

心得：

學校簡介：達姆斯塔特工業大學(TU Darmstadt)是一所位於德國黑森州達姆城的大學，也是德國 9 所工業大學聯盟(TU9)的成員之一，距離該邦第一大城法蘭克福只有大約 15-20 分鐘的火車車程，城市內也有 Airliner 可直達法蘭克福機場，整體交通機能非常方便。至於達姆城則是一座擁有三間大學，並以科技產業著稱的大學城，像是默克等國際著名科技大廠，總部就位於達姆。也因為匯集高科技人才和高比例的國際學生，在達姆中可輕易地使用英文交流，不會有太嚴重的溝通障礙。至於課程的選擇，則可以依據自己的興趣和能力，選擇英語授課或德文授課，不過大學部的課程英語授課的比例較低，若德文程度較弱的话，建議選研究所的課程。

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：在這交換的半年中，我一共修了三門課，分別是德文 A1 密集課、德文 A2 以及高分子材料，在語言課的課堂中，老師會要求學生們兩兩一組，不斷反覆對話練習，也因為在課堂中，充滿著來自世界各地的人們，除了德文的學習外，同時也可以增進自己英文的流利程度。至於系上課的高分子，則和台灣有很大的區別，德國的教授時常帶不同的材料來到課堂，提供我們用看、摸等方式認識各種材料，而且上課的進度非常快，課程內容也非常扎實，這也體現在最後的期末考，除了一些基本的概念之外，其他都是需要精通的複合式應用問題，不容易下手。而我自己最推薦的還是密集課的德文，除了能快速學習德文之外，也能透過這堂課結交許多朋友，更快的融入德國生活。

國外研修之生活學習(課外)：在德國的生活中，不像在台灣一樣，有許多街邊小吃或者連鎖店可以快速又便宜的飽餐一頓，再加上飲食習慣的不同，一開始在飲食上面有些不適應，也為了解決這問題開始學習如何下廚，如何烹煮台灣味。除此之外，由於我不像在台灣一樣需要忙著實驗、趕碩論又或是修習許多的專業課程，因此多了很多時間可以在德國或甚至是歐洲各地旅行，而如何使用最低的成本、最便捷的交通和住宿，並且一樣能完整體驗當地生活與文化也是一個不容易的課題，而經過這半年後，我自己認為我在規劃行程和旅遊這方面有顯著的變化。在冬季交換中，還可以看到德國人是如何度過聖誕假期的，和台灣截然不同，文化體驗也是生活學習的一大亮點。

交換/研修之具體效益(請條列式列舉)：

- 提升獨立生活的能力(下廚、保險、房租、廣電費...)
- 外語能力提升(德語、英語)
- 國際視野更加寬廣
- 結識外國朋友
- 體驗截然不同的外國文化
- 充實自己的內在和文化涵養

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？

我自己並未遭遇嚴重困境，或者無法解決的難題，大部分遇到的麻煩事都是行政手續上的繁雜導致不便利，或是拖延許久才解決，像是廣電費，在我生活在德國的半年中，從未收過任何有我名字的信件，也從未取得廣電費的稅號，直到打電話才確認該如何解決；又如 TK 保險也是需要非常久的信件往返才能取得實體的醫療卡；德鐵的 BahnCard 會自動續一年約也是我先前從未注意過的地方，導致有額外的費用產生，而在詢問是否能取消時也需要不少的信件溝通往返。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

就如同前述所提到的，我認為最大的文化差異是在聖誕假期，尤其是德語區的聖誕節，有非常盛大的聖誕市集，挨家挨戶也都會裝飾家裡，與台灣的氣氛有很大的落差。除此之外就是在跨年的時候，在台灣是很有條理和秩序地區施放煙火，但在德國則是在路上隨便都能看見有人在施放煙火。至於如何面對和適應就是在自身安全的前提下讓自己融入其中，享受文化不同而引起的思想衝撞。

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？

經過這半年的海外生活，對自己肯定會有許多的影響，曾經我以為歐洲離我很遠，我需要做很多準備，存很多積蓄甚至有可能是這一生不會到達的地方，直到自己申請上交換學生，完成簽證申請，踏上飛機的那一刻，忽然意識到歐洲已經在腳下，曾經的望塵莫及轉眼間已成為我接下來半年的生活舞台。那一刻真的領悟到，這世界真的沒有那麼多的不可能，只要做了一切都有可能發生，我們時常說的那些白日夢，其實都只是在畫地自限，只要付諸行動我們就有機會讓自己沉浸在這世界的各個角落，對我來說最大的成長就是，不會再故步自封，會更堅強勇敢地邁開步伐，讓曾經的未知都逐漸變成已知，讓每個跳出舒適圈的選擇都會別具意義。

