

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

奧格斯堡大學成立於 1970 年，其為巴伐利亞州的奧格斯堡城市中的一所大學。學校目前共有 8 個學院，包含法律、人文與社會科學、商學與經濟學院等。雖然學校規模並不大，逛完整個校園不需要花太多時間，但仔細觀察校園會發現學校其實蠻漂亮的。另外，學校門口就是電車站，平常上課時間電車平均大概 3-5 分鐘就有一班，交通十分便利。

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

在我修讀的課程中，我最推薦的是「German, partial completion of A1 CEFR: Four Skills」這堂德文課。該課程每次上課 1.5 個小時，每週上兩次。老師以德文為主、英文為輔進行授課。我還記得在第一堂課時，老師就要求我們每個人用德文自我介紹，例如介紹自己來自哪裡、住在哪裡、主修是什麼等等。對於沒有德文基礎的我來說，這確實有些困難，一開始甚至動過退選的念頭。然而，我告訴自己，既然來到了德國，就應該學習一些德文，才能更好地融入當地生活。於是，我決定給自己一次機會，繼續堅持上這堂德文課。

在學期結束後，回想起來，我非常感激自己當初選擇了堅持。老師的教學方式生動有趣，且非常認真負責，不僅講授課內知識，還經常分享德國的文化、習俗和美食等，這些都是課本上無法學到的寶貴知識。對我而言，這些課外資訊格外珍貴，幫助我更好地融入德國生活。

C. 國外研修之生活學習 (課外)

在德國生活中，我學到的一項技能是「比價」。德國有很多超市，例如 Aldi、Netto、Lidl、Kaufland 等，每家超市每週特價的商品都不盡相同。在德國交換期間，我最喜歡的事情之一就是

是比價。而比價的方法有兩種：第一種是親自到各超市逛一圈進行比價，第二種是查看各超市每週的廣告傳單，了解下週有哪些特價商品。前者適合有充裕時間、沒有提前做功課的人；後者則適合時間有限、已經做好功課的人。對我而言，我通常會兩種方式並用，一方面可以多運動，另一方面也能看看是否有廣告傳單中沒注意到的新產品。整體來說，「比價」為我的交換生活增添了不少樂趣。

D. 交換/研修之具體效益 (請條列式列舉)

1. 語言能力的提升 (包含英文及德文)
2. 獨立性的培養
3. 耐心的培養
4. 事前做功課之技能提升 (包括旅遊、日常生活等等)

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？

第一次搭乘 DB ICE 從斯圖加特回奧格斯堡時，我就遇到了德鐵誤點的情況。起初只是延誤了 15 分鐘，最終卻延誤了一個小時。剛開始得知誤點時，我並不太擔心，但隨著時間一分一秒地過去，我開始感到焦慮。當時已經是晚上 9 點多，沒有其他的快車或慢車可以回到奧格斯堡，如果德鐵的班次被取消，我就只能在斯圖加特過夜了。

幸運的是，德鐵雖然誤點了，但並沒有取消班次。同時，車站裡有不少與我一同等待的旅客，隨著與他們聊天、打招呼，我的心情也逐漸平復了。最後，我順利地搭上了 ICE，回到了家。由於 ICE 誤點了 1 個小時，我可以向德鐵申請補償，最終也順利拿到了補償金。

這次經歷讓我深刻體會到，面對德鐵最需要的就是耐心和應變能力。隨時注意德鐵的最新動態並隨機應變，遠比一味地擔心或生氣來得有用。

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？

在交換期間所遇到的文化衝擊主要來自於不同國家的飲食習慣差異。我選擇以尊重和包容的態度去面對，這樣大家仍然能夠和睦相處。

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？

經過這次交換，我認為我最大的成長在於變得更加獨立，以及應變能力的提升。在台灣，家人和朋友隨時在身邊，遇到困難時可以很容易地獲得幫助。然而，在國外情況完全不同，凡事都得靠自己，不能指望有人會幫忙處理事情。對我而言，這種訓練非常有幫助，也讓我學會了對自己負責。

