A. 學校簡介

泰國法政大學（Thammasat University，มหาวิทยาลัยธรรมศาสตร์）是泰國歷史第二悠久的高等學府，在泰國享有極高的學術聲望，尤其以法學、政治學以及商管學院（BBA）聞名。學校分為多個校區，其中最為人熟知的是位於曼谷市中心、緊鄰昭披耶河與大皇宮的 Tha Prachan（月亮碼頭，曼谷）校區，以及腹地廣大的 Rangsit（蘭實，巴吞他尼府）校區。法政大學擁有極為國際化的學習環境，每年吸引來自世界各地的交換學生前來就讀。曾發生泰國民主化過程中知名的慘案「法政大屠殺」，因此校園風氣自由開放，鼓勵學生關心社會議題並具備批判性思維，且是泰國唯一一所不要求學生穿著制服的大學。這座融合了深厚歷史底蘊與現代國際化視野的校園，是體驗泰國學術與文化活力的絕佳場所。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

在法政大學商管學院（BBA）的這半學期，全英文的授課環境與高強度的個案討論讓我獲益匪淺。我最推薦且受益最多的課程是「Technology and Innovation Management」。這門課跳脫了傳統的單向講授，教授極度重視實務應用、小組討論以及自我反思。

班上的同學基本上來自法國、美國及加拿大，在進行分組報告時，我們必須不斷在不同的文化背景與商業思維中尋求共識。這不僅大幅提升了我的商務英語表達能力，也透過創意思考（Designed Thinking）的操作性理論作為工具，思索創新案例與個人生涯規劃的結合應用，這是在台灣傳統課堂中難以獲得的實戰經驗。

C. 國外研修之生活學習（課外）

在課堂之外，曼谷的都會生活與泰國各地的深度探索，是我交換期間最寶貴的學習。在都會區，我時常走訪 Terminal 21、Emsphere 及 Central World 等大型商場，觀察當地零售業的發展；我也十分熱衷於探索曼谷街頭的小眾設計師品牌，感受當地獨特的年輕次文化與時尚美學。

交通與生活機能方面，我高度仰賴 Grab 和 Bolt 等叫車軟體穿梭於城市中，並習慣使用 GrabFood 解決三餐。泰國的飲食文化十分鮮明，我在享受道地咖哩、炸豬排飯與泰式奶茶的同時，也學會了運用基礎泰語或備註來客製化餐點（例如要求少糖、不加洋蔥或酸黃瓜），以符合自己的飲食習慣。

此外，這半年間我積極規劃跨城市旅行。我體驗了泰國臥鋪火車從清邁回到曼谷的悠閒、在普吉島感受海島風情，更走訪了安帕瓦水上市場、美功鐵道市場、桂河死亡鐵路與考艾國家公園。此外，也與加拿大同學前往斯里蘭卡以及馬來西亞觀光。

D. 交換/研修之具體效益（請條列式列舉）

- **跨文化溝通能力躍進：**透過全英文授課與來自美加的交換生合作，大幅提升了外語表達的自

信與跨文化協商技巧。

- **東南亞市場洞察**：實地觀察曼谷的商業發展（如大型百貨的行銷策略、課堂參與泰國資產管理公司與學校安排前往羅勇府體驗 CSR 計畫），對東南亞的經濟活力有第一手的認識。
- **獨立生活與問題解決能力**：從處理簽證、租房，規劃前往清邁、普吉島及斯里蘭卡等地的跨國/跨城市旅行，培養了高度的獨立性與危機處理能力。

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?

遭遇困境：曼谷的交通壅塞與熱帶氣候的突發暴雨，是生活中的一大挑戰。曾有幾次在尖峰時段或暴雨時，完全叫不到 Grab 或 Bolt，甚至遇到司機單方面取消訂單，導致行程大亂或差點趕不上重要會議。

解決方式：我學會了「多重備案」的生存法則。出門前我會隨時監測天氣與交通狀況，並將 BTS（空鐵）和 MRT（地鐵）作為首選，將叫車軟體作為點對點的輔助。同時，我也下載了多個不同的交通與導航 App 交互使用。這讓我體會到，在異國生活必須隨時保持彈性，不能過度依賴單一資源，隨機應變才是克服未知困境的關鍵。

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?

