A. 學校簡介

我選擇的交換校是哈拉代茲．克拉羅維大學(Univerzita Hradec Králové)， 位於捷克東北方的哈拉代茲．克拉羅維市(Hradec Králové，簡稱 HK)，是捷克第五大城市，距離首都布拉格搭乘火車大約 2 小時的車程。學校共設有 5 個學院，分別為教育、資訊與管理、藝術、 科學、社會人文學院，我就讀的是資訊與管理學院，校園環境舒適，也提供許多設施讓學生使用，例如交誼廳、休息區和咖啡廳等，學校的行政人員和教授都十分友善，處理事情的效率也很好，讓我在學校的生活沒有負擔。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

我推薦 English in Practice II，我選的是 Mr. Kacetl 教授，在這堂課中，教授每週會選不同主題讓大家自由討論，通常他會設定幾個問題讓學生回答，但他更鼓勵大家自由發揮，想講什麼都可以，就算與當週主題僅有一小部分重疊，他仍然很樂意聆聽來自不同環境學生的想法，通常主題都和日常生活有關，所以也不用擔心沒想法回答不出來。在這樣輕鬆的氛圍下，我變得更勇於發言，也不會一味追求完美的標準答案，就算文法詞彙用錯也沒關係，讓我在用英文回答的時候更放鬆，也會開始期待每週上課和大家分享生活。

我也很推薦 Sport 課程，summer semester 的課程內容和水上活動有關，這學期是在克羅埃西亞上課 ( 每學期地點不一樣 )。這堂課並非像台灣體育課一樣一週一次，而是在學期末抽出 10 天時間，將學生帶到位於克羅埃西亞的一個露營地，學習水上活動技巧，如獨木舟、立槳等，雖然是體育課，但在老師講解完基本概念後就是自由時間，讓大家可以自由玩水也能一邊體驗水上運動，還可以享受一整片湛藍大海，我也在這裡獲得第一次跳海體驗！

C. 國外研修之生活學習（課外）

真正踏上歐洲開始我的交換生活後，我才深刻體會到獨立的真正份量，離開台灣的舒適圈，從超市採買到繁瑣的行政流程，生活大小事都在考驗我的應變能力，過去在台灣總習慣依賴家人，但隻身跨越半個地球後，我意識到只有自己能成為解決問題的人。

在台灣習慣了外食的便利，來到捷克後，為了節省開銷，我開始學著下廚，還好我非常幸運和超會煮飯的台灣人同住，從一開始只能吃超市麵包到後來可以煮一整桌台灣料理，甚至還招待外國同學到宿舍一起吃飯，而我也從一開始到超市不知道要買什麼食材，到能熟練在當地超市精打細算、安排一週菜單，這些經驗都讓我產生滿滿的成就感！

D. 交換/研修之具體效益（請條列式列舉）

(1) 克服語言焦慮

(2) 體驗自主與開放的歐式教育思維

(3) 提升危機處理能力

(4) 累積談判實踐經驗

(5) 精進表達能力

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?

在一次到斯洛伐克旅遊時，我抵達現場才發現青旅實際狀況與網站描述有巨大落差，且已經超過免費取消期限，面對可能損失的突發狀況，我只能鼓起勇氣致電老闆，用英語指出問題並積極協商，最終成功爭取到全額退款。這次經驗讓我明白，只要願意主動出擊、條理溝通，困境就能迎刃而解。這趟旅程不僅是學術進修，更是一場人生修煉，讓我褪去依賴，蛻變為能獨當一面、具備危機處理能力的人。

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?

在交換期間最大的文化衝擊就是歐洲人的慢活生活步調，以及工作生活之間的平衡，像是一到禮拜天，所有超市和商店都不會營業，以及公家機關和銀行行政處理速度不比台灣等，一開始難免會覺得很煩燥，但後來我學會提前做好規劃，不要把事情拖到最後一刻，也不再把便利當成理所當然。

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?

