

學校簡介

弗萊堡大學（Universität Freiburg）在德國巴登－符騰堡邦的弗萊堡市，在德國的西南方，距離瑞士與法國很近。它建校於1457年，是德國最古老的大學之一。它有11個學院：神學院、法律學院、醫學學院、經濟與行為科學學院、語言學院、人文學院、數學與物理學院、化學、藥學和地球科學學院、生物學院、森林與環境科學學院和工程學院。校舍是分散在城市中的那種大學，圖書館蠻漂亮的，也常常客滿，可以感覺到德國學生很認真讀書。也有幾棟學生餐廳在不同區域，價格便宜，食物簡單但不算太難吃，是可以去的。而弗萊堡的特色是在黑森林旁邊的觀光小鎮，有一間大教堂，前面會有市集。也可以去爬城堡山看市景，不會太難爬。路邊會有乾淨的水溝，小朋友很喜歡玩水。是個小巧可愛的城市。

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

我在弗萊堡大學最喜歡的課是商務英語，這堂課的老師特別思想開放，她懂學生不喜歡考試和作業，因此只安排了三次的簡單作業，並且沒有考試，她還說不想用同一個標準來考我們，她說大家來的時候的語言程度可能是B2或C1，但不想規定我們結束課程時都要到達C1，所以不考試。但她在第一堂課和最後一堂課都有問我們對於自己目前的英語程度信心，希望我們真的有所成長。課堂中，她安排了一些主題，會有一些提問，讓我們小組討論彼此的想法，並在小組討論後問各組一位成員，請同學簡單總結剛剛討論的內容。每堂課也會重新分組，因此可以與每個同學幾乎都有交流到。課堂中也會有小測驗的比賽，大約是兩人或四人一組，不會太有壓力。也有一次的上台演講兩分鐘，不會到壓力很大，但也是一個很好的練習與成長機會。簡單來說，這堂課沒有什麼壓力，但卻在快樂且鼓勵的環境下，讓我的英語能力增加了一些，至少變得敢發言，敢跟同學講話，甚至我是會帶著期待的心去上課的。

國外研修之生活學習（課外）

交換生基本上就是一直出去旅遊，在達成課業的基本要求之外，都會規劃很多旅遊，我六個月當中，大約一半的時間在旅遊，一半的時間在弗萊堡上學或讀書、過日子，我應該是交換生當中出門旅遊頻率在平均值的人。生活上，則是會學會自己下廚，不用太害怕，反正只要煮得出自己敢吃的食物就好了，我自己是一週出去外食一兩次，旅遊時也都吃外食。交友的部分，很看你選的課，如果是跟同學交流較多的課程，就比較容易混熟，或是可以從鄰居開始認識。能不能和外國變成朋友，很看個人努力，我自己會約一兩個女生一起去圖書館讀書，或是和鄰居一起在家裡煮珍珠奶茶聊天、或是下廚找她們來吃，也有一起在家或出門喝酒過幾次，去附近地區一日遊也很容易增進感情。

交換/研修之具體效益（請條列式列舉）

1. 認識外國人，練習簡單的英語口說
2. 至少留下兩位我以後還會聯絡的外國朋友，去對方國家時可以見面，平常也會通訊聊天
3. 體驗國外留學生活，自己下廚、許多獨處時光、經常旅遊
4. 去很多國家、城市旅遊，看很多大自然景觀、城市風景、建築物或博物館
5. 完成一些獨立自主的事：申辦各種文件或簽證、自己旅遊、搬家、下廚

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？

在國外生活一定會需要跑很多行政事項，戶籍、宿舍、保險、選課等等，如果查網路後還是不知道怎麼做的話，就直接去聯絡可能會知道的單位，如果他們回信比較慢的話，也可以直接跑去辦公室問清楚，雖然這些事情很繁瑣，但最後一定都可以解決。

