

繕打 中文及英文 心得報告，應包含下列項目

(**中文至少 1,000 字+英文至少 500 字**。赴中國交換者不需撰寫英文心得。)

A. 學校簡介

雷根斯堡大學，位於德國的巴伐利亞邦的雷根斯堡。校園建築集中且便利，大部分的教室、圖書館、食堂 (Mensa)、都位於同一區走路即可到達，對交換生而言極為便利。學校的國際處對交換生非常的友善，對任何方面的問題都非常的盡力協助，在一些行政流程上會很詳盡的幫忙我們規劃好。學校接收的交換生不少，規劃非常多讓交換生彼此認識的活動 (非強制參加)，讓喜歡認識新朋友、社交的同學可以有足夠的機會參與這類活動。在學校環境、課業、行政作業、休閒娛樂、社交等各方面皆留給交換生很棒的回憶與經驗。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

在我所修習的課程中，我最推薦的一門是 Perspectives on Contemporary German Popular Culture。這門課程從多個不同角度切入並應用各種資源、教材，同時搭配課程內容每週皆需繳交一份小報告，報告內容以回答老師的問題為主，老師通常會給我們需要反思以及分析設計的問題，期末亦須繳交一份自訂題目類似小論文形式的期末報告。透過這些充滿互動的教學方式，從讓我們對德國社會與文化有了更深入的理解。特別是歷史面向，課程分析了音樂、電影與媒體受歷史影響的方式，並展現出德國社會由此產生的不同感受與行為。透過比較台灣與德國在文化與歷史上的異同，我對民主社會的運作以及「成為一位好公民」的意義，有了更清晰的體認與反思，也因此拓展了我的國際視野。

C. 國外研修之生活學習 (課外)

在課業之餘，多安排時間旅遊，在時間、金錢、安全等方面考量後，可依照自己的需求自由的規畫在歐洲各國旅遊，實際認識歐洲各國不同的文化，並觀賞各國獨特的景色、建築。若時間比較短時也會安排在德國內旅遊，德國的自然風景也相當美麗，並且不同的邦甚至是不同城市都有很不同的樣貌。透過這樣的生活體驗，可以讓自己更懂得如何規劃自己想要的生活以及更了解自己的喜好、適合的旅遊步調等。這些對我而言都是很難得的經驗。

D. 交換/研修之具體效益 (請條列式列舉)

- 提升獨立自主能力。
- 增進解決問題能力。
- 增進外語能力 (特別是口說)。

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？

我在語言密集課 Intensive German Language Course (ILC) 的適應上曾遇到挑戰。該課程非常強調互動與小組討論，剛學新東西後就會馬上要我們嘗試回答問題，沒有太多時間可以消化理解，與台灣的教學方式非常不同。雖然我在台灣曾上過一些德文課，但基礎並不紮實。分班後我被分配到 A1.2 (初學者為 A1.1)，上課後才發現自己在台灣學習的 A1.1 並不完整，與 A1.2 銜接困難，掌握的單字量也很有限。因此，一開始我就面對陌生的文法和大量新單字，難以跟上課堂討論，也不太敢在課堂上發言。

此外，我們班的課程由三位老師共同授課，口語課一位老師，其他部分則由另外兩位老師輪流授課，這意味著我一次需要適應三位老師的教學方式與要求。同時由於剛抵達，生活各方面都還沒有安頓好，剛開始的幾週，這讓我感到非常吃力與挫折。在發現自己難以跟上課程後，我改變了學習方式，儘量在當天課程中遇到不理解的部分就立即詢問老師或同學，並順利找到願意幫助我且合拍的交換生，讓我不再因為不好意思而遲疑。最終，在第二週過半後，我慢慢開始順利跟上課堂進度。

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？

德國整體的氛圍不像台灣那樣熱情、主動。在台灣，我們常會對陌生人微笑，或在他人遇到困難時主動伸出援手。但德國人相當注重隱私，往往保持一定的距離，不會像台灣人那樣熱心主動。剛開始時，我常會覺得有問題時不知該如何尋求幫助，甚至會擔心會不會沒有人願意幫忙。

隨著時間的累積，我慢慢發現只要勇於表達自己的需求與問題，德國人其實也會真誠地伸出援手，並不像表面上看起來那麼冷漠。理解德國的文化後，能更融入當地的生活氛圍，也不再因文化差異而感到心理上的不自在。

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？

我認為在這段海外生活歷練中，最大的成長就是培養獨立自主的能力。過去在台灣的生活，我大多處於舒適圈中，遇到問題時，身邊總有父母、師長或朋友可以依靠，習慣了有人陪伴與協助的日子。然而，在交換期間的海外生活，幾乎所有事情都需要自己處理。雖然雷根斯堡大學的國際處提供了許多協助，但各方面皆需要自己獨自完成與面對。

這樣的經驗促使我學會更加獨立，不再過度依賴他人，並訓練自己在面對不同情境時儘量快速做出決定，而不是猶豫不決。無論是解決生活上的突發狀況，還是獨自規劃旅行行程等。這份成長，不僅使我能更有效率地解決問題，也讓我更能清楚地認識自己。