文化衝擊：最明顯的衝擊來自於泰國人常說的「Sabai Sabai（輕鬆、慢慢來）」生活態度，以及飲食上的極端口味。剛開始，我對當地行政效率的緩慢感到有些焦慮（在移民局辦理延簽時，等了九個小時）; 同時，泰國飲料（如美祿或泰奶）的預設甜度極高，料理也偏重口味。

適應方式：針對飲食，我很快學會了客製化點餐的技巧，熟練地請店家「หวานน้อย（少糖）」或客製化不加某些配料。而在心態上，我漸漸理解「Sabai Sabai」並非散漫，而是一種與高壓熱帶氣候共處的生活哲學。我開始放下在台灣習慣的急躁，學會享受當下，在原則與彈性之間找到平衡，這也讓我的性格變得更加豁達。

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?

這半年，是我人生中一段快速蛻變的時期。最大的成長在於「韌性」與「適應力」的全面升級。過去在台灣，生活大多在可控的軌道上運行；而在泰國，面對不同的語言、文化習慣以及隨時可能改變的計畫，我必須不斷走出舒適圈。

我發現自己變得更加開放與包容。無論是穿梭在繁忙的市集、獨自搭乘長途臥鋪火車，還是與不同國籍的同學激辯商業個案，我都更加自信且從容。這段海外歷練讓我深刻體認到，我不僅能適應任何陌生的環境，還能在其中保有自己的生活步調，這份內在的安定感是我帶走最珍貴的禮物。

H. 感想與建議

法政大學的交換計畫是一趟充滿驚喜的旅程，它打破了許多我對東南亞的既定印象。對於未來準備前來泰國交換的學弟妹，我有幾點建議：

1. **擁抱當地生活科技：**熟練使用 Grab、Bolt 叫車與外送平台，並多利用行動支付，能大幅降低生活阻力。
2. **走出曼谷：**不要只留在首都，善用泰國發達的旅遊資源，搭火車去清邁或飛往南部海島，你會看到截然不同的泰國風貌。
3. **拋棄對泰國「觀光」的單獨印象：**讀書與觀光所看到的截然不同。過去，不止一人問過我：為什麼選擇泰國交換，是喜歡泰國、想學泰文嗎？事實上，兩者間並不全然相關。其一，法政大學多數使用英文授課，且對於英文檢定的成績要求時常高於英美兩國；其二，全校同期交換生 90%同學來自歐洲與美洲，其中法國人約 40%，美國及加拿大人約佔 60%，剩下則來自日本、汶萊等地。而若只看商學院，我是班上唯一的台灣人，若加上全校 (含蘭實校區) 我是全校唯三的台灣人。因此在交流、合作、上課等方面，反而比歐美交換更能體驗跨文化合作 (畢竟會在歐美交換的，大多為亞洲、台灣人)。

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
赴中國交換者免填英文心得

A. School Introduction

Thammasat University is the second-oldest university in Thailand and boasts a high academic reputation, particularly for its Law, Political Science, and Business (BBA) programs. The university features multiple campuses, including the well-known Tha Prachan campus, located in central Bangkok near the Chao Phraya River and the Grand Palace, as well as the expansive Rangsit campus in Pathum Thani. With a highly international learning environment, it attracts exchange students from all over the world. As the historical site of the renowned "Thammasat University massacre" during Thailand's democratization process, the campus atmosphere is exceptionally liberal, encouraging students to engage in social issues with critical thinking. Notably, it is the only university in Thailand that does not require students to wear uniforms. This campus, blending deep historical roots with a modern international perspective, is an excellent place to experience Thailand's academic and cultural vitality.

B. Academic Learning (In-Class)

During my half-semester at the Business School (BBA), I greatly benefited from the high-intensity case discussions within an all-English teaching environment. My most recommended and rewarding course was "Technology and Innovation Management". Breaking away from traditional one-way lectures, the professor heavily emphasized practical applications, group discussions, and self-reflection.

My classmates were predominantly from France, the United States, and Canada. During group presentations, we constantly had to seek consensus amidst different cultural backgrounds and business mindsets. This not only significantly enhanced my business English expression but also allowed me to use "Design Thinking" frameworks to connect innovative case studies with personal career planning. This is a practical experience that is hard to acquire in traditional Taiwanese classrooms.

C. Extracurricular Life

Beyond academics, exploring Bangkok's metropolitan life and other regions of Thailand was the most valuable part of my exchange.

I frequently visited large malls like Terminal 21, Emsphere, and Central World to observe the local retail industry.

I was also passionate about exploring niche designer brands on the streets of Bangkok to experience the unique local youth subculture.

For transportation and daily logistics, I heavily relied on ride-hailing apps like Grab and Bolt to navigate the city.

