

繕打 **中文及英文** 心得報告，應包含下列項目

(**中文至少 1,000 字+英文至少 500 字**。赴中國交換者不需撰寫英文心得。)

A. 學校簡介
B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程
C. 國外研修之生活學習 (課外)
D. 交換/研修之具體效益 (請條列式列舉)
E. 海外生活期間是否曾遭遇困境，及是否解決問題？如是，請說明如何解決問題;如未解決，請說明事件最大的啟發及思考未來可以怎麼解決？
F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？
G. 海外生活歷練是否為您人生帶來不一樣的改變或者個人特質上的轉變，最大的成長是什麼？
H. 感想與建議
I. 英文心得(包含學校簡介、課程學習、生活學習、具體效益、心得感想等等) 500 字以上 赴中國交換者免填英文心得

學海惜珠暨乘風萬里或者乘風萬里，心得報告內容項目如下

A. 學校簡介
B. 國外研修之課程學習 (課內)，另外推薦受益最多/最喜歡的課程
C. 國外研修之生活學習 (課外)
D. 交換/研修之具體效益 (請條列式列舉)
E. 海外生活期間是否曾遭遇困境，及是否解決問題？如是，請說明如何解決問題;如未解決，請說明事件最大的啟發及思考未來可以怎麼解決？
F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？
G. 海外生活歷練是否為您人生帶來不一樣的改變或者個人特質上的轉變，最大的成長是什麼？
H. 您認為獎學金對您海外研修最大的幫助是什麼？有無獎學金是否會改變您的出國計畫？
I. 給乘風萬里獎勵金捐贈者的感言及心得感想
J. 別具意義的照片

在捷克科技大學 (CTU) 進行交換學習，是我人生中一段難忘且深具啟發的經歷。CTU 位於布拉格

伏爾塔瓦河東岸，是一所歷史悠久的理工學府。有趣的是，學生之間經常會就「CTU 還是查理大學才是捷克最好的學校」展開激烈的辯論，顯見這兩所學校在當地學術界的重要地位。

在這段交換期間，我觀察到教學模式與台灣的明顯差異。以電機系課程為例，CTU 的一門三小時課程通常會被劃分為兩個部分，前半為講授 (lecture)，後半為實作 (practice)。這樣的安排能讓學生在記憶猶新的情況下，立即透過模擬與程式操作加深對課堂觀念的理解。我認為這種即學即用的教學設計，對於需要大量實作經驗的工程專業來說，是非常有效的。

其中讓我受益最多的是「計算機結構 (Computer Architecture)」這門課。儘管內容相當艱深，課堂要求也高，包括期末專題與期末考試，我仍全心投入學習。教授的教學方式與教材內容緊貼時代發展，使我在硬體結構快速演進的背景下仍能掌握核心概念。我們小組最後也成功使用開發板完成一款雙人貪食蛇遊戲，這不僅讓我提升了實作能力，也增進了團隊合作的經驗。此外，CTU 的考試制度也讓我印象深刻。每位學生可以依照自己的進度選擇考試日期，若未通過第一次考試，還有後續機會補考，這樣的制度減少了考試壓力，鼓勵學生在準備充足的情況下應試。

除了學業上的成長，生活中的挑戰也讓我更為成熟。由於宿舍地點偏遠，最近的超市需要搭乘二十多分鐘的車程，周遭也缺乏餐廳可用。為了應對這樣的不便，我學會了自己規劃採買時間、一次採購多日所需，並逐漸習慣自己動手煮飯。也因此，我第一次深刻體會到料理原來是一件既耗時又需要耐心的事。

文化上的衝擊同樣促使我重新審視習以為常的日常。捷克人習慣徒手拿超市的麵包，甚至許多商店內不提供夾子或手套，這對於來自講究衛生習慣的我來說，初時著實難以適應。此外，捷克人對啤酒的熱愛也令我驚訝。啤酒不僅比瓶裝水便宜，連學校餐廳裡也設有啤酒龍頭。當地人常常將晚上六七點的啤酒聚會當作正餐，這樣的生活型態與台灣截然不同。

在這段交換生活中，我最大的成長是獨立自主能力的顯著提升。從學習如何準備一日三餐，到獨自規劃歐洲旅行行程，每一個決策、每一個轉彎都必須自己掌握。在語言不通、文化差異明顯的環境中生活，我的英文能力也在實際應用中顯著進步，甚至開始接觸一些捷克語。更重要的是，我變得更加外向，願意主動與陌生人交流，也學會了在不確定中尋找方向。

