

國立臺灣科技大學海外研習心得

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交換國家/學校：立陶宛 VGTU



研習學校授課語言：英



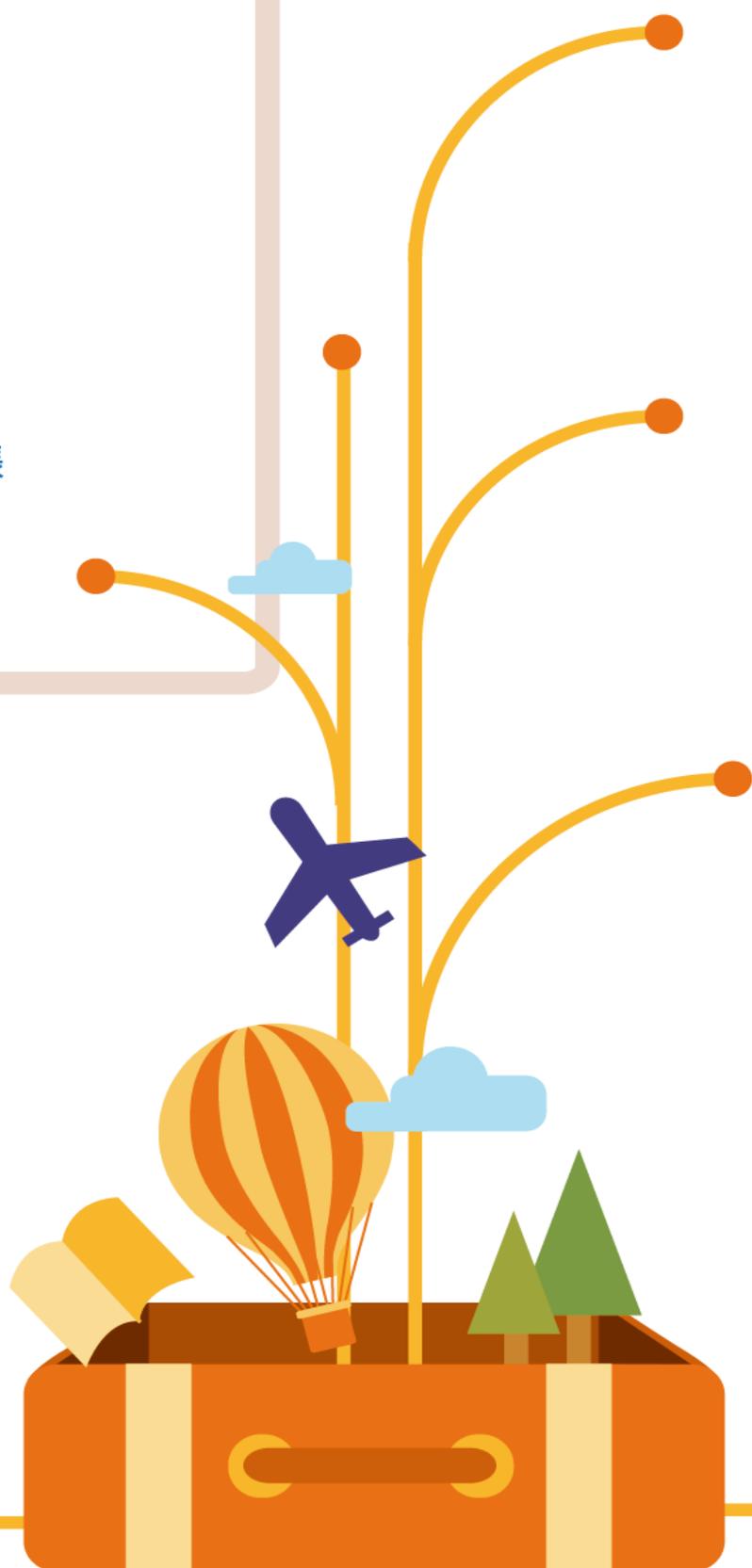
研習期間：

2018/02/01~ 2018/06/30

2000字報告必須包含下列幾項：

- 一、行前準備
- 二、修課介紹
- 三、生活面臨的困難與解決方法
- 四、心得分享
- 五、給學弟妹之建議
- 六、附說明之出國研習照片12張

* 篇幅若不夠請自行複製使用



一、行前準備 (Preparation before the trip)

Every student will be assigned one mentor in order to help set up everything in advance, you can ask for the mentor in every aspect that you want to know.

