A. 學校簡介

巴斯瑪尼彼得天主教大學（Pázmány Péter Catholic University）創立於 1635 年，以匈牙利大主教之名命名，是該國歷史最悠久的高等學府之一。學校校區座落於布達佩斯與厄斯特貢，設有人文社會科學、法律政治、資訊科技與仿生、神學及教會法等學院。本次交換計畫的名額，即是隸屬於人文與社會科學學院。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

在交換期間，我修了兩門課，分別是：從王政復闢到 19 世紀末的英國文學史、亞美尼亞藝術與電影。

從王政復闢到 19 世紀末的英國文學史：這門課是大班制，一個班有快一百人，老師每堂課都會傳點名條簽到，主要的上課方式就是聽教授朗讀 PPT，但要注意的是考試內容跟上課內容完全沒有關聯，且教授上課也不會帶學生分析文本，只會分享作者的生平而這些與考試完全無關，這點與中山的文學課非常不同。整學期只考一次期末考，教授會開幾個考試時間給學生自己選，考試範圍非常大，有近二十本小說跟詩要自己讀與分析，考試當天抽題，方式為口試。

亞美尼亞藝術與電影：這門課是小班制，一個班只有 8 個人，上課的方式為討論課，每個禮拜都有電影跟讀本要自己課前先看，上課教授會提問，教授會希望所有學生都要發言，不會講沒關係教授會引導。這堂課沒有考試，一個學期有三個報告要交，還有一個個人口頭報告，都算簡單，期末給的分也很高，推推。

C. 國外研修之生活學習（課外）

在交換初期其實不太適應，食物跟環境都是，第一次一個人到國外生活那麼久，很多事都只能靠自己，在零下的溫度下租屋處的暖氣壞掉是真的蠻無助的，但這也讓我擁有了獨立處理事情的經驗。

交換校其實有學伴但不知為何這學期沒有舉辦任何活動，我上的課也沒什麼可以跟外國人互動到的機會，所以其實沒認識到什麼外國學生，這點跟我一開始想像的不太一樣但也還好。

在匈牙利外食蠻方便的也算便宜，想省錢又不想煮飯的話大推 kebab，隨便一家都好吃而且可以吃很飽，pizza me 也不錯而且開很晚，超市的選擇很多而且也開的蠻密集的，我個人喜歡逛 spar 跟 lidl，各家超是的價格會有些微不同可以稍微比價一下。

在課餘時間我也去了很多不同的國家旅遊，旅遊的過程雖然有趣但時常也有許多突發狀況需要處理，像火車誤點影響到你後面安排好的行程或是訂好的住宿到了才發現他已經倒了之類的，很可以訓練你的危機處理能力，推薦大家可以加入「台灣歐洲交換學生」的臉書社團，上面會有很多資訊，我也在這個社團認識了很多來自各個不同大學的交換生旅伴。

D. 交換/研修之具體效益（請條列式列舉）

1. 增加國際視野

2. 學習獨處

3. 訓練危機處理能力

4. 認識了很多來自各個不同大學的臺灣旅伴

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?

在交換期間我覺得我每趟旅程都分別遇到了不同大大小小的困境，最讓我難忘的一次是要從巴黎的BVA 機場飛回布達佩斯的時候。

因為訂機票時通常只只會注意到價錢而不會去注意到機場距離市區的距離，而會發生這次的事件就是因為我們訂機票時沒發現從市區到這個機場要花 3 個小時，而且這個機場凌晨是會關閉的沒辦法睡機場，我們的飛機時間甚至還是早上 7 點，等於我們要兩個女生在凌晨 2 點半從治安超不好的巴黎市區搭夜車到 BVA 機場，這趟搭夜車的路還真的遇到超多流浪漢的種族歧視跟騷擾，我現在想起來還是覺得很可怕。

接下來的悲劇就是發生在過機場安檢的時候，因為這個機場很小，而且設備老舊，所以就算每個行李已經過過安檢機，他們還是要全部都人工翻出來檢查一次，往死裡翻的那種，甚至是規定液體只能放在一個超小的夾鏈袋裡，放不進去就是全部丟掉，這些也都是我們到機場才知道的，所以我和旅伴非常多東西都被丟掉，加上他們又要人工檢查行李，即使已經提前 2 個小時到機場，我們還是錯過 boarding time，但還好因為太多人都卡在安檢很多人沒上飛機所以飛機還沒起飛，然後你不要想說你再提早一點到機場就有充裕的時間過安檢，太早到的話機場人員不會讓你進安檢門喔！最後再講一遍，不要從BVA 機場飛！

從這次事件後我學到了不要為了貪圖便宜機票就訂這種遠的要命機場，之後訂機票前要先看飛機是從哪個機場飛還有起飛時間不要挑太早的，不然真的是會得不償失！

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?

不知道這算不算文化衝擊，應該算種族攻擊？有一次在瑞士旅遊的時候，我和旅伴要走回火車站時被一群迎面跑來的青少年們大喊 chinese, chinese，接著猝不及防的拿水槍往我們身上射，然後就跑走了，一切都發生得太快了，我們完全不知道怎麼反應，接下來的旅程我們都很提心吊膽，也完全沒有心情玩，當下真的只想回台灣，當然還有其他的種族歧視，我們唯一能做的真的只有當沒聽到。

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?

