

達姆斯塔特工業大學交換心得與感想

1. 學校簡介

達姆斯塔特工業大學是所以理工科為主的大學，理工科外的學系僅有法律與經濟、歷史與社會科學、人文科學三門，其餘皆為數學、物理等理工科系，共有兩個主要校區，及幾個比較分散的教室，美中不足的地方是英語授課的課程有限，但是歐洲非英語區各大學普遍有共同的現象。達姆斯塔特是座工業城市，位於黑森邦，到德國的金融首都法蘭克福僅僅只有二十分鐘的車程，地理位置以人口總數低於一百萬人的城市來說算是相當不錯的了。跟大部分歐洲城市一樣，達姆斯塔特也有自己的大眾運輸系統，有路面電車搭配巴士，基本上城市中是暢行無阻了，班次也很多，城市內不太需要擔心交通問題，也有大型百貨公司及超市，生活機能也是足夠的，食物也是各國的都有，像是中東菜、德國菜，吃不習慣的話也有許多亞洲菜的選擇，又或著是自己在家嘗試自己煮。



(市區完善的大眾運輸系統)



(對外連接的鐵路系統)

2. 交換之課程學習

這個學年我一共參與了三堂語言課程及兩堂研討會課程，語言課程是階段性的德文課，分別於暑假、上學期、下學期修習，剛好可以從 A1 上到 B1，難度越來越高，文法也是越來越複雜，在 B1 的課程中，班上的同學幾乎都可以使用德文進行交談，若是未來想要於德國工作或是就讀研究所的同學，建議德文至少有到 B1 的等級，與台灣的大學不同，德國的大學有很多堂的研討會課程可以參與，可以在課堂上與同學自由交換意見，就算不是相關專業的學生，同學也會大方接納你的意見。

3. 交換之生活學習

達姆斯塔特雖然不像倫敦、巴黎等大型城市，有著更多的課題需要解決，但是在生活中之事務之處理及活動之參與，繁瑣及多元的程度也是足夠塞滿我的行事曆的。在生活中之事務上，囊括了諸如入籍、開戶、申請保險等生活大小事。在活動參與上，首先有各式的體育社團可以嘗試，這個學年我參與了柔術及獨輪車兩個社團，都是充滿挑戰性的社團，尤其是獨輪車，從第一堂課覺得自己不可能騎得上去，到最後能夠獨自騎行好一大段距離，得到的成就感是無可比擬的。另外，學校及社群還有舉辦像是 X-Week 的活動，讓學生認識彼此，往後幾乎每個禮拜也會舉辦像是出遊或喝酒聊天的活動。



(ESN 帶團參訪美茵茲)



(ESN 帶團參訪馬德堡)

4. 交換之生活體驗

來到外邦自然會有想去探索周遭的想法，而歐洲又有多種文化，十個小時的車程，可能經過了五個不同文化的國家，各國之間的差異與生活習慣，看不完的城堡教堂，逛不完的老城市集，都是非常不同的生活體驗。



(柏林的天際線)



(法蘭克福的聖誕市集)



(羅瓦捏米的馴鹿雪橇)



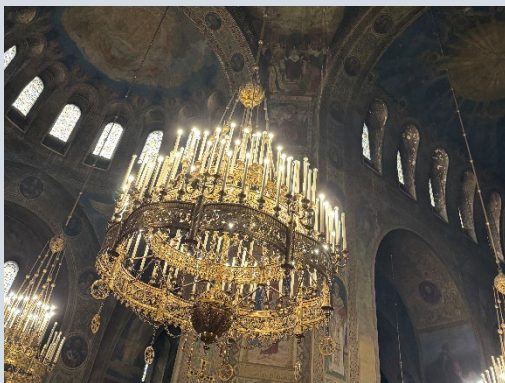
(亞庫萊利的極光)



(曼徹斯特的足球賽)



(倫敦的歌劇)



(索菲亞的東正教教堂)



(奧斯威辛的集中營)



(策馬特的馬特洪峰)



(巴塞隆納的晚霞)

5. 交換之具體效益

- a. 提升獨立生活能力
- b. 提升時間運用及安排之能力
- c. 提升外語能力
- d. 提升適應環境的能力
- e. 結識各國之朋友、體驗各地之文化
- f. 能夠確認自身未來是否適合於德國進修
- g. 了解當地系統之運作

6. 交換期間所遭遇之困境及問題

其實除了繁瑣複雜的手續外，沒有遇到甚麼困難的問題，但有幾點還是得特別注意，出國交換一定要交朋友，不然隻身出國在外會感到寂寞，尤其是長期的，尤其在交換的環境裡，大家也會互相約去其他城市或國家旅遊，這時在交換期間認識的朋友就格外重要，也會一起締造許多難忘的回憶。此外想提醒來達姆斯塔特工業大學交換一年的同學，這邊的住宿只有提供一個學期，第二學期得自己尋找住處，請務必提早搜索。

