

學校簡介

這次的交換校是捷克科技大學，為於首都-布拉格的大學，是捷克境內最大的大學之一，也是中歐古老的理工大學-創校超過300年，是許多捷克人的大學首選，校區主要分成4個區塊，我本身是修習老牌的土木工程學系，位於Dejvická，是舊時都市規劃的學期，隨著都市發展，周遭也多了高級住宅區與商業區，整體的生活機能很好，學校風氣也很不錯～

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

1.Czech/Foreign Language 1:

這是一門很有趣的捷克語入門課，老師主要是用引導的方式帶我們認識捷克語，過程中也介紹了很多布拉格有趣的景點、飲食、慶典與文化，讓我們不只從語言上認識捷克，也同時透過這些有趣的活動激發我們的興趣。期末是以考試為主，但是不會很困難。

2.Timber Construction:

這堂課主要是教導我們一些有關於木造結構的知識，包含木材含水率，鉚釘、屋頂、樑柱、火災係數等相關知識；單週上課，雙週則是計算練習，不過因為是使用歐盟標準，所以可能跟台灣學到的會以落差。另外，因為我本科不是土木相關科系，所以可能相關先備知識比較不足，也因此理解也會有限。期末是以考試為主，有70%左右是重點整理的，有在上課基本上會過。

3.International Business Life:

這堂課主要是中山大學策略管理跟跨文化溝通的結合，會以很多案例讓學生反思，但是我覺得沒有像在大學時期學得那麼有深度與邏輯，會需要小組一起合作寫報告，期末會有期末報告與考試，兩個都不會太難。

4.Landscape Heritage:

這堂課是我非常喜歡的課，教授每週都會帶你去逛布拉格不同的花園，並講述這個場域之前的歷史與脈絡，從文藝復興、巴洛克、洛可可、英式花園與城堡等等不同類型的介紹，也會順道介紹周遭的溫室、修道院、釀酒廠、咖啡廳，讓我認識了很多很有特色的布拉格的私房小店。教授還會跟你介紹不同的花草，像是可以試吃的蒜科植物或是春天的藥草與沙拉植物，也有觀賞跟可煉製精油的香草植物，只能說歐洲的氣候與緯度真的可以感受到四季的大自然之美。期末是透過所學寫一篇報告介紹自己家鄉的花園或相關場域。

5.Glass Structures:

這堂課跟木造結構課程很類似，不過把木造改成玻璃結構，主要也是介紹玻璃建築的相關力學與支撐，也是單週簡報課，雙週實際計算，內容蠻扎實的，不過也建議要有土木先備知識再修會比較好，不過老師人非常好，只要去問，基本上都能把不會的弄懂。

6.Sports-Irish Dance:

這堂課也是我非常喜愛的課，因為我從小就很喜歡火焰之舞，因此在知道學校有愛爾蘭舞蹈課程的時候就很想嘗試學看看。踢踏舞有很多循序漸進的課程，我學的是最初階的軟鞋，在軟鞋學習到一定程度之後，就可以開始學硬鞋，也就是所謂的踢踏舞鞋。在學習的過程中真的很開心，老師很認真，我們還一起慶祝了聖派翠克週，如果你也喜歡相關的活動，很歡迎來試看看哦！

國外研修之生活學習（課外）

1. 啤酒基礎知識：

眾所皆知捷克是全世界啤酒喝最多的國家，也因此啤酒的種類非常多，因此我這次也花了一段的時間專門學習了啤酒的相關知識，也參觀了啤酒廠，現在已經能夠分辨出來黑愛爾、紅愛爾、酸愛爾、IPA、Lager、Blonde 等的啤酒與其特色。

