

捷克帕拉茨基大學返國報告書

A. 學校簡介：

帕拉茨基大學位於捷克東邊名為 Olomouc 的小城市。我交換的上學期（冬季學期）有三百多名各國交換生。學校各系館與主要商場、景點都在步行距離 30 分鐘內。該城市的公眾運輸系統由輕軌與公車構成，三個月學生月票只需 500 CZK 相當便宜。

B. 課內學習：

我就讀植物學系。上了八堂全英語授課課程，當中有三堂是旁聽。有堂學生數僅有 4 人且有學生課程衝堂，老師因而能彈性的更改上課時間至其他天。

這是在台灣較難見到的。

為能更融入當地，我有旁聽捷克語課程(Czech for Foreigners)。該校設有外語系所，在台灣有學過德語，我因而選修德語會話課(German Communication for Exchange Students)。語言課程本身就屬互動性較強的類別，但國外授課方式能感受到老師更加積極主動，小班制約 10 人左右使老師能將注意力會不斷詢問各個學生問題，上課過程會頻繁抽點，老師也會過來檢查每個學生狀況。

最喜歡 General Mycology（真菌學）的課程，那堂僅有兩個學生但老師依舊開課且教學熱忱不減。老師會拿許多真菌（菇類）樣本給我們實際觀察，而非只有冷冰冰的圖片。

C. 課外學習：

1. 在台灣沒有住宿舍經驗，此次交換第一次體驗宿舍生活，瞭解並學習到如何跟室友相處。
2. 學習自己做菜。
3. 熟知歐洲部分城市大眾運輸與跨國、跨城市交通學會安排出遊所有行程。
4. 英文各方面能力有顯著進步，特別是聽力與口說。
5. 瞭解到捷克人有去野外採蘑菇的習俗。

D. 交換之具體效益：

1. 英文能力必然會變好
2. 與他國朋友交談時更進一步認識他們的習俗與文化，尤其是認識一些穆斯林朋友，親眼看到禱告儀式如何進行。
3. 深刻體會到國外教學文化與台灣差異。老師與學生關係更像是朋友，能討論各種問題。
4. 旅遊時找已在當地生活一、兩年台灣地陪，可幫助我瞭解於這城市或國家居住、留學與工作會面對的更深層問題。



Fig 1. 布拉格查理大橋與金針菇



Fig 2. 各國交換生晚餐聚會

E. 遭遇之困境

遇事能做到不慌，並馬上尋找解決方法而非愣在原地。

曾經因火車突然轉換月台而沒搭到，我果斷選擇改坐巴士，卻又因路上塞車沒能即時抵達機場而錯過班機。但所有訂房費用都不能退款，於是我馬上又訂一班夜間火車坐 12 小時直達目的地，幾經波折但能夠解決問題才是最重要的。

F. 文化衝擊

我的捷克當地學伴和我見面時都會先給我一個擁抱，儘管早已知道此文化差異有時還是會有點嚇到。但現在我遇到她能夠較自然的主動給予見面擁抱。交換校所處小城市的小商店晚上六、七點便打烊，以致我有時想出門買點東西吃都有困難。但大型商場的超市仍營業到晚上十點。

G. 個人特質轉變與成長

1. 不害怕開口說英文，有自信講英文後發現自己其實有能力和他人順暢以英文對談。
2. 前期較害羞，遇事都自己埋著頭查找資料，但現在出去旅遊遇到問題就是開口詢問當地人或站務人員會更加迅速，其實大家都會很樂意幫助你。

3. 到新環境面對新的人事物讓我不被過去自己的認知束縛，在聆聽更易接受新想法。以開放心態看待這世界時會更容易感到快樂。
4. 更容易發現生活周遭那些美好的瞬間，可能只是靜靜聽著河水潺潺流動聲，或是秋天時看著樹葉緩緩落於水面上都能使我感到滿足。
5. 去觀光景點或美術館更在乎的是其背後的歷史與故事而不想純粹走馬看花。多出的空閒時間讓我能以心去體會、觀察。
6. 更有自信，較放得開做自己，不在乎他人眼光。
7. 知道自己時間有限，可能只有一次機會，因而更勇於嘗試未知的事物。

