



英語口說×小組聚會×SDGs

新學期增強英語口說、認識新朋友！

由外籍生帶領，探索圖書館豐富的館藏資源，放鬆聊天、腦力激盪，輕鬆開口說英語！

- ★ 小組創意發想：自在開口，分享你的想法！
- ★ SDGs × 設計思考：關注全球議題，激發解決方案！
- ★ 探索圖書館資源：你不知道的圖書、期刊、雜誌，讓討論更有料！
- ★ 跨文化交流：和外籍生、不同科系、跨年級的同學一起學習成長！

認識英文口說俱樂部 (Library Chatsphere)

這學期將有 7 次聚會：1 次期初聚會，5 次小組聚會(每組約 8 人，每次 100 分鐘)，以及 1 次期末分享會。

參加 6 次(含)以上者可獲得:圖書館英語活動學習時數證明書、精美好禮、國際處【我的中興時代國際“關”點數】集點卡 4 點



本活動認列國際處【我的中興時代國際“關”】集點卡 4 點
Participants will receive 4 point for OIA "My NCHU Era"

英語口說俱樂部詳細介紹 more→

https://docs.google.com/presentation/d/1JT4V6ZRb5WlrV_C-L7gkh1WWO_lBb5qC/edit

我們有兩個組別！你對哪個感興趣呢？

Group A : Healthy Circle



- 小組帶領人：Sankar(尼泊爾，醫學生物科技博士學位學程)
- 聚會時間：每星期五 18:00-19:40
- 小組主題：Better Health for All: Small Actions, Big Impact
- 主題呼應 SDGs：SDG 3(Good Health and Well-Being)、SDG 4(Quality Education)、SDG 12(Responsible Consumption and Production)
- 主題介紹：Health is more than just not being sick. it is about feeling balanced, motivated, and supported in daily life. As students, we often face academic pressure, stress, irregular routines, and limited time for self-care. These challenges affect both our physical and mental well-being. In this group, we will explore how small, practical changes can make a big difference in student life. Guided by SDG 3 (Good Health and Well-Being), we will use design thinking to identify real problems on campus and develop realistic, research-based solutions. By learning from different disciplines and using library resources, we aim to create ideas that are inclusive, achievable, and impactful.
- 介紹影片：



帶領人推薦好書：



Why We Sleep by Matthew Walker

This book explores how sleep affects physical health, mental well-being, cognitive performance, and academic success. It highlights sleep as a preventive health strategy and a foundation for learning. For university students, it offers research-based insights and practical guidance to improve focus, mood, resilience, and long-term health.

圖書館館藏連結：

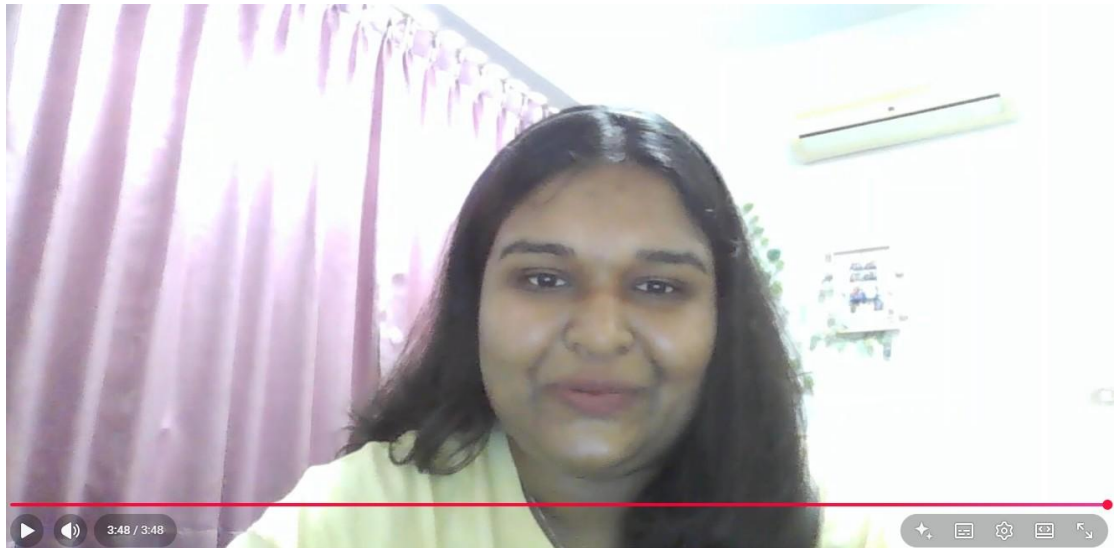
Walker, Matthew P. [*Why We Sleep : Unlocking the Power of Sleep and Dreams.*](#)

