

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：科學、人文和教育學院 Faculty of Science,
Humanities and Education

系所、年級：應用物理暨化學系應用化學組四年級

學生姓名：何曉昀

研修國家：捷克

研修學校(中英文)：捷克利貝雷茨科技大學 Technical
University of Liberec

研修時間：中華民國 112 年 2 月 21 日至 112 年 7 月 7 日

國外研修成績：

短片時間及標題：3 分鐘 / 捷克 利貝雷茨科技大學
Technical University of Liberec 2023 交換學生

中華民國 112 年 7 月 13 日

*(非亞洲地區交換同學請以英文撰寫報告)

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	2
參、國外研修之課程學習(課內)	3
肆、國外研修之生活學習(課外)	4
伍、研修之具體效益(請條列式列舉)	6
陸、感想與建議(含 3 分鐘短片連結)	7

壹、緣起

行前準備(100字)

After the Czech school is approved to leave the country, the most important thing before the trip is the student visa. To apply for a visa, you need to prepare a visa application form, an English financial certificate of NT\$180,000 (and a credit card issued by the same bank), a notarized and verified good citizenship certificate (Czech translation), Czech accommodation certificate, Czech version of school certificate, Czech office The appointment time mailbox, original passport, passport photo and two ID photo. All the above materials need to be original and photocopies. Then there is the long wait. Some people have to wait 40 weeks, some people have to wait 60 weeks to get it. If you prepare too late, you may not be able to obtain a student visa before departure. When the Czech office informs you that the visa is available, you can buy it online. After purchasing the designated insurance, you will receive an email within a week that you have successfully purchased the insurance, and you can take the email to the Czech office to apply for a visa! Applying for a visa is a long process, and there are many things that need to be prepared. You can't apply without it, so prepare ahead of time if you can! Also, the winter here is very long, so be sure to bring warm clothes, and you can buy short-sleeved clothes when you come.

貳、研修學校簡介

學校介紹(100 字)

Technical University of Liberec the school I attended is located in Liberec, the fifth largest city in the Czech Republic. It is about 1 hour and 20 minutes' drive from the capital Prague. great accessibility. The city above the Czech Republic is close to Germany and Poland. Those who like snow must come. It was already the end of February when I came to this school, and it was still snowing until the end of March. There are not many tourists in this city, so foreigners are easily recognized here. Most old Czechs can speak English but can't understand it. If you want to ask for directions, you need to find a young man or turn on the mobile phone translator first. Sometimes they are afraid of English speakers. If you cannot find a study partner you can ask TUL, they will help you with many things.

The school has a welcome week in the first week before term begins. This week will be full of events and important information. It is recommended to book tickets one week in advance after the semester ends. Try to participate in all the activities in the first week of school. It's okay to go, but the first week is very important. In addition, the school's transportation method will provide transportation from the airport to the school when the admission letter is received, which includes 4 hours of wayfinding time. Be sure to check traffic conditions in advance. Although it is not very complicated, the station name cannot be seen. If you don't understand or don't understand, it's easy to pass the station or you can't find a place to buy a ticket. You can find automatic ticket

machines near the bus and metro station signs in Prague. Most of the automatic ticket machines can buy tickets by swiping a card or getting on the bus with the driver, but you need to buy a ticket at a tobacco shop after arriving in Liberec. You can buy it at stores that say Tabak. You can buy a ticket from the driver when you get on the bus, or take cash, but the driver may not understand English. Remember to print your ticket before boarding. If you are caught not buying a ticket or failing to print it, you will be fined quite heavily. You can also exchange cash at the Liberec center. There is an exchange office not far from the station, and the exchange rate is good, but the exchange office in the shopping mall has a bad exchange rate. You need to go to the exchange office in your own store on the ground floor. The campus of this school is scattered in the urban area, which is more like a college town. It takes 10 minutes to take the bus from the dormitory to the furthest teaching building. It is recommended to buy student monthly tickets for urban buses and trams as soon as you get your student ID card, which will be much cheaper. The university will force you to apply for a student ID.

參、國外研修之課程學習(課內)

修課課程內容 (100 字)

The faculty I exchanged with was the Faculty of Science, Humanities and Education. Before coming, the school will give us the schedule of English classes. After selection, we can change the schedule two weeks after school starts. If the two schools agree to

change the schedule, we can change it. No need to worry about missing credit or falling behind for taking the wrong course. In the first week, you'll know if you're capable of earning the credit.

My courses are Czech folk songs, choir, Czech geography, and Czech language. It must be said that Czech is really hard to learn. Czech belongs to the Slavic language family. The teacher knew that it was difficult for Taiwanese to learn Czech, so let us sit next to the Polish students. Polish students, whose language family is like Czech, will teach us Czech. The geography class introduced Czech history, world cultural heritage and some Czech attractions. Highly recommend this course. The teacher's introduction is very detailed, and it is not difficult to report for the exam. The other two music classes are taught by the same teacher. She is a music teacher who teaches elementary education. The teacher is very cute. I usually learn Czech words with nursery rhyme music in folk songs class. Thanks to her, I was able to keep up with my teacher's Czech schedule. The choir sang along with some older Czechs. The teacher would hand out sheet music in class, but the lyrics were in Czech, probably to the point where they could read it but not understand what was being sung. The first week will be divided into several parts, for a total of three parts. Most of the songs are related to hymns, some are not. At the end of the semester, the teacher asked us to go to the Catholic Church to sing with these seniors and the teacher, as a final exam. I thought it was a great experience.

