

學校簡介

University of Hradec Kralove 位於捷克 Hradec Kralove 區域，距離捷克首都布拉格搭火車約 1 小時 45 分鐘，從火車站到宿舍需再轉搭 15-20 分鐘的公車。UHK 由四個學院組成，包含教育學院、資訊學與管理學院、哲學學院和理學院，各學院建築散落在城市的不同區域，資訊與管理學院距離 Palachovy 宿舍約 10 分鐘公車路程。

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

這學期我修習的課程包含 Business English, Academic Writing, Marketing Research, Project Management 和 Sports。

Business English 和 Academic Writing 都是由 Blanka Klímová 教授上課。老師的教學的內容很貼近實用，課堂互動方式也很輕鬆不會讓人覺得很有壓力。Business English 主要學習的內容包含商用英文的書信用語、日常對話、基本禮儀等，期末考會有筆試，內容是從整個學期老師的教材中選出。Academic Writing 的課程內容則包含學術寫作的基本架構與原則，老師會讓學生從實際寫作中學習。

Marketing Research 則是 Vladimír Bureš 教授上課，課程主要是透過小組進行，老師會分配每個禮拜兩個書本的章節，自行閱讀之後摘要出重點做成簡報，並在下一次課堂分享。期末則會要求學生完成市場調查實作與文字報告，也有小組進行的口試，老師會針對過去小組做的簡報提出問題讓學生回答。

Project Management 是 Josef Hynek 教授上課，老師相當幽默健談，也很願意傾聽學生的意見或需求。老師會在課堂分享許多事，對於教學也很用心，是一堂充實又有趣的課程。

Sports 中我選擇的是滑雪課，老師會安排大約三天的滑雪教學，是即使從來沒有學過滑雪的人也能嘗試的課程。過程中除了學習滑雪技巧之外，老師也會利用傍晚的時間用心設計一些活動，除了能讓國際學生體驗捷克文化，也是和不同國家學生交流的好機會。這三天的活動除了在滑雪場進行，其餘的食住都會在附近的山中渡假小屋，所以不用擔心住宿或吃飯的問題，小屋的環境很有獨特的氛圍感，是交換中讓人印象深刻又美好的回憶。

國外研修之生活學習（課外）

【飲食】宿舍周圍走路兩分鐘有中型超市（Albert），走路十分鐘有較大型的商場（Futurum），平時生活消費或搭乘公車、火車都可以刷卡或行動支付，如果有現金的需要也能到 Futurum 商場兌換。商場中也有較大型的 TESCO 超市，常見的生鮮蔬果、日常用品都能買的到。日常的飲食上，Hradec 不像布拉格有許多的亞洲超市，飲食多麵包、義大利麵、奶類製品的元素。

【穿著】以冬季學期來說保暖衣物相當重要，由於室內通常都會供應暖氣，洋蔥式的穿法就能切換不同地方的穿著，穿法可以從發熱衣、發熱褲到外衣褲，加上薄的羽絨外套，外層再套上大衣就能保暖又方便穿脫。另外，雖然一般的外套、靴子、帽子手套在商場都能買到，不過價格不一定會比較便宜，但在天冷時會是必備品，因此可以盡量做好準備。

【交通】在 Hradec 生活常會用 IDOS 軟體查找公車或火車，常用的站點：

Palachova：宿舍

Heyrovského / zimni station: 學校

Hradec Králové hl.n.：哈拉的火車站

Praha hl. n.：布拉格火車站

Na brně :離宿舍不遠的站

在布拉格常會使用PID軟體購買交通票，不論坐電車或地鐵都很方便。此外有學生身分在交通上能夠享有許多優惠，比起購買計時的單程票，輸入ISIC的學生資料購買較長時間的交通通票會更划算。另外，火車或巴士查找也常用Muj Vlak、Regio Jet和FlixBus軟體，只需要輸入出發地和目的地不論在捷克境內或跨國旅遊這些軟體都會很實用。

【網路】Futurum商場有Vodafone 門市，只需要告訴店員想選擇的電信方案，10分鐘就能完成，不過一開始辦會需要先付2000克朗的押金，等到完成三次繳費才能退回捷克的帳戶。電信方案的選擇上，我選擇每月657克朗不限流量的學生方案，平時離開捷克旅遊(瑞士需要另外買)也附有免費的漫遊流量，因此不用擔心沒有網路的問題。

交換/研修之具體效益（請條列式列舉）

1. 多元文化體驗
2. 國際觀的培養
3. 與國外學生與學者交流，結交許多良師益友
4. 選修國外課程，嚐試不同上課方式

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?

