A. 學校簡介

薩格勒布大學是一所在克羅埃西亞首都的大學，各學院分佈在市區各地，對於交換生並沒有修課數量要求，學生及教授英語溝通是可以的，有甚麼問題他們都很願意幫助你，整理來說上課壓力不會很大。社團活動沒有想像中的多，甚至沒看過，宿舍裡的學生餐廳非常便宜(1-3 歐一餐)，對亞洲人來說可能一開始會不太適應但吃久還行，畢竟真的很便宜。薩格勒布這座城市並沒有很繁榮，甚至我覺得半天就可以把最精華的地方逛完，但治安上蠻安全的，比起羅馬、巴黎這種大城市來說。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

Packaging Production 這門課是在中山沒有的包裝工程課程，每堂課教授都會帶不同容器或是各類別的包裝讓我們更了解每個包裝的特色及加工流程，我覺得蠻有趣的，如果考試成績不太好也會有補考，不會給學生太大壓力。

C. 國外研修之生活學習（課外）

學習到如何在一個沒有人認識你的異地從零開始，像是採買食物、生病買藥、搭乘交通工具甚至是自己去其他城市玩。我覺得對我來說文化衝擊最大的是宗教信仰，我的室友是基督徒，她每個禮拜都要去教堂或是去參加聖經導讀，甚至我大部分的歐洲朋友都是基督教，對於沒有信仰的我來說，是很不熟悉的文化，但我也試著參與其中的活動，並尊重其信仰，我也常常跟我室友交換彼此的想法及價值觀，也從中了解到耶穌、教堂、聖經對他們的重要性，我們也不會因為彼此文化差異而有所疏遠，反而成了我們彼此共同的話題，我覺得蠻有趣的。

D. 交換/研修之具體效益（請條列式列舉）

(1)更加獨立自主，能夠自主解決在國外遇上的困難

(2)英語口說能力進步

(3)理解不同種族的價值觀及想法

(4)結交世界各地朋友

(5)增加國際觀及視野

E. 海外生活期間是否曾遭遇困境，及是否解決問題? 如是，請說明如何解決問題;如未解決，請說明事件最大的啟發及思考未來可以怎麼解決?

在我交換的期間，我應該是唯一一個台灣交換生，我覺得最困難的問題就是簽證!!要先用申根免簽進來再辦短期居留卡。來這裡前早有耳聞歐洲人的做事效率很慢，我從下飛機不到 1 小時就寄了我所有的資料給警察局，一個半月才收到回信!但這不是最麻煩的，因為台灣不是海牙會員國，所以我的良民證沒辦法做海牙認證(對我是來這裡才知道這東西)然後要翻譯成克羅埃西亞文，因此我非常頭痛，但幸運的是我室友給我當地翻譯官的聯絡方式，在經過幾次詢問後才知道可以在這裡做海牙認定(但後面跑程序地陪問法院人員才發現根本只要翻譯成克羅埃西亞語文件，他們就認定你的良民證是可以的)，接下來就跑跟其他人一樣的程序即可，最後警察局會給你克國短期居留證(有效期限就是學校給你入學證明的學期最後一天)，就算你申根 90 天過期只要持這個出境申根國家就不會有事，只要被邊界警察檢查或是給海關人工審查交出這張短期

居留證就可以了。

F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

這裡亞洲人真的很少，走在路上都會一直看著你，我是沒遇到歧視，只是有一次路人故意來撞我(不知道是怎樣)，但也沒反應過來，所以不了了之。 大部分的歐洲人都是很有禮貌不會歧視亞洲人，所以不用太緊張去面對不同種族的人。

G. 海外生活歷練是否為您人生帶來不一樣的改變或者個人特質上的轉變，最大的成長是什麼?

在交換期間，我自己獨自去了許多國家，羅馬競技場、倫敦大笨鐘、巴黎鐵塔等知名景點就在我眼前，但每一次的獨旅都是在更認識自己，去了解到自己所追求的是甚麼，在旅途中我也跟許多人聊天，認識到更寬廣的視野。在台灣，我其實是一個很害羞內向的人，對於社交場面我更是緊張害怕甚至不敢開口，但在歐洲朋友的幫助下，我變得更有自信更知道如何去與人交談，也認識到許多來自不同國家的人，我真的很喜歡這份自信感。

在歐洲，他們是先看到你這個人，而不是問你讀哪裡學校好不好之類的，他們關心的是真正的你，總是問你好不好或是逗你笑之類的，我遇到的歐洲同學真的都人很好(只是很愛喝酒約去酒吧)。剛開始會被歐洲人的鬆弛感嚇到，但後來領悟到一個道理，「為甚麼我們要因為沒事做而感到焦慮呢?」，在台灣如果沒事做的話會很焦慮，或是你跟其他人走的道路不一樣時會有人質疑你甚至不被看好，但在這裡我曾經聽到一位比我年紀還小的學生說:「特別不代表你不好，反

而是讓你更有機會」，歐洲學生給我的感覺都是知道自己想做甚麼，就算不知道他們也會給自己充分的時間找到自己的道路，他們很有想法，不會因為挫敗就因此放棄，我想這是我在這裡學到的一些收穫，能夠成為我自己未來學習或是工作上的養分。

我也更了解自己是否喜歡想在國外求學或是工作，去了許多大城市之後我越來越能體會到台灣的優點及其便利性，能夠生長在一個擁有美食種類繁多、24 小時便利超商隨處可見以及治安非常好的國家是多麼幸福的一件事，我開始感謝自己所擁有的一切以及父母提供給我的教育生長環境，這是我沒想過的收穫，我開始意識到自己來自一個很自由又幸福的地方，我很感激，沒有一個地方是完美的，但我想透過這次交換計畫，讓我理解到自己所生長的環境是很幸福的。

