

臺北市立大學

學生出國研修心得報告

獲補助年度：**111**

研修領域：運動科學

系所、年級：物化系四年級

學生姓名：李淳葳

研修國家：西班牙

研修學校(中英文)：西班牙穆爾西亞聖安東尼天主教大學

Universidad Catolica San Antonio de Murcia

研修時間：中華民國 112 年 1 月 17 日至 112 年 7 月 4 日

國外研修成績：7.9/9/6.5/6/5.5

短片時間及標題：3:45

Part of exchange in Spain

中華民國 112 年 7 月 17 日

\*(非亞洲地區交換同學請以英文撰寫報告)

## 目 錄

(請以標楷體 14 號，行高 1.5 繕打，並標示頁碼)

壹、緣起 .....	1
貳、研修學校簡介.....	2
參、國外研修之課程學習(課內) .....	3
肆、國外研修之生活學習(課外) .....	5
伍、研修之具體效益(請條列式列舉).....	6
陸、感想與建議(含 3 分鐘短片連結).....	9

## 壹、緣起

行前準備(100 字)

I searched a lot of information about my school, about apartment, transportation, someone' s sharing of the same school, and food there, I found my apartment on the website named 'house anywhere' , I practiced English speaking, I also learned a little bit the language (Spanish). I prepared clothes depend on the weather there, bought plug adapter of Europe, search for any dangerous things that need to be aware of the country, brought some medicine that I am used to, and I think the most important thing is your mindset, you really need to be mind prepared for the coming journey!

## 貳、研修學校簡介

### 學校介紹(100 字)

The Universidad Católica San Antonio (UCAM) is a private university located in Murcia, Southeast of Spain.

The university offers a few international bachelor' s and master' s Degrees, PhD programs and intensive language courses throughout the academic year and summer. The university boasts good graduate employability prospects, and is best known for its multicultural campus, programs offered and its infrastructure.

Teaching is usually conducted in Spanish, but we also offer several programs taught completely in English, including Business, Tourism, Sport Sciences and Health Sciences (Bachelors, master' s, and PhDs).

UCAM also has a language school that teaches different language programs such as French, German, Korean, Chinese, Portuguese, Italian and sign language.

參、國外研修之課程學習(課內)

修課課程內容 (100 字)

My classes are basketball, combat sport, and outdoor activity.

They all have two parts, theoretical part and practical part.

I learned basketball rules, different positions, statics, set plays etc.in the theoretical classes, and I learn how to really play basketball, some physical training in the practical part.

I learned two kinds of combat sport, fencing and wrestling.

I learned rules and history of the sport in the theoretical classes, and learned how to use the weapon of fencing, how to attack, and a little bit of wrestling tricks in the practical classes.

I learned camping, hiking, orienteering both in theoretical and practical.



#### 肆、國外研修之生活學習(課外)

交換學校住宿、當地 / 該校學生活動、費用 ( 保險費 / 生活費 / 特殊支出 )、或是在當地遇到的特殊經歷(200 字)

UCAM doesn't have dormitory for exchange students but in school's website you can find the link of other websites that you can find apartment on them, you can book the apartment on line but it's a little bit risky since you can not see the real house so the other option is that you can stay in hotel or hostel at the beginning and go see the houses and then decide.

UCAM had some activities for international students such as city tour, hiking, coffee talking, dancing tutorials etc., the price is from free to 20 euros.

If you eat out the price usually is more expensive than in Taiwan, so I learn to cook myself to save money.

Although I don't cook in Taiwan, but I forced myself to learn, and the dairy products are cheaper in Europe.

In my city a lot of supermarkets, and some stores are closed on



Sunday, and there' s no convenient store.

I bought a bicycle in the beginning, and I parked outside at a bicycle parking place and used a small lock and then a few days later it was stolen, so maybe is better use a good big lock and park the bike in the house.

#### 伍、研修之具體效益

(請條列式列舉 150 字)

1. to know the history of basketball.
2. to know each position of basketball.
3. to know simple statics of basketball.
4. to know strategies in set play of basketball.
5. to learn how to shoot a basketball.
6. to learn how to lay up in basketball.
7. to learn how to pass the ball.
8. to learn how to defense in basketball.

9. to know the history of fencing.
10. to know the rules of fencing.
11. to learn how to use the weapon of fencing.
12. to learn how to attack in fencing.
13. to learn how to defense in fencing.
14. to know the history of wresting.
15. to know the rules of wrestling.
16. to learn how to attack in wrestling.
17. to learn how to defense in wrestling.
18. to know the different kinds of tents in camping.
19. to set a tent with teammates.
20. to know different marks ' meaning while hiking.
21. to know a lot of tools of different hiking.
22. to know the history of orienteering.
23. to know the rules of orienteering.
24. experience a real race of orienteering.



陸、感想與建議(含 3 分鐘短片連結)

<https://youtu.be/cetqmlKA8ul>

心得經驗分享以及給未來參加交換計畫同學建議(350 字)

I am grateful and thankful for this opportunity to go to Spain to study, I experienced different culture and different education.

I really like the life there, I think people in Europe are more enjoy life and more relax about everything, so I tried to be like them, and I felt so good.

I also like their passion and energy, people here greet each other with hugs or shaking hands, and they ask how are you every time.

In the school I think students and professors have good relationships, they can talk about everything, and students like to ask questions and talk more in the classes than students in Taiwan, they are not afraid to make mistakes, they try to discuss with their professors and make the

classes more interesting.

Most of the students I met there are nice, and they always help me if I have something I don' t know.

The way they do exams is also different, they have minus points for wrong answers, and the highest points are 10, so I need to adapt it.

I am so lucky I had nice roommates, they are all nice to me, they share things with me, and they are clean, my apartment is also pretty good, we have a good kitchen, a big living room and great view at the balcony, I like to invite my friends to my house and eat pizzas together, it' s the most relaxing thing to do.

Spanish people eat really late so the restaurants open late too, I try to eat late and actually I prefer eat late, that will be more suit my life because I wake up late, and the sunset here is so late like around 9:30 pm, I felt so weird when I ate dinner while the sky was still bright, this is also another

thing I need to adapt.

I don't like Spanish food, but I don't like cooking neither, then that's why I started looking for other food and I fall in love with kebabs (middle east food) and Italian food.

Don't be afraid to speak English, I am not that good, but I tried a lot then I made some foreign friends, I can feel everyone is so unique because we live in so different culture, the way we think and the way we do things are different, this is the most cool thing for me.

Don't be afraid and open your mind to the unknown.

具代表性出國交換照片說明(4張)



圖 1 說明(20 字)

Me and my friends wearing our school' s hoodies after Spanish class. I am the middle one, the boy is from Turkey and the girl is from south Korea.



圖 2 說明(20 字)

Spanish special food, jamon Iberico and jamon Serrano.

You can see the pig legs everywhere, supermarkets, restaurants, and some bars.





圖 3 說明(20 字)

I went to my friends' house to make other country's food with other foreign friends and watched a movie together, this is a photo after the movie.



圖 4 說明(20 字)

Me and my friends we all like kebabs, and it is also cheaper compared to other food, so that time we were trying to save money and also enjoyed the food we like.

\*格式依需求可自行調整