

臺北市立大學

學生出國研修心得報告

獲補助年度：112-1

研修領域：運動科學

系所、年級：休閒運動管理學系、四年級

學生姓名：黃建順

研修國家：義大利

研修學校(中英文)：義大利可弗羅羅馬體育大學 Università di
Roma Foro Italico

研修時間：中華民國 112 年 10 月 1 日至 113 年 2 月 8 日

國外研修成績：ECTS credits(30)

短片時間及標題：3:01 義大利羅馬交換日記

中華民國 113 年 2 月 8 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)	3
伍、 研修之具體效益(請條列式列舉)	4
陸、 感想與建議(含 3 分鐘短片連結).....	5

壹、緣起

行前準備(100 字)

When applying for an exchange program, upon selecting the school I wish to attend, I begin researching online to understand the culture, customs, and lifestyle of the exchange country. Simultaneously, I also browse through the curriculum of the host school to familiarize myself with the course content. This allows me to quickly adapt upon arrival and be better prepared, ensuring my safety and minimizing the chances of unexpected occurrences.

貳、研修學校簡介

學校介紹(100 字)

The Università di Roma Foro Italico, located in Rome, Italy, is a university specializing in sports sciences. Academic fields include sports science, sports management, physical education, and sports

medicine. The university is dedicated to conducting cutting-edge research and collaborates with academic institutions and research centers both domestically and internationally. It boasts advanced teaching facilities and laboratories for students to engage in experimental research and practical activities, along with abundant library and digital resources. One of its distinctive features is its partnerships with many internationally renowned universities and research institutions, allowing courses to be taught by professors from various collaborating schools around the world.

參、 國外研修之課程學習(課內)

修課課程內容(100 字)

The course subject is physical activity and health, focusing primarily on exploring biomedical issues in health and exercise. These topics mainly center around understanding the physiological effects of exercise on the body and its

relationship with health. For instance, exercise induces various physiological responses in the body, including changes in heart rate, blood pressure, muscle contraction, and oxygen utilization. Studying these responses aids in comprehending the overall impact of exercise on the body. Through research, more effective exercise plans can be devised to improve health conditions. Biomedical research helps us understand how to tailor appropriate exercise plans based on individual health conditions and goals.

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)

The school does not provide accommodation, so I had to find housing on my own. Luckily, I found a studio apartment in the city center of Rome for €500 per month. It includes its own kitchen and bathroom. Since dining out in Europe is expensive, I try to cook for myself as much as possible when

not invited out. I'm currently on exchange in Rome, Italy, where grocery prices are similar to Taipei, but with some differences. Vegetables and fruits are relatively expensive, while meats are cheaper. One notable difference between Europe and Taiwan is that public transportation in Taiwan requires payment before boarding, whereas in Europe, it's more on an honor system. Although tickets are required, some stations don't have gates, so it's common to see locals riding public transport without tickets. When ticket inspectors come, passengers without tickets often rush to exit, which was a unique experience for me locally.

伍、 研修之具體效益

(請條列式列舉 150 字)

具體效益

1. Language Proficiency Improvement: During the overseas exchange period, daily activities such as shopping for groceries, communicating with foreign

classmates, and attending classes at school all require English communication.

2. Understanding Local Culture and Broadening

Horizons: In Taiwan, we can only read about world heritage sites or historical artifacts in textbooks or on the internet. However, actually visiting these places in person gives a deeper sense of understanding and insight into history and geography.

3. Experiencing Life in Different Cultures: Being in a foreign country and spending time with classmates from different countries allows for mutual learning about the differences in each other's cultures.

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)

This exchange experience has allowed me to live a very different life. The destination for this exchange was Italy, where I discovered that Italians have their own traditions and customs, particularly when it comes to pizza, pasta, gelato and espresso. Italians also use hand gestures when they speak, which is really interesting. In class, half of my classmates were Italians and the other half were exchange students from other European countries. Getting to know them and exchanging cultural insights was fascinating. Even after returning home, I have continued to keep in touch with them. Making friends from around the world has been the greatest reward of this experience. I would advise future exchange students to seize the opportunity to interact with people from different cultures, not only to broaden their horizons and expand their networks but also to improve their language skills. It's also important to make the most of the exchange period to experience life in a different culture and gain a

better understanding of one's own preferences in terms of lifestyle. I also recommend traveling with friends made during the exchange, exploring not only the host country but also other European destinations, to enrich their life experiences.

具代表性出國交換照片說明(4 張)



圖 1

圖 1 說明(20 字)

After class, I go to the café next to the school with my foreign classmates to chat and have coffee.

圖 2



圖 2 說明(20 字)

Inviting foreign classmates to come to my home to cook together, immersing ourselves in local customs, like cooking Italian pasta in Italy.

圖



3

圖 3 說明(20 字)

On this day,I went hiking with classmates,and we took a photo by the roadside.One of my classmates is Italian,named Lorenzo.

圖 4



圖 4 說明(20 字)

Eating authentic Italian pasta in Italy was a completely different experience.I love it!

*格式依需求可自行調整

3 分鐘短片連結: <https://youtu.be/Xb34Rn8ZUAc>