

我非常慶幸有機會到澳洲國立大學（ANU）交換，這所大學是澳洲頂尖學府，且國際學生比例高達約七成。在這裡，我得以與來自世界各地的學生交流，感受到多元文化的氛圍。

我在中山大學主修語言，曾學習西班牙語、法語和俄語。ANU 則提供更多語言選擇，包括阿拉伯語、拉丁語，甚至像蒙古語這類較少見的語言。由於我對拉丁語系特別感興趣，因此選擇了義大利語，這也成為我最喜愛的課程。與台灣偏重文法和詞彙的教學不同，ANU 更強調溝通能力。課堂上有兩位老師，會以簡單義大利語交談示範給學生看，並安排大量口說練習。令我印象深刻的是課程安排：每週四小時，分成兩天各一小時和一天兩小時的課堂，這樣的節奏讓我更容易進入「義大利語思維」，勝於中山每週一次三小時的課程設計。此外，ANU 沒有選課限制，我也選修了「歐洲動態商業」和「中東動態商業」兩門課。ANU 的商學院課程非常有名，我很喜歡他們的教學方式：兩小時講座加一小時討論課，透過討論課與教授和同學的互動，使我能更深入吸收知識。

在交換期間，我一共加入了十三個社團，想盡力體驗校園生活。幾乎每個平日晚上都有社團活動，有時甚至一晚兩場。我非常享受這些活動，認識了來自世界各地的朋友，也深入了解他們的文化。例如，我參加了拉丁美洲學生會的莎莎舞和巴恰塔舞課程，體會他們如何透過舞蹈和熱情去交流，以及舞蹈文化對他們的重要性。我也參加越南學生會的米捲製作活動，雖然我不太喜歡米捲的口感，但了解到它是越南重要的街頭美食，很獨特。還有韓國學生會的活動，體驗了幾款簡單有趣的韓國傳統遊戲。

作為一名來自香港、在中山大學留學三年半的學生，我很慶幸自己過去的留學經驗幫助我快速適應這次交換生活。只花了兩天，我就完全融入新環境，沒有經歷明顯的文化衝擊，也因此對自己的適應能力感到自豪。但令我印象深刻的是 ANU 對學生心理健康和反歧視的重視。學校提供完善的學生支持系統，例如為第一代大學生舉辦專屬活動，透過分享會和互動活動幫助他們適應大學生活。此外，學校對歧視行為採取零容忍態度，只要向校方舉報，歧視者即使是教授也會受到嚴重處分。此外，宿舍門外的個人資訊表中有「代名詞」欄位，展現了對性別多元學生的尊重，讓我深刻感受到澳洲社會的包容與開放。

ANU 也非常注重學生的社交融合。開學前兩週有「N-week」，宿舍會舉辦電影之夜、女性專屬下午茶、飛盤加烤肉等活動，促進宿舍內的交流；接著是「O-week」，為全校學

生安排迎新活動，如快速交友、校園嘉年華、知識競賽等，確保大家在開學前就能結交朋友。我非常感謝學校為學生打造這麼溫暖的環境。

我也從澳洲文化中學到很多。過去澳洲曾因對原住民的待遇備受批評，但現在每場大型活動的主持人都會公開承諾尊重原住民族群及其文化。我曾參加「ANU 廚房與花園」活動，大家一起從校園農場採摘蔬果並烹飪。負責老師告訴我，澳洲土地肥沃是因為原住民長期用心照料，說這話時她臉上滿是感激的笑容。這讓我深受感動，也提醒我現代社會的便利與基礎設施，都是前人辛勤努力的成果。我學會了感恩生活中的一切，以及生命中每一個出現的人，這次交換經驗對我來說彌足珍貴。

這次交換帶給我最大的收穫，是我對生活態度的轉變。我的宿舍距離校園約二十分鐘步行，往返課堂和社團活動每天約需走 80 分鐘。起初我覺得這段通勤時間很浪費，因為我一向很重視時間管理，喜歡同時處理多件事。但漸漸地，走在 ANU 校園裡的自然環境中-湖泊、河流、樹木-讓我放慢腳步，從台灣和香港的快節奏生活中抽離，開始享受美麗的天空、可愛的校園動物和寧靜的大自然。我體會到，生活就是活在當下，應該用心感受自己走過的每一步，而不是只看著終點。即使離開澳洲，每當我閉上眼睛回想起 ANU 的自然景色，心中總會浮現幸福感與平靜。這段經歷幫助我在面對壓力時找到舒緩的方法，也讓我養成欣賞身邊自然與人群的習慣。

## **Exchange at Australian National University**

I consider myself extremely fortunate to have had the opportunity to participate in an exchange program at the Australian National University (ANU), which is renowned the top university in Australia and boasts an international student ratio of approximately 70%. This diverse environment allowed me to meet students from all over the world while studying in a single country.

