了要培養英語的溝通能力，並深入瞭解立陶宛當地的語言與背景，融入當地的環境並培養專業知識，特別選修了工程專業英文與立陶宛文課程。

選擇學生參與度高的課程，提高課間互動機會

相較於其他西歐國家，東歐的教學風格其實與台灣較為接近，一般的專業知識課程多以教授上台講授為主，學生與老師或學生與學生之間的互動較少，但相較於其他系所的專業課程，我選修的專業英文課程，卻增加了許多課堂上的互動機會。

工程專業英文，了解歐洲工程實際案例

每週上課前，都會有大量的工程英文文本供學生預習，同學必須先讀完當週的教學內容後，才能與老師與其他同學進行課堂上的互動。而教材的內容十分多元，而都和環境工程相關，如科學實驗的準則、土木工程的专业知識、環境工程發展歷史的等等，最難得的是，老師會隨時補充歐洲各國現況最新的專業知識，帶我們理解各國工程或環境保護的實際應用案例。

因為小班制教學的關係，每個學生每堂課都有足的時間發言、與教授討論，每位同學也需要針對自己有興趣的工程主題，閱讀期刊和文獻，對全班同學進行報告。而同學的文化背景組成非常多元，包含歐洲的德國、法國、烏克蘭，也有同為亞洲的韓國與印度學生，報告後也能收到許多來自不同文化背景同學的回饋，甚至分享他們在自己國家的相關經驗，真的是十分珍貴的體驗。

而在吸收各國新知的同時，也讓我反思台灣環境工程的發展現況，像是為什麼防治同樣的污染，台灣和歐洲會採用不同的工法？或是在歐洲行之有年的節能法規，為什麼在台灣就會踢到鐵板？還是有沒有其他推行的可能？而現在污染程度較低的英國、德國等已開發國家，其實也和台灣一

樣，有段從高污染環境走出來的慘痛歷史。

在進一步理解這個領域之後，也慢慢發掘更多文化之間交流更多的可能性，能與不同文化經驗的同學相互交流，也才發現各國之間都有許多能互相借鑑的地方，很幸運能有這樣難得的經驗。

選修立陶宛文，進一步了解當地語言文化

而另外一門讓我印象深刻的，是專門為交換生開設的立陶宛文課程。立陶宛語的文法和英文有非常多的差異，它包含了四種時態，而動詞和名詞也會有陰性或陽性的差別，單數與複數型態也會隨著人稱不同而變化，是一門十分特別的語言。雖然半年的學習還不足以精通立陶宛文，但很高興能藉由學習這門語言，進一步去理解立陶宛的文化內涵，日常生活時也能與當地人進行簡單的問候。

除了語言的專業知識，教授在課程中，會加入大量立陶宛的文化背景與歷史知識。如立陶宛建國的相關傳說與神話、與列強抗爭的歷史、立陶宛熱門的傳統食物，甚至是獨立運動時的熱門流行歌曲等等。因為特殊的歷史因素，立陶宛有兩個國定的獨立日，也會舉行相關的追思活動，我們交換的期間也剛好遇到獨立日的紀念活動。看到人們走上街頭，升起一堆堆篝火慶祝，覺得很幸運能除了能在課堂上學到立陶宛獨特的歷史，也可以親自看到節日是如何將大家團結在一起。

推薦立陶宛文課程

國外研修之生活學習（課外）

當人在他鄉，有時候面對生活上各式各樣的挑戰，是認識自己一個很好的方式。

零下十度的陌生國度，挑戰融入在地生活

一開始落地時出機場非常的緊張，當時是立陶宛的冬天，晚上飄著大雪，我和朋友拖著兩個大行李箱，努力在結冰的街道上保持平衡。腳上的布鞋在冰上不斷打滑，台灣買的大衣也遠遠不夠應付零下十度的冷冽天氣。

我們的交換生活就在這樣的冬夜裡拉開序幕了，因為天氣與生活習慣的不同，很多事都要重新適應，除了天氣，即便只是搭公車、上超市這些日常的小事，都與台灣有著或多或少的不同，需要重新適應一套陌生的生活模式。以立陶宛首都維爾紐斯的公車為例，平常人下車是不會按下車鈴的，聽說如果不小心按了，會被全車的人怒瞪，因為公車每站都會停，紅色的「STOP」其實是緊急停車的意思，但在立陶宛的其他城市如考納斯或克萊佩達，大家就很習慣下車會按下車鈴請司機停車；又或者是超市通常採自助結帳，如果買的是沒有條碼的蔬果或麵包，就需要在結帳介面自行尋找。這些或大或小的細節，看似平常，但對於初來乍到的外地人來說，卻往往需要先觀察當地人的行為模式，才有辦法融入當地人的生活。

