

A. 學校簡介

考納斯理工大學(Kaunas University of Technology, 簡稱 KTU) 位於立陶宛第二大城考納斯，是立陶宛最大的理工類院校之一，創立於 1992 年，目前約有 7,500 名學生，其中包含約 1,200 名國際學生。KTU 設有 9 個學院、8 個研究所、9 個研究中心、18 個學生組織、12 個宿舍、6 個藝術團體、和提供 10 種體育訓練的 KTU 運動中心。

B. 國外研修之課程學習 (課內) · 推薦受益最多/最喜歡的課程

這學期我總共選了三門課，Environmental Management、Lithuanian for Foreigner (level A1)、和 Sustainable Human Development。環境管理這堂是線上課，雖然是線上課但老師很有趣會自己帶氣氛，主要是介紹什麼是環境管理系統(EMS)，以及老師自身幫業界公司規劃環境管理系統的經驗，和實務上經常會有的錯誤，是我覺得學到很多專業和實用性很高的一門課；立陶宛語課是用英文上課，但老師的英文口音很重，上課方式會請學生練習多講，不過講義上沒有英文翻譯，有時候也不知道自己唸了什麼，要之後回去再自己翻譯，但可以學一些生活基本用語和句型，對生活上還蠻有幫助的，期中和期末每個人會用英文為主立陶宛文為輔的方式介紹自己的國家和食物，可以順便認識各國的文化很有趣；永續人類發展是比較偏概論的課，會介紹社會、環境、經濟永續發展和人類永續發展彼此之間的關係，一半是老師講課一半是簡單的實作課，算是輕鬆好拿學分的課。

C. 國外研修之生活學習 (課外)

課餘時間我覺得最大的學習就是自己煮飯，在歐洲的餐廳吃飯都不便宜，通常都要去超市買食材自己回來煮，也因此我嘗試了各種不同的料理，有時候也會和其他幾個台灣人做台式料理，一起回味家鄉菜，我也和在宿舍的義大利人透過料理和他們交流，順便學了怎麼做義大利麵。

除此之外，我花了很多時間在歐洲旅行，規劃每趟旅行都要做很多功課，包含當地交通、文化、那些地方是危險的等等，在旅行途中也會遇到一些沒預想到的突發狀況，像是火車和飛機誤點、景點工作

人員罷工、突然感冒等等，這些旅行中的問題都訓練著緊急應變以及和旅伴之間溝通協調的能力。

D. 交換/研修之具體效益 (請條列式列舉)

1. 增加英文口說的信心
2. 體驗交換校當地的生活 (氣候、文化、都市、飲食...)
3. 低成本在歐洲旅遊 (歐洲廉航很便宜，學生社團也很多資源)
4. 透過不同國家的學生，了解各國的文化
5. 更加獨立自主，訓練面對緊急狀況的應變能力
6. 離開熟悉的環境，有更多時間認識自己

E. 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？

出去玩的時候分別訂了兩家航空公司的兩段機票要回立陶宛，抵達機場準備要回去的時候發現第一段航班延誤近一個小時，可能會趕不上第二班飛機，去櫃檯詢問後又被告知第一段機票超賣，我沒有位置可能沒辦法上飛機，只能到登機門等候補，或是放棄這段航班。

當下已經晚上九點多，因為櫃台跟我說後面幾班飛機也都客滿很難候補，剛好附近的城市隔天一早有直飛回立陶宛的聯航，我就馬上訂了機票和巴士搭到另一個機場。雖然那時候覺得被超賣機票很生氣，還要多花錢再買巴士和機票，但現在回過頭看當時果斷止損是正確的決定，因為等候補的風險太大，可能還會多花住宿和食物的費用，又很浪費時間。遇到一些緊急狀況可能會很情緒用事，但冷靜思考後再做決定，即使必須付出一些成本也會是最好的選擇。

F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

部分歐洲國家的人的時間觀念是以時間段為單位，所以可能約好中午 12 點要吃飯，他們的理解是 12 點到 12 點半都是準時，甚至更彈性，剛開始和他們約花了不少時間在等待，後來問他們才知道這對

他們來說是正常可以被接受的時間觀。而我自己的調適方式則是在約好的時間點準備好並告知他們，不要給自己遲到的壓力，因為有些人真的不在意，並且善用那些零碎的等待時間做自己的事。

