

布拉格查理大學是捷克第一學府，至今已有 700 多年的歷史，沒有主要校園，各學院及設施遍佈整個布拉格，最主要行政大樓就在老城廣場旁邊。查理大學對於學生修課規定不是很嚴格，所以課程選擇非常多元，我最喜歡的是 Discovering the joy of hiking，老師會每週安排不同健行路線帶我們更認識布拉格，通常是 3-4 小時，很像每堂課都在戶外教學，健行的過程中也會跟許多外國同學長時間相處，能邊看美景邊聽他們的文化、故事，是十分有趣的一堂課！

因為修的課很少，有很多獨處和出國旅遊的機會，除了在不同文化體系下上課外，交換/研修之具體效益如下：

1. 培養獨立生活能力：在歐洲自己處理住宿、煮飯與各種大小雜事
2. 提升跨文化溝通與人際互動能力：學習和不同文化與價值觀中的人相處。
3. 拓展國際視野與世界觀：親自走訪多個歐洲國家，觀察各地社會與政治現象，讓自己對國際議題與不同生活方式有更深刻、具體的理解。
4. 強化身心韌性與隨機應變能力：面對歐洲行政效率差與環境不確定性（例如突然大罷工所有東西被取消），學會保持彈性，遇到問題先想辦法，而不是只焦慮或抱怨。
5. 建立自我認識與價值反思：在長時間的海外生活中，有更多與自己相處的時間，重新思考自己真正重視的生活方式與未來想追求的方向，對個人目標與生涯規劃更清楚。

我認為這半年在國外最具挑戰的，其實是與不同文化背景的人建立更深度的連結。雖然過去曾到各國旅遊，對歐洲的環境也有基本認識，但較少有機會真正與當地人深入交流，再加上我平常沒有追歐美劇集或主動關注歐美文化的習慣，也會害怕冒犯到他們，即使這次在交換期間認識了不少外國同學，互動多還是停留在日常聊天，沒有發展成要好的朋友，若有再次到歐洲留學的機會我應該會嘗試先多關注當地的事情、更放鬆地去和他們聊天，也希望能有更深入了解對方文化的機會。

在歐洲的期間算很幸運沒被偷被搶，也沒遇到很嚴重的歧視，大部分遇到的人也都蠻不錯，但比起台灣大家都很有熱情，歐洲大部分的人真的都很冷漠，很多次需要幫忙被無視都會覺得很無助又受挫 QQ，習慣了後就不會對當地人抱有期待凡事靠自己就好。

出發前我給自己的期許就是不要浪費這半年，不能因為顧慮或害怕就錯過想體驗的事。交換期間我也真的盡量在當下去感受每一個好或壞的時刻，更勇於面對真實的自己，對自己有了更多認識，自己最大的改變應該是

變得更獨立和果斷。原本對未來蠻迷惘，也會懶得跨出舒適圈，但這半年遇到許多很優秀的人、看見各種不同的生活樣貌，讓我開始有更多想追求的目標，回來後多了很多新想法，也更有動力。

最後就是非常推薦大家去布拉格交換！相比西歐治安好、物價不高、風景漂亮也很方便（甚至有 24 小時無休的電車），在歐洲獨自生活的半年已經不知道多少次慶幸自己有去，不管是看到的最夢幻的景色、遇到很好或很糟的人事物都是很難忘的體驗，也真的看到不同的自己，成為更獨立的人。

A. 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

Charles University is the top university in the Czech Republic. It does not have one main campus; instead, its faculties and facilities are spread throughout Prague. The course selection is incredibly diverse, and my favorite was "Discovering the Joy of Hiking." Every week, we explored a new route, allowing me to soak in the scenery while chatting with people from all sorts of cultural backgrounds.

Beyond the classroom, living alone abroad taught me how to stay calm and handle unexpected challenges independently. Traveling across Europe also broadened my horizons, giving me a much more concrete understanding of global issues and different ways of life. Most importantly, this period of solitude gave me the space to reflect on the kind of life I truly value and helped clarify my long-term

career goals.

I'd say the biggest challenge was building deeper connections with people from different cultures. Even though I had traveled to Europe before, those were just short trips where I rarely got to talk to locals. Since I don't really follow Western media or pop culture, I was often worried about accidentally offending someone. As a result, most of my interactions stayed at the "small talk" level rather than becoming close friendships. If I were to study in Europe again, I'd definitely try to follow local news earlier and just be more relaxed when chatting, so I could really dive into their culture.

I was lucky enough to avoid being robbed or facing serious discrimination, but there was still a bit of a culture shock. Coming from Taiwan, where people are incredibly warm, many Europeans felt quite distant. Being ignored when I clearly needed help made me feel pretty helpless and frustrated at times. Eventually, I stopped expecting much from strangers and just focused on solving problems myself.

Before I left, I promised myself not to waste a single moment or let fear hold me back. I tried to truly experience every high and low, and in doing so, I became much more willing to face my true self. I've become much more decisive and independent. I used to feel lost about the future and was honestly a bit too lazy to leave my comfort zone. However, meeting so many impressive people and seeing different ways of living gave me motivation and a clearer sense of purpose.

If you're considering an exchange, go to Prague. Compared to Western Europe, it's safer, more affordable, and incredibly convenient (They have trams running all night!). Looking back, I lost count of how many times I felt grateful for choosing this path. From the most dreamlike landscapes to the bittersweet encounters with people, the entire journey was unforgettable. I saw a different side of myself and a much bigger world during these six months.