A. 學校簡介

拉脫維亞大學（University of Latvia, LU）創立於 1919 年，座落於充滿波羅的海風情的首都里加（Riga），是拉脫維亞規模最大、最具聲望的頂尖國立高等學府。學校擁有深厚的學術底蘊，近年更致力於校區的現代化升級，將科學相關學系整合於軟硬體皆屬頂級的新校區。拉大在科學、人文及社會科學領域皆享譽歐洲，校園國際化程度極高，每學期皆吸引來自世界各地的交換生前來研修。在這裡，傳統的歐式建築與創新的現代科技完美融合，為學生提供了兼具文化深度與學術彈性的優質學習環境。

Founded in 1919 and located in the historic capital city of Riga, the University of Latvia (LU) is the largest and most prestigious state university in the country. With a profound academic heritage, the university has recently modernized its infrastructure, integrating scientific departments into state-of-the-art new campuses. LU is highly recognized across Europe for its excellence in sciences, humanities, and social sciences. Boasting a vibrant and internationalized campus, it attracts numerous exchange students worldwide each semester, offering a perfect blend of rich European tradition and innovative academic environment.

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

在數學系專業課程中，我最推薦 Alessandra Palmigiano 教授開授的《Graphs, networks and discrete optimization algorithms》。教授的教學方式極具啟發性，每堂課會先引導學生上台講解一至兩題作業，並透過延伸提問引進腦力激盪，確保大家徹底內化核心觀念；接著再詳細講授新章節，並帶領全班實作練習。雖然早八的課表令人痛苦，但教授與助教非常友善。若平時出席與互動良好，該課程更享有「免期末考」的彈性，這讓學習壓力減輕不少，能更純粹地吸收知識。雖是碩士班課程，但在教授深入淺出的帶領下，學習起來並不至於過度吃力。

在外系課程方面，Jeļena Sevastjanova 教授的《Russian as a Foreign Language (Level A1 1)》則令我印象深刻。這門課內容極其扎實，補充資訊豐富，是我公認收穫最多、卻也最耗費心神的課程。教授教學嚴格，課堂抽考若表現不佳會面臨嚴厲督促；雖然明白教授是刀子口豆腐心、真心希望我們奠定扎實的俄文基礎，但上課壓力確實不小，且一旦缺課，後續補課進度將會非常痛苦。因此，我建議未來想修讀此課的學弟妹，應先衡量自己的交換目標是以「扎實語言學習」還是以「歐洲旅遊體驗」為主，再做決定。

Within the Department of Mathematics, the course I highly recommend is "Graphs, networks and discrete optimization algorithms," taught by Professor Alessandra

Palmigiano. Her teaching method is highly inspiring. Each session begins with students presenting their homework, followed by the professor's thought-provoking extensions to ensure we fully grasp the concepts. She then delivers the new lecture and leads hands-on practices. Although the 8:00 AM schedule was challenging, the professor and TAs were incredibly supportive. Moreover, consistent attendance and active participation could excuse us from the final exam, which significantly reduced academic pressure and allowed for genuine learning. Despite being a master’s level course, the professor’s crystal-clear explanations made it highly accessible.

Regarding courses in other departments, "Russian as a Foreign Language (Level A1 1)" by Professor Jeļena Sevastjanova was exceptionally memorable. The course was remarkably rigorous and informative, yielding the greatest intellectual reward among all my classes, though it demanded substantial time and effort. The professor was highly strict and conducted random in-class quizzes; while she was sharp-tongued but warm-hearted—genuinely wishing for us to master basic Russian—the classroom pressure was undeniable, and catching up after an absence was painful. I suggest that future exchange students evaluate whether their primary goal is rigorous linguistic devotion or European traveling before enrolling in this course.

