

中文心得：

在捷克理工大學 (Czech Technical University in Prague, CTU) 的這段日子，是我人生中一段非常純粹且深刻的時光。CTU 的校區分佈在布拉格市區內，各個學院有著截然不同的建築風格，有的充滿歷史感，有的則現代化十足。我主要活動的 Dejvice 校區擁有非常便利的交通與現代化的圖書館設施，校園內隨處可見來自世界各地的交換生。這裡的教育環境不僅提供了專業領域的知識，更重要的是它為國際學生打造了一個極具包容力的跨文化平台，讓我能與來自全球各地的菁英學子共同激盪思維。

在課內研修方面，我最推崇且受益匪淺的是「捷克語」課程。對於母語為中文的亞洲學生而言，捷克語複雜的文法與彈舌發音是巨大的學習鴻溝。在課堂上，我常看見許多來自德國或斯洛伐克的歐洲同學，因語系親緣性而能迅速掌握語法，進度飛快；相比之下，我起步較慢，曾一度感到焦慮。然而，授課老師展現了極大的專業與同理心，她深知亞洲學生在印歐語系學習上的先天難度，從不因為我的反應速度而表現出不耐，反而不斷給予正向鼓勵，並透過生活化的對話場景幫助我們建立信心。這門課教會了我，學習新事物時「步調快慢」並非重點，重點在於是否能在巨大的差距面前保持耐心與韌性。

課外生活的點滴則是不斷打破我的既定認知，讓我在實踐中學習文化包容。最令我印象深刻的是對捷克傳統主食的誤解。在當地的英文菜單上，常會看到 Dumpling 這個單字，這讓初到此地的我滿心期待會吃到像台灣那樣皮薄多汁、包裹著鮮肉餡的水餃；然而當餐點上桌後，出現在眼前的卻是稱為 Knedlíky 的水煮麵糰。這種口感類似紮實發糕、主要用來沾取濃郁醬汁的食物，徹底顛覆了我對「水餃」的定義。這種名同實異的衝擊，提醒我在跨文化溝通中，不能僅憑字面翻譯或過往經驗去預設他人的生活，必須放下成見親身嘗試，才能獲得真正真實的理解。

此外，異鄉生活中的細微摩擦也是修煉心境的機會。例如，我觀察到許多歐洲同學或當地人在開關門時，往往聲響巨大，對習慣安靜環境的我而言，起初認為這是缺乏同理心的表現，甚至一度感到困擾。但透過長期觀察與調適，我逐漸明白這僅是當地生活習慣與建築構造差異使然，並非針對個人或惡意無禮。我開始學會調整心態，將這種日常瑣事視為適應異國文化的一環，進而學會在多元環境中保持內心的穩定與平靜，這種心境的轉變對我後來的旅程有著極大的幫助。

在具體效益方面，這次交換不僅讓我的英語口說與基礎捷克語能力顯著提升，更重要的是強化了獨立解決危機的能力。最深刻的挑戰發生在葡萄牙旅行期間。當時同行朋友在租車平台下訂時，因未切換至正確的地區設定，導致後續保險出險時被保險公司以條款不符為由拒絕理賠。面對可能的高額賠償與語言隔閡，我強迫自己壓下焦慮，冷靜地轉向 AI 工具進行諮詢。透過與 AI 的邏輯交流，我整理出了程序上的漏洞，並擬定了一份措辭嚴謹、論據充分的申訴信。最終，這份基於理性與程序漏洞事實的溝通成功說服了保險公司核准理賠。這次經驗讓我深刻體會到，現代科技不僅是學習工具，更是解決生活困境的強大助力。

總結這段旅程，我最大的成長在於性格變得更加獨立且冷靜。在遠離家鄉與舒適圈的環境中，我不再是一個遇到突發狀況就慌張的學生，而是一個能不慌不忙、冷靜分析並尋找資源解決問題的獨立個體。交換生活拓寬了我的國際視野，讓我看見了世界的寬廣，也看見了自己的潛力。我由衷建議未來的學弟妹，在海外期間要勇於試錯、多方交流，並學會擁抱不確定性。因為那些讓你感到衝擊、困頓甚至孤獨的時刻，最終都會化作最紮實的成長養分，讓你在回國後遇見一個更強大、更有韌性的自己。

英文心得：

My exchange semester at Czech Technical University in Prague (CTU) was a profoundly transformative journey that extended far beyond traditional academic learning. Based primarily at the Dejvice campus, I was immersed in a vibrant, multicultural environment that seamlessly blended historic European tradition with modern

technological innovation. This setting challenged my perspectives and fostered global connections with peers from diverse backgrounds. Among my academic pursuits, the "Czech Language" course stood out as the most rewarding experience. As a native Mandarin speaker, I initially struggled with the complex grammar, case inflections, and unfamiliar trilled pronunciations, especially when compared to my European classmates whose native languages shared linguistic roots with Czech. However, my instructor's immense patience and deep empathy toward the learning gap faced by Asian students helped me overcome my initial anxiety. Her constant encouragement taught me that resilience in the face of a steep learning curve is far more vital than the immediate speed of one's progress, a lesson that has reshaped my approach to learning any new skill.

Beyond the classroom, daily life in Prague provided a continuous series of cultural insights that broke down my preconceived notions. A particularly memorable instance was the humorous confusion over the local definition of "dumplings." Expecting the meat-filled, thin-skinned snacks common in Taiwan, I was surprised to be served *Knedlíky*—the traditional Czech boiled bread or potato dough. This "same name, different reality" encounter served as a vivid reminder that cultural understanding cannot rely on literal translation; instead, one must experience traditions firsthand to truly comprehend them. Similarly, I had to adjust to subtle social differences, such as the local habit of closing doors with significant force. What I initially perceived as a lack of consideration was, in fact, a combination of architectural necessity and a different cultural norm regarding sound. Learning to remain calm and inclusive in these moments was a key part of my personal development, allowing me to move from judgment to genuine cultural appreciation.

The most significant test of my independence and problem-solving skills occurred during a trip to Portugal. Due to a regional setting error on a rental platform, a major insurance claim was initially rejected after an incident. Facing potential high costs and a daunting language barrier, I suppressed my panic and turned to AI tools for assistance. Through a logical and iterative dialogue with the AI, I was able to identify procedural loopholes and draft a rigorous, formal appeal letter based on specific terms and conditions. Ultimately, this evidence-based communication successfully convinced the insurance company to approve the claim. This crisis not only demonstrated that technology is a powerful ally in navigating real-world emergencies but also solidified my ability to remain composed under intense pressure. Ultimately, this exchange program transformed me into a more independent, resourceful, and globally-minded individual. I returned home with a broader vision and newfound confidence in my ability to navigate the unknown. For future students, I highly recommend embracing every uncertainty and cultural shock, as these challenges are the very catalysts that foster true personal resilience.