

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

1.學校簡介

2.國外研修之課程學習（課內），另外推薦受益最多/最喜歡的課

3.國外研修之生活學習（課外）

4.交換/研修之具體效益（請條列式列舉）

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

6.海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

7.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

8.感想與建議

9.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

1.

我去交換的學校是德國科隆的科隆大學，這所學校位於Nordrhein-Westfalen，總體經濟很發達的邦，附近的杜塞道夫以全德國最密集的亞洲料理著稱。

學校的位置非常好，搭車十分鐘左右就是大教堂，附近也有舊城區和南城，科隆市在地圖上很大，但是實際上人會聚集的地方其實就是分佈在大教堂以及旁邊的購物區。

學校宿舍分佈在科隆各區，運氣好的話住在uni-center，生活機能非常好，運氣差的住在effern，常常會發生沒有車可以去科隆市中心的問題。

2.

我這次選修了cross-cultural communication，課堂上幾乎都是德國人，只有少部分的墨西哥人與亞洲人。總體來說，課程內容在我的意料之內，但是上課同學間的意見發表和辯論才是讓我學到最多的地方。與以往台灣教育強調的低調謙虛不同，這所學校認識到的德國人都很勇於表達自己的意見，除此之外，他們的思考邏輯也相對縝密，也都抱持著積極的心態在面對課堂。

3.

課堂之外，我結交了各國的朋友，也讓我見識到許多文化衝擊。除了了解各國文化的差異之外，也讓我了解到不同的價值觀，和思考邏輯。也讓我重新思考自己是誰。

學校也會辦很多派對，這是一個好機會認識到更多不同的朋友，就我遇到的人來說，通常都是非常喜歡參加派對與社交的。當走到那個社交場合時，只要你願意打開心胸，多表達自己，其實交到朋友是非常容易的，永遠不要被自己設限住了。

社交也是我在這邊學到最多的一環。剛來的時候我很害羞，不太敢表達自己。幾個禮拜之後其實就習慣了，也越來越會社交，表達也越來越流暢。

4.

1. 社交能力提升：

因為會有很多的派對會跟陌生人交流，習慣之後，不管是哪國人來，只要英文有通，基本上都能有個愉快的交流。

2. 思維邏輯更清楚：

因為要時常發表自己的想法，所以也越來越善於表達與思考。

3. 了解到自己是誰：

因為我選擇不和台灣人或是中國人交朋友，一開始孤獨感很重，但與自己獨處和多與不同文化背景的人交流之後，我漸漸找到我是誰、我喜歡什麼以及我擅長什麼這種多與自身相關的問題的答案。

4. 語文能力提升：

因為有前面這些事情和條件，自然越來越能用英文表達想法。但如果我選擇和台灣人混在一起，其實這些東西都不成立。所以我鼓勵學弟妹如果可以，來交換就不要太依賴跟你講同種語言的人。

5.

我在交換期間非常幸運，並無遇到任何解決不了的困難。但是我可以分享我覺得最麻煩的事情。歐洲廉航的班機很常延誤或是取消，有一次我晚上要從威尼斯飛回來，寄完行李，班機開始顯示延誤，從半小時到五小時，當時已經是晚上十點，我本想著那剛好回科隆機場可以搭第一班車回家，結果下一秒，班機取消。本來我應該要先被負面情緒沖昏頭，開始找地勤抱怨或是怨天尤人，但我選擇跟地勤溝通解決方案，並想著如何安排行程。最後我拿到了當晚的免費住宿和隔天飛回去的班機。這也是我意識到我的思維開始轉變。解決問題比情緒重要，這是我一開始沒辦法做到的。

6.

我是保持開放態度接受任何事物，所以並沒有真的衝擊。

7.

肯定有，就如我剛剛的例子所描述，這也只是其中一個小事件。我相信我的人格特質經過這學期，變得更不一樣，更有特色了。

8.

其實很多收穫用文字無法傳遞，更多的是放在心底的體悟。經過這趟交換之旅之後，對很多事物都有新的理解，對我來說這是一個很棒的機會，鼓勵學弟妹可以嘗試。

9.

First of all, I have to thank my parents for supporting me financially doing this program. This experience did change my life. Europe is somewhere I have never thought about and been to in my entire life. Most of information about Europe is from the Internet. Before this exchange semester, I have never thought that I can make so many friends from different countries and still keep in touch when I go back to Taiwan. This journey is so amazing. I would never regret that I take this program even though I lost some important people in my life.

If there is only one word I can use to summarize this whole journey, this definitely will be mind-blowing. During this five months, I watched so many interesting things and people I won't imagine I have chance to meet before going to there. For instance, I used to watch some black guys fighting directly on the street, or, I saw how wild people are during the EU cups. Also, I cannot imagine that I can have deep connection with a city. Everything and everyone I met in Köln is so amazing.

while I write this, I think about my life in Cologne and friends here. There is one person from Italy, named Francisco. This is the person who changed my life here. We met at a party, initially, in my stereotype, he was just some party person, and I didn't believe we can become friends. (Spoiler alert: we not only become friends, we even text each other right now.)

The reason I said he kind of changed my Erasmus life is because he was really good at making friends, and he always invited me to his party. So, most of my friends I made was from his party. And some of them still share their life with me right now. Therefore, I was so lucky that I can make a friend like that. That is the reason why I don't feel any difficulties in there, I guess.

In terms of what I have learned from the experience is my personality. I become more confident and braver to express my ideas and get rid of my socially awkward better. That makes me more intelligent in social activities. In addition, the most thing is to learn actively. Students here are aspired to gain knowledge and eager to be better, I think that is what I am lack of. Right now, I am preparing an exam for master's degree. The attitude I learned in Germany really helps me a lot.

During the course, the most memorable thing is to communicate with teacher. After every class, I will come up to ask teacher something about the content today, which helps me understand better about this class. The thing is I have to do oral exam to get the credit for the class, and figuring out what the teacher wants to express every single class reduce my workload during the exam week. At the oral exam, I will say I nailed it. I understand every concept and can link it with my life experience. My professor loves it.

In conclusion, I am happy that I chose Köln and not gave it up even though something bad happened. Sometimes in life we will encounter some cross-roads, no one can make sure which one is absolutely correct or positive to your life. However, each decision you made will be a story in your life, and you can learn something from it. The point is don't be regretful even if the decision you made creates some negative impact and even you feel you should have not made this decision. Getting the idea out of your mind, and just remember, every decision you made shape who you are, and this is why you are here right now. Maybe it is that bad right now, but after ten years later, the thing might be the main support for your life.