

臺北市立大學

學生出國研修心得報告

獲補助年度: **113-2**

研修領域: **Academy of Fines Arts and Design (主修: Painting)**

系所、年級: 視覺藝術系 五年級

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研修學校(中英文): 盧比安那大學 **University of Ljubljana**

研修時間: 中華民國 114 年 2 月 2 日至 114 年 6 月 21 日

國外研修成績: **10、9**

短片時間及標題: 一場很美的夢

<https://youtube.com/shorts/w7N3s-gch-U?feature=share>

中華民國 114 年 9 月 1 日

*(非亞洲地區交換同學請以英文撰寫報告)

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1、緣起

行前準備(100字)

I chose Slovenia from among many European countries, and after being nominated by my home university and the host university abroad, I successfully completed the application process! While I was thrilled, it also meant that I had to begin preparing the paperwork for going abroad. Since Slovenia does not have a representative office in Taiwan, I had to go to Austria to handle the documents before finally applying for a temporary residence permit in Slovenia. Because the process was a bit complicated, I did thorough research and also asked questions to a senior student who had gone there before. This is my first time going to Europe, and I feel both nervous and excited!

2、研修學校簡介

學校介紹(100字)

The University of Ljubljana in Slovenia, founded in 1919, is the country's oldest and largest higher education institution. Located in the capital city, the university has many faculties, among which the Academy of Fine Arts and Design is particularly renowned. It enjoys a strong reputation in Central Europe and the Balkan region, and maintains active exchange and cooperation programs with universities worldwide. With its combination of historical buildings and modern facilities, the University of Ljubljana offers students a diverse

learning environment and rich opportunities for international exchange.

3、國外研修之課程學習(課內)

修課課程內容 (100字)

I took two courses at the University of Ljubljana: my major course Painting (10 ECTS) and an elective course Illustration (4 ECTS). The Painting course required daily classes and offered many opportunities to visit exhibitions, attend lectures, and participate in workshops. During the semester, I created my own artworks and presented them publicly at the end of the term.

In the Illustration course, the professor separated Slovenian students and exchange students into different groups. This semester's project was to complete a small comic book centered on ourselves, which was also exhibited at the end of the semester.

4、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)

This semester, I didn't get a place in the student dormitory, so I rented an apartment instead. Luckily, I lived with two wonderful roommates from the Czech Republic and Slovakia.

The university's ESN (Erasmus Student Network) organized many activities, and I joined two or three of them. It was a good opportunity to meet international friends, and some of my closest foreign friends were made through this group. Personally, I didn't enjoy going out with ESN that much because the schedules were too packed, but I would still recommend trying it, as it's the best way to know whether you like it or not.

Outside of class, I also traveled to many different countries. In total, I visited 14 countries, met people from diverse backgrounds, and created countless unforgettable memories.

In Slovenia, there are many "boni" restaurants where meals are heavily discounted with the student card. Because of this, we often ate out, and the expenses were about the same as in Taiwan, sometimes even cheaper. The food was always filling and delicious!

The city is very safe, and since there aren't many Asians, we always found it exciting whenever we saw Asian faces on the street. Also, my friends and I think the guys here are really handsome, haha!

5、研修之具體效益

(請條列式列舉150字)

- **Becoming braver to take on challenges**

Back in Taiwan, I had never traveled alone, so solo traveling was a huge challenge for me. However, in Europe, I ended up traveling alone in more than half of the countries I visited. From feeling nervous and worried at the beginning, afraid of getting lost, to eventually being able to handle unexpected situations and truly enjoy the journey, this became the biggest breakthrough of my trip.

- **Learning to handle things independently**

Living abroad means facing all kinds of situations on my own. For example, when I first arrived in Europe, I found out that I couldn't make online payments with my credit card, so I had to contact my bank in Taiwan for help. The most stressful issue was definitely the residence permit, which took me a lot of time and effort to finally resolve. Without my family's support, I often felt helpless, but I had no choice but to ask questions and figure things out myself. Even though the process was troublesome, I felt a real sense of growth once everything was solved.

- **Improving my English and making international friends**

I met many amazing people from different countries here. Even though my English is not so good, most people were

very willing to listen and help. Through these friendships, I was able to experience different cultures, gain new perspectives, and broaden my horizons.

6、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)

I think Slovenia is a very safe country. Even when walking at night, you rarely encounter any strange or dangerous situations. The food here is very delicious and compared to other European countries, it is quite affordable. People are also very friendly, and communication in English is no problem at all. You don't really need to learn the local language since most people speak English fluently.

However, applying for a temporary residence permit is really difficult. You need to go through many steps, and along the way there are countless problems that must be solved. To deal with these problems, it can take lots of time, consuming and exhausting.

For people who don't like dealing with complicated procedures, this could be a big consideration. Still, I truly recommend coming here as an exchange student. Whether it's the culture or the

natural scenery, everything is wonderful.

I think the most important thing is to keep an open mind, to explore and embrace everything this journey brings you. Both the good and the bad experiences will help you grow.

It's also good to participate more in school activities or join Facebook groups to find travel buddies and meet different people.

For me, Slovenia feels like a second home. Even though it's a small country, it gives off a very warm and welcoming feeling. Every time I return after traveling to other countries, I always feel safe and comfortable again.

No matter which country you choose, if you're still hesitating, I highly recommend going on exchange!! You will surely create amazing memories and experiences.

具代表性出國交換照片說明(4張)



圖1說明(20字)

The photo was taken when my roommate brought me to the Bonfire Festival in Ljubljana. One of my roommates knows a lot about local events, and through them I was able to meet many new friends.

The Bonfire Festival is an important event in Slovenia. It takes place on a hill, so you need to hike a short way to get there. The festival symbolizes the end of winter and the arrival of spring. There are live bands performing, people dancing together around the fire, and the whole atmosphere is joyful and chill. I really enjoyed it!



圖2說明(20字)

Welcome party

Because I joined an ESN activity, I got to know a few Korean friends, and together we went to the school's welcome party. It was my first time going to a nightclub, and it felt really fresh and new to me. In that setting, I deeply experienced the differences between Europeans and Asians. They can easily play and dance with others, while we tended to be a bit shy at first, feeling like it wasn't really our scene. By around midnight, we were already feeling sleepy, haha.



圖3說明(20字)

This is my Egyptian travel buddy! There were ten of us in total, and at first we didn't know each other. We all met through the Facebook group for Taiwanese exchange students in Europe. During those ten days, we created so many wonderful memories together and became really close. It was also my favorite trip among all the countries I've visited!



圖4說明(20字)

These are my two perfect roommates! Since I couldn't find any Taiwanese students who wanted to rent a place together, I eventually found them through the school's Telegram group for roommates. I was really lucky because they both turned out to be wonderful. Before I left Slovenia, we had a goodbye coffee together. I felt so sad to say goodbye to them, and I even cried.

*格式依需求可自行調整