但慢慢熟悉之後，就會發現立陶宛與台灣其實沒有那麼的不同。即便遠在半個地球之外，立陶宛仍擁有可和台灣比擬的良好治安、相似的物價水平，和當地的朋友相處後，也發現人們的思考模式其實沒有那麼不同，同樣都是務實且可愛的國家。

走訪歐洲十四國，在旅行中學會照顧自己

而當學期結束，有機會規劃到歐洲各國的旅行時，面臨的挑戰又更不同，這次利用課間與學期結束後的時間，走訪了歐洲十四個國家。因為國家的跨度更大，語言、族群的多樣性增加，往往會遇到更複雜的問題。包含台灣簽證被質疑怎麼和海關溝通、語言不通怎麼辦、火車誤點怎麼辦、怎麼預防扒手和小偷，甚至是遇到不友善的搭訕或性騷擾該怎麼應對。

但在解決各式各樣的問題的同時，也是在慢慢認識自己的過程，知道自己喜歡或不喜歡什麼樣性格的人群和環境，學會與不同文化背景的人和諧的相處，也在自己遇到不公平待遇時據理力爭。

曾經在波蘭旅遊時在青旅內衣褲被人偷走，或是遇到其他國際學生的言語性騷擾，如果在剛到歐洲時遇到類似的情況，我可能因為自己外國人的身份而不敢發聲，但事件發生後，我學會明確地表明自身的立場，也試著去爭取個人的權益。

交換/研修之具體效益（請條列式列舉）

一、增進工程專業知識，學習歐洲各國實際案例

如第三點所描述的，最大的研修效益就是對於工程的專業知識有近一步的理解，除了課堂上閱讀的學術期刊與教材，讓我認識歐洲各國的工程案例與環保議題。在與各國同學交流的過程中，也了解不同國家所面臨的工程問題與環境污染問題，也提升了自身的環保意識。

二、了解歐洲學校的教學風格與學習風氣

另外一個難得的經驗，是了解歐洲國家的教學風格與學習風氣，這次交換的經驗讓我了解到，台灣與東歐學校的教學風格的不同，交換校更傾向在課堂中增加學生參與的比例，鼓勵學生多發言、互相討論。

重視學術品格、強調自主負責

而在學術風氣的部分，交換校非常看重學術抄襲的問題，在學期初也會特別宣導相關的法規，顯示對學生品格高度的重視。而課堂上制定的各項規則，也會強調學生對自己負責的概念。教師也很鼓勵交換學生旁聽有興趣的課程，即便學生沒有選修學分，教師還是願意給予課業上的指導，甚至批改作業。很幸運能到一所對交換生如此友善的學校交換。

三、高頻率使用英文的生活環境，增強聽力與口說

來歐洲學校交換，最直接的就是語言上的衝擊，因為立陶宛算是使用英文比例高的國家，在首都生活用英文就能順暢的與當地人溝通。而在學校不論是報告還是和同學進行討論，都需要高頻率的使用到英文。過去在台灣的英文學習，大部分都是以閱讀或寫作為主，但聽力與口說反而是比較少學習到的部分。在歐洲交換的這半年，有大量的機會可以練習英文的聽與說，覺得是十分珍貴的經驗。

四、認識歐洲不同國家的文化與發展歷史，擴展國際觀

在交換的半年期間，利用週間與學期結束後，一個月左右的時間，走訪了歐洲 14 個國家，23 個城市。認識了不同地區的語言與文化。從中世紀各個國家的擴展歷史，到大航海時代西方對於經緯度、地磁與時間測量技術的進步，到一次與二次世界大戰、冷戰，甚至各國近代民族運動的發展過程，都有了更切身的體悟。

而除了西方發生的重大歷史事件，在走訪各國的過程中，也參觀了不同國家的傳統與近代藝術博物館，如超現實主義的畢卡索、達利；印象派的莫內與後印象派的梵谷；或是表現主義的孟克等等，對於西方近代藝術的發展有了更多的認識。

在認識歐洲的語言文化的過程中，其實也間接認識到了亞洲與歐洲的文化是如何互相影響、互動，也更珍惜自己所屬的文化與語言。

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?

