維爾紐斯大學交換心得：

我在維爾紐斯大學經歷了半年的交換生活，位於立陶宛首都維爾紐斯，具有悠長的歷史以及和舊城區建築融為一體的美麗校園。

我在交換期間最喜歡的課程是 storytelling and trauma，一堂由傳播學系所開設的課程，在這堂課當中我學習到了很多立陶宛在蘇聯統治時期所受到的國民集體創傷，因為某些特殊事件或壓迫導致人民在文化及思想上產生了影響，之前對於蘇聯與東歐國家之間的歷史並不熟悉，對於蘇聯的印象只有曾經強大並且在冷戰期間與美國對峙，但我不知道的是東歐波羅的海三小國受到蘇聯政府如此殘酷的壓迫，了解要如何對於社會的集體創傷透過創傷敘事的方法幫助倖存者以及其後代慢慢癒合傷口，對我深入了解立陶宛當地文化有很大的幫助。

而除了校園的正式課程之外，第一次獨自在國外自理所有的生活大小事也讓我學習了很多，最顯著的是我廚藝上的進步，在交換期間我有更多空閒以及心思因此我試著煮一些健康的食物，幫助我的身體在運動上有更好的表現，平常沒有課程時也會去公園練習滑板以及使用公用器材重訓作為日常活動。或者是搭車到市區的咖啡館閱讀和準備課程的報告或考試。

在這交換期間對我的具體效益有不少：1.在旅遊過程深入了解歐洲各國的文化、生活以及思想，常讓我反思台灣在全球上扮演什麼角色以及我們是否能夠做得更好，在這過程中我反而更愛上了養育我所成長的這座小島國。2.廚藝進步並且能夠好好的對生活習慣做調整，學習如何照顧好我的身體。3.結交來自各國的朋友，交流彼此的背景及文化，希望能夠長久聯繫成為未來回憶往事的知己。4.英語口說能力的增強，由於校園及宿舍內的共通語言一定是最國際化的英語，我又比較少和同樣來自中文圈的朋友交流，因此近乎半年的交換時間是沈浸在全英語與人溝通的環境中，非常有趣的體驗也讓我更珍惜並想更進一步加強這項交流能力。

和宿舍朋友們在巴黎旅遊的途中有其中一位女同學的手機被路上的陌生人搶了，我們雖然立馬報警了但根據我當地巴黎朋友的經驗，以當地警察的執行效率能夠追回手機的可能性幾乎是零，從這件事中我學習在外地要如何與政府當局聯繫並取得幫助，以及學習身處外地貴重的財物真的都要好好藏著，千萬不可以輕易地拿在手上或者離開自己身旁。

在交換期間最印象深刻的文化衝擊是室友的宗教習慣，兩個室友分別來自阿富汗以及哈薩克並且都是穆斯林，在一天中會多次禮拜也不能吃豬肉，因此在平常飲食上就有一些需要注意的地方，最讓我印象深刻的是他們有一個月需要進行齋戒，因此白天完全不能進食以及喝水，這讓他的作息變得有些日夜顛倒，因此有些打擾到我的睡眠，但是經過適當的溝通後，他在夜裡醒來進食時變的更小心別發出聲音，問題也比較緩解了

交換計畫確實對我的人格產生了一些影響，在這學期中我花了很多時間學習和自己相處，在歐洲到處旅行也基本上都是獨旅，並在旅途中認識新的朋友並了解他們的故事，我最大的成長應該是更加的了解自己，知道哪些是我真正想要而哪些是我希望去迎合別人並做到的，雖然距離真正了解自己還有一大段距離，但放下腳步做自己一直以來真正想做的事讓我對於人生的可能有更多不同的看法，我很滿意我得到的成長。

