A. 學校簡介

1. 歷史背景

布拉格查理大學（捷克語：Univerzita Karlova）由神聖羅馬帝國皇帝查理四世於 1348 年創立，不僅是捷克的最高學府，更是中歐歷史上第一所大學。承襲近七百年的學術傳統，查理大學培育出許多傑出校友（如物理學家愛因斯坦曾在此任教、著名作家卡夫卡在此取得法學博士）。

2. 學術架構與開放式校園

全校共由 17 個學院組成，涵蓋人文、社會科學、法律、醫學、理學及數學等完整學門。與台灣傳統集中式的校園不同，查理大學採取與城市共榮的開放式校園設計。各學院的教學大樓、研究中心及圖書館散落於布拉格市中心各處。而社會科學院則散落在三個不同的大樓，分別是 Campus Jinonice、Faculty of Social Sciences、Opletalova。

3. 國際化環境與交換生

作為歐洲熱門的留學目的地，查理大學擁有高度國際化的校園環境，各學院每學期皆開設大量全英文授課課程，學校也設有完善的國際事務處與學生社團，為國際交換生提供包含宿舍申請、文化適應、學伴計畫等。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

1. Discovering the joy of hiking

- **課程概述：**

  這是一門體育課，每周老師都會帶我們去布拉格近郊爬山，雖然這門課不是英文授課，但都會請捷克的同學幫忙翻譯，老師很可愛也很認真。眾所周知捷克是一個很愛喝酒的民族，甚至在下課時老師還會約同學去附近的酒莊一起喝酒聊天，我覺得這堂不只是體育課更是一堂能夠結交朋友的一堂課，能夠認識捷克當地人深入了解布拉格的文化，所以這堂體育課非常推薦，上學期跟下學期都有開設!

- **課程圖片：**





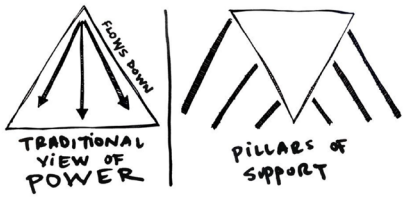
2. Introduction to Community Organizing: Theory and Practice

- **課程概述：**

  這堂課的教授是來自捷克非政府組織的成員，介紹社會組織是如何形成以及發展的，有別於台灣大學的大班制，這門課只有 10 位同學，也與台灣授課的形式不同，擁有大量的小組討論時間與發問分享環節，這是我一開始最不習慣的上課模式。老師也會設計不同的情境與角色扮演，來模擬創建組織所發生的流程與步驟，也因此需要進行大量口語表達，所以英文會話的部分能夠快速提升。

- **課程圖片：**



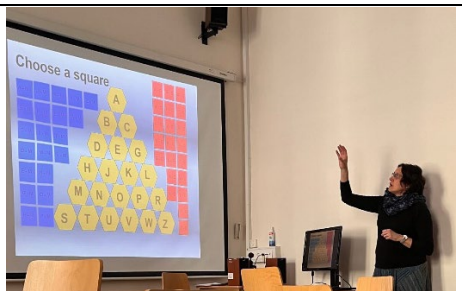


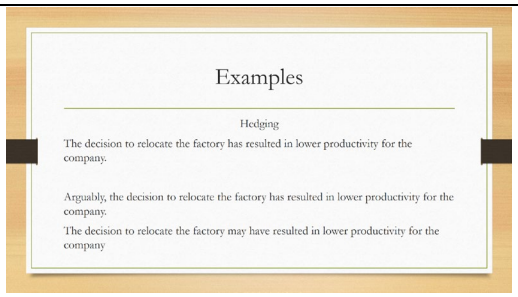
3. English for Economics II

- **課程概述：**

  這堂課是 Economics and Finance 的必修課程，雖然有分上下學期但沒有修 I 的人也可以選修。每週課堂皆圍繞特定的經濟或金融主題（如會計、稅收、凱因斯理論等）並認識不同的英文文法。教學設計也很扎實，會針對當週主題設計辯論題目，由同學分組擔任正反方進行學術辯論，老師也會教導如何用英文撰寫出一份學術論文，並在學期末繳交一份有關經濟議題的論文，這是一門很紮實的課程，也很吃英文的聽說讀寫能力。