有時候海關查驗護照時會分不清中國與台灣的分別，但通常多加解釋就可以安全過關。

另外較大的挑戰是立陶宛對於外國人就醫的相關幫助並不完整，不管是公立的醫院，會講英文的工作人員都不多，而外國人因為沒有歐盟保險，只能到私立醫院就醫，但在就醫時病患需要自己小心注意院方有沒有登記到正確的資訊，像是我到私立醫院就診時，即便拿著護照給院方，工作人員還是登記了我錯誤的出生年份，事後打電話跑了兩三趟醫院才更正了我的個人訊息。

在病況惡化可能需要轉往大醫院的時候，醫生也沒有給出明確的轉診訊息，如需要到哪一科掛號或找哪一位醫師等等，對方醫院也不會收到通知，需要自行摸索當地的就診規則。最後因為到大醫院就診費用昂貴，放棄就醫自行到藥局領藥，大概拖了一個月病情才逐漸好轉。

未來的解決方法大概就是趁身體情況還健康時，摸清楚當地的就醫規則，可能會需要付的相關費用等等。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

最大的文化衝擊，其實是意識到歐洲國家的人們與台灣並沒有那麼不同，雖然可能生活模式不一樣。

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？

學會自我獨立生活

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？

最大的幫助是減輕經濟壓力，如果沒有獎學金可能負擔會沉重許多。

感言及心得感想

認識族群差異，撕掉既定刻板印象與標籤

在本次旅行中非常幸運，幾乎沒有遇到種族歧視或是太嚴重的性騷擾事件。對於不同國家的生活，網路上其實充斥著各式各樣的偏見，當我們提到「歐洲」，常常會為不同國家的人群套上相似的偏見。就連我在出國之前，也為這片土地上貼上了大大小小的標籤，諸如治安不佳、可能有種族歧視等等，但等真正踏上各個陌生的國境時，才發現過去的印象。歐洲包含了太多的國境和人種，遠遠非幾種單一的印象就可以概括。隨著聽過的口音與去過的城市越來越多，也慢慢認識到各個族群之間的差異。

例如北歐人總給人距離感強、冷漠疏離的印象，但瑞典與丹麥卻是我在這次的旅程中，遇到最親切友善的國家之一；在到歐洲之前，也曾以為偷竊、搶劫的案件很多，但也有如立陶宛的維爾紐斯這樣，治安程度與台北差不多的安全城市；而普遍印象上大家都認為德國人嚴肅刻板、缺乏人情味，但等真正走訪過一個個城市，搭車迷路或沒有零錢上廁所時，也總能得到路人溫暖友善的幫忙。

國際觀是什麼？專重不同族群與文化

在這次的旅程中，一直不斷問自己「國際觀是什麼？」從幼稚園開始，我們的社會就開始推雙語教育，到國高中、大學，甚至開始工作之後，都提醒我們國際觀很重要，社會期待我們擁有更寬廣的國際觀、才能提升競爭力。但「國際觀」確切來說是什麼？又為什麼很重要呢？是國高中的雙語課本，還是各式各樣的外國學者演講，還是一篇篇外媒報導的國際新聞呢？

我想每個人都有自己的答案，但對我來說，所謂的「國際觀」，就是學會不用任何一種特定的觀點為他人貼上標籤，尊重每個人都有自己特殊的文化背景與思想方式，學會去理解每個個體之間的差異，並撕下一張張外界給予的標籤。

對於挑戰新事物，應該抱持什麼樣的心態？

而對於挑戰新事物，也因為這次出國而有更多的體悟。面對未知的語言、陌生的人群、不同的文化與習慣，難免會讓人感到不安，但大部分的挑戰其實並沒有想像中困難，卸下自己內心的壓力後，反而發現一次次的挑戰都是各式各樣精采的冒險。在旅程中也會遇到新的夥伴，可能有時候一起迷惘，有時候結伴同行，而人總是來來去去，在彼此的生命裡，互相給予啟發，一同創造新的回憶記憶，再繼續下一段旅行。

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)

1. Origin

Why did you want to go abroad? When I was in college, I was already very eager to get to know the languages and cultures of different countries, and I wanted to go to various unfamiliar lands to have a look around. However, due to the financial pressure of the reality of the family, I can only slowly work to save money to prepare for the tuition fees abroad, and I am very fortunate to have applied for the National Sun Yat-sen University's International Exchange Program, and I am also grateful to the Ministry of Education and Sun Yat-sen for providing scholarships to go abroad, which alleviated the financial pressure of this exchange.

