

學校簡介

University of Hradec Kralove是位於布拉格右上方的 Hradec Kralove 城鎮的大學，搭火車至布拉格約2小時。學校有很多工學生討論使用的公共空間，走出校外也有很悠閒的公園伴著河流～很特別的是，有飲水機，而且含有氣泡功能喔，只要下載App每天都有定額的水可以喝。（絕對夠喝）而 University of Hradec Kralove 包含了理工學院、教育學院、哲學院、資訊與管理學院，並沒有再繼續往下分系，而我本次是就讀「資訊與管理學院」。

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

最喜歡Sport Ski 課程，因為在台灣沒有辦法滑雪，但在該所大學，只要付3500元左右的台幣，就有3天2夜的滑雪課程，而且老師會努力把你教到會，每個交換生都好像被賦予一定要學會的使命，所以大家通常都會學會喔，而且學校安排的小木屋，都有備餐，因為滑雪都會很餓，每次都要吃兩份。但要注意，小木屋沒有吹風機，因此要自己帶（因為老師說捷克人去滑雪是不會洗頭的，文化差異）

國外研修之生活學習（課外）

要學習面對所有的不確定，最常發生的就是多變的交通，能用錢解決的事都不是大事呀。人平安最重要

交換/研修之具體效益（請條列式列舉）

1. 體驗不同文化，增廣見聞：

雖然已經20好幾，但還沒出國前，對於歐洲大陸國家的地理位置，甚是不解。但經過這次出國交換，每次安排行程做的功課，都像在重新上了更有趣的地理課，因為了解他的氣候、地理位置、些許的文化，不愧俗話說「讀萬卷書，不如行萬里路」。

2. 了解國際情勢：

因為出國旅行時都會搭大眾交通運輸工具，而有些叫熱情的外國人會來主動聊天，他們會分享為什麼自己現在不在自己的國內，舉例來說，這次有認識一位白俄羅斯的建築師，她說因為烏俄戰爭的關係，他被迫離開家園，到土耳其上班。雖然他看起來時常到不同國家出差、開心地旅遊，但他的內心優該是很渴望回到自己的國家的，這在台灣目前是無法想像的。

3. 思考「無意識偏見」議題：

身為亞洲人在歐洲國家，每個人儘管知道DE&I 多元共融的社會是當代所想達成的，但實際上其實每個人或多或少都戴著一副「透明的眼鏡」在評斷眼前的陌生人。

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?

身體非常不舒服，但眼前有已經預定好的瑞士昂貴行程。

我的解決辦法即是放棄旅遊，顧好身體。雖然有遺憾，就當作缺憾美吧。

而且在歐洲生病，他們偏向食療，去藥局買藥通常都是喉糖、噴鼻劑，不像台灣都是成藥，如果想要拿成藥，就必須去醫院，但要去醫院比起台灣就是不方便許多。（但我很幸運的是，我去醫

院之前，我的朋友有去過因此可以跟我分享去醫院的流程)

當然大家要準備好足夠的藥量去歐洲（可能歐洲的病菌跟台灣不同，僅猜測）去這半年重感冒的兩次，平時不發燒的我，在歐洲只要感冒就會發燒，把台灣帶來的藥都吃光了，只好去醫院。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

歐洲人不排隊，不排隊對他們來說也沒有所謂的插隊；在大眾運輸工具上喜歡大聲聊天，把腳放在對面空的椅子上。

沒有辦法解決，這就是那邊的文化。

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？

最大的成長是：更確定自己喜歡的人事物是什麼，不會為了在國外可能較孤獨的環境去迎合他人，反而會找到志同道合的人。

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？

最大的幫助就是可以將費用更有餘裕的使用，多了6萬元等於補助機票錢。

感言及心得感想

感謝人管所有畢業門檻的條件，促使學生參與出國交換，否則文化差異較大的歐洲地區，並不是我會優先選擇的國家。也感謝學校有學海飛颺的獎學金能減輕出國交換的金錢負擔，也感謝在歐洲所有遇到的好心人，永遠忘不了義大利威尼斯海上計程車的叔叔，幫我一起找遺失帽子的過程。能平安回到台灣，是很多幸運組合而成的日常，謝謝大家。

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)

The University of Hradec Kralove is located in Hradec Kralove, a town on the right side of Prague, which is about 2 hours away from Prague by train. There are a lot of public spaces for students and workers to discuss and use, as well as a relaxing park with a river just outside the campus. What's special is that there are water fountains with a bubbling function, so you can drink a fixed amount of water every day by downloading an app.

The University of Hradec Kralove consists of the Faculty of Science and Technology, the Faculty of Education, the Faculty of Philosophy, and the Faculty of Information and Management.

I liked the Sport Ski course the most, because there is no way to ski in Taiwan, but in the university, as long as you pay about 3,500 NTD, you can have a 3-day, 2-night skiing course, and the chalets arranged by the school are equipped with meals, because skiing is very hungry, and every time, you have to eat two servings. But be careful, there is no hair dryer in the chalet, so you have to bring your own (because the teacher said that Czechs don't wash their hair when they go skiing, it's a cultural difference).

To learn to face all the uncertainties, the most common is the changeable traffic. Anything that can be solved with money is not a big deal, the most important thing is that people are safe.

1. Experience different cultures and broaden your horizons:

Although I am already over 20 years old, before I went abroad, I had no idea about the geographical location of continental European countries. But after this exchange abroad, it was like in the re-examination of the more interesting geography lessons, because of his climate, geographic location, and some of the culture, worthy of the proverb "read a thousand books, not as good as traveling a million miles."

2. Understand the international situation:

For example, I met a Belarusian architect who said that he was forced to leave his home to work in Turkey because of the Ukrainian-Russian war. Although he seems to travel to different countries for business and pleasure, his heart desires to return to his own country, which is unimaginable in Taiwan at the moment.

3. Think about the issue of "unconscious bias":

As an Asian in a European country, even though everyone knows that DE&I's pluralistic and inclusive society is what we want to achieve in our time, in reality, everyone wears a pair of "transparent glasses" to judge strangers in front of them to a greater or lesser extent.

Thank you for managing all the graduation thresholds and encouraging students to participate in exchange programs abroad, otherwise Europe, with its large cultural differences, would not have been my priority country of choice. I am also grateful to my school for the Sea of Learning Scholarship to reduce the financial burden of exchange abroad, and to all the kind people I met in Europe. I will never forget the uncle who took a cab to Venice, Italy, to help me look for my lost hat. Being able to return to Taiwan safely is a combination of a lot of luck, thank you all.