

26-1 學校簡介

雷根斯堡大學是位於巴伐利亞邦的一所學術型大學(Universität)，與德國另一種常見的高等學院 Hochschule 不同，比起職業技能的培訓，更注重學術理論的研究。雷根斯堡大學創建於 1962 年，相對於大部分德國大學來說算是非常年輕，校內各式設備、資源一應俱全也都相當新穎，提供學生們一個不論是學習、實作或研究都能自在無慮的環境。而雷根斯堡是一個環境優美、方便卻不會過於喧囂、歷史與現代共存的一座城市，身為巴伐利亞邦的第四大城，交換生們在這裡完全不必擔心自己的食衣住行。地理位置而言，雷根斯堡坐落於慕尼黑與紐倫堡之間，距離這兩個大城和其各自的機場車程都不用兩個小時，再加上市中心的火車站與完善的公車系統，交通方面可謂相當便捷。同時雷根斯堡也是世界文教基金會認定的世界歷史遺產之一，從中世紀就開始發展的老城區與已聳立超過千年的主座教堂處處顯示著歷史在這古老城市留下的斑駁與痕跡，漫步在舊城區裡不但可以享受著德國歷史文化的薰陶，也讓我感受到了在唯有在歐洲交換才能體驗到的獨特氣氛。

26-2 國外研修之課程學習（課內）

課程方面，我在雷根斯堡大學所選修的科系為企業管理系，但其實我選擇至德國交換的主要目的是為增進我的德文能力，所以我大部分的課程都是德文語言課程，因此將在此方面多做詳細介紹。首先是在學期正式開始前，雷根斯堡大學語言中心有特別增設為期差不多一個月的密集語言訓練課程(ILC)，需另外收費、若交換生有意願參加也得提前到達德國(例如我九月初就到達雷根斯堡，但學校學期、所有正式課程都是十月才開始，就是為了 ILC)。課程開始前，我們必須先做分級測驗以作為分班的依據，若上課後發現被分配到的級別不適合自己，也可立即向語言中心反映換班。密集課程為周一至周五的早上 8:30 到下午 2:30，除了中午用餐時間外都在學習德文，確實極為密集充實。每個上午都是由同一位導師上基本文法課，下午則是隔日輪流由不同的老師教導寫作或口說。課程皆是全德語教學，除了偶爾為讓學生們完整理解課程內容會使用英文說明外，老師們會刻意避免說英文、也盡量誘導學生們無論要說什麼皆以德文回答，讓我們能更加投入在德文使用中。一開始這讓在台灣一直沒什麼機會練習德文聽力和口說的我來說感到十分吃力與挫折，但久而久之，我也慢慢發現自己的這兩項弱勢有了不小的進步，這是在台灣學習十分難達到的效果。總結來說，ILC 雖然要支付額外的費用(約 400 歐)，但它讓我在學期開始前就對德文學習有了充分的準備，也讓我有更早、更多的機會認識新同學，以總成效來看是非常值得的！另外，只要通過密集語言班的成績標準獲得學校認可，開學後就可以自動升級選修下個級別的課程，好讓學生能順利銜接，例如：我修習完畢了密集班 A2.2 的所有課程並通過考試，開學後便自動獲得選修所有 B1.1 語言課程的資格。

正式開學後，學期制的德文語言課程上課內容與密集語言課差不多，但每周上課時數減少許多(如文法課為每週三堂、一堂為一個半小時)，相較起來課程進度就沒那麼緊湊，且可以自己選擇要上文法課、寫作課、或口說課(也就是說在選課時，這三堂課是要分開選的，並不是像密集語言班一樣是一組的)，因此學生們可以自由選擇德文學習時數的比重，為其他有興趣的課程做安排規畫。為達成我的主要目標，所以我正式學期依舊三種語言課程都有上。由於因為人數關係，B1.1 的寫作課和口說課都是併班與 B1.2 一起上的，這也讓整個課程的難度對我來說更有挑戰性，但老師們也都會配合各個學生能力不同在課程內容上做調整。語言班也讓我認識了來自世界各國的交換生們，上課長時間的相處、再加上老師們時而安排的分組活動、團體報告，讓我們更加認識彼此，有了更深度的交流。透過與這些朋友們的分享，我們互相交換了各自國家的文化、特色，從他們身上我學習到了很多課堂外的知識、對這個世界有了更開闊的視野。

26-3 國外研修之生活學習（課外）

在國外長期生活最大的學習課題，不外乎就是讓自己更加獨立自主、成為遇到任何生活上的大大小小問題都能獨當一面解決的人。日常生活方面，我自己最大的轉變便是在德國培養出了下廚的基本能力以及樂趣。在德國餐飲業完全不像在台灣那般發達方便，不會隨處都有小吃、平價飲食（至少在雷根斯堡是如此），街上除了速食店外、就是餐廳（通常價位都不低、需要給小費、是當地人為聚餐交際才會去的地方，不適合我們這些遊學生）。在那裏人們幾乎餐餐都是自己料理，也因此我從一個出國前根本沒自己下廚幾次的料理白癡，變成能夠三餐變出不同花樣的料理初新者，甚至開始享受在課餘時間到超市閒晃、發掘特價品、然後回宿舍嘗試新料理。現在自己做菜已然成為我的新興趣。