2. Introduction of the exchange school

The exchange school is located in Vilnius, the capital of Lithuania, the full name of the university is Vilnius Gediminas Technical University, which can also be referred to as VILNIUS TECH. founded in 1956, has more than 60 years of history, and the university has more than 8100 students.

The student body is diverse: international students from over 80 countries.

About 17% of the students are international exchange students from more than 80 countries, including France, Germany, Italy, Chile, Brazil, Turkey, Ukraine, and so on. Because of its rich history, the university has more than 88,000 alumni and 460 partner schools around the world and is also a member of the European Athena University Alliance.

Science and Technology-Oriented Programs with a Humanistic Approach

Vilnius University of Technology has ten faculties, most of which are technology-oriented, with 75% of the courses being related to engineering, ICT, and information technology, and because of the large number of international students, 43% of the courses are taught in English. However, in addition to technology-related courses, the school also offers humanities-related courses for international students to choose from, such as social sciences, business and management, and even philosophy.

A 24-hour library and a rich physical education program

In addition to the curriculum, the school also provides students with a wealth of related facilities, one of the best of which is the 24-hour library, which is open seven days a week. In addition to studying in the library, students can book discussion rooms, hold group meetings, or request copies of specific publications through the online system.

In addition, the school has a newly equipped gymnasium, providing students with a wide variety of choices for physical education classes, ranging from the more common classes such as volleyball, basketball, tennis, billiards, gym, etc., to TRX suspension training for flexibility, balance training, physical fitness design, music rhythm aerobics pump, boxing, and even judo or self-defense classes, among others.

3. Study Abroad Programs (In-class)

Vilnius University of Technology offers a wide variety of courses for exchange students to choose from. In addition to the specialized courses offered by each department, in order to cultivate the ability to communicate in English, gain a deeper understanding of the Lithuanian language and background,

integrate into the local environment, and cultivate professional knowledge, we have selected English and Lithuanian courses in the field of engineering.

Choosing courses with high student participation and increasing the opportunity for classroom interaction

Compared to other Western European countries, the teaching style in Eastern Europe is actually closer to that in Taiwan. In general, professional knowledge courses are mainly taught by professors on the stage, with less interaction between students and teachers or students, but compared to the professional courses in other departments, the professional English course I chose increased the number of opportunities for interaction in the classroom.

Professional English for Engineering, Understanding European Engineering Practical Cases

Before each week's class, there is a large amount of engineering English text for students to study, and students have to finish reading that week's teaching content before they can interact with the teacher and other students in the classroom. The contents of the teaching materials are very diverse and all of them are related to environmental engineering, such as the criteria of scientific experiments, the professional knowledge of civil engineering, the history of the development of environmental engineering, etc. The most difficult thing is that the teachers will always add the latest professional knowledge of the European countries to bring us understand the practical application of the engineering or environmental protection cases of various countries.

Because of the small class size, each student has enough time to speak and discuss with the professor in each class, and each student is required to read journals and literature on an engineering topic of his/her own interest and make a presentation to the whole class. The cultural backgrounds of the students were very diverse, including Germany, France, and Ukraine from Europe, as well as Korea and India from Asia. After the presentations, we received a lot of feedback from students of different cultural backgrounds, and they even shared their experiences in their own countries, which was really a valuable experience.

While absorbing new knowledge from different countries, it also made me reflect on the current development of environmental engineering in Taiwan, such as why Taiwan and Europe use different methods to prevent and control the same kind of pollution. Or why the energy-saving laws and regulations that have been in place for years in Europe are not implemented in Taiwan? Or are there other possibilities for implementation? We also learned about other countries' history of pollution prevention, developed countries such as the UK and Germany, which are now less polluted, actually share Taiwan's painful history of emerging from highly polluted environments.

After understanding this field better, I gradually discovered more possibilities for intercultural exchange. I was able to communicate with students from different cultures and realized that there are many things that countries can learn from each other, and I am very lucky to have had such a rare experience.

Taking Lithuanian as an elective course to learn more about the local language and culture.

Another course that impressed me deeply was the Lithuanian language program for exchange students. The grammar of Lithuanian is very different from that of English, as it contains four tenses, verbs and nouns are feminine and masculine, and the singular and plural tenses change according to the different pronouns, making it a very special language. Although half a year's study is not enough to become proficient in Lithuanian, I am glad to learn this language to further understand Lithuanian culture and to be able to make simple greetings with local people in daily life.