- Visa and flight ticket

I have to apply visa type D in Tokyo, Japan since there is no embassy of Lithuania in Taiwan. All the documents needed to prepare are stated on the website of the embassy, please refer to this website <https://jp.mfa.lt/jp/en/>. Remember to contact the embassy in advance by email to set up the interview with them. I got my visa in 5 days and it's free of charge. You can also apply for the visa in Beijing as well.

I took Aeroflot airlines from Hanoi Vietnam to Vilnius Lithuania, 2-way-ticket costs around 1000EUR.

- Clothes

If you are going to attend in the spring semester, prepare yourself warm clothes for the cold weather. The temperature might be going down to -25C in Feb and will be going up afterward, at the end of June the temperature is still at around 15-20C, very cool weather. Prepare a feather coat, some thermal clothes, scarfs, gloves and a pair of warm waterproof boots.

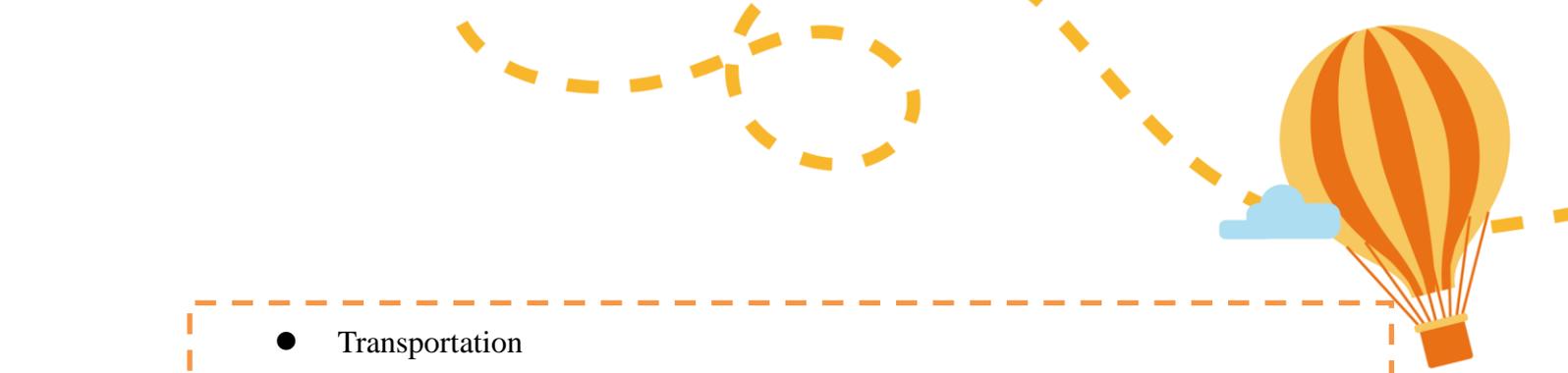
- Food

There are not so many Asian markets in Vilnius, there is only one Korean market where you can find some Asian kind of stuff but the variety is limited. If possible, bring a small rice cooker and some rice, sausages, and condiments you usually use in your country. This also helps the future event called cultural exchange when you can prepare some of your country cuisines for international friends.

- Accommodation

I lived in dorm 39A where all the Erasmus students gathered there. 2 people per room. You will receive an email to register dorm in advance, so please pay attention to the registration as soon as possible since it works as first come first served. The fee is 150EUR/month all included. If you want to rent outside, you can ask your mentor for help or go on some Facebook group for Erasmus students to look for information. Be careful with the Lithuanian landlords since they are quite tricky, never sign any contract in the language that you don't understand, better to have English version.





- Transportation

The main public transportation in Vilnius is equipped quite well with busy bus routes. You can apply for ISIC card in advance or during the orientation week, then later you can buy monthly bus ticket with the ISIC card, the discounted price for student is 5.8 EUR, you can buy the monthly ticket in kiosk near bus stations (The single ticket is 1EUR for adults and 50 cents for students). With the ISIC card you can also get discount for the regional trains and at many other shops as well. Remember to have your ticket ready validated or else you will be fined. For the international routes, you can take many cheap flights to neighboring countries such as Ryan Air, Wizz Air and Baltic Air for your references. Plan your trip 1-2 months earlier to get the best price. There are also many international bus routes to countries like Latvia, Estonia or Poland...Use Trafi to see the bus routes, Taxify for calling a taxi, Skyscanner to look for cheap flights and GoEuro for better planning trip..

- Languages

The main language used in Lithuania is Lithuanian and Russian, young people can speak English quite well. If you have any problem with communication, Google translation is your best friend.