第二個問題是我只會英語不會德語，單純一學期的語言課也沒辦法學得太好，有時候會跟不會英語的德國人溝通障礙。本來想過要不要認真自學德語，但在國外的時間太寶貴，我最後是覺得先去旅遊比較值得，因為未來出社會很難請假、或是出國的成本變高許多，但在台灣也同樣可以學語言，頂多是沒有環境練習口說，或是沒有地方應用。其實就是看每個人對事情的優先順序去決定要先做什麼，以及能不能承受在這段時間沒什麼學業成長，未來會造成的後果。盡量選擇一個不會後悔的決定去規劃在國外的時間。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

有人會說德國辦事效率很差，或是火車常常誤點。其實後來就會養成習慣，盡量早點去處理事情，有耐心的等，如果常常來不及趕上期限，就要想想是自己太晚去處理，養成負責任的態度吧。火車的話，則是選早一點的班次，萬一出問題還可以搭後面的班次回家，能回到家就都不是問題，最後再去申請退款就好了。其實他們辦事效率差這點，我覺得是可以理解的，我們羨慕他們早八晚五的生活，不需要加班，也看到他們其實都有在不疾不徐的完成事情，好像沒有在偷懶，就可以發現這應該才是正常的勞雇關係，卻想他們效率跟台灣一樣好，是很矛盾的。唯一我覺得比較不喜歡的是，外國工作人員有時候會讓外國人插隊，就是故意晚一兩個處理我的事情，不太確定是因為看我們亞洲臉年輕，還是真的排外所造成。

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？

在海外生活，經歷了很多需要獨自處理問題的狀況，除了為解決問題而變得更獨立之外，抗壓性似乎也變強了一點，畢竟有時候狀況真的很讓人崩潰，但崩潰完還是要解決問題，甚至有時候有時間壓力，需要先解決問題，那就不得不堅強了。

另外，也培養了很多個人興趣，因為會有很多新體驗，在這之中就很容易找到新的興趣。

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？

獎學金最大的幫助就是相當於出國返國的機票費用，雖然出國一趟不便宜，但有獎學金的幫助還是有差別的，很感謝有獎學金的計畫。如果沒有獎學金的話，我應該就不會出國留學交換了，就會先出社會工作，等存到一定的金額，再出國旅遊。但這就是短期待在國外，跟半年是不一樣的，無法在當地慢慢的體驗生活文化差異，也無法體驗國外學習的經驗，將會很可惜。

感言及心得感想

非常感謝學校以及政府有出國交換的計畫，讓台灣學生有機會多多出國增廣見聞，我很開心可以在年輕時出國看看，拓展了世界觀，也影響了我許多想法，以及增加一些能力。

在這段期間，我也結交了許多國內、國外朋友，一起去歐洲各國旅遊，能跟這些人互相交流，也豐富了我的生活以及想法。

如果有學弟妹還在猶豫是否要出國留學的話，我一定是非常推薦的！

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)

Freiburg University is located in the city of Freiburg in the state of Baden-Württemberg, Germany, in the southwest of the country, close to Switzerland and France. Established in 1457, it is one of the oldest universities in Germany. The university has 11 faculties: Theology, Law, Medicine, Economics and Behavioral Sciences, Linguistics, Humanities, Mathematics and Physics, Chemistry, Pharmacy and Earth Sciences, Biology, Forestry and Environmental Sciences, and Engineering. The campus is spread throughout the city, with a beautiful library that often gets crowded, showing the seriousness of German students towards their studies. There are also several student cafeterias in different areas, offering affordable food that is simple but decent. Freiburg's charm lies in being a tourist town near the Black Forest, featuring a grand cathedral with a marketplace in front. Visitors can also hike up Castle Hill for city views, which isn't too challenging. Clean water channels along the streets are popular among children for playing. Overall, Freiburg is a charming and compact city.