In addition to the specialized knowledge of the language, the professor will include a lot of Lithuanian cultural background and historical knowledge in the course. For example, the legends and myths related to the founding of Lithuania, the history of the struggle against the Great Powers, the popular traditional food of Lithuania, and even the popular songs during the independence movement, etc. Because of the special historical factors, Lithuania has two national independence days, and related memorial activities will be held, and our exchange period also happened to coincide with the commemoration of the independence days. Seeing people celebrating on the streets with bonfires, I felt very lucky to be able to not only learn

about Lithuania's unique history in the classroom but also to see for myself how festivals unite people.

4. Life Learning for Overseas Training (Extracurricular)

When you are in a foreign country, it is a good way to get to know yourself when you are faced with various challenges in life.

The challenge of integrating into local life in an unfamiliar country at -10 degrees Celsius. At first, I was very nervous when I landed at the airport. It was winter in Lithuania and snow was falling at night, so my friend and I were dragging two big suitcases and trying to keep our balance on the icy streets. The cloth shoes on my feet kept slipping on the ice, and the coat I bought in Taiwan was far from enough to cope with the cold weather of -10 degrees Celsius.

Our exchange life started on such a winter night. Because of the different weather and living habits, we had to adapt to a lot of things again. Besides the weather, even the small things such as taking the bus or going to the supermarket were more or less different from those in Taiwan. Take the bus in Vilnius, the capital of Lithuania, for example, people usually do not get off the bus by pressing the stop button, and I heard that if they accidentally press it, they will be angrily stared at by the whole bus because the bus stops at every station, and the red "STOP" actually means emergency stop, but in other Lithuanian cities, such as Kaunas or Klaipėda, people are very accustomed to getting off the bus and will press the car bell to ask the driver to stop; or, supermarkets usually use self-checkout, so if you buy fruits and vegetables or bread without barcodes, you need to look for them yourself at the checkout counter. These details may seem commonplace, but for newcomers, it is often necessary to observe the behavioral patterns of local people before they can integrate into their lives.

However, as you get familiar with them, you will realize that Lithuania and Taiwan are not that different. Even though Lithuania is half a world away, it still has good security and a similar price level as Taiwan. After spending time with local friends, I realized that people don't think so differently from people in Taiwan, and it's a really pragmatic and lovely country.

Visiting 14 European countries and learning to take care of yourself during travel.

At the end of the semester, when I had the opportunity to plan a trip to various European countries, the challenges I faced were even more different. I traveled to 14 countries in Europe during and after the semester. Because of the larger span of countries and the increased diversity of languages and ethnic groups, I often encountered more complicated problems. These include how to communicate with customs when my Taiwanese visa is questioned, what to do if people don't speak English, what to do if missing a train, how to prevent pickpockets and thieves, and even what to do if encountering unfriendly accosting or sexual harassment.

However, while solving all kinds of problems, it is also a process of getting to know yourself better, knowing what kind of people and environment you like or doesn't like, learning to get along harmoniously with people from different cultures, and fighting for yourself when you are treated unfairly.

When I traveled to Poland and had my underwear stolen from a hostel, or when I was verbally harassed by other international students, I might not have dared to speak out because of my status as a foreigner if I had encountered similar situations at the beginning of the semester, but after the incident, I learned to clearly state my position and try to fight for my personal rights.

5. Specific benefits of the training (please list in columns)

1. Enhancement of engineering professional knowledge and learning of practical cases in European countries

As described in the third point, the biggest benefit of the training is to have a closer understanding of the

professional knowledge of engineering. In addition to the academic journals and textbooks I read in the classroom, I was able to learn about engineering cases and environmental issues in various European countries. In the process of communicating with students from different backgrounds, I also learned about the engineering problems and environmental pollution problems faced by different countries, which also enhanced my own awareness of environmental protection.

2. Understanding the teaching style and learning atmosphere of European schools

Another rare experience is understanding the teaching style and learning atmosphere of European countries. This exchange experience made me realize the difference in teaching styles between Taiwan and Eastern European schools. The exchange schools tend to increase the proportion of student participation in the classroom and encourage students to speak more and discuss with each other.

