

中文心得報告：

一、交換準備

從一開始我的第一志願便是想要來歐洲交換，因為覺得這可能是我人生中最好的機會在年輕體力好時出國體驗國外生活和不同風俗民情的機會了，在甄選時我主要就是將自己有的比賽、社團、檢定、考試等經驗彙整成一份履歷繳交，也在英文考試方面準備，中山的交換資源豐富，如果有交換的夢想都是較容易實現的，出國前準備主要就是要買一些防盜的小物，如鎖、腰包、防盜卡夾等等產品，簽證辦理是要到台北的奧地利駐台辦事處做辦理，辦事處官網上對於要準備的資料都有做詳細說明，若有任何問題也可以寫信詢問！辦事處的辦事速度非常快，一個禮拜內簽證就會下來了！

二、奧地利與林茲大學

林茲大學位於奧地利第三大城市：林茲，校內教育資源豐富，且因為僅設有單一校區，學習與行政資源集中，吸引許多奧地利學生就讀。從維也納機場到學校推薦是到奧地利國鐵(OEBB)APP 上買從機場(Flughafen Wien)直達林茲中央火車站(Linz HBF)的票，如果年齡有符合青年票資格可以先購買青年卡，可以享半價車票的優惠，否則沒有早鳥票時的奧地利國鐵的票價一張都是很貴的，基本上只要搭一次從機場到林茲的火車就會值回票價了！然後林茲大學是沒有提供接機服務的，到達火車站後，可以搭乘路面電車的1、2線往 Universität 坐到最後倒數第二站：宿舍的所在位置，而電車搭車地點就在麥當勞旁邊的手扶梯往下即可到達。

奧地利的官方語言為德語，但當地民眾普遍具備良好的英語能力，縱使奧地利人相較於其他歐洲國家而言較為內向，但只要主動詢問，他們都十分樂意提供協助。學校對交換學生也相當友善與照顧，在開學前即會協助辦理學生證及相關行政手續，並安排迎新活動，介紹校內課程內容與各項硬體、軟體設施的使用方式，幫助交換生迅速適應新環境。

三、交換課程

交換期間，學校有提供在學期開始前讓交換生上免費德語課程，我認為能夠在當地學習並使用德語，這是提升語言能力最有效的方式之一。雖然德語的發音及文法規則對我而言相當複雜，但我們德文老師十分親切、教學認真，使我受益良多。課堂中老師也有安排大量時間讓同學間互動練習口說，透過實際對話來強化溝通能力，透過這個機會我也認識來自不同國家的交換學生，拓展了國際視野並建立了珍貴的友誼。這門德語課程是我在交換期間收穫最多、也最喜歡的課程之一。

另外由於林茲大學要求要修過 20 學分的學分，所以我總了 23 學分，8 堂課，以下稍微獎藉一下各個課程的特色。

課程名稱	課程特色
German Intensive Course - Basic Beginners (A1)	班級是由學校安排，Renate Scotto 老師人很親切，上課內容也很精彩，是全部 A1 級德文班上最好的老師，最後期末考視野非常簡單，只要上課有認真就不用擔心。
Basics in International Business and Market Entry	是一堂硬課，總共只有六堂課，前三堂是困難的是上課老師都會有很多點名的提問回答的環節，第 4、5 堂老師會要求學生分成小組完成一個咖啡店的模擬經營模式，最後一堂是期末考，會有兩個 400 字的申論題和一些選擇題。
Work Psychology	上課非常輕鬆，最後期末報告是和組員製作一個與工作心理學相關的報告主題分享，課堂中也會有很多討論機會。
Cross Cultural Management	上課中也有許多與組員討論的機會，總共有三次口頭報告和兩次書面個人作業，屬於中低難度的一堂課。
International Business Law: Regional Legal and Economic Integration	上課次數非常少，最後則是考一個期末考，五題申論題選良堤填答，對於不常寫申論題的非母語者可能會有難度，但基本上也是有讀書有分。
Managing Projects in Virtual Teams	一開始上課為了體驗虛擬合作是線上上課，真的是非常的麻煩，後期上課會明顯感受到當面討論好處真的太多。
International Business Taxation	上課時數最長，但都是線上課程，也算是讓大家減少了無法到場上課的麻煩，考試可以攜帶法條，算是一大福利。
Cultural Sensitivity Training - Incoming Students	非常簡單的一堂課，目的就是為了讓大家熟悉在奧地利生活時，可能面對的各個文化差異。

