

學校簡介

錫根大學 (德文名稱：Universität Siegen) 創立於 1972 年，是一所位於德國西部北萊茵 - 西發利亞邦的公立研究型大學。Siegen 本身是一座純樸安靜的大學城，校區分布於市區與山區，能夠欣賞優美的山景。雖然部分校區位於較高地勢，但整體生活機能與交通仍十分便利，除了市區公車外，學期間也有校車往返各校區。校園與當地居民的生活圈緊密相連，例如聖誕節時城市的聖誕市集就設在校園廣場內。錫根大學十分國際化，學生來自世界各地，語言中心更開設多達 15 種語言課程，可以看出多元而開放的學習環境。

國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

Developing Intercultural Communicative Competence 是最令我感到受益良多的課程。起初我僅抱著想認識更多文化差異的期待而選修，但實際上課後發現除了了解文化差異之外，課程更著重於探討人們如何發覺文化差異，以及在面對與自己不同的文化時會出現哪些反應，又為何會有這些反應。教授上課時會分享德國學生在異國的經歷，或是其他國家學生在德國曾遇到的軼事，並邀請同學們分享自身的經驗，讓大家更容易投入課程討論。這堂課也讓我開始思考：當接觸一個新文化時，是否能換個角度去認識與理解？又或是當別人對我的文化提出疑問時，應該如何應對。

國外研修之生活學習 (課外)

- 中山大學全球移動實踐人才培育獎助金計畫
課餘時間主要投入於「中山大學全球移動實踐人才培育獎助金計畫」，內容包括尋找合適的計畫場地、與參與者面談交流，以及前往其他城市的圖書館與書展參訪。
- Buddy Program 與語言交換計畫
大約每 2-3 週會與德國學伴碰面，分享生活近況並交流彼此的文化，也會一起體驗德國特色活動，例如品嚐傳統食物、逛聖誕市集或參加狂歡節。與語言交換夥伴每次會進行 2-4 小時的對談，彼此練習中文與德文，持續提升語言能力。
- 寒假德文密集課程
在寒假期間報名了為期一個月的德文 A1.2 密集課程，通過測驗後開學時就可以直接選修德文 A2 課程。雖然每天早上都要上課，但也因此讓寒假過得很充實。

交換/研修之具體效益 (請條列式列舉)

- 擴展眼界：透過與各國學生交流與親身體驗德國的多元文化與城鄉差異，深刻認識世界的廣大與多樣性。
- 學習獨立：練習打理生活起居與體會家人支持的重要。
- 培養隨機應變的能力：面對交通與資訊錯誤等突發狀況，學會冷靜應對、蒐集資訊並解決問題。
- 提升德文及英文能力：透過語言課程、日常生活與同學交流，大幅增加口說練習與自信心。

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？

交換期間最大的困境莫過於出國前遲遲等不到學校宿舍申請結果，以及在宿舍申請表上無法選填臺灣為國籍。一開始有寫信去國際處反映國籍選填問題，但國際處將我轉給宿舍負責人後對方卻回覆只能填中國作為國籍。後來有再寫信告知國際處為

了完成申請我暫時選了錯誤的國籍，但希望未來系統能有所改善。雖然負責人向我致歉，並承諾會向學生事務處 (Studierendenwerk) 反映，但根據下學期來交換的同學表示，還是無法填寫臺灣為國籍。等待學校宿舍結果的同時，我透過臉書上的臺灣人在德國相關社團詢問是否有當地的居民可以幫忙推薦房源，最後有一位臺灣人姊姊幫忙介紹了正在交換校當地攻讀博士學位的華人房東，最後也成功與房東簽約，入住一個 3 人合住宿舍。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

我並沒有遇到負面的文化衝擊，但確實需要花時間去適應一些與臺灣不同的生活習慣。像是在德國見面時通常會主動打招呼，離開時也要說再見並附上祝福語，不論對象是熟人還是陌生人；此外，日常生活中還有一些法定明確規範，例如每天特定時段及週日不可以製造過大的噪音，以免打擾他人。還有週日商店幾乎都休息，所以必須調整生活作息，週日前就要完成一週所需物品的採購。

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？

我認為最大的成長是在面對新的挑戰時，能夠更理性地思考並找出自己可以努力的方向，而不會像以前一樣什麼都還沒開始就先否定自己。出國前我一直擔心自己的英語口說能力很差，總覺得開口時一定會手足無措；但到了當地才發現，沒有時間猶豫必須直接進入全英文的溝通模式。後來發現這些顧慮其實都是多餘的，因為周遭師長和朋友不只一次告訴我，是我想太多，大家都聽得懂我在講什麼。另一方面，當需要獨自面對新的人事物或突發事件時，我從一開始的排斥與焦慮，到後來能習慣自己去尋找解決辦法，這讓我更獨立也更有信心去面對未來的挑戰。

