

A. 學校簡介

雷根斯堡大學 (Universität Regensburg / UR) 位於德國巴伐利亞州的雷根斯堡市，是一所成立於 1962 年的公立綜合性大學。距離南德最大都市慕尼黑搭火車約一個半到兩個小時，距離紐倫堡約一小時。到慕尼黑機場有直達火車約一個半到兩個小時，交通還算便利。

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

我在雷堡修了兩堂課，一堂是策略管理，一堂是跨文化溝通 (線上課)。當初會選擇策略管理是因為看之前去過的大家都推，但我去的時候剛好原本的教授退休是由新老師上課。這堂課有教授課及實務課，時間是分開的。跨文化管理則是線上課，總共有 5 個 module，需要自己按照進度去看完內容並作測試，時間比較彈性。

總體來說兩堂課我都不太喜歡，原因是策略管理在實務課時將本地生及交換生分開，減少了我們和德國學生交流的機會。跨文化的課程內容篇無趣，但時間上彈性這點會比較適合交換時想安排出遊的人。

C. 國外研修之生活學習 (課外)

比起學期間的課程我比較推薦暑假時的密集德文課程，會有約一個月的時間每週一至五都要上課，但可以提前認識很多國外的朋友跟適應生活。我上的是 A1.1，課程內容我覺得對零基礎的人算友善。但這個課程是收費的，所以可以斟酌考慮。

D. 交換/研修之具體效益 (請條列式列舉)

1. 廚藝進步：第一點絕對是這個！！！只要是在宿舍期間大部分都會自己煮，因為德國外食真的很貴。去了德國後廚藝真的進步飛速。
2. 跨文化交流：我很慶幸自己有先去上語言密集課，在那一個月我認識了許多來自不同國家的朋友。雖然學期開始後大家都因為不同課程規劃較少見面，但偶爾還是會相約在宿舍一起聚

餐聊天。

3. 規劃及溝通能力：為了最大化利用時間出去旅遊，同時兼顧課業不要被當 xd，我認為規劃能力很重要。安排行程、預定住宿及活動、和旅伴喬時間等，這些需要花時間去溝通安排。
4. 學會和自己和解：我在旅行中遇到過行李被摔壞、相機壞掉、沒做好行前規劃多花冤望錢、身體不適導致沒趕上跨年活動等各種鳥事。雖然在遇到糟心事時會自責、會生氣，但正是因為這些不如意，才能明白 *everything will be okay*。後來回想起都會當作笑話跟朋友講，也算是另類的和過去生氣難過的自己和解（？

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？

我覺得自己算是滿幸運的，至少沒有遇到什麼危險的事。最大的困境大概就是去芬蘭時行李箱被摔爆，到當地買了新的和航空公司求償卻被告知需要留下舊的去他們配合的店家估價。後續當然就是一系列來回攻防各種寫信給不同單位，最終還是成功拿到少許賠償。

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？

最大的文化衝擊大概是食物...德國人的飲食習慣和我們差別滿大的，大概是我吃過兩次就不會想再嘗試的程度哈哈。我以前從來不覺得自己是亞洲胃，後來在歐洲不管去哪裡旅行都一定要找亞餐來吃。再來就是以前很常聽人說歐美比較偏利己主義，在那邊生活過後也確實感覺到他們沒什麼集體意識或利他的想法。例如路上抽煙的人很多，就算是人群密集的地方他們也不太會顧及他人，雖然適應了，但每次遇到還是會感到不喜。

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？

過去的我其實是一個滿容易焦慮的人，很多事情會希望能快點得到答覆快點完成，但國外的辦事效率屬實是不太佳。也因為這樣，慢慢的會告訴自己 *take it easy*，很多事情不用太急，反正對方

擺爛自己也做不了什麼：)

H. 感想與建議

這是我第一次在亞洲之外的國家生活那麼長時間，深刻的感受到了亞洲文化與歐美文化的差異。

在德國的下午，可以看到人們三三兩兩坐在街邊咖啡廳曬太陽喝啤酒（對不是咖啡），在我去過的大多數歐洲國家都是如此。他們是很認真的在享受生活，真正的做到了 work-life balance，這種感覺在台灣不太能感覺到。

我後來其實滿後悔為了多去幾個地方玩，而導致大多數地方都是在走馬觀花。頻繁旅遊反而會導致身心俱疲，到最後比較像是在為了玩而玩，反而失去精力去體會，真心認為如果是認真想體驗歐洲生活半年時間真的不太夠，或是做出些取捨，因為很多國家和城市其實很相似。

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

The University of Regensburg (UR) is a public comprehensive university located in Regensburg, Bavaria, Germany. It was founded in 1962. It takes about one and a half to two hours by train to Munich, the largest city in southern Germany, and about one hour to Nuremberg. There is a direct train to Munich Airport, which takes about one and a half to two hours, so the transportation is quite convenient.

I took two courses at UR; one is Strategic Management, and another one is Intercultural Communication (online course). The Strategic Management course is divided into two parts — a lecture by the professor and a practical section, scheduled separately. The Intercultural Communication course is entirely online, consisting of 5 modules. Students need to complete the content and take tests at their own pace, offering more flexibility in terms of time.

Additionally, I would recommend the ILC course during the summer vacation. It is about a month, with classes held from Monday to Friday every week. It's a great opportunity to meet international friends and adapt to life there.

If I were to talk about what I learned from the exchange experience, the first thing would definitely be my improved cooking skills! While staying in the dormitory, I cooked most of my meals by myself because eating outside in Germany is expensive. After moving to Germany, my cooking skills improved rapidly.

The second thing is intercultural communication. I'm glad I took the intensive language course beforehand — during that month, I met many friends from different countries.

Although we saw each other less often after the semester started due to different course schedules, we still occasionally gathered in the dormitory for meals and chats.

The third is planning and communication skills. To make the most of my time traveling while balancing my studies, I found planning skills to be crucial. Organizing itineraries and coordinating schedules with travel companions required time and effort to communicate and arrange.

Lastly, I learned to make peace with myself. During my travels, I experienced my luggage being broken, my camera malfunctioning, overspending due to poor pre-trip planning, and even missing a New Year's Eve event because I wasn't feeling well. While I would blame myself and get upset when things went wrong, it was precisely through these unpleasant experiences that I came to understand everything will be okay.

This is the first time I have lived in a country outside of Asia for such a long time, and I have deeply felt the differences between Asian culture and European and American culture. In the afternoons in Germany, you can see people sitting in groups of three or four in street cafes basking in the sun and drinking beer (yes, not coffee). This is the case in most European countries I have visited. They are really enjoying life and have truly achieved work-life balance, a feeling that is not often seen in Taiwan.

Later on, I actually regretted that I had tried to visit more places, and ended up just rushing through most of them. Frequent traveling will lead to physical and mental exhaustion. In the end, it will be more like traveling for the sake of traveling, and you will lose the energy to experience it all. I sincerely believe that if you really want to experience life in Europe, half a year is not enough, or you should make some choices, because many countries and cities are actually very similar.