2. 周遊列國：

來到歐洲大陸最重要的就是要去看看各地不同的生活風格與風土習俗，所以我去看了西班牙、葡萄牙、法國、摩納哥、德國、奧地利、波蘭、斯洛伐克、斯洛維尼亞、匈牙利、克羅埃西亞、義大利、梵蒂岡、冰島、丹麥、瑞典、荷蘭、比利時等國家，並在每次出發前都詳細的做了一些行前調查，並在每趟旅行中詳細觀察並記錄下來，不過因為時間因素，我還沒有空完整的整理出來，也許之後會再整理看看。

3. 文化慶典：

在大學的時候，曾經關注過許多文化與慶典、地方創生等議題，也修習了相關的課程，所以這次去歐洲也覺得難得去到了完全不同的文化圈，一定要用力的去看看當地的慶典，所以從秋天的Burcak(初釀酒)、瓦斯拉夫的盛宴、威尼斯萬聖節、冬季聖誕市集（布拉格、奧地利、紐倫堡）、地窖中世紀餐點&火焰舞、巴賽隆納聖誕劇團、馬德里跨年、馬德拉島傳統舞蹈、尼斯狂歡節、尼斯罷工、芒通檸檬節、布拉格精釀啤酒節、聖派翠克週、布爾諾復活市集（葡萄酒慶典）、克拉科夫復活節、克拉科夫維京節、匈牙利托卡伊酒莊巡禮、布拉格櫻花節、杜布羅夫尼克勞動節、海德堡煙花節、布爾諾煙花大賽、五瓣玫瑰節 真的每個節慶的氛圍都很不一樣，可以從慶典反映出當地人的生活價值、宗教信仰、商業模式、甚至交通動線等等的周邊配套議題。

交換/研修之具體效益（請條列式列舉）

1. 英語聽說能力增強，也瞭解了一些基礎外語對話。
2. 攝影能力提升，在多次的遊歷與選題思考後，鏡位更明確。
3. 隨機應變能力，旅行中挑戰很多，需要想辦法克服。
4. 正向思考能力，凡事要自己來，更專注讓自己精神力充足。
5. 外國生活能力，自己用外語去熟悉當地，並生活一年習得。
6. 資料收集能力，用外語去搜尋資料，搜尋幅度與技巧提升。
7. 當地外交能力，因為更了解當地文化，可以開出好話題。
8. 開放交流力，外國習慣因人而異，可以互相諒解與學習。
9. 環境觀察力，透過過往所學，實際磨練觀察社會的技巧。

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?

最大的一次困境大概是第一趟國外旅行，要從匈牙利回捷克時，剛好市區輕軌有問題，沒辦法搭上回捷克的客運，而在我當時所知的APP當天已經完全沒有票了，所以必須再待一天，不然基本沒有其他方法，然而這樣會影響到上課，也會增加許多花費。所以我當時隨機一動，發現如果去維也納轉車應該是會有機會可行的，仔細查了一下APP發現可以訂到票，所以執行上就很順利，也順便去維也納玩了一下。

我覺得這件事給我的三個啟發分別是：

1.預留時間要再更多一點，我之後的旅行再也沒有遇到趕不上的問題了。

2.要準備B計畫，如果有臨時的更動，可以最大的做調整，這樣的能力在我後續去法國遇到罷工的時候非常好用，因為備案準備的夠充足，完全不會慌，也完美的躲掉了罷工的負面影響。

3.事先瞭解相關領域的知識，我之所以想去維也納轉車，也是因為我知道維也納是一個很大的交通樞紐，比較有可能順利回去，因此才順利解決的。我之後去西班牙旅遊的時候也有用到這樣的技巧，那時是在賽維利亞，因為當地有兩個客運站，而google map位置是標錯的，兩個客運站大概隔了50分鐘的步行距離，所以基本上去錯就完蛋了，但因為我有用當地系統去查過，也提前跟旅店附近的站務人員確認過，所以完全避開了這個問題。

無論如何要記得積極的面對當下遇到的問題，保持樂觀開放的心去面對，因為當下焦慮對解決問題沒有幫助的，一定要充分體會並享受當下的過程，誰知道這樣的一個delay或是沒趕上是好還是壞呢？這一切都是靠自己心裡怎麼想才可以決定的。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

