

基爾大學中英文報告

學校簡介

基爾大學 (Kiel University, 簡稱 CAU) 成立於 1665 年，是石勒蘇益格-荷爾斯泰因州最古老、最大和最著名的大學，擁有 27,000 名學生和約 3,700 名教職員工。它是該州唯一一所全科性大學，擁有七位曾在此工作的諾貝爾獎得主。自 2006 年以來，基爾大學成功參與了卓越計劃。大學自成立以來就以 “Pax Optima Rerum：和平是最寶貴的財富” 為座右銘，這一理念在 350 多年後的今天依然適用。基爾大學致力於通過研究和教學的結合，推動科學進步和社會發展，為創造一個和平、公正的世界作出貢獻。在這個世界中，每個人都能自由舒適地生活，並通過尊重環境，讓未來世代也能享受同樣的福利。基爾大學是石勒蘇益格-荷爾斯泰因州唯一一所研究為重點的全科性大學。它擁有四個主要的動態優先研究領域，這些領域基於強大的學科相互合作發展起來，分別是海洋科學、生命科學、社會和文化變遷以及納米表面與界面科學。每個研究領域都對解決當代重大挑戰作出了重要貢獻。

課內

上學期，我修習了一門《English for Academic Purposes》，下學期則修習了《Varieties of English around the World》。這兩門課程均以英文授課，內容主要側重於英語文學科的實用性。在碩士班寫論文查資料時，我過去習慣逐字逐句閱讀文獻。然而，自從在德國上了英語學術用途的課程後，我學會了如何歸納整理正規文獻的句式表達和結構。在上台報告時，我也學到了如何強而有力地抓住觀眾的注意力。老師的評分標準相當開放，允許學生分享自己感興趣的文章。由於英語是公認的國際通用語言，我們經常會接觸到來自非英語系國家的人。課程《Varieties of English around the World》探討了英語在其他國家的演變及其影響力。隨著時代變遷，英語在更多國家被接受，甚至演變成次文化和口語化的運用。課堂上，老師提供了許多非英語系國家使用英語的範例。印象最深刻的是老師播放了五位受訪者的音頻，要我們分辨他們講英文的口音來自哪個國家，並閱讀三篇英文報導以辨別其用語習慣和拼寫方式。當時，我只能分辨出英式英語和美式英語，而無法辨別是哪個國家的用語習慣和單字拼寫方式。然而，其他同學甚至能回答出具體地區。從小在非英語系環境中長大，即使學校或補習班也是以美式英語為主，我對國際英語的接觸相當有限。這次小測驗讓我在與國際學生交流時，更加留意他們講英文時的共同點和特殊之處。

課外

與不同國家的人交流時，理解並尊重不同文化背景的相處模式至關重要。在臺灣，我習慣了大家的热情、禮貌和好客。然而，在交換期間，我最先接觸並且相處最久的是德國室友。剛開始時，他們在室友開會和聊天時直來直往，明確直述自己的需求，甚至在不滿意時也會坦率表達。這種直接的溝通方式一開始讓我覺得氣氛有些緊張和尷尬，但對他們來說，這卻是非常正常的交流方式，這樣的對話也絲毫不影響未來彼此相處。中秋節時帶了各種月餅及鳳梨酥與他們分享，在聖誕節期間，我精心準備了一頓滿漢全席火鍋。即使他們吃得津津有味，而表面上並不特別熱情或表達感激，從此我學會了不去期待

他們禮尚往來。德國人通常不善於表達感恩，而是專注於當下的體驗。這讓我明白，與其過度考慮他人的反應，不如專心享受當下的團聚時光。這樣的轉變讓我的挫折感大大減少，也讓我變得更加自信。沉浸在博物館的氛圍中，不僅能夠更深入地了解當地的故事，還能從中學習到豐富的知識。博物館裡的文物是歷史永恆的象徵，透過它們，我們能靜靜感受並與歷史產生共鳴。第一個參觀的是位於北德的呂貝克漢莎博物館。呂貝克這座城市在二戰中被保留下來，作為漢莎同盟的首都，它記錄了早期國際貿易的興衰歷史。對這座城市的歷史背景有了更深入的理解，也讓我對國際貿易如何塑造了當地的發展有了新的認識。在柏林猶太人博物館的參觀經歷更為深刻。即使那裡的展品和解說都是真實記錄並且客觀呈現，儘管我作為東亞人與這段歷史沒有直接關聯，但當時的凝重氛圍讓我彷彿親身經歷了那段悲劇的歷史。因此意識到，過去所學的世界史只是粗淺的表面，而博物館所呈現的真實歷史則更加深刻和具體。參觀博物館還讓我明白了歷史的複雜性和多樣性。每一件文物背後都有其獨特的故事，通過了解這些故事，我不僅加深了對不同文化和歷史背景的理解，也更加珍惜我們今天所擁有的一切。

