

臺北市立大學

學生出國研修心得報告

獲補助年度：2022

研修領域：Integrated Marketing

系所、年級：都會產業經營與行銷學系、大六

學生姓名：張恒

研修國家：美國, USA

研修學校(中英文)：伊利諾州立大學 (Illinois State University)

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國外研修成績：3.29/4.0

短片時間及標題：4:36, 美國伊利諾州立大學交換回顧！

中華民國 110 年 12 月 30 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

Participating in an exchange program has always been one of my dream. I chose Illinois State University as my final destination because of its prestigious academic reputation and rich resources. To start this journey, I needed to send the application to my home school, the University of Taipei, and Illinois State University. After I was approved for enrollment by both sides, I could proceed to apply for a USA J-1 visa, including various forms of online applications and an in-person interview at the embassy. Once I got everything for entering the U.S., I booked the airplane ticket and all other transportation accordingly. Last but not least, I had to manage and pack all the stuff into two suitcases, for example, clothes, food, small gifts, make-up, and all the essential documents, based on the regulations of the airplane company and the USA border.

貳、研修學校簡介

Illinois State University was founded in 1857. It is a prestigious academic school, located in Normal-Bloomington, a college town that is 2.5 hours by train away from the south of Chicago, with a ground that is more than 400 hectares.

Along with its long history, it is known for comprehensive programs and resources for students. There are six colleges now -- the College of Applied Science and Technology, the

College of Arts and Sciences, the College of Business, the College of Education, the College of Art, and the Mennonite School of Nursing.

Former U.S. president Lincoln has a deep relationship with the establishment of this school. With his support and assistants, it became the first public university in its state, aimed to provide moderate and affordable education to the general public. The school motto is "Gladly we Learn and Teach.", and the representative figure is a Cardinal, an endemic redbird, and the colors are red and white. The school is one of the few educational institutions that accept women in the early days.

參、 國外研修之課程學習(課內)

I had great opportunities to access various resources and professional lectures. In duration of the program, I totally took ten courses: Jazz dance, Ballet, International relations, USA Government and Constitution, Individual Economic Behavior and Social Choice, Industrial Organization Psychology, Golf, Bowling, Experience Theatre, and Stage Craft.

I have learned the terms and movements in different dances and choreographed for two projects, and I was taught practical skills in stage designs throughout workshops for four professional performances. Furthermore, I have applied multiple political theories to conduct three academic essays on

current worldwide events. Among all, my noticeable improvement was the technics of communication and discussion in democracy, laws, history, and economics with my critical thinking and persuasive perspectives.

肆、 國外研修之生活學習(課外)

The diversified and inspiring programs and events outside the classes are the most amazing resources I have ever had. The school has more than 400 registered student organizations and enormous artistic and supportive events. Just list a few of my experiences: musical concerts among Jazz music, classical music, different types of school bands and Indies music, theatre performances, musicals, Red-Cross cooperated program for AHA CPR certification, dance concerts, on-campus and off-campus volunteering for young children, animals, culture sharing, environment protection and security, yoga lecture, mountain hiking, international students programs, and so forth.

As for the residency, all exchange students have to live on international floors, paired with one local student in a double room. I have made lots of friends from all around the world because of this arrangement.

Speaking of the most memorable memory, it will be the life lived in dense snow. It was freezing all the time and hard to do any outdoor activity for more than 10 minutes, but at the same time, the view was super beautiful, and people loved to play snow fights and build a

giant snowman.

伍、 研修之具體效益

1. Life skills

It is an undeniable truth that living abroad alone in different languages, cultures, and environments is challenging. You need to be brave and, sometime, step out of your comfort zone to tackle problems and speak for your rights. I have learned how to conduct emails and arguments within a culture-oriented tone and persuasion, and I have practiced the skills of critical thinking and problem-solving.

2. Language

Furthermore, I'm proud to say that I have made progressive progress in English. I have trained to use the language to participate in classes, share culture, conduct daily conversations, and statistical papers.

3. Self-improvement

The school has provided a supportive environment to help me explore and focus on myself so that I have developed and know better about my passion, interests, dreams, personality traits, advantages, and shortages.

4. Marketing Taiwan

I am blessed to meet many great people that we loved to spend

a lot of time sharing our culture and stories. Besides, I have prepared the gifts with Taiwan figures. Therefore, I was able to share about political status, social issues, histories, music, arts, food, languages, economics, and so forth with international and local students to increase public awareness of Taiwan.

陸、感想與建議(含 3 分鐘短片連結)

Looking back on all those worries and preparation I had before departure, the times did fly. I am sincerely grateful for having this precious opportunity, especially after the challenges that the pandemic has brought to the world.

I would like to thank my family, school, friends, and myself that I could not have those unforgettable experience without all the support and effort.

It is scary to live abroad in a new environment independently, and with the number of unexpected troubles and problems I have met, this journey was never easy. However, on the other hand, among all the memories, lessons, experiences, friendships, and achievements I got, this is the best decision I have ever made.

I strongly encourage everyone to participate in an exchange program. Being an Internet generation, it is too sad that people tend to stop connecting and communicating face to face. I was widely inspired and encouraged, and my vision has broadened

by directly talking to people.

Lastly, my suggestions to future participants will be:

1. Don't be shy and scared to express yourself and talk to people because you think your language skill is not good enough. It's ok to be unprofessional, and the only way to improve your ability is to use it.

2. Don't overly stick to a group with people who can speak your native language. You will lose a lot of opportunities to make local and international friends.

3. Be creative, honest, kind, and open-minded.

4. Embrace the spirit of 'Just do it!!'

5. Don't waste your time with the wrong people and force yourself to be in the wrong group.

6. Be initiative for helping others, and don't hesitate to reach out for help.

<https://youtu.be/GHhQtxqXP7E>

具代表性出國交換照片說明(4 張)



My first outdoor adventure!!! We went to Starved Rock State Park to do mountain hiking in snow, and to see frozen lake and waterfalls. This activity was held by the school fitness center.



This is Dia de Muertos: the day to celebrate and memorial the family member that has passed away, held by Mexican community in school multicultural center. I participated this event with my Mexico-American friend from ballet class.



At the beginning of the academic year, there were several events and fairs to welcome the new members and old students to come back to school, including organizational fair, school marching band parade, Normal community parade, and the most representative Homecoming American football game. I went there with my roommate from London.



My family in the USA!! I had lots of warm and happy memories with my host family and their nieces. They were not only have taken care of me but also have let me experiences American culture and lifestyle. We went to picnic, kayaking, pumpkin carving, coffee chatting and so forth.