7. 交換期間所遭遇之文化衝擊

歐洲開放的文化本身就與東亞拘謹的文化有所不同，舉例來說，火車站滿滿的大麻味，街上滿滿的同性戀旗，這些都是與台灣不同的。在跨年夜的時候，台灣煙火的發放都是有規劃的，鮮少發生有人被煙火炸到的憾事，但是在我交換期間前往法蘭克福跨年，煙火在你身邊炸開乃是家常便飯，勝制還有人頭髮被煙火燒到少一撮，形同世界末日之場景。



(延誤了兩個半小時的火車)



(跨年夜後毫無秩序的散場)

8. 轉變及成長

交換這年代給我最大的改變即是獨立及處理事物的能力，當初大老遠來到高雄上學時就有成長獨立的感覺，不過到德國就是不同層級的感受，事務變得更官方，又是一個截然不同的環境，文化、語言皆不同的情況下，能夠成熟穩重的獨立解決事情是我認為最大的成長。當初會選擇挑在大四的時候出國交換，是想藉此機會增廣見聞外，也有休息一年探索未來的意涵在，現在確定的想走的方向，也勢必往此方向好好努力。

9. 感想與建議

我認為在德國交換的這一年充滿驚奇，發生了許多生活上的改變，也是活得一年比一年更精彩，跟夥伴、同學們在這段期間裡締造的回憶，是我畢生都不會忘記的，當初離開台灣抱著期待又依依不捨的心情，離開德國則抱著複雜的心情，一方面很期待可以跟熟悉的家人朋友時常見面，另一方面又覺得離開的有點草率，好像還有沒有完成的事一樣，但我想這就是吸引我之後再回歐洲的理由吧！

Experience of Exchange at TU Darmstadt

1. Introduction of TU Darmstadt

TU Darmstadt is a university primarily focused on science and engineering. It has two main campuses and several more dispersed classrooms. A drawback is the limited availability of courses taught in English, a common trait among universities in non-English-speaking countries in Europe.

2. In-class Learning

This academic year, I participated in three language courses and two seminar courses. The language courses were German classes, and progressed from A1 to B1. In the B1 course, almost everyone in the class could hold conversations in German. If you plan to work or pursue graduate school in Germany, a German proficiency of at least B1 is recommended. Unlike universities in Taiwan, German universities offer numerous seminar courses, allowing you to freely exchange ideas with classmates.

3. Extracurricular Learning

There are various sports clubs in Darmstadt to try. I joined the Jiu-Jitsu and Unicycle clubs, both are challenging. From the first lesson of Unicycle club, I thought I couldn't even sit on it, to the end, I was able to ride a long distance on my own. The sense of accomplishment was incomparable. Additionally, the university and community organize events like X-Week, which allow students to get to know each other. There are also almost weekly city visiting and social gatherings.

4. Benefits of Exchange

- a. Improved independent living skills
- b. Improved time management and organizational skills
- c. Improved foreign language skills
- d. Improved adaptability
- e. Making friends and experiencing different cultures
- f. Determining whether you are suitable for further studies in Germany
- g. Understanding the local system

5. Difficulties and Problems

Aside from the tedious and complex paperwork, I didn't encounter any significant difficulties. However, there are a few key points to keep in mind. Making friends is crucial when studying abroad; otherwise, traveling alone can be lonely, especially for long-term exchange programs. I would also like to remind students on an exchange year at TU Darmstadt that accommodation is only available for one semester, and you'll need to find your own housing for the second semester. Please be sure to search early.

6. Culture Shock

Europe's open culture is different from East Asian culture. For example, the train station is filled with the smell of marijuana. On New Year's Eve in Taiwan, fireworks are set off in a planned manner, and it's rare for anyone to be caught in one. However, in Frankfurt, fireworks may explode just right next to you.

7. Transformation and Growth

The biggest change this exchange program has brought me is my independence and ability to handle things. With different cultures and languages, I consider my ability to handle things independently and maturely to be the biggest growth. I chose to go on exchange abroad during my senior year not only to broaden my horizons but also to take a year off to explore the future. Now that I've determined the direction I want to take, I'm determined to work hard towards it.

8. Reflection and Advice

I think my exchange year in Germany was full of surprises. Many life-changing experiences occurred, and each year became more exciting. I will never forget the memories I created with my friends during this my exchange. When I left Taiwan, I felt both excited and reluctant to leave. Leaving Germany, I felt mixed emotions. On the one hand, I was looking forward to seeing my family and friends more often, but on the other hand, I felt that leaving was a bit unprepared, as if there was something unfinished. I think this is what keeps me coming back to Europe!