

返國心得報告

學校簡介：德國雷根斯堡大學（Universität Regensburg）

雷根斯堡大學位於德國巴伐利亞邦，是一所現代化的大學，創校於 1962 年。校園環境優美、交通便利，設施齊全，持有運動證亦可以參與多種運動課程。學校設有十一個學院，涵蓋人文、法學、自然科學、經濟及社會科學等領域，吸引來自世界各地的學生。雷根斯堡本身是一座保有中世紀風貌的小城，坐落於多瑙河畔，生活節奏較慢但治安良好，非常適合好好體驗當地生活。

B. 國外研修之課程學習

- ◆ 德文課：剛到德國時，我的德文程度僅停留在 A1 程度，無法完全應付全德文的語言班課程。課堂上老師全程以德文授課，每次都要全神貫注才能勉強跟上進度。剛開始對自己很沒信心，也不太敢開口回答問題。後來我在課前會先預習單字和文法，此外我也開始看德劇，漸漸地，我從 A1 進步到 B1 的過程，漸漸能在課堂上自信地發言，也能用德文進行簡單的對話，非常有成就感。
- ◆ 永續管理：這堂永續管理的課雖然有些內容的專有名詞比較艱澀難懂，但教授都會很有耐心的解釋，也會讓同學在課堂中積極發言與討論，也另外邀請了一些德國當地企業來客座演講，讓我們更了解了德國企業的永續模式與運作方式。期末考是最難的部分，需要將許多名詞與評估方法融會貫通，也有許多考驗細節的部分，以及完整解釋某份報表的能力。

C. 國外研修之生活學習

除了課堂上的學習之外，我也從日常生活與旅遊中獲得了許多寶貴的經驗與成長。在德國期間，我把握機會走訪各大國家與城市，甚至多次獨旅。獨旅的過程中，時常會遇到突發狀況，例如班車誤點回不了家、找不到資訊等，但正因為身邊沒有可以依賴的人，才更必須快速冷靜地做出判斷、查找備案方案、臨機應變地處理問題。這些經歷讓我培養了獨立思考與解決問題的能力，也讓我更有信心面對未知的挑戰。在日常生活方面，獨立生活也讓我大大提升了生活技能。例如每天自己煮飯、讀書、打掃、時間管理等，這些看似簡單的小事，實際操作起來卻是對自律與生活管理的一大考驗。從一開始的手忙腳亂到後來漸漸上手，我不只學會了如何照顧自己，也更加珍惜過去在家中父母所做的一切。

D. 交換/研修之具體效益

- ◆ 德文能力大幅提升，從 A1 進步到 B1
- ◆ 學會獨立生活與解決問題
- ◆ 體驗不同教育體制，拓展國際視野
- ◆ 增強跨文化溝通能力，建立多元人脈與國際友誼
- ◆ 學會面對壓力與不確定性，並培養時間管理與自律能力
- ◆ 透過與大量不同領域的人對話，更加了解自己未來職涯方向

E. 曾遭遇困境：宿舍鑰匙遺失事件

某天去新天鵝堡時不小心把整串宿舍鑰匙弄丟，包含房門、樓門、信箱等，宿舍方表示若遲遲找不到，需賠款 300 歐元。為了盡力找回，我寄信給當地警察局、旅遊局、德鐵遺失招領處等所有可能的單位。雖然後來奇蹟似地找回鑰匙，但也已過了宿舍規定的寬限期，因此仍需支付賠償金。這次經歷讓我記取教訓，從此更加重視隨身物品的保管，也學會冷靜處理緊急狀況，迅速聯絡合適單位、採取行動。

F. 文化衝擊與適應方式

在德國，大多數商店周日關門，平日也關門的早，這讓我一開始感到不習慣。此外，德國人做事也非常重視規則與時間，許多事情比較沒有轉圜的餘地。還有平常超市採買的习惯、日常生活的方式等等。為了適應，我學會觀察當地人的溝通方式還有習慣，並調整自己，也努力了解德國的文化背景。這些文化上的差異，最終成為我學習尊重與包容不同文化的重要契機。