交換研修具體效益

1. 不同的授課環境：交換生有機會體驗與台灣不同的授課環境，感受當地學生與老師之間的互動模式，這對於學習和理解新的教學方法非常有幫助。
2. 彈性的時間安排：交換生在學業之外，擁有較為彈性的時間，可以參加更多課外活動，例如國際學生遊湖、萬聖節派對、國際晚餐等，這些活動有助於拓展社交圈並增進文化交流。
3. 突破舒適圈：在新的環境中，因為停留時間較短（通常為1-2學期），交換生會對許多事物保持高度的好奇心，並勇於嘗試新事物。例如，眾目睽睽下進行英語演講，或用德文分享台灣的生活習慣，這些經驗都能顯著提升自信心和語言能力。
4. 自我探索與人生規劃：交換期間提供了充足的時間讓學生與自己對話，思考未來的目標和追求。同時，也能觀察並學習當地學生如何進行人生規劃，進一步完善自己的時間管理與目標設定。

遭遇困難

1. 註冊問題：由於中山大學首次與基爾大學合作，一切程序都需要自己摸索。在開學前兩週抵達德國時，我因沒有收到註冊確認信而感到焦慮，擔心無法及時選課。雖然發送了很多封郵件，但由於當時正值暑假，並未收到回覆。最後，我決定親自走訪學校的國際辦事處。當天並非他們的營業時間，但我透過後門進入，與辦事人員面對面溝通，成功解決了問題。這次經歷讓我深刻體會到，與其依賴無回音的電子郵件，不如大膽採取行動，當面解決問題更為有效。
2. 獨自旅行中的安全問題：放假期間，我計畫了一次獨自旅行。因航班起飛時間在清晨，我需要搭乘半夜從基爾火車站出發的大巴前往漢堡機場。儘管基爾平日給人感覺安靜安全，但我在主火車站曾經遇過兩次騷擾。第一次是在冬天，有流浪漢向我索要金錢，當我拒絕後，他變得更加激怒，甚至想要衝向我。幸運的是，周圍的計程車司機聽到我的呼救後，成功將他驅趕走。第二次是在夏天凌晨兩點，一名流浪漢靠近我，並試圖偷走我的鑰匙和卡片。當時，我立刻大喊，雖然周圍的人無動

於衷，但我迅速從他手中奪回了物品。在德國，使用防狼噴霧劑是違法的，但這些經歷教會了我，遇到騷擾時，不能唯唯諾諾，當周圍沒有援助時，首先要保護自己，再來捍衛自己的權益。

文化衝擊

在與德國室友共同生活的一年間，我們之間的許多生活習慣至今仍無法完全互相理解。廚房和廁所是我們共享的公共空間，雖然我們安排了每週輪值清潔，但經常會發生廚具用完後沒有人及時清洗的情況。有時候，灶台和碗盤會髒上一週以上，導致異味和蚊蟲滋生，這也影響了下一位使用者的體驗。此外，浴室的地板沒有排水孔，洗澡時濺出的水如果不馬上擦乾，牆壁和天花板就會開始發霉。

我們在室友會議上討論過這些問題，他們的解釋是因為當下沒時間清理。即使多次提出這些問題，但情況仍未改善。最終，我選擇確保自己使用的廚具保持乾淨整潔，不影響他人。同時，我請宿舍管理員定期協助清潔浴室，以防止霉菌問題惡化。經過一段時間後，我開始理解，這些習慣可能並不僅僅是我室友的個人習慣，而是更廣泛的文化差異所致。從一開始的錯愕到後來學會尊重他們，我逐漸適應了這種生活方式，並更加開放地接受不同文化背景下的行為模式。

人格特質改變

在台灣生活久了，我習慣了固定的生活模式。在學校裡，老師的話就是權威，在家裡，長輩的建議也是我們生活中的重要參考。然而，獨自來到德國後，與德國同學的聊天讓我發現，許多人在高中畢業後會選擇先工作一段時間，了解自己的興趣和不足，再決定是否繼續大學進修。這種生活態度讓我反思，即使擁有高學歷可能帶來更多的工作選擇，但在追求學歷的過程中，我們或許也失去了追尋內心真正答案的青春活力。

