

臺北市立大學

學生出國研修心得報告

獲補助年度：112

研修領域：運動科學

系所、年級：運動健康科學系研究所 碩二

學生姓名：蘇冠綸

研修國家：西班牙

研修學校(中英文)：西班牙穆爾西亞聖安東尼天主教大學
Universidad Catolica San Antonio de Murcia (UCAM)

研修時間：中華民國 112 年 9 月 4 日至 113 年 6 月 29 日

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標題：112 學年度 UCAM Murcia 交換生心得 蘇冠綸

中華民國 113 年 7 月 26 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

行前準備(100 字)

Before heading to Spain, besides booking your flight tickets in advance, it's essential to know how to get to Murcia after arriving. Most exchange students I know first fly to Madrid and then take a train (Renfe) or a long-distance bus (Alsa) to Murcia. I personally flew with Emirates Airlines (you can choose a student discount ticket, and just show your student ID when checking in) to Dubai, then transferred to a flight to Madrid. After arriving in Madrid, I took an Alsa bus (the name of their long-distance bus company) from the airport to Murcia's station and then walked to my rental place.

Regarding housing, I also looked for rental listings on the Idealista website beforehand. Many Taiwanese students I know usually book an Airbnb for a week and then slowly find a rental place, as it is safer to see the place in person.

貳、 研修學校簡介

學校介紹(100 字)

The school is situated about an hour away from Murcia city center by bus or light rail, making it relatively accessible despite the distance. It's a private institution known for its strong academic programs and a vibrant campus life. One of the standout features of this school is that it has its own professional basketball team, which adds an exciting dimension to the campus atmosphere. In June, I vividly remember they faced off against the renowned Real Madrid team in the finals of the Spanish ACB League. The excitement and pride among the students and faculty were palpable. It was an incredible feeling to see my school competing at such a high level in a professional league, showcasing not just athletic talent but also the spirit and unity of the school community. The fact that our school could reach the finals of such a prestigious tournament is something that still amazes me, and it's a testament to the dedication and hard work of everyone involved.

參、 國外研修之課程學習(課內)

修課課程內容 (100 字)

I primarily take courses related to sports science. Since I was already studying sports science in University of Taipei, I continued in that field at UCAM. UCAM is very well-known for its sports science programs in Europe, so I enrolled in courses on training methods, training monitoring, planning of strength training, and similar subjects. Additionally, because I opted for the international

program, all my classes are taught in English. However, I know some Taiwanese classmates who take courses taught in Spanish. I really admire their courage for tackling classes in a foreign language haha. The experience has been enriching, not only academically but also culturally, as I've been able to meet and interact with students from various backgrounds who share the same passion for sports science. This has broadened my perspective and deepened my understanding of the field in a global context.

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 cost of living in Murcia is quite affordable compared to other cities. The monthly rent here ranges from about 300 to 400 euros. I was fortunate to find a place for 300 euros, including utilities, though it comes with the trade-off of having to climb five flights of stairs every day. The university doesn't offer a lot of activities. From what I recall, there was only the welcome party in the first semester, which was postponed until the end of November (almost turning into a farewell party), and a voucher for a free ticket to watch the school team play. For insurance, I got Swisscare before coming here.

As for living expenses, I spend around 300 to 400 euros per month on average. I cook my own meals about 90% of the time, so food costs are manageable. The only significant expenses beyond that are for travel.

Being in Europe, there's really no reason not to travel! I usually stay in Airbnbs or crash on friends' couches. Although I initially thought spending money on travel was wasteful, I soon realized that the experiences are priceless. When you stand in front of historical landmarks that you only saw in history textbooks, the feeling is truly overwhelming and awe-inspiring. The travel experiences have been some of the most rewarding aspects of my time here, enriching my understanding of different cultures and histories in ways that go beyond classroom learning.

伍、 研修之具體效益

(請條列式列舉 150 字)

1. Learning Foreign Sports Science Knowledge: UCAM

is renowned for its sports science programs and is the top producer of Olympic athletes in Spain. My goal in coming here was to gain advanced knowledge in this specialized field and benefit from the expertise available.

2. Independent Living: Before traveling, I had to

handle various paperwork and visa applications for the exchange program. Once in Spain, I had

to learn how to interact with locals and manage my daily life independently. This experience has significantly improved my cooking skills and has made me comfortable with solo travel.

3. Cultural Exchange with International Roommates:

The house I rented includes three other foreigners: an American, an Ecuadorian, and a Colombian. We often cook for each other, allowing me to try traditional Colombian dishes like Arepas and Changua (though I didn't particularly enjoy them, haha).

4. Experiencing Foreign Culture: In Spain, you quickly notice the locals' warmth and laid-back attitude. I've become accustomed to greeting and chatting with people casually, and since returning from Spain, I've become more outgoing. Spanish meal times are also unique, with dinner typically starting around 8 PM and lunch at 2 PM. Once there, you understand why,

as waiting for the sun to set means it's often past 9 PM by the time you eat dinner.

These experiences have collectively enriched my understanding of different cultures, helped me develop independence, and allowed me to make connections with people from various backgrounds, making my time at UCAM incredibly rewarding and transformative.

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)

Visa Process: It's best to start the visa process as soon as you receive the admission letter from the school, to avoid any potential delays. If you're going for a year-long exchange, ensure that your admission letter clearly states the duration as one year. When I applied, my letter only mentioned one semester, so the Spanish consulate required a revised document, which delayed my application. Given the efficiency of the Spanish administrative system, it's wise to frequently follow up via email to ensure your application is progressing. During my application period, their system was down for almost a month, so frequent checks can be reassuring.

On Arrival: If you're an exchange student for a year, start arranging your housing proof and NIE (Foreigner Identification Number) as soon as possible. If your exchange is only for six months, you won't need to worry about this.

Language Preparation: Learning some basic Spanish before arriving is highly recommended. Although many exchange students start learning Spanish after they arrive, considering that most Spaniards are friendly but not fluent in English, knowing some basic words and phrases can be very helpful. This way, you can at least ask for directions and communicate simple needs with the help of gestures.

Personal Experience: I experienced a significant delay because I had to resubmit my admission letter, and the consulate's system issues prolonged the process. Once you arrive in Spain, especially if you're there for a year, it's crucial to promptly handle your housing proof and NIE. Also, while many of my fellow exchange students began learning Spanish upon arrival, I found that having some foundational knowledge beforehand was immensely beneficial. Most Spaniards are very warm and helpful, but their English proficiency can vary, so being able to communicate in basic Spanish made everyday interactions much smoother.

具代表性出國交換照片說明(4張)



圖 1 說明(20 字) My roommates in the shared house are, from right to left: the American, me, the Colombian, and the Ecuadorian.



圖 2 說明(20 字) My Colombian roommate helped me cut my hair. We had gone out together to explore Murcia and discovered that haircuts were nearly 20 euros everywhere. So, we decided to help each other with haircuts instead.



圖 3 說明(20 字) Over the past year, the professor who has taught me the most is incredibly dedicated to teaching, research, and coaching athletes, despite being only 35 years old. His passion and commitment to his work have made a significant impact on my learning experience.



圖 4 說明(20 字) This professor used to be the strength and conditioning coach for the NBA's Toronto Raptors. He's not only knowledgeable and thorough in his teaching but also very

approachable, encouraging students to reach out via email to discuss any questions or topics of interest. (Although I haven't sent an email in three months LOL)

*格式依需求可自行調整