這部分倒是還好，我自己是適應得蠻好的，大部分的人主要面對的問題是飲食上的不習慣與思鄉的情緒；但我自己是還蠻喜歡捷克的飲食的，真的懷念台灣食物的時候，也能夠自己煮出來，所以是基本上沒有遇到什麼問題。我自己面對的方式是為自己打造一個可以休息的舒適圈，並盡量做詳盡的資料調查，這樣就可以減少很多對於未知的恐懼，也能準備好相對應的工具去解決遇到的問題。另外好奇心也是很重要的，當你對一切事物都保持好奇與熱情，自然會去品嚐到不同的風味並感受為何當地人怎麼去適應他們的飲食的。

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？

我覺得這部分是絕對有的，但是有些時候很多成長是很難描述清楚的，不過可以確定的部分是當看過了世界這麼多的面貌，眼界跟心中的世界變大了，更知道自己想要前往的遠方。除此之外，因為在國外什麼事都要靠自己，所以獨立並正向積極面對生活是一個很重要的過程，會覺得比較不會抱怨一些瑣事，而是花更多的時間去充實自己，探索自己喜歡的事物。因為唯有自己能夠決定自己要往什麼方向出發、實踐並到達。另外一個有趣的事情，就是在國外交友的過程，大家都是很直接的，不會隨便八卦或是很多事情放在心中想太多而什麼都不說，所以覺得自己有比較開朗，講話也可以比較放心不用太忌諱什麼，會覺得如果未來可以實踐這樣的態度，讓別人更明白我的意思與立場，當然還是要區分率真跟白目的區別就是了。

另一部分就是美食的部分，因為品嚐了各地的美食，實際去感受了當地的風土，所以更能知道是什麼樣的滋味，也知道如果要復刻可以如何去做；而各地旅行的經驗，也在每次認真的筆記中有所收穫，最後甚至可以替我的家人與朋友們規劃一場令人滿足的自助遊，也得到了很多正面回饋，所以當導遊是絕對是綽綽有餘的。

最後我覺得四處旅行讓我搜尋專業資料跟社會模式的能力有大幅提升，以前在大學的時候很多公共建設、都市計畫、地方創生、創業模式、跨文化溝通、文化與慶典等等課程學到的都是知識面的內容，透過每一趟旅行的踏查，覺得更能活用這些技巧，雖然有部分是國際通性，不過也有很多是別具當地特色的。

讓我們一起去追逐自己的夢想吧！

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？

雖然沒辦法完全支應生活上的開銷，但是有獎學金讓我比較安心一點，知道急難的時候還有一筆錢是可以動用的，也可以為想做的事情提供一些資金上的規劃，確實讓我的負擔有所減輕。

有無獎學金勢必會影響出國的意願，因為一想到前期準備上的資金壓力，或是國外住宿等等，如果沒有外在資金援助，花費真的是很昂貴的，所以有獎助學金一定會大大提升我出國的意願。

感言及心得感想

很感謝學校薦送我出國交換，過程中學校真的提供了我許多的幫助，同時也很感謝我自己做出了這個勇敢的決定，出國遊歷了一圈真的大開了眼界，看到了這個世界截然不同的一面，有精彩的旅行、爬過了大山大水，也領略了各地的人文風情，這些真的都難以一言道盡。尤其這次並非短期的旅遊，而是實實在在的生活在那裡，認識了那裡的朋友們，總是可以找到與自己興趣相投的人，認識了一個人非常好的咖啡師與一位對葡萄酒很有研究的捷克朋友，最重要的就是很感謝我的學伴，真的很照顧我，也會跟我談天說地，一起度過聖誕節，很喜歡和他邊聊天邊看著夕陽落下的日子，也真真實實的體現了國民外交，雙邊有了更深入的了解，我覺得有個刻板印象是台灣人會覺得捷克人比較冷漠，但是我一點也不覺得哦～在那裡我真真實實地被照顧到了，一點也不輸台灣的溫暖！因此很感謝學校的計畫與獎助學金的支援，如果有需要我很願意跟學弟妹分享我精彩的交換生活！感謝這最充實的一年～～～

