

學校簡介

札格拉布大學位於克羅埃西亞的首都札格拉布，校舍散佈於市區之中的各個角落，和台灣的學區型態非常不同，不同學系系館之間的距離可能會長達車程二十分鐘以上。

校內國際交換生人數與國籍多元，但比起理科，商管和文科相關科系的交換生比較多，而總體來說亞洲學生的比例很少，沒有跨不出舒適圈的問題。

跨國際學生組織ESN提供相當多元的學生活動，舉凡益智猜謎、語言交換到酒吧派對都有，是認識不同朋友很好的機會。

學校有提供三種不同宿舍，中間價位的Cvjetno租金便宜且設施完善，比起外面租屋划算很多。

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

Biological Oceanography，老師英語程度高且對教學投入，學生來自不同領域、也沒有一定要有相關知識才能學習的成規，師生間交流頻繁且有趣。課程內容紮實豐富。

國外研修之生活學習（課外）

學習獨立處理生活大小事與自身心理問題，以及在陌生的地方重新建立人際關係。最重要的是溝通的技巧，畢竟多數時間雙方使用的都是非母語的英語。有時因為時間壓力還要快速且明確的提出問題或解釋對方聽不懂的詞彙，應變能力增加許多。

交換/研修之具體效益（請條列式列舉）

1. 生活技能與器物修繕能力增加
2. 溝通能力改善，比較能快速的擬出問題並問出口
3. 具正面意義的臉皮變厚，人際應對上比較可以放心拒絕或提出邀請
4. 具體感受到其他世界與文化的存在

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?

旅途過程非常安全，沒掉過任何東西。但生活上最困擾的是簽證的文件缺失與免簽相關問題不知道要找什麼單位詢問，以及室友的衛生習慣不好。在辦居留證時發現良民證沒有經過國家公證，於是請家人幫忙在台灣公證過後寄回來，我再去奧地利的台北代表處與克羅埃西亞大使館蓋章，花了比較多的時間和金錢。

而我的交換期間適逢克羅埃西亞從非申根轉為申根區，不太確定辦了居留證之後要怎麼算免簽時間，向各單位詢問都沒有得到確定答案，只會收到一堆附著官網網址的含糊回答，著實令人惱怒。在不確定之下我還是選擇先飛往非申根區的保加利亞刷新入境紀錄，才繼續在其他申根國家的旅行。所以到現在還是不知道持有克羅埃西亞居留證的台灣人需不需要在九十天免簽過後重新入境申根區才能繼續享有免簽待遇。

而室友的衛生習慣問題，也只能在事件發生當下立馬反應，所幸室友個性也挺和善，在反應之後都會收拾乾淨。但同樣的問題要不斷重複挺令人煩躁。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

室友是波士尼亞人，習慣吃重口味的中東料理，所以吃飯時房間的味道會非常重。而且歐洲人普遍不像亞洲人般重視室內清潔，例如習慣把吃完的食物直接留在桌面上(可能和天氣有關，歐洲乾燥涼爽，即使沒有立即收拾食物也比較不會腐壞)、食物碎屑直接揮到地上、不常清潔地板(可能和空氣有關。高雄如果不勤掃地，沙塵的量會很可觀)等等。只能在室友吃完飯後請她收拾、自己開窗通風等等。

但比較麻煩的是，在回教信仰中相信從窗外吹進室內的風是會讓人生病的，所以室友會常常把我開的窗關起來。之後也只能跟她協調說至少讓我開一扇窗保持室內通風。

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？

更深切的體會到凡事靠自己最有用，明白所謂能一個人生活並不是指從此不感孤獨、無時無刻都活在喜悅中，而是知道只要撐過夜晚，隔天的太陽會讓我有能量面對不安，吃飽飯後又是美好的一天。

更體會到每個人都如此不同，卻都是生而為人、有著人的可能與極限，對人對己的要求也就寬容不少。

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？

獎學金有無並不是影響出國的主要原因，但還是相當程度有幫助。

感言及心得感想

歐洲和台灣所處的東亞最大的不同在於同一片土地上有著多種語言與文化，學習外語相對而言是比較簡單且生活化的事。儘管每個國家都有其封閉之處，但也有多數歐洲學生都會學習兩到三門以上的語言，而不同語言伴隨的便是不同的思考方式，如何連接或補足語言與語言之間的差異需要足夠的想像力及反應能力，是在使用單一語言的台灣體會不到的有趣經驗。但同時也伴隨著相當程度的孤獨，畢竟在雙方都使用非母語溝通的過程時常會出現詞不達意、卻為了要讓對話能進行下去而出現的妥協與含糊帶過的狀況。不過事後回想，即使是用母語溝通的過程，也常常會出現這樣的狀況吧。

在歐洲生活的這段時間體會到最大的差異在於歐洲人不太會在意犯錯這件事，對人對事會保留相對多的彈性，應對突發狀況也很靈活。不像亞洲人死要面子，在不確定能不能做對之前不太敢實作。我想這和教育體系對學生思考方式的養成有很大的關係，畢竟填鴨教育並不鼓勵試錯，總是會有標準答案，直接扼殺不同思考方式的學生所需要多走的那些思維路徑，然後在學生生涯即將結束才發現去你的人生根本沒有標準答案。