現在，我學會了在未來的每一天裡，大膽去嘗試任何讓我感興趣的事，而不再過於在意他人的眼光。我開始更加珍惜自己擁有的，放下那些已經離開的事物，並且努力降低對外貌的焦慮，自信地展現自己獨特的特質。這種轉變讓我不僅更清楚自己想要的是什麼，也更有勇氣去追求自己的夢想。

感想與建議

在出發前，我做了充分的心理準備，明白在國外的生活中，很多事情只能靠自己摸索。依靠微笑和有限的英語能力與人交流是開始的關鍵，而最重要的是擁有自信並敢於嘗試。大多數人都很樂意幫助有禮貌的陌生人，只有先突破心理上的羞怯，才能清楚地表達自己的需求，從而達到解決問題的目的。這段經歷讓我學到，面對新環境和挑戰時，自信和勇氣是成功的關鍵。

School Introduction

Kiel University (CAU), founded in 1665, is Schleswig-Holstein's oldest, largest, and best-known university, with 27,000 students and around 3,700 staff members. It is the only fully-fledged university in the state and has had seven Nobel Prize winners among its faculty. CAU has participated successfully in the Excellence Initiative

since 2006. From its inception, the university adopted the motto "Pax Optima Rerum: peace is the most valuable asset," a maxim that remains relevant over 350 years later. The university strives to follow this guiding principle to contribute towards creating a peaceful and fair world where everyone can live freely and comfortably. Respecting the environment is also a key focus to ensure future generations can enjoy similar benefits. CAU is the only comprehensive university in Schleswig-Holstein with a major focus on research. Over time, it has systematically developed four dynamic priority research areas based on strong interdisciplinary collaboration. These areas are Marine Science, Life Science, Societal and Cultural Change, and Nano Surface & Interface Science. Each research area significantly contributes to addressing at least one of the grand challenges of our time.

Coursework Learning Abroad (In-Class)

Last semester, I took a course called "English for Academic Purposes," this semester, I enrolled in "Varieties of English around the World." Both courses were taught in English and focused primarily on the practical aspects of English literature. In my master's program, when researching for my thesis, I used to read academic papers line by line. However, after taking the English for Academic Purposes course in Germany, I learned how to summarize formal literature expressions and structures effectively. I also gained skills in delivering strong presentations that capture the audience's attention. The instructor's grading criteria were open, allowing students to categorize and share articles they were interested in during class. Since English is a recognized international language, we often interact with people from non-English-speaking countries. The course "Varieties of English around the World" explored how English has evolved in other countries and its influence. As time has passed, English has been increasingly accepted globally, even becoming a subcultural and colloquial language. In class, the instructor provided many examples of English usage in non-English-speaking countries. A memorable exercise involved listening to audio clips of five interviewees and identifying their accents' countries of origin, as well as reading three English reports to determine the writers' habitual usage and spelling. At that time, I could only distinguish between British and American English accents and found it difficult to identify the specific countries' writing styles and spellings. However, other classmates could even specify regions. Growing up in a non-English-speaking environment, with American English as the primary focus in schools and tutoring centers, my exposure to international English was quite limited. This exercise made me more aware of the commonalities and unique features in the English spoken by international students, enhancing my interactions with them.

Off-Class

When interacting with people from different countries, it's essential to understand and respect their cultural backgrounds. In Taiwan, I was accustomed to the people's warmth, politeness, and hospitality. However, initially, I found the German straightforward way of expressing their needs during meetings and conversations to be a bit

tense and awkward. They were very open about their feelings, even when they were displeased, which was uncomfortable for me at first. But for them, this was just normal communication. Over time, we developed a very harmonious relationship. Once, I prepared a large Chinese feast, introducing them to hotpot and sharing mooncakes and pineapple cakes. Although they didn't express much gratitude or excitement, I learned not to expect them to reciprocate in the same way. Germans often don't express appreciation as openly, instead focusing on the present experience. This taught me to stop overthinking others' reactions and simply enjoy the moment. This shift significantly reduced my feelings of frustration and helped me become more confident.

Specific Benefits of the Exchange Program

Exposure to Different Teaching Environments: As an exchange student, you have the opportunity to experience a teaching environment different from that in Taiwan. This allows you to observe and participate in the interaction between local students and professors, which is highly beneficial for learning and understanding new educational methods.