在這 5 個月的交換過程中，我覺得我變得外向很多，在台灣時我是一個蟄宅而且偏內向的人，平常非必要根本不會跟人交流的那種，但在歐洲時，我用 facebook 的歐洲交換生社團以及 threads 徵到了很多同樣也在交換或留學的大學生旅伴，甚至有些更變成了很好的朋友，我覺得這真的是我最大的收穫！很開心透過這次交換的機會讓我可以多看看這個世界，更認識了自己，也成長了很多。

H. 感想與建議

這趟交換旅程，是我人生中第一次去歐洲，甚至是自己一個人去，這更是我跨出舒適圈的里程碑。最需要感謝的就是家人的支持，讓我有機會在 22 歲就有機會見識到這些台灣體驗不到的風景、與外國人交流、更提升了英語實力，並鍛鍊出面對未知的獨立能力。這些「第一次」成為了讓我想繼續探索世界的渴望，更讓我深刻體會到身體健康與自我實力的重要性。走向世界，反而讓我更懂得珍惜台灣的美好。那些曾經被我視為理所當然的便利、安全與溫暖人情，都在異鄉的生活體驗中被重新賦予了重量。這段經歷讓我明白，開闊視野並非為了炫耀，而是為了學會謙遜與尊重。期待未來在世界的某個角落，當我說出「我來自台灣」時，迎來的不再是疑惑的目光，而是對方充滿熱情與共鳴的肯定。

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

Founded in 1635 and named after the Archbishop of Hungary, Pázmány Péter Catholic University is one of the country's oldest institutions of higher learning. Its campuses are located in Budapest and Esztergom, and it comprises faculties in Humanities and Social Sciences, Law and Politics, Information Technology and Bionics, Theology, and Canon Law. The places in this exchange program are for students from the Faculty of Humanities and Social Sciences.

During my exchange period, I took two courses: History of English literature from the Restoration to the end of the 19th century, and Armenian art and film.

History of English Literature from the Restoration to the End of the 19th Century: This course is a large class, with nearly a hundred people in it. The teacher will pass out roll call notes for each class. The main way of teaching is to listen to the professor read the PPT. However, it should be noted that the exam content has nothing to do with the class content, and the professor will not lead students to analyze texts in class, but will only share the life of the author, which has nothing to do with the exam. This is very different from Sun Yat-sen's literature class. There is only one final exam in the whole semester. The professor will open several exam times for students to choose. The exam scope is very large. There are nearly twenty novels and poems that you have to read and analyze by yourself. On the exam day, you will select questions and take an oral exam.

Armenian Art and Film: This course is a small class, with only 8 people in the class. The class is held in a discussion class. There are movies and books to read every week that you need to read before class. The professor will ask questions during class, and the professor will hope that all students will speak. It doesn't matter if they don't know how to speak, and the professor will guide them. There is no exam in this class. There are three reports to be submitted in one semester, and there is also an individual oral report. They are all simple, and the marks given at the end of the semester are also very high. I recommend it.

At the beginning of my exchange program, I wasn't quite used to either the food or

the environment. It was my first time living abroad alone for so long, and I had to rely on myself for many things. The heating in my rented room broke down in sub-zero temperatures, which was really frustrating, but it also gave me experience in handling things independently.

The exchange school had student buddies, but for some reason, there weren‘t any events this semester. My classes didn’t offer many opportunities to interact with international students, so I didn’t actually meet many. This was different from what I initially imagined, but it wasn't too bad.

Eating out in Hungary is quite convenient and relatively inexpensive. If you want to save money and don’t want to cook, I highly recommend kebab; any place is delicious, and you can get a very filling meal. Pizza Me is also good and stays open late. There are many supermarkets, and they’re quite densely packed. I personally like shopping at Spar and Lidl; prices vary slightly between supermarkets, so it’s good to compare prices.

In my spare time, I also traveled to many different countries. Although the travel process was interesting, there were often many unexpected situations that needed to be dealt with, such as train delays affecting your planned itinerary or arriving at your booked accommodation only to find that it had already collapsed. These experiences can really train your crisis management skills. I recommend that you join the “Taiwan-Europe Exchange Students” Facebook group. There is a lot of information there, and I also met many exchange student travel companions from different universities in this group.

During these five months of exchange, I feel I’ve become much more outgoing. In Taiwan, I was quite a homebody and rather introverted, the kind of person who wouldn’t usually interact with people unless necessary. But in Europe, I used Facebook’s European exchange student community and Threads to find many fellow university students who were also on exchange or studying abroad, and some of them even became very good friends. I think this is truly my biggest gain! I’m so happy that this

exchange opportunity allowed me to see more of the world, get to know myself better, and grow a lot.

This exchange trip was my first time in Europe, and even more so, traveling alone. It was a milestone, a step out of my comfort zone. I’m most grateful for my family’s support, which gave me the opportunity at 22 to experience landscapes I wouldn’t have had in Taiwan, to interact with foreigners, to improve my English, and to develop independence in the face of the unknown. These “firsts” fueled my desire to continue exploring the world and made me deeply appreciate the importance of physical health and personal strength. Going out into the world made me cherish the beauty of Taiwan even more. The conveniences, safety, and warmth I once took for granted were given new meaning in this foreign land. This experience taught me that broadening one’s horizons isn't about showing off, but about learning humility and respect. I look forward to the future, somewhere in the world, when I say “I’m from Taiwan,” I’ll be greeted not with questioning glances, but with enthusiastic and resonant affirmation.