

# 臺北市立大學

## 學生出國研修心得報告

獲補助年度：113-1

研修領域：Arts and Architecture

系所、年級：城市發展所 碩士二年級

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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 4 日至 114 年 2 月 10 日

國外研修成績：

短片時間及標題：在捷克交換的半年回顧！3 分 26 秒

中華民國 114 年 2 月 17 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

From the moment I confirmed my eligibility for the exchange program in the Czech Republic, I started applying for a visa with all the necessary documents prepared in advance. There were really a lot of documents to prepare! I recommend getting everything ready even before receiving the admission letter. In the end, I flew with China Airlines, which was super convenient because of the direct flight. The documents required for the visa application included proof of financial resources, a copy of my credit card, passport, two photos, a police clearance certificate, an admission letter, and proof of accommodation. I had to email the Czech Economic and Cultural Office to schedule an appointment.

I received the admission letter via email from the Czech Republic on April 24, and the International Office received the physical copy on May 13. I submitted my visa application at the office on June 3, and by July 10, I had already received my visa! Once the visa was in hand, I could travel abroad with peace of mind.

## 貳、研修學校簡介

Technical University of Liberec (TUL), located in Liberec, Czech Republic, is a prestigious institution known for its focus on engineering, technology, and research. Established in 1953, TUL offers a wide range of programs in mechanical engineering, textile engineering, economics, humanities, and natural sciences.

The university is recognized for its innovation, particularly in nanotechnology and advanced materials. With modern facilities, strong industry partnerships, and an international student community, TUL provides high-quality education and research opportunities. Its location in northern Bohemia offers a scenic and inspiring environment for students.

Students are assigned to a department similar to their major at their home university. During the orientation week, faculty members introduce the department, explain the course selection process, and guide students on how to add or drop courses.

### 參、國外研修之課程學習(課內)

I belong to the Faculty of Architecture and Arts, and since there was an urban design course available, I chose to take Urbanism, which is a 2-credit course held every other week. The final exam consists of submitting an essay and having a discussion with the professor.

I also took Czech Geography and Psychology, both worth 5 credits. I highly recommend the geography course—the professor is very humorous, making the class engaging and enjoyable!

All three courses are specifically designed for exchange students, so they are taught in English and are relatively easy to understand.

## 肆、國外研修之生活學習(課外)

The university has an Erasmus Student Network (ESN) for exchange students under the EU program. Before arriving, you can join their WhatsApp group to stay updated on upcoming activities and ask about dormitory or academic matters. You can also follow @esnliberec on Instagram.

During the week before classes start, ESN members guide us through the campus and introduce the surrounding amenities. Every week, exchange students from different countries also give presentations about their home countries, making it a great cultural exchange experience.

The dormitory is about a 15-minute walk from the university, including both uphill and downhill sections—every climb is exhausting! :) However, after hiking up in cold weather, I don't feel cold at all anymore. There are a total of six dormitory buildings. The bus stop is a 10-minute walk downhill, and there is a small shop where you can buy some daily necessities.

The dormitory costs 120 CZK per day, and using the washing machine costs 50 CZK per hour, while the dryer costs 30 CZK (though it doesn't dry clothes well, so I recommend using a drying rack—clothes will dry in half a day). For two months, two dormitory towers were affected by Legionella, and those of us living in Building A had to walk to Building E, the farthest one, to shower—sometimes in snowy weather. After some students sent complaints, the dormitory fees were reduced to 80 CZK per day as compensation.

## 伍、 研修之具體效益

Being able to live abroad for half a year as a student and gradually immerse myself in the local culture was truly an invaluable experience! It was also my first time being away from home for so long, and I even challenged myself to travel solo—something I once thought was impossible. As an extrovert (E-personality), it was quite a challenge (but I probably wouldn't do it again!).

Taking advantage of the EU's student-friendly benefits and discounts, I traveled to many places, experienced different cultures, met friendly people, and became familiar with budget airlines. I can proudly say that I explored Europe in my youngest, most energetic, and most beautiful years, made friends from all over the world, and built lasting connections.

I'm incredibly grateful to my university for this opportunity. My final advice? Always choose a capital city for your exchange! Otherwise, the time and cost of commuting to the airport can be exhausting!

## 陸、 感想與建議(含 3 分鐘短片連結)

Due to the COVID-19 and the lack of exchange program experience in my department, I never seriously considered studying abroad during my undergraduate years. However, when I had my master's thesis progress under control, I started thinking

about the possibility of an exchange in Europe.

From that moment on, I began preparing the necessary application documents. After overcoming each challenge along the way and fully embracing the mindset of going on an exchange, I finally boarded the plane and set off for the Czech Republic!

Despite the uncertainties before departure and upon arrival, as well as my initial stereotypes about the Czech Republic that made me even more anxious about the challenges ahead, I was fortunate to meet so many kind people! That was truly the most valuable part of the experience.

Liberec is not the capital, so many things are not as convenient as in Prague. On weekends, buses only run once an hour, and traveling to Prague takes an hour by bus, only to reach the last stop of the metro line. Adapting to the inconveniences of daily life in a smaller city was part of the experience.

During my six-month exchange, I visited 11 countries, experiencing everything from 25°C weather to -17°C temperatures. I specifically chose to go in the second half of the year to experience European Christmas. Every town square features Christmas markets, and in December, the air in Europe is filled with the scent of mulled wine, creating such a magical atmosphere!

Although I became somewhat indifferent to European architecture after just a month, the snow-covered scenes in Liberec, along with the ones in Norway and Denmark, are things you can't

experience in Taiwan. Of course, I also had to deal with the inconveniences of snow! My favorite city was Barcelona—I highly recommend everyone go there!

I hope the university can partner with more exchange institutions, giving students more options for studying abroad! Traveling to Europe during your student years is really convenient and much more affordable. After being away from the convenience of Taiwan for half a year, I'm sure I will greatly miss this time of constantly booking flights and accommodations!

Video link : <https://youtu.be/GuZdVX1tkQk>

具代表性出國交換照片說明(4張)



圖 1

The Christmas market outside the Liberec Town Hall is only this lively during the Christmas season. It really captures the festive spirit!





圖 2

The bus stop outside the dormitory during a heavy snowfall—  
unfortunately, the bus ended up being stuck in a major traffic  
jam!



圖 3

The final report for the Czech Geography course required us to introduce one of the Czech Republic's regions (states), exploring its geography, culture, and notable features.



圖 4

The view outside the dormitory window after it snowed was truly beautiful.

\*格式依需求可自行調整