

學校簡介

捷克科技大學位於布拉格，歐洲最古老的城市之一，號稱歐洲最美的城市，在交換期間，我將深入的體驗當地生活，用雙眼紀錄偉大的歷史脈絡與文化古蹟，培養自己成為同時具備專業技能及多元視野的人才。

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

布拉格是有豐富歷史的古老城市，許多歷史古蹟保存非常完整，非常推薦捷克文化課，老師每堂課都講許多捷克的歷史故事，也常常帶我們到布拉格四處走走，讓我對捷克歷史有更深刻了解。上課讓我有機會與當地人的交流和學習，結交來自各地的朋友，這些跨文化的交流豐富了我的視野，讓我成為open-minded的人，更讓我了解能夠流利地表達自己才有可能融入當地社會。

國外研修之生活學習（課外）

旅遊是我交換生活的重要元素之一，這半年間我利用課餘時間走遍了歐洲15個國家，安排行程、蒐集各國資訊成為我每週必做的功課。我心中的Top3城市推薦給大家，瑞士Grindelwald、羅馬及巴塞隆納。瑞士有最美麗的自然風景，羅馬有最豐富的歷史文化與古蹟，巴塞隆納有最特殊的建築及漂亮的海灘，這些都是我未來想要回訪的地方。若要說歐洲最適合居住的城市，那肯定是布拉格，我非常慶幸當初選擇CTU，跟其他城市相比布拉格真的有數不清的優點，布拉格有最便宜的啤酒，多樣的食物選擇，方便的大眾交通工具，優越的地理位置，便宜的機票，以及漂亮的城市風景，絕對是我最懷念的歐洲城市！

交換/研修之具體效益（請條列式列舉）

這趟歐洲旅程我最大的收穫是交到超棒的朋友，我跟韓國室友在破爛的Strahov dormitory存活了半年，成為無話不談的好友，我們一起到各國旅遊，一起省錢吃泡麵，在歐洲各地都留下美好的回憶。

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?

初次在國外生活又常常到處旅行，遇到問題是時常發生的事，學習收集有用的資訊是最有用的解決方案，大部分的問題都能順利找到解答。這半年間遇到最有印象的一次困境是車子陷入瑞士深山的泥土，當時我與朋友自駕到瑞士旅遊，前往Airbnb的路上遇到樹木坍塌在路上，為了躲避結果車子就陷入路旁的土裡，我們嘗試各種工具與方法都沒辦法讓車子脫離，而且當時是深夜又在深山小路上，跟本沒有其他車子經過。最後我們想到租車時有給救援電話，經過一番溝通後終於有道路救援願意來救我們，幫我們把車子拖出來。這次經驗讓我學到遇到問題只要保持冷靜一定有解決問題的希望而且可能帶來意外的收穫，在寒冷的瑞士深山的等待過程，我們意外看到滿滿的星星與流星雨，更幸運的是我們租車時買了full insurance，所以不用支付任何費用，意外讓我們的瑞士之旅更加印象深刻。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

歐洲大部分國家戶外都能抽菸且很多垃圾桶，相較於台灣對吸菸的人非常友善，我也感到很友善，很快就適應了！

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？

最大的成長就是保持open minded 勇於嘗試各種事情，真的實際付出行動後常常會發現沒有自己想像中的可怕，更會得到意料之外的收穫。

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？

減輕國外生活費的負擔，非常有幫助，不然我只能每天煮泡麵吃。老實說沒有獎學金我還是會決定出國，但可能就需要跟家裡拿更多錢，非常感謝學校及教育部的支持！

感言及心得感想

半年的歐洲生活是我目前最開心的一段時光，每天都遇到新的人，到新的地方，面對不同挑戰，創造新的回憶，可以說決定出國交換是我做過最正確的決定，比預期得到的收穫多的太多。建議在猶豫是否交換或留學的朋友們放心的出國走走吧，好的壞的事情肯定都會發生，保持open-minded是我覺得在國外生活學到最重要的事，國外沒有想像的可怕，一個人生活也沒有想像的孤單，體會舒適圈外的生活才會有意想不到的收穫與學習。

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)

Master's second year, as my student journey nears its conclusion and faced with the pressure of employment, I have still decided to give myself half a year abroad for an exchange program. For me, this exchange is a rare opportunity as studying abroad has always been one of my dreams. Through this exchange, I not only get to experience studying abroad but also delve deeper into the cultures of various European countries.

The Czech Technical University, located in Prague, one of Europe's oldest cities and reputed as one of the most beautiful in Europe, offers me the chance to immerse myself deeply in local life. During the exchange, I will use my eyes to record the great historical context and cultural landmarks, cultivating myself to become a talent with both professional skills and a diverse perspective.

This semester, I took three courses: Czech Culture and Civilization, Cross-cultural Management, and English for Intercultural Communication. Prague is a city rich in history, with many historical landmarks well preserved. I highly recommend the Czech culture course where the teacher tells many Czech historical stories in each class and often takes us around Prague, deepening my understanding of Czech history. Attending classes gives me the opportunity to interact and learn from locals, making friends from all over the world. These cross-cultural exchanges broaden my horizons, making me more open-minded and helping me understand that fluency in expression is essential for integrating into local society.

Living and learning abroad (extracurricular activities) - Traveling is one of the important elements of my exchange life. During these six months, I utilized my free time to travel to 15 European countries. Planning itineraries and collecting information from various countries became my weekly routine. I would like to recommend my top 3 cities to everyone: Grindelwald in Switzerland, Rome, and Barcelona. Switzerland boasts the most beautiful natural scenery, Rome offers the richest historical and cultural heritage, and Barcelona has unique architecture and beautiful beaches. These are all places I would love to revisit in the future. If I were to pick the best city to live in Europe, it would definitely be Prague. I am very fortunate to have chosen CTU; compared to other cities, Prague truly has countless advantages - the cheapest beer, diverse food options, convenient public transportation, excellent geographical location, affordable airfares, and beautiful city scenery. It is definitely the European city I miss the most!

Concrete benefits of the exchange - The greatest gain from this European journey is the wonderful friends I've made. I survived for six months with my Korean roommate in the rundown Strahov dormitory, becoming close friends with whom I could talk about anything. We traveled to various countries together, saved money by eating instant noodles, and left behind beautiful memories all over Europe.

Reflections and recommendations - The six months of European life have been the happiest time for me. Every day, I meet new people, go to new places, face different challenges, and create new memories. I can confidently say that deciding to go abroad for an exchange is the best decision I have ever made, far exceeding my expectations in terms of what I gained. I would advise friends who are hesitating about whether to go abroad for exchange or study to go ahead and explore. Good and bad things will surely happen, but maintaining an open-minded attitude is the most important thing I have learned from living abroad. Foreign countries are not as frightening as imagined, and living alone is not as lonely as imagined. Experiencing life outside of one's comfort zone is truly eye-opening.