H. 感想與建議

克羅埃西亞真的很多人在抽菸到處都是!!就連在室內也可以抽!!當地人幾乎都可以用英語溝通，而且很流利，我想真的很少人會去這個國家當交換生，但也造就我英語能力有很大幅度的進步。如果你想去一個很少亞洲學生或是甚至沒台灣學生的國家我很推薦，但這裡是稍微無聊了點，博物館或是活動沒有很多。

I. 英文心得(包含學校簡介、課程學習、生活學習、具體效益、心得感想等等) 500 字以上

赴中國交換者免填英文心得

My exchange semester at the University of Zagreb in Croatia was a very unforgettable experience

that completely changed my perspective. The university is located in the capital city, and its faculties are located in different parts of the city center. For international exchange students, the university does not set a strict minimum limit for course credits, which allowed me to organize my study schedule with high flexibility. The academic environment is very friendly because both the professors and local students speak fluent English and are always willing to help whenever problems happen. Therefore, the studying pressure here is relatively low. Although formal student clubs are not very common and club activities are rare, the student cafeteria in the dormitory, called Menza, is excellent and highly economical, offering meals for only 1 to 3 Euros. As an Asian student, it took me some time to adapt to the local food, but it quickly became acceptable because it is extremely affordable. Zagreb is not a very large or highly modernized metropolis, and the main attractions can be explored within half a day. However, its public safety is excellent, making it feel much safer than other major European cities like Paris or Rome.

Regarding my academic studies, the course I enjoyed the most was "Packaging Production." This is a specialized course in packaging engineering, which is a subject not provided at my home university, National Sun Yat-sen University. I found this course very interesting and practical because the professor brought different real containers and packaging materials to the classroom every week to explain the design concepts and manufacturing processes. Furthermore,

the evaluation method is very supportive. If students do not get a good grade on an examination, the department offers opportunities for a re-exam, which reduces a lot of academic anxiety for students.

Living in a foreign country where I did not know anyone previously taught me how to be truly independent. I had to manage everything by myself from the beginning, including grocery shopping, purchasing medicine from pharmacies when I was sick, using public transportation, and arranging solo travel to other countries. Besides daily logistics, the most significant cultural shock came from religion. My roommate is a devout Christian who attends church services and Bible studies every week, and many European friends I made also have strong religious beliefs. For me, because I do not have a specific religion, this lifestyle was very unfamiliar. However, I chose to attend some of their events with an open mind and respect. My roommate and I frequently shared our values and worldviews. Through these conversations, I learned the deep importance of faith in their lives, and our cultural differences actually became an interesting topic that brought us closer rather than separating us. Through these experiences, I became much more independent, improved my English communication, learned to understand different values, and made many friends worldwide.

However, the administrative process was a major challenge during my stay. Since I was likely the

only exchange student from Taiwan during that semester, navigating the temporary residence card process was very complicated. Although Taiwanese citizens can enter the Schengen area visa-free, we must apply for a temporary residence permit at the local police station upon arrival. Knowing that European administrative efficiency can be slow, I submitted all my applications within one hour after landing. Nevertheless, it still took the police department one and a half months to reply to my email. The most difficult issue was my police certificate because Taiwan is not a member of the Hague Convention, which means I could not obtain an Apostille certification. I only realized this problem after arriving in Croatia. The document also required an official translation into Croatian, which was very stressful. Fortunately, my roommate provided the contact information of a certified local translator. After consulting the local court with a student guide, I discovered that the court only required the certified Croatian translation to accept the document. After solving this problem, the process became smooth, and I received the card, which allowed me to travel across borders safely even after my 90-day Schengen tourist period ended.

In terms of social environment, the Asian population in Zagreb is very small, so local people often stare at you on the street. Although I did not experience severe discrimination, there was one occasion where a pedestrian intentionally bumped into me on the street, but it ended without further conflict because I did not react immediately. Generally, most European people are very

polite, so there is no need to be overly anxious. Another shock was the relaxed lifestyle of European students. In Taiwan, people are usually very busy and feel anxious if they have nothing to do. This experience made me reflect on why we feel guilty during free time. A younger local student once told me that being different does not mean you are bad, but instead gives you unique opportunities. European students have strong self-awareness and take enough time to find their path without giving up easily, which is an important lesson for my future career.

Finally, this exchange program allowed me to travel alone to major historical sites like the Colosseum in Rome, Big Ben in London, and the Eiffel Tower in Paris. These solo journeys were an intense process of self-discovery that helped me understand what I truly want in life. In Taiwan, I used to be a very shy and introverted person who felt nervous in social situations and afraid to speak English. With the encouragement of my international friends, I became more confident and learned how to communicate with people easily. In Europe, people appreciate you for who you are, rather than judging your worth based on your school reputation or grades. Furthermore, this journey made me appreciate Taiwan much more. After visiting many big cities, I realized how convenient and safe Taiwan is, with its endless food options and 24-hour convenience stores. I feel very grateful to my parents for providing this opportunity and education, and I now realize how fortunate I am to live in a free and safe environment.

In conclusion, although the heavy smoking culture in Croatia can be uncomfortable, the local people speak fluent English, making communication easy. Because there are almost no Taiwanese students there, I was forced to use English every day, which rapidly improved my speaking skills. For students who want to step out of their comfort zone and develop independence, I highly recommend Croatia as an exchange destination.