心得：

琉森大學創立於 2000 年，是瑞士規模最小、最年輕的公立綜合性大學之一，也是非常小的學校（僅一棟大樓），不同於傳統廣闊校園，多數教學、行政與圖書館設施集中於市中心的一棟現代化通透建築內，學生人數不到 3000 人故具有較強的師生互動與較緊密的學習環境。琉森大學是以人文與社會科學為主的學校，研究與教學特別關注「人」以及人與社會、制度之間的關係。（以 **"Moving Human Sciences"** 作為重要理念）

課內的課程我其實沒有修習的很好（個人適應問題加上本身背景並非社會科學），Is a Science of Humanity Possible? Foundational and Contemporary Debates in the Social Sciences 這門課我認為可以學習很多哲學思辨的邏輯思考與架構，但可惜我的英文水準以及專業知識不夠，所以常常有寫名詞不是很理解上課的過程非常吃力，但我還是非常推薦此門課程，只不過需要非常上心就是了！

課外的學習我認為成長最多的地方是在於獨立自理的能理，要自己去理解這個國家的一些生活規範與交通等等的狀況（像是瑞士需要額外申請居留證該怎麼處理？生物辨識登入程序該去哪裡做？），身邊可能沒有親友有經驗需要自己去學習，同時學習著如何自理自己的三餐、生活節奏與規律、社交圈的建立等等。

交換的具體效益：

1.獨立自主的能力

2.體驗國外人文風情（開眼界）

3.語言學習

我遇到最大的困難是居留證的生物辨識手續，剛開始以為只要去市政府處理登記手續就好，沒想到也沒有多問有後續的生物辨識手續需要登錄。後來是收到警告信才發現有此事，後來主動寫信與打電話聯繫機構，向他們說明我的情況並請他們協助我處理手續，才得以完成。

遇到的文化衝擊大概是洗碗的部分，我的室友都來自法國，他們比較傾向於先大概沖水然後等堆積到一定程度再一次一起沖洗，但因為我們的餐具與鍋具為共用，所以就變成是我需要幫他們洗我才能使用，後來有主動與室友勾通過此狀況，有達成共識（若是共用物品），盡可能的每次使用完盡快清洗乾淨以便後續使用者。

我認為我最大的轉變是變得很獨立與外向一些，今年瑞士的交換生僅有我一人，所以過程中遇到的問題基本上都需要自己獨力面對沒人可以問，在瑞士的時候，也需要自己主動開口尋求協助或是建立友誼而不是原本在中山就有認識的朋友在。

我的感想是如果有機會真的要多爭取能開開眼界的機會，世界很大，可以學習著他人是如何看待與理解的價值觀，同時去多看看不同的生活樣貌，會有種，原來還能這樣生活的啟發。
建議的部分我覺得是選課上要更了解自身的狀況（學習背景、適應能力等等）再進行課程規劃，才比較不會有跟不上的問題，瑞士很多課程是以討論研究型的課程為主，需要讀大量文本與即時反思發言互動，這個部分是我最適應不良的地方也表現的不太好，原本以為只是簡單的互動，沒想到會是這麼難的課程討論，可能可以在修課前提前詳細詢問教授課程難易度，才不會上課時才發現有不適應的情形。

About the University of Lucerne and My Learning Experience

The University of Lucerne was founded in 2000 and is one of the youngest and smallest public universities in Switzerland. It has a very small campus, with most teaching, administrative, and library facilities located in one modern building in the city center. With fewer than 3,000 students, the university provides a close learning environment and strong interaction between students and professors. The university focuses mainly on the

humanities and social sciences, with particular attention to people and the relationship between individuals, society, and institutions. Its educational philosophy is represented by the concept **"Moving Human Sciences."**

Regarding my courses, I found them quite challenging because my academic background is not in the social sciences, and I also had some difficulties adapting to studying in English. The course **"Is a Science of Humanity Possible? Foundational and Contemporary Debates in the Social Sciences"** introduced me to philosophical thinking, logical reasoning, and different approaches to analyzing social sciences. Although I sometimes struggled to understand the terminology and course discussions, I still highly recommend this course. However, students should be prepared to spend considerable time reading and thinking critically.

Outside the classroom, I believe my greatest growth came from developing **independence and problem-solving skills**. Without family or friends around who were familiar with Switzerland, I had to learn how to deal with residence permits, biometric registration, transportation, daily meals, and other aspects of everyday life on my own. This experience taught me how to organize my daily routine, take care of myself, and actively build a new social circle.

Main Benefits of the Exchange

1. Developing independence and problem-solving skills
2. Experiencing different cultures and broadening my international perspective
3. Improving my English and cross-cultural communication skills

Challenges and How I Handled Them

The biggest challenge I encountered was the **biometric registration process for my residence permit**. At first, I thought that completing the registration at the local government office was enough. Later, I received a warning letter and realized that I also needed to complete a separate biometric registration procedure. I proactively contacted the relevant organization by email and phone, explained my situation, and asked for assistance. Eventually, I was able to complete the procedure successfully. This experience taught me that when living abroad, it is important to carefully check official requirements and not hesitate to ask for help when necessary.

Cultural Differences

One cultural difference I experienced was related to **washing dishes**. My roommates were from France, and they preferred to rinse the dishes quickly and wash them all together after they had accumulated. However, since our dishes and cookware were shared, this sometimes caused inconvenience because I needed to wash them before I could use them. I eventually discussed the issue with my roommates, and we reached an agreement that shared dishes and cookware should be cleaned as soon as possible after use. This experience taught me that communication and mutual understanding are important when dealing with cultural differences.

Personal Growth and Reflection

The biggest change I experienced during my exchange was becoming **more independent and more willing to communicate with others**. I was the only exchange student from my university in Switzerland that year, so I

had to deal with most problems on my own. I also had to take the initiative to ask for help and make new friends instead of relying on people I already knew.

I believe that if students have the opportunity to study abroad, they should take it and explore the world. There are many different ways of understanding values and living life. Experiencing different cultures firsthand can broaden our perspectives and make us realize, **“There are actually many different ways to live.”**

Finally, I recommend that future exchange students carefully consider their **academic background, language ability, and adaptability when choosing courses**. Many courses in Switzerland are discussion- and research-oriented, requiring extensive reading, critical thinking, and active participation in class. This was one of the aspects I found most difficult to adapt to. Therefore, I suggest contacting professors or checking the course requirements in advance to better understand the workload and level of difficulty before registering.