

拉脫維亞大學返國報告書

拉脫維亞位於波羅的海旁邊，在三小國的中間位置，主要使用的語言是俄文跟拉文，英文的普及程度算是去過的歐洲國家裡面中下的，不過學校有提供蠻多英語授課的課程，這點則不需要擔心！而這裡的物價算是歐洲國家裡面十分低的，基本上如果都是買食材自己煮的話會比在台灣生活還便宜。（一公升的牛奶或是五隻生的雞腿大概一歐）外食的話則比台灣貴一些，但速食店的價格是差不多的，推薦 HESBURGER 跟歐洲很常見的 KEBAB（土耳其式的捲餅，有分巴基斯坦和土耳其的，每一家的味道都不太一樣）還有 SUBWAY 也跟台灣價錢差不多！PIZZA 的話推薦 PICU DARBNICA 的 NEW YORK，是我在拉脫維亞吃到最愛的一家披薩店！

而拉脫維亞大學（LU）位於拉脫維亞的首都里加，所以生活機能跟交通基本上都算方便，主要的大樓離舊城很近，不過各學院很分散，分別坐落在城市裡不同區域，不像中山是一個大校園的感覺。然後學校有一個類似學生會的組織叫做 ESN，在第一個禮拜每天都會辦不同的活動，像是打保齡球，或是舊城的 walking tour、pub crawl 之類的！可以關注他們的粉絲專業多去參加認識一些新朋友，之後他們也會舉辦一些自費旅行。

宿舍則分為 REZNAS 跟 PRIMA，我是選擇比較多人推薦的 REZNAS（雙人房但衛浴和廚房是跟其他間一起共用），離機場坐計程車大概半個小時就到了（約 10 歐左右，推薦下載 taxify 叫車，可以輸入折扣碼 KGEV7 第一趟折 10 歐），宿舍的位置算是在郊區，屬於治安比較不好的區域，但自己一學期下來是沒特別碰到甚麼事，大家多小心然後太晚的話盡量不要單獨出門應該都還好，而且宿舍是 24 小時都有阿姨在看管！

課程方面蠻推薦大家選俄文課的，老師很認真也蠻嚴格的，認真學的話可以進步得很快，而且日常生活裡遇到的老一輩也幾乎都能用俄文溝通，而且比起學拉脫維亞文，俄文的使用率高非常多！

生活方面大概就是廚藝會進步很多吧！畢竟幾乎每一餐為了省錢都要自己煮，而且宿舍附近也沒甚麼餐廳，所以我從原本不會下廚，到現在基本的料理都沒問題了！

旅行的話推薦一開始辦 ESN 卡，之後搭 RYAN AIR 可以打 85 折，然後有 20KG 的托運行李！基本上歐洲的廉航都很便宜，尤其是低價的時候一張機票往往不到台幣一千塊，只要提早規劃購買就可以大幅降低旅費，另外記得千萬要注意相關規則，以免被多罰一些不必要的罰款。（像是 RYAN 要提早在網路上 CHECK IN 之類的！），然後基本上聖誕節過後就都不用上課了，所以那時候會有很長的假期，所以像我自己那時候就只買了一張飛往比利時的機票，然後一路搭各國火車或是 FLIXBUS 的方式，玩完了法國、瑞士、奧地利、捷克、波蘭！如果有興趣去芬蘭或是瑞典的話也可以選擇郵輪的方式（ECKERO LINE 或是 TALLINK），特價的時候也都很便宜（黑五的時候我買到一歐從塔林到赫爾辛基的郵輪票）！至於往立陶

宛和愛沙尼亞，則是可以選擇 LUXEXPRESS 或是 ECOLINES（最便宜一張只要五歐的客運），車上還附有熱飲，非常推薦！

Last semester was just like a dream. Every experiences were so incredible and memorable! I wish I could have more time because it was so hard to say goodbye with Riga and each people that I met. I'll truly return back to Latvia someday.

It was my first time to been aboard for such a long time. Honesty, I didn't really get used to it at the first few weeks. I felt frustrated when I couldn't speak as well as the others. And I didn't really enjoy the alcohol and the party. This let it harder to get close with others. Of course the homesick made everything more difficult. And worst of all, I caught a cold due to the weather. And I still had to take care of my own and prepared every meals. All of the situations made the beginning kind of hard to me.

But then I realized that this wasn't what I wanted. I don't want to fly that far and only get the bad mood. Otherwise I should just stay in Taiwan. I must cherish this opportunity because I may not have this kind of chance again! Then I started to travel around Europe. Trying to chat and to make friends with the foreigners. Enhancing my own ability. And learning how to live alone. When I changed my mind, it made things better and easier.

So, I'll encourage the one who like me. If you still feel lonely, afraid to move on, and struggle in the exchange life. Just be brave and never make a limit of yourself. Because you'll never know how special you are and how wonderful life is! Never forget why you are here, and how much you pay for it. Do what you want and never regret for your decision. When you try your best for the goal that the whole world will help you to make it!

Last, it definitely be the best part of my life. I will never forget the moment that I spent with my friends. Even till now, I still miss everything that happened in Europe. These all become some part of me. Make me braver for facing any challenges.

Thanks to my home university to give me the chance. Thanks to my parents for supporting me everything. Even came to Latvia to visit me. Thanks to the other Taiwanese exchange students. That we made a lot of targets such as self-drive in Iceland. And always tried to make some Chinese cuisine together. Like cooking bubble milk tea or Chinese fried chicken. You guys absolutely make Riga feels like my second home. Then, thanks to myself of the effort and the decision. Not to limit myself of the major or others. I'm super lucky that I always be helped by some kind people in my trips. And be back to Taiwan safe and sound. I would like to share my experiences to all of you. If you still have any questions, don't be hesitate to contact me through my Instagram:dudu_0716. And also you can see more about my life in Latvia on it!



與其他一起在 LU 的台灣交換生自駕遊冰島



在 LU 上課時認識的一群對亞洲文化很感興趣的拉脫維亞朋
友們



萬聖節 ESN 舉辦的 party