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)

#Introduction of exchange school:

My exchange university is the “Czech Technical University (CTU)” in Prague, which is one of the largest and the most ancient universities in the Central Europe. The department I been distributed in Civil engineering, which is located in Dejvická and built over 300 years. With long history, the department of Civil engineering accumulate a large Data and architecture records about Prague, having both old-style building and recovering technical for Castle, Well and others medieval architecture, and also have very fashion building technical to build steel and glasses mansions.

Because it is located in Dejvická, the commercial and high-end residential emerging regions with many diplomatic mission, hospital and military region, and also near the Václav Havel Airport Prague and Prague Castle, there have very fantastic living function, peaceful and comfortable university atmosphere.

#Gains from course:

1.Czech/foreign language 1:

This is a very interesting introductory Czech course. The teacher introduced Czech to us mainly by way of instruction. Along the way, she also introduced many interesting sights, food, festivals and culture in Prague, which not only let us understand the Czech language from the language, but also aroused our interest through these interesting activities. The Final exam is written examination. It will not be difficult, if you concentrate on lectures.

2.Timber structure:

This class is mainly to teach us some knowledge about Timber structures, including wood moisture content, rivets, roofs, beams, fire protection coefficient and other related knowledge. With routine biweekly, one week for lecture, another week for calculation exercises. In the class, teacher used EU standard to teach, so there may have a gap with what Taiwan has learned. Also, since my undergraduate degree has nothing to do with civil engineering, I haven't relevant base knowledge, so knowledge what I understand is limited. The Final exam is written examination with 70% from question bank, so that won't be hard to get pass.

3.International business life:

This course is like as a combination of strategic management and cross-cultural communication in NSYSU. In the class, Professor will give many cases to students to reflect on, but I don't think it is as enough deep as those what I learned in NSYSU. This class requires classmate make a group to work together to write the report weekly. There are final reports and written exams, which are not too difficult.

4.Landscape heritage:

This class is my favorite class. Professor will take you to different gardens in Prague every week, telling the history and context of this field, from Renaissance, Baroque, Rococo, English-gardens and castles, etc. Different types of introductions are including the functional building nearby, like: greenhouses, monasteries, and coffee shops along the winery, which made me know many unique private shops in Prague. The professor will also introduce different flowers and plants, such as tasting garlic plants, salad plants and spring herbs, as well as ornamentals and herbs that can be used to make essential oils. Which can only be see in Europe, with wonderful climate, latitude and divisively four seasons. Grading criteria is based on the final written report to introduce your hometown garden or related field through the knowledge learning from the class.

5. Glass structure:

This course is very similar to the timber construction course, but changes timber structures to glass structures and focuses on the mechanics and supports of glass buildings. There is also biweekly. The content is relatively solid, but it is also recommended that people with civil engineering knowledge prepare well before choosing this course. Professor is very kind to teaching again and again the part you don't understand, so then you can still basically know what the glass structure talking about.

6. Sports - Irish Dance:

This class is also my favorite. I love the Irish dance "flame dancing" since I'm 5 years old. So, when I knew there was Irish dancing in university sport course, I wanted to try it. There are many step-by-step lessons in tap dancing. I learned the basics of soft shoes. After learning soft shoes to a certain extent, you can start learning hard shoes, which are so-called tap shoes. I really had fun while I was studying, the teachers were very professional and we celebrated St Patrick's week together. If you like related activities, welcome to try!!

#Gains from exchange life:

1. Basic knowledge of beer:

Everyone knows that the Czech Republic is the country that drinks the most beer in the world annually, so there are many special and tasty types of beer. I also fall in love with beer and spent a period of time to learn about beer and visited breweries. Now I can easy to distinguish Beers such as Black Ale, Red Ale, Sour Ale, IPA, Langer, Blonde...etc.

