

學校簡介

捷克科技大學位於布拉格(捷克的首都)，成立於西元1707年。這所學校也是世界上歷史最悠久的科技大學。捷克科技大學的學習環境對於國際學生非常友善，因為他提供了94個英語學程。因此國際學生的數量真的很多，你可以結交到世界各地的朋友。除此之外，他們提供給學生ELSA協助中心，如果你有課業上或是生活上的疑難雜症，你都可以跟學校尋求協助。我申請的學院為MIAS學院，此學院提供了很多專業的商業相關課程。

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

這學期共研修兩堂課，個別是「科技專案管理」、「英語跨文化溝通」。

「科技專案管理」這堂課的要求包含完成撰寫一個完整的專案，期中需要進行三次進度報告，教授會針對你的專案報告進行優化建議。期末會進行口頭考試，內容包含專案內容以及課堂內容進行提問。這是我第一次進行口頭期末考試，非常的緊張，建議需要進行模擬練習才可以更加順利。

「英語跨文化溝通」這堂課注重課堂上的發表，教授期望每一個同學都可以分享自己的想法，進行腦力激盪。期末考為筆試，需要在90分鐘內完成兩題申論題。除了個人見解分析之外，英文文法的應用也是評分重點之一。

推薦課程為「英語跨文化溝通」教授會鼓勵同學發言，時不時點名，讓所有學生都有發言的機會，整體而言上課文化與台灣教學相距較大，值得體驗。

國外研修之生活學習（課外）

在國外研修除了課內學習之外，課外的生活學習也是非常重要的。由於文化上的差異，在台灣時，我天天選擇外食，不但快速且便宜。但是我到捷克之後，除了飲食習慣的不同(對台灣人來說太鹹)，價格也不便宜。學會煮飯，營養均衡，你必須讓保持身體健康。在超市(Billa, Tesco, Kaufland等等...)選擇新鮮食材和貨比三家，讓我能夠除了保持健康，也省下不少錢。

此外，由於在歐洲生活的便利性，交換生幾乎會安排全歐洲的旅遊。歐洲聯(EasyJet,Ryanair等等)在特殊節日(黑五、聖誕節、新年)會推出便宜機票優惠，越早訂票或注意優惠活動可以省下一大筆錢。另外，26歲以下(不含26歲)的學生持有ISIC卡(國際學生證)，在熱門景點、大眾交通享有免費或是半價以上，我建議就算沒有看到指標上寫有學生票價，都可以問問看是否有優惠。在國外生活不會像在台灣一樣自在舒服，遇到問題可以詢問好友，尋求解決辦法，讓自己更加成長、獨立。

交換/研修之具體效益（請條列式列舉）

1. 口語練習、溝通能力訓練。

這次在捷克交換，捷克母語並非英語，且基本上接觸的的學生母語皆非英語，所以常常會有溝通誤解的地方。每個學生的表達及理解方式也會不同，並不是僅僅會講英語就可以順利溝通。例如：身邊朋友的例子是希望宿舍乾淨，或許你跟外國友人溝通希望房間保持整潔，他或許理解為個人空間整齊即可，而認為公共空間因有清潔小姐打掃而不需太過於重視。

2. 計畫規劃、危機處理能力。

國外交通包含火車、公車、飛機都很有可能遇到延遲會室取消，而在台灣很少發生。所以出去旅

遊時，需要學會靈機應變，尋找其他解決方案。另外，國外也沒有像台灣一樣安全，我個人就遇過在米蘭，遭到陌生人強拉手臂，意圖將我拖走，幸好友人及時發現，為我解圍，我只有手臂瘀青，並無大礙。所以我更加地注意周遭安全，且會盡量做到萬全準備。

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?

最大的困難是對於金錢沒有規劃，常常花費超支。我的解決方式是，當發現預算有點緊繃時，制定詳細計畫(條列出所有可能的支出花費)，刪掉或減少不需要的項目。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

對我來說很大的文化衝擊為，外國人不不論是校方或是學生，都會在宿舍舉辦派對。聲音非常大，時常打擾的生活。避免在有派對時待在宿舍，可以選擇其他場所如:咖啡廳、圖書館等等。

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?

學會自己爭取想要的東西。這次的海外生活，我不想要留下任何遺憾，所以只要有機會，我就會去爭取，不會想著下次再說。

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?