另外一件很不一樣的體驗便是對於時間的感受。因為地大，所以通勤時間拉得好長好長。因為緯度高，所以四季流轉變得很鮮明。於是，便需要等待。等五個小時過去才會到達目的地，等寒冬過去才有春暖花開。而台灣太小緯度太低，在交通與通訊發達的時代沒有時間和空間等事件發生，什麼事都要求速度和效率，也真的有辦法達到，與此同時對事情的耐心與容錯率就低了，搞得生活很緊張，好像有張時刻表貼在天空逼每個人在準點進站，沒趕上就天理不容似的，很難騰出點時間給事件有機的長出自己的樣貌，揠苗助長生命僵硬的符合看似漂亮的生產線包裝。無聊透了，又不是所有事都像外科手術開刀房需要三十秒內決定要不要裝葉克膜。我喜歡有程序的做事，但只要分清楚事情的緊急性，總是有些事情值得多一些餘韻去等待吧。不過這應該算是全世界的趨勢，只是台灣比較明顯罷了。

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)

I. An Introduction to Zagreb University:

Zagreb University is nestled within the capital city of Croatia, Zagreb. Unlike universities in Taiwan, the faculty buildings here are spread across the entire city, making its landscape quite unique. The distance between different departments and halls could sometimes span more than a 20-minute car ride.

The university boasts a diverse range of international exchange students from various nationalities.

Although these students are spread across all faculties, the majority are concentrated within the business management and liberal arts departments, as opposed to the faculty of science. Despite the diversity, the proportion of Asian students is notably small, ensuring that students are compelled to step outside of their comfort zones.

The international student organization, ESN, orchestrates a plethora of student activities. These range from quizzes and language exchanges to lively bar parties, providing an excellent platform to interact with a diverse group of people.

II. Lessons from school:

Most professors are good at English. Although they have an accent, there is no need to worry about not understanding. Exam methods for exchange students and content is relatively flexible, and you can choose an oral test or a written test. The professors I met were very willing to answer the students' questions, as students were willing to ask. The vibe between professors and students is relaxed and open.

My only dissatisfaction is that there are relatively few exchange students in the biology department and the geology department, so I need to have class one by one with professor, couldn't study with local students. As result, I only have little communication with local students and losing a lot of opportunities having depth understanding of the local culture and life patterns.

III. Lessons from life:

One of the most significant differences between Europe and East Asia, where Taiwan is located, is the linguistic and cultural diversity found within a single geographic space. Learning foreign languages becomes a simpler and more commonplace aspect of life. Although each country maintains its distinctive character, many European students are proficient in two or three languages. With each language comes a different way of thinking. Bridging or reconciling differences between languages requires substantial imagination and quick-thinking abilities. This is a fascinating experience that is not easily obtained in Taiwan, where a single language is primarily used. However, it does come with a certain degree of loneliness. During communication in a non-native language, misunderstandings may occur, and compromises are often made for the sake of maintaining dialogue. But in hindsight, such scenarios are common even when communicating in one's native language.

III. Benefits :

1. Enhancement of Life Skills and Repair Abilities:

Living abroad necessitates the development of practical life skills and problem-solving abilities, including the ability to repair various objects. This growth not only serves to increase self-reliance but also fosters a sense of achievement and capability.

2. Improved Communication Skills:

In a foreign environment, effective communication becomes crucial. This experience nurtures the ability to quickly formulate and articulate questions, facilitating better interactions with different cultures and enhancing overall communication skills.

3. Development of Assertiveness:

Living in a different cultural context often requires one to step out of their comfort zone. This experience can lead to developing a "thicker skin" in a positive way, allowing individuals to feel more comfortable asserting themselves, whether it's saying 'no' or extending invitations in social settings.

4. Tangible Experience of Other Worlds and Cultures:

Finally, residing abroad provides a first-hand experience of diverse cultures and perspectives. This exposure allows individuals to appreciate the complexity and richness of the world, which in turn fosters greater empathy and understanding among different cultures.

V. What I learn in abroad:

The most significant distinction I perceived during my time in Europe was that Europeans are less preoccupied with making mistakes. They retain flexibility in their approach towards people and situations, and exhibit adaptability in unexpected circumstances. Unlike Asians who are overly concerned about "embarrassment," Europeans are more willing to take risks even when the outcome is uncertain. This likely reflects differences in educational systems and their impact on students' ways of thinking. Traditional rote learning discourages trial and error and always insists on a 'correct' answer, thereby stifling the development of diverse thinking styles. It's only at the end of their educational journey that students realize that there is no definitive answer in life.

Another contrasting experience pertains to the perception of time. Given the vast geography, commute times are considerably extended. The higher latitudes lead to more distinct seasonal transitions. Consequently, waiting becomes a part of life - waiting for a five-hour journey to reach its destination, waiting for winter to give way to the blooming spring. In contrast, Taiwan, with its small size and low latitude, leaves little room for waiting in this era of advanced transportation and communication. There is a constant push for speed and efficiency, and while these goals are often achievable, they lead to a reduced tolerance for mistakes and a high-stress environment. It feels like everyone is governed by a timetable in the sky, and missing a schedule is unforgivable. It's challenging to find the time to allow things to naturally take shape. Not every situation demands immediate resolution like in a surgical operating room. I appreciate a procedural approach to tasks, but recognizing the urgency of matters, some things are indeed worth waiting for. This could be seen as a global trend, just more pronounced in Taiwan.