

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：教育學院

系所、年級：地球環境暨生物資源學系 二年級

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研修國家：捷克

研修學校(中英文)：利貝雷茨工業大學 Technical
University of Liberec

研修時間：中華民國 114 年 2 月 3 日至 114 年 6 月 20 日

國外研修成績：

- A. Czech Language: very good 85 points
- B. Historical Heritage of our Region : Satisfactory completion of course. I.e. rating is outside the range listed above - no grade, credits only 100 points
- C. Introduction to Czech Republic geography: Excellent minus 90 points
- D. Less-known sports games: Satisfactory completion of course. I.e. rating is outside the range listed above - no grade, credits only 100 points

短片時間及標題：[Life as an Exchange Student at TUL](#) (3:37)

中華民國 114 年 9 月 14 日

目 錄

壹、緣起	1
貳、研修學校簡介	2
參、國外研修之課程學習(課內)	4
肆、國外研修之生活學習(課外)	6
伍、研修之具體效益(請條列式列舉)	7
陸、感想與建議(含 3 分鐘短片連結)	9

壹、緣起

行前準備(100 字)

- **Language:** The most impactful tool for my language learning was a mobile app, Duolingo. Its gamified approach is a significant improvement over traditional textbook. It transforms language study from tedious memorization into an engaging activity. The app is on my phone, so it offers incredible flexibility. This allowed me to practice anytime and anywhere using spare moments. Through this daily practice, I learned basic greetings and essential vocabulary before my departure. This gave me a solid foundation for my subsequent Czech language classes, which I handled with ease.
- **Financial Planning :** The Czech visa application required proof of significant financial means. As a university student, this was an impossible task for me. Therefore, I had a serious discussion with my parents. I carefully outlined the projected expenses for my exchange semester and the scholarships for which I was applying. I was deeply moved by their response.

They fully supported my goal to study abroad, learn from a different culture, and broaden my perspective.

- **Administrative Preparations** : I was fortunate to have a senior student from my department going on the same exchange trip. We used our free time to manage all the necessary arrangements together. These included our visas, course selection, accommodation, and flights. Furthermore, the Technical University of Liberec was very thoughtful. The university provided instructional videos, handbooks, and even a resolute student buddy to assist us. With the university's guidance and my senior's companionship, I was able to navigate these complex procedures smoothly and with confidence.

貳、 研修學校簡介

- **Location**: The city of Liberec is much like Chiayi City in Taiwan. It is not too close to the capital, but not too far either. The bus journey to Prague takes about an hour and a half. Although

Liberec is a mountain town, its public transportation is very convenient. The Technical University of Liberec is situated within this beautiful and hilly city.

- **Dormitory** : The university's most unique feature is its dormitory area. My roommate was Czech, and she told me something interesting. At most Czech universities, dormitories are scattered across the city. It is exceedingly rare for a university to have all its dorms concentrated in one district like ours. Because all the students live here, the area has its own student bars and clubs. There are also many sports fields and gyms.
- **Campus** : The main campus is located downhill from the dorms. It is a 15-minute walk or a 5-minute bus ride away. However, the buildings for the Faculty of Education and Faculty of Economics are in the city center. This journey takes about 25 minutes on foot or 10 minutes by bus from the dorms. As a student in the Faculty of Education, taking the bus to school was my daily routine. The bus schedule is very frequent on weekdays, making it extremely convenient and ensuring I was never late for class.

參、國外研修之課程學習(課內)

- Less known sport games : This was the most unique course for me. Out of the entire class, only two senior students and I were foreigners. Although the course was taught in Czech, the professor was very considerate. He assigned students majoring in sports English to translate for us. Every class featured a different team-based game, from frisbee to various ball sports. The professor always assigned us to random groups for these competitions. Because of this dynamic setup, I was able to make many new friends.
- Historical Heritage of our Region: This was my favorite class, as every session was an immersive field trip through Liberec. Our dedicated professor took us beyond the classroom to explore the city's streets. The most memorable experience was a historical tour led by a local lecturer. Acting like a performer, he theatrically explained the city's post-WWII history and its unique architecture blending Czech, German, and Polish influences. We also visited the city art gallery. Thanks to this course, I became deeply familiar with the rich history of Liberec.

