

A. 學校簡介

考納斯科技大學 (KTU) 為立陶宛重要高等教育機構之一，校內設有 Social Sciences, Arts and Humanities Faculty，我於交換期間就讀其中的 Strategic Communication 課程領域。雖然屬於策略傳播相關學程，但可自由選課，使我能跨領域修習與國際政治、安全研究、文化對話相關之課程。

校園整體氛圍理性、務實且具國際視野。課程內容高度重視地緣政治思維、歷史脈絡與安全架構分析，這是在台灣較少接觸的思考方式。

B. 國外研修之課程學習 (課內)

本年度修習課程包括：

- International Institutions and Cooperation
- Comprehensive Studies of Risk and Security Issues
- Communication Theories
- Cross-Cultural Dialogues
- European Security Architecture
- Lithuanian for Foreigners (A1 & A2)
- Spanish Language (A1)

其中印象最深刻的是 European Security Architecture 與 Comprehensive Studies of Risk and Security Issues。課程從地理位置出發，層層堆疊歷史、政治與安全概念，讓我意識到地理並非背景，而是決策核心。身為來自海島國家的學生，我過去對「邊界」與「地緣」的理解較為單一，在立陶宛的

學習讓我重新思考國家安全、外交策略與商業決策背後的地理因素。課程強調經典文本、歷史回溯與整體結構理解。這種訓練讓我思考更深、更長遠。

C. 國外研修之生活學習（課外）

課外，我經常到學校健身房運動。有次，其中一位教練邀請我參加校級柔道比賽。是一個十分新鮮且有趣的經驗。此外，在立陶宛獨立紀念日，我手持立陶宛與台灣國旗邀請民眾參與「We Bloom in the Garden of Freedom」計畫，許多民眾主動交流與創作，即使語言不通，仍以微笑與拇指相挺。

D. 交換/研修之具體效益（條列式）

1. 建立地緣政治思維與安全架構分析概念
 2. 深化對國際制度與合作運作的理解
 3. 完成兩國對話計畫並舉辦兩場展覽
 4. 成功於當地商店寄售畫作明信片與貼紙
 5. 增強跨文化溝通與公共倡議能力
 6. 培養主動溝通與行政問題解決能力
 7. 強化對自由民主價值的理解與反思
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E. 海外生活期間遭遇困境與解決方式

申請 early exam 時過程不順，行政回應緩慢且無明確政策可參照，導致來回溝通耗時耗神。最後我學到：

- 持續追蹤 email
- 問題需具體明確
- 若承辦回覆不清，可詢問其他相關人員並 cc 原承辦

這段經驗讓我學會主動為自己爭取權益，而非被動等待。

F. 文化衝擊與適應

立陶宛人外冷內熱，初見時較少眼神接觸，但熟識後非常溫暖。我形容他們像椰子，外殼堅硬，內在甜美柔軟。另外，立陶宛人對歷史與國家定位的強烈認同，令人印象深刻。每當提及台灣，也常迅速產生共鳴。這種「小國經驗」拉近彼此距離。

G. 海外歷練帶來的改變與成長

我更理解「小國」的重量，也更清楚自己為何選擇人文領域。我對地理、歷史與國家安全的理解更立體，價值觀也更成熟。這段交換讓我對自由與責任的認知，從抽象理念轉為具體實感。更重要的是，讓我有更多機會探索自己、認識自己、成為自己。

H. 感想與建議

KTU 提供跨領域與國際視野的學習環境。建議未來交換生主動參與課堂討論與校際活動、當地節慶，並預留時間深入體驗四季與文化。

A. University Introduction

Kaunas University of Technology (KTU) offers a dynamic academic environment within the Faculty of Social Sciences, Arts and Humanities. During my exchange, I studied under the Strategic Communication field while freely selecting interdisciplinary courses related to security, international institutions, and culture.

B. Academic Learning

Courses such as European Security Architecture and Comprehensive Studies of Risk and Security Issues profoundly shaped my thinking. They emphasized geopolitical awareness—layering geography, history, and security analysis. Coming from Taiwan, an island nation, I previously viewed borders in a simplistic way. Studying in Lithuania reshaped my understanding of how geography influences political and commercial decision-making.

C. Extracurricular & Daily Life Learning

Socially, Lithuanians may appear reserved at first, but once trust is built, they are warm and supportive. Being one of few Asians in Kaunas made me more visible in public spaces, yet most interactions were respectful and even encouraging.

D. Concrete Benefits

- Developed geopolitical and security-oriented thinking
- Completed a transnational democracy dialogue project
- Held two exhibitions in Kaunas
- Sold postcards and stickers derived from the project in a local shop
- Strengthened intercultural communication skills
- Gained administrative problem-solving experience

E. Challenges

Applying for an early exam was frustrating due to unclear policy and slow responses. I learned to follow up persistently, clarify questions precisely, and cc relevant staff when necessary. This experience strengthened my self-advocacy skills.

F. Cultural Impact

Lithuania's strong historical consciousness deeply impressed me. Conversations about national identity often created instant connection between Taiwanese and Lithuanians. On March 11 (Independence Day), I invited people to join my project while holding both national flags. Even without a shared language, smiles and gestures conveyed solidarity.

G. Personal Growth

Studying at KTU gave me geopolitical awareness I would not have gained in Taiwan. More importantly, I gained a deeper understanding of the “weight” of small nations and the fragility of freedom and democracy. My values evolved from abstract beliefs into lived experiences.

H. Reflection

KTU broadened my worldview academically and personally. Lithuania became more than a study destination, it became a place where I felt belonging.