

A. 學校簡介

Hradec Králové 大學 (UHK) 是一所位於捷克波希米亞地區、兼具歷史底蘊與創新的公立大學。學校所在的城市被譽為「共和國的沙龍」，環境安穩且純樸，距離布拉格約一個半小時車程，卻擁有截然不同的寧靜氛圍。我所就讀的資訊管理學院 (FIM) 大樓非常現代化，硬體設備先進，最讓我驚喜的是校園內隨處可見的「懶骨頭」休息區。在冷冽的空氣中走進暖烘烘的室內，隨意找個角落躺下休息或閱讀，這種放鬆感提醒了我學習與生活平衡的重要性。

除了校園，小鎮上的美術館也是我們常去的地方，因為憑學生證免門票。雖然裡面那些抽象派的現代藝術有時候深奧到讓人摸不著頭緒，但美術館的建築本身就很美，尤其是那個超大的天窗，配上展間裡的懶骨頭，在那裡感受陽光和影子變化，是我在捷克最平靜、最享受的一段時光。此外，學生社團 ESN (Erasmus Student Network) 在國際生生活中扮演了關鍵角色，透過 ESN 舉辦的活動，我有機會造訪 Kutná Hora 那震撼人心的人骨教堂，並深入古老的銀礦遺址體驗中世紀的採礦文化。這些活動不只是旅遊，更是一場場跨文化的交流盛會，讓我們在認識捷克歷史的同時，也讓我們有機會和同校的外國朋友交流。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

在 UHK 的學術體驗中，我推薦且受益最多的課程是 Project Management (專案管理)。這門課由 Professor Josef 授課，他是一位非常有親和力且學識淵博的教授。他的教學方式深入淺出，能將複雜的專案框架 (Framework) 以非常有系統性與邏輯性的方式呈現，讓我學會了如何從宏觀的角度規劃專案，並細緻地執行各項進度控管，這對我未來的職涯規劃有莫大的幫助。

這門課對我而言最大的挑戰在於「課堂參與」。在歐洲的課堂上，教授極度鼓勵學生發表意見，這與國內相對安靜、以聽講為主的學習環境截然不同。每次在課堂上對特定案例發表見解，都是一次心理素質與英語表達能力的考驗。透過這樣的練習，我學會了如何快速重整思緒，並在跨文化的環境中自信地與教授及同儕對話，這份膽識的培養是這門課帶給我最珍貴的隱形資產。

C. 國外研修之生活學習 (課外)

這半年的生活學習，對我而言是一場極致的感官與心靈探索。多虧了這次交換的機會，讓我能以捷克為圓心，將足跡擴散至歐洲各國，親自走入那些曾只存在於旅遊頻道或歷史課本中的風景，深刻體會到多元文化交織出的衝擊與瑰麗美感。

走在法國巴黎的街頭，彷彿置身於一座巨大的露天博物館，空氣中瀰漫著時尚尖端的現代氣息與悠久歷史的濃郁底蘊。站在宏偉的凱旋門下望向香榭麗舍大道，或是抬頭仰望巴黎鐵塔在夜空中閃爍，我真切地感受到了所謂「大國文化」的驕傲與優雅。隨後轉往德國慕尼黑，這座城市則展現了另一種迷人的反差：它既保留了古老宮廷建築的嚴謹與華麗，又與現代高科技產業如 BMW 總部的精準動感完美融合，讓我對德國人的生活哲學有了更立體的觀察。

音樂與自然之美則在奧地利得到了昇華。在維也納，整座城市彷彿都被歌劇與藝術氣息包裹，走在轉角處隨時都能聽見流淌的樂章；而薩爾茲堡與哈修塔特那如詩如畫的湖光山色，更是將大自然的靜謐美展現到了極致，白雪與古老村落倒映在如鏡的湖面上，令人窒息。來到匈牙利布達佩斯，夜晚的多瑙河畔是我見過最璀璨的珍珠，金光閃耀的國會大廈與鏈橋在河面上泛起粼粼波光，展現出中歐特有的浪漫與憂鬱。

這段旅程中，心靈最沉重的洗禮發生在波蘭的奧斯威辛集中營。在寒風中凝視那些沉靜卻充滿傷痕的歷史遺址，帶給我巨大的震撼與深沉的省思，這讓我對人權的價值與歷史的沈重有了不同以往的理解，也學會了更加珍惜當下的和平與自由。

而最令人難忘的冒險，莫過於在芬蘭的極地體驗。那裡有著下午兩點便宣告落幕的「極夜」生活，在一片漆黑且冰天雪地的世界裡，我們挑戰了長達 9 小時的極地自駕。從赫爾辛基一路向北直奔羅瓦涅米聖誕老人村，車窗外是無止盡的白茫茫荒野，車裡則是我們幾個朋友聊天、分享零食並互相打氣，這種窩在一起的感覺，在冷冽的極地中顯得特別溫馨。那種在極限環境下建立起的「革命情感」，成了我整趟交換生活中最珍貴、也最無可取代的記憶。這段旅程不僅開闊了我的視野，更在這些不同國家的風土民情中，重塑了我對世界的認知。

