

八.心得報告

*學校簡介

德國雷根斯堡大學是一間歷史悠久的研究型大學，坐落於德國東南部的巴伐利亞邦的雷根斯堡市。交通便利，離德國幾個主要大城市都蠻近的，如慕尼黑和紐倫堡，坐火車一小時多可到達。雷根斯堡氣候舒適，治安也很好!因為是一座富有歷史遺跡的城市，也常有許多觀光客慕名而來欣賞美麗的建築和街景。

*國外研修之課程學習 (課內) ，另外推薦受益最多/最喜歡的課程

我覺得在這裡課內以外受益最多的課程就是德文語言課了!我從暑期的語言密集班到學期中都有中斷的參與語言課程，我覺得對我的德語學習真的幫助很大!

*國外研修之生活學習 (課外)

除了學校課程，德國學生生活也有許多有趣之處。然而上半學期因為疫情關係，很多社交活動，國際生派對等等都因為防疫而取消。但因為我是住在國際宿舍，所以有機會跟來自世界各地的同學有交流分享的機會!

*交換/研修之具體效益 (請條列式列舉)

- 1.德文語言能力進步
- 2.獨立判斷能力
- 3.自主生活技能
- 4.主動社交能力
- 5.靈機應變能力

*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？

在德國交換期間，有半年都處於疫情封城的狀況，所以很多時候，都是屬於一個人獨處的時候。當初來，語言不通，很多東西一開始都聽不懂，也不理解別人在跟你說什麼，看到甚麼東西都要查字典，剛來的時候，覺得一切都好艱難，覺得跟德國人交朋友也不容易。後來，我覺得這種情況有比較得到改善，我覺得一切的關鍵就是在"主動"這兩個字！

*海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

剛來德國時，有很多事情都不習慣，除了語言方面，德國的風俗民情也是跟台灣截然不同，尤其是人與人之間的相處模式。想當初剛來時，一直抱持著可以結交許多德國朋友的心態，但直到相處之後，才發現德國人的交友也是另一門課題。在台灣，可能見面一兩次，相互有共通話題，就可能稱呼對方為朋友。德國人比較沒有像台灣人那麼的熱情，通常要打入德國人的朋友圈，需要花上好長一段時間，他們比較習慣跟自己熟識已久的朋友圈活動，德國人也比較被動，況且又是一個"外國人"德文也說的不流利，剛來的時候，讓我覺得交德國朋友怎麼那麼難。面對這樣的狀況，我常常也開玩笑跟台灣朋友感嘆德國人好難相處怎麼那麼冷，但是到後來，漸漸習慣德國人的相處模式後，發現你是必須非常主動的那一方，交友方面會容易許多。主動跟德國人開啟話題，聊他們有興趣的事物，甚至嘗試用自己不流利的德文去跟他們聊天，不要怕尷尬，我覺得都是化解這樣文化衝擊的方式之一！

*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？

在德國生活將近一年，我覺得這一年的海外生活歷練確實帶給我很大的轉變和成長。不管是

個人特質，或是價值觀方面，都有一定的轉變。個人特質上，我覺得改變最大的應該是獨立和主動吧！在海外生活的期間，剛好又是疫情時期，很多生活中的大小事，都必須自己解決，因為除了自己，家人朋友們都在台灣，沒有人能即時給予幫助。再者，主動大方我覺得是在我個人特質改變最多的地方，我發現想要認識歐美朋友的一個很重要的關鍵就是大方主動，只要表現得開朗大方，自然而然就有許多機會可以認識來自世界各地的朋友們！

*您認為獎學金對您海外研修最大的幫助是什麼？有無獎學金是否會改變您的出國計畫？

我覺得學校提供的獎學金事讓我想出國交換很大的一個動機。因為在歐美留學本身就是一筆很大的開銷，如國家裏經濟不是非常優渥，獎學金真的幫助想到歐美交換的學生減輕許多財務上的負擔！獎學金的補助幫助海外學生生活開支，不管是房租還是保險，獎學金的幫助讓我在自己斤計範圍許可內完成到德國交換的夢想！

