

學校簡介

奧格斯堡大學是德國巴伐利亞州的公立大學，同時奧格斯堡也是巴伐利亞州第三大城市。學校裡有七個學院，還有一隻可愛的橘色校貓，校園裡有一座湖，春夏的時候學生很喜歡在湖邊野餐、曬太陽等等。

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

我最推薦的是外語中心開的德文課。

我本身在出發德國前就已經學到A2程度的德文，不過在德國上的德文課是完全不一樣的體驗，德國的A2德文課和台灣的A2層級有不小的落差，雖然教材內容差不多（都是以A2檢定為導向的教學），但同學程度都非常好，甚至有幾位外籍學生已經能用德文流利的和老師對談。另外上課是用德文教德文，一開始聽得有點吃力，但還好之後慢慢習慣了，有不懂的地方隨時發問，老師的英文很好，也會用英文再解釋一次。

在德國上課，如果老師沒有特別通知的話，學期間通常是不會有作業或報告、出席分數的，都是期末考一次100%決定學期成績，所以平常的努力就很重要，否則就得在期末考前一個月左又開始狂讀書，德國的期末考都非常難，很容易被當掉，特別像交換生母語不是英文，寫起考卷會比較吃力，所以建議如果之後要在德國修課的同學，要及早開始準備考試。

國外研修之生活學習（課外）

奧格斯堡交通很方便，火車站從ICE到BRB都有停靠，搭ICE去慕尼黑只要不到半小時，建議常搭火車出去玩的人可以辦一張BahnCard25，火車票都會打75折。另外奧格斯堡火車站也有法國的TGV高鐵停靠，直達法國巴黎只要4個半～五個小時左右，中間還有停靠德國Stuttgart、法國史特拉斯堡等城市，若是想要到法國玩的話，搭高鐵會很方便，而且車廂很寬敞舒適。

我大部分的時間都在旅遊，五個月的交換旅行了15個國家，待在德國的時間其實不算很多。歐洲旅遊買機票的部分，建議大家可以在Skyscanner或GoogleFlight上做搜尋，直接在官網下定，盡量不要透過第三方網站下單，因為歐洲很常出現班機延誤、取消、罷工等等狀況，如果出現意外的話，用第三方網站處理手續會很麻煩。旅遊住宿的話也盡量避免透過Airbnb訂房，歐洲Airbnb的房東素質參差不齊，很多看到亞洲人甚至會想敲詐，我在巴黎就遇到房東瞎扯說我們把鑰匙搞丟，要我們賠款3500歐元，還好之後我們送給Airbnbr審核後不用賠錢，用Booking或Agoda訂合法註冊的旅館會安全很多，雖然價格也比較高，但至少出門在外人是安全的就好。

交換/研修之具體效益（請條列式列舉）

- 1.視野開拓：深刻的感受世界有多大，自己要更努力才能在這麼大的世界立足
- 2.未來志向更明白：經過交換後對未來的計劃更加明確，也有動力繼續向前進
- 3.獨立自主：在國外大小事都得靠自己，從入籍退籍到不小心確診該怎麼處理，一切都靠自己來
- 4.廚藝大躍進：德國外食超貴，自己煮可以省很多，我直接從廚藝值0變成小廚神

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?

我剛到德國第五天就確診了，幾個月後還得了歐洲當地的流感，還有各種大大小小的感冒，在德國是看不到醫生的，看醫生要提前2-3個月預約，醫生也不一定願意收病人，特別是德文不好的外國人，更難找到醫生。所以我只能在發燒39度的時候一個人去買菜、回家熬粥、一樣一個人洗衣服曬衣服做生活的大小事。還好我有從台灣帶不少成藥來德國，還有帶著清冠一號，如果沒有這些要我應該好不起來，所以建議來德國的大家都要在出發前把在台灣的常用藥備齊。

德國雖然製藥很有名，但在藥局能夠買到的藥其實成分都很單純、藥效很弱，因為德國人崇尚自然療法，除非是病入膏肓，不然藥局都只能買到花草茶、沒什麼藥效的糖漿之類的，從台灣帶的藥反而比較能派上用場。另外如果在德國咳嗽很嚴重的話，我吃過最有效的藥是Dobendan Direkt的Honig& Zitrone止咳糖果，外包裝是紅色+白色的，在一般藥局都能買得到，吃起來甜甜的很好吃，還能化痰和止咳，CP值很高，一盒大概300台幣而已，算便宜的藥。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

