

# 捷克科技大學返國報告書

## 26-1 學校簡介

捷克科技大學（CTU）位於捷克首都布拉格，是中歐地區最古老的理工大學，也是代表捷克工程水平最高的大學。CTU 由約瑟夫一世於 1707 年創建，在尖端科技和工程領域有著悠久的歷史。CTU 在眾多偉大科學家的傳承下擁有著高質量的教學水平，包括著名物理學家 Christian Johann Doppler，著名化學家 Vladimir Prelog 等等。目前，CTU 在八個學院和五個機構中擁有超過 23000 名學生，包含 114 個項目和 450 個方向，其中很多項目提供英文授課。CTU 與很多跨國企業有著密切的合作，包括豐田汽車、西門子、ABB、博世、Skoda 等等。

## 26-2 國外研修之課程學習（課內）

我在捷克科技大學修習了四門課程，分別是英文工作網絡(Networking in English)、企業社會責任(Corporate Social Responsibility)、捷克語言課程(Czech Language Course)和捷克文化課程(Czech Culture Course)。首先，在英文工作網絡的課堂中，老師會透過角色扮演和實際情境，讓我體驗及模擬未來初踏社會可能會發生的情形，並且懂得如何行銷自我或讓團隊拓展業務，發掘商業機會。在企業社會責任的課程方面，老師藉由全球個案探討和在地企業參訪，讓我們了解當前的企業如何履行企業社會責任，並要求我們針對企業社會責任做出個案分析報告，因此我利用此次機會，發揮醫務管理的專業，介紹台灣的醫療產業是如何進行公益活動，回饋社會，藉此宣揚台灣的醫療產業。再來是捷克語言課程，為了能快速融入捷克當地的生活，我特別選修捷克語言集訓班，與其他班級不同的地方是我們每週會多上一堂課，而且老師會透過社群網絡上傳一系列的教材，並利用遊戲的方式增強記憶點，讓我們在家也能輕鬆學習，我也期許自己利用這半年的時間學習，能夠基本的使用捷克語，逐漸發展自己的第二外語專長。最後是捷克文化課程，這堂課是在講解捷克的道地文化，還記得第一堂課老師就教了捷克人的基礎禮儀，像是汽車優先禮讓行人、在大眾交通工具上不說話、不吃東西，還有上餐館點飲料是基本禮貌等等，讓我們不會成為當地人眼中的奇珍異獸，同時也介紹捷克的發展，學習道地的捷克生活模式，讓我在捷克的生活相當地順暢自如。

## 26-3 國外研修之生活學習（課外）

### ✓ 飲食：

布拉格的飲食消費大概是台北的 1.5 至 2 倍左右，所以自己煮還是比較省錢的方式，超市的價格普遍都滿親民，部分食物甚至比台灣便宜，前提是自己會料理，否則就是與擅長煮飯的室友或朋友一起搭伙，順便開拓人際關係。另外，捷克科技大學也是有學生餐廳，用學生證儲值消費會有折扣，普遍價格位於台幣 100 至 150 元左右，不算昂貴，選擇也不少，但當地食物可能還是有可能吃不慣。再來就是外面的餐廳，亞洲餐廳不算少，尤其是越南料理(越南移民多)，價格比較親民，其他像中華或日式料理就稍微偏貴，但偶爾解解鄉愁應該也不會負擔不了。

### ✓ 衣物：

布拉格在 10 月中旬開始入冬，前期溫度大概不超過 20 度，入冬後平均溫度不超過 10 度，最冷可能下探-10 度，但由於空氣乾燥並不會像台灣寒流一樣刺骨，而且布拉格暖氣開非常強，建議洋蔥式穿著，否則容易起濕疹。在購物方面，outlet 搭地鐵轉接駁車大概 40 分鐘，冬天衣物很多且可能比台灣

