

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：Science, Humanities and Education

系所、年級：學習與媒材設計學系 大學部五年級

學生姓名：曾楚雯

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 6 月 20 日

國外研修成績：95.83/100 (points)

短片時間及標題：3:33 / 捷克交換生活

中華民國 114 年 6 月 29 日

目 錄

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).....	4
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).....	8

壹、緣起

行前準備(100字)

Before departing for the Czech Republic, one of the most important steps is applying for a visa. The process can be quite complicated and usually takes at least a month to complete. It is recommended to book an appointment and start the application process at least two months in advance. Required documents include a police clearance certificate, proof of financial means, accommodation confirmation, insurance, and other related documents.

As for packing, since I was going on a one-year exchange, I brought clothing for both summer and winter. However, heavier items like thick coats and snow boots can be purchased locally in the Czech Republic.

In terms of food, I packed some Taiwanese instant noodles and snacks, as it is quite difficult to find Taiwanese products in regular supermarkets here.

For mobile service, I got a SIM card after arriving in the Czech Republic. I chose Vodafone' s unlimited data plan, which works in both the Czech Republic and other EU countries. ESN also sells SIM cards, which can be a good option if you don' t use a lot of data.

貳、 研修學校簡介

學校介紹(100 字)

The Technical University of Liberec, established in 1953, is located in the northern part of the Czech Republic. Although it is not a large university, it offers a comfortable living environment with good public safety and convenient nearby facilities.

The university consists of several faculties, including Mechanical Engineering, Textile Engineering, Economics, Education, Health Studies, Mechatronics and Computer Science, as well as Art and Architecture.

The dormitories are only a brief walk away from the main campus, allowing students to easily attend classes and

campus activities. Additionally, some university buildings are located in the city center, which can be reached quickly by a short bus ride.

參、國外研修之課程學習(課內)

修課課程內容 (100 字)

TUL offers courses specifically designed for exchange students, but students can also choose classes from other departments. If there is any uncertainty about whether a course is open for enrollment, it is advisable to contact the teacher by email to ask for permission or clarification. Below are some of the courses I took during my exchange period:

Czech Language:

This course teaches basic Czech phrases. The teacher is very dedicated, and since all students are beginners, the class includes many opportunities for conversational practice. The final assessment includes both an oral and written exam, with the oral exam providing the chance to communicate with local Czech speakers.

Historical Heritage of Our Region:

In this class, students are taken on guided tours around

the city of Liberec, where the teacher explains the local history and the development of art in the region.

Introduction to Psychology for Erasmus Students:

This course covers general psychology. In each class, the teacher poses questions that we then discuss in groups during the following session. The teacher introduced many concepts from positive psychology and flow theory.

Yoga:

This course is not specifically designed for exchange students, so the majority of classmates are Czech. During practice, the teacher provides simple English explanations of the poses. Different types of yoga are taught each week, including power yoga, acro yoga, yoga for children, and yoga for pregnant women and seniors. Throughout the semester, many yoga techniques are learned. At the end of the course, each student is invited to lead a yoga session in front of the class.

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)

TUL provides accommodation for exchange students. The student dormitories typically have two people sharing a

room, while common areas such as the bathroom, toilet, and kitchen are shared among 4 to 6 people. The monthly rent is around 3,600 CZK, and a deposit of 5,000 CZK is required upon arrival. There is also a laundry room in the dormitory. To do laundry, students can borrow the washing machine key from the front desk, and each hour of washing costs 50 CZK. Additionally, items like vacuum cleaners and drying racks can also be borrowed from the dormitory reception.

During the week before the semester starts, the student organization ESN organizes orientation sessions and ice-breaking activities to help exchange students settle in and get to know one another. It's a great opportunity to meet students from different countries. There is also a second-hand kitchenware sale organized by ESN, where students can buy used kitchen items at affordable prices. Throughout the semester, ESN holds various events such as country presentations, student-hosted parties, pottery workshops, gallery visits, and ice skating.

As for daily living expenses, food is one of the main costs. For those who cook for themselves, about 1,000 CZK per week is usually enough. Another regular expense is the

phone bill, which cost me around 600 CZK per month. In addition to living costs, travel expenses are also something to consider. Due to the Czech Republic's central location in Europe, it's very convenient to travel to other places or countries during holidays to experience different cultures and lifestyles.

There are also many local festivals in the Czech Republic. For example, Christmas markets are held during the Christmas season. Easter is also celebrated with different activities and markets. Traditional events such as the Witch Burning Festival are also celebrated. These were all very unique and memorable experiences for me.

