

國立中山大學出國交換/研修(含寒暑期課程)/獎助學生
返國報告書

繕打 **中文及英文** 心得報告，應包含下列項目

(**中文至少 1,000 字+英文至少 500 字**。赴中國交換者不需撰寫英文心得。)

A. 學校簡介

科隆大學位於德國的西北部，科隆是德國的第四大城市，與杜塞道夫和波恩相鄰。科隆大學是一間歷史悠久的大學，總共有六個學院：經濟與社會學院、醫學學院、法學學院、哲學學院、數學與自然科學學院和人類學學院，其中的商學院最為出色。

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

在科隆大學，我受益最多的課程是德文課。不確定是否每個老師都很會教課，但我遇到的老師上課很詳細，每一堂課都非常充實，教授許多新知識，雖然教的速度很緊湊，但不會一次跳很快讓人跟不上。課堂中會一直輪流點人回答，是很好的練習。我相當推薦來交換時可以修語言課，也不需要任何費用。

C. 國外研修之生活學習 (課外)

課外時間，除了複習課業，寫作業，大約兩到三週我會出去旅遊一次。有時候是跟在當地認識的亞洲人出去，有時候是在 fb 社團找旅伴，有時候是自己旅遊，我覺得都各有不同的體驗。這半年來，交換生通常都去了很多國家，我也不例外，體驗了很多當地的風情，也了解不同國家的文化差異，同時更了解了自已喜歡的旅遊方式，並培養了獨立的解決問題能力。

D. 交換/研修之具體效益 (請條列式列舉)

1. 認識外國朋友：這是最喜歡的具體效益，就算我只是跟一個日本女生特別要好，不是歐洲人，但還是聊了很多文化差異的話題，對於日本有的印象，都可以從她身上得到真正的解答，這種感覺蠻有趣的。
2. 學新的語言：歐洲人幾乎都會至少三種以上的語言，他們從國小、國中就會多學習一種語言，我覺得這樣可以跟更多國家的人對話，是可以開拓眼界的方式之一。另外，如果之後想到國外發展也一定需要會當地的語言，所以學語言很好。
3. 到處旅遊：到每個國家、城市去旅遊，可以體驗不同的食物、看各種風格的建築、領會不同季節大自然的美，以後也可以帶家人去旅遊，規劃能力變得很強，我很喜歡交換可以旅遊的這個效益。

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?

我覺得想念台灣食物是我最大的困境，國外的食物真的很不一樣，而且會比較鹹又比較貴，所以需要自己煮，但不一定能煮的很台灣味，有些食材也很難取得，或是偶爾要出去外食，總之在吃東西的方面我很不習慣。最大的啟發就是台灣食物真的好吃，如果未來想去國外發展，是我最需要克服的點。

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?

德國的國鐵很容易誤點、取消、換月台，常常讓人趕不上下一班轉乘的車，或是打亂計劃，最慘的是拖著一堆行李，如果遇到換月台的話會崩潰。但半年過去之後，就已經習慣了，只能早點出發，時間安排的彈性一點，內心一直期望遇到善良的路人幫忙，總之再累再麻煩，也已經訓練出一顆強大的心臟和身體，根本不怕了。

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?

因為在國外遇到的事很多都是新的困境，所以訓練出我各種解決問題的能力，心態也變得很有包容度，能夠處變不驚，也更加勇敢，如果遇到要自己動手處理的事，也都可以一一解決。感覺這一年過後，我的心態更加穩定了，也變得成熟，自己過生活更加意識到家人的重要性，現在變得會替父母著想。

H. 感想與建議

很開心在學業生涯的最後一年能申請上交換計畫，以及有獎助金的支持，稍微少一點經濟壓力。出國交換一整年，首先非常感謝父母願意出資支持我去，也謝謝學校的很多協助，最後也要感謝自己當時勇敢申請，出去闖蕩。由衷的建議學弟妹也去做自己哪怕只有一點點想做而已的事情，很有可能會得到意外的驚喜。

- 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
赴中國交換者免填英文心得

The University of Cologne, located in the northwest of Germany, is the country's fourth largest city and is close to Düsseldorf and Bonn. The university has six faculties: Economics and Social Sciences, Medicine, Law, Philosophy, Mathematics and Natural Sciences, and Anthropology, with the Business School being particularly outstanding.

At the University of Cologne, the course I benefited from the most was the German language course. While not every teacher may be exceptional, my teacher explained everything very thoroughly. Each class was packed with new knowledge, and although the pace was fast, it was manageable. The teacher often asked us to answer questions, which provided great practice. I highly recommend taking a language course during your exchange, and the best part is that it's free.

In my free time, besides studying, I traveled every two to three weeks. Sometimes I traveled with locals, sometimes I found companions through Facebook, and other times I traveled alone. Each experience was unique. During this half-year, most exchange students visited many countries, and I was no exception. I experienced different cultures and learned more about my travel preferences, which helped me develop independent problem-solving skills.

Making international friends was one of my favorite parts. Although I became particularly close with a Japanese girl, we often discussed cultural differences. It was fascinating to get real answers about Japan from her.

Learning new languages was another great benefit. Most Europeans speak at least three languages, having started learning them in elementary or middle school. This ability to communicate with people from different countries broadens one's horizons. Also, if you plan to work abroad, knowing the local language is essential.

Traveling around Europe allowed me to experience different foods, see various architectural styles, and appreciate nature's beauty. In the future, I can take my family on trips, as I've become skilled at planning. The opportunity to travel is something I greatly appreciate about the exchange experience.

However, missing Taiwanese food was a big challenge. The food abroad is quite

different—it's saltier and more expensive. I had to cook for myself, but it was hard to recreate the taste of home, and some ingredients were difficult to find. This made me realize just how much I love Taiwanese food, and it's something I'll need to overcome if I want to live abroad in the future.

German trains are often delayed, canceled, or change platforms, which can mess up your plans, especially when carrying a lot of luggage. But after six months, I got used to it. I learned to leave earlier and plan more flexibly, always hoping for kind locals to help. Despite the challenges, I've developed a strong heart and body, and now, nothing fazes me.

Because of the many new challenges I faced abroad, I developed various problem-solving skills and became more adaptable and brave. After this year, I feel more stable and mature, and I've become more aware of the importance of family. Now, I think more about my parents.

I'm very happy that I applied for an exchange program in my final year, with financial support that eased some of the economic pressure. I'm extremely grateful to my parents for funding this experience, to the school for their assistance, and finally, to myself for bravely applying. I sincerely recommend that students pursue even the smallest of dreams—you might end up with wonderful surprises.

