

學校簡介

約翰·克卜勒林茲大學(Johannes Kepler Universität Linz, JKU)是位於上奧地利邦首府、奧地利第三大城市林茲Linz的一所公立學校，建校僅50多年，為歐洲德語區第五年輕的學校。JKU設有商業、工程、法律、科學、社會科學和醫學的學士、碩士和博士學位，並且JKU為一所國際化的學校，約有15%的學生來自世界各地。

交通方面，學校位於路面電車Tram的底站，可搭乘1或2號電車前往市中心，距離市中心Hauptplatz僅25分鐘車程。除了市中心以外，學校及宿舍周圍的生活機能也算便利，超市、書局、藥局等走路都能到達。

宿舍方面，大部分的交換生都會住在Julius Raab Heim，距離學校走路約10至15分鐘、距離電車站約10分鐘左右。以我住的單人間來說房間非常大且舒適，有個人廚房及乾濕分離的浴室，並且每隔兩天就會有人幫忙處理垃圾、每兩週會有人來幫忙打掃房間更換床單。宿舍也有提供公用洗衣機、影印機及櫃檯收包裹的服務，設備維修的部分宿舍的效率也非常高，提出需求的當天他們就會馬上處理了，整體來說非常推薦。

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

在JKU交換半年期間我總共修習了20 ECTS，包含兩門的先修課程德文與Cultural Sensitivity Courses、學期間德文以及兩門碩士班課程Creating Strategic Advantages以及Advances in Leadership, Human Resource Management, and Change。JKU在入學前有規定所選課程學分必須到達20 ECTS，學分數較歐洲其他交換校來說算高，但你可以透過選修先修課程來先賺取部分學分數，課程安排較密集，在開學前會結束，並且學分取得也較容易。

課堂部分我會推薦一定要選修JKU的德文課程，我認為在德語系國家中學習德語是最有效率且最實用的，課堂上老師會以最簡單的方式從基礎發音開始教（當然若本身已有德文基礎也可以選修更高階的德文課程），我們也會在課堂中學習到日常生活用語，這對於我交換半年的生活可以說是相當實用，也對課堂較有共鳴。另外，我也想推薦碩士班課程的Creating Strategic Advantages，他是一趟策略管理的課程，在課堂中老師會教我們如何實際去應用我們在管理學中所會接觸到的各種策略工具（Strategic Models），課程非常緊湊扎實，若是想體驗在地碩士生的課程生活，並且對這類管理課程有興趣的話，這堂課絕對是收穫最豐富的，每週上1至2次課，課程及考試在聖誕假期前都會全數結束。

就選課方面我認為JKU提供的課程非常多元，幾乎看得到的都可以選（除特定學院無法以外皆可），在先修課程中我們就會認識來自世界各地的交換生，這是跟交換生們好好交流的機會，到了學期間的課程通常交換生都會被打散，課堂上多數還是以當地學生為主。課程分為好幾種，包含有密集式課程以及研討式課程，密集式課程通常由教授講課為主，較少討論，會將課集中在短期間結束，於此同時這種課程壓力也會較大，期末會以考試的方式來決定分數；研討式課程通常就是整學期的課程，在課堂中會有大量與教授及同學的互動，期末多數為已報告的方式來決定分數。我所選的都是密集型的課程，將課程集中在聖誕節前全數結束也方便在回台灣之前能安排到歐洲各地長途旅遊。

國外研修之生活學習（課外）

在學期正式開始前我們就會先抵達Linz開啟我們的交換生活，在這段期間學校的國際處會安排一系列的活動和課程提供我們參與，幫助我們加速融入這個城市及學校。舉例像是我們剛到Linz沒多久學校就安排了城市導覽，由專業的導遊帶領我們以雙腳走遍各個角落，並且因為這些導遊都是在Linz生活至少40到50年的居民，他們會以說故事的方式幫助我們了解這個城市的歷史與發展。除此之外學校也提供一些付費的近郊導覽，能以相當划算的價格到Linz附近的小城市旅遊一天。像是我與朋友就報名了Steyr的導覽，由遊覽車帶我們到當地，並由當地的導遊向我們介紹這個城市，是個能快速認識奧地利的機會，也能趁機到上奧地利中有特色但我們可能平時根本不會也無法（交通）前往的地區走走。