伍、 研修之具體效益

(請條列式列舉 150 字)

- **Enhanced professional skills relevant to my field:** During my exchange, I took courses that helped me learn useful skills and knowledge, which will support my studies and future career.
- **Improve language and communication skills:** At first, I was hesitant to speak English, but during the exchange,

I had to communicate in many situations. Gradually, I got better at speaking and understanding both English and the local language, which made it easier to talk to people and get things done.

- **Improved cross-cultural communication abilities:**

Learned how to work well with people from different cultures and understand their perspectives.

- **Increased confidence in adapting to new environments:** Felt more comfortable and confident dealing with new situations and challenges while living and studying abroad.

- **Expanded personal network:** Made new friends from around the world. For example, my roommate was from Norway, and through daily conversations, I got to learn more about their culture. This experience broadened my social circle and helped me build lasting connections.

- **Gained independence and self-management skills:** Learned to manage daily life and responsibilities on my own, which boosted my confidence and self-reliance.

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)

After arriving in the Czech Republic, I noticed a few things that took some getting used to. For example, most locals don't speak much English, so it's best not to expect everyone to be able to answer your questions in English.

As for the weather, it's much drier in the Czech Republic compared to Taiwan. When I first arrived, I really felt the dryness. Here, people usually don't use dryers—just hanging clothes on a rack is enough for them to dry in about a day.

Regarding food and drinking water, most Europeans drink tap water directly. If you're not used to it, you can buy a water filter pitcher or a kettle. Eating out in the Czech Republic is generally more expensive than in Taiwan, so I recommend cooking for yourself. I didn't know how to cook at all when I first arrived, but after cooking for myself regularly for a while, my cooking skills improved. Besides instant noodles, dishes like curry or pasta are beginner-friendly and easy to make. If you're not used to

Western food, there are many Asian markets offering seasonings and ingredients that are more familiar.

For transportation, local buses and trams don't work with Google Maps, so it's necessary to download an app called IDOS to check schedules. The buses here are usually very punctual. A student ticket costs 14 CZK for one hour and can be bought either on the bus or through the Idolka app. I wouldn't recommend skipping tickets—even though I only saw a ticket inspector once during my exchange, the fine for getting caught without a ticket is 1,000 CZK.

Getting from Liberec to Prague is quite easy as well. You can take a FlixBus or RegioJet, and it takes about an hour, which makes day trips very convenient. Public transport in Prague is also very affordable—a monthly student pass costs only 130 CZK and can be purchased through the PID app.

Thanks to its location, the Czech Republic is a great base for traveling to nearby countries such as Germany, Poland, and Hungary, either by bus or train. Even for farther

destinations, flights aren' t too expensive. There are many budget airlines in Europe, like Wizz Air and Ryanair. If you catch a good sale, tickets can be very cheap.

As for school, the classes were not too difficult to handle. Teachers are very willing to answer questions, and there are plenty of chances to discuss with classmates during class. I would recommend taking this opportunity to explore courses not usually available in Taiwan.

It was a truly valuable and unforgettable journey. For anyone considering an exchange program, I believe it' s a great opportunity to step out of your comfort zone, learn new things, and see the world from a different perspective.

3 分鐘短片連結:https://youtu.be/8TVf_NdC_0w

具代表性出國交換照片說明(4 張)



圖 1

圖 1 說明 (20 字)

This photo was taken during the Historical Heritage of Our Region course, showing our group inside the Liberec Town Hall. Our teacher took us on a tour of the building, and a staff member gave us a detailed introduction to its history. The Liberec Town Hall was built between 1888 and 1893, and was designed by the Viennese architect Franz Neumann. The exterior is richly decorated and resembles the Vienna City Hall in style. On that day, we also had the chance to go up to the top of the building and enjoy a view of Liberec.



圖 2

圖 2 說明 (20 字)

This photo was taken during the International Dinner event where students from different countries each prepared a dish to share with others. The exchange students from Taiwan made bubble milk tea, which was very popular among the participants. We also had the chance to try dishes from other countries, such as Indian curry, French crêpes, traditional Turkish desserts, and Czech specialties.



圖 3

圖 3 說明(20 字)

This is a photo of me and other exchange students during our trip to Prague to see the Burning of the Witches, a traditional Czech festival. It takes place every year on the night of April 30th and marks the end of winter and the arrival of spring. People gather to light bonfires, burn symbolic witch figures made of straw, and enjoy music and food. It was a unique cultural experience and a fun way to learn more about local traditions.



圖 4

圖 4 說明(20 字)

This photo was taken at the end of the semester when the teacher of our Development Language class invited the whole class to attend her concert. The concert was held in a local church in Liberec, and the performers were students from TUL who sang in a choir. They performed beautiful music that told the story of the end of World War II.

*格式依需求可自行調整