

# 2026 國立臺灣師範大學學生實習故事競賽

## 活動簡章

### 一、目的：

國立臺灣師範大學學生事務處（以下簡稱本處）為提升校內產業實習氛圍，鼓勵學生透過影像與文字的徵件方式，分享產業實習經驗與心得，並藉由評選、公開展示等途徑，提供師生交流與觀摩機會，特訂定本規則。

### 二、主辦單位：

本處職涯發展中心。

### 三、參加對象：

本校當年度9月具正式學籍之在校學生，並於競賽前一年10月1日至當年度12月31日間，於同一校外實習機構參與產業實習（不含教學實習、教育實習），累計時數達120（含）小時以上者。另115學年度第1學期之實習學生，於徵件辦理期間可能尚未達累計時數，故需簽署競賽切結書。

### 四、報名方式：

此為個人競賽，分為「圖文組」、「影音組」2種類型，參賽者可同時報名2類型，每類型限1件作品參賽，請於本處公告期限內繳交參賽資料（如附件）。

### 五、評選方式：

#### （一）評選基準

1. 參賽者所提交之相片或影片作品，須能呈現實習情形，作品語言限使用繁體中文或英文（30%）。
2. 實習心得與收穫（40%）：包括簡述實習內容、挑戰與克服方式、透過實習增強的能力或發現待加強的能力等。
3. 實習對未來職涯發展的影響（30%）：包括對於未來修課、升學、就業等影響。

#### （二）評選流程

1. 初選：由主辦單位評選出圖文組、影音組各10件作品，並公告進行決選。
2. 決選：由評選小組進行決選報告，於實習故事競賽分享會暨頒獎典禮頒獎。

### 六、獎勵方式：

評選結果公告於本處職涯發展中心網頁，並於公開場合頒獎表揚，獎項名額由評選小組視參賽作品內容評定，得視情況「增額」或「從缺」給予獎項。

獎項如下：

項目	圖片組	影音組
第一名	頒發獎金新臺幣 6,000 元及獎狀 1 張。	頒發獎金新臺幣 8,000 元及獎狀 1 張。
第二名	頒發獎金新臺幣 5,000 元及獎狀 1 張。	頒發獎金新臺幣 7,000 元及獎狀 1 張。
第三名	頒發獎金新臺幣 4,000 元及獎狀 1 張。	頒發獎金新臺幣 6,000 元及獎狀 1 張。
佳作	頒發獎金新臺幣 2,000 元及獎狀 1 張。	頒發獎金新臺幣 3,000 元及獎狀 1 張。
人氣獎	經票選前 5 名頒發獎金，頒發新臺幣 1,000 元及獎狀 1 張。	經票選前 5 名頒發獎金，頒發新臺幣 1,000 元及獎狀 1 張。
永續實踐 新秀獎	本獎項之獎金由「許定烽余惠順獎學金」支應。每學年頒發 1 名，獎學金金額 2,000 美元（以新臺幣匯率核發），請申請者依設置要點上傳相關佐證文件。旨在表彰學生於企業實習期間，積極參與 ESG、CSR 及永續發展相關行動，展現對社會責任、環境永續與公共價值之關注與實踐能力。期許學生不僅透過職場參與深化專業學習，更以青年視角投入永續議題，展現跨域合作、問題解決與社會關懷精神，體現新世代青年實踐永續未來之行動力與影響力。	

#### 七、相關辦理時程

- (一) 繳交時間：即日起至 115 年 10 月 18 日 23:59 止。
- (二) 決選公告：115 年 11 月 11 日，另信通知。
- (三) 決選報告：115 年 11 月 23 日至 27 日，另信通知
- (四) 實習故事競賽分享會暨頒獎典禮：115 年 12 月 9 日。