面對來自不同國家的老師和同學，如何融入不同的族群，特別是在課程有要求小組活動時，除了必須克服語言的障礙，最重要的是有開放的心態，勇於接觸與自己不同文化背景的學生，當學習或生活中遇到什麼樣的困難時，也要積極地向當地的師長，或身邊任何能提供協助的人尋求協助，這些對我來說都是相當不容易的嘗試。在海外生活的期間，不論是學習或生活都對有大大小小的挑戰，能跨出第一步去尋求支援對我來說是很大的困難，不過一但勇於跨出第一步之後，許多問題就都能順利的解決，也因此讓我從中學學習到很多。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

在捷克不論是在食衣住行的各方面上，和台灣的文化都有很大的差異，過程中必須不斷的學習或把握每次機會盡可能地吸收資訊。例如在交通方式上，不同於台灣，捷克很多是利用公車、電車或火車往來不同的地區，面對完全陌生的交通環境，若能善用搜訊的工具就能減少很多摸索的時間，許多方便好用的軟體也能成為很棒的助力，然而這些都必須有開放的心態，接受可能突如其來的變化，透過不斷的吸收與學習，才能減少再次犯錯的可能性，去面對不同的挑戰。

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?

對我來說最大的學習是在面對突如其來的狀況時，能比過去更穩定的心態面對，也比從前更積極的尋求協助。過去在台灣面對生活或任何需要時，由於資源的取得都相當方便，再加上一切環境對我來說都再熟悉不過，也因此當面對挑戰時常常躊躇不前，然而在國外的經歷，讓我更相信自己即使在這些情境下，也能憑自己的力量解決問題，也因此增加對自己的自信心，這些對我來說都是人生很珍貴的經歷。

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？

交換雖然是人生中相當難得的經歷，然而在國外食衣住行的各項需求，對我來說都是不小的經濟負擔，能獲得獎學金的資助，讓我能在學習中沒有後顧之憂的前進。沒有獎學金的支持，考量到家庭經濟的負擔，我在海外交換的選擇上有很大的猶豫，甚至會考慮取消這樣的計畫。

感言及心得感想

在交換學生的過程中受到許多人的協助，不論是身邊的家人師長同學，或是旅途中新結交的朋友，甚至是從未見過面的陌生人，在我面對困難時總是願意熱心地向我伸出援手，也因此在這段旅程中獲得太多意想不到的溫暖。雖然在途中大大小小的挑戰總是不間斷的出現，然而因為這麼多的協助讓我最後都能迎刃而解，這些經歷對我來說是很深刻的影響，也是我未來前進很大的助力。

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)

1. About University

University of Hradec Kralove is located in Hradec Kralove of the Czech Republic. It takes about 1 hour and 45 minutes by train from Prague, the capital of the Czech Republic. It takes another 15-20 minutes to take a bus from the train station to the dormitory. UHK is composed of four colleges, including the Faculty of Education, the Faculty of Informatics and Management, the Faculty of Philosophy, and the Faculty of Science. The buildings of each college are scattered in different areas of the city. The Faculty of Information and Management is about a 10-minute bus ride from the Palachovy dormitory.

2. Curriculum

The courses I took in this semester include Business English, Academic Writing, Marketing Research, Project Management and Sports.

First of all, Business English and Academic Writing are both taught by Professor Blanka Klímová. The contents of these course are practical and useful. The atmosphere among class interaction is comfortable. Students won't feel stressed to interact with professor. The main contents of Business English includes business English epistolary terms, daily conversations, basic manners in business, etc. As for grading, there will be a written test as a final exam, and the content is selected from the professor's teaching materials throughout the semester. on the other hand, about the academic writing course, professor will introduce the basic structure and principles of academic writing. Students will learn from actual writing practice.