交換/研修之具體效益（請條列式列舉）

- 體驗當地文化及生活
- 提升語言能力
- 培養獨立自主能力
- 培養危機處理能力
- 拓展個人世界觀及國際人脈
- 了解各國文化差異，並學習不同的思考方式

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？

我跟朋友在一次克羅埃西亞的自駕旅行中遇到在暴風雨的晚上車子在高速公路拋錨，當下在一個陌生環境發生突如其來的意外難免會有些慌張，但還好我們立刻將車子移到最右側並打電話給租車公司請他們協助處理，我們將車子開下交流道到一個小城鎮等待道路救援，幸好租車公司的效率非常高，不到半小時拖吊車就來帶我們到等候新車的位置，我們在咖啡廳等候約一個小時就等到我們的新車，讓我們繼續重新出發到我們要去的城市。雖然都是我們第一次遇到這樣的突發狀況，也因為這件事情讓我們接近半夜才抵達要住的民宿，但很幸運的是我們一路上遇到很多善良的人幫助我們才處理好這次的狀況。其實不只是這次的事件，在國外有許多無預期的突發事件，都是因為這裡的人相當善良，願意無償幫助你，而讓你度過一次又一次的難關，這是讓我印象最深刻的暖心的回憶。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

在國外生活的這段期間最直接受到的文化衝擊應該就是飲食文化，歐洲的飲食跟亞洲真的是天差地別，在這的主食通常是麵包或馬鈴薯，配上燉、烤、炸的肉以及一些醃漬物，蔬菜很少出現在他們的餐盤中。並且他們還有一項非常重要的飲食文化就是一定要點酒水！因為德奧地區在餐廳用餐不會收取服務費，所以通常他們都會以酒水的費用來取代服務費，一入座沒多久服務生就會先來詢問是否要喝點什麼。剛開始外食時真的非常不習慣，覺得食物重油重鹹、又要一直喝飲料（水也要另外計費）真的超級不健康。到後來因為去過很多地方，開始慢慢習慣這樣的文化，有時候連自己在家煮飯也會開始搭配飲料XD 但確實如果長途旅遊後回家，通常都會以蔬菜水果來代替精緻澱粉，畢竟身體還是需要攝取宜些蔬果比較好。

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？

我認為最重要的應該還是培養了自己獨立自主的生活能力，出國後常常認為自己在國內實在是被保護得太好了，就算大學時也外宿但常常需要幫忙的時候家人朋友們都能隨時出手相助，但到了國外就不一樣了，在國外一切都只能靠自己，要學著自己解決問題、自己尋找幫助。舉例像是在出國後三個月確診，當時身體非常不舒服、又是自己一個人住，真的過得很煎熬。上奧地利政府規定如果在家中篩檢確診需要通報並前往指定檢疫站進行PCR，沒有交通工具又無法搭乘大眾運輸的我只能不斷地打電話給當地的相關單位詢問我要怎麼做，因為語言不通（Linz還是以德語居多，許多人不會說英文）又沒有當地健保，經過多次的溝通他們還是派了採檢人員到我住的宿舍幫我檢測PCR。這是一次相當特別的經驗，也讓我有很深的體悟，在獨立自主方面有很大的成長，也非常感謝與我一同在JKU交換的同學在我確診期間幫我到超市採購，適時地提供我一些幫助。

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？

我認為學校提供的獎學金對我到國外交換最大的幫助就是能補貼我的住宿費，以打聽到的住宿費來說JKU在所有交換的姐妹校中算是偏高的，一個月約420歐左右，有了獎學金的補助能大幅的減少我在這方面的支出。雖然沒有獎學金也不會改變我的出國計畫，但有獎學金也真的能讓我減輕不少的壓力。

