

返校報告書

A. 學校簡介

University of Hradec Králové 簡介

University of Hradec Králové (UHK) 位於捷克共和國的赫拉德茨-克拉洛韋市，成立於 1959 年，是一所現代化且富有活力的高等教育機構。UHK 提供多樣化的課程，涵蓋人文、社會科學、教育以及自然科學等領域。該校與世界各地的學校有緊密的合作關係，積極推動國際交流，並為交換生提供良好的學習環境與資源。

UHK 最令人印象深刻的是其高度支持學生實踐學習的機會，包括特色課程和戶外體驗。例如，學校特別開設滑雪課程，讓學生在課堂內外學習並體驗歐洲的冬季運動文化。赫拉德茨-克拉洛韋市本身也以安全友善的環境和豐富的文化背景吸引著各地學生。

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

我修習了三門課程，每一堂課都有不同的收穫和啟發：

1. 滑雪課 (Skiing Course)

這堂課是我選擇 UHK 的主要原因，因為多數學校並不提供滑雪相關課

程。UHK 不僅開設課程，更安排學生到實際的滑雪場進行體驗。雖然我的滑雪技巧仍需加強，但這堂課讓我學會了一項全新的技能，也啟發我未來希望能到其他國家嘗試不同的滑雪場。

2. 捷克文 (Czech Language)

這堂課主要學習捷克語的基礎對話。老師非常用心且耐心地教學，並邀請其他國家較熟悉捷克語的同學協助指導我們，幫助我們更快適應當地生活。

3. 企業溝通 (Corporate Communication)

這堂課是我收穫最多的一門課。老師的英文發音非常標準，幾乎不會有聽不懂的問題。此外，老師經常引用實際例子來說明課題，例如介紹台灣燒金紙文化並與其他國家文化做比較，讓我們對文化差異有更深刻的理解。期末考採取閱讀一本書後回答老師提問的方式，促使我們思考與表達自己的觀點，提升了批判性思維能力。

C. 國外研修之生活學習 (課外)

課外活動方面，我面對的最大挑戰是自己規劃旅程。無論是獨自旅行或與朋友一同出遊，都需要安排交通、住宿及行程細節，這讓我學會如何在有限的時間與預算內有效規劃行程。

除此之外，我也嘗試與來自世界各地的學生交流，參加當地的文化活動和節慶，這些經驗幫助我更快融入異國生活，並拓展國際視野。

D. 交換/研修之具體效益 (請條列式列舉)

1. 學習獨立
2. 安排旅程與時間規劃能力提升
3. 加強英文應用能力
4. 金錢規劃與預算管理
5. 學會放輕鬆、隨遇而安 (Be a chill guy)

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？

最大的困境是需要更獨立，尤其是當自己一個人時，會感到孤單與不安。

由於與台灣朋友存在時差，無法隨時聯絡交流，因此我選擇多出去走走，

參加活動或旅行，讓自己忙碌起來，逐漸適應獨立生活。

這次經驗啟發我未來遇到類似情況時，要主動尋找事情做，轉移注意力，

並主動與身邊的人建立連結。

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？

文化衝擊是交換生活中必經的過程，我選擇以開放與放輕鬆的態度去面對 (Be chill)。我意識到自己是文化上的“外來者”，因此需要尊重與理解當地文化。同時，Corporate Communication 這堂課讓我學習到不同國家的文化差異，使我能更快適應與接受這些差異。

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？

這次交換最大的成長是讓我變得更“Chill”。我學會了凡事不用過於緊張，很多事情其實都沒有想像中嚴重。此外，我也很感謝在國外認識了一位非常好的朋友，在我情緒低落時總是用幽默的方式鼓勵我，讓我在異鄉也能保持樂觀的態度。

H. 感想與建議

我認為交換計畫是一個很棒的經驗，但希望未來參加的學生能先想清楚自己的目標。如果目的是旅遊，那麼一定要好好規劃，利用短時間內遊覽更多國家。如果目標是學習，則要充分利用學校資源與課程。

不論目標是什麼，最重要的是在過程中保持彈性與開放的態度，讓自己從

中收穫最多的成長與體驗。

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

My exchange experience at the University of Hradec Králové (UHK) was truly unforgettable and transformative. Over the course of my stay, I not only gained academic knowledge but also grew personally, becoming more independent and adaptable.

One of the highlights of my exchange was the **skiing course** offered by UHK. This was the main reason I chose this university, as skiing courses are rarely available at other institutions. The course allowed me to learn a completely new skill while experiencing the beauty of European ski resorts. Although I still have room for improvement, this experience has inspired me to explore more skiing opportunities in other countries in the future.

I also took a **Czech language course**, which helped me learn the basics of Czech communication. The teacher was highly dedicated, and we even received support from international classmates who were more familiar with the language. This course enabled me to better navigate daily life in the Czech Republic and appreciate the local culture.

The most impactful course I took was **Corporate Communication**. The professor's clear English pronunciation made it easy to follow, and the class incorporated practical examples that resonated with all students. One memorable moment was when the professor introduced Taiwanese cultural practices, such as burning joss paper, and compared them with other countries' traditions. This course deepened my understanding of cultural differences and enhanced my critical thinking skills through discussions and the final exam, which required analyzing a book and presenting my perspectives.

Outside the classroom, I faced challenges that helped me grow. Planning trips, managing budgets, and coordinating schedules with friends required careful organization and flexibility. Traveling to different countries during weekends also broadened my horizons and allowed me to experience diverse cultures firsthand.

One of the biggest personal challenges I encountered was dealing with moments of loneliness, especially due to time zone differences that made it difficult to stay connected

with friends back home. However, I learned to overcome this by going out, meeting new people, and staying active. I also developed a more relaxed attitude—learning to "be chill" and embrace uncertainties as part of the adventure.

This exchange experience taught me many valuable life skills, including time management, financial planning, and communication. It also improved my English proficiency and gave me the courage to step out of my comfort zone. Most importantly, it changed my mindset—I've learned to face challenges with a positive attitude and to see every difficulty as an opportunity for growth.

Looking back, I am incredibly grateful for this opportunity, especially for the friendships I built. One of my closest friends abroad always knew how to cheer me up with humor, making my exchange experience even more enjoyable.

For future exchange students, I strongly recommend having a clear goal before starting the journey. Whether your focus is academics or traveling, planning ahead is key to making the most out of your experience.

In conclusion, my exchange at UHK was more than just an academic experience—it was a journey of self-discovery, cultural exploration, and personal growth. I will cherish the memories, skills, and friendships I gained, and I look forward to applying what I've learned in my future endeavors.