Secondly, Marketing Research is taught by Professor Vladimír Bureš. The course is mainly conducted in groups. Professor will allocate two book chapters each week. After reading, students need to summarize articles and make a presentation, which will be shared in the next class. At the end of the semester, students will be asked to complete market research implementation and written reports, and there will also be oral examinations conducted by groups.

Thirdly, Project Management is taught by Professor Josef Hynek. Professor is very humorous, and he is also willing to listen to students' opinions or needs. Professor will share many things in class and he is very attentive to teaching. It is a fulfilling and interesting course.

Finally, among Sports, I chose skiing lessons. Professor will arrange skiing lessons for about three days. It is a course that even people who have never learned to ski can try it. In addition to learning skiing, professors will also conduct some activities during evening time, which not only allowing international students to experience Czech culture, it is also a good opportunity to communicate with students from different countries. In addition to taking place at the ski area, the rest of the time will be at a nearby mountain resort cabin, so you don't have to worry about accommodation or meals. The environment of the cabin has a unique atmosphere, which is very impressive during the exchange.

3. Exchange life

[Food] There is a medium-sized supermarket (Albert) within a two-minute walk around the dormitory, and a larger shopping mall (Futurum) within a ten-minute walk. For daily expenses or taking buses or trains, you can pay by credit card or mobile phone. If you need cash, money exchange services are also provided in Futurum Mall. There is also a larger TESCO supermarket in the mall, where you can buy common fresh fruits and vegetables and daily necessities. In terms of daily diet, Hradec has fewer Asian supermarkets compared to Prague. The diet there has more elements such as bread, pasta, and dairy products.

[Wearing] Warm clothing is very important in the winter semester. Since heating is usually provided indoors, the layered clothing can be a more preferable wearing style to fit in different places. The wearing order can range from heating clothes, heating pants to outerwear, plus a light down jacket with a coat as

the outer layer to keep warm and easy to put on and take off. In addition, although coats, boots, hats and gloves can all be bought in shopping malls, however, the prices may not be cheaper than those in Taiwan. Since they will be necessary when the weather getting cold, it is recommended to be prepared.

[Transportation] In Hradec, IDOS software is often used to search for buses or trains. Commonly used stops are as below:

Palachova: dormitory

Heyrovského / zimni station: school

Hradec Králové hl.n. :Hradec's railway station

Praha hl. n.: Prague train station

Na brně: a station not far from the dormitory

PID software is often used to purchase transportation tickets in Prague, and it is very convenient whether taking the tram or subway. In addition, with student status, students can enjoy many discounts on transportation. Compared with purchasing timed one-way tickets, it will be more cost-effective to enter the student information of ISIC to purchase a longer-term transportation pass. In addition, Muj Vlak, Regio Jet and FlixBus software are also commonly used to search for trains or buses. You just need to enter the departure point and destination, the arranged routes will be provided to you. These softwares are very useful whether traveling within the Czech Republic or across the country.

[Internet] There is a Vodafone store in Futurum Mall. You only need to tell the clerk the telecommunications programme you want to choose, and it can be completed in 10 minutes. However, you need to pay deposit at the beginning, and it will be refunded to the Czech account after three payments. Regarding the choice of telecommunications plan, I chose the student programme with unlimited data. It also comes with free roaming data when traveling (Roaming in Switzerland needs to be purchased separately), so I don't have to worry about disconnecting to the internet.

4. Specific benefits for going exchange

1. Multicultural experience
2. Cultivation of international outlook
3. Communicate with foreign students and professors and make many friends
4. Take courses abroad and try different teaching methods

5. Experience feelings

During the exchange, I received help from many people, whether it was family members, teachers or classmates, new friends made during the trip, or even strangers I had never met before. They are always willing to lend me a helping hand when I face difficulties. Because of this, I gained so much unexpected warmth during this journey. Although there are so many challenges along the way, with all these help, I was able to solve them in the end. These experiences had a profound impact on me and will also be a great help for me to move forward in the future.