

# 臺北市立大學

## 學生出國研修心得報告

獲補助年度：110

研修領域： 資訊科學

系所、年級：資訊科學五

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研修國家： 美國

研修學校(中英文)：Illinois State University 伊利諾州立大學

研修時間：中華民國 112 年 1 月 8 日至 112 年  
5 月 23 日

國外研修成績：平均77.2

短片時間及標題：U10716050 學海 時間： 3 : 06

中華民國 112 年 5 月 30 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(100字)

Before heading to America, visa was one of those requirements I spent most of my time on. There are various forms to send out for having that interview of visa. Moreover, I also had to figure out the housing problem because I was not interested in living on campus. Due to the time zone, sometimes I stayed up late for contacting those leasing office. Some of them don't even reply by mail. Hopefully I found one and signed the contract a month ago before this trip. I think these two were the things I got a hard time with during the preparation.

## 貳、研修學校簡介

學校介紹(100字)

Illinois State University is definitely what we call a university, however the city it is located in has not that much hype. I would say the university offers most of the activities in that area. They got gym, esports center, dining hall and bowling center. Besides there are some bars and restaurants about five minutes walk from campus. Generally students would hang out to those places after class, and also it's not that difficult to get in the community with these activities. Overall, at

least the area around the campus is safe and students can take the bus for free.

### 參、 國外研修之課程學習(課內)

修課課程內容 (100 字)

In my opinion, courses I selected were mostly language courses and those professors usually will not put any pressure on us. We just need to do those assignments and show up in the class. However, unlike Taiwan, the credit hours were split into everyday. It turns out studying each subject one hour per day is an essential thing after I got there.

### 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)

Personally, I would say I don' t have any issues during the time I stayed there. But if there was, it must be the problem with housing. I was looking for those off-campus housing after I knew the exact date the project started. Yet, I could barely find one at that time because I was searching for a sublease which it is not that easy to contact all those people

from Taiwan. Especially, after I started living in that apartment, I found out the reason why it makes it that difficult. The leasing office of that apartment was having some part-time employees which generally will not know the details of those contracts, but the person I contacted was them instead of the manager. Overall, that apartment is not that bad , at least it got private bedroom and bathroom in each unit. Plus, the rent has no huge difference with on-campus housing which you have to share a room with someone. The street around that apartment also have other apartments some of my friends live in , so hanging out with them was actually convenient. Even sometimes it was pretty late in the night, I can still get to their places pretty fast.

## 伍、 研修之具體效益

(請條列式列舉 150 字)

- Experience of living in the states and how it is to process the contracts and payments in the states
- Making some foreign friends and hanging out with them
- Experiencing how it is to study in the states and how to do those group assignments
- Acknowledging differences between universities in Taiwan and the states

- Knowing how to cook better and where to buy the ingredient with the lowest price
- Getting used to pay anything with cards
- Experiencing how the American professors would like to see from the assignment we turned in and how they grade
- Having a healthier life because the people there really love outdoor activities and the gym was close to my place
- Able to tolerate in a weather that is extremely different from Taiwan
- Having more time to figure out what I' m pursuing for since there is nothing to do there

## 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)

I consider that this exchange student program is nice to have it when we are still students. We will not have the financial support and the time to study in the states without any pressure after having a job. Take me as an example, honestly I was not pursuing any academic goals before I applied this program. Experiencing the

life in the states was what I expected. Moreover, I also made lots of friends while studying there which was unexpected for me because I thought there would be the cultural barrier between us. It turns out most of the Americans are way more friendly than I thought. Although talking with them is not that hard, getting close with them sometimes would be a challenge. I spent some time to keep hanging out with them. It's also nice that there were some bars and pubs near the campus. Despite the city I went was not like a big city, I did have a good time there. And the last thing I would like to talk about is the food in the states. In these five months, I literally didn't eat as much as I usually eat in Taiwan because everything was way more expensive than the food we got in Taiwan. For instance, a box of noodles cost about eight to ten bucks which is twice as expensive as the pan noodles we got in Taiwan. Personally, I would choose cook on my own and sometimes those supermarkets would have their products get discounted. Besides, I could also do grocery shopping with my friends most of the time. After that, we sometimes would have a dinner together. There was a problem with doing grocery shopping that none of us have a car. Because of that, we usually had to take a one-hour bus to there. To conclude, the things I still can't get use to are the inconvenience and the living expenses during these five months. Otherwise, I would say the experience is great



and my last two weeks I did have a good time with those friends I made.

影片連結：[https://youtu.be/m09K7Xj\\_ioA](https://youtu.be/m09K7Xj_ioA)

具代表性出國交換照片說明(4 張)



圖 1 說明(20 字)

This picture is my first day going to that university , and the weather was pretty good on that day.



圖 2 說明(20 字)

It is my first time in the snow. Though the temperature was not that low for me, the wind was the problem I can't hold on.



圖 3 說明(20 字)

This is the highest building in that city which is also the dorm of that university and I took this picture from the top.



圖 4 說明(20 字)

This is my first time traveling to Chicago. Though I only got one day , I still went through lots of landmarks.

\*格式依需求可自行調整