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 necessary basic expenses of TUL include accommodation, tickets, insurance, telecommunications, etc. The school provides dormitory, 2 people per room, 120 SEK per day. 6 people share a kitchen, two bathrooms, and two toilets. A deposit of 5000 kroner is required at the beginning, which will be refunded when checking out. The insurance is about 9300 crowns, and the visa fee is about 2600 Taiwan dollars. As for Liberec's transportation expenses for five months, it is about NT\$1,000. In terms of telecommunications, I first bought an internet card in Taiwan. 10G per month is enough, because the dormitory and school have WIFI, and the total network card for 20 weeks is about 3,000 Taiwan dollars. These basic expenses do not include air tickets and are about NT\$50,000. The remaining living expenses vary from person to person. A meal in the student restaurant costs about 90 crowns, but I don't think it's very tasty. The dormitory has a kitchen where you can cook for yourself. Cooking your own food is definitely better and cheaper than the student cafeteria. There are two American restaurants and a barbecue takeaway shop downstairs in the dormitory. A meal is about 180 crowns, super full and delicious. There are large supermarkets in the urban area that sell daily necessities. Shampoo, laundry detergent, dish soap, and toilet paper can all be purchased again. dm is a chain pharmacy, they sell it cheaper than in Taiwan, and the stuff is big and heavy. It is best to bring more instant noodles or snacks when you bring these. You can also buy seasonings such as soy sauce in the Asian supermarket near the city hall, but you can't buy instant noodles from Taiwan.

When I come here, I get a lot of culture shock, like the party culture that happens every week. They really like to party and the drinks at the

bar are super cheap. A glass of 500ml beer is about NT\$50, and a bartender is less than NT\$100. The bar is even opened directly on the first floor of the dormitory. There are about 3 bars downstairs in the dormitory. Every Thursday there is a meetup for the exchange student report and the country report of the week. Everyone would go to the club for a week to listen to country music, drink and dance. This is completely unimaginable in Taiwan. Convenience stores in Taiwanese schools cannot even sell alcohol and tobacco. In the Czech Republic, the bar is opened directly downstairs in the dormitory. And the aunt in the dormitory knows that you are a foreigner, but she keeps speaking Czech to you. If you tell her you don't understand, she will speak Czech loudly to you, completely ignoring the translator in your hand. Sometimes I need to talk to my aunt for a long time just to do the laundry. I heard dogs barking several times in the dormitory, only to find out that some dormitory roommates have dogs. The dormitories here are indeed free, not like school dormitories, but more like rented houses off campus. Also, the teacher will start the lesson even if the number of students in the class is small. There are only 5 students in a class, and the teacher also likes to interact and talk with the students. I think this is indeed a completely different place from Taiwan, but it is indeed worth a visit.

伍、研修之具體效益

(請條列式列舉 150 字)

1. The listening and speaking of English has become better, because there are all kinds of accents in Europe, and the American accent that is usually heard is not applicable here.

2. Exposure to different cultures, each country has different habits, and culture shocks often occur, but it is also through these culture shocks that we can understand the habits of different countries.
3. Integrate into different lifestyles, because the dormitory arrangement is arranged by the school, it is easy to meet roommates of different nationalities, and it is not easy to get used to living habits.
4. Meet many friends from different countries, because Europeans like parties very much, and it is easy to meet exchange students from many different countries in the party. There are few Asian exchange students here, and most of them are Europeans. Apart from Taiwanese, there are only Central Asians such as Kyrgyzstan, Kazakhs, and Indians.
5. Learn to handle a lot of things on your own.

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)

Before you come, you can download the Bolt app, which is very similar to Uber, because you need to change a lot of transportation from the airport to the school, and the school will not come to pick you up. He will send you a video from the airport to school and let you go alone. After arriving in Liberec, it is recommended to take a taxi directly to the dormitory, because you need to take a bus from the city center to the dormitory, and then you need to climb up the mountain for about 8 minutes from the

dormitory bus station to the dormitory. It takes more than 8 minutes with luggage. Climbing a mountain with large luggage is indeed a big test for those of us Taiwanese who have just got off the plane and still have jet lag, especially the bad weather in the Czech Republic. There is a chance of encountering rain or snow. That's a lot of courage. Euros can then be brought to Liberec and exchanged without having to exchange currency in Prague. At the beginning, there will be an application for a student partner, but it may not be passed, but it is recommended to apply, and you can directly ask the student partner if you have any questions. Because many Czechs don't speak English, most of them can't understand, but the students must speak English! One week before the start of school, there will be an orientation week with activities every day. It is recommended to participate in ESN activities afterwards. Be mindful of the time when booking your flight. It is best to arrive at the dormitory one week before the start of term. A student ID card and some admission procedures are required.

<https://youtu.be/yVginQgnmTQ>

具代表性出國交換照片說明(4張)



圖 1 說明(20 字)

On the last day we went to the school to take pictures with the school. This is the building we go for a cup of coffee.



圖 2 說明(20 字)

It was snowing outside the dormitory that day, and exchange students ran to build snowmen and have snowball fights.



圖 3 說明(20 字)

Taiwan Week, we share Taiwan's scenery and geology and hydrology with exchange students.



圖 4 說明(20 字)

The most famous attraction in Liberec, where you can see the entire Liberec and a ski resort. We had just climbed up the mountain that day when the cable car broke down.

*格式依需求可自行調整