

# 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

系所、年級：學習與媒材設計學系/五年級

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# 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) .....	2
肆、國外研修之生活學習(課外) .....	2
伍、研修之具體效益(請條列式列舉) .....	3
陸、感想與建議(含 3 分鐘短片連結) .....	4

## 壹、緣起

### 行前準備

When I found out that my application as an exchange student was approved, I was surprised and delighted. I couldn't imagine spending the next six months in Europe. In the months before departure, I made a lot of preparations, such as applying for a visa, preparing various necessary documents, researching exchange-related courses in Italy, and looking for accommodation on rental websites, etc. Although all this preparatory work was very complicated and difficult at the time, it was all worth it and I learned a lot during the preparation process.

## 貳、研修學校簡介

### 學校介紹(100 字)

The University of Siena where I study is located in Siena, Italy. Founded in 1240, it is one of the oldest universities in Europe and the first public university in Italy. Currently the University of Siena is famous for its law school and medical school. The college I am studying in is the Department of Social, Political and Cognitive Sciences.

## 參、國外研修之課程學習(課內)

修課課程內容 (100 字)

I took two courses in this semester. The first course was New Media and Globalization, which mainly taught us the basic concepts of contemporary globalization, as well as the introduction and application of new media. The other course was Sports and Culture, which mainly allowed us to understand the development history of sports in European countries, and also allowed us to learn about the development and connection of sports at different political, economic, cultural and social levels and in different periods.

## 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)

I have learned a lot during the past six months living in Europe. For example, it was my first time renting a house, and I learned that I should pay attention to many things when renting a house, such as how to calculate the costs of water, electricity, and gas, and that it would be better to know the basic background of roommates and neighbors in

advance. The location of the house and the surrounding living functions are also things to consider. These are things I have not learned before. In addition, I traveled to many places during these six months. In addition to learning a lot of travel skills and becoming more independent, I also saw many different sceneries in each country and learned about the development history and characteristics of many countries. For example, the Colosseum in Rome can witness the glory and history of the ancient Roman Empire, and the aurora seen in Norway allowed me to witness the power of nature. These are things I cannot learn from textbooks, and they are also very valuable experiences for me in the past six months.

## 伍、研修之具體效益

(請條列式列舉 150 字)

1. Learn about the history of sports development in European countries
2. Learn about the impact of sports on society, politics, culture and economy in different periods
3. Learn about current trends in international globalization

4. Learn different application methods and cases of new media
5. Learn what to prepare for your trip
6. Learn the basic etiquette culture of European countries
7. Learn how to communicate with exchange students from different countries
8. Learn how to effectively reduce the chances of being stolen while traveling
9. Learn the differences between the European and Taiwanese educational systems
10. Learn to cherish everything you have and live every day in the present

## 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 half a year of experiencing life as an exchange student in Europe, I feel that choosing to be an exchange student is one of the best decisions I have ever made. Although there are a lot of complicated preparations beforehand, and I often miss home or

encounter difficulties when living abroad and don't know what to do, but at this age I can stand on the other side of the world and see so many different beautiful scenery and cultural landscapes. I think it is all worth it. During these six months, I learned how to get along with exchange students from different countries. We participated in activities together, made cookies together, and even went on trips together. Although there may be some language barriers between us, we all know how to respect the cultures of different countries. By getting along with other international students, my English ability has also improved a lot. After seeing so many beautiful sights in Europe, I reflected that perhaps it is not the lack of beauty in life, but the lack of discovery. I decided to bring a pair of eyes to discover beauty after returning to Taiwan. I believe there must be many beautiful places in Taiwan that I have not noticed before. For those who are still considering whether to come for an exchange, I suggest that you think about the motivation for wanting to do this before you set off, because only when you truly know the reason for your departure can you cherish every day here and not regret it. If you think it through, I strongly recommend applying for an exchange

student program within your ability, because there are many discounts in Europe that only students can use, and I think that during the exchange student period, you can think carefully about your future, and temporarily withdraw yourself from your original life circle, and then go to a different place to experience life and broaden your horizons, and then move forward after confirming your goals and direction.

Video link:

[https://youtu.be/\\_Ff1zrLhsZs](https://youtu.be/_Ff1zrLhsZs)

具代表性出國交換照片說明(4 張)

圖 1



On the day I left for Italy, my family accompanied me to the airport to see me off.





圖 2

On the first day after arriving in Italy, I went to the supermarket to buy things and apply for the sim card and residence permit. The weather was very good that day. This was my first impression of Siena.



圖 3

This is my final presentation for the New Media and Globalization class. The topic of my report is Taiwan's immigration history. I learned a lot in this class and the process of presenting it was very stressful, but the result was good. The teacher gave me good comments and I was satisfied with it.



圖 4

This is a photo I took at the Colosseum in Rome. It was also the first of the Seven Wonders of the World in my life. I felt very shocked and amazed. I hope that in the future I will have the opportunity to visit more places to see the other Seven Wonders of the World.