#### 八、注意事項：

- (一) 參賽者須擁有參賽作品的所有權，且參賽作品不得有其他競賽的獲獎記錄。
- (二) 參賽作品於投稿時即同意無償授權主辦單位運用與製作成視聽作品（影片）與數位形式檔案，提供教學、研究與公共服務用途等非營利目的之檢索、瀏覽、下載、列印或發表分享。
- (三) 參賽作品須為本人原創，使用的音樂、圖像等素材，須擁有合法授權或為免版權，且無抄襲、仿冒或侵犯隱私等情事，否則將取消參賽資格或追回獎勵；如造成任何第三人權益損失之法律責任，由參賽者自行負責。
- (四) 為尊重實習機構或被拍攝者，請事先徵求實習機構或被拍攝者同意，如造成任何第三人權益損失之法律責任，由參賽者自行負責。
- (五) 如有未盡事宜，主辦單位保有變更權利。

九、經費：由本處當年度分配之教學訓輔成本或相關計畫經費額度內支應為限。

十、本規則經本處職涯發展中心會議通過後實施，修正時亦同。

# National Taiwan Normal University

## Internship Story Contest Guidelines

### 1. Purpose:

To foster a campus culture of industry-academic internship participation, the Office of Student Affairs (hereafter referred to as "the Office") at National Taiwan Normal University (NTNU) encourages students to share their internship experiences through photos and written or video stories. The Office aims to promote experience sharing and dialogue among students and faculty by organizing this contest, which includes an evaluation and a public exhibition.

### 2. Organizer:

Career Center, Office of Student Affairs, NTNU

### 3. Eligibility:

Current NTNU students with active enrollment status as of September of the contest year are eligible to participate. Participants must have completed at least 120 hours of off-campus industry internship (excluding teaching or educational practicums) at the same organization between October 1<sup>st</sup> of the previous year and December 31<sup>st</sup> of the contest year. Internship students enrolled in the Fall 2026 semester who have not yet completed the required cumulative internship hours at the time of application shall submit a declaration form.

### 4. Application Method:

This individual competition has two submission categories: (1) Photo and Text, (2) Video. Participants may submit one entry per category and register for both categories simultaneously. All required materials must be submitted during the Office's announcement period.

### 5. Judging Criteria:

#### (1) Evaluation Metrics:

- a. Presentation of the internship through photos or videos, using either Traditional Chinese or English (30%)
- b. Reflections and learnings from the internship (40%): Internship tasks, challenges faced and overcome, skills gained, or areas for improvement can be mentioned.
- c. Impact on future career development (30%): The influence on course selection, further studies, or employment plans can be mentioned.

#### (2) Judging Process:

- a. Preliminary Round: The organizer selects 10 finalists in each category to proceed to the popular vote stage.
- b. Final Round: The review committees evaluate the finalists and announce the winning entries.

6. Awards:

Winners will be announced on the Career Center website and awarded at a public ceremony. The number of awards may be adjusted depending on submission quality.

Award Category	Photo & Text	Video
First Prize	NT\$6,000 + Certificate	NT\$8,000 + Certificate
Second Prize	NT\$5,000 + Certificate	NT\$7,000 + Certificate
Third Prize	NT\$4,000 + Certificate	NT\$6,000 + Certificate
Honorable Mention	NT\$2,000 + Certificate	NT\$3,000 + Certificate
Popularity Award	NT\$1,000 + Certificate ( Top 5 entries by votes )	NT\$1,000 + Certificate ( Top 5 entries by votes )
Emerging Sustainability Practitioner Award	<p>This award is base on “The Victor and Phyllis Hsu Scholarship Sponsored by V&amp;P Foundations” One student will be awarded per academic year. The scholarship amount is USD 2,000 (disbursed in NTD)</p> <p>This award recognizes students who actively participate in ESG, CSR, and sustainability-related initiatives during their internships, demonstrating a strong commitment to social responsibility, environmental sustainability, and public value. Through workplace engagement, students are expected not only to deepen their professional knowledge and skills but also to contribute to sustainability issues from a youth perspective. The award celebrates their ability to foster interdisciplinary collaboration, solve real-world problems, and demonstrate social awareness, reflecting the action, leadership, and positive impact of the next generation in advancing a sustainable future.</p>	

7. Important Dates:

- (1) Submission Deadline: From the date of announcement until 11:59 p.m., October 18, 2026.
- (2) Final Round: November 11, 2026. Results will be announced via email.
- (3) Final Round: November 23–27, 2026. Detailed arrangements will be notified by email.
- (4) Internship Story Contest Sharing Session and Award Ceremony: December 9, 2026.

