

臺北市立大學

學生出國研修心得報告

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研修領域： Economics

系所、年級：城市發展所 碩士二年級

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研修學校(中英文)：泛歐大學 Pan-European University

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國外研修成績：A

短片時間及標題：在斯洛伐克交換的學期回顧

中華民國 115 年 2 月 23 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

When I received the admission result, the first thing I did was to confirm which type of visa I needed in order to study in Slovakia for one semester as an exchange student. Based on the experiences shared by previous senior students, I learned that I could apply for a Slovak Working Holiday Visa. This type of visa allows holders to stay in Slovakia for up to one year for working holiday purposes or to engage in study for up to six months.

After confirming the appropriate visa category, I realized that my passport's validity was shorter than the required minimum of six months for the visa application. Therefore, I first renewed my passport. Once that was completed, I prepared all the necessary documents required for the visa application.

One of the most important steps was contacting the Slovak Economic and Cultural Office in Taipei by email to inform them of my planned departure date and to schedule an appointment for submitting my visa application. After completing the visa procedures, I continued preparing for my departure, including organizing my luggage and making other necessary arrangements before leaving for Slovakia.

貳、研修學校簡介

學校介紹

Pan-European University (PEU) is a private higher education institution, offering university education at all 3 cycles of studies in 20 accredited programs of studies at its 5 faculties. Since its founding in 2004 more than 12.000 students have graduated from the studies at PEU.

PEU consists of 5 faculties which were established gradually in reaction to the needs of the higher education market, in the chronological order: Faculty of Law (2004), Faculty of Economic and Entrepreneurship (2005), Faculty of Media (2007), Faculty of Informatics (2009) and Faculty of Psychology (2011). As the only private higher education institution in Slovakia we are entitled to offer

PhD. studies and at the same time qualified candidates may aim for a professional doctorate, habilitation (associate professorship) and inauguration (full professorship) proceedings.

參、國外研修之課程學習(課內)

修課課程內容

During this semester, I enrolled in Leadership and Influencing, Brand Management, and an online course titled Slovak Language for Beginners. The first two courses were taught by the same professor, who is originally from Croatia and previously worked for Coca-Cola and other well-known international companies. His professional background provided us with valuable industry insights and practical perspectives.

In the Brand Management course, the professor introduced us to comprehensive brand-related concepts and frameworks. The most impressive part for me was the question he raised at the beginning of the course: “What is the difference between a product and a brand?” This question served as the foundation for understanding the essence of branding. Through this discussion, we explored how a product refers to a tangible item or service, whereas a brand represents the values, identity, emotional connections, and perceptions associated with that product.

Similarly, in the Leadership and Influencing course, the professor began with another thought-provoking question: “What is the difference between a manager and a leader?” He used this question to explain the meaning and characteristics of leadership within a group. The course examined leadership from multiple perspectives, including how to become an effective leader and what essential qualities a leader must possess. We discussed traits such as vision, communication skills, responsibility, and the ability to inspire and influence others. Both courses involved extensive interaction and discussion with classmates and the professor. The classroom atmosphere was dynamic and engaging, allowing us to exchange ideas and learn from diverse cultural backgrounds. I found the classes both enjoyable and highly rewarding.

In addition, the online Slovak Language for Beginners course

enabled me to learn basic Slovak through structured online lessons. This course was particularly helpful for daily life in Slovakia, as I was able to apply simple vocabulary and expressions in everyday situations.

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)

Regarding accommodation, Pan-European University does not provide on-campus dormitories. However, the university cooperates with a student housing organization that offers accommodation near the campus. I stayed in a shared apartment for two people, where I shared the bathroom and kitchen with one roommate. The monthly rent was 495 euros, which was relatively expensive. One advantage, however, was that the apartment was equipped with a private washing machine, so we did not need to share laundry facilities with other residents. Overall, the accommodation was comfortable and convenient.