獎助學金對我最大的幫助為補足了我的生活費，讓我可以計劃不僅僅待在捷克，而有機會前往其他歐洲國家旅遊。

感言及心得感想

我很珍惜這次的交換經驗，因為我以後不可能會有可以在國外長期生活的機會。我的建議給大家是：好好規畫你的時間，讓你的每一天的活得充實。好好讀書，好好旅遊，就算只是出去散個步，也不要錯過這個機會。多拍照、多紀錄、多結交不同朋友，跨出自己的舒適圈。這樣的話，在你歸國時，你不會有任何後悔！

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)

University Introduction

Czech Technical University, located in Prague and founded in 1707, is one of the world's largest and oldest technical universities. The study environment in CTU (Czech Technical University) is amicable for international students by providing 94 programs courses delivered in English. In addition to that, their ELSA support center for students offers services to assist students with exceptional opportunities to succeed in their studies. I personally study in the MIAS institute, which provides business and related courses.

In-class learning

In this semester, I have studied two courses, namely "Project Technology Management" and "Intercultural Communication in English". The requirements of the course "Project Technology Management" include writing a complete project, and between the semester, three progress reports are required, and the professor will provide optimization suggestions for your project report. At the end of the term, there will be an oral exam, in which the professor will ask questions regarding your project content and classroom contents. This is the first time for me to take an oral final exam. I am very nervous. It is suggested that students need to do mock exercises to make the oral exam smoother. The class "Intercultural Communication in English" focuses on presentation in class. The professor expects every student to share their own ideas and brainstorm. The final exam is a written exam, and you need to complete two free response questions within 90 minutes. In addition to the analysis of personal insights, the application of English grammar is also one of the key points of scoring.

After-class life

In addition to in-class learning, extracurricular life and study are also very important in overseas life. Due to cultural differences, when I was in Taiwan, I chose to eat out every day, which was not only convenient but also cheap. But after I arrived in the Czech Republic, in addition to the difference in eating habits (too salty for Taiwanese), the price was not cheap. Learn to cook, have balanced nutrition, you have to keep your body healthy. Choosing fresh ingredients and shopping around in supermarkets (Billa, Tesco, Kaufland, etc...) allows me to save a lot of money in addition to staying healthy.

In addition, due to the convenience of living in Europe, exchange students will arrange travel in European countries. European airlines (EasyJet, Ryanair, etc.) will have cheap airline tickets on special festivals (Black Friday, Christmas, New Years, etc...). The earlier you book tickets or pay attention to promotional activities, you can save a lot of money. In addition, students under the age of 26 (excluding 26 years old) who hold an ISIC card (international student ID card), enjoy free or more than half price discounts in popular attractions and public transportation. I suggest that even if you don't see the student ticket price on the indicator, You can ask to see if there are any discounts. Living abroad will not be as comfortable and comfortable as in our home country. When encountering problems, you can ask your friends to find solutions, so that you can grow and become more independent.

Benefits

1. Oral practice, communication skills training.

During my exchange in the Czech Republic, the native language of the Czech Republic is not English, and my foreign friends also do not speak English as their mother tongue, thus there are often misunderstandings in communication. Each student has their own way of expression and understanding, and it is not enough to communicate smoothly just by speaking English. For example: The example of a friend is that he wants the dormitory to be clean. The foreign friend may understand that as long as the personal space is tidy would be enough, and that the public space does not need to be paid too much attention because there will be a cleaning lady to clean it every week. However, my friend would like to keep clean in the flat including kitchen and toilet.

2. Planning and crisis management capabilities.

Overseas traffic including trains, buses, and planes are likely to encounter delays and cancellations, which rarely happen in Taiwan. So when traveling, you need to learn to be flexible and be able to find other solutions. In addition, foreign countries are not as safe as Taiwan. I personally encountered an accident, a stranger in Milan who forcibly pulled my arm and tried to drag me away. Fortunately, my friend found out in time and rescued me. I only had bruises on my arms and no Big problem. Thus, you will need to pay more attention to your own safety, and try your best to be fully prepared.

Suggestion

I cherish this exchange experience very much, because it is impossible for me to have the opportunity to live abroad for a long time in the future. My suggestion to everyone is: plan your time well and make your time to the fullest every day. Study hard, travel well, even if you just go for a walk, don't miss this opportunity! Take more pictures, record your life more, make more friends, and step out of your comfort zone. That way, you won't have any regrets when you return home!