

臺北市立大學

學生出國研修心得報告

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研修領域：Faculty of Arts (Department of Asian Study)

系所、年級：社會暨公共事務學系五年級

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短片時間及標題：(4 分 25 秒) 113 年度教育部學海飛揚心得

臺北市大學 許韶庭

中華民國 114 年 1 月 31 日

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壹、緣起

行前準備(100 字)

The first step to becoming an exchange student is the "application." Prepare your transcript, application form, portfolio, and language proficiency certificate, and you can become part of the exchange student program! Once you receive the acceptance letter, you can start gathering information about the country where your exchange school is located, such as basic local language phrases, currency, estimated living expenses, and essential supplies. More importantly, it's essential to keep an eye on emails from your exchange school, as they will contain information on various school activities or registration-related updates. Besides academics, you can also set some travel goals and research travel tips or guides to avoid unnecessary expenses. Many places in Europe offer student discounts, so it's a good idea to check if there are any student deals before making any purchases.

貳、研修學校簡介

學校介紹(100 字)

The University of Ljubljana, established in 1919, is Slovenia's oldest and largest university, located in the vibrant capital city of Ljubljana. Known for its high academic standards and comprehensive range of study programs, the university offers undergraduate, postgraduate, and doctoral degrees across 23 faculties, covering fields such as arts, social sciences, natural sciences, engineering, medicine, and law. With a focus on innovation, research, and international collaboration, the University of Ljubljana consistently ranks among the top institutions in Eastern Europe. It also actively participates in exchange programs, providing students with diverse learning opportunities in a multicultural environment. The university's commitment to sustainable development and its integration with the city create a unique academic and cultural experience, making it a prominent choice for students from around the world.

參、 國外研修之課程學習(課內)

修課課程內容 (100 字)

This semester, I enrolled in four courses: Qualitative Psychological Research, Korean Culture, Trends in ELT INT, and Korean Tradition and Modernity.

Qualitative Psychological Research: This is a course on qualitative research in psychology. While I am already familiar with qualitative research concepts, the teaching approach here is very different. Each class involves group discussions and presentations, and we are required to submit a semester group report at the end.

Korean Culture/Korean Tradition and Modernity: These two courses have similar themes and are taught by the same professor. They focus on understanding the essence of Korean culture. This has been an intriguing experience because, although Korea is geographically close to Taiwan and I thought I knew a lot about its culture, I discovered many new and fascinating aspects through these courses.

Trends in ELT INT: This course explores modern trends in English Language Teaching (ELT) at an international level. It provides insights into contemporary methodologies, tools, and teaching strategies, which are valuable for understanding global perspectives in ELT.

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)

1. Accommodation

Around June, I received a notice that I didn't get a spot in the dormitories. Luckily, within two days, I found a very comfortable triple room on the HousingAnywhere platform for 350 euros per month. This room is located in the city center, right across from Ljubljana Castle. If anyone needs advice on finding suitable accommodation or tips for contacting landlords, feel free to reach out to me!

2. Student Activities

The ESN (Erasmus Student Network) at the University of Ljubljana is excellent. From the start of the semester until you leave, there are always plenty of activities, so you don't have to worry about missing out on anything. ESN also offers trips to other European countries at very reasonable prices, often with professional guides. I highly recommend joining these activities, as they provide great opportunities to meet friends from around the world.

3. Local Living Expenses

Aside from rent, living costs in Eastern Europe are relatively low. Additionally, with the Student Boni meal system at the University of Ljubljana, I can keep my monthly basic expenses under 8,000 TWD (around 250 euros).

4. Unique Local Experiences

Since the main language here is **not English**, my initial experience was **somewhat** challenging, seeing that most signs and labels in supermarkets were in Slovenian. It took about a week or two to get familiar with where to find what I needed. Additionally, some locals do not speak English, so communication can be tricky. One of the most challenging aspects of staying in Slovenia is the residence permit process. If any students need more information on this, please feel free to contact me (email: hsutina2025@gmail.com).

However, Ljubljana is absolutely one of my top three destinations in Europe. **It's a very livable city with friendly people and great safety. Living by the riverside is a unique experience; each morning, I can open my window to see the castle as if I were living in a fairy-tale town. I highly recommend this university for anyone still considering it!**

伍、 研修之具體效益

(請條列式列舉 150 字)

Through my exchange experience at the University of Ljubljana, I have gained significant benefits in both language skills and critical thinking. Living in Slovenia has provided me with daily opportunities to improve my English proficiency as I navigate academic and social interactions in a non-

native environment. This immersion has helped me grow more comfortable and fluent, particularly in understanding complex academic texts and engaging in discussions. Beyond academics, this journey also requires learning to live more independently, including cooking, organizing one's own living space, and setting a personal rhythm. While traveling to various countries, there will be challenges, along with unexpected surprises and even some scares. Overall, I highly recommend applying for a student exchange program, as it rapidly broadens your global perspective and allows you to acquire numerous valuable skills. Beyond academics, this journey also requires learning to live more independently, including cooking, organizing one's own living space, and setting a personal rhythm. While traveling to various countries, there will be challenges, along with unexpected surprises and even some scares. Overall, I highly recommend applying for a student exchange program, as it rapidly broadens your global perspective and allows you to acquire numerous valuable skills.

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)

If you're considering becoming an exchange student but find yourself on the fence, my advice is simple: go for it without hesitation! Sometimes, overthinking can hold you back from incredible opportunities. What I gained the most during my exchange period was a sense of adventure, which led to unexpected and memorable experiences. When we over-calculate every risk, we may end up missing out on some truly beautiful moments. Stepping outside of one's comfort zone to embrace new places and people can bring about remarkable personal growth and priceless memories.

