

臺北市立大學

學生出國研修心得報告

獲補助年度：113

研修領域：教育

系所、年級：英碩三

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研修國家：捷克

研修學校(中英文)：

利貝雷茨科技大學 Technical University of Liberec

研修時間：中華民國 113 年 9 月 16 日至 114 年 2 月 7 日

國外研修成績：98.67

短片時間及標題：[捷克交通 app 介紹](#)

中華民國 114 年 2 月 16 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)

Preparing to head to the Czech Republic for an exchange program mainly involves two key steps: applying for a student visa and booking flights. Since many articles already detail the required documents and visa application process, I won't repeat them here. However, it's vital to prepare two to three copies of each document just in case.

When booking flights, be sure to look for student discounts, as they often offer lower fares and extra baggage allowance. For example, Emirates provides students with a 10% discount and an additional 10kg of checked baggage.

貳、研修學校簡介

學校介紹(100 字)

Technical University of Liberec is located in Liberec, the 5th largest city in the northeastern part of the Czech Republic. TUL is approximately 2.5 to 3 hours away from Prague's international airport. Its campus is spread across various locations within the city, with some buildings in the city center and others near the dormitories, just a 15-minute walk away.

Regarding its strengths for international students, several EMI (English-Medium Instruction) courses are offered, spanning various fields to accommodate diverse academic interests.

Overall, TUL is a good choice for students who want to take courses in different fields and enjoy a peaceful vibe.

參、國外研修之課程學習(課內)

修課課程內容 (100 字)

Czech Language

The course covered basic Czech language skills, including greetings and self-introductions, with a strong emphasis on oral practice. Classes were held weekly, and students were required to complete both oral and written exams at the end of the semester. The lecturer was always kind and supportive, encouraging students to practice speaking Czech.

Historical Heritage of Our Region

The course differed from others as it only required students to attend class twice throughout the semester. During these sessions, the lecturer led guided tours, introducing students to famous landmarks in Liberec, such as City Hall. In addition to the tours, students received three worksheets at the beginning of the semester, which they were required to complete independently.

Introduction to Psychology for Erasmus Students

The course covered various aspects of psychology through a combination of professor-led lectures and student presentations on different topics. Additionally, students were required to complete a worksheet on a specific topic before attending each class. However, since the course was held every two weeks, the overall workload was manageable. For the exam, students took an oral assessment where they

were allowed to use notes. During the exam, the lecturer asked students to elaborate on what they had learned, prompting further discussion with critical-thinking questions.

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)

Dorm

Our dorm has two bedrooms, a shared kitchen, and a shared bathroom. Each bedroom is furnished with two beds, two desks and chairs, and a heater, but no air conditioning. For storage, each student has a closet, at least one cabinet, and additional space under the bed, which is definitely more spacious than the storage space at UT. The shared kitchen is decent but not well-equipped—it includes just two hot plates, a fridge, and plenty of cabinets. The tap water is drinkable but has a distinct taste, so using a water pitcher can help improve it.

One advantage of the dorm is its affordability, costing only 120 CZK per day—and sometimes 80 CZK when water contamination issues, like Legionella, occur. (Hopefully, you won't have to experience this, as it took the school two months to fix the issue.)

Country Presentation

As the name suggests, students from different countries take turns presenting their hometowns to classmates each week. These presentations are not only insightful regarding the cultural and sometimes political aspects of a country but also serve as quick travel guides, often highlighting famous tourist spots and local cuisines.

伍、 研修之具體效益

(請條列式列舉 150 字)

Improvement in English: Studying and living abroad require constant communication in English, which enhances listening, speaking, reading, and writing skills. In addition to improving overall language proficiency, being immersed in an English-speaking environment allowed me to develop a more precise understanding of word usage and expressions in different contexts.

Learning Czech: Exposure to the Czech language through courses and daily life experiences helped me acquire basic conversational skills. Learning Czech not only enabled me to communicate more effectively but also allowed me to show respect for the local culture and people.

Developing Problem-Solving Skills: Adapting to a foreign environment involves handling various challenges, such as navigating public transportation, managing accommodation issues, and keeping up with coursework. These experiences foster independent thinking and adaptability in unfamiliar situations.

陸、 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)

People participating in exchange programs have different goals. Some may want to travel around Europe or explore various cultures by connecting with locals, while others may seek to gain knowledge and experience that differ from those in Taiwan.

During my exchange student life, I visited many places I had dreamed of for a long time. I still remember being overwhelmed when I first saw Notre-Dame de Paris. The sunlight penetrated the rose window, reminding me of scenes from the musical *Notre-Dame de Paris*. I was deeply moved—it was beyond words. At that moment, I realized that having the opportunity to experience something personally meaningful might be the true essence of being an exchange student.