D. 交換/研修之具體效益（請條列式列舉）

1. 強化跨文化溝通與高度包容力：

透過與不同國籍、背景的學生共事與生活，我學會了在面對意見分歧時保持開放心態。這不僅是語言上的交流，更是在理解多元價值觀後，學會以更具同理心的方式達成共識。

2. 提升危機處理與行政應變能力：

面對捷克校方選課系統的人為錯誤、頻繁的交通延誤，我磨練出在壓力下冷靜分析問題的思維，並學會如何透過正式且堅定的管道進行溝通與協調。

3. 建構獨立生活與財務管理素養：

在異鄉獨立打理生活，並規劃較複雜的跨國行程。在此期間，我建立起嚴謹的開銷紀錄與資金規劃習慣，培養出強大的生活自主性與資源整合能力。

4. 深度拓展國際宏觀視野與思維：

親身踏訪奧斯威辛集中營、維也納藝術重鎮等歷史遺產，將原本扁平的課本知識與現實世界的感官體察相結合。這讓我能從更立體的維度去思考國際議題，並對歐洲的社會結構與人文精神有更深刻的體會。

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？

在歐洲生活，交通安排無疑是一門充滿挑戰的實踐課。初期，我們習慣依賴長途巴士 FlixBus 作為往返學校與布拉格市中心的工具，然而歐洲公路交通的不可控性卻常讓我們措手不及。巴士延誤一小時以上簡直是家常便飯，曾有幾次因為這漫長的等待，導致後續銜接的行程全數大亂，讓我們在車站焦急不已。

在經歷了幾次挫折後，我們開始細心觀察當地人的通勤習慣，這才驚覺火車才是隱藏的優選。相較於巴士的飄忽不定，火車不僅票價更為親民，其準點率與穿梭在鄉間田野的速度都遠優於公路運輸。坐在車廂內看著窗外倒退的波希米亞景緻，不僅省去了塞車的焦慮，也讓旅程多了一份從容。這段心路歷程深深教會了我：在異鄉生活切忌依賴單一的路徑，唯有主動多方探索並保持思考的靈活度，才能在各種變動中找到最優解。所幸在跨國的長程飛行中，幸運女神眷顧了我們，未曾遇到嚴重的延誤，讓每一段遠行都能在預定的節奏中順利推進。

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？

最大的文化衝擊在於「冷熱的反差」。初到捷克時，會覺得當地人普遍表情嚴肅、較不愛笑，甚至給人一種距離感。然而，一旦我主動開口求助，發現他們大多非常友善且樂於回應。我學會了不要被外表的「冷」所嚇到，而是主動展現禮貌。此外，歐洲人對「下班時間」的堅持也讓我反思台灣的高效率有時是建立在過度勞累之上，進而學會放慢步調，適應當地慢活且重視生活品質的節奏。

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？

這半年的海外歷練，對我而言不僅是地理位移的跨越，更是內心世界的一次解構與重組。其中最顯著的改變，莫過於我從一個習慣「過度計畫」的人，逐漸轉變為學會「擁抱彈性」的旅者。

在出發前往捷克之前，我一直是一個習慣在每段行程、每項任務開始前都制定縝密周全計畫的人。我試圖預設所有可能發生的變數，藉此獲得掌控感與安全感，因此當現實出現偏差，哪怕只是小小的計畫更迭或時間延誤，都會讓我感到莫名的焦慮與緊張。然而，在歐洲生活的這段日子裡，從交通工具無預警的延誤、行政流程的繁瑣變動，到課程發表形式的臨時調整，種種「意外」不斷地衝擊著我的預設框架。

這些突發狀況教會了我一個深刻的道理：計畫趕不上變化並非挫折，而是人生的常態。我學會了在計畫崩解的瞬間，先平復焦躁的情緒，以更加淡定自若的心態去接受現狀。我發現，當放下對「完美計畫」的執著後，反而能騰出心靈的餘裕，在變動的局勢中冷靜地分析並尋找當下的「最優解」。這種心境的轉變，讓我在面對未知的挑戰時，不再只看見困難，而是看見了調整的空間。

此外，獨自在異鄉生活的點滴，也極大地提升了我的心理韌性。從最初面對語言隔閡與文化衝突時的退縮與侷促，到後來能自信地在課堂上表達觀點、勇敢地捍衛自己的住宿權益，這份自信的建立並非源於我掌握了所有答案，而是源於我明白「自己擁有處理突發狀況的能力」。這種與陌生環境共處的從容，讓我不再恐懼文化差異帶來的衝擊，反而能以更開闊的心胸去擁抱多樣性。這份性格上的轉變與心理素質的強化，無疑是我在這次研修旅程中，獲得最珍貴且受用終身的成長。

