

出國報告（出國類別：進修）

澳墨爾本大學國際關係研究所  
心得報告

服務機關：國防部

姓名職稱：易靜雯

派赴國家：澳洲

出國期間：111.07.23-113.06.21

報告日期：113.08.13



## 摘要

選擇赴澳就讀墨爾本國際關係研究所，考量其在國際上的競爭力，與每年增進的世界排名。這段學習歷程讓我結識到來自世界四面八方的同學，不僅提升了學識上的涵養，更拓展了交友圈與眼界，且透過交流彼此不同的工作經歷，使得我對於未來學術有更清晰的方向。此份心得報告將分享這段經歷，並期許能提供未來後進幫助。

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## 壹、 目的

此心得報告分享我在墨爾本大學就讀國際關係研究所的學習經歷，包含課程介紹、經驗分享和建議事項。希望能為後進提供建議與幫助，讓更多未來想從事國際關係研究的人更加瞭解。

## 貳、 過程

本人就讀墨爾本大學國際關係研究所，主修國際安全、國際政府與國際法、國際關係理論，時長約 2 年。專業中設有相當多領域的課程，大部分研究範疇仍以美中兩國為主。以下介紹本人所選課程，區分為必修課及其他選修課程：

一、 **國際安全**：本課程主要探討各式戰爭與武器在國際間的影響力，透過一學期 12 堂課，訓練學生在上課與研討會中，充分發表見解，教授會邀請客座來賓進行授課，包含澳洲警政署署長、國會議員等，於課程中讓知識與實務進行結合。

二、 **國際關係理論**：本堂課是由牛津大學碩博士畢業的教授進行授課，著實感受到世界頂流大學訓練出的思維之高，也算這兩年中學習體驗感最佳的課程，理論基礎是國際關係的入門，如何在後續課程中將理論實踐化，是該門課主要重點。作業要求應用現今國際時事，進行理論的剖析與探討，撰寫成小篇論文。

三、 **世界上的亞洲**：本門課授課教授來自新加坡，透過教授身為亞洲人的視野，帶領學生探討亞洲在國際上的地位、影響力、話語權，其中熱門議題不乏兩岸局勢，也從中聽到在他國學生認知中，對於台灣的認可及批判，這是在台灣比較難能獲取的學習經驗。主要作業為每週對於專選讀物，進行短篇分析，並提出自己的觀點及見解。

### 四、 其他選修課程：

(一) **近代中國**：選修此課程最主要的原因，希望多獲取國際間對於中國及台灣問題的研究分析，此堂課的助教是中國人，也與我們分析在從事中國研究上，很容易遭受中國官方的封鎖或限制。主要作業是針對中國各項議題，挑選一則進行深度分析，與提出自身見解。



### 參、心得

- 一、 **對於語言的適應:** 澳洲雖為英語使用國家，但在許多用法上仍舊與美國有很大的區別，本身英語能力在生活中無太大問題，但轉換到專業學習課程上，仍需一段適應期，本人是透過多與澳洲本地學生往來，並且多參與課外活動，去建立對於整個環境的知識背景，以利語言上適應與調整。
- 二、 **心理素質的培養:** 求學過程中，因無太多前人的經歷可參考，尤其在經費申請與學費核銷上，遇到諸多困難，加以時差與承辦人業務不熟稔，除了面對課業上、環境上的壓力，自身的心態調整很重要，要完成學業並不僅止於專業知識，希望透過自身經歷提醒後進在未來進修過程，一切能順遂。
- 三、 **課前準備重要性:** 在求學過程中，發現優秀的人並不可怕，可怕的是他們比你更努力，因此在先天非母語者的劣勢情況下，僅能透過花費更大量的時間，進行課前準備，與課後和教授約時間，去補足自己跟不上的部份。

### 肆、建議

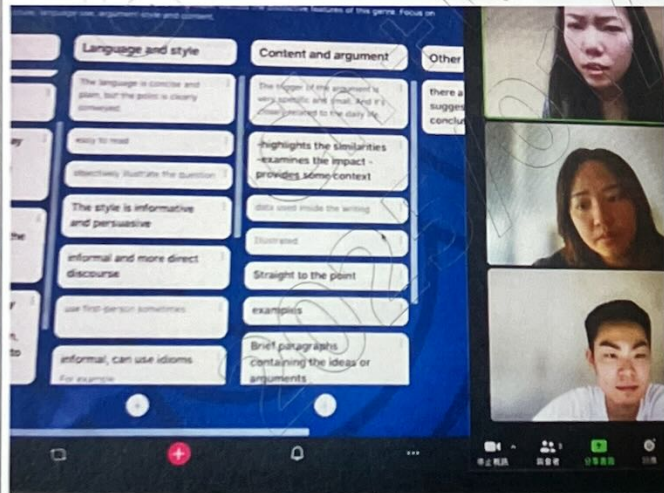
- 一、 **建立有效的交友圈:** 求學中，最回味無窮的部分是建立一個有效的交友圈，所謂的有效，在於它可以精進英語能力、拓展眼界，這個交友圈是來自所有東南亞國家派訓的外交官及公務人員，不論是在課堂中的討論或是課餘時間的活動，都令我收穫良多。
- 二、 **多嘗試新事物:** 對於鮮少能有出國機會的我們來說，如何盡情在進修期間，去嘗試一些台灣體驗不到的經歷，我覺得是非常重要的，也助益於語言能力的提升，例如墨爾本大學經常舉辦免費的客座講師講座，不僅限於專業領域，跨足醫學、法律、文化等，是提升自己眼界相當好的機會。