First Scribner trade paperback edition. New York, NY: Scribner, an imprint of Simon and Schuster, Inc., 2019. Print.

Group B : Green Minds



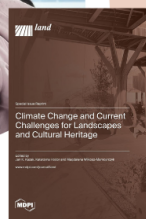
- 小組帶領人：Sonali(印度，國際農學博士學位學程)
- 聚會時間：每星期二 17:30-19:10
- 小組主題：Horticultural Therapy & Sustainability
- 主題呼應 SDGs：SDG 3 (Good Health and Well Being), SDG 11 (Sustainable Cities and Communities), SDG 13(Climate Action), and SDG 15(Life on Land).
- 主題介紹：Horticultural therapy gardens are more than green spaces—they are places of healing, reflection, and sustainable living. This group invites students to explore how interacting with plants and gardens can support mental wellbeing while contributing to a greener, more resilient environment. Together, we will discuss how therapeutic gardens are designed, why nature has a positive impact on our health, and how even small green spaces can make a difference in daily life. We will also connect these ideas to broader sustainability goals, including health and wellbeing, climate action, sustainable cities, and biodiversity conservation. Whether you are interested in sustainability, mental health, or simply want to reconnect with nature, this group offers a relaxed and welcoming space to learn, share ideas, and grow together.
- 介紹影片：



帶領人推薦好書：



Sonali



Climate Change and Current Challenges for Landscapes and Cultural Heritage

This book examines how climate change is affecting landscapes and cultural heritage sites worldwide. It offers valuable insights into current environmental challenges, risk assessment, and adaptive landscape management strategies. The book is highly relevant for students interested in sustainability, heritage conservation, and climate-resilient landscape planning.

圖書館館藏連結：

[*Climate Change and Current Challenges for Landscapes and Cultural Heritage.*](#)

MDPI - Multidisciplinary Digital Publishing Institute, 2023. Print.

活動報名 Sign Up

報名已截止，敬請期待「語言密客室」！

一起開口聊永續，讓學習變得更有趣，創造更美好的世界！

注意事項

※活動對象：本校學生(以未曾參加過本活動者為優先)。

※活動地點：圖書館 B1 興閱坊。

※圖書館將依據所有報名者之意願與時間進行排序，最終小組成員名單將公布於本活動頁面。

※因圖書館推廣業務所需，活動期間將會拍攝活動照片或錄影、錄音。肖像權說明：報名者視為同意將參與本活動之肖像權授權予本館作為活動推廣使用。

活動時程

- 招募帶領人：2026/1/27-2/28
- 公布帶領人組別、開放報名：3/6(五)-3/18(三)
- 公布最終小組成員名單：3/20(五)
- 期初聚會：3/25(三)18:00-20:30
- 小組聚會：3/26-5/17 (共 5 次，每次 100 分鐘)
- 期末分享會：5/20(三)18:00-20:00
- Leaders recruitment: 1/27-2/28
- Release the groups for members to sign up:3/6-3/18
- Leader training: 3/16-3/20
- Release name list of final group members: 3/20
- Orientation: 3/25(Wed.)18:00-20:30
- Group meetings: 3/26-5/17(5 meetings, 100 minutes each)
- Sharing party: 5/20(Wed.)18:00-20:00