

臺北市立大學

學生出國研修心得報告

研修領域：

系所、年級：心諮四

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研修國家：斯洛泛克

研修學校(中英文)：泛歐大學 **Pan European University**

研修時間：中華民國 113 年 9 月 24 日至 114 年 1 月 20 日

國外研修成績：

短片時間及標題：

中華民國 113 年 3 月 12 日

(非亞洲地區交換同學請以英文撰寫報告)

目 錄

(請以標楷體14號, 行高1.5繕打, 並標示頁碼)

壹、 緣起	1
貳、 研修學校簡介	1
參、 國外研修之課程學習(課內)	1
肆、 國外研修之生活學習(課外)	1
伍、 研修之具體效益(請條列式列舉)	1
陸、 感想與建議(含3分鐘短片連結)	2

1、緣起

行前準備(100字)

After receiving the admission letter, students need to apply for the visa(Slovakia doesn't have a student visa, so I recommend students who only apply to exchange a semester to apply for the working holiday visa)

Required documents to apply for the working holiday visa:

- 1.Criminal record apostilled by the government.**
- 2.Passport and the passport sized photos.**
- 3.Health insurance in Slovakia valid for the whole stay.**
- 4.Latest bank statement.**
- 5.Accommodation proof for the whole stay in Slovakia (should be issued by the accommodation provider)**
- 6.Acceptance letter issued by the university**

2、研修學校簡介

學校介紹(100字)

Pan-European University (PEU) is a private higher education institution, offering university education at all 3 cycles of studies in 20 accredited studies programs at its 5 faculties.

PEU consists of 5 faculties which were established gradually in reaction to the needs of the higher education market, in chronological order: Faculty of Law, Faculty of Economic and Entrepreneurship, Faculty of Media, Faculty of Informatics, and Faculty of Psychology. As the only private higher education institution in Slovakia, they can offer a PhD. Studies and at the same time qualified candidates may aim for a professional doctorate, habilitation (associate professorship), and inauguration (full professorship) proceedings.

3、國外研修之課程學習(課內)

修課課程內容 (100字)

During my exchange period, I took business courses that were not available in Taipei, broadening my knowledge in various aspects of the field. In Project management, I gained hands-on experience with project scheduling software and learned how to effectively prepare and review budgets, enhancing my practical skills in planning and financial oversight. In Labor law, I studied the differences in job market conditions and labor protections between Europe and Taiwan, gaining insight into how legal frameworks shape employment practices in different regions. In the course of Work and Organizational Psychology, I learned about human behavior in workplaces, focusing on motivation, performance, leadership, teamwork, and well-being. It applies psychological principles to improve productivity, job satisfaction, and overall organizational effectiveness.

4、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)

When I first arrived in Slovakia and was about to check into the dormitory, there was no school staff available to assist me. Communication was only possible through WhatsApp, and the contact person did not speak English. I had to rely on translation apps, unsure if my messages were conveyed correctly. Initially, they provided me with an address, but I was told it was incorrect upon arrival. So, I had to drag my two heavy suitcases to a new location. When I finally arrived, the contact person explained how to retrieve my key—only for me to realize that the key was actually at the first location I had been sent to. Carrying 40 kg of luggage, this was completely a disaster. After all the trouble, I finally managed to check into the dormitory. A few days later, the contact person informed me I would get a roommate. However, the dormitory I had applied for was supposed to be single occupancy. After further questioning, I found out that they had given me the wrong dorm address in the first place. As a result, on the third day of my stay, I had to move again—back to the exact place where I originally arrived. It was an unbelievably frustrating experience. After meeting other exchange students from Europe, I discovered that the dormitory assigned to us by the school was

actually much more expensive than renting a regular apartment off-campus. We all felt like the school had overcharged us.

This was truly a unique experience.

5、研修之具體效益

(請條列式列舉150字)

1. Learning to Manage My Own Life

As an exchange student, I had fewer courses compared to my usual schedule in Taiwan, where I had different classes every day. This made my exchange experience feel much more relaxed. However, having more free time also meant that I needed to plan my schedule wisely to make my life more fulfilling. During this period, I started to organize my daily routine, not only including academic planning but also incorporating my interests and travel plans. This experience made me realize that time management is not just about keeping up with schoolwork—it is a crucial life skill. I also gained a deeper understanding of my own rhythm and personal needs, discovering the situations in which I feel most at ease and relaxed. This has been an important lesson for me.

2. Becoming More Flexible and Less Attached to Plans

During my exchange experience, I often encountered unexpected changes—whether it was itinerary adjustments, transportation delays, or sudden unforeseen events. These situations gradually taught me that being too rigid with my plans could lead to unnecessary stress and anxiety. I used to be someone who strictly followed schedules, wanting everything to go as planned. However, after experiencing multiple changes, I learned to adapt and shift my mindset, allowing myself to handle situations more flexibly. Whether it was a last-minute itinerary change, missing a bus, or facing unexpected challenges, I learned to accept these moments with an open mind instead of feeling frustrated about disrupted plans. This shift in mindset has made my life much more enjoyable, allowing me to embrace spontaneity. I realized that some of the best experiences often come from unplanned moments, such as discovering a hidden gem of a store after a

last-minute change in plans. These surprises have taught me to appreciate the present and welcome life's uncertainties with a more open heart. This exchange experience has helped me let go of my attachment to fixed plans and instead find joy in adapting to changes. I truly appreciate this transformation, as it has not only made me more flexible but also filled me with excitement and anticipation for the possibilities that lie ahead.