G. 個人成長與轉變

這段在德國的生活讓我最大的收穫就是「獨立」與「勇敢」。以往在台灣很多事情有父母或師長協助，但在國外遇到任何困難都要自己處理，讓我養成主動尋求資源與解決問題的能力。

我也嘗試了許多從前不敢做的事，例如自己旅行、用外語跟陌生人交談、參加國際活動等，這些經驗讓我一次次跳脫舒適圈，變得更有自信與彈性，面對未來的挑戰時，我相信自己都有能力跨出第一步。

H. 感想與建議

非常感激這段研修經驗，讓我學到的不只是語言，而是如何在異地獨立生活、認識自己、也重新認識世界。

- ◆ 語言不是障礙，是過程的一部分，不要害怕犯錯
- ◆ 遇到困難要積極解決，主動尋求協助，不要悶在心裡
- ◆ 很多時候只要敢開口就有機會，結果可能會意想不到😊
- ◆ 保持開放心態，尊重當地文化
- ◆ 多記錄、多觀察，將每段經驗轉化為成長的養分

Reflection Report

During the time at the University of Regensburg, I gained invaluable experiences, life skills, and personal growth. The University of Regensburg, located in the picturesque city of Regensburg, Bavaria, is known for its modern campus, and international environment. With faculties ranging from humanities and law to natural and social sciences, the university offers a rich learning atmosphere for students from around the world. The city itself, a UNESCO World Heritage Site, combines historic charm with a safe and student-friendly environment, making it an ideal place to study and live.

Academically, I took German language courses ranging from A1 to B1 levels. At first, learning German in an entirely German-speaking classroom was overwhelming. I struggled to understand instructions, lacked confidence to speak, and felt a lot of pressure during class. To overcome this, I started preparing ahead by previewing vocabulary and grammar before class. I also listened to German podcasts, watched YouTube videos, and practiced conversations with classmates. Through consistent effort and active engagement, I gradually improved and reached B1 level. This not only enhanced my communication skills but also helped me participate more confidently in daily life and academic discussions.

Outside the classroom, I experienced tremendous growth in independence and problem-solving. Living alone in Germany meant taking care of everything myself — cooking, cleaning, managing time, doing groceries, and handling bureaucratic processes like health insurance and city registration. I also traveled frequently, sometimes solo, and learned how to navigate unfamiliar places, adjust travel plans, and deal with unexpected issues such as delays or booking problems. These experiences taught me to stay calm under pressure and take initiative.

One of the biggest challenges I faced was losing my entire set of dormitory keys, which included keys to my room, building, and mailbox. Although I reported the loss and contacted various departments including the police and lost-and-found offices, I eventually found the keys after the dorm's grace period had expired and still had to pay a €300 penalty. This incident taught me to be extremely careful with my belongings and to respond quickly and responsibly in emergencies.

I also experienced cultural differences, such as Germany's strict adherence to rules, punctuality, and the reserved nature of social interactions. Initially, it felt isolating, but I learned to observe, adapt, and respect local customs. For example, I became more punctual, made appointments in advance, and adjusted my communication style to be more direct yet polite.

This journey transformed me. I became more independent, courageous, and resilient. I challenged myself to

do things I never imagined before — speaking a foreign language in public, traveling alone, and making decisions on my own. These experiences built my self-confidence and taught me that I am capable of handling difficulties and embracing change.

In conclusion, my time in Germany was not only an academic journey but also a life-changing experience. I gained language proficiency, cultural awareness, and personal strength. I believe these experiences will continue to shape my future, both professionally and personally. I highly encourage other students to take the leap — to step out of their comfort zones and explore the world. The lessons learned abroad are truly irreplaceable.