

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

UHK(University of Hradec Kralove)是在捷克布拉格近郊，搭火車約一個半小時的車程，我就讀的是管理學院 FIM。

UHK 是社區型大學，大多數學生除了在地人之外多為交換學生。學校相當重視交換學生的想法，也安排許多活動希望交換生多參與。

UHK(University of Hradec Kralove) is located on the suburban side near the capital of the Czech Republic. One and a half hours away from Prague by train. I study Faculty of Informatics and Management (FIM).

UHK is a community college. Most of the students except for local students are from other countries. School always consider student's opinions and empathize with the overall experiences of studying and living. Besides, encourage students to join the activities that the school conducts as a cultural exchange.

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

這次交換總共上了四門課，包括學術寫作、捷克文、專案管理、滑雪課。我覺得這四門課都讓我受益良多。學術討論可以讓我練習英文寫作，增加英文寫作實力；捷克文為當地的語言，可以學起來對日常生活有幫助；專案管理讓我學會基本的專案進行以及專案決策的工具；滑雪課是一堂為期四天三夜的體育課，在短短幾天內我學會滑雪的基本技巧，讓我能自己滑完全程約 4 分鐘的滑雪道。每一門課我都認為很有收穫。

I have 4 courses this semester, including **academic writing, Czech language, project management, and ski course**. Each of course I have learned a lot. I have learned some practical writing skills from academic writing including the use of transition and vocabulary, and enhanced writing quality; learning the Czech language assisted me in getting involved to local quickly, also it is good for daily chores with a little understanding of the language ; project management is the course that helps beginner knowing the basic management tools while making a decision ; ski course is a course learned the basic techniques about ski in four days, teachers are so kind and full of patient, which allows me to finish the course and ski the entire slope by myself.

I believe each of course was very rewarding.

C. 國外研修之生活學習 (課外)

除了在學校上課我大多數的時間都去旅遊，在短短不到四個月的時間利用休息時間我去了 13 個國家共 15 個城市。一邊照顧課業也要一邊安排旅遊、規畫行程讓我行程總是非常充實。這讓我知道如何善用時間。除此之外我也會去參加學校舉辦的活動如:迎新派對和城市探索，每一個經驗都相當有趣，認識了許多人，了解許多地不同的故事與國家文化。

Apart from studying I spent most of my time traveling, in just under 4 months I travel 13 countries and a total of 15 cities during my free time. Balancing my studying while arranging travel and planning itineraries makes my schedule very fulfilling. This taught me how to make good use of my time, besides, I attended school-organized activities such as welcome parties and city exploring, each experiences are interesting, and allowed me to meet many people learn about various stories and cultures from different nations.

D. 交換/研修之具體效益 (請條列式列舉)

1. 學習時間規劃與安排 Learning time management and scheduling
2. 學習獨立、提升解決問題的的能力 Learning independency and problem-solving skill
3. 英文口說與聽力進步 The advancement in English speaking and listening

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？

我認為最大的困難是語言，尤其在捷克他們不講英文也對外國人較不友善，處理日常事務時我需要常常拿著翻譯進行溝通。所以大多時候會先請助教幫助，去避免誤會和不方便。

I think the biggest difficulty for me is language, especially since I am in the Czech Republic, they do not speak English so most of the time I need to use GOOGLE Translate, also due to being unfriendly to foreigners so we are having trouble dealing with daily chores.

As a result, I will ask for a buddy' s help to avoid any inconvenience.

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？

我很幸運沒有遇到什麼文壞衝擊我的室友是大部分是台灣人，出國玩也很順利，沒有甚麼奇怪的事情。

I' m fortunate not to have experienced much cultural shock. Most of my roommates are Taiwanese, and my trips abroad have gone smoothly without any unusual incidents.

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？

最大的收穫是我更知道如何善用時間，再出國旅遊的時候我學會試著用多方資源去規劃行程，從中找出最方便且經濟實惠的旅遊規劃。這讓我學習到許多問題解決的方法

The greatest takeaway for me is learning how to make better use of my time. When planning trips abroad, I learned to utilize various resources to create itineraries that are both convenient and cost-effective. Through this process, I gained valuable problem-solving skills.

H. 感想與建議

我覺得這次交換的經驗讓我多了解了這個世界，不管事學校的學習囉出國旅遊這邊多鼓勵學弟妹能跨出舒適圈，參加一次交換計畫，多善用與規劃課外的時間，相信一定會有不少的收穫。

I believe this exchange experience has allowed me to gain a deeper understanding of the world. Whether it's through academic learning or traveling abroad, I highly encourage younger students to step out of their comfort zones and participate in an exchange program. Make the most of and plan your extracurricular time wisely—I'm confident you'll gain a lot from the experience.

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 experience at UHK in the Czech Republic was incredibly enjoyable. UHK places great emphasis on the opinions of exchange students, with administrative procedures that are quick and easy to understand. The courses are diverse, allowing you to arrange your schedule flexibly. The Czech Republic, often referred to as the heart of Europe, is centrally located, making it an ideal base for traveling. In addition to its affordable cost of living, transportation is highly convenient, with options such as trains,

buses, and car rentals. The budget-friendly living and travel expenses in this region of Europe allowed me to save significantly.

The courses I took were both practical and engaging. For example, I joined a skiing class where I experienced the local Czech way of enjoying winter sports and leisure. Learning the Czech language in a workshop made daily life more convenient. In the project management course, the instructor explained the fundamentals of project execution and evaluation tools in the simplest terms, making it easy to grasp. The academic writing class improved my fluency and vocabulary in English writing. Overall, I was highly satisfied with the courses offered.

Although my exchange lasted less than four months, I managed to travel to 13 countries during this time. I took the opportunity to chat with locals, stroll through cities, and enjoy authentic cuisine, which brought me immense joy and fulfillment. This exchange program is truly a remarkable memory for me. Experiencing the world as a student is an invaluable opportunity, and I highly recommend younger students to seize such a chance and explore what lies beyond their comfort zone.

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

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. 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