6、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)

Before going on an exchange, it's important to have some understanding of the destination—whether it's local transportation, lifestyle, culture, or even basic daily necessities. Doing some research in advance will help you adapt more quickly and avoid feeling completely lost when you arrive. Learning about the local language, customs, and how daily life operates can make the transition much smoother and allow you to focus on making the most of your experience rather than struggling with confusion at the beginning.

From my experience, it's best not to have overly idealized expectations. Many people watch travel videos and develop a perfect image of living abroad, believing that everything will be beautiful and seamless. However, traveling and living in a place are very different experiences. As an exchange student, you'll need to handle challenges like unexpected schedule changes, cultural differences, and even small inconveniences such as unfamiliar grocery stores or different banking systems. If you go in with a flexible mindset, you'll be better prepared to face these challenges and adapt to the new environment.

I believe that going on an exchange requires an open mind—being receptive to new experiences, stepping out of your comfort zone, and fully embracing everything this period has to offer. There will be ups and downs, but every challenge is an opportunity to grow. Instead of feeling frustrated when things don't go as planned, try to see them as valuable life lessons. The ability to adjust and thrive in an unfamiliar

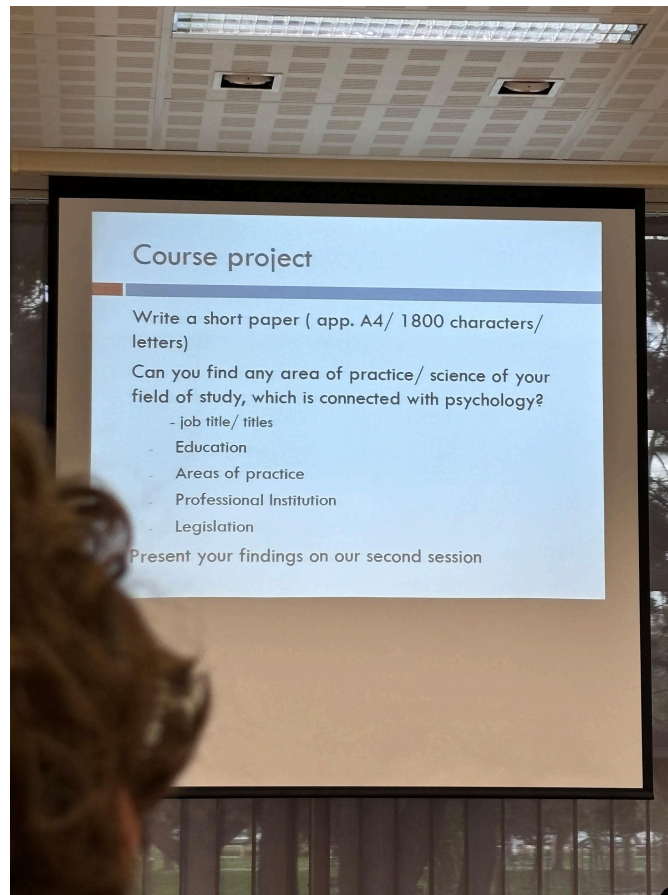
environment is a skill that will benefit you in the long run.

It's also important to trust yourself and your ability to handle unexpected situations. At the same time, make the most of this relatively free period to learn how to be independent, manage your own time, and discover what truly makes you happy. Think of an exchange as a blank canvas—you may uncover new passions, develop new perspectives, and even find a lifestyle that suits you better. In my opinion, going on an exchange is a life-changing decision that you will regret!

具代表性出國交換照片說明(4張)



During the welcome event, the school prepared a traditional Slovak dish: Bryndzové Halušky, which is potato dumplings with sheep cheese. This dish is one of Slovakia's national specialties, known for its rich and creamy texture, often topped with crispy bacon.



On the very first day of class, I received my first assignment of the exchange experience. It was an unexpected but exciting start, marking the beginning of my academic journey in a new environment.



Experiencing a Husky sled ride was truly unforgettable! Being pulled through the snowy landscape by a team of energetic Huskies was both thrilling and breathtaking. The dogs' enthusiasm and strength were incredible, and the feeling of gliding through the winter wilderness was like something out of a dream. It was an amazing way to connect with nature and experience an authentic winter adventure!



While traveling in the Netherlands with my friends, we met a girl from Finland who was there to attend a concert. Later, when we traveled to Finland, she invited us to join her for a meal, giving us the chance to exchange cultures and experiences. It was a memorable encounter that highlighted the beauty of connecting with people from different backgrounds during our journey.

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