

心得報告

我選擇了去瑞士琉森大學交換，對我來說是一場夢想成真的旅程。當初會選瑞士，除了想看電影裡那種壯麗的雪山和湖泊，也因為那裡交通方便，讓我可以到處探索歐洲文化。我來自單親的中低收入家庭，爸爸在我小學時就過世了，全靠媽媽做勞力工作養大我和弟弟。對我這種資源有限的孩子來說，出國留學本來是遙不可及的夢，真的非常感謝教育部的「學海惜珠」計畫，讓我能沒有後顧之憂地走出台灣，看看世界長什麼樣子。

琉森大學位於瑞士中部，鄰近琉森湖與交通樞紐，校園環境優美且便利。學校雖規模不大，但採取小班制教學，強調師生互動與批判思考能力的培養。課堂中來自不同國家的學生共同參與討論，使教室本身即成為一個多元文化交流的平台，也讓我在學習過程中不斷接觸不同觀點，進一步拓展國際視野。

在課程學習方面，我修習了波娃文學課、領袖課以及程式設計相關課程。這些課程的教學方式與台灣有明顯差異，強調學生主動發言與深度討論，而非單向接受知識。其中，波娃文學課帶給我最深刻的影響。透過閱讀與分析文本，我不僅更加理解女性主義與性別議題，也開始從更宏觀的角度思考社會結構與個人經驗之間的關係。領袖課則讓我重新理解領導的意義。在與不同國籍同學合作的過程中，我體會到文化差異如何影響溝通與決策，也學會透過傾聽與協調來建立共識。至於程式課，雖然對我而言具有挑戰性，但也讓我培養邏輯思考與問題分析能力，並嘗試跨出原本的人文領域，接觸新的知識體系。

關於這次交換學習帶給我的具體成長，我整理出以下幾點效益：

- 學術思考的翻轉：習慣了台灣的教學方式後，在瑞士的小班制討論課中，我學會了不再只是被動吸收知識。
- 跨領域技能的增進：除了本科的外文領域，透過程式設計課程，我學會了基礎的數據處理與邏輯分析；領袖課程則讓我掌握了實用的團隊協調與同理心溝通技巧。
- 外語實戰能力的提升：全英語的授課環境強迫我必須流利地使用英文進行學術辯論與日常溝通，同時也因為生活需求接觸了德文，提升了多語環境的適應力。
- 獨立生活與財務管理：在物價極高的瑞士，我學會了精準控管每個月的開銷，從買菜、下廚到處理各類行政庶務，都讓我變得比出國前更加獨立自主。
- 國際視野與人脈建立：結交了來自美國、奧地利、比利時等世界各地的朋友，透過與不同文化背景的人深度交流，讓我能以更包容、更開放的態度來看待世界，這對我未來規劃國際職涯非常有幫助。
- 高壓環境下的應變力：面對異鄉的文化衝擊、語言障礙與生活困境，我學會了冷靜尋求資源解決問題，將原本的不安全感轉化為抗壓性與解決問題的實戰經驗。

這段海外研修的經歷，對我而言是一個重要的轉捩點。我不僅在學術上獲得成長，更在人格特質上變得更加獨立、自信與開放。最深刻的體悟是，我開始真正理解「世界很大」，而人生也存在著更多可能性。這份經驗讓我不再侷限於原本熟悉的環境，而是勇於想像與規劃更具國際性的未來。在這段旅程中，獎學金的支持扮演了關鍵角色。由於家庭經濟條件有限，若沒有這筆資助，我將難以負擔海外學習的相關費用。因此，這份獎學金不僅減輕了我的經濟壓力，也讓我能夠無後顧之憂地投入學習與生活體驗。因為有獎學金的支持，我才能夠踏出國門，拓展視野，並在人生中獲得如此珍貴的成長機會。未來，我也期許自己能將這份幫助轉化為前進的動力，並在有能力時回饋社會。

回顧這段在瑞士的時光，那些與來自不同國家的朋友交流的日常、在課堂上勇敢發言的時刻，以及站在陌生城市中重新認識自己的瞬間，都成為我生命中難以取代的記憶。這些照片與回憶，不只是紀錄，更象徵著我曾經勇敢走出舒適圈、探索世界的證明，也將持續提醒我，在未來的人生道路上，保持開放與勇氣，迎接更多未知的挑戰。

During my exchange program, I had the opportunity to study at the University of Lucerne in Switzerland, an experience that significantly broadened both my academic perspective and personal outlook. Located in the heart of

Switzerland, the university is surrounded by breathtaking natural scenery, including Lake Lucerne and the Alps. Studying in such an environment not only provided a peaceful atmosphere for learning but also inspired me to reflect on my goals and future.

Academically, I enrolled in three main courses: a literature course on Simone de Beauvoir, a leadership course, and a programming-related course. These classes were quite different from my previous learning experiences in Taiwan, as they emphasized active participation, discussion, and critical thinking. Among them, the course on Simone de Beauvoir had the most profound impact on me. Through reading and analyzing philosophical and literary texts, I gained a deeper understanding of feminist theory and began to examine social issues from multiple perspectives. The leadership course also provided valuable insights, as it focused on teamwork and communication in a multicultural setting. Working with classmates from different countries made me realize how cultural differences can influence decision-making and collaboration. Meanwhile, the programming course challenged me to step outside my comfort zone and develop logical thinking skills, allowing me to explore a new academic field beyond my major.

Beyond the classroom, my daily life in Switzerland was equally meaningful. I had many opportunities to interact with people from diverse cultural backgrounds, and through these friendships, I gradually realized how vast and diverse the world truly is. Sharing experiences, values, and perspectives with international friends not only improved my communication skills but also helped me develop a more open-minded attitude toward cultural differences. This realization has had a lasting impact on me and has motivated me to consider working abroad in the future, as I hope to continue exploring the world and challenging myself in an international environment.

Living abroad was not without its challenges. I faced difficulties adapting to a new environment, managing expenses in a high-cost country, and handling administrative procedures. However, by actively seeking help and communicating with others, I learned how to solve problems independently and became more resilient. I also experienced culture shock, particularly in classroom interactions, where students were more direct and expressive than I was used to. Over time, I adapted by becoming more confident in expressing my own opinions and embracing different communication styles.

Overall, this study abroad experience has been a transformative journey for me. It has not only strengthened my academic abilities but also helped me grow into a more independent, confident, and open-minded individual. Most importantly, it has shown me that the world is much bigger than I once imagined and has encouraged me to pursue a more international future.