

臺北市立大學

學生出國研修心得報告

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研修領域：教育領域

系所、年級：國小教育 三年級

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研修國家：捷克

研修學校(中英文)：Technology of Liberc(利貝雷茲科技大學)

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*(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)

First, I prepared the visa. Preparing the visa is a troublesome task. First, you need to go to the police station to apply for a certificate of good conduct, then go to get it notarized, and finally go to the Czech office to apply for the visa. You also need to get insurance that is valid in Schengen countries. Then begins the long and arduous wait for the visa, which usually takes one to two months. Next is booking the flight tickets; you can buy a round-trip ticket. Remember to confirm the start date of the exchange school. It is best to arrive in the Czech Republic a week early because the school will organize many activities in the week before the start of the term, which can help you quickly integrate into the local community.

貳、研修學校簡介

學校介紹(100 字)

Technology of Liberec is a school located in Liberec, the fifth largest city in the Czech Republic, which is one hour away from the capital city of Prague by bus. Although the school is located on the mountain, there are many buses that can help with the descent. There are also many restaurants and shopping malls at the foot of the mountain, so the living facilities are good. The school itself provides dormitories, which cost about 120 Taiwanese dollars per day, and is very friendly to exchange students, making it a good choice for exchange programs.

參、 國外研修之課程學習(課內)

修課課程內容 (100 字)

The courses I took were Czech language, Czech geography, and physical education. I highly recommend anyone going to the Czech Republic to take the Czech language course. The teacher is very friendly and teaches a lot of practical language skills, helping you learn the basics of the Czech language. Czech geography is more recommended for students who are particularly interested in Czech history and geography. The teacher tends to be a bit boring, talking a lot with little interaction, but the grades are easy to earn. The physical education class is quite special; each class covers a different sport, including many that are difficult to encounter otherwise. However, one downside is that the entire course is taught in Czech, which can be hard to understand, but it's not a big problem since the main focus is on physical activities

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)

The dormitory fees at Technology of Liberec are quite affordable, costing around 120 TWD per day. There are four-person rooms and six-person rooms available. I stayed in a four-person room, which included a kitchen, refrigerator, bathroom, and toilet. The room is spacious because it is divided into two two-person sections. For laundry, there are washing machines, but the fee depends on the time you use them. As for living expenses, if you do not plan to travel to other countries,

the cost is similar to that in Taipei, and it might even be cheaper because the restaurants are generally not very good, so many people buy groceries and cook for themselves. Additionally, I highly recommend getting a SIM card from a supermarket called Tesco located at the foot of the hill. It is much cheaper than other SIM cards, and after activation, you get 50GB of data, which is very convenient.

伍、 研修之具體效益

(請條列式列舉 150 字)

- **Practice English:** Most people here do not speak Chinese, and it's rare to meet someone who does. This full-English environment is perfect for practicing English, especially for those who do not enjoy studying English. In such an environment, both listening and speaking skills will improve rapidly.
- **Travel Europe:** With a visa and Taiwan's 90-day visa-free policy for many European countries, we can freely travel around Europe. The transportation costs are much cheaper compared to flying from Taiwan. By using low-cost airlines, the round-trip fare from the Czech Republic to any other European country can be under TWD 1500, making it very economical.
- **Travel Europe while young:** Europe is not very friendly to older people, as many cities require a lot of walking, and some paths are difficult to navigate. Therefore, it is best to visit Europe while young, taking advantage of one's physical strength and energy to explore the world.

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)

One major benefit of studying abroad is the opportunity to improve English skills. A full-English environment significantly enhances listening and speaking abilities. Another advantage is the chance to travel around Europe. Traveling while young is ideal because many cities require extensive walking, and some routes can be challenging. Traveling when you're young allows you to fully enjoy the experience without physical limitations.

For those planning to join an exchange program, it's recommended to prepare in advance, learn basic local language skills, actively participate in school activities, and carefully plan your budget. Embrace new experiences and challenges, as they will enrich your life and broaden your horizons.

In summary, an exchange program offers valuable opportunities for personal growth and academic development. It allows you to practice English, travel extensively, and immerse yourself in a new culture. Be well-prepared, engage actively, and make the most of your exchange experience.

具代表性出國交換照片說明(4 張)



圖 1 說明(20 字)

When you arrive at Prague Airport in the Czech Republic, the first thing you need to do is buy a bus ticket. You can download the PID app to purchase tickets online, as the machines can sometimes malfunction. In addition to buying a ticket for yourself, if you have a lot of luggage, you will also need to purchase a ticket for your luggage.

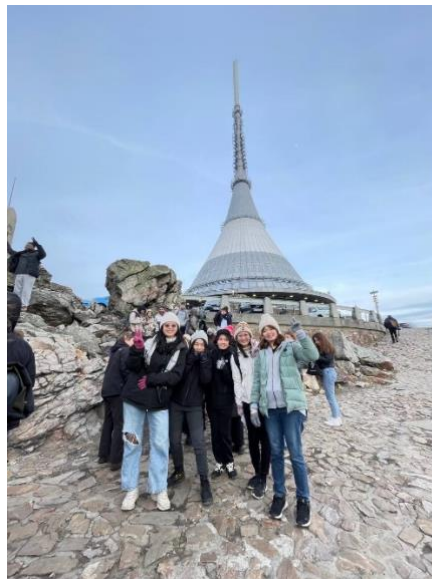


圖 2

圖 2 說明(20 字)

The most famous attraction in Liberec is Ještěd. Although it is beautiful, reaching the top requires a three-hour hike up the mountain. The path is not paved, so you will have to walk through

muddy and snowy areas, which can be quite exhausting.



圖 3 說明(20 字)

Because Liberec is a city that experiences long periods of cold weather, many residents are very skilled at ice skating. However, ice skating can be quite challenging for Asians, as it requires a lot of balance and courage.



圖 4 說明(20 字)

Aside from the Czech Republic, the first country I visited was Austria. It takes only a four-hour train ride to travel from the

Czech Republic to Vienna. Vienna is most famous for its Vienna pork ribs and pork knuckles.

*格式依需求可自行調整