8. Important Notes:

- (1) Participants must own the rights to their submissions and may not submit entries that have won in other competitions.
- (2) By submitting, participants agree to grant the organizer a royalty-free license to reproduce, display, and distribute their work in digital or audiovisual formats for non-profit educational, research, and public service purposes.
- (3) All works must be original. Any use of music, images, or materials must be appropriately licensed or royalty-free. Plagiarism, impersonation, or invasion of privacy will disqualify or revoke awards. Legal responsibility for copyright or other infringement lies with the participant.

- (4) Participants must obtain prior consent from their internship organization and any individuals featured in the media. The participant is legally liable for any disputes or losses.
- (5) The organizer reserves the right to modify contest details.

9. Funding:

The annual teaching and counseling budget or related program funds allocated to the Office will fund the competition.

10. Enforcement:

These guidelines take effect after approval by the Career Center. Amendments shall follow the same procedure.

## 參賽繳交資料

項目	說明
圖片組	<ol style="list-style-type: none"> <li>1. 實習相片 1 張：原始檔 jpg 檔，建議 1MB 以上 10MB 內，解析度 300dpi 以上，須於實習場域拍攝且能呈現實習情形，有作者本人在內為佳。</li> <li>2. 200 至 400 字內的文字說明。</li> </ol>
影音組	<ol style="list-style-type: none"> <li>1. 影片封面相片 1 張。</li> <li>2. 影片摘要內容（80-100 字）</li> <li>3. 影片限於 1 分 30 秒至 3 分鐘內，使用 MP4 格式，不超過 1GB，提供影片檔雲端網址連結，建議影片比例 16：9，解析 1280*720（HD 畫質 720p），須於實習場域拍攝且能呈現實習情形，有作者本人在內為佳。</li> </ol>
參賽文件	<ol style="list-style-type: none"> <li>1. 實習證明（pdf 檔/jpg 檔）：由實習機構或系所開立之證明文件或使用實習證明參考格式。</li> <li>2. 學生證或在學證明（正面 pdf 檔/jpg 檔）。</li> <li>3. 著作權授權使用同意書（本人簽名後之 pdf 檔/jpg 檔）。</li> </ol>
參加獎	前 200 名參賽者贈送「超商禮券 100 元」。

## Required Documents for Submission

Category	Guidelines
<b>Photo and Text</b>	<ol style="list-style-type: none"> <li>1. One internship photo (JPG format, original file, recommended size 1MB–10MB, resolution 300 dpi or above, taken at the internship site, preferably featuring the entrant).</li> <li>2. 200–400 words of written narrative.</li> </ol>
<b>Video</b>	<ol style="list-style-type: none"> <li>1. One cover image (JPG format).</li> <li>2. 80–100-word video summary.</li> <li>3. Video file (MP4 format, 1:30–3:00 minutes in length, file size under 1GB, HD quality 1280×720 or higher, recommended aspect ratio 16:9), must be filmed at internship site, preferably featuring the entrant.</li> <li>4. Cloud link to the video must be provided.</li> </ol>
<b>Required Documents</b>	<ol style="list-style-type: none"> <li>1. Internship certificate (PDF or JPG) issued by the internship organization or department, or using the provided template.</li> <li>2. The front side of the Student ID card or enrollment verification (PDF or JPG).</li> <li>3. The signed copyright authorization consent form (PDF or JPG).</li> </ol>
<b>Participation Gift</b>	The first 200 valid participants who upload a complete entry and documentation will receive an NT\$100 convenience store voucher.