C. 國外研修之生活學習（課外）

課外生活方面，加入拉脫維亞大學啦啦隊（LUcheer）無疑是我交換生涯中最棒的決定。通過甄選並融入團隊後，我不僅在舞技上獲得了全新的跨文化體驗，更結識了一群當地善良、溫暖且耀眼的啦啦隊女孩。透過她們的視角與生活習慣，激發了我對人生規劃的多元感悟。同時，為了配合團隊的專業實力，我變得更加自律，養成了每日運動與控管飲食的習慣，由內而外收穫了更健康的體態與自信。

此外，我也與台灣朋友一同參與了許多校方與 ESN 舉辦的交換生專屬活動。雖然在這類大型活動中，我們較少與外國學生進行深度的社交建立，而是以「體驗新事物」與拓寬眼界為主，但仍充滿樂趣。更酷的是，我們在日常中與課堂上的各國同學相約逛街、在咖啡廳讀書，也經常與宿舍鄰居一起聚餐、外出遊玩。這種自然融入里加當地的日常互動，成為了我課外生活中最溫馨、也最難忘的文化交流體驗。

Extracurricularly, joining the university cheerleading team (LUcheer) was undoubtedly the best highlight of my exchange journey. By passing the audition and integrating into the

team, I not only unlocked a brand-new cultural experience in dancing but also befriended many kind, warm, and beautiful local cheerleaders. Immersing myself in their perspectives and lifestyle sparked deep reflections on my own life. To keep up with their professionalism, I became much more self-disciplined, committing to daily workouts and dietary management, which reshaped my physical health and mental confidence.

Furthermore, I actively participated in numerous exchange activities hosted by the university and ESN alongside my Taiwanese peers. Although our interactions with other international students during these mass events focused more on experiencing new things rather than forging deep connections, they were incredibly rewarding. Even cooler were the spontaneous moments in daily life: organizing study sessions and shopping trips with classmates, and hanging out or sharing meals with my dormitory neighbors. These casual, authentic interactions provided the most heartwarming and memorable cultural exchanges during my time in Riga.

D. 交換/研修之具體效益（請條列式列舉）

一、外語聽說與跨文化溝通能力提升：在全英語授課與全外語生活環境的雙重鍛鍊下，顯著提升了英文聽力與口說的主動表達能力，能更自信地與外國同儕溝通。

二、專業學術知識深化：成功吸收高階數學邏輯與基礎俄文，拓展了跨領域的知識範疇與思維框架。

三、生活獨立、抗壓性與心智成長：隻身在外生活，全面建立獨立解決行政、租屋與生活庶務的能力；並在面對未知挑戰時，培養出更強大的心理韌性與抗壓性。

四、價值觀拓寬與生涯目標明朗：透過文化洗禮與獨立思考，視野與思維更加寬闊；對自我探索有更清晰的定位，更明確未來職涯的發展方向，並擁有勇於挑戰新事物的勇氣。

五、拓展國際人際網絡與豐富人生閱歷：結交了當地啦啦隊友與各國同學，體驗了波羅的海獨特的飲食文化與風土美景，大幅豐富了人生視野。

I. Enhancement of Language Proficiency: Daily immersion in an all-English academic and social environment significantly improved my English listening, speaking, and cross-cultural communication confidence.

II. Deepening of Academic Knowledge: Effectively acquired advanced mathematical logic (graph theory and network optimization) and elementary Russian, broadening my interdisciplinary knowledge framework.

III. Cultivation of Independence and Resilience: Living abroad fostered my capability to manage administrative, housing, and personal affairs independently, while building strong psychological resilience against pressure.

IV. Broadened Perspectives and Clearer Future Goals: Exposure to diverse cultures expanded my worldview and self-awareness, giving me a clearer direction for my future career and the courage to embrace new challenges.

V. Expansion of International Network and Life Experience: Built connections with local cheerleaders and international peers, while experiencing the unique Baltic culinary culture and scenery, enriching my overall life journey.

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?

在海外生活期間，我遭遇最大的困境是初抵達時的語言障礙與異鄉不適應感。在課堂上面對全英授課與多元的外國口音，初期在溝通與內容接收上感到十分吃力；同時，面對全然陌生的環境與文化，生理與心理上也產生了一段不適應的陣痛期。

為了解決這些問題，在語言與溝通上，除了向同行的台灣朋友請教外，我更善用 AI 工具進行課後自學輔助，並在日常中強迫自己多聽、多看、多主動開口對話。而在心理適應方面，我學會了自我覺察並調整心態，給予自己時間去接納新環境；當面臨極大壓力和孤獨感時，則會透過與家人、朋友跨海通話傾訴來排解負面情緒。透過這些內外在的調整，我最終成功克服了初期的混亂，建立起在當地的生活節奏。

During my time abroad, the greatest challenges I faced were the initial language barrier and homesickness or maladjustment. In the classrooms, dealing with all-English lectures and diverse foreign accents made real-time comprehension and communication highly exhausting. Meanwhile, adapting to a completely unfamiliar cultural and physical environment triggered psychological stress during the transition period.