四、生活學習

交換期間，我培養了獨立生活與解決問題的能力，提升了英文口語表達與溝通能力，學習並實際運用德語，也增進了跨文化理解與適應能力，同時培養了耐心與彈性思考的能力。在生活上，由於校內亦有其他台灣學生，彼此能互相照應與幫助，因此適應上並未感到特別困難。

然而在學習方面則面臨較大的挑戰，所有課程皆以英文授課，與同學間的討論也必須全程使用英文，這對我而言是一項不小的壓力。我印象最深刻的是第一堂課時，老師宣布下週將以「快問快答」的方式逐一點名回答問題，當下我十分緊張，回家後將所有簡報與課程內容仔細閱讀並反覆記憶。然而實際上課時，我發現單純死背並不足以應付提問，唯有真正理解內容、內化為自己的想法，才能在回答時更有深度與邏輯。幸運的是，我的英文姓氏開頭為 W，被安排在較後面回答，使我能在他人作答時快速整理思緒。這次經驗讓我體悟到，學習並非只是記憶知識，而是要靈活運用並轉化為自己的觀點，自此之後，我也調整學習方式，更有效率且更有彈性地規劃讀書策略。

五、日常生活

在文化方面，最大的衝擊之一是許多歐洲人習慣在早上洗澡，而非晚上。無論是在宿舍或出遊玩住青年旅館，都可以觀察到這樣的生活習慣差異。對習慣每天晚上洗澡的亞洲人而言，確實需要一段時間適應。然而我認為文化差異並無對錯，而是需要更多理解與包容。

海外生活也讓我更加珍惜台灣的便利與效率。歐洲社會相當重視生活品質，商店營業時間較短，也時常出現罷工或交通延誤等情況，當地居民對此十分習以為常，剛開始時我感到不適應，但漸漸學會放慢步調，培養更多耐心。此外，歐洲物價較高，單程的交通費多會超過台灣一餐的費用，因此我更謹慎規劃開銷，也更願意以步行代替搭車，畢竟年輕時的體力是本錢，老走不動時再多花錢買交通票吧！

生活上最重要的還是住宿了，大多數來林茲大學交換的學生都會選擇住在 Julius Raab Heim，而在這裡真的非常推薦大家住在 ESH，ESH 的公共廚房空間非常大，裡面設有烤箱、微波爐、電磁爐三組，並且每個同學都有自己的櫥櫃跟小格冰箱，以及各個房間的冷凍，超級齊全！。廚房也十分寬敞有沙發和大桌子，我們台灣學生如果要聚會都會來 ESH 一起煮飯聊天！另外 ESH 宿舍也有健身房、鋼琴房、冥想室、小型圖書館等，如果要申請宿舍真的推薦 ESH，不僅比較便宜，各種環境設施也都比較好。

六、費用

而在生活方面，由於奧地利外食費用較高，多數學生都需要自行料理三餐，加上當地超市於星期日全面休息，因此必須妥善安排採買與備餐時間。從規劃採購、控制預算到實際烹飪，這些生活技能都是我在奧地利逐步學習與累積的經驗。雖然初期感到不便與不習慣，但也正因如此，我培養了更強的生活自理能力與時間管理能力，真正體會到獨立生活的意義。

大致上在奧地利生活一個月大概是會花到 2 萬元左右，交通方面可以辦 Aktivpass，一個月市區內交通搭到飽只要 16 歐左右。電信費我是購買 Hofer 的 Hot 網卡，每個月花 9.9 歐就可以有總共 55GB(韓 12GB 的歐盟漫遊)，個人覺得非常划算。而銀行部分大家可以到