Living abroad certainly presents its fair share of challenges, from navigating daily life in a different culture to handling unexpected situations. Yet, there's so much more joy, excitement, and learning that comes with those experiences. And let's not forget the rare opportunity of exploring Europe as a student—an experience that's as valuable as it is unique. Being a student in Europe brings many perks, from affordable travel options to student discounts at museums and historical sites, making it possible to enjoy a rich experience without breaking the bank. This is a fleeting time of life, so take advantage of every moment to make the most of it; once this time passes, the opportunity is gone for good.

For me, Slovenia turned out to be a true hidden gem. Even after visiting more than a dozen European countries, Ljubljana remains at the top of my list. It's a city that I found very similar to Taiwan in several ways: a small yet vibrant country with mountains, coastlines, and diverse natural landscapes. Slovenia's urban planning and accessibility are exceptional, making it an

ideal place to live, study, and explore. The pace of life feels balanced, and its charm is quietly captivating. It's a place I wholeheartedly recommend to anyone who values nature, culture, and a peaceful yet enriching environment.

Perhaps one of the most special aspects of the exchange experience is the people you meet. In a short period, I formed connections with friends from around the globe, exchanging stories, sharing languages, and exploring each other's cultures. More importantly, these friendships introduced me to new ways of thinking and exposed me to a diversity of values, which in turn broadened my own worldview. The world is vast, and each person you meet opens a window into a new part of it. To all future exchange students, I encourage you to dive in wholeheartedly and create memories that are truly your own—ones that will last a lifetime.

具代表性出國交換照片說明(4 張)



圖 1 說明(20 字) The school's ESN organized an outdoor event to Slovenia's famous Lake Bled, where I made many international friends from various countries.



圖 2 說明(20 字) At a lively Halloween party, my roommates and I dressed up together in full costume, teaming up for an exciting beer pong tournament!



圖 3 說明(20 字) A friendly classmate from Bosnia approached me wanting to learn Chinese, beginning my tutoring journey here. This photo shows us dining with other Taiwanese friends.

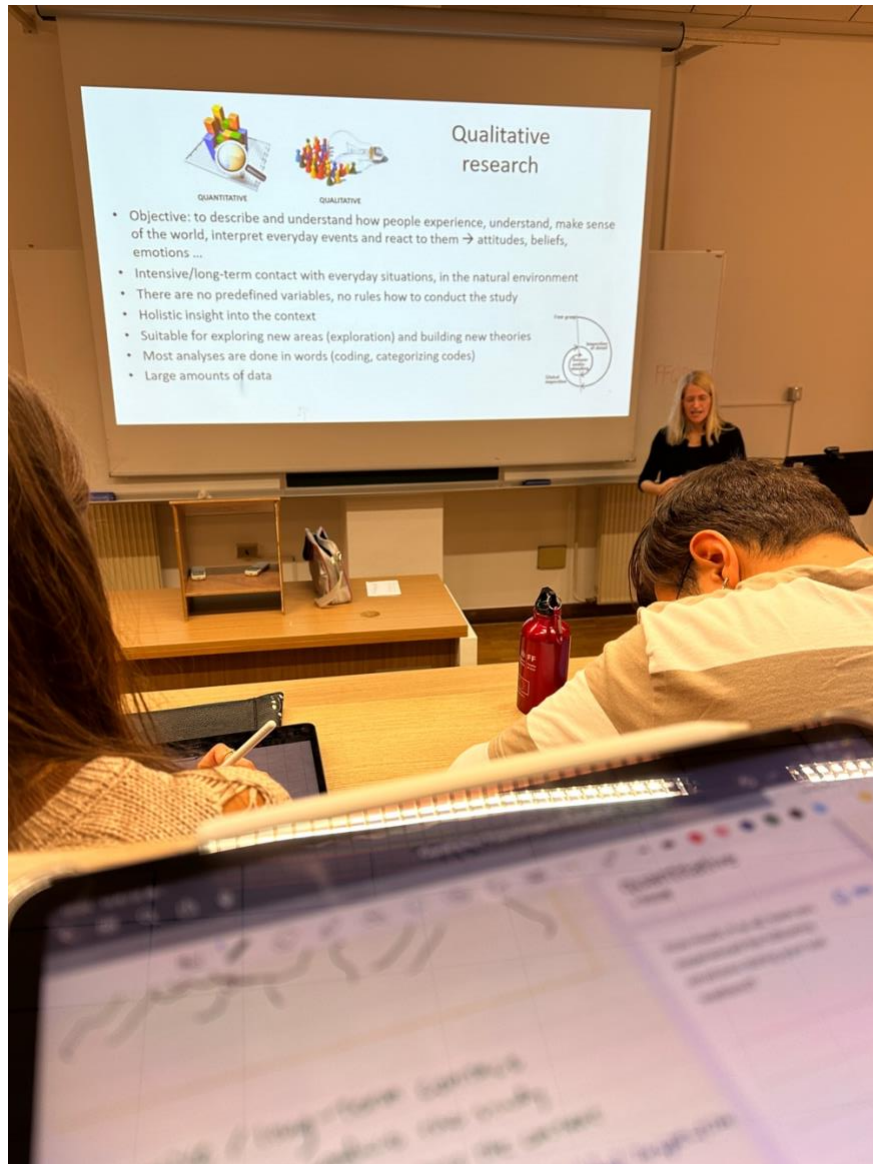


圖 4 說明(20 字) This was my first class in Ljubljana, where the learning atmosphere felt very different from Taiwan, with lots of active discussions and idea-sharing among classmates.

影片連結：<https://www.youtube.com/watch?v=i5Us1J9NL5I>