- Banking

To open the bank account, you need to get the confirmation of study from the International office. The fee to open bank account at Sauliu Bankas is around 30 EUR and to close the account is 15 EUR, you will get Mastercard debit and internet banking information. In Europe, better to use Visa or Mastercard, do not bring a lot of cash. Almost every store in Lithuania and European countries accept cards, so please make good use of it.

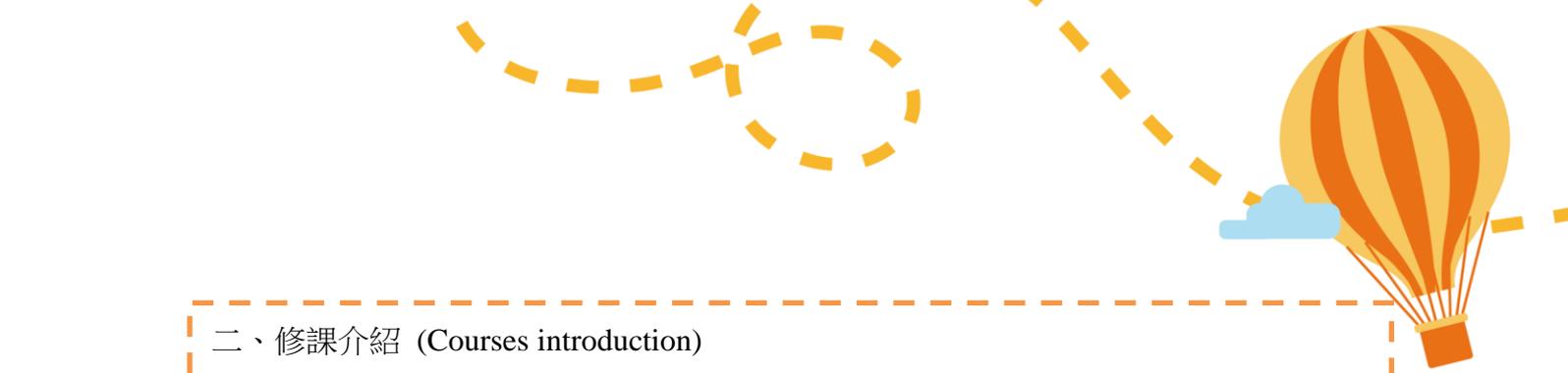
- Shopping

The biggest shopping mall in Lithuania is Akropolis where you can get almost everything you want, take the bus 5G from school.

- Currency

Lithuania uses EUR so you can exchange some money in advance.





二、修課介紹 (Courses introduction)

- Courses selection

You will be received the Learning Agreement to fill in the courses after confirming your status for exchange. There is still a chance to change the Learning Agreement in

