

臺北市立大學  
教育部學海飛颺  
學生出國研修心得報告

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University of Liberec

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國外研修成績：

短片時間及標題：2:37 捷克 TUL 交換精彩點滴

中華民國 113 年 7 月 3 日

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## 壹、緣起

Czech Republic is one of the European countries that has a very friendly relationship with Taiwan. Before going abroad to Czech Republic for an exchange program, you need to apply for a long-term visa at the Czech Economic and Cultural Office in Taipei. You also need to prepare an insurance that covers the visa period. Additionally, here are some brief preparation suggestions:

- **Food**

**Taiwanese Snacks:** During the exchange period, you will often interact with other students from different cultural backgrounds. "Snack diplomacy" is both a popular and easy way to meet people and introduce them to Taiwan.

- **Clothing**

**Waterproof Jacket and Shoes:** In Europe, most people don't use umbrellas when it rains. If you want to blend in and stay dry, a waterproof jacket can come in handy. Waterproof shoes can keep your feet dry and are easy to clean, whether it's a rainy day or muddy ground.

- **Accommodation**

**Foldable clothes hangers:** School dormitories usually includes personal wardrobes, so you only need to bring your own hangers. The foldable design is more convenient for storage and also for travel use.

- **Transportation**

**SIM Card with a Phone Number:** Traveling across Europe requires many helpful apps, most of which needs registration. Without a phone number to receive verification codes, you may not be able to use these apps; therefore, it's advisable to bring a spare phone with your Taiwanese SIM card and purchase a local SIM card with internet and phone service after you arrive in Czech Republic.

- **Education**

**Thorough Understanding of Your Field of Study:** During the exchange period, your buddies, friends, and even professors will definitely discuss topics related to your field. Being able to briefly and clearly introduce what you have studied and excelled at in Taiwan will be very helpful in small chats and introductions.

- **Recreation**

**An Open Mind:** The exchange period is about continuously trying new things and learning new cultures in a completely new environment. If you can keep an open mind, you will surely enjoy the experiences more and gain more insights.

## 貳、研修學校簡介

TUL (Technical University of Liberec) is the only university in Liberec, the fifth largest city in the Czech Republic. The main campus is about 15-minute walk from the dormitories, with some buildings located in the city center, which is about 10-minute bus ride from the dormitories. The university has a well-developed system, including campus maps, personalized schedules and course notifications, STAG (academic administration system), meal reservation system, dormitory rent payment system, and gym reservation system, all with clear and user-friendly interfaces. There are many international students in the university, and the school regularly hosts international activities, warmly and sincerely welcoming every exchange student.

## 參、國外研修之課程學習(課內)

The university offers courses taught in English across various departments, available for international students to enroll in. Additionally, there are two courses, Czech Language and Czech Geography, specifically designed for all international students. During this exchange period, I took a total of four courses.

- **Czech Language**

Czech is a Slavic language, which is quite different in logic from Latin-based languages, making it challenging to learn. However, the professor for this course is very patient and encouraging to all students. The class provides instruction on everyday vocabulary and simple conversations. The professor encourages students to speak more and share more, often motivating students to have conversations with each other in Czech during class. The final exam was also very creative: students had to take a question sheet to the city center, find answers, and practice asking questions and conversing with locals in Czech.

- **Art Studio**

The Art Studio course is a key program for the department and a major subject during my exchange period. Although the course is taken with Czech local students, the professor mainly teaches in English. As a creative course, the class schedule is more flexible, with a focus on discussions and feedback between students and the professor. This course is taught by two professors, with the creative themes discussed around "Contemporary Art." It focuses on exploring and designing the presentation of contemporary artists' work and creating art inspired by contemporary artists. Initially, it took me some time to get used to the professors' approach of giving students a high level of creative freedom, which required self-planning and discipline. However, I greatly enjoyed and looked forward to the weekly exchanges, discussions, and appreciating the creative works of other students.

## **肆、國外研修之生活學習(課外)**

- **Exchange Student Accommodation**

The university provides accommodation in the dormitory for exchange students, with rooms shared by two and apartments shared by 4-6 people. Facilities include shared kitchens, bathrooms, and toilets. Each building has a 24-hour reception front desk at the ground floor, as well as laundry and drying machines located

in the basement. The dormitory is 15-minute walk from the main campus, 5-minute walk to the bus stop, and about a 10-minute bus ride to the city center. The dormitory area also features a grocery store, gym, restaurant, and bar, making it quite convenient.

#### **Local Czech Festivals:**

- **Easter:** The Easter market is very lively in the main squares all around Czech republic, selling painted eggs, chocolate bunnies, and willow branches decorated with ribbons. According to tradition, on Easter Monday morning, boys lightly whip girls with willow branches as a blessing for their health.
- **Witch Burning Festival (Pálení Čarodějnic):** One of the traditional Czech festivals held on the last day of April. It involves burning witches made of bamboo and fabric to wish for family safety and to bid farewell to winter while welcoming spring. I was lucky to have a Czech friend who took me to a village where we walked with paper lanterns and held up the witch while circling the village. At the end, the witch was burned in a bonfire, and we also enjoyed roasting marshmallows by the fire.

