

A. 學校簡介

我就讀的學校是 University of Hradec Kralove，簡稱 UHK，學校位於布拉格東邊約兩小時火車車程。（如果要來回機場的話，單趟需要 3 小時，所以如果去東歐就相對方便，只要搭火車都可以到達，南方 20 分鐘左右的城鎮: Pardubice 是個轉車的好地方）

這所大學最特別的是校徽的設計，聽 Cooperate Communication 的老師在一次上課介紹，校徽以大括號 { } 為設計元素，因為大括號才能把所有的元素囊括，而我所在的管理學院是等號 {=}，因為管院或是資訊學系都必須要求精準的算出等號的結果；相對的理工學系因有無窮數字的概念，所以該院的符號設計為{~}，約略的概念.....等。（不過他認為這是個很糟的訊息傳達概念）

我的宿舍在 Palachova（唸法：pa-la-ho-va），前往學校需要搭乘約 20 分鐘的公車。宿舍生活機能完善，每個 flat 由兩間兩人房或是兩間三人房組成。我是住兩人房，居住起來相當舒適。宿舍附近還有很多間超市，像是 Albert（走路 3 分鐘）、Lidl（走路 7 分鐘）、Tesco（走路 10 分鐘，但有學生優惠可以打 9 折），日常採買相當方便。此外，Hradec Kralove 整體街道寬敞，治安良好，再加上宿舍內部空間充裕，十分適合學生生活。

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

這學期修三門課，分別為捷克文、溝通技巧、滑雪課。

我把前兩堂課集中在星期二，而滑雪課則是密集課，老師會看山上雪量告知上課時間及地點。

【Czech Language for Foreigners】

這學期因為交換學生太多，所以捷克文有兩個不同老師授課，而我是給 Ava 上的，她的授課內容和方式很彈性，老師很開朗健談，她會讓每個學生都有練習口說的機會，不會只專注在特定學生，而且老師會用很多教材輔助上課。

【Corporate Communication】

這是由 Marcel Pikhart 老師授課。他是一位學識淵博的老師，在業界擔任多個企業的顧問，上課會以理論和實際案例並行。上課方式是課程前半部分由學生進行口說報告，報告內容是他所分發的主題，學生可以挑選自己有興趣的內容；後半段則是有一個特定主題，他會以理論和實例說明，上課的過程會發現老師講話很幽默，而且認真聽都會獲益良多。

【Sport (skiing)】

這是一堂密集課，老師會用 4 天的時間帶大家到捷克北邊的城鎮滑雪，如果你是 FIM 的學生通常會優先選上，所以如果不排斥一定要選，非常值得。

老師會教你很多滑雪的技巧，我想這對台灣學生來說應該是個很難忘的體驗，畢竟我們也不是看雪長大的小孩；4 天的滑雪課餘時間，老師也會準備很多活動帶領大家參與。

C. 國外研修之生活學習 (課外)

自己煮飯對我來說應該算是課外的學習，尤其用著不熟悉的食材更是困難，不過幸好有一位捷克室友，他總是會介紹食物還有食物的做法和大家分享。

另外，我想「旅遊」對交換生來說也是另一個課題，做了大老遠的飛機到歐洲生活半年，趁這著機會開闊視野。然而半年時間卻遠遠不夠對每趟旅程做到精心規劃的程度，很多時候甚至是在 1.2 天才決定旅行地點，並且訂機票住宿、查詢當地交通、旅遊景點、當地歷史特色等等，這時候就很考驗臨機應變的能力，最重要的是把自己當作海綿來吸收在旅程中所遇到、看到的每一件事。

D. 交換/研修之具體效益 (請條列式列舉)

文化體驗：

「旅行的意義是為了體驗當地人的生活方式」。還記得在埃及時，許多旅伴抱怨著當地的種種不便，而隨團導遊卻始終保持微笑，不曾流露出任何不悅的情緒，反而微笑著對我們這麼說——

我習慣了捷克人常常一臉不耐煩的表情、德國慕尼黑啤酒節拿著啤酒到處和陌生人乾杯、早晨站在羅馬街頭巷尾的咖啡店喝著最純正的 Espresso、在冰島看著極光感受內心的澎湃...等，我看過、體驗過許多不同國家的好事與壞事，但我想這些都是旅行的過程，每個人的體驗都是獨一無二，無價的回憶。

語言學習：

雖然長時間都在國外旅行，但我也學會了至少 10 個國家最基本的打招呼還有道謝的問候語。

話是這麼說，但破破的捷克文還是救了我一命，那時在機場報到準備回台灣，一開始就先親切的跟櫃台問候，後來量行李重量的時候嚴重超標，但他還是放過我一次，不然可能就要被罰 170 歐了。

