

A. 學校簡介

我此次交換研修的學校為德國科隆大學 (Universität zu Köln)，是德國歷史悠久且學術聲譽卓越的綜合性大學，位於北萊茵-西發利亞邦的科隆市。該校在經濟與社會科學領域具有很高的聲譽，我所交換的單位依照上下學期分別為 Cologne Global Study Program 及 WiSo-Fakultät (經濟與社會科學院)。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

「Contemporary Migration flows to Europe: A crisis or integrated part of European Life?」是一門關於歐盟難民與庇護政策的專業課程，在課堂上從歷史、法律、政治、實務層面剖析歐盟面對移民與難民所採取的制度與應對方式。教授帶領我們閱讀大量政策文件並參與相關博物館，讓我對歐洲的邊境與人權議題有更深刻的認識，也收穫來自世界各國同學對歐盟難民的見解。

C. 國外研修之生活學習 (課外)

在生活層面，我最有成就感的是精進自己煮飯能力。歐美外食普遍昂貴且亞洲食材不易取得，口味與熟悉感也有所差異，因此我自己準備三餐，從簡單的親子丼到台式滷味甚至是年菜。這讓我感受到自主生活的樂趣，也開始珍惜食物與下廚的過程。

D. 交換/研修之具體效益 (請條列式列舉)

1. 順利找到德語工讀機會，提升職場德語能力
2. 建立獨立生活能力，學會自己處理三餐與生活事務
3. 培養國際觀與文化理解能力
4. 深入認識歐洲難民政策，拓展政策分析視野
5. 提升自我調適與情緒管理能力
6. 累積歐洲生活與學習經驗，作為未來三語職涯發展基礎

E. 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？

德國私人房東的老屋沒有提供足夠熱水跟水壓，冬天洗澡用低水壓約六分鐘就會完全變成不管水壓大小都冰冷的水。後來我學會改變洗澡習慣：縮短時間、選擇白天溫度較高時洗澡，天氣冷的時候就多運動與跑步來保持身體溫暖。這段經歷教會我如何靈活調整並適應生活條件。

F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

原本已經忘記怎麼煮飯，複習後又再次能掌握多樣食材與調味方式。我變得更有耐心、也更能享受日常生活中的小事。

G. 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？

我從原本對廚房的一切忘得一乾二淨，到後來能獨立完成一桌簡單又健康的餐點，這不僅提升了我的生活品質，也讓我更有掌控生活的信心。此外，我發現自己在獨處與適應環境的能力上有顯著提升。我不再過度依賴他人，能夠在陌生的環境中快速找到自我節奏與生活重心。這段經歷也讓我更懂得照顧自己、調整心態，進而養成堅韌與彈性的個人特質。面對挑戰，我學會不急於求解，而是一步步理解問題本質並尋找最合適的解法。這些成長，將成為我未來人生的重要資產。

H. 感想與建議

推薦有機會的同學來到德國交換。無論是課業、語言、生活或個人心靈層面，這段旅程都能帶來許多深刻轉變。建議提前準備生活技能、提升語言能力，遇到困難時保持彈性與好奇心，更會滿載而歸。

I. 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

I spent my exchange year at the University of Cologne (Universität zu Köln), a prestigious university in Germany renowned for its academic excellence. During the fall and spring semesters, I participated in both the Cologne Global Study Program and courses offered by the Faculty of Management, Economics, and Social Sciences (WiSo-Fakultät).

The course that left the deepest impression on me was "Contemporary Migration Flows to Europe: A Crisis or an Integrated Part of European Life?" This class analyzed EU migration and asylum policy from historical, legal, political,

and practical perspectives. We read extensive policy documents and even visited related museums, which helped me gain critical insights into Europe's border and human rights issues. Sharing discussions with international classmates gave me new perspectives on the refugee issue.

Outside the classroom, I made the most progress in cooking. Eating out in Europe is expensive and Asian ingredients are often hard to find. To maintain a balanced diet, I prepared my own meals—from basic Japanese donburi to Taiwanese braised dishes and even Lunar New Year food. Cooking has become a source of joy and self-sufficiency. This exchange brought many tangible benefits. I successfully found a part-time student job in German, which helped me improve my professional language skills. I also developed better emotional regulation, cross-cultural awareness, and independent living abilities.

I faced practical difficulties, such as limited hot water in the old private house I rented. In winter, hot water would run out after just six minutes. I learned to adjust by showering more quickly, using warmer parts of the day, and jogging to keep warm. It taught me flexibility and creative problem-solving.

The most significant personal transformation was my rediscovery of cooking and the confidence it gave me in managing daily life. I became more independent, emotionally resilient, and less reliant on others in unfamiliar environments. These traits will undoubtedly be valuable assets in my future.

I highly recommend this exchange experience to other students. With the right preparation and mindset, it can be an unforgettable and transformative chapter in your life.