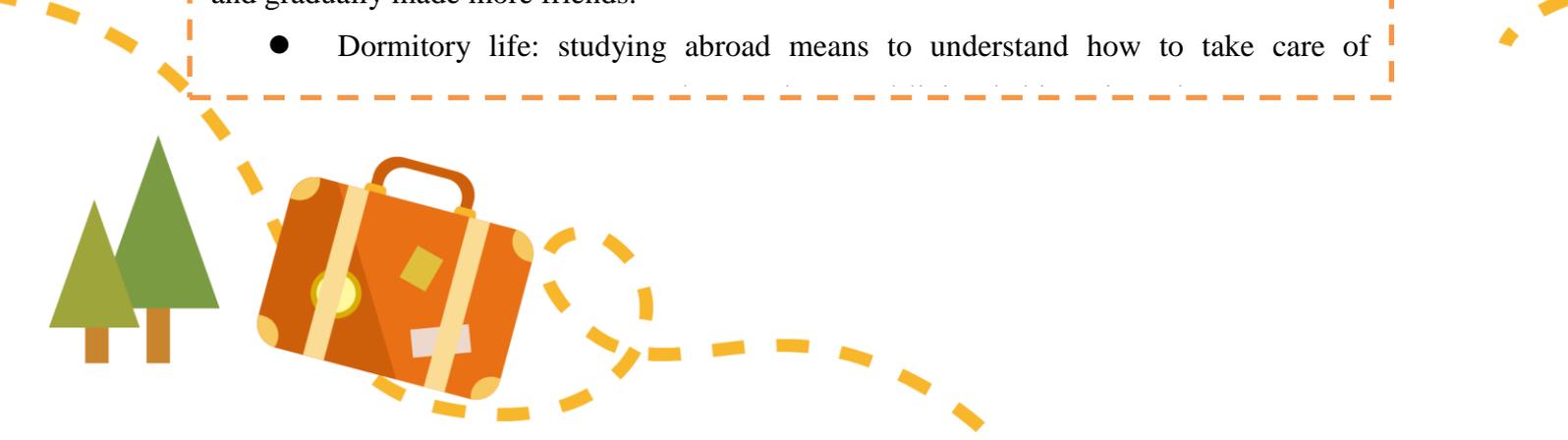
- Courses and evaluation

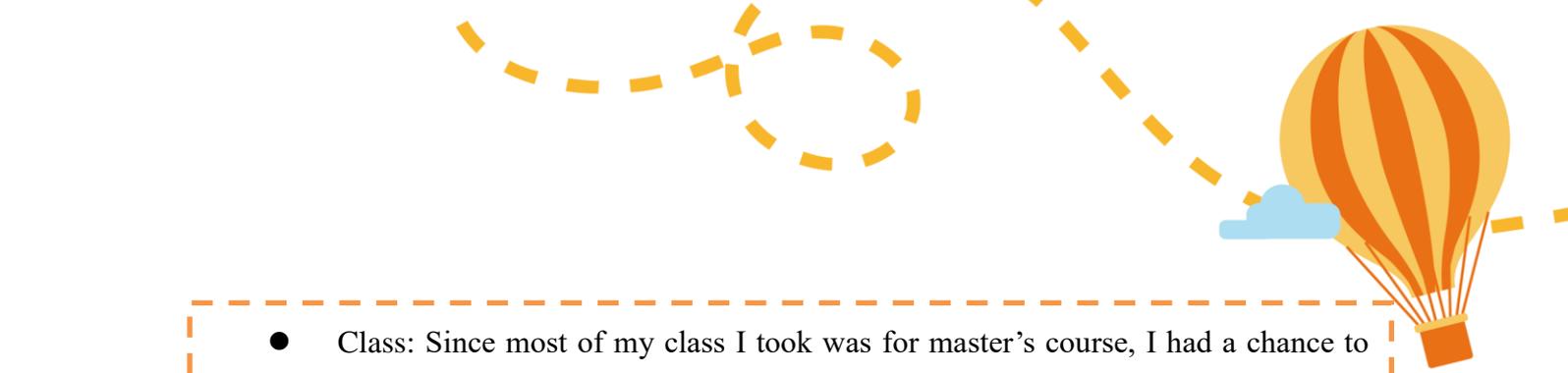
I took 2 graduate courses and 1 undergraduate course. The teachers are enthusiastic and willing to listen to the students' opinions. The graduate courses in Business Management Department were taken in a cycle, one course per month. During class participation, I had to give a lot of opinions and case studies for discussion. Especially, writing projects is very common. Consider choosing those course if you have good writing skills and good communication. My first class was about **International Management** which each student needed to finish the 30-page-project in 2-3 weeks, the topic I had to choose for myself. This work was quite intense, but the teacher was very helpful and always had consultation time with us. The second graduate course I took was the **Theory of Organization** which provided me a lot of new knowledge. The content of these 2 subjects contained many theories, business cases and their solutions. The undergraduate course I participated was **Specialty English**, the teacher was very friendly and let us decide what we wanted to learn during the class, she also gave us chance to watch TED talks weekly and presented in front of other classmates from which we could discuss different issues from business world. About the exam, score ranges from 1 to 10, and the 6 is the passing score. Each teacher's evaluation is different, some do not need the exam, the score is determined by the report, the assignment or projects, all the regulations will be explained clearly in the first class.

三、生活的困難與解決方法 (Life's problems and solutions)

- Language barrier: The problem that I often encountered in daily life is communicating in Lithuanian and Russian. Since there are not so many people who can speak English, I had difficulties in expressing what I want. But thanks to the help of my mentor, friends and their advice, I got used to it and felt more comfortable in living here and gradually made more friends.

