

臺北市立大學
教育部學海飛颺
學生出國研修心得報告

獲補助年度：2024

研修領域： Elementary Education

系所、年級：歷史與地理學系 大五

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研修國家： 美國

研修學校：伊利諾州立大學 Illinois state university

研修時間：中華民國 113 年 8 月 11 日至 114 年 5 月 9 日

國外研修成績：3.79/4

短片時間及標題：3:14 113 學海飛颺 ISU 交換學生

中華民國 114 年 5 月 28 日

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壹、緣起

Before I went to the United States, applying for a visa and gathering all the required information and documents for the school was the most tedious part. The visa application involved filling out detailed forms, and I was also worried about the possibility of failing the interview. On the school's side, there were requirements such as proof of vaccination, financial documentation, and application deadlines to keep track of. However, by following the schedule step by step—and with plenty of helpful information available online—it turned out to be much less difficult than I had imagined.

貳、研修學校簡介

The school is located in a small city called Normal in Illinois, which is much safer compared to big cities. One of the best things about the school is the huge fitness center, as well as the campus quad in the center, which is perfect for picnics.

There are train stations near ISU that provide convenient access to downtown Chicago, which takes

about 2.5 to 3 hours. With a student ID, you can also explore the nearby shopping areas, where you' ll find big retail stores and supermarkets like Walmart, Kroger, Target, and Walgreens for everyday items. In the downtown area, there are also many secondhand and vintage stores—perfect for treasure hunting!

參、 國外研修之課程學習(課內)

As an exchange student, there were no restrictions on which fields I could take courses in, so I was free to choose classes based on my interests—especially subjects I wouldn' t normally have the chance to study in Taiwan. For example, I took courses in political science, psychology, communication disorders, world geography, and economics. They were all very interesting, and I could choose classes at different levels depending on my background.

The coursework wasn' t too difficult overall. Aside from frequent quizzes, there were usually about 4 - 5

exams per semester, along with class discussions and assignments. I found the classroom atmosphere very different from what I was used to in Taiwan. Students were very willing to speak up, and they actively shared their thoughts during group discussions. For me, it was not only a great way to improve my English listening and speaking skills, but also a valuable chance to build confidence.

肆、國外研修之生活學習(課外)

I did my exchange during the fall and spring semesters, which included around three long breaks—perfect opportunities to travel around. The fall semester tends to have more new students, so the school organizes tons of welcome events where you can really experience American college life. For example, there' s Homecoming and the club fair, where you can collect lots of free and meaningful souvenirs.

The school also has a [Taiwanese Student Association](#), and the current president happens to be one of my best friends. Everyone there is super friendly, and they regularly organize events and gatherings. I also joined the badminton club, which helped me make friends with international students really quickly!

As for housing, if you want a convenient option and a chance to live closely with international roommates, staying in a dorm is a great choice (especially since the rooms are small and you' ll naturally spend a lot of time together). For some dorms, you' re required to purchase a meal plan. I recommend getting the 14-meal-per-week plan—it' s the best value and more than enough. Personally, I especially loved having breakfast at the dining hall. The strawberries were huge, super sweet, and absolutely delicious!

伍、 研修之具體效益

- Learning to enjoy being alone
- Becoming more independent and self-reliant
- Improving my English language skills
- Broadening my global perspective and learning to respect diverse cultures
- Making amazing friends from all around the world
- Experiencing a completely different learning environment
- Gaining valuable travel experiences across different places
- Building better time management and problem-solving skills
- Discovering my own strengths and limits through challenges
- Creating unforgettable memories that will last a lifetime

陸、 感想與建議(含 3 分鐘短片連結)

影片連結：

<https://youtu.be/sHV57588iyY?si=CONMHnPMaaTXfX-i>

I feel that this exchange student journey has truly brought a life-changing impact to me. I learned to grow and adapt through adversity, and it transformed my once timid personality into one that is brave and confident—more like an American—speaking up for myself. I met many friends from around the world, as well as Taiwanese graduate students pursuing their dreams in the US. These friendships are truly precious and helped me break many stereotypes. I learned to see with my own eyes, listen with my own ears, and feel the world with my heart.