真的覺得當初有積極參加國際處活動並且爭取到交換資格太棒了，這大學四年真的因為參加了這些與外籍生交流的活動大大的打開我的視野，也讓我結識很多志同道合的朋友，原本出發交換之前還很猶豫，因為怕自己去歐洲一個學期會花不少錢但無法得到相應的價值，但我後來發現經驗的價值是很難衡量的，很大程度是自己給予的價值，這一學期的交換生活經驗在我心中已是無價之寶，為我的思想打開更多通往未來的大門。

My exchange semester at Vilnius University was one of the most meaningful experiences of my life. Located in the capital city of Lithuania, Vilnius University is one of the oldest universities in Eastern Europe. Its beautiful campus is right fit into the historic Old Town area, creating a unique learning environment where

history, culture, and modern education coexist.

Among all the courses I took, my favorite was Storytelling and Trauma, which was offered by the Department of Communication. Before taking this course, I knew very little about the relationship between the Soviet Union and the Baltic States. My understanding of the Soviet Union was mostly limited to its role as a superpower during the Cold War. However, through this course, I learned about the suffering experienced by Lithuania during the years of Soviet occupation. The course introduced me to the concept of collective trauma and explored how political oppression, forced deportations, and censorship left long-lasting impacts on society, culture, and personal identity. I was particularly impressed by how storytelling can be used as a tool to preserve historical memory and help survivors and later generations heal from traumatic experiences. This course not only broadened my historical knowledge but also gave me a much deeper appreciation of Lithuanian culture and the resilience of its people.

Outside the classroom, living independently in a foreign country for the first time was equally valuable. Since I had to manage every aspect of my daily life on my own, I became much more independent and responsible. One of the biggest improvements was my cooking. With more free time than I usually had at home, I began preparing healthy meals for myself, hoping to improve both my physical health and my fitness performance. Whenever I did not have classes, I often went to nearby parks to practice skateboarding or use the public outdoor fitness equipment. Sometimes I would take a bus to cafés in the city center, where I enjoyed reading, studying, and preparing for presentations and examinations. These simple daily routines taught me how to balance academic responsibilities with personal well-being.

The exchange program also brought me many concrete benefits. First, traveling around Europe allowed me to experience different cultures, lifestyles, and perspectives firsthand. Visiting different countries encouraged me to reflect on Taiwan's role in the world and think about how our society can continue to improve. Interestingly, the more I traveled, the more I appreciated my own country and felt grateful for the place where I grew up. Second, I developed healthier living habits and learned how to better take care of myself through cooking and regular exercise. Third, I made friends from many different countries, and we shared our cultural backgrounds, traditions, and personal experiences. I sincerely hope that these friendships will continue for many years to come. Finally, my English communication skills improved significantly. Since English was the common language used on campus and in the dormitory, and I rarely spent time with other Chinese-speaking students, I was immersed in an English-speaking environment for almost six months. This constant practice made me much more confident in speaking English and motivated me to continue improving my language skills.

Looking back, this exchange program changed me in many ways. Throughout the semester, I spent a great deal of time learning how to be alone and becoming more comfortable with myself. Most of my trips around Europe were solo journeys, during which I met new people and listened to their life stories. These experiences helped me understand myself more clearly. I began to distinguish between what I genuinely wanted in life and what I had previously pursued simply to satisfy others' expectations. Although I know that self-discovery is a lifelong journey, taking the time to follow my own interests and values has given me a broader perspective on life and the future. I am genuinely satisfied with the personal growth I achieved during this semester.

Finally, I am truly grateful that I actively participated in the international exchange activities organized by

NSYSU and earned the opportunity to study abroad. During my four years at university, interacting with international students greatly broadened my horizons and allowed me to build friendships with like-minded people from around the world. Before departing to Europe, I was worried that studying in Europe for one semester would cost a significant amount of money without providing equal value in return. However, I have come to realize that the value of life experiences cannot be measured by financial cost alone. Their true worth depends on how much we learn and grow from them. This exchange semester has become an invaluable treasure in my life, opening new doors to the future and inspiring me to continue exploring the world with curiosity, confidence, and gratitude.