另一方面，在交換期間的最後我也剛好碰上了新冠肺炎在歐洲大爆發。接踵而來不論是學校、生活方面的各種大問題著實對我們是一大挑戰，也讓我曾感到十分焦慮與不安。除了生活物資短缺的不便、原本預定返國的班機被取消外，因疫情而導致的各個商店、行政機關停擺也讓我在辦理返國手續上面臨許多障礙。但這些意料之外的變動使得我了解到臨危不亂、冷靜處理問題的重要性。雖歷經無數波折但我終究安全健康的回到台灣了，實在慶幸自己能有這樣的成長與能力得以度過這一切。

26-4 具體效益：

- A. 有效增進德文，特別是聽力與口說能力
- B. 認識來自世界各國的同學，體驗各國文化差異
- C. 體驗到在台灣不會經歷的生活方式、訓練自己更獨立自主
- D. 在觀察學習各個國家級及國民的優越、值得效法之處的同時，也更能感受到自己家鄉的美好與優點。

25-5 感想與建議

總結來說，我是非常推薦學弟妹們若有機會的話就出國交換、體驗國外生活的。學習方面，語言能力上的進步是最為顯著的，因此對想要增進自身英文或其他第二外語能力的同學來說，著實是個好選擇。課外、生活方面，在歐洲因此得以遊歷各國的我也認為這些旅遊的回憶與經驗是十分珍貴特別且無可取代的。自己親身走過各個歷史古蹟、城市地標，體會各地風俗民情是開拓自己視野的最佳方式。出國交換能帶給自己的益處實在一言難盡，唯有親自去嘗試、去冒險，不論遇到好事、壞事，最終都會讓你學習、成長，這是出國交換對我來說最大的優點。

英文報告

For the past six months I have been studying in University of Regensburg, an “Uni” which is located in Regensburg, Bavaria, Germany. Found in 1963, UR is a relatively quite new one compared to most of the colleges in Germany. This university provides its students with all the necessary resource and equipments, and as well an excellent environment to engage in all kinds of studies, experiments, internships, and activities. Located at the Danube’ s northernmost point, the city Regensburg itself has been inscribed as a UNESCO World Heritage Site since 2006. As one of the most well-preserved medieval cities in Germany, Regensburg does have a lot to offer to its visitors, whether culturally or historically speaking.

The biggest reason why I chose to come to Germany as an exchange student was to improve my German ability, therefore my studying in UR was mainly focused on German language course. I arrived in Regensburg at the beginning of September, a whole month before the semester officially began, in order to attend the “intensive language course” (ILC), in which students took classes of basic grammar (reading and listening included), speaking and writing respectively in the morning and afternoon. All of the courses were given almost completely in German while the students were also allowed to speak or answer questions in only German, except a few times English was used to make sure all of us could have the better understanding of the content. At first, this kind of teaching pattern indeed frustrated me a lot, since German listening and speaking had always been my weakest parts. I had difficulties understanding the teachers’ simplest questions, not to mention the whole lecture. Thanks to the teachers, who were all very patient with each of us and always willing to help. Gradually, I found myself have a quite large improvement in both listening and speaking, which was in comparison harder to achieve in Taiwan. Thus, in my opinion, even tho it took an extra fee, the ILC was definitely worth a go.

After the ICL ended, I continued my language course throughout the whole semester. Since I finished all of the ILC courses and passed the exams at the level of A2.2, I was consequently qualified for all the B1.1 German classes, and therefore got to choose freely between grammar, speaking and writing courses. On the purpose of improving my German, I still took all of the three. The patterns of the lectures were basically the same with those of the ILC, which allowed me to adjust to them very soon. The benefits of language courses were not just the prominent progress in German, but also the chance to get to know the classmates from all over the world. Through all the teamwork during the class and all kinds of fun events, together we created many truly unforgettable memories. What they have shared with me is utterly inspiring and definitely something I will treasure in my heart forever.

Overall speaking, I strongly recommend people interested in this exchange programme, especially those who seek wider improvement in foreign languages, give it a try. Studying and living abroad always wonders people with something unexpected. There have been something brilliant happened to me during this journey, and something not quite so as well, but thanks to all of these, I ended up gaining so much growth in return.



1. 雷根斯堡舊城區的廣場，十二月時的聖誕市集。聖誕市集為著名的德國宗教文化傳統及特色，各個大小城鎮都會舉辦聖誕市集。 Regensburg Christmas Market, filmed in Regensburg old town square, December 2019. During Christmas times each city and town in Germany has their own Christmas markets as the celebration for the holidays. It is one of the most famous and essential parts of German culture.



2. 德文語言班 B1.1。語言班不但讓我增進了德文能力，也讓我認識了來自世界各地的同學。 German Language Course B1.1. In this course, I not only improved my German, but also got to know these wonderful classmates from all over the world.



3. 瓦哈拉神殿，位於雷根斯堡近郊的古蹟。雷根斯堡坐落於多瑙河旁，整個城市的發展歷史與多瑙河息息相關。