H. 感想與建議

這 4.5 個月的海外研修生活，是我人生中一段極其深刻且具啟發性的旅程。Hradec Králové 雖然是一座小鎮，但它純樸的魅力與安全感，反而能讓人靜下心來體驗真實的捷克生活。

對於未來想去交換的學弟妹，我的建議是：「不要害怕陌生的環境，也不要預設任何立場。」即使是像選課不便、交通延誤或人際摩擦，最後都會變成你成長的養分。盡情去感受那些不同於台灣的風景與人情，這份回憶將會成為你未來面對挑戰時，最強大的內在力量。

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

My exchange journey at the University of Hradec Králové (UHK) was a transformative chapter that seamlessly blended academic rigor with profound cultural exploration. Located in the serene yet vibrant "Salon of the Republic," UHK provided a modern and innovative learning environment, particularly within the Faculty of Informatics and Management. The campus design itself was a revelation; the inclusion of comfortable bean bag seating areas throughout the hallways transformed the university from a mere academic institution into a welcoming home. In the freezing depths of the Czech winter, the warmth of the indoor facilities offered a sanctuary where I could rest and reflect, a level of comfort and humanity I had never encountered in a university setting before. This sense of belonging was further enhanced by the Erasmus Student Network (ESN), which organized diverse activities ranging from local community service to deep dives into Czech history, such as visiting the hauntingly beautiful Bone Church in Kutná Hora and exploring medieval silver mines.

This supportive atmosphere extended into the classroom, most notably in the Project Management course led by Professor Josef. His systematic and logical approach to complex frameworks significantly sharpened my ability to plan and manage large-scale tasks, a skill set that will undoubtedly serve as a cornerstone for my future career. However, the true challenge lay in the cultural shift toward active class participation. Unlike the more reserved academic culture I was used to, European professors demand a high level of engagement and critical thinking. Being encouraged—and often required—to voice my opinions on real-world cases was an intense exercise in confidence and English proficiency. Although the inherent flexibility of the European system could sometimes be challenging—such as when a long-prepared presentation was suddenly shifted to a digital submission—it ultimately taught me the vital art of professional adaptation and the importance of maintaining focus on the learning process itself rather than just the final task.

Beyond the borders of Czechia, this exchange allowed me to traverse the diverse landscapes of Europe, each destination offering a unique lesson. I marveled at the fashion and historical grandeur of Paris, the high-tech precision of Munich, and the operatic soul of Vienna. While the lakeside beauty of Hallstatt provided spiritual peace, the somber silence of the Auschwitz concentration camp in Poland forced a deep, necessary reflection on human rights and the weight of history. A spiritual highlight was visiting St. Peter's Basilica during the Jubilee Year, where I walked through the Holy Door and received a pilgrim certificate.. Perhaps the most exhilarating adventure was a nine-hour polar drive through the snowy wilderness of Finland to reach Rovaniemi. Navigating the "polar night" with my friends fostered a "revolutionary bond" and a level of resilience that can only be forged in extreme conditions, teaching me the importance of teamwork and preparation when facing the unknown.

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The academic side was equally rewarding, especially the Project Management course taught by Professor Josef. His systematic approach to complex frameworks significantly improved my ability to plan and manage tasks. The true challenge, however, lay in the cultural shift toward active class participation. Being encouraged to voice my opinions on real-world cases was an intense exercise in confidence and English proficiency, teaching me the vital art of professional adaptation.

Beyond the borders of Czechia, this exchange allowed me to traverse diverse landscapes. I marveled at the fashion of Paris, the high-tech precision of Munich, and the operatic soul of Vienna. While Hallstatt provided spiritual peace, visiting the Auschwitz concentration camp in Poland was a sobering experience that forced a deep reflection on human rights. A spiritual highlight was visiting St. Peter's Basilica during the Jubilee Year. Walking through the Holy Door and receiving our pilgrim certificates with my friends was an unforgettable experience that deepened my respect for European history.

One of the most exhilarating adventures was a nine-hour polar drive through the snowy wilderness of Finland to reach Rovaniemi. Navigating the "polar night" while sharing snacks and encouragement with my friends fostered a unique bond and a level of resilience that can only be forged in extreme conditions.

However, what truly made Hradec Králové feel like home was the warmth of the local community. My friends and I became regulars at several restaurants, forming genuine bonds with the owners, such as the couple at the Korean restaurant and the kind staff at the Asian food stall. I will never forget the owner of a local Chinese restaurant who teared up as we said our final goodbyes. This human connection turned a foreign town into a place of comfort.

This journey taught me to embrace flexibility and realize that even when plans fail, the ability to find a solution is what defines true capability. To future exchange students, I suggest entering this experience without any preconceived notions. Every administrative hurdle or cultural adjustment is merely nourishment for your growth. Embrace the slower pace, value the local culture, and let the beauty of the unknown reshape your perspective on life.

