

TH OHM is one of the two universities in Nuremberg. It doesn't have a particular campus. You can find different departments located all around the city instead. The international office is very kind to exchange students. During the semester, they will randomly hold cultural parties or field trip for free. For example, to the historical museum or Nuremberg Zoo. Due to these outdoor activities, it's easy to know other students from different countries. If you have any problem with your exam, dormitory or visa, just ask them. The student dormitories are quite different from the ones in Taiwan. They provide several room types: single room, WG (several students share a flat), double room for couples and room for family. Take my room as example, I pay 232 Euro per month for in a single room with independent kitchen and bathroom. Within 5 mins, you can reach at least 3 supermarkets. Just 15-20 mins walk, you will arrive to city hall. So it's actually very convenient and cheap to live in the dormitory.

During the period of exchange program, I took language courses including grammar and communication. Because TH OHM emphasizes more on practical experience, so our grammar class is not just listening to the grammar structure. We have to actually go into a discussion or conversation with the teacher or our classmates. Also a German presentation about our country or our dream jobs is required. It's a good way to improve one's German listening ability.

Studying abroad alone is not as easy as people heard. First, you have to get used to loneliness. Because of the time difference between Taiwan and Germany, sometimes you find no one to talk when feeling depressed. Thus, you have to learn how to soothe your sadness and depression. Second, sometimes you also have to deal with racist. Unfortunately, I'd once been shouted by a driver in Spain, because the driver thought that every Asian are ill due to coronavirus. And another trip when I was on the way to Italy airport, I saw an old woman using her scarf to cover her mouth right after I got on the bus. This kind of discrimination happens, it's better not to take it seriously. Try your best to make friends from different countries, and introduce the beauty of Taiwan to them.

Being an exchange student is not just about traveling, it's more about enhancing one's self-independence and the ability of dealing with problems. During this year I had to make several difficult decisions, especially in the timing of coronavirus. My flight was first canceled and reopened again yet postponed in the end. Unpredictable things happen in almost every journey. So if you want to travel around Europe, you'd better play it by ear. You might encounter difficulties such as transportation delays, an unexpected flood or your hotel were accidentally canceled by no reason. Things do not always follow your plans. When you come across these situations, stop being panicked and complaining. Just stay calm and go through next step. The most memorable journey is always full of unpredictable moments. Moreover, always remember that no one has the responsibility to help you. So if you need any help, just go to the information desk or write e-mails. Don't feel shy to ask.

26-1 學校簡介

紐倫堡為德國天龍區巴伐利亞邦的第二大城市，因此生活機能及師資都算不錯，在紐倫堡共有兩所大學，一所是紐倫堡大學(Uni)、另一所就是紐倫堡應用科技大學(TH OHM)，我們的校區是散落在城市的各個角落，並沒有單一個的校園，在最主要的兩棟樓裡可以租借書籍、以及影印等基本雜事，也有學生餐廳每日提供不同的餐點，學生證除了是借書證以外，還有餐廳加值卡更市區交通票得功能，由於學校是科技大學，學校比起理論更偏向實際操作，因此也開設許多實習課程，學校裡除了管學院，最多比例的是工學院的學生，由此看出學校非常重視理工人才。

學校宿舍總共有兩棟，一個在市中心，一個在學校附近(St.peter)，宿舍提供多元的房型，有家庭式(WG)、雙人房(Couples)、僅提供給小家庭的房型、還有個人套房(Single Apartment & Single Room)，宿舍內部會定期舉辦派對或桌遊日，提供學生之間互相交流的環境，大約五分鐘的路程，就有好幾家超市，十五分鐘的路程就可以到紐倫堡火車站，再走過去就到市區，整體來說交通及生活機能非常方便全面。