還便宜，所以不用在台灣急著把冬衣買齊，可以在國外撿便宜。

✓ 住宿：

我住在 Masarykova，一個月大概台幣 5 千多，主要由三間房間、廚房(包含餐桌和冰箱)、廁所、洗澡間組成，每間房間 2 至 3 個床位，每個人都有自己的櫥櫃、書桌和一張能上掀儲物的床，生活起來相當舒適。

✓ 交通：

在布拉格交通費很便宜，學生可以在地鐵站購買學生票(有分月票、季票和年票)，在 10 月會因為選舉再半價，但學生票有年齡限制，建議如果在 10 月前會滿 26 歲就直接買年票會比較划算，然後在布拉格市內所有交通皆可搭乘，但記得出門一定要隨身攜帶，不定時會有便衣人員抽查，若沒有帶要罰款 800 捷克克朗或 35 歐元。

## 26-4 交換/研修之具體效益（請條列式列舉）

- 1.培養獨立自主，自行規劃念書以及旅遊時間
- 2.於課外時間實際體驗當地生活
- 3.於課程結束後遊覽各國，體驗文化衝擊
- 4.結交許多來自台灣的交換生以及來自各國的學生
- 5.提升英文口說能力並學習第二外語

## 26-5 感想與建議

回首過去四年與兩年的大學與碩士生活中，出國交換絕對是目前我認為最有意義且最值得的決定之一，能夠把自己丟到一個完全陌生的環境，有機會認識許多不同國籍的人，體驗到不同國家的風俗民情，讓我更清楚地明白自己想要的生活。正規的教育從來不會教導我們該如何地做人或者該如何生活，學業終究只是人生的一小部分，除此之外也許會充斥著風險，但正是因為有風險才有顯得有趣，如何把握當下以及享受人生才是一大重要課題，如果所有事情都是那麼的一如往常，那麼活著還有什麼意思呢？

出國交換的這幾個月真的學習到很多東西，自己變得更加獨立堅強，並更懂得如何計劃生活，除了學校裡的學習之外，還能夠享受旅行並學習解決各種突發狀況，以便不時之需，而且相當具有成就感。再則，自己目前唯一的外語能力-英文，也變得更加熟稔，各種腔調逐漸不再是耳邊風，同時口說越來越流利。在空閒之餘，我遊走歐洲多個國家，每個國家都給我無限的驚嘆，歷史或地理課本的照片如實映入眼簾時，除了壯觀更多了幾分不可置信，不會像以往容易侷限自己，想法變得更加活潑奔放，能夠如此豐富自己的視野，真心覺得出國交換是一個很棒的體驗，期許自己能夠不忘初衷，把握每個機會到不一樣的世界去親身走走。

Looking back on the four years life in university and two years life in master's life, going abroad is definitely one of the most meaningful and worthwhile decision. I can bring myself into a completely strange environment and have the opportunity to meet many people who come from different nationalities. Experience students come from different countries, which let me know more clearly what kind of life is what I truly want in the future. Formal education in Taiwan never teaches us how to behave well or how to live in better way. After all, school is only a small part of life. In addition, it may be full of risks, but the risks make life more interesting. Also, enjoying life is

an important issue, if everything is as usual, what is the meaning of life?

Czech Technical University in Prague (CTU) is located in the Prague 6, close to the center of Prague, with convenient living and transportation. Known as a science and engineering related department, it is the premier school in the Czech Republic. Although the school is called the technical university, it is not only a polytechnic college, but also has a business school called Masaryk Institute of Advanced Studies (MIAS). It is free to choose any courses here. Therefore, my original faculty is the Faculty of Biomedical Engineering (FBE), but I all took the courses from MIAS, namely Networking in English, Corporate Social Responsibility, Czech Language Course and Czech Culture Course:

- Networking in English

In response to students' actual communication needs, the course systematically develops students' language skills and strategies, and conducts effective and appropriate business communication, interaction and behavior (personal branding, creation and management of the network) through language analysis, roles in a typical network environment. Play and practice situations, vocabulary and grammar development, teamwork and personal feedback, and establish business contacts with people who may help expand and develop business opportunities. Practical language skills will be systematically developed in the context and context associated with professional work. Therefore, through my role-playing and actual situations, I will experience and simulate what might happen in the future, and know how to market myself or let the team expand business and explore business opportunities.