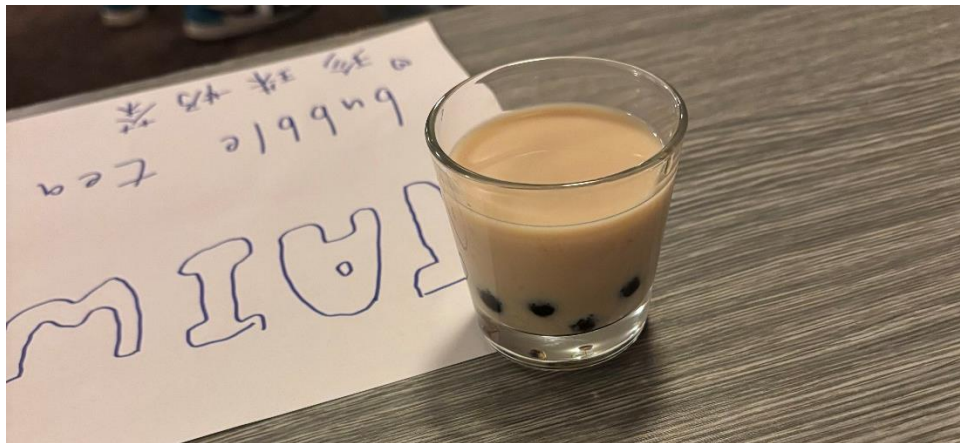
In addition to exploring various cultures through traveling, sharing aspects of Taiwan with other international students was also a memorable experience. Compared to European exchange students, Taiwanese students were rarely found here. When we learned about the International Dinner event, we decided to participate, as delicious food is a universal language and one of the easiest ways to introduce and promote Taiwan. When it comes to the most popular food or drink in Taiwan, all of us agreed on bubble tea, which is common in Europe as well. That night, we prepared homemade bubble tea, and many international students showed interest in it. One of them even got a refill three times and told us bubble tea was his go-to drink. Seeing people enjoy something from our country made us feel proud and connected, making the event a truly unforgettable experience.

You can probably imagine what exchange student life could or should be like but never set limits for yourself and don't be afraid of not living up to a so-called ideal exchange student life. As long as you are easy with it, everything is going to be worthwhile.

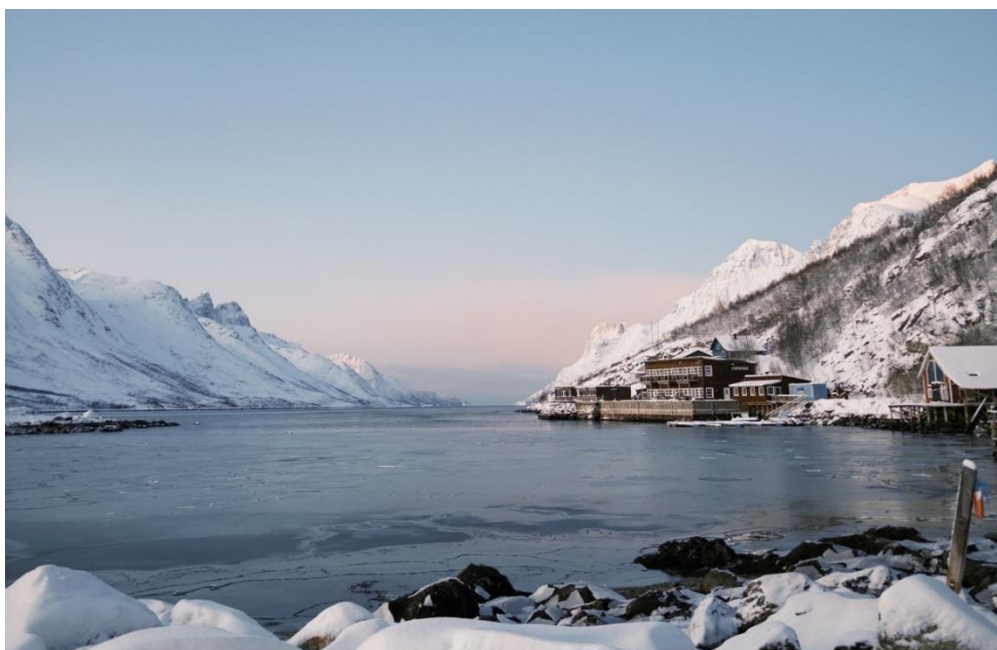
具代表性出國交換照片說明(4張)



Curtain call of the musical *Les Misérables*, 17, Oct, 2024



Homemade bubble tea for International Dinner, 6, Nov, 2024



Fjord in Tromsø, 20, Jan, 2025



Bus stop near TUL, 2024