

繕打 中文及英文 心得報告，應包含下列項目

( 中文至少 1,000 字+英文至少 500 字。赴中國交換者不需撰寫英文心得。 )

A. 學校簡介

B. 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

C. 國外研修之生活學習 ( 課外 )

D. 交換/研修之具體效益 ( 請條列式列舉 )

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？

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？

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？

H. 感想與建議

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

我於 112-2 學期赴捷克科技大學進行為期一學期的交換，起初因同學的推薦下而選擇了捷克布拉格，沒到交換生活比我想像中的美好太多。捷克科技大學位於捷克首都布拉格，地理環境相當方便，鄰近多個公車、輕軌及地鐵站，到市中心約 15 分，校園附近生活機能也頗便利，超市、餐廳盡有。捷克科大在理工領域表現十分傑出，是當地有名的大學。我當時是到該校的商學院交換，修習兩堂課 English for Intercultural Communication 和 Meetings and Negotiations in English，我覺得很符合我個人的需求，我希望有機會與當地學生交流及聽聽各國同學的想法。課堂進行方式都蠻輕鬆的，不太會有考試，通常都是報告分享，這樣可以有更多時間去旅遊。在跨文化溝通課程中，有兩位老師共同指導，每位老師都專注於不同的領域，第一位老師重視溝通，第二位老師會加強訓練我們的語言正確性，課堂中老師們皆會準備一系列與文化相關的問題讓我們討論，班上有來自台灣、捷克本地、印度、智利及法國的學生，每個人對文化的見解都不同，課程討論下來十分有趣，認識大家的觀點後，可以對歐美文化有更深入的了解，該課程無考試，只有個人期末報告，上課通常就依照老師準備的主題及問題來討論，是一堂實用又快樂的課。另一趟是會議與談判，課堂中老師授課方式與我預期的比較不同，老師主要教授我們在國際談判中應該使用何種說話方式及正確的英文用法，每堂課老師都會採用教科書，針對不同類型的談判來練習合適的英文使用方式，最後會有個期末考，考試內容是上課學到的談判句子(考試卷形式)。我發現老師們也對於學生的請假寬容度蠻高的，都很尊重學生自己的私事及個人認為有更重要的事情。最後，這兩堂課我都非常推薦，專門推薦給想要花很多時間在旅遊的同學(我本人)，這些課的壓力比較小，也可以接受三次請假，想要暢遊歐洲的同學要好好把握。我個人除這兩堂課外，其他課都沒上，包含語言課，因為我沒空，我沒有很長時間在布拉格，我覺得做好個人規劃跟確切地了解自己想要甚麼就沒問題，想要認真學習或是想要把握機會環遊世界都是非常棒的選擇。此外，也透過交換的機會，我體驗到全新的文化及環境，我覺得我之後想在歐洲工作，生活態度太愜意，而且非常多元友善包容，是我一直嚮往的，沒有這次的機會，我是不

會知道歐洲的美好的。但幸好我在國外沒有遇到甚麼問題，只有遇到一個文化衝擊，就是打招呼，通常在台灣，進去餐廳裡面，店員打招呼，我們就點頭回覆，但我剛到捷克進餐廳，店員跟我說 Hi，我一樣點頭，我就被念了，他說我為什麼不回答她，我頓時尷尬，所以現在學到，你到哪都一律說 Hi，然後離開就 bye, have a nice day，不同的禮儀文化，也是蠻酷的。除了這個外，沒有遇到其他文化衝擊和困難，因為我本來就讀國際學程，身為很多國際生，所以也習慣了。最後我想說，大家一定要好好利用機會，多多出國玩，我本人去了 25 個國家，我以自己為榮。

In the 112-2 semester, I participated in a one-semester exchange program at the Czech Technical University (CTU) in Prague, Czech Republic. Initially, I chose Prague due to a classmate's recommendation, but the exchange experience exceeded my expectations by far.

The Czech Technical University is located in the capital city, Prague, and offers a convenient geographic location with easy access to multiple bus, tram, and metro stations, making the city center just 15 minutes away. The campus area also provides convenient living amenities, including supermarkets and restaurants. CTU is renowned for its excellence in engineering and technical fields and is a well-known university in the region.

During my exchange, I attended the university's School of Business and took two courses: English for Intercultural Communication and Meetings and Negotiations in English. These courses aligned well with my personal needs as I hoped to interact with local students and hear the perspectives of peers from various countries.

The classroom atmosphere was relaxed, with minimal exams and a focus on presentations and sharing, which allowed for more travel time. In the intercultural communication course, two teachers co-taught the class, each focusing on different areas. The first teacher emphasized communication skills, while the second one focused on improving our language accuracy. They prepared a series of culturally related questions for discussion, creating an engaging and practical class environment. Students came from Taiwan, the Czech Republic, India, Chile, and France, each bringing unique cultural insights, making the discussions fascinating. This course did not have exams, only a final individual presentation, and class discussions were based on the themes and questions prepared by the teachers. It was a useful and enjoyable course.

The second course, Meetings and Negotiations in English, was somewhat different from what I expected. The teacher primarily taught us the appropriate ways to speak and use correct English during international negotiations. Each class involved textbook-based exercises focusing on various types of negotiations, culminating in a final exam that tested us on the negotiation phrases we had learned. I found the teachers to be quite accommodating regarding student absences, respecting personal matters and individual priorities.

I highly recommend these two courses, especially to students who want to spend more time traveling. The courses are less demanding and allow for three absences, perfect for those eager to explore Europe. Besides these two courses, I didn't take any other classes, including language courses, due to my limited time in Prague. I believe that with proper personal planning and a clear understanding of one's goals, it's possible to balance serious study and the opportunity to travel the world.

Moreover, through this exchange, I experienced a new culture and environment, which has inspired me to consider working in Europe in the future. The relaxed lifestyle, diversity, friendliness, and inclusiveness of European culture are things I have always longed for. Without this opportunity, I would not have discovered the beauty of Europe.

Fortunately, I didn't encounter any major issues while abroad, except for one cultural shock regarding greetings. In Taiwan, when entering a restaurant, we usually nod in response to the staff's greeting. However, upon entering a restaurant in the Czech Republic, when the staff said "Hi," I nodded as usual but was corrected and told to respond verbally. This taught me to always say "Hi" when entering and "Bye, have a nice day" when leaving. This difference in etiquette was quite interesting.

Apart from this, I did not face any other cultural shocks or difficulties, as I am already accustomed to an international environment due to my studies in an international program with many international students. In conclusion, I encourage everyone to seize opportunities to travel abroad. Personally, I have visited 25 countries, and I take great pride in that.

### 學海惜珠暨乘風萬里或者乘風萬里，心得報告內容項目如下

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| H. 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？                         |
| I. 給乘風萬里獎勵金捐贈者的感言及心得感想                                            |
| J. 別具意義的照片                                                        |