

A. 學校簡介：

考納斯理工大學位於立陶宛的第二大城市-考納斯，學校地理位置優越，鄰近考納斯國際機場、考納斯火車站、考納斯巴士總站，交通十分便利。可以透過火車或客運到達其他主要城市（維爾紐斯、克萊佩達）。宿舍區的生活機能相當完善，附近有許多超市（Maxima、Lidl、iki、SILAS、Rimi）、商場、餐廳、咖啡廳、健身房、診所等設施。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程：

我最喜歡的課程是品質管理（Quality Management）。這門課不僅是理論學習，老師還會設計許多互動性強的活動，讓我們分組討論並發表成果。此外，老師會引導我們分享時事新聞與當前品質管理領域的最新動態。在學期初，老師鼓勵我們去參加立陶宛的黑客松比賽，我與來自亞塞拜然、馬達加斯加和巴基斯坦同學一起組隊參加比賽，在比賽過程中學習到許多關於多元共融（DEI）知識與跨文化的團隊合作經驗。

C. 國外研修之生活學習（課外）：

在課外生活方面，我經常與室友在宿舍舉辦小型派對，並邀請來自不同國家的朋友一起分享各自的國民美食。這種文化交流讓我能夠快速了解和學習不同國家的生活方式、家庭文化、校園生活以及休閒娛樂。每次活動後，我都能從朋友們的分享中發現不一樣的世界觀，這不僅增進了我的社交能力，也讓我對世界更加開放與包容。

D. 交換/研修之具體效益：

- 一、英文能力大幅提高，無論是課堂討論還是日常交流，我的語言表達能力和聽力都有顯著改善。
- 二、國際視野更加開闊，與來自世界各地的同學合作和交流，使我對不同文化有了更深的了解。
- 三、跨文化合作能力提升，在多元文化的團隊中，我學會如何有效地溝通和協作。

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？

在海外生活期間，我曾遭遇急性牙髓炎的困擾。我透過當地立陶宛同學的推薦，找到了一間診所並接受了治療。這次經歷讓我深刻體會到，與台灣相比，國外的醫療服務並不如預期那麼便捷，預約牙醫需等待數天，且醫療費用較高。我的學生保險（Swisscare）只理賠少部分費用，這使我意識到在未來應該購買台灣的海外醫療險，以應對突發情況。

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？

在與來自不同國家的同學合作時，我發現不同文化背景的人在課堂參與度和工作態度上有顯著差異。尤其是在團體作業中，由於每個成員的標準和期望不同，這常常會導致合作上的困難。為了解決這個問題，我學會了根據每個人的個性和擅長領域進行分工，並且在討論中多傾聽每個人的觀點，尊重並包容他們的文化差異。

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？

這次海外經歷讓我變得更加獨立自主，在遇到困難時，我學會了冷靜思考並尋求解決方案，無論是在學業還是生活中，我都能快速適應並應對挑戰。此外，我也變得更加勇於與不同背景的人溝通，不再因為語言障礙或文化差異而感到不安。

H. 感想與建議

在交換期間，我體驗到歐洲的多元生活，認識了來自不同國家的朋友，並在這段期間遊覽了多個國家，參觀了各種博物館和美術館，這些經歷開拓了我的眼界，也讓我對世界的多樣性有了更深的理解。我非常感謝去年的自己勇敢地申請交換學生，這次經歷讓我成長了許多。我建議學弟妹們：不要猶豫，勇敢地參加交換學生計劃！這將是一次極具挑戰與收穫的經歷，不僅能拓展你的視野，還能開啟無限的機會和可能。這一切絕對值得，你會收穫許多你無法預見的寶貴經驗！

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

Kaunas University of Technology is located in the second largest city in Lithuania, Kaunas. The university's geographical location is very convenient, being close to key transport hubs such as Kaunas International Airport, the Kaunas Railway Station, and the Kaunas Bus Station. This makes traveling very easy, as students can easily reach other major cities like Vilnius and Klaipeda by train or bus.

The campus area, particularly the dormitory zone, offers excellent living conditions. There are numerous supermarkets such as Maxima, Lidl, Iki, SILAS, and Rimi nearby, as well as shopping malls, restaurants, cafes, gyms, and medical clinics. This ensures that students have easy access to everything they need for daily life, whether for food, shopping, or health services.

My favorite course during the exchange was Quality Management. This course wasn't just theoretical; the professor designed many interactive activities that allowed us to work in groups, discuss, and present our findings. Additionally, we were encouraged to share current news and the latest developments in the field of quality management. In the beginning of the semester, the professor motivated us to participate in a hackathon in Lithuania. I teamed up with students from Azerbaijan, Madagascar, and Pakistan to take part in the competition. Through this experience, I learned a great deal about Diversity, Equity, and Inclusion (DEI) and gained invaluable cross-cultural teamwork experience.

The course was not only insightful in terms of technical knowledge but also helped me develop essential skills in collaboration and problem-solving. The opportunity to work with a diverse group of students was particularly enriching, as it taught me how to communicate effectively across cultures and navigate differing perspectives and work styles.

In terms of extracurricular life, I frequently hosted small parties in the dorm with my roommates, inviting friends from different countries to share their traditional dishes. These cultural exchange events allowed me to quickly learn about the lifestyles, family traditions, campus culture, and leisure activities in different countries. Each time, after sharing meals and stories, I discovered new worldviews and developed a deeper appreciation for the diversity that exists in the world. This not only improved my social skills but also helped me become more open and accepting of other cultures.

The exchange program has had a significant impact on my personal and academic development.

1. Improved English Language Skills: My English abilities have improved dramatically, both in terms of speaking and listening. Whether in class discussions or daily interactions, I became more confident in expressing myself and understanding others.
2. Broadened International Perspective: By collaborating with students from all over the world, I gained a deeper understanding of various cultures and the global landscape. This has broadened my perspective and helped me appreciate the diversity of thought and practice.
3. Enhanced Cross-Cultural Collaboration: Working in multicultural teams, I learned how to communicate and cooperate effectively across cultural boundaries. I gained hands-on experience in problem-solving and teamwork, which will be valuable in both my future career and personal life.

The exchange program allowed me to experience the rich and diverse lifestyle of Europe. I met many friends from different countries and traveled to several countries, visiting various museums and art galleries. These experiences greatly expanded my worldview and deepened my understanding of global diversity.

Reflecting on my time abroad, I am extremely grateful that I took the leap and applied for the exchange program. This experience has been transformative in many ways, from academic improvement to personal growth. It has made me more independent, confident, and adaptable. I believe the skills and insights I gained will continue to benefit me in the future.

In conclusion, studying abroad has been an enriching and life-changing experience. It has not only enhanced my academic and professional skills but also shaped my personal character. I will always carry the lessons learned and the friendships made during this time with me as I move forward in life.