As a language student at NSYSU, I have studied Spanish, French, and Russian. ANU offers a much broader range of language courses, including Arabic, Latin, and even less commonly taught languages such as Mongolian. Since I am particularly interested in the roots of Latin languages, I chose to study Italian, which quickly became my favorite course. Unlike in Taiwan, where the focus tends to be on grammar and vocabulary, ANU emphasizes communication skills. We had two instructors who conducted the daily conversations in front of us, and we engaged in extensive speaking practice. One aspect I found particularly beneficial was the class schedule: four hours per week divided into two one-hour sessions and one two-hour session. This structure helped me adapt to thinking in Italian far more effectively than the single three-hour weekly class format I experienced at NSYSU. With no restrictions on course selection, I also enrolled in "Dynamic Business in Europe" and "Dynamic Business in the Middle East," as ANU is well-known for its business programs. I thoroughly enjoyed the teaching style, which consisted of two hours of lectures followed by a one-hour tutorial focused on discussions. This format facilitated deeper understanding through active engagement with professors and classmates.

During my exchange, I joined thirteen clubs to maximize my experience. Almost every weekday evening featured club events, sometimes even two in one night. This involvement allowed me to meet many friends from diverse cultural backgrounds and immerse myself in their traditions and culture. For instance, I participated in salsa and bachata classes with the Latin American Student Association, where I observed how dance serves as a form of communication and cultural expression. I also joined the Vietnamese Student Association's rice roll-making event, learning about the significance of this popular street food despite my personal dislike of its texture. Additionally, I engaged with the Korean Student Society, experiencing traditional Korean games that were simple yet captivating.

Having studied in NSYSU for three and a half years as a student from Hong Kong, I was pleased to find that my previous international experiences prepared me well for this exchange. It took me only two days to acclimate to the new environment, and I experienced no significant culture shock. I am proud of my adaptability. However, I was particularly impressed by ANU's policies on student mental health and anti-discrimination. The university provides robust support systems, such as dedicated events for first-generation university students, including talks and activities aimed at easing their transition. Discrimination is taken very seriously; even a simple report to university staff can result in consequences for the offender, regardless of their position. Moreover, the personalized information sheets outside dormitory rooms include a "pronoun" section, demonstrating the university's respect for queer students and reflecting Australia's inclusive and open-minded culture.

ANU also organizes extensive orientation activities to help students integrate. Two weeks before the semester begins, "N-Week" offers dormitory-based events like movie nights, women-only afternoon teas, and frisbee barbecues to foster community. This is followed by "O-Week," which includes speed-friending, campus carnivals, and trivia nights, ensuring students form social connections before classes start. I greatly appreciated these efforts to nurture a supportive student environment.

I also gained valuable insights into Australian culture. Historically, Australia has been criticized for its treatment of Indigenous peoples. Today, however, it is customary for event leaders to acknowledge and pledge respect to Indigenous communities and their cultures. I participated in "ANU Kitchen and Garden," where students harvest produce from the university farm and cook together. The instructor explained that Australia's fertile land owes much to the Indigenous peoples' careful stewardship, a sentiment expressed with gratitude. This experience reminded me that modern society's conveniences and infrastructure are built upon the efforts of previous generations. It taught me to appreciate life and the people who shape it, making this exchange truly invaluable.

The greatest gift from this exchange was a transformation in my attitude towards life. My dormitory was twenty minutes from campus, and I often walked a total of eighty minutes daily between classes and club activities. Initially, I viewed this commute as a waste of time, given my time-conscious nature and multitasking habits. However, walking through ANU's natural surroundings-its lakes, ponds, and trees-encouraged me to slow down and appreciate the present moment. I learned to enjoy the beauty of the sky, the campus wildlife, and the tranquility of nature. This shift helped me escape the hectic pace I was accustomed to in Taiwan and Hong Kong. Even now, after returning home, I find comfort

and calm by recalling the serene environment at ANU. This habit continues to help me manage stress and appreciate the world around me.