H. 感想與建議

這次交換是我第二次出國，也是我第一次到歐洲。由於出國經驗幾乎為零，從行李該如何準備、旅遊如何規劃，到各種基本事項的處理，都需要花費不少時間思考、安排，除此之外還有針對交換相關的事務要處理。實際出發後，對我而言第一個月的適應過程相當辛苦，無論是氣候、生活，還是課業環境，一切對我來說都十分陌生，在心理上也會覺得十分缺乏安全感。

因此，我會建議未來有意規劃交換的同學，可以在正式出國交換之前，先累積幾次出國的經驗。這樣不僅能熟悉出國規劃的流程以及旅遊、生活安排，也能在心理上更有準備，減少剛來到陌生環境時的不安與不適應。這樣在交換期間就能更快進入狀況，也能更專注於學習與體驗生活、旅遊。

- 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
赴中國交換者免填英文心得

The University of Regensburg is located in Regensburg, Bavaria, Germany. The campus layout is convenient, with most classrooms, libraries, and the student cafeteria (Mensa) situated in the same area, all within walking distance, which is especially convenient for exchange students. The university's International Office is very friendly and supportive, providing thorough assistance with various issues and offering detailed guidance in administrative procedures.

The university welcomes many exchange students and organizes numerous activities (non-mandatory) designed to help them get to know one another. This allows students who enjoy meeting new people and socializing to have plenty of opportunities to participate. In terms of the campus environment, academics, administrative support, leisure activities, and social life, the University of Regensburg offers exchange students valuable and memorable experiences.

In addition to my academic work, I often arrange time for traveling. Taking into account factors such as time, budget, and safety, I was able to freely plan trips across different European countries according to my own needs, allowing me to truly experience diverse cultures while enjoying each country's unique scenery and architecture. When the time available was shorter, I also traveled within Germany, where the natural landscapes are exceptionally beautiful, and each federal state, or even each city, presents very different characteristics. Through these travel experiences, I learned how to better plan the kind of lifestyle I want, as well as gained a clearer understanding of my personal preferences and the pace of travel that suits me best. All of these became invaluable and memorable

experiences for me.

I encountered some challenges in adapting to the Intensive German Language Course (ILC). The course placed great emphasis on interaction and group discussions, where we were often required to answer questions immediately after learning new material, leaving little time to digest and fully understand the content. This approach was very different from the teaching style I was accustomed to in Taiwan. Although I had taken some German classes in Taiwan, my foundation was not solid. After the test, I was assigned to A1.2 (beginners start at A1.1). However, I soon realized that my A1.1 knowledge was incomplete, making it difficult to bridge the gap to A1.2. In addition, my vocabulary was very limited, so I had to face unfamiliar grammar and a large number of new words right from the beginning. This made it hard for me to keep up with class discussions, and I often felt hesitant to speak up in class.

Moreover, the course was taught by three different teachers: one focused on speaking, while the other two took turns teaching vocabulary, grammar, and reading. This means that I had to adapt to three different teaching styles simultaneously. At the same time, since I had just arrived and had not yet fully settled into life abroad, the first few weeks felt especially frustrating.

After realizing how difficult it was to keep up, I decided to adjust my learning approach. I tried to ask questions immediately whenever I encountered something I did not understand in class, whether to the teachers or classmates. Fortunately, I also found an exchange student who was willing to help me and with whom I got along well, which made it easier for me to ask questions without hesitation. Eventually, by the middle of the second week, I was able to gradually catch up with the pace of the course.

I believe the greatest growth I gained from this overseas experience was developing a stronger sense of independence. In Taiwan, I mostly lived within a comfort zone. Whenever I encountered problems, I could always rely on my parents, teachers, or friends for support, and I was used to having someone accompany and assist me. However, during my exchange life abroad, almost everything had to be handled on my own. Although the International Office at the University of Regensburg provided a great deal of assistance, I still had to face and complete most matters independently.

This experience pushed me to become more independent, less dependent on others,

and to make decisions more quickly in different situations rather than hesitating. Whether it was dealing with unexpected issues in daily life or planning a trip by myself, I learned to manage these challenges independently. This growth not only allowed me to solve problems more efficiently but also gave me a clearer understanding of myself.

This exchange program was my second time going abroad and my first time in Europe. Since I had almost no prior experience traveling abroad, I had to spend a great deal of time arranging even the basics, such as how to prepare my luggage, how to plan my trips, how to handle various essential matters, and dealing with the paperwork related to the exchange program itself. After my actual departure, the first month of adaptation was especially challenging for me. From the climate and daily life to the academic environment makes me feel completely unfamiliar, and I often felt a strong sense of insecurity.

Therefore, I would recommend that future students who plan to go on an exchange program should try to gain some travel experience abroad beforehand. Doing so would not only help them become more familiar with the processes of travel planning and daily arrangements but also prepare them mentally, reducing feelings of unease and discomfort when arriving in a new environment. This way, they can adapt more quickly during their exchange program and focus more on studying as well as experiencing local life and travel.