During my time in the US, I also witnessed the distinct four seasons and experienced the very different aesthetic standards between the West and Asia. All of this taught me that life is not just a single path or one standard—it's waiting for me to explore and take risks.

If financially and practically possible, I sincerely encourage everyone to bravely pursue their dreams and cherish every moment of their exchange experience in the US. Be bold in exploring but always stay safe. If I had to live my life over a hundred times, I would still choose to do an

exchange program—it was the best decision I’ ve ever made.

I also suggest to future exchange students coming to the US not to bring too much cash. Basically, Americans go out carrying just their phones and use Apple Pay, which is super convenient. When you first arrive, you can also register for free membership programs at many chain stores using a US phone number. For example, CVS on campus offers huge discounts for members!

具代表性出國交換照片說明(4 張)

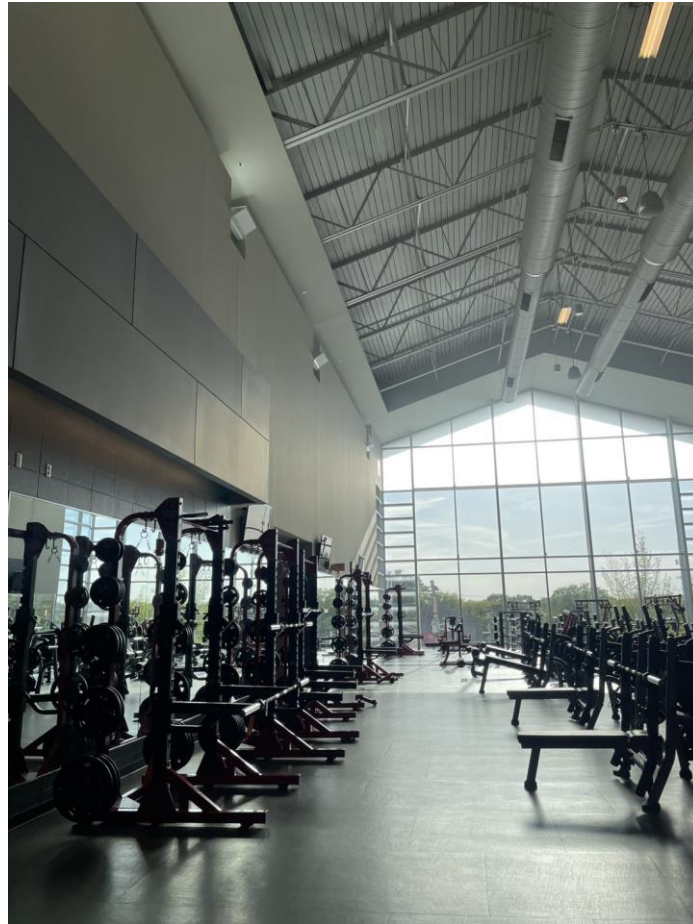


The university’ s international office regularly organizes trips. Although the prices are a bit on the higher side, traveling by tour bus is very convenient! Here is a photo

from our trip to Chicago.



Seeing the Statue of Liberty in person was truly breathtaking and super exciting. Although some parts of New York can feel a bit dangerous and the streets can be smelly, you can really feel the modern vibe and the spirit of freedom there.



The university's huge gym is impressive, and this is just a small part of it. Students can also sign up for free group fitness classes like Pilates, full-body cardio boxing, and cycling — my favorite!



At the Taiwanese Student Association's farewell event, not only were some exchange students leaving, but many master's students were graduating as well. Everyone felt really reluctant to say goodbye!

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Feel free to contact me if you need any help or have any questions!

If you want to join the Taiwanese Student Association early, you can also reach out to me—I can add you to our LINE group in advance.