

26-1 學校簡介

我前往交換的捷克科技大學，又名布拉格理工大學，是中歐最古老的公立理工大學，設有 8 個理工相關的學院，近年多增設了商管學院—Masaryk Institute of Advanced Studies，因此非理工科的學生仍然可以前往交換。學校座落於布拉格 6 區，主要校園腹地除了學院教室，還包含兩棟宿舍、布拉格市立圖書館、行政大樓及附設的學生餐廳，離地鐵 A 線的 Devicka 捷運站步行只要五分鐘就會進入校園範圍。國際交換生會分配到的宿舍除了靠近校園的兩棟宿舍—Masaryk Dormitory 和 Sinkule hostel，另外在距離校園車程 15 分鐘的半山腰上還有座擁有 12 棟樓的宿舍群—Strahov Dormitories，裡面球場、健身房、酒吧、郵局、小超市等應有盡有，下山上課也有兩班公車可以直達校園，算是遠離鬧區但又交通方便的小型社區。

26-2 國外研修之課程學習（課內）

在選課方面，我申請交換的學院為商管學院 Masaryk Institute of Advanced Studies，簡稱 MIAS，因原本在台灣已修習過如經濟學、會計學、行銷學等傳統商管課程，選課時就刻意避開這些，選了 English for Intercultural Communication 及 Concept Note 兩堂較注重溝通及邏輯的課程，前者為跨文化的傳播溝通，藉由文化來了解不同國家間溝通的異同，上課方式也很多元，包含小組討論報告、影音、線上問卷等；後面這堂課則以「運用正式英文撰寫計畫書」為主軸，每位學生須在期末交出一份完整的投資計畫書，老師在課堂上會教與一般口語不同，比較正式的英文詞彙和文法，再加上選修這兩堂課的多是捷克學生，英文同樣也是他們的第二外語，因此在互動上可以互相磨練。

26-3 國外研修之生活學習（課外）

普遍來說，「煮飯」會是交換生活最容易點滿的技能，而「食物」真的是最容易串連起不同文化的橋樑，時常藉由分享台灣的零食跟國外友人交流，在宿舍也常相約朋友煮飯，每個國家的人準備自己國家的菜餚。除此之外，在外地生活，碰上問題時只能自己想辦法解決，特別是在捷克大部分的店家或辦事人員並不會英文，像是宿舍舍監、電信業者、郵局員工等，語言加上文化的不同，訓練自己碰到問題時第一時間先冷靜下來，然後想想所有可行的辦法，都去試試看，遇多了各式光怪陸離的事，感覺自己的問題解決能力上也有所提升。

26-4 交換/研修之具體效益（請條列式列舉）

1. 外語口說能力進步，不會害怕開口說
2. 增強國際視野，跳脫原本的小島思維
3. 升級處理突發事物之能力
4. 學習國外多元上課模式
5. 課堂作業有效增進邏輯分析能力
6. 結交各國好友，了解不同文化
7. 以在地生活的方式了解當地文化

26-5 感想與建議

- 交換一直是我認為在國外生活一段時間 CP 值最高的方式，尤其是我自己是工作過再回到校園，更知道工作後很難擁有那麼長的假期，用那麼實惠的成本體驗國外的生活，因此更加珍惜學生的身分，而且在歐洲學生優惠相當普遍，不管是交通或是景點、博物館等都幾乎只要花費成人的半價甚至更低的金額，但歐洲認定學生優惠的符合條件為 26 歲以下，以捷克的交通月票來說，26 歲以下的學生三個月只要花費台幣約 500 元就能不限次數搭乘公車、捷運和路面電車，同樣的三個月月票，即使你出示學生證但只要超過 26 歲，就會變成台幣約 2000 元，強烈建議如果有到國外交換打算的同學能及早做好準備，能省下不少的成本。

在學校選擇方面，因為我沒有對特定國家有強烈偏好，在成本花費考量上選擇物價跟台北較相近

的布拉格，而布拉格也的確相較於其他西歐國家物價明顯有感的偏低，而且位處中歐，到歐洲大陸任何國家都還滿方便且便宜。來捷克之前，要做好當地英文不普遍且捷克人比較冷漠，有點打破台灣人對外國人熱情、英文很好的主流印象，這也是我認為這次交換收穫良多的地方，在旅行過幾個歐洲國家後，那些我們常綁在一起稱呼的「歐洲國家」，其實因為種族和語系有各自的風貌和文化，也讓我明白接收再多的資訊不管是從媒體來、從親戚朋友經驗來，都不如你自己親身走一遭，才能在心底描繪對那個國家真正屬於自己定義的樣貌。

- 英文心得：To stay at a foreign country for a long period have been one of my dreams, and consider to the expenses, I think being an exchange student is the most suitable choice for me. After my exchange journey, I deeply felt that I made a right decision, and it gave me lots of benefits to explore Europe as an exchange student. For example, students have special discounts on traffic or museum tickets in most of Europe countries, some discounts can be as low as 50% off, so you can save money to travel more places. Through my experience, I highly recommended that people who want to be exchange students come before the age of 26, because the general condition to fit the student discounts is you need to have a student ID card and are under 26.

There were three main reasons why I applied the exchange program to CTU in Prague. First, I wanted the total costs of this dream can be as low as possible, so Prague which the price level is similar with Taipei is the best choice for me. Second, except of the school life, traveling around always takes a big part of exchange journey. Czech Republic is at the middle of Europe, it is a convenient location for traveling in continental Europe. The price of bus, train or airplane, and the distances are reasonable. Last, the presentation of CTU totally caught my eyes when the first they came to NSYSU to have a seminar. CTU showed their sincere welcome for the international students, they created a friendly environment for the foreigners such as you will have a Czech buddy to help solve every problem you meet in your exchange life. Moreover, there is a well-organized international students club in CTU, which takes responsibility of international students' activities, and they did hold lots of activities no matter trips or beer games to help international students playing together.

I chose two formal courses: English for Intercultural Communication and Concept Note. These two courses not only made me experience the different teaching style but also gave me the chance to get along with the local students. Both for us, English is our second language, therefore, some mistakes happened during our discussion. It took more time and effort to communicate with each other, but it also taught us how to listen to others patiently, and the skill of communicating with people from different cultures and backgrounds. Besides of these courses, I had Czech language class once a week, and to be honest, Czech language is hard for me to learn.

In addition to school life, the life out of classroom have taught me more, especially what happened in the dormitory. There were friends over the world living in the same block, so we often had parties and exchanged the dishes from each's hometown. And we also hanged out or went traveling together, it was really fun to have friends from different countries, although we cannot speak English fluently, you can still feel

everyone is trying hard to express what they want to say, and they want to be your friends sincerely. Those people I met are the treasures of my exchange journey. What I got and learned from the past five months are precious, I am really appreciated to have this experience in my life.

26-6 相片 (2~3 張貼進 word 檔案，含說明，並 Email 原檔給國際處承辦人)



- CTU 圖書館同時也是國立科技圖書館，裏頭有沙發可以休憩，還能打電動



● 查理大橋夜景，往小城區及城堡區方向拍