學校的 Sparkasse 銀行免費辦理 ISIC 國際學生證，轉帳給各個歐洲銀行、或是領錢時因有實體卡都不需手續費，個人是覺得比 Revolut 方便很多。

七、交換效益及感想

因為這段交換經歷，我不僅變得更加獨立，也培養了耐性與理財觀念，使我在心態上更成熟。獎學金大幅減輕了我在交換期間的經濟壓力。雖然即使沒有獎學金，我仍然會選擇出國交換，但這筆補助讓我在生活與規劃旅行時更加安心，不必因金錢問題而過度焦慮，也能更專注於學習與體驗當地文化。我非常感謝教育部提供此項獎學金，使前往奧地利交換的學生能獲得實質的經濟支持。奧地利屬於歐洲物價相對較高的國家，這筆補助讓我在生活上不必過度節省，也能把握機會探索不同城市與文化，豐富交換生活的內涵。我十分推薦有志前往歐洲交換的同學考慮奧地利，並踴躍申請此項獎學金，這是一項值得把握的寶貴資源。

英文心得報告：

Johannes Kepler University Linz is located in Linz, the third-largest city in Austria. The university has abundant educational resources and only a single campus, where academic and administrative services are centralized, making daily life convenient. As a result, it attracts many Austrian students. Although the official language of Austria is German, most local residents have strong English proficiency. While Austrians may appear more reserved compared to people in other European countries, they are always willing to help when approached. The university is very supportive of exchange students, assisting with student ID applications and administrative procedures before the semester begins, and organizing orientation activities to introduce courses and campus facilities, helping students quickly adapt to the new environment.

During my exchange period, the university offered free German courses, allowing students to learn and use the language in an authentic environment, which is one of the most effective ways to improve language skills. Although German pronunciation and grammar were quite complex for me, the teacher was kind and dedicated, and I gained a great deal from the class. We engaged in frequent interactive speaking practice, strengthening our communication skills through real conversations. I also met exchange students from various countries, broadened my international perspective, and built valuable friendships. This German course was one of the most rewarding and favorite courses during my exchange.

In daily life, since eating out in Austria is expensive, most students cook for themselves. Additionally, supermarkets are closed on Sundays, which requires careful planning for grocery shopping and meal preparation. From budgeting and planning purchases to actually cooking, I gradually developed practical life skills. Although I initially felt inconvenienced, these experiences strengthened my

independence and time management skills, allowing me to truly understand the meaning of living independently.

Academically, all courses were taught in English, and discussions with classmates were conducted entirely in English, which was a significant challenge for me. I vividly remember that in the first class, the professor announced that there would be a rapid Q&A session the following week. I felt extremely nervous and memorized all the slides and materials. However, during the actual class, I realized that rote memorization was not enough. Only by truly understanding and internalizing the content could I respond with depth and logic. Fortunately, since my English last name starts with “W,” I was scheduled later in the order, giving me time to organize my thoughts while listening to others. This experience taught me that learning is not merely about memorizing knowledge, but about applying and transforming it into one’s own perspective. After that, I adjusted my study strategies to become more efficient and flexible.

One of the biggest cultural differences I encountered was that many Europeans prefer showering in the morning rather than at night. This difference was noticeable in dormitories and hostels. As someone accustomed to showering every evening, it took time to adjust. However, I came to understand that cultural differences are neither right nor wrong; they simply require understanding and tolerance. I learned to respect different lifestyles instead of judging them by my own standards.

Living in Europe also made me appreciate Taiwan’s convenience and efficiency more deeply. European societies value quality of life, shops often close early, and strikes or transportation delays are relatively common. At first, I found this frustrating, but gradually I learned to slow down and become more patient. The higher cost of living also made me plan my expenses more carefully and choose walking over public transportation whenever possible. This experience strengthened my independence, patience, and financial awareness, and helped me grow more mature in mindset.

The scholarship significantly reduced my financial burden during the exchange. Although I would have chosen to study abroad even without it, the funding allowed me to feel more secure in daily life and travel planning, enabling me to focus more on learning and cultural experiences without excessive financial stress. I am sincerely grateful to the Ministry of Education for providing this scholarship, which offers substantial support to students studying in Austria. Given Austria’s relatively high cost of living, this financial assistance allowed me to explore different cities and cultures without extreme frugality, enriching my exchange experience. I highly recommend students who are interested in studying in Europe to consider Austria and to apply for this valuable scholarship opportunity.

1.宿舍的琴房



2.流經林茲的多瑙河沿岸風景