My favorite course at Freiburg University is Business English. The teacher for this course is particularly open-minded. Recognizing that students dislike exams and assignments, she only assigns three simple tasks and eliminates exams altogether. She also expressed her reluctance to impose a uniform standard for everyone, acknowledging that students may enter the class at different language proficiency levels, ranging from B2 to C1. Thus, she refrains from setting a requirement for all students to achieve C1 proficiency by the end of the course. However, she does inquire about our confidence in our current English proficiency levels during the first and last classes, hoping to witness genuine growth. The course content involves discussing various topics in small groups, with students summarizing the discussions afterward. Groups are reshuffled every class, facilitating interaction with almost every classmate. There are also low-pressure quizzes conducted as competitions in teams of two or four, and a two-minute speaking presentation, offering valuable practice and growth opportunities. In summary, this course fosters a stress-free yet encouraging environment, contributing to an improvement in my English skills, particularly in speaking and engaging with classmates, which I eagerly anticipate attending.

As an exchange student, the experience primarily entails extensive traveling. Aside from meeting basic academic requirements, a significant portion of my six-month stay involved traveling, making me an average traveler among exchange students. Regarding daily life, I learned to cook for myself, which was not too daunting, as long as the food I cooked was edible. I dined out once or twice a week and occasionally while traveling. Making friends largely depends on the courses you choose. Courses involving more student interaction facilitate easier friendships, or you can start by getting to know neighbors. Building friendships with foreigners depends largely on individual efforts. Personally, I would invite one or two girls to study together at the library, invite neighbors over for homemade bubble tea or cook together, and occasionally go out for drinks or day trips to nearby areas, all of which help strengthen bonds.

1. Meeting foreigners and practicing simple English speaking.
2. Establishing at least two foreign friends whom I'll stay in contact with, meeting them in their home countries when possible and maintaining communication regularly.
3. Experiencing student life abroad, including cooking for myself, spending ample solitary time, and frequent traveling.
4. Exploring numerous countries and cities, witnessing diverse natural landscapes, urban scenery, architectural marvels, and museums.
5. Accomplishing various independent tasks such as handling paperwork, visas, traveling alone, relocating, and cooking.

Living abroad necessitates dealing with numerous administrative tasks, such as residency, accommodation, insurance, and course selection. If online research fails to provide solutions, contacting relevant authorities directly or visiting their offices is advisable. While these tasks may seem cumbersome, they are eventually

manageable.

One challenge I faced was my limited German proficiency, which occasionally hindered communication with non-English-speaking Germans. Initially considering self-studying German, I realized that time abroad was precious, and prioritized travel experiences over language learning. I reasoned that language learning could be pursued back in Taiwan, albeit without the immersive environment for practice. Ultimately, the decision boils down to personal priorities and the ability to cope with potential consequences, such as limited academic growth during the abroad stint.

Some may critique Germany for inefficiency in bureaucratic processes or frequent train delays. However, adapting to these norms becomes a matter of habit. Proactively tackling tasks early and patiently waiting for outcomes mitigate frustrations. Regarding train delays, opting for earlier schedules allows room for contingencies, ensuring timely returns. While Germany's perceived inefficiencies may contrast with Taiwan's fast-paced work culture, adopting a more patient and responsible attitude is imperative.

One aspect I found less appealing was occasional preferential treatment of locals over foreigners by German staff, resulting in delayed service for the latter. Whether due to cultural biases or genuine oversight, it underscores the need for cultural sensitivity and fairness.

Living abroad, I encountered numerous situations necessitating independent problem-solving, fostering independence and resilience. Despite occasional stress, overcoming challenges was imperative. Additionally, exposure to diverse experiences nurtured personal interests, enriching my life and perspectives.

The scholarship's greatest assistance lay in covering the cost of round-trip airfare, making the journey financially feasible. Without it, I might have deferred abroad studies, opting instead to work and save for travel later. However, short-term stays abroad offer distinct experiences impossible to replicate, such as immersing in local cultures and experiencing foreign education.

I'm profoundly grateful for the opportunities provided by the university and government exchange programs, enabling Taiwanese students to broaden their horizons. Venturing abroad at a young age expanded my worldview, influencing my perspectives and enhancing various skills. During this period, I forged friendships with individuals from diverse backgrounds, enriching my life and thoughts. To any prospective students hesitating about studying abroad, I wholeheartedly recommend it!