- Corporate Social Responsibility

The CSR concept is based on the 3P principle: People-Earth-Profit. The course focuses on the theoretical background of the concept and documents on corporate social, economic and environmental activities and non-financial reporting standards. It includes the links between CSR concepts and business processes, especially business strategy, human resources management, operations and public relations. Various corporate social responsibility strategies and practices cover case studies of projects designed under foreign and Czech conditions. Through global case studies and local business visits, the teacher let us know how current companies fulfill corporate social responsibility and require us to make case analysis reports on corporate social responsibility. Therefore, I use this opportunity to play a professional role in healthcare management. Introduce how the medical industry in Taiwan conducts public welfare activities and gives back to the society to promote Taiwan's medical industry.

- Czech Language Course

The purpose of the course is to introduce students to the Czech language of the Slavic language, to expose students to basic conversational phrases, and to use the compensation strategies when students do not understand, to train the pronunciation so that they can be understood and experience reading Czech words and Phrase. This intensive course gives students the opportunity to spend more time practicing common communication situations and learning how Czech works. In order to quickly integrate into the local life of the Czech Republic, I specially take the Czech language training class. The difference with other classes is that we have one more class per week, and the teacher will upload a series of teaching materials through the social network and use the game. Ways to enhance memory points, so that we can easily learn at home, I also hope that I can use this half a year to learn, can basically use Czech language, and gradually develop their second foreign language expertise.

- Czech Culture Course

The aim of the course is to provide a broad overview of the past and present conditions of the Czech Republic, including history, economics, political institutions and institutions, culture and art, social life, architecture and

technological achievements. The lectures will be supplemented by visits to cultural sites, art galleries, museums and movies. And talk about explaining the local culture of the Czech Republic. I also remember that the first class the teacher taught the basic etiquette of the Czechs, such as car priority polite pedestrians, no talking and no food on public transport, etc., so that we will not become the strange animals in the eyes of the locals, and the teacher also introduced the development of the Czech Republic, so as to learn the local Czech life mode, that my life in the Czech Republic is quite smooth.

Special thanks to the Czech Culture Course for giving me the opportunity to watch the World Series. This is my first contact with floorball, it is a very novel thing for me, especially this kind of cosmopolitan competition. Even so, after I searched the Internet for floorball, it seems to have been popular for many years in Taiwan. Because Taiwan's environmental conditions are not conducive to the development of ice hockey, the development of floorball seems to be an inevitable result after interaction with the international community. The match in the film is the Japanese team against the Canadian team. The audience on the side saw us as Asian faces, they immediately gave us the Japanese flag and shouted "Nippon, Nippon, Nippon" together. Although the Japanese team lost to the Canadian team in 2:14, even if the score is significantly behind, they still do not give up fighting to the last moment, their spirit is worthy to learn for us. Finally, congratulations to the Canadian team for winning the final victory. As for the feedback of the Czech Culture Course, I have three suggestions. First, I think teacher can arrange different student from the same country make the presentation about the difference between their countries and Czech, they can choose any topic, for example: different food, different festival, different culture etc. This will be the fast way for all students to know the difference between each culture, maybe they can also find something same! Second, as for the culture tips, I suggest students should use their own picture, for example, if they want to introduce the Christmas markets in Prague, they should not only go there by themselves but also take the picture. If so, they could surely meet the Czech culture in person, Third, I think as for the classes outside the classroom such as visiting the National Museum, maybe could let more student join the activity, students could invite their friends who didn't choose this class to join us together, maybe it will be a little bit hard to control the students, but I think if this activity could let more people know about Czech, and I think it worth! At the last, I want to say thank you to Sasha for holding the Czech Culture Course, it makes me know more about Czech, and also meet more student from different countries, and I made lots of new friends! Some time we talk about the culture shocks in Czech, and I think it's very interesting. And I will surely suggest the new exchange student who comes from the same university as I am to choose this class!

