

返國報告書 _中文_范哲銓

A. 學校簡介

漢堡大學 (Universität Hamburg) 成立於 1919 年，是德國規模最大的大學之一，也是德國政府資助的「精英大學」成員。其學術聲望卓越，特別在氣候變遷研究、物理學及法學領域享有國際名聲。校區坐落於充滿活力的漢堡市中心，展現出開放且高度國際化的學術氛圍。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

這次我選擇「法律與經濟學」以及「永續貿易專題討論」來修習。一來是因為我要回國抵免海科系的畢業專題，二來是法律與經濟學這堂課是我少數能選擇的英文課程。

我特別推薦「法律與經濟學」一課。這堂採小班制教學，同學們回答都非常踴躍，雖然第一次真真實實地全英上課（不是甚麼臺灣外語計畫的外師課或是臺灣教授講英文），必須要兩小時全神貫注在老師的言語才不會落伍，但這是個很好的練習。

C. 國外研修之生活學習（課外）

學習辦理國際事務、自己去辦入與退籍，透過熟悉德國的飲食慣來打理自己的生活，我也在這段時間養成健身的習慣。偶爾搭乘免費的大眾交通運輸出去走走很舒服。最重要的是我在半年內鑽研德鐵與航空的賠償相關法規因此淨賺將近 1000 歐元。

D. 交換/研修之具體效益（請條列式列舉）

1. 增進與外國人說話之能力與勇氣
2. 意識到更多文化差異，也意識到文化差異並沒有那麼影響人與人之間的界線。
3. 學會為自己的權益發聲。
4. 看看世界的其他地方是怎麼運作的

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？

為了抵免在中山大學的畢業專題，我必須在漢堡大學法律系辦理一場永續海洋講座，其實過程中並沒有遇到甚麼太大的困難，因

為有認識相關人脈讓我的資源非常充足，臺灣這邊也有經費協助我。主要是在籌備過程與演講辦理的過程中，我都會因為是在異鄉且要用全英文感到十分緊張，並會預想許多糟糕的結果。不過事實證明這些都是多餘的，畢竟人們都會習慣性地將未知與困難掛勾，進而產生過度預期的阻力。

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？

無，請保持開放的心，不要去對任何人事物預設立場。

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？

我發現我脾氣變得更好，並且會更注意自己的健康和飲食，現在會毫不吝嗇花錢在蛋白質和蔬菜上儘管價格稍高，我也變得更會說話，更勇於把自己的想法表達出來，雖然很客套但這是真的。最後領悟到的是，真正的自由是你可以自由自在地選擇你在任何一個時間點想去、想吃、想住的地方。

H. 感想與建議

不要害怕未知的恐懼，儘管這很正常

勇敢申請交換

認真顧 GPA，你可以上更好的學校

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

Studying at the **University of Hamburg (UHH)**, a designated "University of Excellence" since 1919, offered far more than just a prestigious academic backdrop. Nestled in the heart of the city, the university serves as a hub for international discourse, particularly in Law and Economics. My primary academic focus was bridging my Marine Biotechnology background with global commerce through courses like "Law and Economics" and "Sustainable Trade." Unlike standard English-taught programs in Taiwan, these courses provided a true immersion. The small-class format required two hours of absolute concentration to keep pace with the spirited debates of my peers, which proved to be an invaluable exercise in both linguistic endurance and logical reasoning.

However, the most profound lessons often occurred outside the lecture halls. Navigating German bureaucracy—specifically the "Anmeldung" and "Abmeldung" processes—became a masterclass in independence. I also found myself applying a "first principles" approach to travel; by meticulously studying German rail and aviation compensation regulations, I managed to reclaim nearly €1,000 in travel disruptions.

This experience was more than just a financial gain; it was a lesson in self-advocacy and the power of understanding the systems within which we operate.

The pinnacle of my exchange was organizing a Sustainable Ocean Seminar at the UHH Faculty of Law to fulfill my graduation requirements. While I had access to sufficient funding and resources, I initially struggled with the internal pressure of hosting a formal event in a foreign language. Overcoming this was a turning point. It taught me that we often reflexively equate the "unknown" with "difficulty," when in reality, most obstacles are merely mental constructs. By keeping an open mind and shedding preconceived notions, I found that cultural differences rarely act as a barrier to genuine human connection.

Ultimately, this period in Hamburg transformed my personal identity and daily habits. I returned with a more composed temperament and a renewed commitment to my health, now viewing high-quality nutrition and fitness as essential investments rather than expenses. This journey led me to a new definition of liberty: true freedom is the capacity to choose—at any given moment—where you want to go, what you want to consume, and how you want to live. To those considering an exchange, my advice is simple: do not let the fear of the unknown paralyze you. Maintain your GPA to keep your options open, but once you arrive, have the courage to speak up and embrace the world as it truly operates.