感想與建議

起初只是想鍛鍊自己的德文能力才選擇到德國交換，沒想到在這段期間深刻認識了這個國家，並體會到許多以往未曾想過的面向，讓我明白自己還有許多需要學習的地方。Universität Siegen 雖然不像其他交換學校那麼知名，但「麻雀雖小，五臟俱全」，教授與行政人員都非常親切，課程選擇多元，校外活動也十分豐富，例如城市導覽、企業參訪、Buddy Program、語言交換等；校園空間更是自由開放，讓學生能自在學習與交流。

雖然有些人可能會因為沒聽過 Siegen 而卻步，但其實這座城市交通非常便利：持交通月票就可以直達法蘭克福、科隆、亞琛等大城市，前往杜塞道夫、波恩也很方便，甚至可當天往返荷蘭馬斯垂克。市中心生活機能齊全，周邊有多條森林步道，可以親近自然，完全不像刻板印象中的偏僻小鎮；Universität Siegen 的環境則是和中山大學相似，部分校區地勢較高，周邊被山環繞。

這段交換經驗讓我在語言、學習、生活及人際各方面都有極大成長，對這個世界有了更寬廣的理解，也讓我更認識自己；在這裡結識的良師益友，也讓旅程充滿了難忘與珍貴的回憶。

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) 500 字以上 赴中國交換者免填英文心得

The University of Siegen (German: Universität Siegen), founded in 1972, is a public research university located in North Rhine-Westphalia, western Germany. Siegen itself is a university town, with campuses spread across both the city

center and the surrounding hills. Compared to big cities, the environment is quieter and more laid-back. While some campuses are situated on higher ground, overall living facilities and transportation are convenient. In addition to city buses, shuttle buses run between campuses during the semester. The university is closely connected with the local community—for example, during Christmas, the city's Christmas market takes place right on the campus square. The University of Siegen is highly international, welcoming students from all over the world. Its language center even offers courses in up to 15 languages, reflecting its diverse and inclusive learning environment.

During the semesters, I took 3 German courses from German A1.1 up to the full A2 level, and I also attended an English C1 course. The classrooms in the language center are quite new, and it's comfortable to study there. The course design, content, and exercises were well-structured, making sure that we could learn in an interesting and efficient way. Needless to say, the lecturers and staff at the language center were kind and always patient in answering our questions. Apart from the language courses, the University of Siegen also offers numerous classes open to international students. My favorite course was *Developing Intercultural Communicative Competence*. The professor was very good at guiding us to think about how cultural differences arise and how they manifest. These were the aspects I had never thought about in depth before. I came to realize that understanding them is not only important but also interesting.

One of the most memorable discussions in that class was about culture shock, which I also personally experienced in daily life. In class, we talked about different kinds of culture shock that international students like me often experience. For example, in Germany it is normal to greet people, even strangers such as shopkeepers or bus drivers, and people often say something like "Have a good day." It took me some time to get used to this, since in my country we rarely greet people that way when saying goodbye. To become familiar with this habit, I asked my German friends to teach me some common phrases, and after a few weeks I was able to use them naturally. From the course, I learned that observing the people around me or directly asking native speakers can be very helpful in dealing with culture shock. I'm also very grateful to my friends in Siegen, who were always supportive whenever I faced difficulties.

I always feel ashamed and embarrassed when asking for help, and I believe one of the reasons behind this is my lack of confidence. However, since this is my first time living alone in Europe, far away from my home country, and there are so many new things and rules I need to learn, I realized that I must change and try to grow. Luckily, before I even arrived, the staff from the International Office provided all the essential information international students should know, explained the procedures clearly, and always answered my questions promptly. Moreover, almost every professor I have met at the university truly encourages students to share their opinions. I was surprised to see that most students are usually willing to discuss openly in class, something I didn't have the courage to do back in my country. On top of that, the German friends I met in Siegen often remind me that it is more than enough just to speak up. They tell me I don't need to be afraid, because everyone understands what I'm trying to say.

I feel so fortunate to have met these open-minded people, as they have influenced me to let go of my old mindset and to practice becoming more confident. I think this is one of the most valuable lessons I've gained during my exchange, and it has truly been meaningful for my life. All in all, I am so grateful that I had the chance to study at the University of Siegen for two semesters. This experience not only improved my language skills but also broadened my perspective on cultural differences and helped me build lasting friendships. More importantly, it gave me the courage to step out of my comfort zone and become more confident. I believe the lessons I learned in Siegen will continue to shape my personal growth in the future.