

臺北市立大學

學生出國研修心得報告

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系所、年級：社會暨公共事務學系 大四

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短片時間及標題：4:22 學海飛颺 | 許芳碩 

<https://youtu.be/eNG4U66J11Q?si=vU7r4ZkCueZTtdi3>

中華民國 112 年 1 月 27 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)

I have never studied away from home before, so going to Europe for exchange was my first time studying and learning far away from my home and my home country. Before going abroad, I did a lot of research about the information of applying temporary residence permit. Since Slovenia doesn't have a Taiwanese embassy, we'll have to go to the neighbor country Austria to get our temporary residence permit, which was quite inconvenient. This was also my first time in Europe, I invested the most efforts in checking on the experiences of those who had been to Slovenia before.

貳、研修學校簡介

學校介紹(100字)

University of Ljubljana is located in the capital of Slovenia, Ljubljana. It is the oldest and largest university in Slovenian history, as well as the highest educational institution in the country. With 26 faculties covering various fields such as arts, medical education, law, economics, social sciences, and more, its academic and administrative units are dispersed

throughout the city of Ljubljana. As the primary educational and research institution, the University of Ljubljana is recognized globally, ranking among the top 500 schools by ARWU Shanghai, Times THES-QS, and WEBOMETRICS. It was established in 1919, and it welcomes about 1,500 international students around the world each year.

參、國外研修之課程學習(課內)

修課課程內容 (100 字)

I had “Chinese Philosophy” and “Asian Communities’ Responses to Global Challenges” during my exchange program.

Chinese Philosophy was a very dynamic and active course, the professor made us into several groups and let us think of what we’ ve learnt through group discussions. Being the only Asian student in the class, the professor often asked me to translate some passages from the Analects into English, which was an interesting experience.

Asian Communities’ Responses to Global Challenges was a course focusing on the connection between Asian and global issues. We had different professors every class, and also various topics taught by them.

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 stayed at a dorm with lots of Spanish exchange students. They like to party and stay up all night. It was common to hear the music when it was already midnight, not to mention the shouting at the corridor. To be honest I didn't like to stay at the dorm because the dorm was noisy due to the party things. They also like to sing out loud at night, so it was hard to sleep well. However, I believe not all the dorms constantly hosting parties.

There are very few Asians in Slovenia, therefore it was often to attract attention when walking on the street. It can feel quite lonely in the beginning because the faces around you were all Western, which could easily make you feel like an outsider. Additionally, my friend from Slovenia told me that people in Slovenia are also curious about why Asian would come to Slovenia, so when they see Asians, they might find it interesting and intriguing. I have been approached several times on the street, but they usually speak to me in Japanese. I think they might not be able to distinguish which Asian country I'm from.

By the way, there have lots of bubble tea shops in

Slovenia, but all my Taiwanese friends didn't like the bubble tea there.

伍、研修之具體效益

(請條列式列舉 150 字)

- Be brave to step out of the comfort zone. I couldn't adapt at all when I first went to Slovenia. The food and daily routines were so different from Taiwan. However, I stepped out of my comfort zone, and so I could experience a different way of life.
- Being bold in making friends and interacting with diverse people. Because I stayed at the dorm full of Spanish people, I met a lot of Spanish exchange students there.
- Learn to handle unexpected situations when studying abroad. I have encountered situations several times in Slovenia where my debit cards couldn't be used for payment, or facing locals being aggressive or unwilling to understand what foreigners want or not willing to speak English. However, you'll have to try to solve the problem on your own and studying abroad will be a great opportunity to learn from

these kinds of situation.

- Since we' re exchange students and so do others, it will be important to adapt to cultural differences in different environments.

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)

Lots of people find studying abroad are interesting and unique. However, you' ll know whether you' re suitable for exchange or not only when you experience on your own. At first, I was enthusiastic about studying abroad, but upon arrival, I felt uncomfortable and always thinking about going home immediately. This sense of loneliness and homesickness persisted for a month. Having roommates also made it challenging for oneself to have their own space, so do I. While staying abroad provides a novel experience, there are many trade-offs to consider as well. Furthermore, not all the western countries but some of the foreign environments may not always be particularly friendly to Asian, and sometimes encountering discrimination is common. Thus, we have to develop a strong heart and mindset to face discrimination and learn to advocate

for our rights.

However, going on an exchange program has its pros and cons. What I mentioned above are some minor drawbacks, but there are also joyful memories. Going on an exchange is a great period of time to seize the opportunities to explore the world. The cross-country transportation in Europe is very convenient, allowing travels to various countries during my exchange student period. Furthermore, attending courses in Slovenia provides a thorough experience of diverse cultures, due to the students are all exchange students from different countries as well. As the classroom culture in Asia and the Western countries differs, the exchange period offers insights into the learning methods and perspectives of students from various countries. In my experience, I find that Western students were more inclined to express their thought, while Asian students tend to learn by listening in class rather than actively participating. What's more, course discussions are common in Western countries, which provides me a valuable opportunity to learn self-expression and interpersonal communication skills.

To sum up, the entire experience is filled with freshness and wonder, which is truly a rewarding

journey. If you want to be an exchange student, you have to be brave enough to step out from your comfort zone and be comfortable with solitude. As an exchange student, there won' t always be someone with you, not to mention the time different between Taiwan and Europe, which means you can' t keep calling your friends or family while you are far away from home.

具代表性出國交換照片說明(4張)



圖 1 說明(20 字) This was my first day at the university and I attended this treasure finding activities for exchange students. We won in the first rank!



圖 2 說明(20 字) This day was the 35th anniversary of the biggest organized fan support group in Slovenia, the Green Dragons (Olimpija supporters)!



圖 3 說明(20 字) We went to Bosnia and Herzegovina, a trip held by our university. Because Bosnia is not an EU

country, so it' ll be difficult for us to go there by ourselves.



圖 4 說明(20 字) We had a hotpot day with a Spanish roommate! She prepared Sangria, a kind of wine which is famous in Spain.

*格式依需求可自行調整