## 臉書人氣獎票選方式

- 票選期間：115 年 11 月 16 日 10 時起至 115 年 11 月 30 日 17 時止。
- 參加對象：不限。
- 作品編號依報名先後順序排序。
- 票數計算方式：進入決選之作品張貼於職涯發展中心臉書進行人氣票選 (<https://www.facebook.com/NTNUCOCS/>)，於票選時間截止時，計算每張相片按任何圖示之票數，「圖文組」、「影音組」各前 5 名，頒發獎金新臺幣 1,000 元。
- 若票選活動經檢舉，有影響活動公平之異常情形，經主辦單位查證屬實，取消參賽資格，參賽者不得異議。

## Popularity Vote

- Voting Period : From 10:00 a.m., November 16 to 16:00 p.m., November 30, 2026
- Open to the public.
- Entries are numbered in the order of submission.
- Voting entries will be posted on the NTNU Career Center Facebook page (<https://www.facebook.com/NTNUCOCS/>) .
- The top 5 entries in each category with the most total reactions will win the Popularity Award (NT\$1,000 + Certificate) .
- If irregular voting behavior affecting fairness is confirmed, the organizer reserves the right to disqualify entries without appeal.

# 國立臺灣師範大學學生實習故事競賽 作品授權同意書

立書人即下列著作之著作財產權人\_\_\_\_\_，因「國立臺灣師範大學學生實習故事競賽」之主辦單位為執行本活動，需利用立書人之著作，爰授權國立臺灣師範大學（以下簡稱甲方）於下列授權範圍內利用立書人之著作：

## 一、授權利用之名稱：

立書人擔保就本件著作有授權利用之權利，並擔保本件著作並無不法侵害他人著作權或其他權利之情事。

## 二、授權範圍：

（一）利用行為：甲方應依下列著作權法規定之方式利用

重製 公開播送 公開展示 散布

（二）利用之地域（場地）：

不限地域

（三）利用之時間：

不限時間

（四）利用之次數：

不限次數

（五）可否再授權：

甲方可再授權第三人為上述之利用

（六）權利金

無償授權

（七）其他：

此致 甲方（國立臺灣師範大學）

立書人即著作財產權人：

身分證字號：

地址：

中 華 民 國 年 月 日

# Copyright Authorization Agreement

I, the undersigned, hereby declare that I am the copyright holder of the submitted work titled \_\_\_\_\_ and authorize National Taiwan Normal University (hereafter "Party A") to use my work to conduct the Internship Story Contest under the following terms :

Scope of Authorization :

1. Reproduction, public broadcasting, public display, and distribution under relevant copyright laws
2. No restriction on location, time, or frequency of use
3. Party A may grant sub-authorization to a third party
4. The authorization is granted free of charge

Legal Assurance :

I guarantee that I have the right to authorize the use of the submitted work and that it does not infringe upon the rights of others.

Signed by: \_\_\_\_\_

ID Number or ARC number: \_\_\_\_\_

Address: \_\_\_\_\_

Date (DD/MM/YYYY) \_\_\_\_\_

To : National Taiwan Normal University

# 實習證明

## Certificate of Internship

茲證明國立臺灣師範大學 \_\_\_\_\_ 系（所） \_\_\_\_\_ 同學  
於 \_\_\_\_\_ 年 \_\_\_\_\_ 月 \_\_\_\_\_ 日至 \_\_\_\_\_ 年 \_\_\_\_\_ 月 \_\_\_\_\_ 日於 \_\_\_\_\_  
完成產業實習，共計 \_\_\_\_\_ 小時。

This is to certify that \_\_\_\_\_ ( student name ) , student of  
\_\_\_\_\_ (Department or Graduate Institute ) at NTNU,  
has completed \_\_\_\_\_ hours of internship at \_\_\_\_\_ ( internship  
institution ) from \_\_\_\_\_ ( dd/mm/yy ) to \_\_\_\_\_ ( dd/mm/yy ).

