

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：中國語文學系二年級

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Czech Language : 2、Choir 2 : R、Language games developing
foreigners language skills : R、Psychology of communication for
Erasmus students : 2-

短片時間及標題：3:14 Live in Liberec

中華民國 112 年 7 月 20 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

Applying for a visa is the most complicated and time-consuming pre-departure preparation. There are a lot of information about applying for a Czech student visa on the Internet. The most important thing is that the sooner you apply for a visa, the better. I prepared financial proof, police criminal record certificate and other materials in advance. After receiving the school admission letter, I made an appointment to apply for a visa immediately.

One week before we went to the Czech Republic, the coordinator of TUL sent emails to each exchange student, including the transportation method from the airport to the school, the schedule of various activities held by ESN one week before the start of school, dormitory information, etc.

貳、研修學校簡介

About Liberec and TUL

Liberec is located in northern the Czech Republic. It is about one-hour drive from Prague, the capital city. Buses ply between the two cities.

There are 7 faculties and about 7,000 students at Technical University of Liberec. The public security near the school is good, Additionally, living in the dorm is very convenient. There are frequent buses running between our school and downtown. And a one-way bus ticket is 12 CZK.

About the dormitory

No additional application is required for the dormitory of exchange students, and the accommodation fee is calculated by the number of days, 120 CZK/day. There are 6 buildings in the dormitory, most of which are twin rooms, and every 2-3 rooms share a kitchen and bathroom. The washing machine is in the basement of the dormitory. Before washing clothes, you need to get the key at the reception on the ground floor. The fee is 25 CZK per half an hour.

In addition to the student restaurant, there are also an American restaurant and several bars in the dormitory. The weekly party is held in one of the bars. You can buy groceries in downtown, just take 5 to 10 minutes by bus from the dormitory; It takes about 15-20 minutes on foot from the dormitory to the main campus, or take 2 minutes by bus.

參、國外研修之課程學習(課內)

Most of the courses in TUL are small-group classes, with no more than 15 students. There is no midterm exams and midterm reports. One month before the end of the semester is the final exam, but most teachers complete all exams in the first week.

I took four courses this semester.

Czech Language

Most of the students in this class were Poles and Taiwanese. Polish and Czech have many similarities, but Mandarin belongs to a completely different language family. Therefore, our teacher Mgr. Šárka Hastrdlová specially put Taiwanese and Poles in one group, Polish students acted as our tutor and we learned from each

other. In addition, the teacher emphasized class participation. She liked to call on random students to answer questions. Sometimes Mgr. Hastrdlová gave prompts, so we didn't have too much pressure. Before the end of the semester, we had an outdoor course. We worked in pairs, went to downtown, and asked passers-by in simple Czech to complete the worksheets. The benefits from this course were reflected in our daily life. We had tried to use Czech numbers or some simple words when shopping, replaced Hello and Thank you with Dobrý den and Děkuji, and tried to integrate into the locals.

Choir

My favorite course was choir. This class was very special. Our teacher taught in Czech, but she still translated the class content into English to the exchange students. The choir was composed of a group of 7, 80-year-old seniors. Most of them couldn't speak English, but they were very friendly and enthusiastic. Sometimes they brought homemade pastries and share them with us. We practiced together every week and sang at the church on weekends. What an unforgettable experience.

Language games developing foreigners language skills

This class was taught by Ms. Jana Konvalinková, my choir teacher. We learned a new topic every week. The homework was "the Book of Songs". We needed to write ten English and Czech sentences and attach photos related to this topic. At the end of the semester, everyone completed their own Book of Songs and shared it in the class.

This course was offered by the Department of Education. The most special part of the course was the teaching method of the teacher. Ms. Jana Konvalinková regarded us as primary school students. We sang local nursery rhymes

and danced. It also helped us learn Czech words.

Psychology of communication for Erasmus students

We took the class every two weeks. Mgr. Andrea Rozkovicová put the periodical and psychology videos in the e-learning system before the class, so that students could study independently and asked questions during the class. In addition, our teacher encouraged us to express our opinions in class. We usually had group discussion time.