在德國火車很容易延誤，這應該是最大的文化衝擊，在台灣高鐵延誤10分鐘就可以上新聞頭條版面，但在德國高鐵延誤100分鐘以上都沒有人會大驚小怪。在德國不能期待火車準時到站這件事情，因為每一班火車都一定會延誤，所以在抓轉車時間的時候要把時間拉長一點，盡量預留半個小時以上，像我就曾經把轉車時間抓大概15分鐘，結果上一班車延誤，到站的時候只剩下2分鐘可以轉車，慕尼黑車站很大又有30幾個月台，我抓著行李箱2分鐘跑了20個月台才上車，從此之後再也不敢把轉車時間縮那麼短。另外德國的火車票都是離出發時間越近的話，價格會越高，所以如果要出門玩的話，盡量提前一到兩個月就規劃行程、訂車票和房間，這樣旅遊的成本可以縮減很多。

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？

在個性上，我變得比出國前更開朗，還有更能和不同國家的朋友社交，經過多次旅行，我有很多話題可以分享，變得不再那麼害怕和陌生人交談，也明白和不認識的人其實喝一杯酒就可以聊得很開心很熟。

我旅行過的15個國家，大部分都是和不同的旅伴一起出門，全都是從陌生人慢慢變成好朋友，旅行不僅讓我認識了很多新朋友，更讓我從每個人身上學習他們的優點，知道自己未來想要成為什麼樣的人，也對自己更有自信。

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？

在歐洲的生活成本其實很高，有海外研修獎學金確實讓我省下一筆不小的數目，在基本生活不會匱乏的情況下，我有更多的時間和錢可以去不同的國家走走看看、開拓眼界

感言及心得感想

感謝中山給我這次交換的機會，我從交換的旅途中學到很多新的事情，眼界變得更加開廣，未來的目標也更加明確。

如果能夠重來的話，我絕對會從交換一學期變成選擇交換一學年，因為海外的生活真的讓人很放鬆、很享受，能夠在這麼好的學習環境下精進自己，是很幸福的事情！

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 Augsburg is a public university located in the third largest city in the state of Bavaria, Germany. The university has seven faculties and is also home to a cute orange campus cat. The campus is situated around a lake, which is a popular spot for students to have picnics and sunbathe during the spring and summer months.

In all go courses, my top recommendation is the German course offered by the language center. Before heading to Germany, I had already learned German up to level A2, but taking German classes in Germany was a completely different experience. There was a significant gap between the A2 level in Germany and in Taiwan. Although the teaching materials were similar, with a focus on A2 certification, the level of the other students was very high. Some foreign students were even able to converse fluently with the teacher in German. Additionally, classes were taught in German, which was difficult to understand at first, but I eventually got used to it. If there was anything I didn't understand, I could ask questions at any time. The teacher's English was also very good and they could explain in English if necessary.

In Germany, unless otherwise specified by the teacher, there are usually no assignments or attendance grades during the semester. The final exam determines 100% of the semester grade. Therefore, consistent effort throughout the semester is crucial. Otherwise, you will have to cram a month before the final exam. The final exams in Germany are very difficult and it is easy to fail, especially if German is not your native language. Writing the exam can be challenging for those whose mother tongue is not English. Therefore, I recommend that students who plan to take courses in Germany start preparing for the exam early.

Transportation in Augsburg is very convenient, with trains stopping at the station from ICE to BRB. It takes less than half an hour to travel to Munich by ICE. It is recommended for those who frequently take trains for travel to get a BahnCard25, which offers a 25% discount on train tickets. In addition, the Augsburg train station also has a stop for France's TGV high-speed train, which can go directly to Paris in about 4.5 to 5 hours with stops in cities such as Stuttgart and Strasbourg in Germany and France, respectively. If you want to travel to France, taking the high-speed train will be very convenient, and the train compartments are spacious and comfortable.

Most of my time is spent traveling, and during my five-month exchange program, I visited 15 countries, so I didn't have much time in Germany. For buying plane tickets for European travel, I suggest using Skyscanner or GoogleFlight for searching and booking directly on the official websites to avoid third-party booking sites as there are often flight delays, cancellations, strikes, etc. If an unexpected situation occurs, it can be challenging to deal with the process through a third-party site. As for accommodations, try to avoid booking through Airbnb. The quality of Airbnb hosts in Europe varies, and many of them even try to extort Asian guests. I once encountered a landlord in Paris who falsely accused us of losing the key and demanded a compensation of 3500 euros, but thankfully, we did not have to pay after Airbnb investigated. Booking a hotel registered with legal entities such as Booking or Agoda may be safer, albeit with a higher price, but at least you can ensure your safety while traveling.

I'm glad that I have the opportunity to go on this exchange program. I learned a lot of new things from my exchange journey, and my horizons have become much broader, with clearer goals for the future.

If I could do it again, I would definitely choose to exchange for a full academic year instead of just one semester, as living overseas is truly relaxing and enjoyable. Being able to improve myself in such a great learning environment is very happy.