簽章 Signature

\_\_\_\_\_

日期 Date

\_\_\_\_\_

( dd/mm/yyyy )

註：由實習機構或系所（擇一）簽章。

# 國立臺灣師範大學學生實習故事競賽 實習時數切結書

本人\_\_\_\_\_為國立臺灣師範大學\_\_\_\_\_系(所)學生，茲參加「國立臺灣師範大學學生實習故事競賽」，並就實習時數相關事項切結如下：

- 一、 本人於競賽申請截止日（115 年 10 月 18 日）前，尚未完成競賽規定之實習時數 120 小時。
- 二、 本人目前已完成實習時數計\_\_\_\_\_小時，並預計於 115 學年度第 1 學期結束前完成實習時數 120 小時以上之規定。
- 三、 本人同意於主辦單位指定期限內，提供實習時數證明或其他相關佐證文件，以供查驗。
- 四、 如本人未能於 115 學年度第 1 學期結束前完成實習時數 120 小時以上之規定，即視為不符競賽參賽資格。倘本人經評選獲獎，主辦單位得取消其獲獎資格，並不予核發獎狀、獎金及相關獎勵；如獎勵已核發，本人同意無條件返還。
- 五、 本人所填報及提供之資料均屬真實，如有不實，願負相關法律及行政責任。

此致

國立臺灣師範大學學生事務處職涯發展中心

立切結書人：\_\_\_\_\_（簽名）

聯絡電話：\_\_\_\_\_

電子郵件：\_\_\_\_\_

中 華 民 國 1 1 5 年 月 日

# National Taiwan Normal University Internship Story Contest

## Declaration

I, \_\_\_\_\_ a student of the Department/Graduate Institute of \_\_\_\_\_ at National Taiwan Normal University, hereby participate in the National Taiwan Normal University Student Internship Story Competition and declare the following regarding my internship hours:

1. As of the application deadline for the competition (October 18, 2026), I have not yet completed the required 120 internship hours stipulated by the competition.
2. To date, I have completed \_\_\_\_\_ internship hours and commit to completing at least 120 internship hours by the end of the first semester of Academic Year 2026–2027.
3. I agree to submit proof of internship hours and any other supporting documents required by the organizer within the designated period for verification purposes.
4. If I fail to complete the required 120 internship hours by the end of the first semester of Academic Year 2026–2027, I shall be deemed ineligible for the competition. Should I be selected as an award recipient, the organizer reserves the right to revoke my award eligibility and withhold any certificates, prize money, or other awards. If such awards have already been granted, I agree to return them upon request.
5. I certify that all information and supporting documents provided are true and accurate. Should any information be found to be false or misleading, I shall bear all relevant responsibilities and consequences.

I hereby make this declaration voluntarily and acknowledge the terms stated above.

Submitted to:

Career Development Center, Office of Student Affairs  
National Taiwan Normal University

Declarant (Signature): \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / 2026

# 國立臺灣師範大學「許定烽余惠順獎學金」設置要點

114年1月15日學生事務處處務會議通過  
114年3月18日113學年度獎學金管理委員會議核備  
114年12月26日114學年度第5次學生事務處處務會議通過  
115年3月30日114學年度獎學金管理委員會議核備