肆、國外研修之生活學習(課外)

Erasmus Student Network: ESN is an organization that specializes in receiving exchange students. Before the start of school, ESN hold briefing, distribute freshman packages, assist in the purchase of mobile phone SIM cards, etc., to help foreign students who are new to the Czech Republic. In addition, we can also get to know each other by participating in a series of activities such as orientation, Liberec city tour, and snowball fights.

Weekly activities: Every week, students from the same country were responsible for the Country presentation on Tuesday and decided the theme of the party on Thursday. In addition to gaining a deeper understanding of the food, customs, and local characteristics of different countries, the Country presentation was also a good opportunity to introduce our hometown. What everyone was most looking forward to was weekly parties. The theme of Slovak party was gender swap. Boys put on makeup and tried to show their charms. Girls dressed up as gentlemen, put on ties and mustaches. The scene was very interesting. At Taiwanese rainbow party, we wrote some Chinese characters on everyone's face, which also

received great response.

Outdoor activities: In addition to the wonderful activities every Tuesday and Thursday, ESN also hold some activities from time to time, such as, ice skating, Ještěd climbing, visiting animal shelters, rock climbing, etc. We could participate freely according to our interests.

Memories with Erasmus students: Exchange students were very close. Except for participating in ESN activities, I hung out with my foreign friends. We went on trips, hiking, and skiing together. Aside from connecting with each other, we also created many good memories. Moreover, sometimes we hold "exchange dinner" in the dorm. We cooked beef noodles, minced meat rice, hot pot, shared Taiwanese snacks, and tasted Turkish salad "Kisir", Polish dumplings "Pierogi", French "Crêpe", Portuguese "Bacalhau à brás" made by our foreign classmates.

伍、研修之具體效益

Small class teaching: As a student of teacher education, I was most impressed by TUL's small class teaching. Due to the small number of students, teachers can memorize the names of all the students in the class. In this way, they can keep tabs on the learning situation of students and provide timely guidance.

Teacher-student relationship: In the Czech campus, teachers and students have a close relationship. We were like friends, sharing interesting life stories after classes. In the last class of Language games developing foreigner language skills, our teacher held everyone's hand to say goodbye and hugged each

other. We were very touched at the moment, recalling the good memories in this semester.

Discussion in class: Teachers encouraged students to express their personal opinions during the class, and gave us enough time for group discussions.

陸、感想與建議(含3分鐘短片連結)

https://youtu.be/Rwh_wvG2dko

It was my first time to Europe. Everything was very unfamiliar for me. I still remember that on the first day when we arrived in the Czech Republic, we changed buses and metros three times and finally arrived in Liberec. We bought tickets at the tobacco shop.

Unfortunately, we got off at the wrong stop on the bus bound for the dormitory. We were exhausted and held a lot of luggage. Thankfully, we met our buddy in the end.

Liberec is a city with almost no foreigners. Most of the exchange students in TUL are European students. To be honest, in the beginning, I was nervous when I saw many whites. I was worried that my English was not fluent and I dared not talk to others. However, after participating in many activities organized by ESN, I found that everyone was very nice actually. After getting along with Erasmus students for a semester, I made many friends from all over the world.

In fact, living abroad is not as scary as imagined. If you have the courage to speak up, try bravely, and open your mind to explore, you will find a different world. During the exchange period, I tried to travel alone in Europe from five days to going out for half

a month. Traveling alone for a long time not only made me know myself better, but also meet many interesting people and things during the journey. These experiences are good nutrients for our growth. Finally, I am very grateful to myself for making the decision to exchange to the Czech Republic. I had a different life experience at the age of 20. During this time, I had changed a lot, become more courageous, more confident, and been not afraid to try unknown things.

具代表性出國交換照片說明(4張)



圖 1

Performing at Anthony the Great Church with our choir



圖 2

Collection of passports from various countries



圖 3

Building snowmen



圖 4

Taiwanese rainbow party