

26-1 學校簡介

University of Hradec Kralove 位於捷克 Hradec Kralove 這個小鎮中的市中心，是小鎮內唯一的公立大學，離布拉格距離 123 公里，搭火車約 1 小時 45 分鐘久。學校內來自捷克語各國的海外生共有幾千名。此外，校舍內提供了：講堂、電腦教室、圖書館、影印間、藝廊中心、學生食堂、販賣機、氣泡水機、及隨處更可見的放鬆區。而 University of Hradec Kralove 包含了資訊與管理學院（包含經濟、資訊、管理等系所）、教育學院（包含藝術、語言等系所）、理工學院（包含自然科學、工程領域等系所）、及哲學院（包含社會科學與人文等系所）。

26-2 國外研修之課程學習（課內）

這學期我在 University of Hradec Kralove 修了五堂課，分別為：Project Management、Enterprise Informative、Management Method、Czech Language、Skiing。這邊的老師跟台灣的老師一樣都很用心教導、關心學生，並清楚記得學生的狀況及來自哪個國家。而最不一樣的地方是，這邊的老師跟學生都給彼此很大的空間，課堂上所有事情都可以大家一起討論，例如某幾個禮拜可能很多學生都想出去旅遊，那就可以跟老師討論能不能停課或把課程往後挪；或是期末考應該哪一天考，只要學生能提出合理的理由，並未自己的行為負責，老師通常都會尊重學生的建議，不會干涉太多；甚至有些課程的老師甚至會讓學生評斷自己在這學期應該得多少分數。

Project Management 這學期由資訊管理學院院長 Mr. Hynek 教導，內容大概為當投資一個專案時，該如何算出投報率、該如何分配時間、及人力資源，若遇到計畫延期/提前或人力過剩/不足時又該如何解決，解決時又會多出多少成本等；通常每堂課會有一份個案讓大家讀並且分組討論。老師很有耐心且細心，對於課堂講解非常清楚，因此就算第一次接觸這類課程的同學來說，不會太難，且老師對很多國外學校、環境都有一定的了解，時常關心同學在捷克或家鄉的狀況，讓人感到很溫暖。

Enterprise Informative 這堂課對我來說是這學期最難的課，因為這堂課主要專注在 IT 管理領域，都是我在台灣從未接觸過的課程，老師從最基本的 IT 該有什麼部門、有投資案時，投資哪個項目會對某幾個部門有影響、該如何評估 IT 服務產生的成效、COBIT、ITIL 工具的概念等。學期評量以期末考(開放式問答題)及學期報告(請學生設定一產業及企業，假設自己為公司內的主管，該如何分配 IT 部門的工作)為主。老師為 Mr. Cech，也是很認真負責的老師，每堂課結束都會與我們討論期末報告的進度，是否有困難需要他幫助。

Management Method 這堂課為 Mr. Sprinar 教導，老師很隨興，上課多為同學發言居多，希望同學間可以以彼此的經驗與故事互相學習。期末報告為介紹自己國家對於社會企業的法條與看法，並介紹國家內的社會企業、運作方式等。

Czech Language

捷克文這學期分三個班級，每個老師都各有特色。我的老師為 Mrs. Cerna，是個很關心同學狀況的好媽媽，教導語言的方式有點跳，並未從每個音標的發音開始，而是直接教單字，接著跳句子與文法，雖然常常沒辦法跟上進度，只學會基本的打招呼方式，但還是很開心的過完一個學期。

Skiing

對於交換生來說最有名的應該就是滑雪課了，一開學大家就搶著要老師加選，名額不多但很幸運的報名上了。老師會挑某一個星期帶大家到離學校 2-3 小時的另一個小鎮，上四天三夜的滑雪課程，大家一起住在小木屋內，每天由小木屋準備三餐，空檔時間老師也會安排很多小活動讓大家參與。雖然我是第一次接觸滑雪這項運動，但老師一開始詳細的教導我們很多滑雪的小技巧，讓我很快就上手，在第二天時就能獨自完成簡單的雪道。這幾天非常充實，也玩得很開心、很難忘！

26-3 國外研修之生活學習（課外）

University of Hradec Kralove 的 ESN 組織很用心，舉辦了很多活動，例如三天兩夜的 Survival Weekend、Welcome Party、Halloween Party、Christmas Party 等，只要一開始加入 ESN，就能用較便宜的價格參加這些活動，在機票、特定餐廳也都能有優惠。課餘的時間大部分我都在各國旅遊，而在 Hradec Kralove 小鎮的生活對我來說是一種休息，這裡的生活很單純、遠離塵囂，居民也都很友善，平常下課時間都在超市與宿舍中度過了。

26-4 交換/研修之具體效益（請條列式列舉）

1. 認識各國朋友、師長
2. 開闊眼界，了解各國文化、環境、氛圍
3. 提升自我能力(適應力、解決問題能力、自主性、語言能力等)
4. 建立自我人格與意識
5. 自我省思、確立人生目標

26-5 感想與建議

捷克物價與台灣差不多，且治安相對西歐國家較為安全，對學生亦有非常多優惠(交通、門票等)，若想省錢遊到歐洲唸書旅遊，捷克是個很棒的選擇。雖然在 Hradec Kralove 交通較不便，到布拉格要搭兩個小時左右的公車加火車，到機場前後需要三個小時，但這裡環境清幽，是個唸書及旅遊後休息的好地方；而相較於其他學校，University of Hradec Kralove 提供的宿舍價格便宜且品質優良，5-6 人共用一間房，內含分開的衛浴、廚房、餐桌、儲藏室等；每星期會有阿姨幫忙打掃房內公共空間，若有電器壞掉，維修也很有效率。University of Hradec Kralove 的台灣生很多一年有 50-60 人，大家都會互相幫忙，相處模式跟家人一樣，雖然這樣較少能有機會跟其他國家的學生深交，但好像多了一個家一樣。經過一學期在捷克的交換生活，我感到很開心，時常覺得在作夢一樣很不真實。感謝一路上幫助我的家人朋友，也感謝雙方學校在交換計劃上的用心，讓我能帶著這麼多美好的回憶繼續往前。

Life in University of Hradec Kralove, Czech Republic.