*感言及心得感想

我覺得這趟德國交換之旅讓我收穫非常多，不僅是在實質的德文語言方面，更是在生活經歷方面！出了台灣，才發現這個世界有多麼大，好多新的事物，新的朋友，不同的價值觀環繞著我們！在歐洲生活的這段日子必定會讓我永生難忘！

*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)

The University of Regensburg, Germany is a long-established research university located in Regensburg, Bavaria, in southeastern Germany. The transportation here is really convenient. It is quite close to several major cities in Germany, such as Munich and Nuremberg, which can be reached by train in one and a half hour. Regensburg has a comfortable weather and safe security! Because it is a city rich in historical relics, many tourists from all European countries often come to admire the beautiful buildings and streetscapes.

I think beside the main courses in the university, the courses which I've gained the most benefits was the German language courses! I have participated in the language courses from the beginning of the summer language intensive course to the end of this semester. I think it really helps my German study!

In addition to the school curriculum, there are also many interesting aspects of student life in the university. However, due to the pandemic in the first half of the semester, many social events, international student parties, etc. were canceled due to the strict restrictions during the lock-down. But because I live in an international dormitory, I have more opportunity to communicate and make friends with a lot of students from all over the world!

During the exchanging time in Germany, the city was under lock-down due to the pandemic for half a year, so in many cases, one need to face the loneliness during that period especially for a foreign student from a country so far away. When I first came, I didn't understand the language that much. I had difficulty understanding many things at first, and I didn't understand what others were saying to me. I had to look up the dictionary whenever I saw the new German words. Making friends with German was not that easy at the place. However, I feel this situation has been improved a bit. I think the key to everything lies in the word "active"! You need to be more active in this kind of situation.

When I first came to Germany, I was not used to many things. In addition to language, the customs in Germany are also completely different from those in Taiwan, especially the way of getting along with each other. I thought that when I first came, I always had the mentality that I could make many German friends, but only after facing the real situation did I realize that making German friends is another lesson to learn. In Taiwan, you may meet new people once or twice, and if you have a common topics, you may call each other a "friend". Germans are not as enthusiastic as Taiwanese. They tend to be more "individual". It usually takes a long time to break into the German circle of friends. They are more accustomed to the circle of friends they have known for a long time. Germans are also relatively passive. I am a "foreigner" who is not fluent in German. When I first came, I thought it was so difficult to make German friends. Faced with such a situation, I often joked with my Taiwanese friends and lamented that Germans are so difficult to get along with and why they are so cold. But later, after getting used to the German culture more, I find that you are the one who must be very proactive and making friends will be

easier. many. Take the initiative to start conversations with Germans, talk about things they are interested in, and even try to chat with them in your unfluent German, don't be afraid of embarrassment, I think it is one of the ways to resolve such cultural shocks!

I have lived in Germany for nearly a year, and I feel that this year of overseas life experience has really brought me a lot of changes and growth. Whether it is personal traits or values, the life here brought me certain changes. In terms of personal characteristics, I think the biggest change should be independence and initiative! During the period of living abroad, which happened to be the epidemic period, many trivial things in life must be solved by yourself, because besides myself, my family and friends are all in Taiwan. No one can reach out to me immediately. In addition, being proactive and generous I think that is where my personality has changed the most. I found that one of the most important keys to meeting European and American friends is being generous and proactive. As long as you behave cheerfully and generously, you will naturally have many opportunities to meet new people and friends from all over the world!

I think the scholarship provided by the university makes me want to go abroad for exchange. Because studying in Europe and the United States itself is a huge expense. For those families who are not that wealthy, scholarships really help those students who want to make an exchange program in Europe and the United States. It helps reduce a lot of financial burden for studying abroad! Scholarship helps overseas students to pay a lot of living expenses, for example, the house renting fee and the medical insurance. The help of the scholarship allowed me to fulfill my dream of exchanging in Germany within the range of my own budget!

I think this exchange program in Germany gave me a lot of gains, not only in terms of the practical improvement in German language, but also in terms of life experience! After leaving Taiwan, I discovered how big the world is, many new things, and new friends, different values surrounding us! This period of life in Europe will definitely make me unforgettable forever!