感言及心得感想

相信旅遊是每個交換生前往歐洲交換的理由，而我也不意外，在這短短半年的交換生活中，我行走走了9個國家、超過25個城市，在旅行的過程中我們去到了歐洲的各個角落、大大小小的城市、翻山越嶺、上山下海，真的會很深刻的體悟到自己過去的視野實在是太狹隘了，世界真的比我們想像的大很多。這半年的生活說精彩也精彩，但也真的實屬不易，在我們學習、旅遊的過程中可能因為一些文化、生活差異，導致我們遇到些突發狀況及一些摩擦，我認為多少還是有些壓力在的，畢竟一個人獨自在陌生環境中生活，只能不斷的靠碰撞、摩擦，在挑戰中持續學習，這培養了我們的獨立自主以及危機處理能力。半年的交換時間會過的非常快，很多人事物、美麗的景色可能都只有一面之緣，因此真的要好好把握每一刻，盡情的去把握當下、好好充實這段時間，等到回到國內後，會覺得一切都非常值得，不會後悔。

一些建議：

奧地利處在中歐，物價同隔壁的德國一樣偏高，若是外食的話餐桌文化是需要點飲品的，平均一餐約20歐左右，且口味還是與亞洲有很大的差異，偏重油重鹹，因此大多數在宿舍的時間我都是以自己煮為主。商店的營業時間也和台灣差很多，這邊的超市、商店平日約19:00左右打烊、週六約18:00、週日幾乎沒有店營業，因此若要採買生活用品一定要記得避開週日。

旅遊建議，若是以火車為主要出遊工具的話非常推薦購買奧地利鐵路公司 ÖBB 所販賣的 ÖBB Vorteils card，26歲以下的青年能以19歐元買到這張卡，此卡能以半價的價格搭乘 ÖBB 鐵路的火車，這對針對奧地利周圍國家進行旅遊或是時常往返維也納(維也納機場)的人來說十分划算。若是以飛機為主要出遊工具可以選擇搭乘 Ryanair，他是歐洲為大的廉航，常常會有優惠的機票釋出，並且若有辦 ESN card 國際學生證能夠獲得數次 Ryanair 的免費托運行李(實際優惠以當年度公告為準)，相當划算。

最後祝福即將前往交換的學弟妹旅途愉快、交換順利，在這半年或一年的時間裡好好完成自己對交換的規劃及目標，盡情的去看看這美麗遼闊的世界!

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)

About JKU:

The Johannes Kepler University Linz (German: Johannes Kepler Universität Linz, short: JKU) is a public institution of higher education in Austria. It is located in Linz, the capital of Upper Austria. It offers bachelor's, master's, diploma and doctoral degrees in business, engineering, law, science, social sciences and medicine.

In terms of transportation, the school is located at the bottom station of the City Tram, you can take Tram No. 1 or 2 to the city center, and it only take 25-minute to Hauptplatz , the city center. In addition to the city center, the living functions around the school and dormitory are also considered convenient.

Supermarkets, bookstores, pharmacies, etc. can be reached by foot.

In terms of dormitories, most of the exchange students will live in Julius Raab Heim, which is about 10 to 15 minutes walk to the school and about 10 minutes to the tram station. For the single room I live in, the room is very large and comfortable, with a personal kitchen and a wet-dry separate bathroom, and there will be someone to help dispose of the garbage every two days, and someone will come to help clean the room and change the sheets every two weeks. The dormitories also provide public washing machines, photocopiers, and package collection services at the counter. The efficiency of some dormitories for equipment maintenance is also very high. They will deal with it immediately on the day the request is made. Overall, it is highly recommended.

About learning in JKU:

During the half-year exchange at JKU, I took a total of 20 ECTS, including two pre-session courses German and Cultural Sensitivity Courses, German during the semester, and two master courses Creating Strategic Advantages and Advances in Leadership, Human Resource Management, and Change . JKU stipulates that the credits of the selected courses must reach 20 ECTS before admission. The credits are higher than other exchange schools in Europe, but you can earn some credits by taking pre-requisite courses. The course schedule is more intensive and it is easier to obtain credits.