H. 感想與建議

這半年的交換生活不只是學業、國際友誼上的收穫，更多的是不同想法碰撞時反思我的文化如何影響與形塑自己。

希望未來計畫來交換的學弟妹能多花點時間停留在自己城市，不建議過度旅遊，會失去自己思考的時間，難以吸收內化所有想法。

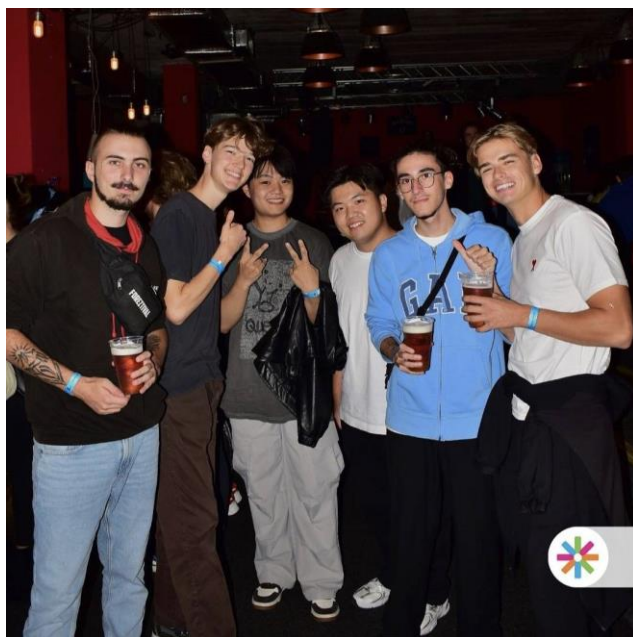


Fig 3. 與法國朋友在酒吧

Palacký University Olomouc

University Overview:

Palacký University is located in the small city of Olomouc in the eastern part of the Czech Republic. During my exchange semester (Winter term), there were over 300 exchange students from various countries. The university's academic buildings, main shopping areas, and tourist attractions are all within a 30-minute walking distance. The city's public transport system consists of trams and buses, and a student monthly pass costs just 500 CZK, which is very affordable.

Academic Learning:

I studied at the Department of Botany, taking eight English-taught courses, three of which were audits. One of the courses had only four students, and when there was a schedule conflict, the professor was flexible enough to reschedule classes. This level of flexibility is rare in Taiwan. To immerse myself further in the local culture, I audited a Czech language class. The university also offers a foreign language department, and having studied German in Taiwan, I chose to take a German conversation course. The teaching methods abroad were much more interactive, with small class sizes of about 10 students, allowing the teacher to engage with everyone and ask frequent questions. My favorite course was *General Mycology*, which had only two students. Despite the small class size, the professor remained enthusiastic, giving us real mushroom samples to observe instead of just showing pictures.

Extracurricular Learning:

1. This was my first time living in a dormitory, and I learned how to get along with roommates.
2. I learned how to cook for myself.
3. I became familiar with European public transportation and how to plan cross-country or cross-city travel.
4. My English skills, especially listening and speaking, improved significantly.
5. I learned about the Czech tradition of foraging for mushrooms in the wild.

Specific Benefits of the Exchange:

1. My English proficiency improved, particularly in speaking and listening.
2. Through conversations with international friends, I gained a deeper understanding of their customs and cultures, especially from Muslim friends, observing their prayer rituals firsthand.

3. I experienced firsthand the differences in teaching cultures between Taiwan and abroad. Professors were more approachable, and the teacher-student relationship felt more like a friendship, allowing open discussions on various topics.
4. Traveling with Taiwanese locals who had lived in the city for a year or two helped me understand deeper aspects of living, studying, and working in that country.

Challenges Encountered:

I learned to stay calm in difficult situations and find solutions quickly. Once, I missed my train due to a sudden platform change, but I decided to take a bus instead. However, I got stuck in traffic and missed my flight. Since the hotel fees were non-refundable, I quickly booked a night train for a 12-hour journey to reach my destination. Despite the setbacks, I was able to resolve the situation, and that's what mattered most.

Cultural Shocks:

I was initially surprised when my local Czech friends greeted me with a hug, even though I knew this cultural difference. Over time, I became more comfortable with this gesture. The small shops in the city closed by 6 or 7 PM, which made it difficult to buy food at times. However, larger supermarkets stayed open until 10 PM.

Personal Growth:

1. I gained confidence in speaking English, realizing I could engage in smooth conversations.
2. I became more outgoing, seeking help from locals or staff when traveling instead of doing everything by myself.
3. Being in a new environment helped me let go of past biases and approach new ideas with an open mind, leading to more happiness.
4. I became more attuned to the small beautiful moments in life, like the sound of a river flowing or leaves falling gently on the water.
5. I became more interested in the history and stories behind tourist attractions, taking the time to appreciate the deeper meaning behind the places.
6. I gained more self-confidence and became less concerned about others' opinions.
7. I realized that time is limited, and I should be more courageous in trying new things.

Reflections and Advice:

The exchange experience enriched me not only academically and socially but also personally, as it made me reflect on how my own culture has shaped who I am. I advise future exchange students to spend more time in their host city rather than focusing too

much on traveling. Over-tourism can prevent deep self-reflection and hinder the ability to internalize new ideas.