Exchange students have become increasingly popular. In fact, although there are points in the future resume, it is not necessarily a condition. But you can't deny that you made the decision to go abroad. The amount of gold in this experience depends on how much you expect from it. It is recommended that future students choose the places they really are interested in when they exchange or exchange their choices. You will experience life with great enthusiasm, learn what you can't learn in Taiwan, and finally become an important experience in your life. Such an experience is valuable to us and has a plus for your future. In addition, exchange students are things that can be done by retaining students' status. Many people have come to the society and lament that they have not done enough in the student period and have not done enough. Therefore, make good use of your student status, experience it, and increase your experience. The most precious thing in the student period. The inevitable need to live abroad is to force yourself out of the comfort zone. The most obvious thing is that you must have all the food and clothing in your life. In dealing with these things, there are often so-called bad things, such as the inability of the account to use, and the habits of roommates. Different, can't eat what you want to eat, can't buy the materials

you need. Dealing with these is not necessarily what you will learn, but after all these trivial things are a kind of practice for me, and these things will be solved. In the future, when you deal with trivial things, you can face it with a calm heart. Mental growth is an important thing. Tourism should be the most important point that everyone feels. It can also be said that it is the purpose of exchange. When you are young, you can take a look at the sights that are called must-visit. It's definitely worth the price. Especially after the society, you will have only a limited time to travel. In Europe, so many attractions have to take a year off. It is not easy, so it is definitely not a mistake to make good use of your student status to travel the world. Since I had exchanged in Europe at the university, I didn't spend much time on tourism in the Czech Republic. I suggest that you can have a target tour. After all, although Europe is beautiful, the architecture and culture are similar in different countries. Later, you will feel it seems that no matter what place is no longer amazing, so before you travel, ask yourself what you want to see, it will be more effective to open your eyes, not blindly going abroad.

Also, I think CTU give us a great environment for learning, in the past few months, I have learned a lot in the exchange life. I have become more independent and stronger, and I know how to plan my life. Besides of learning in school, I can not only enjoy traveling and also learn how to solve various emergencies, and it is quite a sense of accomplishment. As for the ESN card and ISIC card which school give us, it contains lots of discount, students can use it to buy cheaper plane tickets or hostels, I think student should not only study hard but also play hard, during the trip, student can also learn lots of things. In addition, as for the foreign language ability - English, it has become more familiar, and not afraid to talk to foreigners. Increasing self-awareness: In the process of communicating with foreigners, I found that I really don't understand Taiwan very much. Sometimes I was asked about Taiwan-related issues. I really can't answer it, like bank interest rates, unemployment. Rate, etc., although it will be checked online afterwards, and then tell them the answer, but this shows ignorance of their own country; in addition, since childhood travel to Europe and the United States, even the island of Taiwan has not been to several counties and cities, in Taiwan night to It is really a disappointment for exchange students from various countries to introduce Taiwan's famous tourist attractions. Therefore, I am determined to pay more attention to Taiwan's current affairs after returning to China. I have to spend more time thinking about my country more deeply. This is in addition to my responsibility and also in the direction. Foreigners sell Taiwan and let them know Taiwan better and have a good impression of Taiwan. In my spare time, I traveled to many European countries. Every country give me unlimited surprises. When the photos of historical or geography textbooks came into my eyes, it was a little more spectacular than the spectacular ones. It was not as easy as it used to be. I myself, the idea has become more lively and unrestrained, so I can enrich my vision. I really feel that going abroad is a great experience. I hope that I can't forget the original intention and grasp every opportunity to go to a different world to walk for myself.

## 26-6 相片



期末考後與英文工作網絡授課老師合照



觀賞世界盃福樂球冠軍錦標賽



與捷克科技大學交換的台灣學生聚餐