

- **學校簡介**

捷克科技大學 (CTU) 創立於 1707 年，是捷克最優秀也最古老的大學之一，雖然是以理工科系最為知名，不過我選擇的 Masaryk Institute of Advanced Studies (MIAS) 商學院亦提供多元的經濟與管理課程。CTU 擁有來自超過一百個國家的 3500 多名國際學生，而 MIAS 商學院約有 15% 的學生為國際學生，具有非常多國際交流的機會，可以接觸不同的文化。CTU 位於布拉格 6 區，附近交通便利且生活機能佳，大部分學院、行政大樓、圖書館都集中在此區，而宿舍則是分散在不同區。

- **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**

我一共選修了 3 堂課，每堂課都是 3 ECTS、每週上 90 分鐘，分別是 1 堂學士班課程 - Business Correspondence，以及 2 堂碩士班課程 - Management in International Environment、Principles of Sustainability。最推薦的是 Business Correspondence，課程內容是講授如何用英文撰寫正式的電子郵件，主要是練習各式各樣跟商業主題相關的書信溝通，課程內容很豐富，會搭配手寫練習或回家作業，但是都不會太難，考試內容也大多是從課程簡報出題，而且老師人很好，不論是上課、回答問題、改作業都很用心，整體而言是很有收穫的一堂課。

- **國外研修之生活學習 (課外)**

CTU 的 ESN 學生組織時常為交換生舉辦各式各樣的活動，包含迎新活動、文化交流活動、不同主題的派對和城市小旅行等等，可以自由參加非常豐富的課外活動。

CTU 位於捷克的首都布拉格，城市內有地鐵、電車和公車，到市中心或火車站約 25 分鐘車程、到機場約 35 分鐘車程，地理位置非常便捷，所以我很常利用課餘時間到不同國家旅行，體驗不同的文化特色，也了解不同世界文化遺產的歷史，體會多樣的人文環境和城市氛圍。

- **交換/研修之具體效益 (請條列式列舉)**

1. 英語能力進步
2. 開拓全球視野，豐富國際觀
3. 國際交流經驗增加
4. 社交能力提升
5. 獨立自主能力提升
6. 危機處理能力提升
7. 生活自理能力提升
8. 廚藝進步

- **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？**

沒有遭遇比較大的困境，大多是旅行時發生的各種突發狀況，像是飛機誤點、火車取消、沒有熱水洗澡、被公車司機丟在荒郊野外、重感冒又腸胃炎等等，這部分就是考驗自己危機處理的能力，如何平常心應對、冷靜找到解決辦法。

- **海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？**

因為大學時就已經去過捷克交換，所以對於歐洲和捷克的文化都蠻能適應的，沒有遇到特別大的衝擊。不過偶爾還是會遇到種族歧視的狀況，這部分我通常是調適自己的心態，把它想成是一次異國的體驗，不讓它破壞旅行的興致。

- **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？**

我覺得海外生活讓我成長最多的是獨立自主和危機處理的能力，學習一個人處理生活中和學業上的大小事，特別是獨旅時，很考驗自己行程規劃和問題解決的能力，也讓我用更開放的心態去面對旅程中的人、事、物，勇敢嘗試不同的人生經歷。

- **感想與建議**

這是我的第二次交換，對於海外生活也更得心應手，雖然沒有第一次到歐洲的新鮮感，不過更了解自己想要的是什麼，以及想要達成什麼目標。除了選修學士和碩士開設的管理相關課程，體會 lecture 和 seminar 兩個不同的上課模式，以及和其他國際生一起完成報告外，也多利用時間和人管所同學規劃旅行，一起探索我沒去過的新城市，而舊地重遊時，我便擔任朋友們的歐洲導遊，介紹我所了解的文化與景點。謝謝中山提供豐富的交換資源和獎學金，讓我能在就讀研究所時，還有機會再次前往捷克交換，遊歷了 17 個國家、42 個城市，我相信這是我人生中很特別的體驗，也是非常寶貴的回憶。

Czech Technical University (CTU), established in 1707, is one of the most prestigious and oldest universities in the Czech Republic. While it is widely recognized for its engineering programs, the Masaryk Institute of Advanced Studies (MIAS) School of Business, where I studied, also offers diverse courses in economics and management. CTU hosts more than 3,500 international students from over 100 countries, and approximately 15% of MIAS students come from abroad, making it an ideal place for cultural exchange. The university is located in Prague 6, a district with convenient transportation and excellent living facilities. Most faculties, administrative buildings, and libraries are concentrated in this area, while dormitories are spread across different districts.

During my exchange program, I took three courses, each worth 3 ECTS credits, with a weekly duration of 90 minutes. These courses included one undergraduate class, Business Correspondence, and two graduate-level classes, Management in International Environment and Principles of Sustainability. Among these, I found Business Correspondence to be the most beneficial. This course focused on writing formal emails in English,

covering various aspects of business communication. The coursework included practical writing exercises and assignments, which were not overly difficult. Exams were primarily based on lecture slides. The professor was exceptionally dedicated, providing detailed explanations, engaging discussions, and thorough feedback on assignments. Overall, this course significantly enhanced my business writing skills and communication abilities.

The Erasmus Student Network (ESN) at CTU frequently organized activities for exchange students, including welcome events, cultural exchange programs, themed parties, and city excursions. These events provided abundant opportunities to interact with students from different cultural backgrounds.

CTU's location in Prague, the capital of the Czech Republic, offered excellent connectivity through its metro, tram, and bus system. It took approximately 25 minutes to reach the city center or train station and 35 minutes to the airport. This accessibility allowed me to travel frequently to different countries in my free time. Through these travels, I experienced diverse cultural traditions, learned about World Heritage sites, and immersed myself in a variety of human and urban environments.

The exchange program brought many benefits, including improved English proficiency, a broadened global perspective, increased experience in international exchange, enhanced social skills, strengthened independence, and better crisis management abilities. I also developed better self-care habits and even improved my cooking skills. The most significant growth I experienced was in independence and crisis management skills. Living abroad required me to handle academic and daily life challenges on my own. Traveling alone, in particular, tested my ability to plan itineraries and solve problems independently. This experience also helped me adopt a more open-minded approach toward new people, experiences, and challenges, encouraging me to embrace different aspects of life with courage and curiosity.

This was my second exchange program, which made me more comfortable with living abroad. Although I no longer had the same excitement as my first time in Europe, I had a clearer understanding of my personal goals and aspirations. In addition to taking both undergraduate and graduate-level management courses, experiencing lecture and seminar formats, and collaborating with international students on projects, I also traveled extensively with my classmates from the Institute of Human Resource

Management. Together, we explored new cities, while I acted as a guide when revisiting familiar places, introducing my friends to the culture and landmarks I had previously explored.

I am deeply grateful to National Sun Yat-sen University for providing generous exchange opportunities and scholarships. This support enabled me to study in the Czech Republic again during my graduate studies, where I had the chance to visit 17 countries and 42 cities. This experience has been an invaluable chapter in my life, offering unique and unforgettable memories that I will cherish forever.