

臺北市立大學

學生出國研修心得報告

獲補助年度：114

研修領域：藝術、建築規劃與設計

系所、年級：音樂系碩四

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研修國家：捷克

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 114 年 9 月 6 日至 115 年 6 月 21 日

國外研修成績：

科目名稱	成績
Czech language	2(very good)
Development language skills by the Czech songs	R(通過)
Choir Practice 1	R(通過)
Introduction to Czech Republic geography	2(very good)
Language games developing foreigners language skills	R(通過)

短片時間及標題：4:09 114 學年度捷克交換心得

中華民國 115 年 6 月 25 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)

I needed to collect all the documents required for the visa application, such as a police clearance certificate, bank statement, and admission letter. As soon as I received the acceptance notice, I started preparing these documents. However, the visa process was still the most complicated and time-consuming task, and I only received my visa three days before departure.

During the waiting period, I went to the hospital to get vaccinations, bought the necessary items, contacted my exchange buddy at the host university to ask about what to do after arrival, change some euros from TWD and said goodbye to my friends in Taiwan.

貳、研修學校簡介

學校介紹(100 字)

Liberec University of Technology is located in Liberec, the fifth largest city in the Czech Republic. Compared to the capital city Prague, Liberec is quieter and more traditional. Students and teachers on campus are very friendly and willing to help.

The university offers faculties such as architecture, economics, education, engineering, and health sciences. Even if you cannot find suitable courses in your own faculty, you can take courses across

different faculties based on your interests.

In terms of facilities, the classrooms and library are comfortable and convenient. There is also a gym near the dormitory, which makes it easy for students to exercise.

參、國外研修之課程學習(課內)

修課課程內容 (100 字)

During my two semesters of exchange, I took eight courses in total. In the Czech Language course, I learned basic daily Czech, although I often forgot how to use it. However, in *Development Language Skills through Czech Songs* and *Language Games Developing Foreigners' Language Skills*, I was able to review Czech through singing and physical activities, which helped me remember vocabulary more effectively.

I also joined the university choir for *Choir Practice*. Each semester, we performed in local churches, and in the second semester, I even served as the accompanist and practiced together with the choir.

In *Introduction to Czech Republic Geography*, the teacher gave a simple introduction to Czech geography and also guided us to walk around important buildings near the university. It was a very interesting and enjoyable course.

肆、國外研修之生活學習(課外)

During my exchange, I stayed in student accommodation and joined many local and university student activities. The student organization ESN at the university is very active and has a strong sense of community. They often organized events that made my exchange life more colorful.

For example, every Tuesday there was a “Country Presentation” where exchange students introduced their home countries. Every Thursday, there were themed parties. There were also occasional events such as food exchange gatherings, where we could try food from different countries while chatting with others. We also brought Taiwanese food such as bubble tea, egg pancakes, and fried rice cakes.

Besides student activities, I also made friends from different countries at the university. We celebrated special traditions together, such as having a Lunar New Year dinner and writing Spring Festival couplets. During my exchange, I experienced many “first times,” such as building a snowman, drinking mulled wine at Christmas markets, seeing the Northern Lights, and falling in love with hiking.

I also spent a lot of time traveling, experiencing food, scenery, and cultures in different countries. Sometimes I traveled alone, sometimes with Taiwanese friends, and sometimes I even met strangers who became travel companions along the way.

Overall, this exchange experience was both a challenge and a valuable journey of self-discovery.

伍、 研修之具體效益

(請條列式列舉 150 字)

1. I learned how to communicate with others, became more open-minded, and gained more courage to try new things and meet people from different cultures.
2. I gained experience as an accompanist for the choir and both the teacher and the members are satisfy.
3. I learned how to stay flexible and adjust my schedule and mindset.
4. I developed the ability to respond and adapt when unexpected situations happened during the trip many time I miss the train or bus because not use to the local transportation system.
5. I introduced many Taiwanese cultural features to people in Europe by food and chat with others.
6. I learned to accept sincere compliments from others and I also learned to sincerely give compliments to others.
7. I learned to cook several Taiwanese dishes, such as fried sweet potato balls and braised pork rice.
8. I learned to express my thoughts appropriately.

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)

Overall, exchange is not only about learning knowledge, but more about experiencing local life. At the beginning, it is normal to feel uncomfortable in a new environment and culture, and I also experienced many cultural shocks, such as different administrative efficiency and language barriers. At times, I even had the thought of going back home. However, as I made more new friends and became more familiar with the environment, these feelings gradually disappeared, and were replaced by curiosity and a stronger desire to explore.

For me, exchange was also a great opportunity to see the world. European countries are relatively close to each other. Even though some places take more than ten hours by bus, many countries are connected, and travel costs are much lower than in Taiwan. Because of this, I was able to see many different landscapes, from busy cities like London and Paris to natural wonders like Iceland and Switzerland. This experience greatly broadened my perspective, and I am very happy to have had it at a young age.

I would encourage future exchange students to stay open-minded and meet new people. You never know when someone might help you, and even if they do not, the process of interaction will still bring you new inspiration and meaningful experiences.

Finally, take advantage of being a student and join as many activities as possible. Europe is very student-friendly, and many museums and attractions offer student discounts or even free admission. So it is worth

making full use of student benefits to explore more while you can.

心得影片連結

<https://youtu.be/MTNcCSTmCDg?si=vngdDzDSL6I3RBuL>

具代表性出國交換照片說明(4 張)



圖 1 說明(20 字)

We celebrated Lunar New Year with French and Czech classmates. After enjoying a traditional New Year's Eve dinner together, we wrote Spring Festival couplets. Everyone chose their favorite Chinese character and wrote it on a red banner, making the celebration both meaningful and memorable



圖 2 說明(20 字)

Taiwan Country Presentation

Every Tuesday, a different country was invited to give a presentation. During Taiwan' s presentation, we introduced Taiwan' s climate, geography, culture, cuisine, and popular tourist attractions. It was a great opportunity to share our country with students from around the world and help them learn more about Taiwan



圖 3 說明(20 字)

When I saw snow for the first time, I was very excited. I built a snowman with my friends, but halfway through we realized it looked more like a bear than a snowman, so we decided to turn it into a snow bear instead



圖 4 說明(20 字)

During the first semester, I met a student from Sri Lanka at the university. In the second semester, I visited her home in Germany, where we spent time together

*格式依需求可自行調整