- **課程圖片：**





C. 國外研修之生活學習（課外）

1. 學生宿舍

我住的宿舍是 Kolej Kajetánka K1，很幸運住到的是剛裝潢好的宿舍，兩人房並有一台小冰箱以及個人的衛浴設備，但是廚房是一層樓共用一個。宿舍為布拉格 6 區，距離老城區與上課的地方車程約 30-40 分鐘，可以搭乘輕軌以及公車上下學，每個月 5550 克朗算是蠻實惠的價格因為有聽到其他交換生更驚人的住宿費。





2. ESN 學生活動

ESN 是一個涵蓋全歐洲的學生組織，也是歐洲最大的學生組織，剛開學的時幾乎每天都有活動，像是 international dinner、welcome party 等，很推薦大家去報名因為能夠快速認識很多朋友以及台灣人，也有一些捷克城鎮的一日遊，像我就報名了 CK 小鎮的團，能認識很多交換生!



3. 探索歐洲

交換期間，我常利用課餘空閒走訪歐洲各國。這些旅程不僅讓我學會如何獨立規劃行程，更鍛鍊了隨

機應變、處理突發狀況的能力。對我而言，旅行不再只是為了欣賞沿途的美景，更是一場場深刻的自我成長與鍛鍊。

D. 交換/研修之具體效益（請條列式列舉）

- ✓ **獨立生活與危機應變能力：**培養了高度的自主的生活規劃、時間管理與跨文化的適應彈性
- ✓ **英語表達力之提升：**顯著提升了英語「聽、說、讀、寫」的綜合實力
- ✓ **建立多元的化的國際人脈：**結交了來自香港、烏克蘭、韓國、捷克的朋友們
- ✓ **拓展國際視野：發**現世界真的很大很美

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?

在國外生活讓我體會最深的，就是「出外靠朋友」的重要性與人脈的價值。在交換期間，我曾遇到宿舍的問題，然而宿管阿姨完全不懂英文，而翻譯軟體也難以精準傳達我的需求，溝通陷入僵局。面對這個困境，我就請熟悉捷克語的朋友尋求幫助。透過他們的協調與翻譯，順利將問題傳達給宿管阿姨，也讓我深刻意識到，在異國他鄉建立人脈網絡至關重要。這次經驗讓我學會放下跨文化溝通的焦慮，更加積極、開放地去拓展人脈，因為關鍵時刻的互相扶持，往往是海外生活克服難關的最佳方法。

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?

歐洲超市很早就關門、有些甚至星期天完全不營業，以前的生活太便利，我們習慣了缺什麼再出門買，但歐洲超市的營業時間，逼得我必須在星期六之前先屯好物資、未雨綢繆。

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?

我覺得是慢慢來，不再著急地做完所有事，在熟悉的環境裡，往往被緊湊的步調催促，像是設定目標、按部就班、追求效率。但在一個全然陌生的國家，當我必須獨自面對語言隔閡、不同的生活節奏，甚至是一個人逛著超市、打理生活起居時，環境逼得我不得不停下腳步。這個「慢」，不是平庸或停滯，而是一種重新掌控自己節奏的主導權。我發現生活的容錯率變高了，事情沒有完全按計劃進行也沒關係，錯過了一班車、或是進度慢了一點，並不會怎麼樣。也學會與自己獨處，當步調慢下來，多出來的時間不再用瑣事填滿，而是留給了自己，因此更能享受當下，不再把目光永遠盯在下一個目標，而是學會去欣賞眼前的風景、好好做一頓飯、感受當下的生活。

H. 感想與建議

這次的交換經驗對我而言是一段非常珍貴且難忘的旅程。在陌生的環境中學習與生活，不僅讓我

接觸到不同的文化，也讓我學會用更開放的心態去理解和尊重彼此的差異。很謝謝我的父母能夠贊助我，讓我在最好的年歲看看世界，感謝中山大學，讓我有機會在中歐最好的大學查理大學念書，也很感謝教育部，能夠獲得每個月補助的生活費。

