

繕打 中文及英文 心得報告，應包含下列項目

(中文至少 1,000 字+英文至少 500 字。赴中國交換者不需撰寫英文心得。)

A. 學校簡介

哈拉代茲克拉羅維大學 (University of Hradec Králové) 位於捷克東部的哈拉代茲克拉羅維市，距離首都布拉格約一小時半車程，交通便利且生活機能完整。校園規模不大但卻如麻雀般五臟俱全，教室明亮且乾淨。整理教學導向明確，重視學術基礎、實務應用與國際交流，學術領域涵蓋教育、人文、科學與資訊科技。當地屬溫帶大陸性氣候，四季分明，夏季溫暖舒適，冬季寒冷且偶有降雪，整體氣候適合長期居住與學習。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

我想介紹的第一堂課是專案管理(Project Management)，這堂課老師會用淺顯易懂的方式和大家介紹什麼是專案管理，以及歷史脈絡。整體而言上課內容不會很難，但又能夠有所收穫，老師的講課方式也非常專業。尤其是上關鍵路徑(critical path)的時候，會有很多的練習機會，不用怕學不會。偶時也會有個案討論，可以和來自不同國家的人討論並分享想法，不僅能夠吸收不同的想法，更能夠透過這樣的機會練習英文口說，真是一舉兩得，而上管理課就是要不太說話，勇敢地把自己的想法說出來就對了，而老師也會非常認真地聽每位學生的想法。

第二堂課是滑雪課(Sport)，會進行四天三夜的課程，滑雪課對於台灣人來說非常難得，而且課程費用也不會太高，老師會盡量讓每個人都學會滑雪，所以不用擔心會學不會。在這幾天當中，除了正式上課之外，老師也會帶大家健行爬山，體驗捷克山路之美，晚上用餐後也有機會能夠和捷克學生交流，除了學會新運動之外，更能夠深入地和當地學生交流與同樂。甚至會有夜教的遊戲體驗，很像是畢業旅行般。

C. 國外研修之生活學習 (課外)

課外之餘，我和朋友會到不同國家遊玩，捷克的優點就是位於歐洲的中間，去那裡都非常的方便，到不同國家不僅是遊玩，更是了解當地城市人們生活步調最快的方法，以第一視角了解當地人，用對方的角度思考不同事情的面向，我想這就是旅行的意義。此外，看不同於台灣的建築風格與地理環境，讓我發現世界各個角落都有各自的美景，也讓我思考台灣擁有的價值是什麼。再者，我也認識了來自哈拉代茲克拉羅維大學的學伴，與他交流當地人的生活方式以及風格，從家鄉談到興趣，甚至是一起品嚐雙方煮的咖啡，讓我了解到不同文化的人，還是能夠有相同的興趣以及話題。只是因為對方的生長環境以及文化差異導致了思考的角度不同，只要透過互相理解與認同，都能構成為很好的朋友。

D. 交換/研修之具體效益 (請條列式列舉)

- 提升英語與跨文化溝通能力，增強國際職場競爭力。
- 接觸不同教學模式與課程內容，拓展專業與學術視野。
- 強化獨立生活與問題解決能力，提升自我管理能力。
- 累積國際學習經驗，豐富履歷與未來升學或就業優勢。
- 建立國際人際網絡，促進跨國合作與長期交流機會。
- 培養文化敏感度與全球觀點，增進對多元社會的理解。

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？

像是語言溝通、行政流程以及生活適應層面。初期在處理學校行政事務與住宿相關問題時，因不熟悉當地作業流程與用詞，會感到些許不安。面對這些問題，我選擇主動尋求協助，例如向學伴、同學請教，並事先查閱相關資料、整理重點，以提升溝通效率。同時，我也學會保持冷靜與耐心，將複雜問題拆解並逐步解決。透過這些經驗，我體會到主動溝通與資源整合的重要性，也更加相信問題本身並不可怕，關鍵在於是否願意面對並採取行動。這些歷程不僅幫助我順利解決當下的困境，也讓我在未來面對類似情境時，能更有信心與能力去應對。

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？

主要體現在生活節奏、人際互動方式以及教學風格上。起初對於當地較為直接的溝通方式與高度重視個人意見表達的課堂文化感到不太適應。面對這些差異，我選擇以開放的心態觀察與學習，主動向同學與學伴請教，並透過實際參與課堂討論與日常交流來逐步調整自己。此外，我也提醒自己不以既有文化框架去評斷差異，而是嘗試理解其背後的文化脈絡。隨著時間推移，我不僅逐漸適應當地生活，也能在不同文化之間找到平衡，並將這些經驗轉化為自我成長的養分。