### 伍、結論

這近兩年的求學經過，非常感謝幫助過我的所有人，讓我能體驗大多數人無法體驗的學習經歷。最大的收穫除了語言能力進步、寫作品質提升，更可貴仍是人際關係，也讓我開始思考未來的不同可能性。透由此份報告，我希望能分享我的收穫，為後續的學子提供建議和參考，使國際關係這門學科更發揚光大。



# 澳洲墨爾本大學國際關係研究所上課紀實





The  
University of Melbourne



This is to certify that

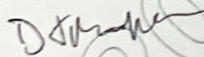
**Ching-Wen Pi**

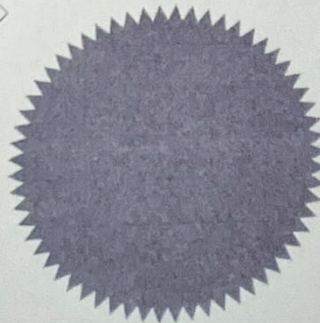
was duly admitted to the degree of

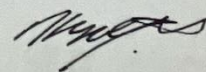
**Master of International Relations**

in the University of Melbourne on

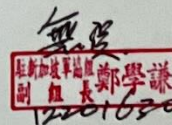
4 December 2024

  
Vice Chancellor



  
University Secretary



  
鄭學謙  
12201620



4. Graduate's Academic Achievements

Course Details:

Completion and Conferral Summary:

Master of International Relations

Completed 20 Nov 2024. Conferred 4 Dec 2024.

Master of International Relations

Year	Code	Title	Points	Mark	Grade
2022	ASIA90008	Asia and the World	12.50	065	H3
	ENST90005	Environmental Policy	12.50	071	H2B
	POLS90022	International Security	12.50	070	H2B
	POLS90058	Asia-Pacific: Zone of Conflict or Peace?	12.50	067	H3
2023	ESLA90003	Professional Literacies	12.50	076	H2A
	HIST90024	International History	12.50	068	H3
	POLS90028	International Relations Theory	12.50	072	H2B
	POLS90050	Terrorism and Insurgency	12.50	064	P
	INTS90007	Rising China in the Globalised World	12.50	068	H3
	ESLA90004	Intercultural Professional Communication	12.50	074	H2B
	ISLM90007	Contemporary Middle East and South Asia	12.50	063	P
	POLS90034	International Policymaking in Practice	12.50	062	P
2024	POLS90007	US Foreign Policy	12.50	061	P
	ASIA90017	Contemporary China	12.50	073	H2B
	POLS90023	International Governance and Law	12.50	064	P
	POLS90042	Latin America in the World	12.50	078	H2A

Weighted Average Mark for this course 68.500

Additional course details, special achievements, recognition and prizes

Melbourne Welcome Grant

Awarded 2022

鄭學謙  
12201030





1. The Graduate

Family Name: Yi  
Given Name(s): Ching-Wen  
Student Number: 1375734

2. The Award

Name of Award:

Master of International Relations

Details:

The Master of International Relations is a specialist postgraduate qualification, taught in English, normally taking two years of full-time study or part-time equivalent. It is located at Level 9 of the Australian Qualifications Framework. Admission is based on tertiary results and relevant professional experience. The 2-year (16 unit) program structure requires the completion of compulsory, core and elective subjects with a compulsory capstone component and a minor thesis option available. The degree can also be undertaken as a 1.5 year (12 unit) or 1-year (8 unit) program depending on the level of tertiary qualification and relevant professional experience.

Features:

The Master of International Relations provides a comprehensive, multidisciplinary and professionally-oriented grounding in international relations, with a focus on the Asia-Pacific region. The degree combines advanced study in the field of international relations, with relevant professional skills development, and an electives program that is specifically designed to promote cross-cultural understanding. The degree prepares graduates with practical skills for careers in international affairs with foreign affairs ministries, government departments, international non-government organisations, transnational and multinational corporations and the international media. Students are provided with the opportunity to participate in international student exchanges, to study another language, and to gain relevant work experience through an optional internship.

Pathway to further study:

Graduates may progress to a range of other graduate coursework programs, as well as research higher degree programs including the Doctor of Philosophy.

3. Awarding Institution

Established by an Act of the Victorian Parliament in 1853, the University of Melbourne is a public-spirited institution, excellent in research, learning and teaching, and external engagement.

For more information visit [www.unimelb.edu.au](http://www.unimelb.edu.au).

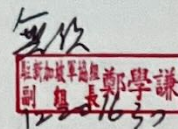
Student Number: 1375734

The Australian Higher Education Graduation Statement is provided by Australian higher education institutions to graduating students on completion of the requirements for a particular higher education award. It provides a description of the nature, level, context and status of studies that were pursued by the individual named. Its purpose is to assist in both national and international recognition of Australian qualifications and to promote international mobility and professional recognition of graduates.

Certification

Date: 04-December-2024  
Signature:

Joanne Ligouris  
Executive Director, Student and Scholarship  
Services and Academic Registrar





Student Number: 1375734

4 December 2024

Miss Ching-Wen Yi



ACADEMIC TRANSCRIPT

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Weighted Average Mark for this course 68.500

Scholarships, Prizes, Awards and Special Achievements

Melbourne Welcome Grant  
Awarded 2022

End Of Transcript

Joanne Ligouris

Executive Director, Student and Scholarly Services and Academic Registrar

