

26-1 學校簡介

學校名稱：捷克科技大學 Czech Technical University in Prague

地理位置：捷克布拉格



地 址： Zikova 1903/4, 166 36 Praha 6, 捷克

創 立 時 間： 1707 年 1 月 18 日

簡 介：布拉格捷克科技大學(CTU) 是歐洲最大，歷史最悠久的科技大學之一。CTU 目前有八個學院和約 18,000 名的學生。

網 址：<https://www.cvut.cz/en>

26-2 國外研修之課程學習（課內）

1. Lean Manufacturing
2. Project Management
3. Concept note
4. English for Meetings
5. Czech language

26-3 國外研修之生活學習（課外）

1. 台灣文化分享簡報主講人
2. 跨文化聖誕夜籌辦人兼主持人
3. ISC 語言課老師(volunteer)

26-4 交換/研修之具體效益（請條列式列舉）

1. 體驗國內與國外教學方式的不同
2. 加強獨立思考與判斷的能力(課堂上老師多要求學生主動發表想法與意見)
3. 藉由與不同國家的學生合作專案或報告來了解各國文化與工作方式
4. 擴展世界觀(在歐洲因交通便利,各國人士來往頻繁,非常容易可以接觸到不同國家的人)
5. 生活上更加獨立(獨自處理國外生活各種事項)
6. 增強外語能力

26-5 感想與建議

中文心得

很慶幸自己選擇交換兩個學期也就是 10 個月的時間，當交換學生真的是非常值得的一個經驗，畢竟如果想要真正的了解一個地方的文化還有風俗民情，只有短短的一個學期時間是絕對不夠的。在還沒有去到歐洲之前，對於歐洲真的是非常的不熟悉，在去之前就一直覺得要在一個非英語系國家生活肯定是一件不容易的事，當到了當地的時候果然不出所料，除了在機場講英語很順利之外，入境之後在各個店家或者是和司機講話都不是那麼簡單，所以如何和不同國家的人溝通這個挑戰從一落地就開始了。回想起剛開始的時候總是常常倍感挫折，因為一直以來不管是在台灣或者是去英語系國家旅遊的時候，都是可以非常獨立的完成各項大小事情，但是到了捷克，很簡單的事情變得很複雜又困難，尤其是需要去很多行政機關單位辦理文件手續的時候，更是重重難關啊！再加上一開始對於當地的文化完全不了解，所以很容易把接觸到的東西和自己本身所熟悉的價值觀與文化作比較，比如說服務人員的做事方法與態度、店員的服務態度等等。台灣是個非常熱情又熱心的國家，所以台灣人一直都很習慣這樣貼心的社會文化，然而在捷克這件事情卻是恰恰相反的。比如說在捷克如果一個負責人員遇到他以前沒有處理過，或是超出例行性公事的範圍的事情時，他們通常都會直接回答不知道，並且就這樣子冷處理，連信件都不回覆，讓人常常處於一種求助無門的感覺，這樣子的工作文化真的是讓人非常難適應的。

當交換學生最棒的事情就是可以在一個不同的國家的學校裡面體驗當地不一樣的上課方式，還有與不同國籍的同學之間相處以及分工合作的模式，這也是我很期待的部分。在這裡我相當喜歡他們的上課互動方式，以及和老師討論事情的方式，尤其是能夠很自由自在沒有任何壓力的問問題是我最最喜歡的部分。以往在台灣上課的時候由於大部分的亞洲學生在文化的影響下常常很怕問問題，主要原因是很怕自己問了一個愚笨的問題，更深層一點的問題是很害怕表現出自己不知道、不了解與不懂的地方，而這卻是學習道路上的大忌，因為在課堂上，在學習的殿堂上，學生本來就是要來學習新事物的，本來就是應該要充滿問題的，而不是總是表現得沒有問題很了解的樣子，所以在台灣常常可以聽到大家會鼓勵說在課堂上一定要勇於發問，然而在國外完全不會有勇於發問四個字因為發問就是一件很自然的事情，你不需要太多額外的勇氣。在捷克的課堂上我可以很自由自在地表達自己的疑問，因為大家都一樣而且只要有問題不管是怎麼樣的問題，大家都會很自然地發問，那樣的學習環境讓人感到非常放鬆與舒服，就算你問了一個比較基本的問題也沒有人會因此在私下討論或者是恥笑，大家反而會鼓勵彼此，認為你能把這樣的問題提出來非常好不只是幫你自己解惑了，也是在幫助其他有一樣問題的同学解決問題。

