

本次交換校是位於亞利桑那州的 北亞利桑納大學(Northern Arizona University)，學校位於一個叫做 Flagstaff 的小城市。用簡單的方式說，Flagstaff 離大峽谷大約兩個小時車程。這裡不是大城市，所以生活沒有太熱鬧，但生活機能還不錯，附近有超市，要去市區也不會很麻煩。對我來說，住在這樣的小城市是一個特別的體驗，生活步調和台灣完全不同，也讓我更能專注在課業和生活調整上。

在課堂上，我發現身邊的同學來自世界各地，大家的共同語言是英文。剛開始時，溝通有點困難，尤其是在討論和小組作業時，常常需要額外花時間理解同學或老師的意思。雖然辛苦，但這也讓我的英文能力慢慢進步，至少生活上的溝通已經沒有太大問題。宿舍生活也教會我如何跟不同文化背景的人相處，來自不同國家室友會有不同的生活方式，我遇到的室友都很友善，生活雖然有點不同但是影響不大，或者我們都很願意溝通，因為我常常聽到我的其他朋友跟我抱怨他們跟室友處不來，這一點其實蠻重要的，雖然室友不一定會是你最好的朋友，但他們一定是你需要長時間相處的人，很多的摩擦、不開心也都會隨著時間慢慢出現，而我跟室友剛好處的很好，所以我覺得我很幸運。課程內容方面，因為英文不是很熟練，我剛開始無法像其他同學一樣快速跟上課堂進度。為了不落後，我會花很多時間做課前預習和課後複習，上課時有時會用 AI 翻譯程式幫助理解。不過我努力不要過度依賴它，慢慢地，我開始能在上課時自己理解大部分內容。在文化適應上，美國課堂上同學很習慣自由發言，積極表達意見，而我比較害羞，不太敢說話。後來我觀察同學互動、模仿他們的表達方式，慢慢在小組討論中也能提出想法。生活方面，這是我第一次長時間自己生活，所有生活瑣事、學校事務甚至簽證問題都要自己處理。在台灣時，父母或朋友通常會幫忙，但這次我完全要靠自己，也因為時差，沒辦法隨時找人求助。這讓我學到很多自主解決問題的方法；生活習慣上也不同，例如週末比較安靜，需要自己安排活動，我學會自己規劃時間和生活，慢慢適應了這種節奏。

總結這次交換的收穫，雖然生活環境沒有大城市熱鬧，但這反而讓我更專注在學習和自我成長，而我覺得最明顯的是：

- 英文能力提升
- 跨文化理解和交流能力增強
- 拓展國際視野
- 學會獨立生活和適應新環境

這次交換是我第一次長時間獨自生活，雖然挑戰不少，但也因此成長很多。我學會了如何安排生活和學習、如何面對困難、如何與不同文化的人合作，這段經歷對我未來無論學業還是人生都有很大的幫助，也讓我有了一段很難忘的回憶，我也不會後悔我當初的選擇。

My exchange school is Northern Arizona University. It is in a small city called Flagstaff, Arizona. Flagstaff is about two hours' drive from the Grand Canyon. It is not a big city, so life is not very busy, but daily life is easy. There are supermarkets nearby, and going to the city is not hard. Living in a small city was a special experience for me. Life in Flagstaff is very different from Taiwan, and I learned to enjoy a quiet life.

In class, my classmates come from many countries. Everyone speaks English. At first, it was a little hard to understand people, especially in group work and class discussions. I needed extra time to understand my classmates and teachers. It was challenging, but my English got better, and now I can communicate in daily life. Living in the dorm taught me how to live with people from different cultures. My roommates were very friendly. We have different habits, but we could talk and solve problems together. I feel lucky because I know some of my friends had problems with their roommates. I learned that even if your roommates are not your best friends, you need to respect each other. For courses, my English was not very strong at first. I spent more time preparing before class and reviewing after class. Sometimes I used AI translation tools in class, but I tried not to depend on them. Slowly, I could understand most lessons by myself. In American classes, students speak freely and share opinions. I was shy at first, but by watching my classmates and practicing, I could also speak in class. Living alone for a long time was new for me. I had to do daily life, school tasks, and visa problems by myself. In Taiwan, my parents or friends would help, but in the U.S., I needed to solve problems on my own. Sometimes I felt stressed, especially when I could not contact my family because of the time difference. But I learned to plan my time and organize my life. Weekends were quiet, so I had to make my own activities, like exploring the city or nature. I also visited places

like the Grand Canyon, which made my life more interesting.

Overall, life in Flagstaff is not very exciting, but I learned a lot and grew a lot. My main gains are:

- Better English skills
- Better understanding of other cultures
- Broader international view
- Ability to live alone and adapt to new situations

This exchange was my first long time living alone. I learned how to manage my life and studies, face problems, and work with people from different countries. I also learned patience, problem solving, and how to adjust to new situations. Living alone made me more independent and confident. I learned to plan my daily life, solve small problems by myself, and communicate better with others. I enjoyed meeting new friends from different countries and learning about their cultures. This experience gave me many good memories and will help me in the future. I am very glad I joined this exchange program.