I used GrabFood for my daily meals. Thailand's food culture is very distinct, and while enjoying local dishes like curry and fried pork, I also learned to use basic Thai or add notes to customize my orders (such as requesting less sugar or no onions) to suit my dietary habits.

I actively planned cross-city trips during these six months. I experienced taking the sleeper train from Chiang Mai back to Bangkok, felt the island vibes in Phuket, and visited the Amphawa Floating Market, the Maeklong Railway Market, and the Death Railway.

Additionally, I traveled with a Canadian classmate to Sri Lanka and Malaysia for sightseeing.

D. Specific Benefits

- Enhanced Cross-Cultural Communication: Collaborating with North American exchange students in an all-English environment greatly boosted my confidence in foreign language expression and my cross-cultural negotiation skills.
- Southeast Asian Market Insights: I gained firsthand knowledge of Southeast Asia's economic vitality by practically observing Bangkok's commercial developments (like marketing strategies in large malls) and participating in a class CSR program in Rayong with a Thai asset management company.
- Independence and Problem-Solving Skills: Managing visas, renting accommodation, and planning complex cross-border and cross-city trips to places like Chiang Mai, Phuket, and Sri Lanka cultivated a high degree of independence and crisis management ability.

E. Challenges, Culture Shock, and Adaptation

Encountered Challenges: Bangkok's traffic congestion and sudden tropical downpours were major life challenges. There were instances during rush hour or heavy rain when I completely couldn't book a Grab or Bolt, or drivers unilaterally canceled my rides, nearly causing me to miss important meetings.

Solutions: I learned the survival rule of having "multiple backup plans". Before heading out, I would monitor the weather and prioritize the BTS (Skytrain) and MRT (Subway), using ride-hailing apps merely as point-to-point supplements. I also utilized multiple transportation and navigation apps simultaneously. This taught me that living abroad requires constant flexibility and not relying on a single resource; adaptability is the key to overcoming unknown difficulties.

Culture Shock: The most obvious shock came from the Thai "Sabai Sabai" (relaxed, take it easy) lifestyle attitude and the extreme flavors in their diet. Initially, I felt somewhat anxious about the slow local administrative efficiency, such as waiting nine hours at immigration. Furthermore, default local drinks (like Milo or Thai tea) are extremely sweet, and the food is heavily flavored.

Adaptation: Regarding food, I quickly mastered the skill of customizing orders, proficiently asking vendors for less sugar or to omit certain ingredients. Mentally, I gradually realized that "Sabai Sabai" is not laziness, but a life philosophy for coexisting with the high-pressure tropical climate. I began to let go of the impatience I was used to in Taiwan, learned to enjoy the present moment, and found a balance between principles and flexibility, making me much more open-minded.

F. Personal Growth and Suggestions

This half-year has been a period of rapid transformation in my life. My biggest growth lies in a comprehensive upgrade of "resilience" and "adaptability". In Taiwan, my life mostly ran on a controllable track; however, in Thailand, facing different languages, cultural habits, and constantly changing plans forced me out of my comfort zone.

I found myself becoming more open and inclusive. Whether navigating busy markets, taking long sleeper trains alone, or debating business cases with classmates of different nationalities, I grew more confident and composed. This overseas experience deeply made me realize that I can not only adapt to any unfamiliar environment but also maintain my own pace of life within it; this inner sense of stability is my greatest takeaway.

Reflections and Suggestions for Future Students:

The exchange program at Thammasat University was a journey full of surprises, breaking many of my stereotypes about Southeast Asia. I have a few suggestions for future students: Embrace local life technology: Become proficient in using ride-hailing and delivery platforms like Grab and Bolt to significantly reduce daily friction.

Step out of Bangkok: Do not just stay in the capital. Utilize Thailand's developed tourism resources to take a train to Chiang Mai, and you will see a completely different side of Thailand.

Discard the singular "tourism" impression of Thailand: What you see studying is completely different from touring. You might wonder why someone would choose Thailand for an exchange. In reality, the two are unrelated. Most classes at Thammasat are taught in English, and the required English proficiency scores are often higher than those in US or UK schools. About 90% of exchange students are from Europe and the Americas,

with French students making up about 40%, alongside students from the US, Canada, Japan, and Brunei. I was the only Taiwanese student in my BBA class and one of only three in the entire school. Therefore, in terms of communication, collaboration, and classes, this environment actually forced me to interact more with Westerners than if I had exchanged in Europe or America, where Asian students often stick together.