2. Travel around the Europe:

The most important thing to do in Europe is travel around to see the different living styles and customs, so I went to Spain, Portugal, France, Monaco, Germany, Austria, Poland, Slovakia, Slovenia, Hungary, Croatia, Italy, the Vatican, Iceland, Denmark, Sweden, the Netherlands, Belgium and other countries. Before each departure, I did some detailed pre-departure investigations, and observed and recorded them in detail during each trip. However, due to time constraints, I have not had time to sort them out completely, and maybe I will sort them out few month after.

3. Culture & Festival:

When I was in NSYSU, I paid attention to many issues such as culture and festivals, regional Revitalization, etc., and also took related program. Therefore, I give myself a mission. That is, I should try my best to see those, when I go to Europe, the completely different cultural circle. So, I visited more than 30 regional festivals in the different place of Europe, from Burcak in autumn, Vaslav's Feast, Halloween in Venice, Winter Christmas Markets (Prague, Austria, Nuremberg), Medieval Meals in the Cellars & Flame Dances, Christmas Theater in Barcelona, New Year's Eve in Madrid, Madeira Traditional Dances, Nice Carnival, Nice Strike, Lemon Festival in Menton, Prague Craft Beer Festival, St. Patrick's Week, Brno Resurrection Market (Wine Celebration), Krakow Easter, Krakow Viking Festival, Tokaj Winery Tour in Hungary, Prague Cherry Blossom Festival, Dubrovnik Labor Day, Heidelberg Fireworks Festival, Brno Fireworks Competition to Five Petalled Rose Festival. To me, the atmosphere of each festival is unique and vivid. Those festivals can reflect the surrounding issues such as the life value of the local people, religious beliefs, business models, and even traffic lines.
specific growths:

1. The English listening and speaking ability have been enhanced, and some basic foreign language conversations have also been understood.

2. The ability to take pictures has been improved. With topic selection thinking after every trip, the timing to shoot and camera position are more properly.

3. Adaptability, I was encountering many challenges during the journey, and usually I can only rely on myself to find the way to overcome them.
4. Positive thinking ability. I have to do everything by myself, and focus more to make myself mentally strong.
5. Ability to live in a foreign country. Use a foreign language to familiarize myself with the local area, and live for one year to acquire it.
6. Data collection ability. Using foreign language to search for data, improve search range and skills to get more precise answer.
7. Diplomatic ability. Because know more about the local culture, I can more easily to open a good topic to chat with Czech friends.
8. Open Mind. Foreign habits vary from person to person, and we can more understand each other, and respect and learn from ours difference.
9. Ability to observe the environment. Through what has been learned in the past, practically hone the skills of observing society.

#experience and feeling to share:

I am very grateful to the office of International Affairs for recommending me to go abroad for exchange. During the process, they provided me a lot of help. In other hands, I am also very grateful to me for making this brave decision. Traveling in Europe really opened my eyes and saw the completely different side in the world. Wonderful trips, climbing mountains and rivers, and appreciating the cultural customs of various places, these are really hard to describe in words.

Especially this time is not a short-term trip, but a real life there, met friends there. You can always find the people who has similar interests. Like me, I make Czech friends with one very good barista and a wine lover who is very researched. The most important thing is to thank my Buddy. He really takes care of me. He will also chat with me and we spend Christmas together. I like the moment that chat with him while watching the sunset. It also truly reflects the people-to-people diplomacy, and have a deeper understanding from both sides. I think there is a stereotype that some Taiwanese people think that Czechs are cold, but I don't think so at all. I'm really taken care of there, it doesn't lose the warmth of Taiwan at all! In final, I'm very grateful for the support of the school's programs and scholarships. If anyone need help and advice for making decisions, I'm willing to share my wonderful exchange life to others. Thanks to the most fulfilling year!