To resolve these issues, I adopted several strategies: linguistically, besides consulting my Taiwanese peers, I leveraged AI tools for after-class self-study and pushed myself to listen, read, and converse actively in daily life. Psychologically, I practiced mindfulness to consciously adjust my mindset, giving myself grace to adapt gradually; whenever the pressure became overwhelming, I reached out to my family and friends back home through phone calls to release stress. Through these adjustments, I successfully overcame

the initial turbulence and established a comfortable routine in Riga.

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?

在拉脫維亞，我體會最深的兩大文化衝擊是極端的氣候日照與慢節奏且嚴謹的歐式行政。

初抵達時適逢嚴冬，白晝極短且氣候冰天雪地，極需心理調適；而到了五、六月，則轉為清晨四點太陽便升起、直至深夜十點多才逐漸天黑的「白夜現象」，這種極端的日照變化極大程度地衝擊了我的生理時鐘與睡眠作息。此外，當地的行政風格與台灣的高效率截然不同，歐洲辦事一板一眼、講求預約且節奏緩慢，不論是辦理簽證還是學校行政，都必須面臨漫長的等待。

面對日照與氣候的衝擊，我的適應方式是主動調整生活作息，購置遮光窗簾，並學會順應自然，在日照充足的春夏季節，多與課堂同學或宿舍鄰居相約外出逛街、讀書，透過豐富的社交生活來維持心理健康。面對行政文化衝擊，我則學會了「提前規劃與轉換心態」，磨練自己的耐心，不再以台灣的快速標準去要求，而是嚴格配合當地的預約制度，並提早準備好所有證明文件，最終成功融入並適應了里加的生活步調。

In Latvia, the two most profound cultural shocks I experienced were the extreme daylight variance and the slow-paced yet rigorous European bureaucracy.

Arriving in the dead of winter, I had to cope with freezing weather and brief daylight hours. However, by May and June, it shifted into a near "White Night" phenomenon, where the sun rose at 4:00 AM and only began to set after 10:00 PM. This drastic change heavily disrupted my circadian rhythm and sleep schedule. Additionally, the administrative culture was a complete contrast to Taiwan's high efficiency. European bureaucracy is strictly rule-based, appointment-dependent, and inherently slow-paced, requiring immense patience when dealing with visa applications or university paperwork.

To cope with the daylight and climatic shock, I adjusted my routine, utilized blackout curtains, and embraced the natural cycle. During the bright spring and summer days, I organized shopping trips or study sessions with classmates and dormitory neighbors, keeping a healthy mindset through active socialization. To handle the administrative shock, I learned the art of advanced planning and patience. I stopped applying Taiwanese speed standards to local services, strictly abided by their appointment systems, and prepared all required documents well ahead of time, successfully adapting to Riga's institutional pace.

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?

這半年的海外歷練，對我而言是一場由內而外的重塑，它悄悄改變了我的特質，也帶給我三個最珍貴的成長：勇氣、步調與自律。

首先，是「挑戰未知的勇氣」。在台灣時，我常把未嘗試過的事物想像得無比困難而感到卻步；直到隻身來到拉脫維亞，面對全然陌生的語言和生活，在無數次硬著頭皮「試了才知道」的經驗中，我才豁然開朗——原來最可怕的從來不是事情本身，而是自己顧慮太多的想像力。只要願意跨出第一步，一切其實都沒有想像中那麼難。

其次，是「找回自己的步調」。在台灣時，身邊的同儕有著高度相似的價值觀，集體焦慮催促著大家拼命往研究所擠，彷彿不快點跟上這條輸送帶，人生就會面臨失敗。但在里加，我遇見了來自世界各地、擁有不同故事的人，才驚覺每個人都該有自己的時鐘，都有獨一無二的活法。我不再盲目跟從別人的標準，而是開始傾聽內心，思考自己真正適合什麼。

最後，是「體態與生活的自律」。以前在台灣也曾想過要規律運動，卻總在匆忙繁重的課業步調中放棄。來到歐洲後，有了更多可以自主支配的喘息時間，加上每天看著啦啦隊隊友們在繁重的練習下，依然固定運動、維持著健康完美的體態，這股氛圍深深渲染了我。我開始堅持天天運動、控管飲食，不僅收穫了更健康的身體，也真正提升了掌控生活節奏的自律能力。

This six-month journey abroad has been an internal and external reshaping, quietly changing my personal traits and granting me three growth mindsets: courage, pacing, and self-discipline.

