這次我前往斯洛伐克的夸美紐斯大學（Comenius University Bratislava）進行交換，並於管理學院修習相關課程。夸美紐斯大學位於首都布拉迪斯拉瓦，是斯洛伐克具代表性的高等學府之一，校內也有許多來自不同國家的學生及教師，提供了很好的國際交流環境。

在課程方面，我總共修習了五門與創業相關的課程，也是我最喜歡的一系列課程。其中讓我印象最深刻的是 Emotional Intelligence in Youth and Senior Entrepreneurship，主要探討情緒智商對不同年齡及資歷之創業者的重要性。課程除了理論之外，也會透過實際案例、練習及報告幫助我們理解內容。我很喜歡課堂中的上台報告，因為除了學習專業知識，也能練習英文口說、表達能力及面對觀眾的自信，對我的軟實力有很大的幫助。

課外生活方面，我很積極參加 ESN（Erasmus Student Network）舉辦的各種活動，包含室內、戶外及文化交流活動，也固定參加每週的 Run Club。透過這些活動，我認識了許多其他國家的交換生及當地朋友，也讓我的交換生活不只侷限於學校及宿舍，而是有更多機會與不同背景的人交流。

這次交換帶給我最明顯的收穫之一就是英文能力的進步。生活中幾乎所有事情都必須透過英文溝通，因此經過長時間的練習後，我的口說變得更加流暢，也更敢主動開口。另外，我也認識了許多不同國家的朋友，甚至在交換結束後仍然保持聯絡。透過彼此相處，我接觸到許多不同的文化及生活方式，這些跨國友誼是我認為非常珍貴的收穫。

交換期間我也把握身處歐洲的機會，平均每個月至少安排一次旅行。對我來說，旅行也是一種學習，可以實際感受到不同國家在文化、飲食、人文及生活方式上的差異。這些經驗讓我更加體會到世界很大，也拓展了自己的眼界。

海外生活當然也有遇到困難，其中最讓我挫折的是居留證及簽證問題。即使事前已準備好相關資料，仍因當地行政程序及效率的關係無法及時取得居留資格，最後必須返回台灣處理。後來透過聯繫台灣外交部相關單位並獲得協助，才順利取得簽證並重新返回斯洛伐克，但也因此多等待將近一個月，增加不少時間及金錢成本。這件事讓我學習到，即使事前做好萬全準備，仍可能因為無法控制的外在因素而打亂計畫。與其過度糾結，不如冷靜尋找解決方法並調整自己的心態。

文化衝擊方面，除了行政效率與台灣有明顯差異外，我也曾遇過少數帶有歧視意味或不友善的對待。我會提醒自己，這些是個別人的行為，不能因此代表整個國家或文化。任何地方都可能遇到不友善的人，重要的是學習如何面對及調整心態，同時也提醒自己不要用相同的方式對待別人。

這段海外生活讓我最大的改變，是變得更願意主動接觸不同國籍、文化及背景的人。在國外生活期間，我也受到許多人的幫助，因此更能感受到他人的善意有多珍貴，也讓我希望未來在自己有能力的時候，可以主動幫助身邊需要協助的人。

整體而言，我非常慶幸自己當初決定申請交換，也很感謝學校及國際處提供這次機會。雖然交換期間曾因宿舍管理、行政效率及少數不友善的經驗感到沮喪，但我仍然非常享受這段交換生活。如果替自己的

表現打分數，我大概會給自己八十分，因為我認為自己已經盡可能主動參與活動、認識不同的人，也努力把握機會學習及探索世界。

若要提出建議，我希望未來交換學生在海外遇到住宿、行政或權益相關問題時，能有更明確的反映及協助管道。最後，**我很珍惜這將近一年的經歷，以及期間認識的朋友和留下的回憶。即使走訪了許多地方，我仍覺得自己看到的只是世界**的一小部分，也因此更期待未來能繼續到不同的國家，認識更多不同的人。這次交換對我而言不只是一次海外研修，更是一段讓我拓展視野、認識世界，也更加認識自己的珍貴經歷。

心得報告（英文）：

I had the opportunity to study at **Comenius University Bratislava** in Slovakia as an exchange student. The university is located in Bratislava, the capital of Slovakia, and is one of the most well-known universities in the country. During my exchange, I studied at the Faculty of Management, where I was able to experience a different learning environment and meet students from many different countries.

During my studies, I took five courses related to entrepreneurship, which were some of my favorite courses during the exchange. One course that impressed me the most was **Emotional Intelligence in Youth and Senior Entrepreneurship**. The course focused on the importance of emotional intelligence for entrepreneurs of different ages and levels of experience. Instead of only learning theories, we also worked with practical examples, exercises, and presentations. I especially enjoyed giving presentations because they gave me opportunities to practice speaking in front of an audience. Through these courses, I not only gained academic knowledge but also improved my English communication, presentation skills, and confidence.

Outside the classroom, I actively participated in activities organized by **ESN (Erasmus Student Network)**. I joined different indoor and outdoor activities and regularly participated in the weekly Run Club. These activities gave me many opportunities to meet other exchange students and local people. I made friends from different countries and learned about their cultures and ways of life. Some of these friendships have continued even after the exchange ended, which is one of the most valuable things I gained from this experience.

Another major benefit of studying abroad was the improvement in my English ability. During the exchange, I had to communicate in English almost every day, whether in class, with friends, or when dealing with daily matters. After using English for such a long period of time, I became more fluent and confident in speaking. I was also fortunate to travel to different European countries during my exchange. Traveling allowed me to experience different cultures, food, cities, and lifestyles in person, which greatly broadened my perspective of the world.

Of course, not everything went smoothly. One of the biggest difficulties I experienced was related to my residence permit and visa. Although we had prepared the necessary documents in advance, the administrative process took longer than expected, and I eventually had to return to Taiwan to deal with the situation. With assistance from Taiwan's relevant foreign affairs authorities, I was able to obtain a visa and return to Slovakia. However, the process took almost an additional month and resulted in extra expenses. This experience taught me that even when we prepare carefully, unexpected situations can still happen. Instead of focusing too much on

frustration, I learned to stay calm, look for possible solutions, and accept things that were outside my control.

I also experienced some cultural differences and occasionally encountered unfriendly or discriminatory behavior. However, I reminded myself that the actions of a few individuals should not represent an entire country or culture. Unfriendly people can be found anywhere in the world. These experiences taught me to be more open-minded and, more importantly, reminded me to treat others with respect regardless of their nationality or background.

Overall, I am very grateful that I decided to participate in this exchange program. Although there were some difficulties related to accommodation, administration, and cultural differences, the positive experiences were much more meaningful to me. I became more independent, more confident in communicating with people from different backgrounds, and more willing to explore unfamiliar environments. I am also grateful to **National Sun Yat-sen University and the Office of International Affairs** for giving me this opportunity.

If I could give one suggestion, I hope exchange students could have clearer channels to seek assistance when they encounter serious problems related to accommodation, administration, or student rights abroad. Looking back, this exchange was not only an academic experience but also an important period of personal growth. Even after spending almost a year exploring different places, I realized that I have only seen a very small part of the world. This experience has made me even more interested in discovering new places, meeting new people, and continuing to learn about the world in the future.