- **Czech Language:** This course began with learning daily phrases. In every session, our professor included an interactive period where we could only communicate in Czech. This was a wonderful way for me to get to know all my classmates. The final exam was even more engaging. We were given a worksheet and had to navigate the city, asking locals for directions and information about historical landmarks in Czech. The professors thoughtfully designed, interactive methods at every stage made learning the language feel truly effortless.
- **Introduction to Czech Republic geography:** This course on Czech geology was co-taught by two professors. The class format combined indoor lectures with outdoor field walks, where we would examine the rock composition of the local environment. For our final exam, each student presented on a specific Czech region. My topic was the Central Bohemian Region surrounding Prague. I introduced its twelve districts, covering their unique attractions and economies. Through the professors' lectures and my classmates' reports, I gained a much deeper understanding of the land of the Czech Republic.

肆、國外研修之生活學習(課外)

- Country presentation in high school: This speaking event had an interesting origin. It was started by a Czech student who was invited to speak at a school during his own exchange trip to Taiwan. He thought it was a wonderful initiative and decided to replicate it in the Czech Republic. Intrigued, I joined and gave presentations about Taiwan at two high schools in Liberec. The students were extremely curious and engaged. They listened intently and always surrounded me with many questions afterward. I felt deeply moved after each presentation.
- ESN: I was thrilled to have the Erasmus Student Network (ESN), an NGO at my university, which takes incredible care of exchange students. Beyond providing a helpful buddy system, ESN organized numerous weekly events. Tuesdays featured "Country Presentations," and Thursdays were "International Parties." Weekends were always filled with activities like hiking, watching sports, or movie nights. My personal buddy was beneficial, contacting me before my arrival to ease my

anxiety. ESN created a wonderful community, allowing me to form strong friendships with students from across Europe.

- Fitness center: On the recommendation of two senior students, I purchased a semester-long membership at our university's sports center. The gym was brand new, well-equipped, and conveniently located near the dorms. My membership included full access to the gym and various fitness classes; I most frequently attended the "Full Body" and Pilates sessions. I was also overly impressed by the management system. We had to book all gym times and classes through a mobile app, which was a wonderful way for the university to control capacity and ensure a high-quality workout experience.

伍、研修之具體效益

- English Speaking Skills: To better integrate into campus life, I actively participated in school events and made a constant effort to meet new people. As a result, my spoken English improved significantly. I quickly discovered that socializing in English isn't

difficult at all, if you have the confidence to start a conversation and are not afraid of making mistakes.

- **Planning Skills:** With a light course load concentrated on three days a week, I learned to manage my free time effectively. I used my weekends to travel to countries neighboring the Czech Republic. Traveling solo required meticulous planning for both my itinerary and personal safety. I gained valuable experience researching crucial details like regional safety, transportation, and other important travel considerations, which enhanced my planning abilities.
- **Experiencing European Cultures:** The Czech Republic's central location allowed me to easily explore other nations. Over six months, I traveled to 33 European countries, each with its own unique charm and valuable lessons. I admired Germany's reflection on its history, Amsterdam's superb bicycle-friendly infrastructure, and Slovenia's commitment to protecting its natural environment. Every country

offered admirable practices from which I could learn.

- **Organizational Skills:** With my academic schedule concentrated into just three days a week, I had a great deal of free time to manage. I used this opportunity to travel solo on weekends to countries neighboring the Czech Republic. This required meticulous planning, not only for the itinerary but also for my personal safety, which involved extensive research. Through these experiences, I learned the importance of verifying crucial details like regional safety, transportation methods, and internet stability. This process significantly strengthened my real-world planning and research skills.