26-2 國外研修之課程學習（課內）

這趟交換主要目的就是提升德文能力，所以集中修習德文口說或文法課，從 A2 開始的課程就是以全德文授課，因此聽力會進步很快。

《文法課》

通常文法課的課程會比較有難度，一週有兩天的課，老師除了教文法以外，也會根據課本內容，跟班上的同學進行討論，對於口說沒自信的同學會有點壓力，考試也是分成兩個部分，約莫期中的時候，學生要與老師約時間進行口頭報告，訓練學生的膽量和臺風，以及考驗學生是否能以全德文的方式完整表達想法，報告最後會由班上其他同學或老師，根據報告內容提出問題，考驗學生的臨場反應和問答能力，是一門有挑戰性但值得學習的課；期末的時候，要測驗學生整學期對於文法。

《口說課》

每堂課程為主題式，每堂上課都會拿到一篇文章，該堂課會根據文章的主題進行小組討論，因此練習對象會是同班同學，所以比較注重的是溝通的技巧，如果因為在意文法對錯，導致說不出口，那就本末倒置了，但同時要想跟同學溝通，本身的詞彙量及文法要有一定的程度，老師也會隨機加入小組進行討論，「敢說敢表達」，才是口說課的衷旨。

26-3 國外研修之生活學習（課外）

在德國如果想省錢，把錢留到旅遊的時候用，就要學會自己煮飯，在台灣的時候有電鍋也不會米，去到德國只用電爐就把飯搞定；以前在家最會煮的菜叫「泡麵」，去了一趟德國習得了十八般武藝，從中式煮到西式，再從正餐煮到甜點。為了買到自己需要的食材，常常需要先在家查好德文單字，等到了超市慢慢核對，很多時候超市的冰箱提供的肉品只有少數幾樣，這時候就要開口去跟肉鋪的阿姨阿伯買肉，要知道買的是什麼肉，什麼部位，要買幾斤重，要切片還是切塊，這些阿姨阿伯可不會因為我是亞洲臉孔，就用英文跟我說話，這時候就學習日常對話的機會了。

週末的時候，我們三五好友常常相約去旅行，因為時間寶貴，旅行時常常塞很多行程，導致回紐倫堡後不只沒有休息到，反而全身更疲憊，因此要在旅行和課業之間，學習如何做好時間管理也很重要。

26-4 交換/研修之具體效益（請條列式列舉）

- 一. 文化交流、廣結善緣
- 二. 體驗特殊文化與經驗
- 三. 練習外語(英文與德文)
- 四. 訓練廚藝
- 五. 養成獨立習慣
- 六. 學習與孤獨相處
- 七. 增加國際視野
- 八. 時間管理及分配
- 九. 危機處理的反應度

26-5 感想與建議

《隨機應變》

在歐洲讀書，多數人都會想周遊列國，但每次出門旅遊常常會遇到突發狀況，比如在歐洲國家，高鐵、火車延遲是很習以為常的一件事，更慘的是有可能因此趕不上飛機，這時與其浪費時間焦慮，不如想想下一步應該如何更動行程，再旅途中難免會遇到討人厭的歧視，這時候要沉默任人欺負，還是站出來理性解決，也是人生的課題，在國外生活最重要的是永遠保持平和的心態，先處理情緒再處理事情。

《自己的權益自己爭取》

隻身一人在國外，有許多事情是必須主動開口去詢問的，比如關於入籍、開戶、或是如上述情況，因為交通工具遲到，以至於影響自身權益時，不要怕麻煩，記得要自己寫信或是去櫃檯詢問，若是得到的答案不如預期，也可以嘗試多次申述，因為在歐洲每個承辦人的說法都不一樣，若是你能積極為自己爭取，通常都可以得到一個不錯的解決方案。

《廣於社交、習慣獨處》

交換期間有許多派對或是文化交流，鼓勵學弟妹們多多參與，但即使再怎麼廣交好友，多數時候還是自己一個人生活，也因為時差的關係，有時心情不好或是遇到挫折，無法與在台灣的家人朋友哭訴，這時就必須自己消化這些情緒，因此學習如何與自己相處，也是很重要的一課。



▲克羅埃西亞拍攝「冰與火之歌」的 Dubrovnik



▲交換生們一同在學校附近的公園運動



▲聖誕節到德國朋友家裡做蛋糕跟餅乾



▲嘗試人生第一次的滑雪



▲在世界最美咖啡廳享用下午茶