我認為改變最大的地方是學會主動面對未知和困境，有了出外旅遊的經驗後，遇到困難時我不再慌亂，讓自己冷靜下來沉著應對，並主動尋找解法，而不是被動等待他人的協助。此外，我也學會放下急躁，在遇到超出計畫外的情況時，我會用其他角度看事情，從中找出可以享受生活的方法。

H. 感想與建議

出國讀書一直是我一生中最想挑戰的事，這為期一學期的歐洲交換生涯，無疑是我大學四年、乃至於目前人生中色彩最絢爛的一章，這趟旅程帶給我的，遠比當初預期的還要豐沛。在學術與課堂上，捷克的教育風格徹底打破了我過往的思維框架，自由發表、不追求完美答案的討論氛圍，讓我學會用更宏觀、包容的視角看待世界。這段日子，我走訪許多國家，看見了不同的文化地景。更重要的是，我學習到如何獨自面對在異地的所有生活瑣事和突發狀況，比起依賴我學會了主動尋求幫助，想盡辦法解決問題。海外研修的洗禮，讓這趟旅程超越了單純的課業學習，成為我人生中重要的成長里程碑，讓我打破過往的依賴，在跨文化的環境中學會獨立思辨，真正長成一個能獨自面對挑戰的成熟個體。更重要的是，這段旅程給予我對未來生活的想像的規劃雛形，讓我更知道自己想要什麼樣的生活。

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

I chose the University of Hradec Králové (UHK) for my exchange program. Located in the northeastern part of the Czech Republic, Hradec Králové is the country's fifth-largest city and is about a two-hour train ride from Prague. UHK comprises five faculties, and I was enrolled in the Faculty of Informatics and Management. The campus environment is highly comfortable, offering excellent facilities such as lounges, rest areas, and cafes. Moreover, the university's professors and administrative staff are incredibly friendly and efficient, ensuring a seamless and stress-free academic life.

Among my academic coursework, English in Practice II with Professor Kacetl was one of my favorite and most rewarding experiences. Each week, the professor selected lifestyle-related topics and encouraged open discussions. Instead of strictly policing our responses, he welcomed our diverse ideas, creating a relaxed environment where I overcame my language anxiety and stopped chasing perfect standard answers. I also highly recommend the Sport course, which took place as a 10-day intensive water sports camp in Croatia. After explaining the basic concepts of kayaking and paddleboarding, the teacher gave us full freedom to practice and enjoy the crystal-blue sea, allowing me to experience my very first cliff jump and experience a flexible European teaching style.

Stepping into Europe taught me the true weight of independence. Leaving Taiwan's comfort zone meant that everyday tasks, from supermarket shopping to tedious administrative procedures, became tests of my adaptability. Having been used to relying on my family, I realized that I had to become my own problem solver. To manage my budget, I had to learn how to cook. Fortunately, I lived with a Taiwanese roommate who was an amazing cook. I progressed from blindly wandering the supermarket aisles to calculating costs and planning a weekly menu. We even cooked massive Taiwanese feasts to entertain our international friends in the dormitory, which brought me an incredible sense of accomplishment.

Through these combined experiences, the concrete benefits of this journey became clear. I successfully overcame language anxiety, moving from a fear of making mistakes to speaking English confidently in multicultural settings. I embraced autonomous European

education, which emphasizes personal responsibility over strict rules. Furthermore, I enhanced my crisis management and cultivated practical negotiation skills, learning to stay calm, articulate issues logically, and protect my rights during unforeseen dilemmas. Finally, I significantly refined my expressiveness, becoming able to share complex personal viewpoints and cultural examples clearly in international discussions.

Studying abroad has always been my ultimate lifelong dream, and this one-semester exchange in Europe has undoubtedly been the most vibrant chapter of my college years. Academically, the Czech educational style shattered my previous mindset, teaching me to view the world through a more inclusive lens. Experiencing the slower pace of European life also taught me to slow down, embrace the rhythm, and stay calm under pressure. More importantly, I learned how to handle emergencies and daily chores entirely on my own. This exchange journey was not just an academic pursuit, but a profound life transformation. It allowed me to break free from past dependencies, cultivate critical thinking in a cross-cultural environment, and truly grow into a mature, independent individual ready to face future challenges while giving me a clearer blueprint of the life I want to lead.