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？

我遇過生活習慣的不同、旅行的種族歧視，但最讓我印象深刻的是差點觸法攜帶空拍機入境埃及。

當時的情境是連續一個月的多國旅遊，所以把所有攝影設備都帶上，包括空拍機，然而在馬德里機場前往埃及的航班之前，問了攝影同好關於他上一趟埃及的拍攝，當他說埃及禁止空拍機入境後我才意識到問題的嚴重性，因為對埃及政府來說，空拍機是等同於槍支彈藥的違禁品，但此時此刻的我已經在登機門了。當下查了很多關於帶空拍機入境的後果，最後選擇把空拍機當成遺失物品留在飛機上。

回到飯店後，我就馬上到航空公司的網站辦掛失，幸好最後以完美的結局收場，空拍機被找到了，而且很幸運的沒有任何損傷運回台灣。

可能有人會好奇為什麼會選擇遺留在飛機上？因為看到網路上分享的資訊只有看到一個成功案例把空拍機寄在海關（繳100美罰款）離境取回。更多的是直接沒收或是不讓你入境，甚至如果偷帶入境，出境被抓到更有可能直接被拘留。

這件事對我來說，不只要好好的做事前的功課、查清楚資料，更重要的是要珍惜我們所擁有的，因為我太習以為常的攜帶空拍機在多個國家之間走跳，從來沒有想過這會是個問題，因為沒有人會限制你在合法的地方飛行，相反的，在埃及，他們是連做這件事情的權利都沒有。

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？

這趟旅行的觀察我發現，歐洲人和亞洲人有著很大的差別，對我們來說歐洲人做事情都很自我，不太在乎別人的感受，像是在超市買東西時，他們就是會霸佔一條走道慢慢看自己的東西，而不管後面是否有人要通過。

不過到後來我也就習慣了，站在他們的角度，你是在享受自己的時間、用著自己的步調做著自己的事情，所以到後來我也不太管會不會擋到人，或是用餐拖太久會不會卡到下一桌的時間，做自己即可，不會有人因此而責罵你！

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？

我認為經歷了這半年，我的成長是更獨立以及靈機應變。很多時候計劃趕不上變化，你永遠不知道義大利的交通會不會罷工、或是路上的街友會不會突然對你咆哮、飛機會不會延誤、早上的大晴天會不會下午就在高速公路上卡在暴風雪之中。

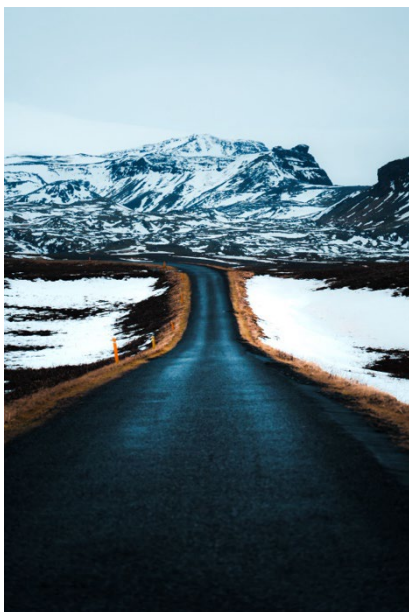
我學會用從容冷靜的態度去面對每一次的遭遇。

H. 感想與建議

人生很短，交換生活更短，我用了很多的力氣去記錄我所看到的世界，我不確定未來的人生還有沒有這樣的機會，但努力把握了；在半年的時間裡，我走了超過 20 個國家、30 座城市，親眼目睹自己走在電影場景中的畫面。

雖然這次的交換只有半年，但我看見了自己更多的可能性，拋開了萬般皆下品唯有讀書高的傳統思想，在國外你可以看到很多人從事著在台灣想不到的各行各業，經歷過這次的經驗，我也敢勇於追求在國外的職涯生活。

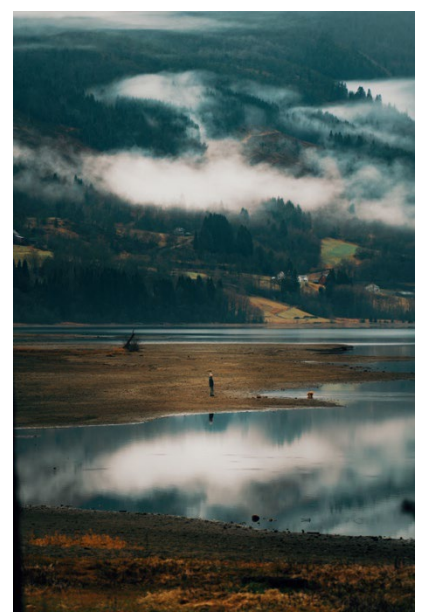
這是一段旅程是一輩子也說不完的故事。



Iceland, Snæfellsjökull



Egypt, Luxor



Norway, Voss

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

School Life at University of Hradec Kralove

I studied at the University of Hradec Kralove (UHK), located about two hours east of Prague by train. This makes traveling to Eastern Europe particularly convenient, as a three-hour journey can get you to the airport. A nearby town, Pardubice, located 20 minutes south of Hradec Kralove, serves as a great transfer hub for train connections.