Emphasize academic character and autonomy and responsibility

In terms of academic culture, exchange schools emphasize plagiarism, and at the beginning of the semester, they will announce the relevant rules and regulations, showing that they attach great importance to students' character. The rules and regulations in the classroom also emphasize the concept that students are responsible for themselves. Furthermore, teachers also encourage exchange students to take classes they are interested in, and even if they don't have elective credits, they are still willing to give homework guidance and even correct assignments. I am very fortunate to be able to exchange to a school that is so friendly to exchange students.

3. The living environment with a high frequency of English usage enhances listening and speaking skills.

The most direct impact of coming to a European school is the language impact, because Lithuania is considered to be a country with a high percentage of English speakers, and you can communicate with the local people in Vilnius in English. And in school, I needed to use English a lot, no matter whether I was giving a report or having a discussion with my classmates. In the past, most English learning in Taiwan was based on reading and writing, but listening and speaking were less frequently learned. During the six months of exchange in Europe, I had a lot of opportunities to practice listening and speaking in English, which I found to be a very valuable experience.

4. To understand the culture and development history of different European countries and to broaden the international perspective.

During the six months of exchange, I visited 14 countries and 23 cities in Europe during and after the semester. I learned about the languages and cultures of different regions. From the history of the expansion of each country in the Middle Ages to the advancement of Western technology in measuring latitude and longitude, geomagnetism, and time during the Age of Sail, to the development of World War I and II, the Cold War, and even modern national movements in various countries, I have gained a wider understanding of the history of each country.

In addition to the major historical events in the West, I also visited traditional and modern art museums in different countries, such as Picasso and Dali of Surrealism, Monet and Van Gogh of Impressionism and Munch of Expressionism, etc., so that to gain a better understanding of the development of modern art in the West.

In the process of getting to know European culture and history, I also indirectly realized how Asian and European cultures influence and interact with each other, which make me cherish my own culture and language in Taiwan more.

6. Thoughts and Suggestions

Recognize racial differences and remove stereotypes and labels.

I was very lucky on this trip that I hardly encountered any racial discrimination or serious sexual harassment. The internet is full of prejudices about life in different countries, and when we talk about "Europe", we often apply similar prejudices to people from different countries. Even before I went abroad, I had labeled this land with many things, such as poor security, possible racism, etc. But when I really stepped on the unfamiliar borders, I realized Europe encompasses so many borders and people that it can't be summarized by a few single impressions. As I heard more and more accents and visited more and more cities, I gradually realized the differences between different ethnic groups.

For example, Scandinavians always give people the impression of being distant and cold, but Sweden and Denmark are among the friendliest countries I met during my trip; before I came to Europe, I thought there were a lot of thefts and robberies, but there are also cities like Vilnius, Lithuania, where the level of law and order is about the same as in Taipei; and the general impression is that Germans are strict and stereotypical and lacking in human touch, but when I got lost in the city or didn't have change to go to the toilet, I always got warm and friendly help from the passers-by.

What is internationalism? Focus on different ethnic groups and cultures

Throughout this trip, I kept asking myself, "What is the international perspective? Since kindergarten, our society has been promoting bilingual education, and in high school, college, and even after we start working, we are reminded of the importance of an international perspective, and that society expects us to have a broader international outlook in order to enhance our competitiveness. But what exactly is "internationalism"? And why is it important? Is it the bilingual textbooks in high schools? The various speeches were given by foreign scholars? Or the international news reported by foreign media?

I think everyone has his or her own answer, but to me, the so-called "international outlook" means learning not to label others from any particular point of view, respecting that everyone has his or her own special cultural background and way of thinking, and learning to understand the differences between each individual and tearing down the labels that the outside world gives us.

What should be the attitude towards challenging new things?

The experience of going abroad has also given me more insights into challenging new things. Facing an unknown language, unfamiliar people, different cultures, and habits will inevitably make one feels uneasy, but most of the challenges are not as difficult as one would think, and after removing the pressure from oneself, you can realize that each challenge is a different kind of wonderful adventure. During the journey, you will also meet new partners, who may sometimes be confused together, and sometimes walk with you. People always come and go, and in each other's lives, they inspire each other, create new memories together, and then continue on to the next part of the journey.

Last but not least, I would like to thank my Taiwan and Korean exchange student friends while studying in Vilnius. After we met in Lithuania, we traveled around together, and I was very lucky to meet friends from different countries and travel with them. In general, I encourage others to go abroad for exchange programs so that people can get to know different languages and cultures while improving their professional skills.