In the classroom part, I would recommend taking JKU's German courses. I think learning German in German-speaking countries is most efficient and practical. The teacher will start teaching basic pronunciation in the simplest way (of course, if you already have a German foundation, you can also take higher-level German courses), we will also learn everyday expressions in the classroom, which can be said to be quite practical for my half-year exchange life, and it also resonates with the classroom. In addition, I also want to recommend the Creating Strategic Advantages of the master's course, which is a strategic management course. In the classroom, the teacher will teach us how to actually apply various strategic tools (Strategic Models) that we will come into contact with in management. The course is very compact and solid. If you want to experience the course life of a local master student and are interested in this kind of management course, this course is definitely the most rewarding. There are 1 or 2 lessons per week, courses and exams will all be over before the Christmas holidays.

About life in JKU/Linz:

Before the official start of the semester, we will arrive in Linz to start our exchange life. During this period, the International Office will arrange a series of activities and courses for us to participate in, helping us to integrate into this city and the school faster. For example, the school arranged a city tour when we arrived in Linz. Professional tour guides led us to walk around every corner with our feet, and because these tour guides are residents who have lived in Linz for at least 40 to 50 years, they will help us understand the history and development of this city by telling stories. In addition, the school also provides some paid suburban tours, which can be used to travel to small cities near Linz for a day at a very cost-effective price. For example, my friend and I signed up for Steyr's guided tour. The tour bus took us to the local area, and the local tour guide introduced the city to us. You can get the chance to meet the areas that we would not and would not be able to (traffic) visit when we are along.

Specific Benefits:

- Experience local culture and life
- Improve language skills
- Develop independence and autonomy
- Cultivate crisis management capabilities
- Expand personal worldview and international network
- Understand the cultural differences between countries and learn different ways of thinking

Thoughts and Suggestions:

I believe that tourism is the reason for every exchange student to go to Europe for exchange, and so do I. In this short half-year exchange life, I traveled to 9 countries and more than 25 cities. During the trip, we went to every corner of Europe, went through both big and small cities, over mountains and seas, I really deeply realize that my vision in the past is too narrow, and the world is really much bigger than I imagined. The life in the past six months is wonderful and exciting, but it is really not easy. In the process of our study and travel, we may encounter some unexpected situations and some frictions due to some cultural and life differences, that's the reason why I think it is still somewhat there is pressure, also because we live alone in an unfamiliar environment. We can only rely on collisions and frictions, and continue to learn in the face of challenges. This has cultivated our independence and crisis handling capabilities. The half-year exchange time will pass very quickly. Many people, things, and beautiful scenery may only be met once. Therefore, we really need to seize every moment, grasp the present moment, and enrich this time until we return to Taiwan, you will feel that everything is very worthwhile and will not regret it.

Some Advices:

Austria is located in Central Europe, and the price is as high as Germany next door. If you eat out, you need to order drinks. The average meal is about 20 Euros, and the taste is still very different from Asia. It is heavy on oil and salty, so most of the time in the dormitory I cook by myself. The business hours of stores are also quite different from those in Taiwan. Supermarkets and stores here close around 19:00 on weekdays, around 18:00 on Saturdays, and almost no stores are open on Sundays. Therefore, if you want to buy daily necessities, you must remember to avoid Sundays.

Travel advice, if you use the train as the main travel tool, it is highly recommended to buy the ÖBB Vorteils card sold by the Austrian Railway Company ÖBB. Youth under the age of 26 can buy this card for 19 euros. This card can take the ÖBB railway at half price, which is a great deal for those traveling to countries around Austria or who travel to and from Vienna (Vienna Airport) frequently. If you use the plane as your main travel tool, you can choose to take Ryanair, which is the largest low-cost airline in Europe, and often has preferential air tickets released, and if you have an ESN card (an international student ID card), you can get several times of Ryanair's free checked baggage (actually the discount is subject to the annual announcement), which is quite cost-effective.

In the end, I wish who are going to exchange have a pleasant journey and a smooth exchange. In the six months or a year, try to complete your plan and goals for the exchange, and go to see this beautiful and vast world!