- Dormitory life: studying abroad means to understand how to take care of





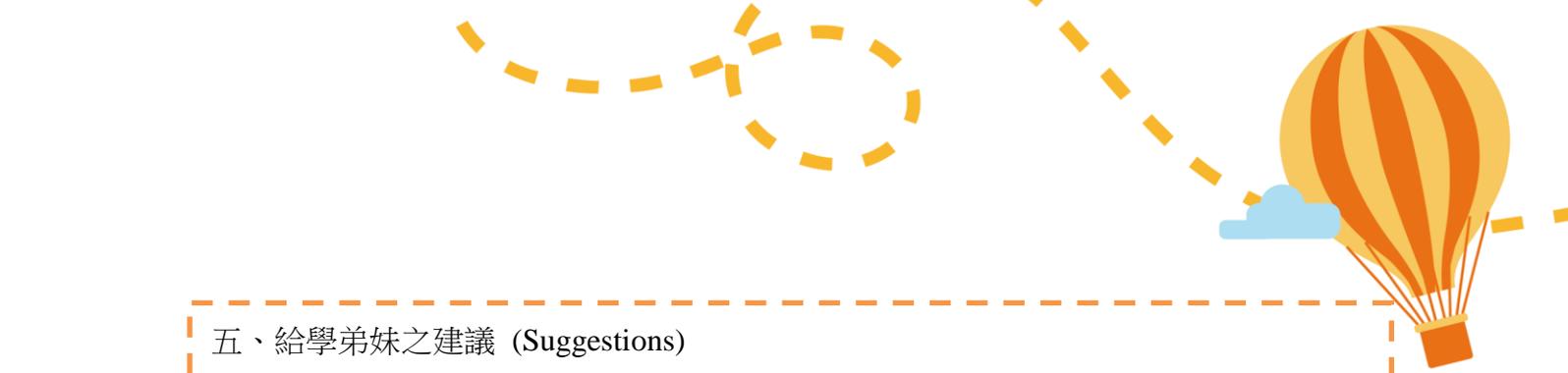
● Class: Since most of my class I took was for master's course, I had a chance to study with the social groups. All my classmates had been working for a few years before they went on the master degree. It was quite hard for me to get along with them in the beginning, but thanks to the extensive classes, we all had a chance to meet each other almost every day and to exchange culture, business ideas, business topics.. Do not afraid to speak out your opinions since everyone is very respectful. Compare to the master courses, the one from undergraduate was so much fun and energetic. The teacher was very helpful and always asked for our viewpoints to get better learning designs and materials. I enjoyed a lot with students from many different countries, people here like to talk and exchange ideas. It gave me a feeling of participating in the exchange and sharing activities, not exactly like the formal atmosphere in any typical Asian class.

In conclusion, there will be always some hard time to adapt to the new environment but do not afraid of asking for help because all the teachers, officers, mentors and friends are very willing to help. There are also some supportive groups on Facebook like Foreigner in Vilnius or Erasmus students networking where we can seek for some opinions and updated information or events.

四、心得分享 (Experience sharing)

Going to Europe has always been my dream. This time I had the opportunity to go there, therefore I gained a lot of good experience for myself. I had the opportunity to witness a much quiet life, totally different from the excitement and the busy of Asia. The learning environment also gave me a completely different feeling and atmosphere, the teachers were very helpful and always made all the effort to help students complete their study with the best results. Classes were also fewer people, the feeling of sharing knowledge with classmates wasn't same. People got closer and felt more comfortable to speak out their own opinions. Thanks to this exchange opportunity, I had the opportunity to get acquainted with many Vietnamese in Europe, I had more friends, got better understand the lives of overseas Vietnamese and broadened my networking.





五、給學弟妹之建議 (Suggestions)

The information about studying in Lithuania is not sufficient, so I suggest to visit the website <http://www.studyinlithuania.lt/> to have more information. For international students who study in Taiwan, I suggest to read carefully and in details about the visa procedures in order to save time and money. The visa issue should be planned one to two month before your departure. To travel around Europe, it's better to have friends accompanying for money savings and safety issues. During the time exchange, it's very important to broaden the networking and establish new relationships. As a business student, this one is going to be a good practice and a preparation when dealing with cross cultural relationship, handle the conflicts, learn how to deal with cultural shock and respect each other. Be more active in the schoolwork as well as in the extracurricular activities. Stay like a local and do as the locals do. Do not forget to spend time travelling to other countries to see different things and make more friends.





照片說明：

Cultural evening event



照片說明：

With other exchange students from Vietnam in cultural evening event



照片說明：

With international friends on 100th Independence's day of Lithuania





照片說明：

Lithuania celebrated 100 years of independence



照片說明：

With Erasmus students on the trip to Kaunas



照片說明：

Trip to Hill of Crosses, one of the famous sightseeing spots in Lithuania





照片說明：

The teacher is very enthusiastic in helping students with exam papers



照片說明：

The guest speaker from SEB Bank was invited to our course



照片說明：

A professor from Talinn Technical University to give us lessons



照片說明：

The BA Building is decorated with a lot of business etiquette info