

臺北市立大學

學生出國研修心得報告

獲補助年度：114-1

研修領域： Faculty of sports

系所、年級：運動健康科學系碩士二年級

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研修國家： 斯洛維尼亞

研修學校(中英文)：英文

研修時間：中華民國 114 年 9 月 24 日至 115 年 2 月 15 日

國外研修成績：8.75/10

短片時間及標題：3:00/斯洛維尼亞交換心得

中華民國 115 年 3 月 1 日

*(非亞洲地區交換同學請以英文撰寫報告)

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壹、緣起

行前準備(100 字)

In my whole life, I have never lived abroad before. I remember when I was in college, I applied an exchange program to China, but unfortunately it was canceled due to covid 19 pandemic. Now I becoming master student again, so that's why I Seize the opportunity to exchange.

Before going to Slovenia, you have to make sure everything is on the process. When you get the acceptance letter, you should start to find an accommodation in Ljubljana as soon as possible, because most student dormitory will be rented out quickly.

Second, you have to apply temporary residence permit by yourself, It's a little complicated. (I recommend to find information on the internet)

Lastly, doing some research before departing. You should check what kind of stuff you have to bring and set some travel goal to avoid unnecessary expenses.

貳、研修學校簡介

學校介紹(100 字)

University of Ljubljana, was officially founded in 1919, shortly after World War. It is largest and oldest university in Slovenia which located in the capital city Ljubljana. With 26 faculties covering various field such as arts, medical education, law, economics, social science, etc. As the primary educational and research institution, the University of Ljubljana is recognized global ranking top 500 schools by CWUR Center for World University Rankings.

Every year, thousands of students come from different country to get higher degree or learn specific skill.

參、 國外研修之課程學習(課內)

修課課程內容 (100 字)

As I' m studying master degree in sports science in UT, I choose the faculty of sport for my exchange program. This winter semester, I've selected five courses which are "Sociology of sport" , "Social skills for teachers and coaches" , "Alpine skiing and snowboarding 1" , "Basic principles of sports training 1" , "Swimming and rescuing" .

Each course has its own specialized field. The most impressive course is "Alpine skiing and snowboarding" , because I have never skied in my life. This course is teaching students how to become a ski coach to teach young kids skiing. As a beginner, every step in this course improving my ski skills and Overcome fear downhill.

The teacher showed different skills and ask us to film our skiing video. To analyze our posture, and try to improve, it was really helpful. Also I have lots of fun with my classmate during the ski course, we spent five days together, learn different culture, thinking from other countries. What an unforgottable memories.

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)

In my experience, I have to say it is difficult to find a good accommodation when you start late.

Finally, I lived in a shared room private dorm with my Mexican flatmate. At beginning, I thought it could be awkward to live with foreigner, but after couple weeks we chatted together and respected each other. Sometime we share our travel experience, or hangout together. Even though we are not native English speaker, we communicated a lots, I felt so grateful to meet my first Mexican friend ,Danison.

In Europe, there is a wide student organization called"Erasmus Student Network". It is the largest student organization in Europe, focusing on student mobility and internationalization of higher education. They hold different student activities on every weekend, such as city tour, karaoke party, ball game, hiking events. It's easy to join and meet new friends while participating those activities.

I tried lots of new things on ESN activities, and I also met many new friends from other countries which made me build more confidence and enjoy every present moment.

Base on my past daily routine, It's not large different while living abroad. I usually go to school and gym every day except vacation, so I am really quickly getting used to everything. (but different environment)

In Slovenia, most people are very kind. If you have any problems you can ask your teacher or classmate, they are always pleasure to help you.

To sum up, I think I really love this beautiful small country. There are surrounded by nature, with lovely people and city. After living five months in Ljubljana, I want to say "It's like the paradise of Europe, a truly underestimated travel country."

伍、研修之具體效益

Though my exchange experience at University of Ljubljana, here is what I learn in the life of Slovenia:

- Stepping out of the comfort Zone makes you stronger.
I would say exchange is not my primary goal during studying master degree. I have never lived abroad before, but I like to try different new things, and it happened by chance. Now I think I don't afraid of taking any risk to another adventure.
- Improving my English speaking and thinking.
I am not really good at speaking English, but It is my first time to live abroad, so you have to face many challenges in different language. When you keep using a skill, it will become easier.
- Learn to fix any problem and grow up by yourself.
Because you studied abroad, you don't know anyone. Everything you have to figure out by yourself. I remember when I arrived Ljubljana, I was so urgent to find an accommodation. Eventually, I find a dorm with reasonable price. The next problem is the landlord seems she doesn't want to return my security deposit. I always prepare for the worst, hope for the best. Luckily, everything goes well at the end of day.
- Learning sports and culture in other country.
I choose faculty of sports because of my profession and interest. I do learn so many new things in Slovenia. For example, teaching kids how to swim in Slovenia style, learning how to train athlete's coordination, Communicating with your clients.

I feel so grateful that I have chance to exchange, I have different experience which other students don't have. Appreciating this chance to broaden my horizons.

伍、感想與建議(含 3 分鐘短片連結)

心得經驗分享以及給未來參加交換計畫同學建議(350 字)

Although I only applied one semester exchanging in Europe, I have to say it definitely worth. Life is too short and fragile, you never what's going to happen. Living abroad is my dream since I started to travel other countries. Last time I applied exchange program during my university years, but unfortunately it was canceled by covid 19. This time I tried to apply exchange program when I back to school, unexpectedly I made it happen.

In this short periods in Europe, I traveled lots of countries as possible as I can, because the transportation expense is much cheaper than starting from Taiwan. As those travel experience, I become more independent person and build confident. I went to cathedrals, galleries, museums in different countries, eating traditional dishes, snacks, learning cultures and languages, it was memorable life experience that I have never experienced.

Being a student in Europe brings many perks, from affordable travel options to student discounts at museums and historical sites, making it possible to enjoy a rich experience without breaking the bank. This is a fleeting time of life, so take advantage of every moment to make the most of it; once this time passes, the opportunity is gone for good.

Slovenia, the most underrated country in Europe. As an outdoor lover, I found lots of secret natural landscape which are amazing. And people are kind, the food is delicious, prices are cheaper than entire Europe. If you don't have any idea about exchange country, I would highly recommend University of Ljubljana.

Lastly, What I gained the most during my exchange period was a sense of adventure, which led to unexpected and memorable experiences. When we over-calculate every risk, we may end up missing out on some truly beautiful moments. In a short period, I made friends from the world, exchanging stories, sharing languages, and exploring each other's cultures. Those friendship introduced me to a new way of thinking and exposed me a diversity of values.

If you still considering becoming exchange student but find yourself on the fence, I would said just do it, you won't regret. Here is my favorite lyrics from Avicii "*the night*", "*One day, you'll leave this world behind, So live a life you will remember*". I encourage you to step out the comfort zone and create memories yourself—ones that will last a lifetime.

具代表性出國交換照片說明(4 張)



圖 1 說明(20 字)

I participated ESN Venice trip with my Taiwanese and Japanese friends. The weather was so good, and this city is absolutely

stunning.



圖 2 說明(20 字)

In the class “Communication and Social skills”, the teacher ask us use body language to mimic the famous painting “*The Last Supper*”.



圖 3 說明(20 字)

“Alpine ski and snowboarding” is my favorite class during exchange program, I learned lots of ski technique from my teacher and classmates which made me more confident.



圖 4 說明(20 字)

The last day in Ljubljana, I hung out with my Erasmus friends. We shared our experience, life, plan about this short exchange journey. What a wonderful night.

*格式依需求可自行調整