I stayed at the Palachova dormitory (pronounced "pa-la-ho-va"), which was a 20-minute bus ride from campus. The dormitory provided a well-equipped living environment, with each flat consisting of either two double or two triple rooms. I lived in a double room, which was spacious and comfortable. The dormitory was conveniently located near several supermarkets: Albert (3-minute walk), Lidl (7-minute walk), and Tesco (10-minute walk), with the latter offering a 10% student discount. Hradec Kralove itself is a city with wide streets, good security, and a peaceful atmosphere, making it an excellent place for student life.

Academically, I took three courses: Czech Language for Foreigners, Corporate Communication, and a skiing course. The Czech language class, taught by Ava, was engaging and interactive, with a strong emphasis on speaking practice. She ensured every student participated and utilized various materials to enhance learning.

Corporate Communication, taught by Marcel Pikhart, blended theory with real-world case studies. Students presented reports on assigned topics in the first half of each session, followed by lectures filled with humor and valuable insights.

Lastly, the skiing course was a four-day intensive class held in the northern Czech mountains. As a student in FIM, I had priority enrollment, and I highly recommend it. The instructor not only taught skiing techniques but also organized engaging activities, making it a unique experience, especially for students from countries without snow.

Traveling and Cultural Experiences

Cooking was one of my extracurricular learning experiences, as working with unfamiliar ingredients was a challenge. Fortunately, my Czech roommate introduced me to local cuisine and shared various cooking tips. However, beyond daily life, traveling became my most significant learning experience. Being in Europe for six months provided an incredible opportunity to explore, even though time was often too short to plan every trip in detail. Many times, I made spontaneous decisions just one or two days before departure, quickly booking flights and accommodations while researching transportation, attractions, and historical sites. This tested my adaptability and ability to absorb knowledge on the go.

One of my biggest takeaways from traveling was cultural immersion. I experienced the impatient expressions of Czech locals, the celebratory atmosphere of Oktoberfest in Munich, the morning espresso culture in Rome, and the breathtaking aurora in Iceland. Every journey, whether encountering good or bad experiences, became an invaluable and unique memory.

Reflections and Lessons Learned

Throughout my time abroad, I encountered various challenges, including cultural differences, racial discrimination during travel, and even a near legal issue when attempting to bring a drone into Egypt. While traveling across multiple countries, I carried all my photography equipment, including my drone. Before my flight from Madrid to Egypt, a fellow photographer told me that drones were illegal in Egypt. At that moment, I was already at the boarding gate. After extensive research, I discovered that most cases ended with confiscation or detention. My best option was to declare my drone as lost luggage and leave it on the plane. Fortunately, upon returning to my hotel, I was able to file a lost item report with the airline, and the drone was successfully recovered and returned to Taiwan without damage. This experience taught me the importance of thorough research before traveling and to never take international regulations for granted.

Adjusting to cultural differences also played a crucial role in my growth. In Europe, people tend to prioritize personal space and time. At first, I found it frustrating when locals blocked supermarket aisles without considering others. However, I later realized that they were simply enjoying their own pace, which encouraged me to embrace a more relaxed approach to life.

This exchange program significantly enhanced my independence and adaptability. Unpredictable situations arose frequently—public transport strikes in Italy, aggressive encounters with homeless individuals, flight delays, or sudden snowstorms blocking highways. Through these experiences, I learned to remain calm and tackle challenges with a composed mindset.

Looking back, I am grateful for this journey. Exchange programs are brief, and I made sure to capture every moment through my photography and travel experiences. In just six months, I visited over 20 countries and 30 cities, standing in places I had once only seen in movies. This journey broadened my perspective, showing me possibilities beyond traditional career paths. Unlike the common belief in Taiwan that academic success is paramount, my travels revealed diverse career opportunities worldwide. This experience has given me the confidence to pursue international career opportunities in the future.

Ultimately, this exchange program was not just a trip—it was a life-changing chapter filled with stories that will stay with me forever.