

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：112

研修領域： 理工

系所、年級：應用物理暨化學系

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研修國家： 美國

研修學校(中英文)：喬治亞學院與州立大學 Georgia
College and State University

研修時間：中華民國 112 年 08 月 15 日至 113 年
05 月 03 日

國外研修成績：

短片時間及標題：2:49 GCSU 交換心得分享

中華民國 112 年 5 月 17 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 I went to the United States, there were a lot of things that needed to be prepared. It took me a while to get ready for it, including physically and mentally. Firstly, I would say was getting ready for my visa. It was not an easy process, and time-consuming. Making an appointment for an interview and preparing all the documents was necessary. After this, make sure you bring every important personal item. For example, your medicines since taking medicines is more expensive than in Taiwan. Lastly, studying harder for English, and being confident. In order to make friends and introduce your culture needs courage. Being proud of who you are plays an important role in studying abroad.

貳、研修學校簡介

學校介紹(100字)

Georgia College and State University, also called GCSU is Georgia's designated public liberal arts university. Including several majors, physics, biology, English, and so on. Located in the beautiful town called Milledgeville, which is 2 hours drive to Atlanta. The dining hall, the Max, offers all-you-can-eat meal plans. Including breakfast, stir-fried, pizzas, salad, and beverages. GCSU is a small community. Because of the smaller campus, it is easier to meet people and friends. The college town includes several restaurants, such as Asian food, southern American cuisines, and Cafés. The tranquil campus is a perfect place for learning, making new friends, and explore yourself.

參、國外研修之課程學習(課內)

修課課程內容 (100 字)

I am a physics major student, and I took three physics courses this year. Including modern physics, intro to quantum physics, and solid-state physics. The three different professors have different teaching styles. The professor of modern physics preferred to lecture us on new technologies and nature effects, which inspired me a lot and opened my mind to understanding this universe more. The quantum physics professor mostly just showed us the math and application of quantum. The solid-state professor offered us the opportunity to conduct the sputtering experiment, which was a precious experience. Every class gave me inspiration and made me more interest in physics.

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 year in GCSU was a precious journey, everything was fresh to me. I was staying in the residence hall. Sometimes, I played pool or cooked with some of my friends in the basement. The basement was my escape because whenever I needed to talk, I could always find someone to talk to. There were some student activities constantly, mostly parties. It was a good opportunity to meet new people and exchange each other' s ideas and life experiences. I also joined the international club, which I found a lot of great people who helped me a lot when I first got into GCSU. During the winter break, I also traveled to New York and Los Angeles, which were the cities I dreamed of for years. Studying at GCSU didn' t really cost a lot since it is not a very big city like New York. If you have enough meal plans for the dining hall, you don' t need to spend extra money every day. Although the campus wasn' t really big, I still enjoyed the life at GCSU a lot. Like I said before, it was a small community, I had more opportunities to build connection with other students. Everyone treated others genuinely, and those memories were priceless.

伍、 研修之具體效益

(請條列式列舉 150 字)

1. The biggest improvement is my English. I couldn't have a conversation in English before I went to GCSU. After staying in the States for a year, I can express my feeling and opinions easier and more fluently. Moreover, I am more used to reading in English and have better comprehension in English.
2. I was inspired by my physics professors, I could not only learn new technologies and theories but also be motivated to study harder and do further research.
3. By living in the States and talking with other people showed the different way of living my life. That helped me to understand there are more ways to live my own life and explore myself.
4. Studying abroad has broadened my horizons. Talking to people with different backgrounds gave me other perspectives on understanding this world. Because of the places where other people grew up, we have different opinions about this society. Those conversations pushed me to work on making this world better.

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)

Before joining this program, I just wanted to see a different world and experience another lifestyle. I didn't expect that this life could give me so much impact. When I first got to the States, everything was new to me. I felt like something I watched on TV had come true. Except for my academic performance, I learned more by interacting with other students. The people I met helped me go through some difficulties and understand American culture. For example, I suffered from using English the whole day and the professors talked fast which was hard to understand what they were talking about. It was difficult to realize what the

professors wanted us to do sometimes. My friends at school helped me a lot to finish my schoolwork. Moreover, my friends introduced me to some cultures about sports, food, and history. Those are some things I couldn't learn from the textbooks.

Traveling was also a great opportunity to understand more about America. When traveling around the country, I saw many special landscapes and buildings. For example, the Statue of Liberty and the Grand Canyon. I will never forget those moments when I first saw them. Those amazing masterpieces are something I will appreciate forever.

For the people who want to join this exchange program, I would recommend they get ready to use English first. Because studying and making friends in the U.S., English is the only language you can use. To have better experience and memories in studying abroad, a better understanding of English plays an important role. Secondly, be proud of who you are and the culture you have. Being an exchange student is a perfect opportunity to introduce yourself and your culture. People I met were interested in learning about your culture. Be brave and show who you are to new people. The last thing is embracing different perspectives and thoughts. Because America includes several different races and cultures, people may see things from different perspectives. But that is also the fun thing when having discussions. In brief, joining the exchange program will not only broaden your horizons but also give you an unforgettable memory.

Video: https://youtu.be/Kzz_RU8Dygy

具代表性出國交換照片說明(4張)



圖 1 說明(20 字)

This was the freshmen's orientation, it represented the new start of my life in studying abroad.



圖 2 說明(20 字)

This picture was recording all the exchange students I met at GCSU. It was a big family.

圖 3



圖 3 說明(20 字)

This was international festival. On the event, we represented our countries and showed people our cultures. It was a perfect opportunity to stand for our countries.



圖 4 說明(20 字)

This was the farewell party. I took the picture with all the friends I was close with.

*格式依需求可自行調整