First and foremost is the courage to embrace the unknown. In Taiwan, I used to overthink and envision untried tasks as terrifying obstacles. However, living independently in Latvia forced me to take head-on leaps of faith. I eventually realized that the real enemy was never the challenge itself, but my own anxious imagination. Once you take that initial step, things are never as daunting as they seem.

Secondly, I rediscovered my own pace in life. Back home, my peers held deeply uniform values, where a collective anxiety pushed everyone toward graduate school, as if failing to catch up meant immediate failure. In Riga, however, encountering people with incredibly diverse life stories made me realize that everyone has their own clock and unique way of living. I have stopped blindly following the herd and started asking myself what truly suits me.

Lastly, I developed a deeper sense of self-discipline regarding my body and life rhythm.

Although I wanted to exercise regularly in Taiwan, the frantic pace always got in the way. The exchange life in Europe provided me with the breathing room to manage my time. Witnessing my cheerleading teammates consistently workout to maintain their perfect physiques highly motivated me. I committed to daily workouts and mindful eating, which not only reshaped my physical health but also enhanced my self-discipline in taking control of my own lifestyle.

H. 感想與建議

回首這段日子，從初抵里加時面對冰天雪地與語言隔閡的慌亂，到如今能穿梭在不同的課程、自律地安排運動，甚至站在啦啦隊的舞台上與當地女孩一同舞動，交換生活帶給我的，遠比當初預期的還要豐沛。拉脫維亞大學的嚴謹與溫暖、里加這座城市從寒冬走向白夜的純粹，都成為我大學生涯中最不可思議的養分。這趟旅程像是一個巨大的緩衝區，讓我在高度緊繃的數學邏輯之餘，能透過雕塑課和社團觸碰藝術與生活，並在跨文化的碰撞中，看清了自己未來的輪廓。

對於未來有意前往拉脫維亞大學交換的學弟妹，我有一些誠懇的建議：

在課業上，選課前務必仔細研讀課程大綱（Syllabus）並多向學長姐打聽，以免實際內容與預期有所落差；若修讀語言等扎實課程，切記保持出席與複習，並善用 AI 工具和同儕互助。在生活上，里加的冬日嚴寒且日照短暫，剛抵達時容易產生心理落差，建議多出門走走、主動破冰建立朋友網絡。拉脫維亞人看似高冷，實則外冷內熱，只要帶著開放且真誠的心主動踏出第一步，不論是加入社團還是與宿舍鄰居交流，這裡溫暖的人們與獨特的生活步調，絕對會回饋給你一段超乎想像、勇氣加滿的精彩人生！

Looking back, my journey transformed from the initial panic of facing freezing snow and language barriers into a rewarding routine where I confidently navigate advanced lectures, maintain fitness, and perform onstage with local cheerleaders. The University of Latvia’s rigor and warmth, alongside Riga's transition from dark winters into beautiful near-white nights, have become the most incredible nutrients of my college years. This experience served as a perfect sanctuary, allowing me to balance rigorous mathematical logic with artistic expression in sculpture class and social connections in sports, ultimately shaping a clearer vision of my future career.

For future exchange students planning to study at the University of Latvia, I offer a few practical suggestions:

Academically, make sure to thoroughly review the syllabus and consult seniors before

enrolling to align your expectations; for highly demanding courses like languages, consistent attendance and revision are vital, and leveraging AI tools alongside peer study sessions can be immensely helpful. Lifestyle-wise, the late winter can be freezing with brief daylight hours, which might impact your mood initially; I highly recommend pushing yourself to go outside and actively break the ice to build a support network. Latvians may seem reserved, but they are warm-hearted at core. As long as you step out of your comfort zone with an open and genuine mind, this beautiful country and its unique lifestyle will reward you with an unforgettable, courage-filled chapter of your life!

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