Flexible Time Management: Exchange students typically have more flexible schedules, allowing them to explore extracurricular activities alongside their academic studies. Activities such as international student lake trips, Halloween parties, and international dinners provide great opportunities to expand social circles and enhance cultural exchanges.

Stepping Out of Your Comfort Zone: Being in a new environment for a short period (usually 1-2 semesters) encourages exchange students to maintain a high level of curiosity and willingness to try new things. For example, delivering an English presentation in front of a large audience or sharing Taiwanese customs in German can significantly boost confidence and language skills.

Self-Reflection and Life Planning

The exchange period offers ample time for self-reflection, allowing students to think about their future goals and aspirations. Additionally, observing how local students plan their lives can help in refining one's own time management and goal-setting strategies.

Challenges Encountered

Registration Issues: Since this was the first collaboration between NSYSU and Kiel University, everything had to be figured out independently. Two weeks before the semester started, I arrived in Germany and felt anxious because I hadn't received my registration confirmation and was worried about missing the course selection deadline. Despite sending several emails, I didn't receive any replies due to the summer holiday. Finally, I decided to visit the university's international office in person. Although it wasn't their operating hours, I managed to enter the office through a back door and explained my situation to the staff. They were initially startled by my unexpected visit but patiently listened and helped by contacting other staff members to inquire

about the status. This experience taught me that, rather than relying on unanswered emails, taking bold actions to resolve issues face-to-face can be much more effective.

Safety Concerns During Solo Travel: During the holidays, I planned a solo trip, with my flight scheduled to depart early in the morning. I needed to catch a midnight bus from Kiel's train station to Hamburg Airport. Although Kiel usually feels quiet and safe, I experienced two instances of harassment at the main train station, both occurring late at night. The first incident was in winter when a homeless man aggressively demanded money from me. I firmly said "no," which only angered him further as he prepared to lunge at me. I yelled louder, catching the attention of nearby taxi drivers, who then intervened and chased him away. The second incident happened in the summer at around 2 AM. A shadow came close to me, and I turned to find a homeless man holding my keys and cards. I shouted again, but this time, people around acted as if nothing had happened. I was able to snatch my belongings back while emphasizing that one of the items was my student ID. In Germany, carrying pepper spray is illegal, but these experiences taught me that when faced with harassment, it's crucial not to back down. When there is no help around, protecting yourself is the top priority, followed by defending your rights.

Cultural Shock

During my year of living with German roommates, there were many lifestyle differences that we still couldn't fully understand. The kitchen and bathroom were shared spaces, and although we had a schedule for weekly cleaning duties, the stove and dishes often remained dirty for more than a week after cooking. This led to unpleasant odors and attracted insects, which affected the next person who needed to use the kitchen. Additionally, the bathroom floor didn't have a drain, so if the water from the shower wasn't wiped up immediately, the walls and ceiling would start to mold. We discussed these issues during roommate meetings, and their explanation was that they simply didn't have time to clean up immediately. Despite bringing up these issues several times, the situation didn't improve. In the end, I decided to ensure that my own set of kitchen utensils remained clean and didn't affect others. As for the bathroom, I requested the dorm management to help with regular cleaning to prevent mold. Over time, I realized that these habits weren't just personal quirks of my roommates but rather reflected broader cultural differences. I moved from initial shock to a place of understanding and learned to respect their way of living.

Personal Growth

Living in Taiwan, I had become accustomed to a structured way of life. In school, the teacher's word was final, and at home, we were expected to follow our elders' advice. However, after coming to Germany, I noticed that many of my German classmates chose to work for a while after high school, discovering their interests and

identifying their weaknesses before deciding whether to pursue higher education. This approach made me reflect on how, although a higher education degree can offer more career options, the relentless pursuit of academic qualifications might also cost us the youthful drive to find our true passions. Now, I've learned to boldly pursue anything that piques my interest without worrying too much about what others think. I've started to appreciate what I have, let go of things that are no longer part of my life, and work on reducing my anxiety about appearance. I've become more confident in expressing my unique qualities. This transformation has not only helped me understand what I truly want but also given me the courage to pursue my dreams.

Reflections and Advice

Before leaving, I mentally prepared myself for the reality that I would have to figure things out on my own. Relying on a smile and limited English skills to communicate was key to starting out, but most importantly, it took confidence and a willingness to try new things. Most people are happy to help a polite stranger, but you must first break through the barrier of shyness to clearly express your needs and solve your problems. This experience taught me that when facing a new environment and challenges, confidence and courage are the keys to success.