老師的教導方式也都是以鼓勵的方式居多，不太有那麼讓人感覺由上而下和你溝通的感覺，大多時候都是一種平等的互動方式，尤其是老師常常都會用引導的方式去引領你去理解與想出問題的答案，老師面對學生所提出的建議與上課方式的想法也都會很樂於的採納並且做改變，對於老師而言雖然他有他自己設定好的一套方法和課程規劃，但是他們更在乎的是如何能夠讓學生學得最好，讓課堂效果發揮最大的效益。也許這樣的方法對於一些亞洲學生可能會有比較大的心理壓力，因為在捷克的課堂上老師會很希望多聽聽你說自己的想法多做表達，而不是一昧的聽和接收，這樣的方法是我非常喜歡的學習方式，但當然每個人的感受都不一樣。

最後在歐洲交換學生還有另一個很值得的事情就是能夠藉此機會到處旅遊，這真的是人生當中一個很難能可貴，難得的機會，畢竟如果有正職工作之後要能夠這樣子不受時間拘束太多、安排旅程的機會真的很少。能夠在這樣子的年紀到不同的國家探索是一件很寶貴的事情，你也才會發現很多事情真的都是要眼見為憑，從別人嘴裡聽到的聽聞其實常常都和自己真正去體驗的實際情況是不一樣的。能和很多不同國家的人接觸並了解他們生活環境與文化對於自己的未來也是非常有幫助的，這樣的經驗能夠幫助我以後遇到那些國家的人的時候能夠有最初步的了解，而且也能夠更快地和對方產生連結。一年的交換生活不只是豐富自己的學生生涯，更是創造自己的價值，成為一個擁有精彩故事能夠分享的人。

Reflections in English

I am so happy that I made the decision to be an exchange student in Europe for two semesters. Europe is a wonderful continent for especially young people to explore, and I chose to stay in the Czech Republic is because of its great location(central-Europe) and living expenses (very similar to Taiwan's).

At the beginning of the first semester, it was a little bit hard to adapt to the culture there because it is quite different from how it is in Taiwan. For example, Taiwanese people tend to talk to foreigners and are very open to different cultures, even though in Taiwan we don't have many different kind of races, however we are quite used to try different things from different countries, you can see this from the diverse choices of restaurants in Taiwan. However, on the other hand, in the Czech Republic, it is hard to find exotic choices of restaurants. If you compare the percentage of exotic restaurants in the Czech Republic with a different European country, the percentage of foreign restaurants in the Czech Republic is quite low.

Secondly, the weather is very different from Taiwan's. The weather in the Czech Republic is pretty dry, and it gets very cold during winter. Being as a person born and raised in the tropical weather, it is hard to adapt to it, especially the dryness, since it's not as humid as it is in Taiwan, my skin gets very dry there.

Thirdly, being as an exchange student, the most advantage that you can take is that you get the chances and time to travel around, so during this two semesters except the second semester due to the epidemic of COVID-19, I traveled quite a bit in the first semester, which is definitely a wonderful memory and story to share.

Moreover, another very exciting thing to be as an exchange student is that I got to experience a whole new different way of learning. I really enjoyed the time that I had classes in the Czech Republic, it was my first time to study in a foreign country, and it felt totally different from how it is in Taiwan. Even though I did have experiences working with foreign students in Taiwan, but when it comes to the whole set up of learning environment, it's another world. I like how the instructors and professors lead students in the class. Instead of giving lectures, the professors tend to be more interested in hearing your thoughts, the dynamics between professors and students are very balanced. And, what I like the most is asking questions in the class. Usually, when Asian students study in classes, we tend to be quiet and we rarely ask questions, even when we do, we only ask those questions that sound smart. This culture actually gives students a lot of pressure in

the learning journey because we have to hide our questions just because we don't want ourselves to look unprofessional. On the other hand, in the Czech Republic, students in the classroom all ask questions very naturally, they even question the professor sometimes if there are something they are not really sure of, and would like to have a further discussion with the professor, which is quite hard to do while you are in Taiwan's classes. I think this is a great way for the students to grow and learn.

Also, students there instead of being competitive between classmates, they are more collaborative and often encourage each other to grow and learn together during the class, which is a very positive attitude between students. When you ask questions in the class, you never need to worry about the question that you asked would make you look stupid because no one judges what you asked, and they actually appreciate whatever you asked because those questions might happen to be someone else's questions in mind as well! For reasons above, I really enjoyed taking classes there.

Europe is also a wonderful place for you to learn from different perspectives and various point of views from people with different cultural backgrounds, which all thanks to the advantage of the convenience of transportation between European countries.

All in all, I strongly suggest students to do their exchange program in Europe. Being as an Erasmus student, you will receive more than you can imagine and expect! You will have so much to see and so much to learn, and after this adventure, you will know yourself better.

台灣文化分享簡報主講



專案管理課小組與老師討論
報告過程