H. 感想與建議

如果你和我一樣正在猶豫是否要出國交換，我會建議你在經濟能力允許的情況下，勇敢出國看看。相信這會帶給你不同的體驗和收穫。至少對我來說，還有我身邊曾經交換過的朋友們，我們都不曾後悔，反而非常慶幸有機會體驗國外生活。另外，如果你在考慮到哪個國家或學校交換，我會推薦德國的奧格斯堡大學。該校國際處的行政效率非常高，回覆 email 速度很快，有問題也不用擔心找不到人詢問。此外，Buddy Program 的 buddy 們也都非常友善，無論是選課問題還是其他德國生活上的問題，他們都很願意提供幫助。因此，奧格斯堡大學是個不錯的選擇。

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

University Overview

The University of Augsburg, established in 1970, is located in the city of Augsburg in Bavaria. The university consists of eight faculties, including Law, Humanities and Social Sciences, and the Faculty of Business and Economics. Although the campus is not large, it is quite beautiful when you take the time to explore. The tram station is conveniently

located right at the entrance of the university, and during class hours, trams run every 3-5 minutes, making transportation very convenient.

Course Experience

Among the courses I took, I highly recommend the German language course, "German, partial completion of A1 CEFR: Four Skills." This course was held twice a week, with each session lasting 1.5 hours. The instructor primarily used German, with some English explanations. I vividly remember the first class when the teacher asked each of us to introduce ourselves in German, including where we came from, where we lived, and our major. For someone like me, with no background in German, this was quite challenging, and I even considered dropping the course. However, I decided that since I was in Germany, I should learn the language to better integrate into the local culture. So, I chose to persevere.

Looking back at the end of the semester, I am grateful that I stuck with the course. The teacher's method was engaging, and she was very diligent and caring. Besides covering the course material, she often shared insights about German culture, customs, and cuisine—things you can't find in a textbook. These additional lessons were invaluable in helping me adjust to life in Germany.

Life Experience

During my time in Germany, I developed a valuable skill: comparison shopping. Germany has many supermarkets, such as Aldi, Netto, Lidl, and Kaufland, each offering different weekly deals. One of my favorite activities during my exchange was comparing prices. There are two ways to do this: visiting different supermarkets in person or reviewing their weekly flyers to see what will be on sale. The former is suitable for those with time to spare and no prior preparation, while the latter is for those with limited time who have already done their research. I often combined both methods, allowing me to get some exercise while also discovering new products not highlighted in the flyers. Overall, comparison shopping added a lot of fun to my exchange experience.

Key Benefits

1. Enhanced language skills in both English and German
2. Development of independence
3. Improved patience
4. Enhanced research skills, particularly in travel and daily life

Challenges and Cultural Adjustment

One of the challenges I faced was my first experience with a delayed Deutsche Bahn (DB) ICE train. On my journey from Stuttgart to Augsburg, the train's delay grew from 15 minutes to an hour. Initially, I wasn't too concerned, but as the delay extended, I became anxious. It was already past 9 PM, and no other fast or slow trains were available to return to Augsburg. Fortunately, the train was only delayed and not canceled. During the wait, I chatted with other passengers, which helped to calm my nerves. Eventually, I boarded the ICE and got home safely. Since the delay was an hour long, I applied for compensation from DB and successfully received it. This experience taught me the importance of patience and adaptability when dealing with DB. It's crucial to stay informed about the latest updates and be ready to adjust plans accordingly.

In terms of cultural shock, the biggest challenge I faced was adapting to different dietary habits. I chose to approach this with respect and tolerance, which allowed me to get along well with everyone.

Personal Growth

This exchange experience has significantly contributed to my personal growth, particularly in terms of independence and adaptability. In Taiwan, help from family and friends is always within reach, but abroad, I had to rely entirely on myself. This shift in mindset was an essential training ground, teaching me to take responsibility for myself.

Final Thoughts

If you are on the fence about studying abroad, I strongly encourage you to take the leap if your financial situation allows. This experience will undoubtedly provide you with unique insights and rewards. For me and my friends who have gone on exchanges, it's a decision we do not regret—in fact, we're grateful for the opportunity to experience life in another country. If you're considering where to go, I highly recommend the University of Augsburg in Germany. The International Office is highly efficient, with quick responses to emails and accessible support for any issues. The Buddy Program is also excellent, with buddies who are eager to help with course selection or any other questions about life in Germany. All in all, the University of Augsburg is an excellent choice.

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C. 國外研修之生活學習 (課外)
D. 交換/研修之具體效益 (請條列式列舉)
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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?
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?
H. 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?
I. 給乘風萬里獎勵金捐贈者的感言及心得感想
J. 別具意義的照片