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？

海外生活歷練為我帶來了相當明顯且深刻的改變。最大的成長在於心態與視野的轉變。身處陌生的語言與文化環境中，必須獨立面對生活與學業上的各種問題，讓我學會主動思考、快速調整與為自己的選擇負責，也大幅提升了問題解決與自我管理能力。同時，透過與來自不同國家的同學交流，我更能理解多元文化背景下的思考邏輯與價值差異，培養了同理心與跨文化溝通能力。這段經驗讓我變得更自信、更開放，也更能以宏觀的角度看待世界與未來的發展方向。

H. 感想與建議

整體而言，出國交換研修帶來深刻且正向的學習經驗，不僅能接觸不同的教學模式與文化背景，也有效提升英語溝通能力、獨立生活能力與國際視野。透過全英語的學習與生活環境，能培養自信與跨文化適應力，對未來升學與職涯發展具有實質助益。建議交換前妥善規劃修課與生活安排，並在研修期間主動參與課堂討論與校內活動，以最大化交換學習的整體效益。

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 Overview

The University of Hradec Králové is located in the city of Hradec Králové in eastern Czechia, approximately a 90-minute drive from the capital city, Prague. The city offers convenient transportation and well-developed living amenities. Although the campus is relatively small, it is fully equipped, with bright and well-maintained classrooms. The university has a clear teaching orientation, emphasizing solid academic foundations, practical application, and international exchange. Its academic disciplines cover education, humanities, sciences, and information technology. The local climate is temperate continental, with four distinct seasons: summers are warm and pleasant, while winters are cold with occasional snowfall. Overall, the climate is well suited for long-term living and study.

Course Learning

The first course I would like to introduce is Project Management. In this course, the instructor explains

what project management is and its historical development in a clear and accessible way. Overall, the course content is not overly difficult, yet it is highly rewarding. The instructor's teaching style is professional and well structured. In particular, when covering the critical path, there are plenty of hands-on exercises, so students do not need to worry about falling behind. There are also occasional case discussions, allowing students to exchange ideas with classmates from different countries. This not only helps broaden perspectives but also provides valuable opportunities to practice spoken English—truly achieving two goals at once. In management courses, the key is to speak up confidently and express one's ideas, and the instructor listens attentively to every student's contributions.

The second course is a skiing course (Sport), which takes place over four days and three nights. For students from Taiwan, skiing is a rare opportunity, and the course fee is relatively affordable. The instructor makes every effort to ensure that everyone learns how to ski, so there is no need to worry about not being able to keep up. During these days, in addition to formal lessons, the instructor also leads hiking activities, allowing students to experience the beauty of the Czech mountain trails. In the evenings after dinner, there are opportunities to interact with Czech students, enabling participants not only to learn a new sport but also to engage more deeply with local students and enjoy cultural exchange. There are even night-time activity games, making the experience feel very much like a graduation trip.

Life Learning

Outside of class, my friends and I often travel to different countries. One major advantage of the Czech Republic is its central location in Europe, which makes traveling to other countries highly convenient. Visiting different countries is not only about sightseeing; it is also one of the fastest ways to understand the pace of life and daily routines of local people. Experiencing cities from a first-person perspective allows me to see the world through others' eyes and consider issues from different viewpoints, which I believe is the true meaning of travel.

In addition, encountering architectural styles and geographical environments that differ from those in Taiwan has helped me realize that every corner of the world has its own unique beauty. At the same time, it has prompted me to reflect on the values that Taiwan itself possesses. Furthermore, I became acquainted with a local buddy from the University of Hradec Králové. Through our interactions, we shared insights into local lifestyles and ways of living, talked about our hometowns and interests, and even brewed and tasted coffee together. These experiences made me realize that people from different cultural backgrounds can still share common interests and topics. Differences in perspectives often stem from variations in upbringing and culture, but through mutual understanding and respect, such differences can form the foundation of meaningful and lasting friendships.

Benefits

- Enhance English proficiency and cross-cultural communication skills, thereby strengthening competitiveness in the global job market.
- Gain exposure to diverse teaching approaches and course content, broadening professional and academic perspectives.
- Develop independent living and problem-solving skills, improving self-management abilities.
- Accumulate international learning experience, enriching one's résumé and enhancing advantages for future studies or employment.
- Build international networks, facilitating cross-border collaboration and long-term exchange opportunities.
- Cultivate cultural sensitivity and a global mindset, deepening understanding of diverse societies.

Reflections

Overall, participating in an overseas exchange program provides a profound and highly positive learning experience. It not only offers exposure to different teaching approaches and cultural backgrounds, but also effectively enhances English communication skills, independent living abilities, and global perspectives. Through a fully English-taught academic and living environment, students can develop greater confidence and cross-cultural adaptability, which brings tangible benefits to future academic pursuits and career development. It is recommended that students plan their course selection and daily life arrangements carefully before departure, and actively participate in class discussions and on-campus activities during the exchange period in order to maximize the overall benefits of the exchange experience.