In terms of extracurricular activities, most events were organized independently by classmates. For example, one of my Italian classmates made tiramisu for everyone on his birthday, which created a warm and joyful atmosphere. During Christmas, we visited the Christmas market in the Old Town together, enjoying the festive decorations and local traditions. My classmates were very enthusiastic about organizing gatherings and bringing everyone together, which helped us build strong friendships and create memorable experiences outside the classroom.

As for expenses, insurance was an important component. Due to the specific insurance requirements stated in the application documents for the Slovak Working Holiday Visa, I purchased a five-month overseas accident and medical insurance policy. The cost was relatively high, but it was necessary to meet the visa requirements. The total insurance fee amounted to NT\$10,373.

伍、研修之具體效益

(請條列式列舉 150 字)

1. Understanding Diverse Cultures

During my exchange period, having the opportunity to meet classmates from different countries was an extremely valuable experience. Through daily interactions and communication, I was able to gain a deeper understanding of cultural differences among various nations. I also learned many interesting insights and lesser-known facts that are not commonly found online. This cultural exchange broadened my global perspective and enhanced my appreciation for diversity.

2. Improvement of English Proficiency

Throughout the exchange semester, all courses were conducted entirely in English. The courses I selected required frequent discussions with classmates and the professor, which provided numerous opportunities to practice speaking. In addition, English was the primary language used in daily communication with friends. As a result, both my English speaking and listening skills improved significantly.

3. Experiencing Independent Living Abroad

Living in a country so far away from home was a rare and meaningful experience. I had to manage everything on my own, from daily responsibilities to travel planning. After completing this experience, I feel that I have grown both personally and emotionally. I also accomplished solo travel during this period, something I had never imagined myself doing before. These experiences greatly strengthened my sense of independence and self-reliance.

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)

Slovakia is generally considered a relatively conservative country. Before my departure, my understanding of Slovakia was that it was an affordable country with good public safety. After living there for several months, I found this impression to be largely accurate. The cost of living was relatively reasonable, and I felt safe during my stay. However, I also experienced that Slovak people tend to be less outwardly expressive compared to Taiwanese people. In general, they

appear more reserved and focused on their own affairs.

In terms of daily life, I believe that Bratislava, the capital city of Slovakia, is a very livable city. Its geographical location is particularly advantageous, as it is very close to Vienna, making international travel convenient. The city's airport is also located close to the city center—similar to the location of Songshan Airport in Taipei—so traveling abroad is extremely convenient. I consider its geographic location to be one of its greatest advantages. However, due to its location in Central and Eastern Europe, winters can be quite cold, and it is essential to stay well prepared and dress warmly during the winter season.

Regarding academics, Pan-European University offers a diverse selection of courses for exchange students. During my studies, I was fortunate to meet excellent professors. The teaching style in Europe differs from the more lecture-based approach commonly seen in Taiwan, where students primarily listen to the professor in class. In Europe, professors encourage students to actively express their opinions and engage in discussions with classmates. This interactive and discussion-based approach was a new experience for me. It taught me that having the courage to speak up and share one's thoughts is more important than worrying about whether the answer is absolutely correct.

Having the opportunity to live in Europe for five months was truly a unique and unforgettable experience. I am very grateful to my university for providing such an opportunity. If circumstances allow, I would strongly encourage other students to take advantage of similar exchange opportunities and experience studying abroad for themselves.

Video link: <https://youtu.be/QGqppi1ycsg>

具代表性出國交換照片說明(4張)



During the Welcome Week at the beginning of the semester, the school organized an activity in the Old Town, where we participated in a city-wide game.



During the Brand management class, teacher ask us to put the word that how did you directly think about the brand on those brand.



The school organized a checkpoint challenge game, where everyone had to form teams and work together cooperatively to complete the tasks.



The first time eating the Chinese food with all the friends,
teaching everyone how to use the chopsticks.

*格式依需求可自行調整