

格但斯克大學位於波蘭北部濱海城市創立於 1970 年，我到的這年剛好是創校 55 周年，以歐洲來說算是新學校，校區包含格但斯克 (Gdańsk)、索波特 (Sopot) 與格丁尼亞 (Gdynia)，主校區位於格但斯克的奧利瓦 (Oliwa) 區，交通便利，校園建築現代，設施齊全。全校共設有 11 個學院，涵蓋廣泛的學術領域，並提供多種學位課程。

學術上因為波羅的海的地理優勢，在海洋科學與環境保護方面具有顯著的研究成果，相關科系在歐洲乃至全球皆享有良好聲譽。此外法律學院與經濟學院也在波蘭國內具有穩定且良好的學術評價。

格但斯克大學也是歐洲大學聯盟 (SEA-EU) 的成員之一，與來自西班牙、克羅地亞、法國等多所歐洲大學建立了密切的合作關係。透過 Erasmus+ 計劃，該校為學生提供多樣化的國際交換與實習機會，

國外研修的課程中，我最喜歡的課程應該是“ Modern behavioral finance”，雖然老師蠻常遲到的，但她課堂中會提及一些我過去不熟悉的財務行為，因為在台灣時我選修的課程內容多半圍繞在實質的計算，比較少接觸心理層面的討論。而且每次下課前也會有小測驗讓我檢查自己是否混淆了一些相似的觀念，讓我更加認識這些學說。課外方面主要是 UG 的國際處和 ESN 這兩個組織會舉辦活動，但 UG 這邊通常比較晚郵件通知交換生，ESN 活動幾乎每個禮拜都有，他們公布的比較早，也有舉辦過夜的活動，不過因為時間因素我剛好沒參加到。

海外生活常常會遭遇困境，無論是在波蘭或其他國家，語言當然會是生活中遇到的挑戰之一，但歐洲和亞洲想法有許多差異，因此他們處理事物的方式是我們難以想像的。但學校方面辦事真的會讓人不安，比如說宿舍相關入住規定大概在開學前一周才會公布，一開始我在詢問他們時也常常得不到想要的回覆，像是問三個問題只回答一個，或者是我當初申請暑假住宿沒有成功，後來有候補倒也沒被通知等，一切的處理都讓人摸不著頭緒。我覺得這件事給我的啟發是有些東西我們無能為力，但可以試著調適自己的心情，盡量改善負面情緒。

文化衝擊對我來說可能是隱私的部分，學校宿舍就是兩張床靠得很近，或是我去的許多青旅床位也都沒有簾子，旁邊的人做甚麼都可以看得一清二楚。甚至浴室也常常沒有門鎖，只有一塊防水布，而且很多都是男女混合，實在覺得沒甚麼安全感。還好歐洲人通常習慣早上洗澡，我通常都會跟他們時間錯開，選擇人少的時段使用。海外生活對我最大的成長是懂得去感謝過去一些認為理所當然、微不足道的事。譬如說我在德國和荷蘭都有遇到火車延誤或取消，他們通常不會告訴你太多，能做的事情就是等。所以如果旅程一切順利，對我來說就是一件很幸運的事。還有就是學習如何準備充裕，許多困難是需要時間處理的，所以我通常會先事前了解各種資訊、永遠提早到等等。這些經驗具體效益如下：

1. 危機處理能力
2. 規劃旅遊計畫及控制預算
3. 勇於開口詢問
4. 親眼見識各國的差異

個人的感想是格但斯克是一個很不錯的城市，波蘭也是一個蠻適合來交換的國家，治安、物價都相對不錯，我覺得自己來歐洲這半年很值得，不論是增廣見聞之後有了很多不同的想法，或是累積經驗增加處理能力，都對我自己很有收穫。

The University of Gdańsk, located in northern Poland, was established in 1970. Although it is relatively young by European standards, it has grown into a well-regarded institution with campuses across Gdańsk, Sopot, and Gdynia. The main campus in the Oliwa district is modern, well-equipped, and easily accessible by public transport. The university comprises 11 faculties and offers a wide range of academic programs.

Due to its location by the Baltic Sea, the university has built a strong reputation in marine science and environmental studies. Its faculties of law and economics are also highly rated within Poland. As a member of the SEA-EU alliance and participant in the Erasmus+ program, the university offers many opportunities for international collaboration and exchange.

One of my favorite courses was *Modern Behavioral Finance*. While the professor was often late, the content introduced new perspectives I hadn't encountered in Taiwan, especially the psychological aspects of financial behavior. The short quizzes at the end of each class helped reinforce my understanding.

Outside the classroom, international events were mainly organized by the university's international office and ESN (Erasmus Student Network). While communication from the university was often delayed, ESN was well-organized and offered weekly activities, including overnight trips, though I couldn't attend due to time constraints.

Studying abroad also came with challenges. Language barriers aside, cultural differences in how people handle situations were sometimes difficult to adjust to. University administration could be confusing—important information like dormitory check-in rules were announced only shortly before the semester, and responses to inquiries were often incomplete. These experiences taught me to manage my emotions and focus on what I could control.

Privacy was another cultural difference I struggled with. Dorm beds were placed closely together, and many hostels lacked curtains or proper bathroom locks. Some facilities were mixed-gender, which felt unsafe. I learned to adjust by avoiding busy hours and prioritizing my own comfort.

Overall, living abroad made me more grateful for things I once took for granted. In countries like Germany and the Netherlands, I experienced train delays with little explanation, which taught me to appreciate smooth travels and the importance of being prepared. This exchange experience improved my crisis management skills, planning ability, confidence in asking for help, and gave me firsthand exposure to cultural differences.

Gdańsk is a great city, and Poland is a very suitable country for exchange—affordable, safe, and culturally rich. My time in Europe expanded my worldview and brought me both academic and personal growth.