

臺北市立大學

學生出國研修心得報告

獲補助年度：111-2

研修領域：Faculty of Science, Humanities and Education

系所、年級：Department of Earth and Life science Fourth grade

學生姓名：謝易筭 Yi-Yun, Hsieh

研修國家：Czech Republic

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

研修時間：中華民國 112 年 2 月 22 日至 112 年 7 月 10 日

國外研修成績：16 ECTS

短片時間及標題：

4:02

台北市立大學謝易筭 111-2 利貝雷茨科技大學交換心得影片

中華民國 112 年 7 月 19 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	1
參、國外研修之課程學習(課內)	2
肆、國外研修之生活學習(課外)	2
伍、研修之具體效益(請條列式列舉)	3
陸、感想與建議(含 3 分鐘短片連結)	4

壹、緣起

行前準備(100字)

Many documents need to be prepared in advance to apply for a visa. It is recommended to apply for a visa 3 months before departure, and it is also recommended to apply for a credit card with overseas rewards before departure. Because the Czech koruna cannot be exchanged in Taiwan, you can bring the euro to the local area for currency exchange. At that time, there was no direct flight from Taiwan to the Czech Republic. You could choose Turkish Airlines or Emirates, transfer in Turkey or Dubai, and then fly to the Czech Republic. Also remember to apply for overseas insurance in case of emergencies.

貳、研修學校簡介

學校介紹(100字)

My college is Faculty of Science, Humanities and Education. Many courses are for training teachers, and many courses are taught in English. The campus of the school is not like an area in Taiwan. The classrooms are scattered in different places. The nearest one is 15 minutes' walk from the dormitory, and the farthest one is half an hour away. The school has an international student association called ESN, members of which will help exchange students solve problems, and organize many activities for exchange students to get to know each other, and often hold some activities to let us know more about the Czech Republic and other countries

參、國外研修之課程學習(課內)

修課課程內容 (100 字)

I took 4 courses, Czech language, Czech geography, choir, Language games developing foreigners language skill. In the Czech course, I learned some basic Czech language used in daily life, such as numbers, greetings and directions, etc. The Czech geography course not only let me know Czech, but also let me know the operation of the European Union and the history of Europe. In the choir, I learned a lot of Czech hymns, which also gave me the opportunity to perform in church. In the language games developing foreigners language skill, I learned how to use nursery rhymes with simple lyrics to let children learn language.

肆、國外研修之生活學習(課外)

交換學校住宿、當地／該校學生生活動、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 dormitories are all double rooms, and 4-6 people share the kitchen and bathroom. There is a restaurant, student restaurant and bar downstairs in the dormitory. In addition, the dormitory has a gym and a billiards room, and there are different sports in the stadium every day.

Every week ESN will allow students from different countries to introduce their own country and hold a party with their own national characteristics in the school bar, including matching costumes, themes and songs played, all of which can be decided by the country students of the week. The city where we live has relatively few English-speaking people. Some supermarket employees can't speak English, and they may not

understand us with translation software. There is indeed a big problem, but because I learned Czech, this problem was gradually solved. Although not all of them can understand, we can understand the keywords

The consumption in the Czech Republic is lower than that of other European countries. Alcohol and dairy products are very cheap locally, so the cost of living in the Czech Republic is not much worse than that in Taipei.

Suddenly one day when we went to the supermarket, they started selling barbecue supplies and ingredients. At that time, we thought that there was a festival similar to the Moon Festival in the local area. After asking, we found out that it was only because the weather was getting warmer and better that everyone started to barbecue. It's not because there's a special holiday

伍、研修之具體效益

(請條列式列舉 150 字)

This time I went abroad not only to make progress in language, but also in all aspects of life. Because I have a lot of free time, I also visited many different countries. From itinerary planning, transportation, accommodation to food, I learned a lot from it and experienced life in different countries. Because there are many exchange students from different countries, I also make friends from many different countries, learn about the traditions of different countries through chatting, and taste the food of different countries through sharing. I also took this opportunity to know many countries that I don't know very well, such as Kyrgyzstan, a country that only appears in geography textbooks.

- culinary progress
- Learn to be independent
- Learned the Czech language

- Experience the teaching mode of different countries
- English proficiency progress
- Learn to respect the culture and customs of different countries
- Learned many cultures from different countries
- Experience the culture and food of many different countries

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)

In the Czech Republic, there are fewer English-speaking people than in Taiwan, so it is normal to be uncomfortable or have poor communication when you first arrive there, but after a month, these problems will gradually disappear.

I don't have much interest in Czech food. I cook by myself every day. If you don't know how to cook, there are many Vietnamese restaurants in the Czech Republic, many pho restaurants, and many Turkish restaurants throughout Europe. Kebab is usually very cheap and the portion size also very large, these are good options.

Credit cards can be used almost everywhere in the Czech Republic, even roadside vendors can use credit cards. However, if you travel to other countries, you must have cash. Often, credit cards cannot be used because the amount is too small or only cash is accepted. In European countries, when we go to restaurants with friends to eat, we can pay separately, and it is also possible to use credit cards, which is very convenient for us.

When eating in a restaurant, remember to order drinks

first. Usually, as soon as we sit down, the waiter will directly ask about the drinks, but at this time we are usually still looking at the main meal, which made us very uncomfortable at first.

Liberec is very cold in winter and it snows most of the time. Remember to buy a pair of waterproof boots and a thick coat with a hat. There is heating in the room, so the skin will be very dry. Remember to apply lotion. The temperature in spring is not too high. I usually feel warm because of the sun, so I forget to put on sunscreen, which is very easy to get sunburned.

Because the Czech Republic is located in the center of Europe, it is very convenient no matter which country you go to. In addition, low-cost airlines and low-cost buses in Europe are very convenient. During this exchange period, I visited many different countries with my friends and experienced different countries. Don't forget to apply for an ESN card from ESN, you can enjoy many discounts on transportation.

Link: <https://youtu.be/Ah0rgjYEJys>

具代表性出國交換照片說明(4張)

圖 1



圖 1 說明(20 字)

It snowed for the first time after arriving in Liberec, and we had snowball fights and snowmen with exchange students from other countries

圖 2



圖 2 說明(20 字)

During Taiwan Week, a party with Taiwanese elements was held in the school' s Club, and exchange students from other countries took photos with the Taiwanese flag.

圖 3



圖 3 說明(20 字)

Choir class, performed in two churches in the Czech Republic in traditional Catholic costumes with Swiss classmates, and it was our first time to perform in a church

圖 4



圖 4 說明(20 字)

Take photos with course professors. The teacher is a music teacher, mainly teaching us how to use music to teach children to learn language. The girl is student from Switzerland, and the boy is local student.

*格式依需求可自行調整