

中山大學出國交換心得報告

1. 學校簡介

雷根斯堡大學(英文: University of Regensburg/ 德文: Universität Regensburg, 簡稱: UR), 位於德國南部巴伐利亞邦, 成立於 1962 年。學校內有包含法學院、商學院、物理學院、化學學院等等。

2. 國外研修之課程學習 (課內)

因為我在台灣是讀機械與機電工程學系, 在雷根斯堡大學裡面沒有相對應的課讓我選, 所以我大部分都是選其他科系的專業課程與德文的語言課程, 我在第一學期選了一堂法律的課 (課名: Introduction to the Anglo-American Legal System), 他是在講一些基本的法律介紹與各國的政府機制介紹, 有點像是高中的公民課的感覺。另外一堂是德文語言課, 老師上課基本上都是用德文去做解釋與教學, 而且課程是一週有三次上課, 所以會讓你感覺每天都有學習德文的感覺。但是如果你想要德文進步更快的話, 我非常推薦要去報名上學期前的語言先修班 (ILC) 他是一個讓你在一個月沈浸在德文世界的一個課程, 從上八點到下午兩點半, 一到五, 這也是我覺得德文進步最快的時間與方法。我會推薦的原因不僅僅德文會進步飛速, 你也會在課堂上交到各國不同的朋友。

3. 國外研修之生活學習 (課外)

在雷根斯堡

我個人是非常喜歡雷根斯堡這個城市, 沒有像其他大城市的那種喧囂, 但也沒有像是鄉村那樣的交通不便, 生活在這邊基本上公車可以解決所有的問題。因為多瑙河有流經雷根斯堡, 所以在天氣好的時候可以嘗試在多瑙河游泳, 這是一個非常特別跟舒服的體驗, 唯一需要注意的是水流有點急, 如果不太會游泳的話在河邊坐著也是很愜意。建議多帶一些防水的外套與鞋子, 雷根斯堡的冬天是會下雪的, 今年雪下得太大如果穿一般的鞋可能出門一次就被雪用濕了, 而且在歐洲通常下雨也會配颶風, 所以在路上除非是雨下很大, 不然很少看到有人會撐傘, 這時候有一件防水外套就很方便。

在德國

在德國生活, 真的需要會一些德文過得比較輕鬆, 雖然德國人普遍英文都還不錯, 但是在生活中的標語都是德文的。最主要是要聽得懂火車的德文廣播, 因為德鐵常常因為各種理由就停在半路上, 或是在月台需要注意火車有沒有誤點或換月台等等。現在德國有推出了 49 歐的月票, 如果是學生票的話等於你只要每個月花 11 歐就能搭乘全部德國的公車、地鐵與地方火車, 這張票讓我能在德國大大小小的城市都能不用花太多錢就能旅遊。

在歐洲生活

這裡的物價不會讓你有餐餐都想吃外面的衝動，其實去超市買食材不會到太貴，我也是到這邊從完全不會煮飯，到現在能夠餵飽自己。所有事情都要自己處理跟找或是跟其他人詢問，過了一個月你就會覺得自己成長許多。

4.交換/研修之具體效益

- 1.英文能力提升
- 2.德文能力提升
- 3.廚藝增進
- 4.獨力面對問題
- 5.視野開拓
- 6.規劃事情的能力

5.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? 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

在歐洲還是會遇到所謂的種族歧視，但是那些人只佔了非常少的一部分，在遇到時也不太需要做出一些反應，畢竟回應他的種族歧視只會是負面的，不必去理會他。主要認識人會有遇到一些文化差異，但還不至於到會有衝擊的程度，主要還是覺得驚奇。

6.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?

以前待在台灣，雖然是住在外邊，但是已經熟悉環境了，加上也很常回家，所以不太會需要自己解決許多事情，但到了國外不只是自己要料理三餐或是整理房間，還需要自己親自去處理一些你在台灣根本不會遇到的事，再出去玩時也會遇到許多的狀況，但是隨著一次次的問題，自己也漸漸地去習慣自己處理與知道如何解決

7.感想與建議

對於將要來這邊的學弟妹，我非常推薦雷根斯堡大學作為你的交換學校，不僅這邊的學校方也很善良，住在這個城市也是非常的舒適。不只能體驗到德國學校的上課方式，更能體驗到當地德國人的生活，這對於我來說交換這一年是非常棒的一個經驗。

English

The University of Regensburg, a public university founded by the Bavarian State Parliament in 1962, is located in south of Germany. There are many departments in this school such as law, medicine, physics and so on. I have taken two classes in the first semester. The first one is German class A1.2 and the class is three times a week. Because of that, I spent lots of time on German at first semester and my German skill was also improving really fast. The other one is called Introduction to the Anglo-American Legal System, the teacher was really nice and patient during the class. If you want to choose Germany as your exchange country, I highly recommend you to study German first. I haven't learned German before I came here and that made me had a hard time at first month. No matter where are you, you have to understand German. For example, when you are waiting for the train, but the train is already delayed for 20 minutes. Suddenly, you heard an announcement which is talking about why your train is delayed and what should you do in German. I couldn't understand anything at first three months, and I only can follow the people who are waiting with me. However, there is not many people on the platform every time, so u have figure it out what is going on right now by yourself.

Germany is a nice country for exchange student and there are three reason. First of all, there is a ticket called Deutschland ticket. Because of the ticket, you don't need to pay plenty of money for the transportation and it just cost eleven euro per month for student. That's so great for a student who is studying in Germany. Second, German is good at English. Comparing to other countries in Europe, German English level is way higher than others. As a result, you can ask other in English when you face some problems and they can answer you fluently. Last but not least, Germany is a safer country. Before I came to Europe, I kept hearing other talked to me about how danger Europe is. However, after living in Germany for one year, I don't agree with that. In my opinion, other countries like France or Spain is more dangerous for me, but I felt really safe when I walked alone at night in Germany. That's a big point why I highly recommend Germany as an exchanged country.

I have a wonderful experience during this year, I traveled a lot of countries in Europe and I met plenty of people at school. Moreover, I spent lots of time with my foreign friend. Not only that's my main purpose to come here, but also I have tried so many stuffs I haven't tried before. I'll never forget this exchange year. I would love to recommend other to try get this opportunity to go to aboard and seeing the totally different things.