

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

基爾大學 (Kiel University)，正式名稱為克里斯蒂安-阿爾布雷希特大學 (Christian-Albrechts-Universität zu Kiel)，成立於 1665 年，是德國北部最重要的研究型大學之一。學校位於石勒蘇益格-荷爾斯泰因州首府基爾市，擁有八個學院，提供多樣化的學術課程，涵蓋自然科學、人文社會、醫學與工程等領域。基爾大學以卓越的海洋研究、生命科學和可再生能源研究聞名，是德國「卓越大學計劃」的成員之一，並積極參與國際合作與科研項目。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

對我來說，最受益良多的課程非德文課莫屬。畢竟在德國生活，德語在日常交流中非常實用，而能夠用當地語言溝通，也讓人與人的距離變得更親近。更讓我印象深刻的是，老師的教學方式非常有趣和創意。例如在學習數字的單元時，老師讓我們自己選擇樂透號碼，並用模擬開獎的方式來練習聽說，讓整個學習過程變得輕鬆又有趣，一點也不枯燥。

C. 國外研修之生活學習 (課外)

對我來說，課外最豐富的學習經驗，莫過於到各個國家旅行，親身體驗當地的文化與風景。能以學生的身份在歐洲旅行，是一件非常難得的事，學生票也讓我節省了不少開銷。歐洲豐富的人文歷史與文化遺產令我大開眼界，每一座城市都有屬於自己的故事。而在旅途中，我也有機會結識來自世界各地的人，透過交流更加了解不同國家的文化與觀點，這些經歷都為我帶來深刻且難忘的回憶。

D. 交換/研修之具體效益 (請條列式列舉)

對我來說，最具體的收穫來自我修習的一門課程，名為 Navigating Academia: Study Skills and Advanced Academic Writing for Success。這門課不僅教會我許多有效的學習策略與論文寫作技巧，還幫助我理解如何正面看待並管理學業壓力。我認為這些內容對每一位學生都非常重要，卻是台灣教育中比較少著墨的部分。這門課讓我在學術能力與心理調適上都有實質的成長。

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？

對我來說最大的困難是我很難在上課的時候很清楚作業或是有些很重要的事情，因為德國人講英文講得非常快。解決方法就是要用於開口，不懂的就問，而且教授也都很好，完全沒有不耐煩。

F. 海外生活期間是否曾遭遇文化衝擊

面對這樣的文化差異，我一開始真的很不習慣，尤其是商店在星期天不營業、平日也關得特別早。

常常因為忘記提前採買，結果家裡什麼吃的都沒有。不過，隨著時間推移，我也慢慢適應了，學會了提早規劃、事先準備。更重要的是，我開始理解這種制度背後的意義。在德國的星期天，公園和海灘總是充滿著一家人共度時光的景象，這讓我深刻感受到他們對生活品質與家庭關係的重視。我認為，台灣也可以思考是否能提供更多的假期與保障，讓員工有更多時間真正休息，並重視勞工的權益。

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？

讓我的步伐變得更慢，做事情比較不會這麼的急躁，並且也更願意開口跟陌生人聊天，有更多與人交流的機會。

H. 感想與建議

這趟交換之旅真的像一場夢，從最初的不適應，到後來逐漸愛上當地那種緩慢、悠閒的生活節奏。我特別喜歡他們的小班制教學方式，師生比例低，使得老師能有更多時間與每位學生互動。從課程初期的暖身活動，到課堂上的提問與討論，都讓學習變得更生動、更有參與感。到了學期末，師生之間的關係甚至有些像朋友般親近。

如果要給未來準備出國的學弟妹一個建議，那就是：有問題就要勇敢開口問。在國外，沒有人會自動替你解決事情，很多資訊也不會主動告訴你。但只要你肯開口，幾乎每個人都會樂意幫助你。

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

My study abroad experience at **Kiel University** (Christian-Albrechts-Universität zu Kiel) was truly unforgettable. Founded in 1665, Kiel University is one of the leading research institutions in northern Germany, located in the city of Kiel, the capital of Schleswig-Holstein. It offers a wide range of academic programs across eight faculties, with particular strengths in marine science, life sciences, and renewable energy. As a member of the German Excellence Strategy, the university is deeply engaged in international collaboration and innovative research.

Among all the courses I took, the **German language class** was the most beneficial. Living in Germany made it essential to learn the local language, and using German in daily life helped me connect better with locals. The class was lively and creative—for example, while learning numbers, we played a lottery game that made the material fun and memorable. Beyond the classroom, I took full advantage of my time in Europe by traveling to different countries, exploring new cultures, and meeting people from all over the world. It was a rare opportunity

to travel as a student, with discounted tickets and priceless learning experiences.

One course that stood out academically was *Navigating Academia: Study Skills and Advanced Academic Writing for Success*. It taught me essential academic skills, including how to structure essays, manage time effectively, and cope with academic pressure—skills that are often overlooked in Taiwan's education system but are incredibly valuable for long-term growth.

Of course, studying abroad wasn't without challenges. One major difficulty was understanding class instructions or important announcements, as some professors spoke English very quickly. I learned to overcome this by speaking up and asking questions. Fortunately, the professors were always approachable and patient. Another cultural shock was that stores in Germany are closed on Sundays and close early on weekdays. At first, I often forgot and found myself with nothing to eat, but over time I adjusted and even came to appreciate this lifestyle, which prioritizes rest, family, and quality of life. It made me reflect on how other cultures might benefit from a similar approach.

This journey also brought about significant **personal growth**. I became more patient, less anxious, and more open to talking with strangers, which created more opportunities for connection and cultural exchange. The slower pace of life in Germany helped me reflect, recharge, and become more adaptable.

Looking back, this study abroad experience felt like a dream. From struggling with unfamiliar routines to embracing the local way of life, I learned to enjoy the small things and appreciate cultural differences. I especially liked the small class sizes at Kiel, which allowed for more interaction between students and professors. The warm, conversational atmosphere made learning feel more human and engaging. To future students, my biggest advice is: **never hesitate to ask questions**. When you're abroad, clear communication is key, and people are usually more than willing to help—if you take the first step.