

學校簡介

奧格斯堡大學：

奧格斯堡大學（德語：Universität Augsburg）是德國巴伐利亞州第三大城市奧格斯堡的一所公立大學，成立於1970年。目前校內設有天主教神學院、商業與經濟學院、法學院、哲學社會科學學院、語言與歷史學院、數學與自然科學學院、應用電腦科學學院、醫學院。

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

International Environmental Policy(國際環境政策)。這堂課中，老師會介紹許多從過去到現在的國際環境政策，讓我們看到國際間如何共同合作，為全球環境、人文、健康等等議題努力。同時，老師也會以堅強的理論基礎，證實理論背後的架構，並且讓學生獲得更具體及深刻之了解。

國外研修之生活學習（課外）

德國學伴及德國朋友會邀請我參加德國傳統活動，例如：聖誕市集、德國狂歡節...。並在過程中與我分享這些活動背後的故事及意義，讓我能夠不只是參與，而能從中對德國文化獲得更多的認識。

交換/研修之具體效益（請條列式列舉）

1. 認識更多外國朋友。
2. 實際體會德國文化。
3. 了解德國大學的修課、報告、考試方式。
4. 促進自己以不同的角度反思及思考未來。

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？

因為我大學時已經有來過奧格斯堡生活，因此對一切較為熟悉，並無面臨太多困境。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

與其說是文化衝擊，我印象深刻的是文化的差異。當我送給德國朋友生日禮物的時候，他們會在我面前直接將禮物打開，當時我有點訝異，因為台灣人的習慣是回家才將禮物打開，但與朋友聊了之後，我才知道這是德國人的習慣。因此，後來德國朋友送給我餞別禮物的時候，我也嘗試融入德國文化，現場將禮物拿出來，並且真誠地向朋友表達我的感謝。

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？

在國外的生活及多次獨旅的過程中，讓我了解到自己可以獨立完成很多事情。同時，在許多自己一個人的時光裡，讓我反思了很多，我更加了解自己喜歡什麼、不喜歡什麼。當國外遇到想要做的事情，因為認為未來可能沒有那麼多機會可以嘗試了，因此我往往都能拿出勇氣試試看。但是這也讓我反思為什麼反而在台灣這個熟悉的環境時，我會常常有很多顧慮，反而沒有勇氣跨出舒適圈呢？我認為我最大的成長或許就是無論在什麼時候，我應該都要鼓勵自己拿出勇氣，就算失敗了也沒關係，因為這個世界很大，到處都會有機會，只要我願意跨出自我設限的小圈圈。

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？

因為交換學生是人管所的畢業門檻，因此無論有沒有獎學金都不會改變我的出國計畫。但有獎學金仍然對我非常有幫助，讓我可以有更多的預算去嘗試想做的事。

感言及心得感想

這是我第二次到德國奧格斯堡進行交換學生，我非常珍惜有機會再次回到奧格斯堡這個城市生活。許多人問我，兩次的交換學生都到一樣的城市會不會覺得很可惜？我曾經也一度因為這些問題而自我懷疑，但在回到奧格斯堡，體驗了更多我過去沒有體驗過的生活之後，我會說：我不覺得可惜，反而覺得非常珍惜有機會再次回到這個非常美麗的城市！在這裡我認識了很多有趣的朋友，透過他們我更加了解了德國文化，我也獲得了更多不一樣的生活體悟。

我也趁交換學生的機會，實際走訪了許多歐洲城市，在這些旅行當中，我看到了各國不同的民俗風情，與各個國家的人聊天，創造了很多獨一無二的回憶與故事。這些都是我碩士生活中非常精彩也與他人不同的經驗，我認為對於自我成長及未來的職涯都會有所助益。很感謝中山大學及人管所提供交換學生的機會，讓我能夠再次前往德國，在美好的時光中同時也更加成長茁壯。

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)

School Introduction:

University of Augsburg

The University of Augsburg (German: Universität Augsburg) is a public university located in Augsburg, the third-largest city in the state of Bavaria, Germany. It was established in 1970. The university comprises various faculties, including the Faculty of Catholic Theology, the School of Business and Economics, the Faculty of Law, the Faculty of Philosophy and Social Sciences, the Faculty of Language and History, the Faculty of Mathematics and Natural Sciences, the Faculty of Applied Computer Science, and the Faculty of Medical.

Course Overview:

International Environmental Policy

In the course "International Environmental Policy," the professor explores a range of international environmental policies spanning from the past to the present. The class provides insights into how nations collaborate on issues concerning the global environment, humanities, health, and more. Additionally, the professor establishes a robust theoretical foundation, elucidating the frameworks behind the theories and enabling students to gain a more concrete and profound understanding of the subject matter.

Life Experience and Tangible Benefits:

Living abroad and embarking on numerous solo journeys have taught me that I am capable of accomplishing many things independently. During the moments of solitude, I have reflected on various aspects of my life, gaining a deeper understanding of my likes and dislikes. When faced with opportunities abroad, I often summon the courage to try new things, realizing that there might not be as many chances in the future. However, this has also led me to ponder why, in the familiar environment of Taiwan, I often find myself hesitating and lacking the courage to step out of my comfort zone.

I believe my greatest growth lies in recognizing that, regardless of the circumstances, I should encourage myself to be courageous. Even if I fail, it's okay because the world is vast, and opportunities abound everywhere, as long as I am willing to step beyond the confines of self-imposed limitations.

Reflection:

This marks my second time participating in a student exchange program in Augsburg, Germany, and I truly treasure the opportunity to live in this city once again. Many people have asked me if it feels regrettable to choose the same city for two exchange experiences. I, at times, questioned myself due to these inquiries. However, upon returning to Augsburg and experiencing aspects of life I had not encountered before, I can confidently say that I don't feel any regret. Instead, I deeply appreciate the chance to revisit this incredibly beautiful city.

During my time here, I've made many interesting friends who have helped me gain a deeper understanding of German culture. I've also acquired unique insights into life. Seizing the opportunity of the exchange program, I've traveled to various European cities. These travels have exposed me to diverse customs and allowed me to engage in conversations with people from different countries, creating countless unique memories and stories. These experiences have added vibrancy to my master's life and set it apart from others. I believe they will contribute significantly to my personal growth and future career. I am immensely grateful to National Sun Yat-sen University and the Institute of Human Resource Management for providing me with the chance to go on exchange, allowing me to not only relish in beautiful moments but also grow and thrive.