感想與建議

這半年的交換帶給我許多收穫，包括拓展國際視野、增加人脈更同時充實自己的內涵，以前覺得不可能、無法達成的事，也都一一的在這半年陸續實踐。在大學和研究所的求學過程中，時常為了準備考試或者完成實驗數據，而忽略很多生活上的學習，到了德國，一個完全陌生的環境，我得獨自處理所有生活大小事，以往覺得非常簡單的事也會因為語言的關係多了一層阻礙，像是洗衣機的介面只有德文，連要如何使用都需要仰賴翻譯，更遑論保險、入籍、電信帳號等等更加繁雜的事項。在飲食上面也是有非常大的落差，在德國大家外食的頻率不高但價位很高，一開始還打算不下廚的我，只維持了一周就放棄了，也因為德國超市的物價其實和台灣相去不遠，如此一來也能節省餐費，還有不太適應的一點是在德國幾乎所有的店家禮拜天都休息，包括超市、百貨公司等，在初來乍到之時，也有因此而鬧笑話的經驗。除了上述這些之外，在交通上面也非常不同，德國的各大城市中都會使用 tram 再加上步行和騎腳踏車來前往目的地，甚至在更大的城市中還會有 S-bahn 和 U-bahn 來串連城市內的交通，整體需要私有車的頻率並不高，這點是我覺得台灣未來可以效仿的。至於建議的部分，我覺得到一個人生地不熟的地方，抱持開放的心態，勇於開口詢問可以幫助自己快速地解決許多問題，也能更快的適應德國生活。

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)

The Technical University of Darmstadt (TU Darmstadt) is a university located in Darmstadt, Hesse, Germany. It is one of the nine members of the TU9 alliance of leading German technical universities. The university is only about a 15- to 20-minute train ride from Frankfurt, the largest city in the state, and the city also offers an Airliner bus service directly to Frankfurt Airport, making transportation highly convenient. Darmstadt itself is a university

city home to three universities and is renowned for its technology industry. Internationally renowned tech companies, such as Merck, have their headquarters in Darmstadt. Due to the high concentration of tech professionals and a significant proportion of international students, English is widely used in Darmstadt, making communication relatively easy without major language barriers. As for course selection, students can choose between English- or German-taught programs based on their interests and language proficiency. However, English-taught courses at the undergraduate level are relatively limited. If your German proficiency is not strong, it is recommended to opt for master's programs, where English-taught courses are more common.

In Germany, unlike in Taiwan, there are not as many street food stalls or chain restaurants where you can quickly and affordably grab a meal. Combined with differences in dietary habits, I initially found it somewhat challenging to adapt to the food. To address this, I started learning how to cook and how to prepare Taiwanese dishes myself. Moreover, unlike in Taiwan, where I was busy with experiments, rushing to complete my thesis, and taking many specialized courses, I had much more free time in Germany. This allowed me to travel not only within Germany but also across Europe. However, figuring out how to travel with the lowest cost, the most convenient transportation and accommodation, while still fully experiencing the local life and culture, was not an easy task. After six months, I feel that I have significantly improved in planning trips and traveling efficiently. During my winter exchange, I also had the opportunity to witness how Germans celebrate the Christmas holidays, which is vastly different from Taiwan. This cultural experience has been one of the highlights of my time abroad, making my life and learning experience even more enriching.

- Improved ability to live independently
- Enhanced foreign language skills
- Broader international perspective
- Making friends from different countries
- Experiencing a completely different foreign culture
- Enriching personal growth and cultural literacy

This six-month exchange program has brought me numerous valuable experiences, including broadening my international perspective, expanding my network, and enriching my personal growth. Things that once seemed impossible or unattainable have gradually become reality over the past six months. During my undergraduate and graduate studies, I often focused on preparing for exams or completing experimental data, neglecting many aspects of life learning. However, in Germany, a completely unfamiliar environment, I had to handle all aspects of daily life on my own. Even tasks that once seemed simple became more challenging due to language barriers—for example, using a washing machine with an interface entirely in German required me to rely on translations, let alone more complex matters such as insurance, registration, and setting up a mobile phone plan. There was also a significant difference in food culture. In Germany, eating out is infrequent and expensive. Initially, I planned not to cook, but I abandoned that idea after just a week. Fortunately, grocery prices in German supermarkets are quite similar to those in Taiwan, making it a cost-effective alternative to dining out. Another adjustment was the fact that almost all stores, including supermarkets and department stores, are closed on Sundays. When I first arrived, I even had some amusing experiences due to this unfamiliarity. Transportation in Germany is also quite different. In major cities, people primarily use trams, walk, or cycle to get around, and in larger cities, the S-Bahn and U-Bahn provide convenient connections within the urban area. As a result, the need for private cars is relatively

low—something I believe Taiwan could learn from in the future. As for my advice, I would suggest keeping an open mind when arriving in a new and unfamiliar place. Being willing to ask questions and seek help can make problem-solving much easier and help with adapting to life in Germany more quickly.