

A 學校簡介

基爾大學，全名克里斯蒂安-阿爾伯特基爾大學（CAU），坐落於波羅的海畔的基爾市，是德國什勒斯維希-霍爾斯坦州唯一的一所綜合大學。該校始建於公元1665年，歷史悠久。目前在校學生約有20000人，教授600名左右。學校設有約140個專業方向。學校目前的重點專業方向有：海洋生物學，國民經濟學和斯堪地那維亞文化。此外學校的國際經濟系和自然災害研究所亦享有國際聲譽。

B 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

受益最多的課為德文課：German as a Foreign Language A1.1b online，去德國前我完全沒學過德文，因此這堂課幫助完全不會德文的我在日常生活中可以聽懂基本的對話，在超市購買物品時能更輕鬆，對於融入當地文化也更加快速。

C 國外研修之生活學習（課外）

在國外獨自生活使我更加獨立，提升自己處理事情的能力。

D 交換/研修之具體效益（請條列式列舉）

解決問題的能力

體驗不同文化

增加國際觀

培養耐心

體驗德國大學生活

認識不同國家的朋友

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？

在德國遭遇最大的困難就是交通工具的不方便，德鐵經常發生延誤、取消的情形，導致行程被影響。解決方式為自己事先保留更多時間來因應突如其來的交通狀況，順便訓練自己的耐心、提升解決突發問題的能力。

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？

歐洲人做事較沒效率，無論是申請保險或是處理廣電費時都要等很久。適應方式就是多一點耐心，學習等待。

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？

最大的成長是在遇到很多無能為力的事時學習放寬心，因為身在異鄉很常遇到自己無法處理的事，有時語言障礙也會造成不方便。因此做事時不能太著急，也需要學習接受有些事處理不好的情況發生。

H 感想與建議

出國交換讓我有機會有長達半年的時間在德國生活、體驗歐洲文化。我從以前就想體驗在國外上大學的感覺，也想藉此讓自己對於是否要在歐洲讀研究所更近一步的想法。在基爾大學上課的期間我可以體驗到德國的大學文化和他們與台灣不同的教學模式，例如德國學生普遍都比台灣學生認真，課程參與度非常高、下課時會以敲桌子代替拍手等文化差異。

而令我印象深刻的是基爾大學的校園環境非常好，無論是教室設備或是圖書館都很新，也提供了很多福利給學生。例如，學生餐廳的學生價非常便宜、學期費包含的交通票幾乎可以用在全德國的交通工具。

除了課業的部分外，這半年內因為地緣關係，我得以在歐洲各國旅遊，體驗不同國家的人文風情。我參觀了許多著名的歷史遺跡與地標，如法國的艾菲爾鐵塔、荷蘭的風車村，以及義大利的米蘭大教堂。每個國家都有獨特的氛圍與生活方式。

這些旅行不僅讓我拓展了國際視野，也讓我更深入地理解不同國家的歷史與社會文化。與來自各地的朋友交流，使我更加開放與包容，也培養了更獨立的生活與決策能力。這次交換不僅是一場學術與文化的旅程，更是一次人生的成長與探索，讓我更加確定自己未來的方向。

Studying abroad in Germany for six months was one of the most enriching experiences of my life. Ever since I started university, I had been curious about what it would be like to study in a foreign country, and this exchange gave me the perfect opportunity to explore that. More importantly, it helped me reflect on whether I would want to pursue my master's degree in Europe in the future.

During my time at Kiel University, I noticed several differences between the German and Taiwanese education systems. One of the most striking aspects was how engaged German students were in class. They actively participated in discussions, confidently expressed their opinions, and approached learning with a strong sense of responsibility. This level of enthusiasm was inspiring and encouraged me to be more vocal in academic settings. Another cultural difference that stood out to me was how students showed appreciation at the end of a lecture—not by clapping, but by knocking on the table, which was something I had never seen before.

The university itself had excellent facilities, making it an ideal place to study. The classrooms were well-equipped, and the library was modern and spacious, providing a great environment for both individual and group study sessions. What I particularly appreciated was the range of student benefits. The cafeteria offered meals at a very affordable price, which made dining on campus convenient. Another major perk was the semester transportation ticket, which allowed students to travel across different regions in Germany using public transportation without extra costs. This made exploring new cities much easier and was one of the biggest advantages of studying in Germany.

Beyond academics, one of the most unforgettable parts of my exchange was the opportunity to travel across Europe. Thanks to the location, I was able to visit several countries and immerse myself in different cultures. Each trip gave me the chance to experience something new—whether it was admiring the historical charm of Prague, standing in front of the Eiffel Tower in Paris, or enjoying the fantastic food of Italy. I also loved experiencing the unique traditions and lifestyles of each country.

These travel experiences helped me grow in ways I never expected. Navigating unfamiliar places, adapting to different languages, and interacting with people

from diverse backgrounds strengthened my independence and problem-solving skills. Traveling alone or with friends required me to plan efficiently, think quickly, and embrace unexpected challenges. It was through these experiences that I gained more confidence in myself and became more adaptable to new environments.

Looking back, this exchange was much more than just an academic experience—it was a journey of personal growth, cultural discovery, and self-reflection. It has broadened my perspective on the world and deepened my appreciation for different cultures. I am incredibly grateful for this opportunity, and I know that the lessons I have learned will continue to shape my future in meaningful ways.