A.學校簡介

捷克科技大學（Czech Technical University in Prague, CTU）創立於 1707 年，是歐洲歷史最悠久的理工大學之一，也是捷克最具代表性的工程科技高等學府。學校以工程、資訊科技、建築及自然科學等領域聞名，致力於培育具備創新能力與國際視野的專業人才。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

我總共修了兩門課：Chemistry 與 Urban and Landscape planning of 21st century，都是土木工程系的課。在 Chemistry 這堂課中，會分為 lecture 及 seminar 兩個部分。這堂課的評分只有期末考試與 seminar 的出席。課程內容也算是非常簡單，lecture 部分可以自己唸，因此非常適合初學者或是想輕鬆學習的人。第二堂是 Urban and Landscape planning of 21st century 這堂課，與我在中山的本科系有非常大的不同，算是新接觸的領域，但因為整堂課大部分都是國際生，所以以老師的上課方式也是從頭開始講解建築的歷史以及基礎，所以非常適合完全沒有概念的人來修。評分方式是期末的 4 分鐘報告，自己選一個小街區，然後對他進行都市規劃及剖析，我自己選擇了台北市中山商圈來報告，做的過程也很有趣，沒想到一個小街區也有這麼多東西可以分析。

C. 國外研修之生活學習（課外）

在學校修課之餘，我也拜訪了非常多歐洲國家，探索了冰島及挪威的冰天雪地、賞鯨、極光，也體驗了酷夏的西葡及法國、獨旅的德荷比。更重要的是在處理訂票與住宿時也增長了不少經驗，學到了要注意車站離市區的遠近以及參考訂房的評價真的非常重要。也在幾個旅伴身上的故事體會到真的不需要把自己局限在台灣，也知道如何獨處以及經營的自己的生活，例如煮飯、打掃、學習、規劃旅程等等。

D. 交換/研修之具體效益（請條列式列舉）

1. 學會自己處理事情、照顧生活起居

2. 增進語文、社交能力

3. 拓展世界觀

4. 透過爬山健行的經驗發現靠自己的腳步獲得的美景是非常值得的

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?

我在機場準備要飛去英國時，過了安檢及海關後才發現忘記將行李托運，原本的想法是到登機口跟地勤說我要在現場托運，接受被罰款的命運。但機場工作人員跟我們說可以再離開海關到大廳去托運櫃檯辦理托運，時間上應該來得及，於是我就用飛奔的到海關口，但海關花了至少 5 分鐘的時間審查讓我很緊張，後來到了托運櫃檯前面發現前面的人因為有簽證問題，所以耽誤了不少時間，但櫃檯也只有一個，所以就只好苦苦的等。因為當時是早上，出境海關排了更多人，我原本有問前面的一對夫婦能不能讓我先辦理通關，但礙於語言障礙的關係，他們就沒有讓我插隊。後來很幸運地，安檢都沒有任何人才趕上了飛機。

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?

第一次參加學校舉辦的排球週末活動時，因為很少有跟外國人接觸的經歷，一開始我有點害羞，他們伸出手，我以為是他們要邀請我到場上打球，後來他們才說是要跟我握手，我不需要那麼彆扭，我才知道外國人的習慣是握手、擊掌以及臉對臉來迎接一個新認識的人，因此後來我比較不那麼害怕與人肢體接觸了。

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?

到國外生活後，我發現大家都很有自己的生活步調，不太會有人關注你，但反倒是在台灣，人的一舉一動都會被放大檢視，譬如說衣著妝容等等。與台灣相比，我更能勇敢的去做任何事情，比如說參加完全沒有認識朋友的排球局、主動與廚房的外國人搭話等等，也讓我增加了不少自信。也讓我學習到未

來的工作或學習不只是需要局限在台灣與世界各地的人交流後發現國外的政策以及環境也比台灣好很多這讓我拓展了只能一直待在台灣養老的想法。

H. 感想與建議

對於旅遊國家的建議我最推薦的是冰島、義大利多洛米蒂與葡萄牙的波多。去過冰島後才發現世界上原來真的有一個地方是如此的孤寂，還有超強的風把大家都吹到臉凍紅，還有冰川健行的體驗，真的是一個非常難忘的回憶。在阿爾卑斯山區的多洛米蒂是世界文化遺產之一，爬到刀鋒山的山頂後，非常有成就感，因為我從來沒有爬過這麼高的山，並且是用自己的雙腳獲取美景，真到非常感動。城市 city walk 我最推薦的是葡萄牙的波多，因為我去的時候大概是四月初，那時候的歐洲國家大部分都還是冬天的天氣，但波多很溫暖，並且有非常多好吃的蛋塔，城市的氛圍也不會很商業化，還有最著名的路易一世大橋也非常美。

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

The Czech Technical University in Prague (CTU), founded in 1707, is one of the oldest technical universities in Europe and one of the most prestigious institutions for engineering and technology in the Czech Republic. It is well known for its excellence in engineering, information technology, architecture, and natural sciences.

During my exchange semester, I took two courses: Chemistry and Urban and Landscape Planning of the 21st Century, both offered by the Faculty of Civil Engineering. The Chemistry course consisted of both lectures and seminars. The grading was based solely on the final examination and seminar attendance. The course content was relatively straightforward, and

most of the lecture material could be studied independently, making it an excellent choice for beginners or students looking for a manageable academic workload.

The second course, Urban and Landscape Planning of the 21st Century, was very different from my major at National Sun Yat-sen University, so it introduced me to a completely new field. Since most of the students were international students, the professor began with the fundamentals, including the history of architecture and the basic concepts of urban planning. This teaching approach made the course accessible even for students with no prior knowledge of the subject.

Living abroad also changed my perspective in many ways. I realized that people in Europe generally focus on their own lives and are less concerned with judging others. In contrast, people in Taiwan often pay close attention to others' appearances and daily behaviors, such as clothing or makeup. This cultural difference gave me the confidence to step outside my comfort zone. For example, I joined volleyball games where I did not know anyone and started conversations with international students in the shared kitchen. These experiences helped me become more confident and independent.

More importantly, this exchange broadened my horizons. By interacting with people from different countries, I learned that there are many ways to live, work, and solve problems. I also observed that some policies and social systems abroad are worth learning from. This experience made me realize that my future career and personal development do not have to be limited to Taiwan. Instead, I became more open to pursuing opportunities and building connections around the world.

Among all the places I visited during my exchange, I would most highly recommend Iceland, the Dolomites in Italy, and Porto in Portugal.

Iceland was unlike anywhere I had ever been. The breathtaking landscapes, the powerful winds that left everyone's faces bright red, and the unforgettable glacier hiking experience made me truly appreciate the raw beauty and solitude of nature. It remains one of the most memorable trips of my life.

The Dolomites, a UNESCO World Heritage Site in the Italian Alps, were equally impressive. Reaching the summit of Seceda after hiking with my own strength gave me an incredible sense of accomplishment. I had never climbed such a high mountain before, and standing at the top while admiring the spectacular scenery was an emotional and unforgettable moment.

For a relaxing city walk, I would recommend Porto. I visited in early April, when many European countries were still experiencing cold winter weather, but Porto was warm and pleasant. The city is famous for its delicious Portuguese egg tarts, charming streets, and welcoming atmosphere. Unlike many popular tourist destinations, Porto did not feel overly commercialized. Walking across the iconic Dom Luís I Bridge while enjoying the beautiful riverside view was the perfect ending to my exchange travels.