#### **University International Activities:**

- **Welcome Week:** A week before the official start of the semester, featuring introductions to the campus environment, training on using school systems and facilities, and activities for international students and their buddies through the Erasmus program.
- **Speak Dating:** An event that encourage international students to sets up small tables where students that are interested in learning things about your country can sit down with you and learn about different cultures through conversation.
- **Flag Parade:** A parade through the center of Liberec with flags, international students carry their flags during the parade, allowing more people to see every country' s flag.

#### **ESN Student Organization Activities:**

- **Country Presentation:** Each week, international exchange students take turns presenting and introducing their home countries to

other exchange students.

- **Country Party:** Held after the Country Presentation, this themed party involves creating a song playlist and planning small activities based on the chosen theme, allowing others to experience and learn about different cultures through Czech's familiar bar culture.
- **International Dinner:** Exchange students prepare and share dishes from their home countries, testing their cooking skills and allowing everyone to taste a variety of international cuisines.

#### Extracurricular Competition:

- **2024 Liberec Ideathon:** Teamed up a Czech good friend, we participated in the Liberec Ideathon competition organized by Czechinvest and the Regional Development Agency. Us participants had to complete one of the four challenges provided by the organizers within 24 hours. The aim of this event was to encourage young people to use their creativity for regional development. We were fortunate to win the first prize in the university category with our concept for a creative AR app for tourists in Czech Republic, also combining the idea of attracting Taiwanese tourists.

## 伍、研修之具體效益

- **Open Your Heart and Embrace Local Culture:** Learn to integrate into the local culture with an open mind.
- **Understand How to Share Taiwanese Culture and Pass on Taiwanese Warmth:** Discover how to introduce and share Taiwan's culture and its friendly nature with more people.
- **Improve Language and Communication Skills:** Enhance your language proficiency and ability to express yourself.
- **Learn the European Slow Lifestyle:** Adapt to a more relaxed and mindful way of living in European culture.
- **Develop Independence and Overcome Loneliness:** Cultivate self-reliance and manage feelings of solitude.

- **Broaden Your Horizons:** Understand how students of your age in different cultures think and perceive the world.
- **Embrace New Knowledge in a New Educational Environment:** Approach learning with a fresh perspective in a new academic setting.
- **Travel to Different Places:** Explore new cultures, witness historical and artistic landmarks, and experience diverse works and heritage.

## 陸、感想與建議(含 3 分鐘短片連結)

Studying abroad is never an easy decision, but there is so much more you can benefit from. Whether you are still considering it or planning to go on an exchange, I genuinely believe that this experience will broaden your horizons and will guide you in the future. During this period, I have met like-minded friends from various places and learned not just academic knowledge, but also valuable skills and countless beautiful memories.

Here are some tips and principles to make the most of your exchange experience:

- **Be Proactive:** When faced with difficulties, take the initiative to address and solve them. Confront your challenges head-on rather than passively relying on others for help. This will strengthen your independence and self-reliance.
- **Begin With the End in Mind:** Plan ahead to make the most of your semester. As a student, traveling can be a great opportunity, so planning in advance can lead to more trip opportunities and may help reduce expenses.
- **Put First Things First:** Whether it's campus life, international student activities, or travel, prioritize your goals and tasks. Analyzing and weighing the importance of different things will help you focus on what's most important rather than constantly reacting to urgent matters.
- **Think Win-Win:** Every exchange student acts as a small



ambassador, representing your own country and promoting local culture. Through interactions and presentations, consider how you can create benefits for yourself while also positively promoting and sharing your own culture, achieving a win-win situation.

- **Seek First to Understand, Then to Be Understood:** In a culturally diverse environment, balance and understanding come through communication and empathy. When encountering unfamiliar cultural practices or behaviors, don't hesitate to ask questions and try to empathize before making judgments. Understanding that everyone comes from different cultural backgrounds will help you be more tolerant of cultural and conceptual differences.
- **Synergize:** Leverage your strengths in collaborative activities with students from various countries. During my exchange, I participated in a hackathon, where my team and I brainstormed and worked together. Each of us used our skills to contribute to the project, from cultural concepts to role design and presentation. It turned out that our cooperation worked out pretty well, leading us winning the competition and gained a deeper understanding of each other's cultures.
- **Sharpen the Saw:** Allocate time for rest and rejuvenation. After a busy week, it's essential to have time alone to reflect and recharge. Remember to give yourself space to talk to yourself and offer encouragement. Living alone in a foreign place is challenging, and when feelings of homesickness or loneliness arise, face them bravely. These experiences are part of personal growth and one of the biggest challenges of exchange life.

<https://youtu.be/bazYP6Y-nbQ>

具代表性出國交換照片說明(4張)



圖 1

圖 1

Taiwan Country Presentation: We introduced Taiwan to all the exchange students and prepared bubble tea for everyone to try out. The response was enthusiastic and the participation was high, with everyone showing great interest in the Taiwanese culture.



圖 2

圖 2

Flag Parade: Participants from various countries (exchange students) carried their national flags and walked from the campus to the city hall in the city center.



圖 3

圖 3

**2024 Liberec Ideathon:** I teamed up with a Czech good friend to participate in the annual hackathon competition in Liberec. During the 24-hour event, free food and beverages were provided, along with professional mentors who offered advice and consultation. We were honored to win first place in the university category, which gave us the opportunity to implement our project with the region.



圖 4

圖 4

**Radio Station Experience:** Due to our connection through the competition, a radio station reporter invited our team in a recording session for Liberec Radio. We discussed Taiwanese and Czech cultures, as well as the tourism market between the two countries.