在交換期間，我認識了來自不同國家與背景的朋友，透過交流分享彼此的文化、生活方式及價值觀，拓展了自己的國際視野。同時在面對語言溝通、課業以及生活上的挑戰，我也逐漸培養出獨立解決問題的能力，學會勇敢面對困難並適應新的環境。

這段經歷讓我深刻體會到，學習不只是來自課堂，更來自每一次與人的互動和生活中的點滴。透過這次交換，我不僅提升了自己的語言能力，也增強了自信心與應變能力，對未來的學習及職涯規劃都有很大的幫助。

交換不僅是一段學習旅程，更是一段自我成長的過程。我非常珍惜這次難得的機會，也希望未來能持續保持探索世界、勇於挑戰自我的精神，將這段寶貴的經驗化為前進的動力。

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

Studying abroad at Charles University in Prague, Czech Republic, has been one of the most valuable and unforgettable experiences of my university life. This exchange program not only allowed me to receive a high-quality education but also provided me with opportunities to experience a different culture, improve my English skills, and become more independent. Throughout the semester, I learned both inside and outside the classroom, making this journey meaningful in many aspects.

Charles University, founded in 1348 by Emperor Charles IV, is the oldest university in Central Europe and one of the most prestigious institutions in the Czech Republic. With nearly seven centuries of academic tradition, the university has educated many outstanding scholars and public figures. Unlike many universities in Taiwan, Charles University has an open-campus system, where different faculties and buildings are located throughout the city of Prague. This unique environment allowed me to experience both academic life and the city's rich history at the same time. The university also offers numerous English-taught courses and provides excellent support for international students through its International Office and student organizations.

During my exchange semester, I enrolled in several interesting and challenging courses. One of my favorite classes was **Discovering the Joy of Hiking**, where we explored the beautiful countryside around Prague every week. Although the course was mainly taught in Czech, local students kindly helped translate for international students. More importantly, this course allowed me to interact with Czech

students, learn about their culture, and build friendships beyond the classroom.

Another memorable course was **Introduction to Community Organizing: Theory and Practice**. The professor, who worked for a Czech non-governmental organization, introduced us to the theory and practice of community organizing through discussions, role-playing activities, and group projects. Compared with the traditional lecture-based teaching style in Taiwan, this course emphasized participation, critical thinking, and communication. It challenged me to express my opinions confidently in English and significantly improved my speaking skills.

I also took **English for Economics II**, which focused on academic English in economics and finance. Each week, we discussed topics such as taxation, accounting, and Keynesian economics while learning professional vocabulary and academic writing skills. We participated in debates and completed a research paper by the end of the semester. This course strengthened my reading, writing, speaking, and critical thinking abilities, preparing me for future academic and professional challenges.

Outside the classroom, dormitory life and extracurricular activities became an essential part of my exchange experience. I lived in Kolej Kajetánka K1, a newly renovated dormitory with comfortable facilities. Although commuting to the city center took around 30 to 40 minutes, the convenient public transportation system made daily travel easy.

I also actively participated in activities organized by the Erasmus Student Network (ESN). These events, including international dinners, welcome parties, and day trips, helped me make friends from many different countries. Through these cultural exchanges, I learned to appreciate diverse perspectives and developed meaningful international friendships. In addition, I took every opportunity to travel across Europe during my free time. Planning trips independently, solving unexpected problems, and adapting to unfamiliar environments greatly strengthened my confidence and independence.

This exchange program has brought me many valuable benefits. My English proficiency improved significantly because I used English every day in academic discussions and daily communication. I also developed stronger problem-solving skills, time management, and adaptability while living independently abroad. Most importantly, I built friendships with students from different cultural backgrounds, broadening my international network and worldview.

Looking back, studying abroad at Charles University was much more than an academic exchange. It was a journey of personal growth that taught me to embrace challenges, respect cultural differences, and step outside my comfort zone. I became more confident, open-minded, and prepared for future opportunities

in both my academic and professional career. I am sincerely grateful to my family, National Sun Yat-sen University, and the Ministry of Education for making this life-changing experience possible. I believe the knowledge, friendships, and memories I gained during this exchange will continue to inspire me throughout my life.