這段海外生活不僅豐富了我的學術視野，也塑造了我更具彈性、更能獨立思考與適應變化的個性。我相信，這些經驗與能力，將成為我日後學術與職涯旅程中最堅實的基石。

交換/研修之具體效益

語言能力提升：在非母語環境中學習與生活，顯著增強我英語的聽說讀寫能力，同時也學會了一點點捷克文

國際視野拓展：親身體驗不同國家文化、教育體系與社會氛圍，增加國際觀

獨立自主能力提升：學習自理生活、規劃行程、處理突發狀況，培養獨立解決問題的能力

跨文化交流經驗：與來自世界各地的同學互動，增進跨文化溝通與合作能力

適應力與臨機應變能力增強：面對新環境與未知挑戰，提升自我調適與危機處理能力

生活技能進步：如學會下廚、規劃交通與住宿等日常生活技能

建立國際人脈：結交來自不同國家的朋友，拓展未來學術或職涯的人脈網絡

My exchange semester at the Czech Technical University (CTU) in Prague was an unforgettable and profoundly

enlightening experience in my life. CTU, located on the eastern bank of the Vltava River, is a prestigious institution with a long-standing tradition in science and engineering. Interestingly, students often engage in debates over whether CTU or Charles University is the best university in the Czech Republic, highlighting the prominent status of both schools in the local academic landscape.

During my exchange, I noticed significant differences in the teaching methods compared to Taiwan. For instance, in CTU's electrical engineering courses, a typical three-hour class is usually divided into two parts: a 1.5-hour lecture followed by a 1.5-hour practical session. This format allows students to immediately apply and reinforce what they have learned through simulations or programming exercises while the concepts are still fresh in their minds. I found this approach particularly effective for engineering education, which emphasizes hands-on experience.

Among all the courses I took, *Computer Architecture* was the most rewarding. Despite its difficulty and heavy workload, including a final exam and a project, I was deeply engaged throughout. The professor was patient, and the course materials were up to date with modern industry trends, enabling me to grasp fundamental concepts in a rapidly evolving field. For the final project, our group successfully developed a two-player Snake game using the development board provided in class. This not only enhanced my practical skills but also strengthened my ability to work in a team.

Additionally, CTU's exam policy left a strong impression on me. In many courses, students are allowed to choose from multiple exam sessions throughout the exam period. For instance, in *Computer Architecture*, five different time slots were offered. If a student failed the first attempt, they could register for another session. I appreciated this flexible system, which alleviated stress and gave students more autonomy in managing their exam schedules.

Outside of academics, I also grew significantly in handling daily life challenges. The dormitory I stayed in was quite far from the city center — the nearest supermarket was over 20 minutes away by public transport, and there were few restaurants nearby. To cope with this inconvenience, I learned to plan my grocery runs carefully and buy in bulk. Eventually, I got used to cooking my own meals and discovered that preparing food was far more time-consuming than I had imagined.

Cultural differences also challenged my preconceptions. For example, Czech people often pick up bread in supermarkets with their bare hands, and many stores do not provide tongs or gloves — something that initially shocked me, given Taiwan's emphasis on hygiene. Another surprising aspect was how much Czech people love beer. In fact, beer is often cheaper than bottled water, and even the university cafeteria had beer taps. It's not uncommon for locals to meet for a drink as early as 6 or 7 p.m., treating beer as a main course rather than a side beverage.

The most significant transformation I experienced during this exchange was becoming more independent and self-reliant. Living in a country with a six-to-seven-hour time difference from Taiwan taught me to take full responsibility for my daily life, from cooking meals to planning solo trips around Europe. I became more outgoing, developed the confidence to strike up conversations with strangers, and learned to navigate uncertainty with a positive mindset.

Living in a non-native English-speaking environment also greatly improved my English skills, especially in speaking and listening, and I even picked up a bit of Czech along the way.

This overseas experience not only broadened my academic perspective but also shaped me into a more adaptable and self-directed individual. I believe the knowledge and skills I acquired during this period will serve as a solid foundation for my future academic and professional pursuits.

Concrete Outcomes of My Exchange Experience

- Language proficiency improvement: Living and studying in a non-native environment significantly enhanced my English listening, speaking, reading, and writing skills, while also exposing me to basic Czech.
- Expanded global perspective: Firsthand exposure to different cultures, education systems, and social norms helped develop my international outlook.
- Improved independence: Managing daily life, planning trips, and handling unexpected situations trained me to solve problems on my own.
- Cross-cultural communication: Interacting with peers from around the world strengthened my ability to communicate and collaborate across cultures.
- Increased adaptability and resilience: Facing unfamiliar environments and challenges boosted my ability to adjust and think on my feet.
- Enhanced life skills: I learned how to cook, manage transportation, and navigate accommodation logistics on my own.
- International network building: I formed friendships with students from various countries, which may benefit future academic and career paths.