陸、感想與建議(含 3 分鐘短片連結)

短片連結

Being an exchange student is an opportunity to discover what you genuinely want. In six months, I traveled to 33 countries, often by myself. Through

this, I discovered an inner strength I never knew I had and realized I could manage many things on my own. I witnessed unforgettable landscapes and learned from each country's unique characteristics. This taught me how much there is in the world to explore and learn from. I believe in seizing the moment and doing things while you can, because you might not have the chance or the energy later. I am so glad I went on an exchange at 20, when I had great physical stamina. To save money, I relied on budget travel. I pushed my limits in ways I never thought possible, like driving for hours on not sleeping on overnight buses and in airports. These are the kinds of challenging yet memorable experiences you can truly only have when you are young.

I highly recommend the Czech Republic. Its cost of living is like Taiwan's, and its central location makes it a perfect base for exploring Europe. The people, both local and other international students, are incredibly friendly. Furthermore, the country is very safe, which provides great peace of mind.

Of course, I was scared before applying, intimidated by the thought of moving to an unfamiliar, non-English-speaking country. However, I

learned that any problem can be solved if you are willing to step out of your comfort zone. I hope all future students considering an exchange will find the courage to take that brave first step.

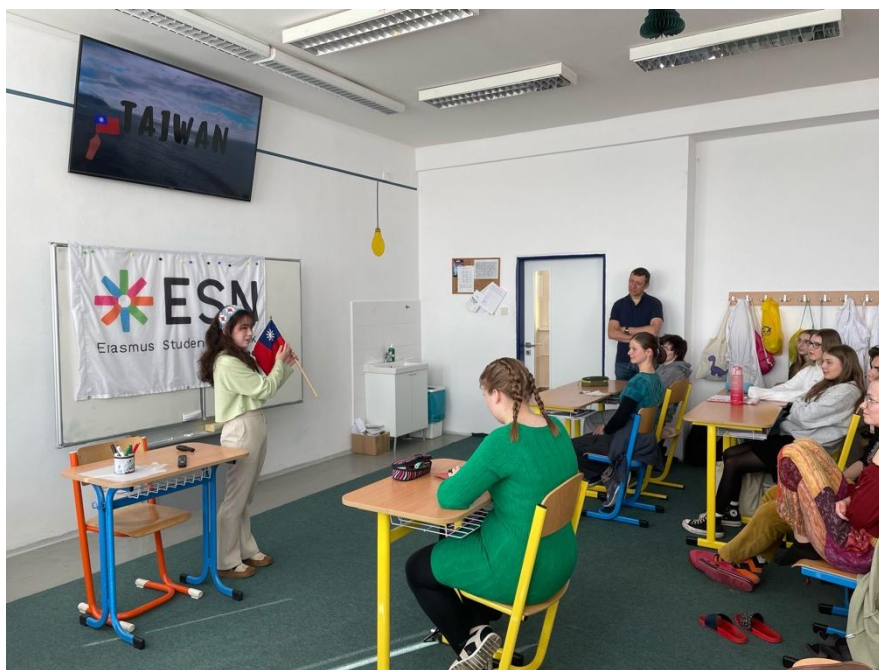


圖 1 說明(20 字)

Country presentation in high school: I gave presentations about Taiwan at two local high schools in Liberec. Starting with the national flag, I introduced Taiwan' s history, geography, cuisine, and other cultural highlights. The students were very curious about Taiwan and made the most of their break time to ask me many questions.



圖 2

圖 2 說明(20 字)

Event of language: This event was organized by ESN (Erasmus Student Network) as part of a station-based activity focused on introducing unique languages. Since Chinese is a language completely different from English, the ESN team invited me to help lead this event. Many European students find Chinese extremely difficult, so during the activity, I introduced the concept of “if there’ s a side, read the side; if not, read the center,” which is a common way to approach Chinese characters. By learning the radicals, the students quickly grasped the general meaning of each character.



圖 3

圖 3 說明

During the holidays, we often go hiking together. On this day, we drove to a mountainous area near our university and hiked for four hours.



圖 4

圖 4 說明

When I first arrived in Prague, I dragged a lot of luggage with me on my way to Liberec. Looking at this photo now brings back memories—I was incredibly brave back then. I hope I can continue to face all kinds of challenges with the same courage in the future.