G. 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？

開始學習問自己想要的是什麼，以前很習慣用刪掉自己不想要的方式來做選擇，在旅行的過程中我發現有太多地方根本去不完，要在有限的時間裡在各國體驗自己最喜歡的事物，必須要了解自己喜歡的景點和事物是什麼，我也嘗試把思維用在其他生活方面，這樣的方式會對自己的選擇更有自信，也可以更加認識自己的特質，以及自己缺少了哪些特質。

H. 感想與建議

出發前完全沒辦法想像我可以度過二月-10 度的立陶宛，覺得自己非常幸運，都會在一些無助的時候得到幫助，從一到立陶宛扛著兩個托運行李要搭火車，遇到一位一樣要去 KTU 的義大利人，熱心地幫我們搬行李、三個台灣人在宿舍交換物資以及生活上的各種協助、出去旅行時有旅伴可以一起找相關資料，省了很多時間也去到很多自己去旅行可能不會注意的地方。

去之前有聽說波羅的海三小國的物價消費比較便宜，我自己覺得超市和民生用品和德國跟東歐其他國家差不多，但住宿和交通是真的便宜很多，考納斯公車學生票五折優惠搭一次只要 0.4 歐，後來變成八折只要 0.14 歐幾乎是不用錢，宿舍費也是我問到最便宜的，雖然環境一般般，但住五個月真的跟其他國家相比可以省很多錢。

這半年去了好多個歐洲國家，緊湊又充實的旅行，回到台灣後還是覺得像一場夢好不真實。可能不是深度旅遊，但確實也體驗到歐洲不同地區的特色和文化差異，如果之後還有機會去歐洲玩，也知道自己喜欢什麼樣的旅遊型態，哪些國家值得再訪。

I. 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) 500 字以上

KTU, located in Lithuania's second-largest city Kaunas, is one of the country's leading technical universities, hosting around 7,500 students, including 1,200 international students. I enrolled in three courses: Environmental Management, Lithuanian for Foreigners (A1), and Sustainable Human Development. The Environmental Management course, although fully online, was one of the most enriching. The professor made the virtual class engaging and shared practical industry insights, especially on environmental management systems (EMS) and common real-world mistakes. The Lithuanian language course was challenging due to the lack of English translation in class materials and the teacher's heavy accent. We also gave presentations in both English and Lithuanian, allowing us to learn about each other's countries. The Sustainable Human Development class was more introductory and discussion-based, exploring the relationships between society, economy, and the environment. It was lighter in workload but useful for understanding broader sustainability concepts.

Outside of the classroom, my biggest learning experience was living independently—especially cooking for myself. Eating out in Europe is expensive, so I learned to prepare meals from scratch, often sharing and exchanging dishes with Taiwanese and international friends, including Italians who taught me how to cook authentic pasta. Traveling was another important aspect of my time abroad. I visited many European countries, which required detailed planning around transportation, local culture, and safety. I encountered several unexpected situations—such as flight delays, strikes, and even illness—each of which helped me build resilience and quick problem-solving skills. One of the most challenging incidents occurred when an overbooked flight threatened to make me miss my connection. Rather than waiting on standby, I quickly booked an alternate route from a nearby airport, which turned out to be the right decision despite the added cost. From these experiences, I became more confident in handling emergencies and learned to stay calm under pressure.

I also learned to adapt to cultural differences, such as the more flexible concept of punctuality in Europe. Instead of being frustrated by delays, I learned to manage my time and expectations more effectively. Overall, this experience made me more independent, confident in English communication, and self-aware. I also realized the importance of understanding what I truly want, rather than just eliminating what I don't want—a mindset that helped me prioritize destinations during travel and can be applied to broader life decisions. Before leaving, I couldn't imagine surviving the -10°C winter in Lithuania. But throughout the journey, I felt incredibly lucky—I often received help during moments of uncertainty. When I first arrived in Lithuania with two large checked suitcases and needed to take a train, I met an Italian student also heading to KTU who kindly helped me carry my luggage. During my stay, I was also supported by three fellow Taiwanese students in the dorm, as we shared resources and helped each other with daily life. While traveling, I had companions who helped research information, saving time and allowing us to visit places we might have missed alone. Reflecting on the past six months, I am grateful not only for the many countries I visited and the cultures I experienced, but also for the friendships I formed and the personal growth I achieved. Studying abroad at KTU was more than an academic exchange; it was a life-changing journey that helped me discover more about the world—and myself.