University of Hradec Kralove is located in the small town of Hradec Kralove, Czech Republic. It is the only public university in the town. It is 123 kilometers away from Prague and takes about 1 hour and 45 minutes by train.

Thousands of young people, both Czech and foreign students, meet at the modern campus of the University of Hradec Králové, a few steps from the historic center. In addition to lecture halls, seminar and computer classrooms, there is a university library, script shop, art gallery but also relaxation zones, canteens and other places to loosen up. The spectrum of educational activities includes the fields of economics, informatics and management at the Faculty of Informatics and Management, teaching, artistic and linguistic disciplines at the Faculty of Education, natural sciences and engineering fields at the Faculty of Science, social sciences and humanities at the Philosophical Faculty.

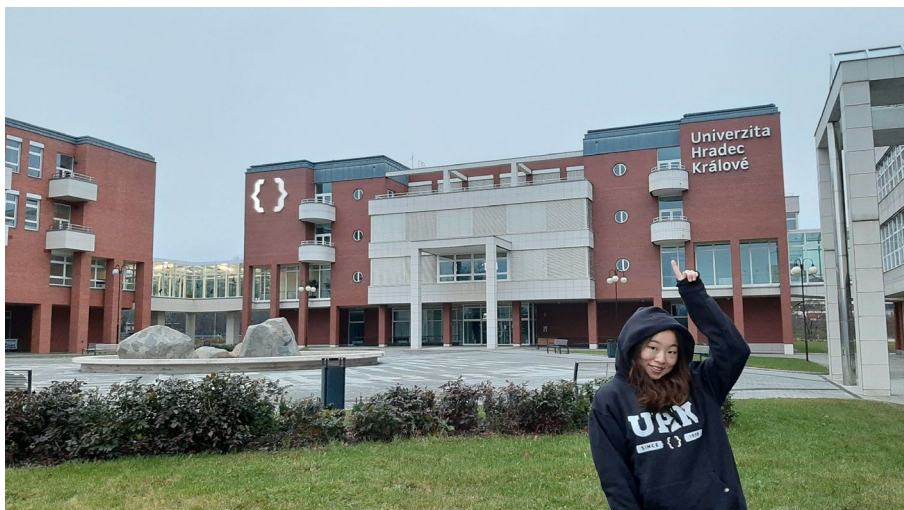
This semester I took five courses at the University of Hradec Kralove, including: Project Management, Enterprise Informative, Management Method, Czech Language, Skiing. The teachers here are very dedicated to teaching and caring the students, and they clearly remember the status of the students and the country they came from. The most different place is that the teachers and students here have a lot of space for each other. Everything in the classroom can be discussed. For example, in a few weeks, many students may want to go out for a trip, then they can talk to the teacher, discuss whether the class can be suspended or canceled; or on which day the final exam should be taken, as long as the student can provide a reasonable reason and be responsible for their own actions, the teachers usually respect the students' suggestions and does not interfere too much. What is more, the teachers of some courses even let students evaluate how much they should get in this semester.

The ESN in University of Hradec Kralove is very attentive and has organized many activities, such as Survival Weekend, Welcome Party, Halloween Party, Christmas Party, etc. As long as you join the ESN at the beginning, you can participate in these events at a cheaper price. There are also discounts on air tickets and certain restaurants. I spent most of my spare time traveling around the Europe. And living in Hradec Kralove is a kind of rest for me. The life here is simple, far from the hustle and bustle, and the residents are very friendly.

Czech prices are similar to Taiwan, and relatively safe compared to Western European countries. There are also many discounts for students (transportation or museum tickets, etc.). If you want to save money and travel to Europe, Czech Republic is a great choice. Although the transportation is inconvenient in Hradec Kralove, it takes about two hours to take a bus and train to Prague, and three hours to the airport. However, the environment is quiet and it is a good place to rest after studying and traveling. Compared to other schools The dormitory provided by Hradec Kralove University is cheap and of good quality. There are 5-6 people share a room with separate bathroom and toilet, kitchens, dining tables, storage rooms, etc. There are helpers help us to clean the public space in room every week. If an electrical appliance breaks down, the helpers fix it efficiently. There are 50-60 Taiwanese students in Hradec Kralove University every year.

Everyone will help each other and we have deep friendships. After exchanging life in Czech Republic for a semester, I feel very happy and often feel that it is like a dream. Thanks to my family and friends who helped me to fulfill the exchange program, and also thanks to NSYSU and UHK for their dedication in the exchange program, so that I can continue to move forward with all the good memories.

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)



Picture with Faculty of Informatics and Management of University of Hradec Kralove.



Survival Weekend hold by ESN in University of Hradec Kralove.



4 days Skiing class.