- 一、宗旨：為鼓勵本校學業成績優異學生，並獎勵其積極參與產業實習，促進跨域學習，為未來的就業做好準備，特訂定本要點。
- 二、獎助對象：本校學士班、碩士班在學學生，學業成績優異，有具體生涯規劃，且積極參與產業實習，以提升就業力者。
- 三、獎助名額及金額：每學年獎助1名，每名獎學金金額2,000美元（以新臺幣金額核發）。
- 四、申請資格與條件：
  - (一) 學士班學生前一學期學系年級排名達前30%者；碩士班學生前一學期學業成績（GPA）達3.38以上者。
  - (二) 有積極學習態度，具有相關實習經驗，及完善的職涯規劃，且有參加當年度學生事務處職涯發展中心舉辦之實習故事競賽者。
- 五、申請時間及方式：每學年辦理一次，申請人應於9月30日前至學生獎學金系統申請，並上傳下列文件：
  - (一) 學士班學生提供前一學期成績單及學系年級排名前30%證明文件；碩士班學生提供前一學期成績單。
  - (二) 學習成果報告1篇（需簡述參與產業實習學習歷程、及未來生涯規劃）。
  - (三) 實習機構或系所開立之實習證明。
- 六、審查方式：
  - (一) 由學生事務處、研究發展處主管及專家學者5-7人組成審查委員會，負責審查申請資料。
  - (二) 審查評選標準如下：
    1. 學習歷程與成績：展現積極的學習態度、參與產業實習的經歷與成果。
    2. 生涯規劃與就職準備：具體描述未來職涯規劃，並說明實習經驗對其職涯的應用。
- 七、基金運用方式：本獎學金存入本校校務基金，專款專用，用罄為止。
- 八、本要點經學生事務處處務會議通過，提請獎學金管理委員會議核備，並陳請校長核定後實施，修訂時亦同。

**National Taiwan Normal University**  
**Directions for the Establishment of the Victor and Phyllis Hsu**  
**Scholarship Sponsored by V&P Foundations**

Approved at the Office of Student Affairs Meeting on January 15, 2025  
Ratified at the Scholarship Management Committee Meeting for the 2024-2025 Academic Year on March 18, 2025  
Approved at the Office of Student Affairs Meeting on December 26, 2025  
Ratified at the Scholarship Management Committee Meeting for the 2025-2026 Academic Year on March 30, 2026

- Article 1. These Directions are formulated pursuant to the relevant regulations of National Taiwan Normal University ( hereinafter referred to as "the University" ) to encourage academic excellence among students, reward active participation in industry internships, promote interdisciplinary learning, and enhance students' employability for future career development.
- Article 2. Eligible recipients shall be currently enrolled undergraduate or master's students of the University who demonstrate outstanding academic performance, possess a clear career plan, and actively participate in industry internships to enhance their employability.
- Article 3. One scholarship shall be awarded each academic year for USD 2,000, disbursed in New Taiwan Dollars (NTD).
- Article 4. Applicants shall meet the following criteria :
1. Undergraduate students shall rank within the top 30% of their department for the previous semester.
  2. Master's students shall have a Grade Point Average ( GPA ) of 3.38 or higher for the previous semester.
  3. Applicants shall demonstrate :
    - ( 1 ) A proactive learning attitude with relevant internship experience;
    - ( 2 ) A well-defined career plan; and
    - ( 3 ) Participation in the Internship Story Contest organized by Career Center of Office of Student Affairs in the same academic year.
- Article 5. Applications shall be processed once per academic year. Applicants shall submit their applications through the University's Scholarship System by September 30, with the following documents :
1. For undergraduate students :
    - ( 1 ) Academic transcript for the previous semester; and

(2) Certification of ranking within the top 30% of their department.

2. For master's students :

(1) Academic transcript for the previous semester.

3. A learning outcome report detailing the applicant's industry internship experience and future career plans.

4. An internship certificate issued by the internship organization or the applicant's academic department.

Article 6. Applications shall be reviewed by a Review Committee composed of 5 to 7 members, including supervisors from the Office of Student Affairs, the Office of Research and Development, and external experts or scholars. The evaluation criteria are as follows :

1. Learning Experience and Academic Performance : Proactive learning attitude, participation in industry internships, and achieved outcomes.

2. Career Planning and Employment Preparation : Clarity and feasibility of career plans, with relevance of internship experiences to career development.

Article 7. The scholarship fund shall be deposited into the University's endowment fund and used exclusively for this scholarship until depleted.

Article 8. These Directions shall take effect upon approval by the Office of Student Affairs Meeting, ratification by the Scholarship Management Committee, and approval by the University President. Any amendments shall follow the same procedure.