

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

The University of Regensburg (Universität Regensburg), founded in 1962, is a public research university located in the historic city of Regensburg, Bavaria, Germany. It is known for its strong academic programs, especially in humanities, natural sciences, economics, and law. The campus is modern and well-equipped, offering a vibrant learning environment for over 20,000 students, including a large number of international students. The university is also recognized for its interdisciplinary research and close cooperation with global institutions. Its location near the Danube River and the medieval old town adds to its unique charm and student-friendly atmosphere.

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

The comparison between the German culture and Bavarian culture.

C. 國外研修之生活學習 (課外)

Always exploring once we're able to carry on our own bag.

D. 交換/研修之具體效益 (請條列式列舉)

Learning how big the world is. Learning how to live in your own pace. Learning how to communicate with people from different countries.

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？

I've been dumped in the unknown place in Poland making me frightened.

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？

Race discrimination that happens normally in Europe as an Asian. I just learned how to ignore it rather than care about it.

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？

Learning how to live on my own

H. 感想與建議

I had the great opportunity to spend one year as an exchange student at the University of Regensburg in Germany. Coming from Southeast Asia, this experience was my first time living in Europe, and it was truly unforgettable—both challenging and rewarding. I gained not only academic knowledge but also personal growth and cultural awareness that I will carry with me for the rest of my life.

The academic environment at the University of Regensburg was very different from what I was used to back home. The classes encouraged open discussion, critical thinking, and independent study. At first, I found the teaching style a bit difficult to adjust to, especially with language barriers, but the professors and classmates were patient and supportive. I took courses related to my major, and also a few electives that helped me explore new topics. The library and campus facilities were very modern and helpful for self-study.

One of the best parts of the experience was meeting people from many countries. The university has a strong international community, and the International Office organized a lot of activities for exchange students, such as city tours, excursions to nearby places, and language exchange programs. These helped me feel more comfortable and helped me make friends from Germany and other countries. The buddy program especially made a big difference in helping me adapt during the first few weeks.

Regensburg is a beautiful city, with a mix of old architecture and a lively student vibe. The old town, which is a UNESCO World Heritage Site, was like something from a fairy tale. I enjoyed walking or biking along the Danube River, trying German food, and visiting Christmas markets in the winter. The cost of living was manageable, and public transportation made it easy to explore other cities in Germany.

There were some challenges too, like the cold weather and missing home, especially at the beginning. But over time, I learned to be more independent and open-minded. I started to enjoy cooking my own meals, planning trips, and even learning to speak better German. I realized that living abroad teaches you things you can't learn from books—like how to adapt, how to communicate with people from different backgrounds, and how to appreciate differences.

In the end, I believe this exchange year helped me grow not just as a student, but also as a person. I now have a more global perspective, and I feel more confident about facing new challenges in the future. I am very thankful to my home university, the University of Regensburg, and everyone who supported me during this time. I highly recommend this program to other students from Southeast Asia or anywhere in the world who want to experience something truly meaningful.

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

Spending one academic year at the University of Regensburg in Germany has been one of the most enriching and transformative experiences of my life. From academic growth to cultural immersion, this exchange year has broadened my perspectives and left me with lifelong memories and friendships.

Academically, the University of Regensburg offered a high-quality education in a supportive and diverse environment. The professors were knowledgeable and approachable, often encouraging open discussions and critical thinking in class. I was particularly impressed by the flexibility in course selection, which allowed me to explore topics outside my major while still gaining credit towards my degree. The university's facilities were modern and well-equipped, including extensive library resources and study spaces that made learning both productive and enjoyable.

The international student support at Regensburg was exceptional. The Welcome Center and International Office regularly organized orientation sessions, cultural trips, and language tandem programs, which helped me settle in quickly and meet students from around the world. The German language courses provided by the university also greatly improved my language skills, which was crucial not only academically but also for everyday life in Germany.

Living in Regensburg itself was a unique experience. The city, known for its well-preserved medieval old town and vibrant student community, offers a perfect blend of historical charm and modern lifestyle. I enjoyed exploring local cafés, biking along the Danube River, and visiting nearby towns on weekends. Public transportation was reliable, and I was able to travel affordably to other parts of Germany and Europe during semester breaks.

Culturally, the experience was eye-opening. Adapting to German punctuality, direct communication styles, and the environmental consciousness of daily life taught me a lot about cultural differences and mutual respect. I also had the chance to participate in local festivals, such as the Bürgerfest and Christmas markets, which gave me a deeper understanding of German traditions and community spirit.

Personally, this exchange helped me grow in confidence and independence. Being away from home for a year challenged me to step out of my comfort zone, solve problems on my own, and embrace new experiences. The friendships I made with both local and international students were invaluable. We shared not only academic journeys but also fun moments, cultural exchanges, and travel adventures that I will always cherish.

In conclusion, my year at the University of Regensburg was more than just an academic exchange—it was a life-changing journey that helped me grow both as a student and as a global citizen. I would highly recommend this program to anyone seeking academic excellence, personal development, and a deeper understanding of the world.