

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 (Universität Regensburg) 位於德國巴伐利亞邦著名的聯合國教科文組織世界遺產城市——雷根斯堡。該校創立於 1962 年，是一所充滿活力的現代化公立研究型大學。校園坐落於市中心南側的山丘上，建築風格統一且綠意盎然。作為一所典型的校園大學，它將各系所、圖書館與學生活動空間緊密結合，為超過兩萬名學生提供了便利且優質的學習與研究環境。

在學術領域，雷根斯堡大學以其卓越的自然科學、醫學、人文與法律學科著稱，尤其在生命科學與物理化學研究方面享有國際盛譽。學校與當地的生物科技產業及教學醫院緊密合作，強調理論與實踐並重。此外，校方積極推動國際化，擁有廣泛的全球合作夥伴網絡，使其在保有巴伐利亞傳統文化的同時，也散發著多元且開放的學術氛圍。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

German Language Course A2.2

在台灣時大約學了半年的德文，作為出發德國前的準備。而德國的當地的德文課程跟台灣極為不同，課程上以口說與聽力為主，閱讀與寫作的部分較少練習到。因此對於台灣學生來講可能會有極大的不適應。但我也將此視為是給自己的挑戰，我也更積極地去觀察別人是如何透過德文發表自己的想法，並且用德文去思考問題，在半年內德文體感上進步了不少。

C. 國外研修之生活學習 (課外)

雖然很多人提及，但「煮飯」這件事確實在海外生活時，非常重要、且會讓你不得不學習的技能。畢竟三餐是人生活中不可缺少的，我也了解到爸媽提供三餐是非常辛苦且耗費心思的事情。我也透過煮飯這件事，藉此拉近了朋友之間的距離，不論是中山一起交換的好朋友們，甚至是在交換期間認識的韓國朋友，透過晚餐時間一起聊聊彼此的交換心得、文化背景，我認為都是交換期間我最喜歡得一部分，也推薦交換前可以習得一些煮飯技巧，有備無患！

D. 交換/研修之具體效益 (請條列式列舉)

1. 語言能力

我認為語言學習中，能夠將自己放入語言環境是一個非常有效的學習方式，我也盡量去閱讀生活周遭的德文，而不是只透過看英文去理解，並且德國的文書上有時也只有德文，所以德文學習我認為是交換不可或缺的一部分，我的德文也因此進步了不少。

2. 問題解決

當很多行政手續接踵而來，像是辦簽證、入退籍或是廣電費等等，遇到狀況時一時之間會很不知所措，尤其是都只有德文的情況下。但冷靜下來，不論是找找前人所留下來的解決方式、與朋友共同討論或是詢問 AI 助手，一步一步來都能好好解決在海外遇到的種種問題。

- 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？

接續上一題所提到，滿幸運地，在德國生活遇到的大大小小狀況都順利解決，主要是剛好有一起前往交換的中山同學們，很慶幸大家都很樂意互相幫助，像是廣電費、保險以及學校較瑣碎的行政流程，我認為都不太算是很複雜的問題。重要的是，第一時間冷靜下來，不要因為遇到狀況而驚慌失措。

- 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？

我認為最大的衝擊還是在課堂上，過去我們的教育環境總是告訴我們上課要舉手發言，大部分在台灣的課堂上大家都相當地安靜，主要透過老師在課堂上傳授。但到了德國以後，舉手發言這件事好似不存在一樣，大家都相當地積極表達自己的看法。對於我而言，相當地不習慣，尤其又要用英文或是德文發表自己看法時，顯得格外困難。我也漸漸學到，不僅是要去聆聽別人的看法，更要理解並內化成自己的思考，並向其他人表達自己，雖然還是很不習慣，但漸漸地在適應當中。

- 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？

在海外生活一直是我夢寐以求的，在交換結束以後，我更確信自己是很喜歡在國外獨立生活的感覺，在未來也有到海外工作生活的動機與目標。我認為自己最大的轉變，在於能夠更自信地去表述自己的想法，當今天你總是保持沈默的情況下，大多數時候別人並不知道你在想什麼，與此同時你失去了與人交流的機會，也失去了練習表達感受的時機。交換期間，透過與不同文化、語言或是生活習慣的人交換自己想法，比想像中的來得有趣許多，我也很享受文化交流帶給我的新鮮感，也能拓展自己的思考與國際觀。

- H. 感想與建議

在出國前難免會焦慮，不論是害怕語言不通、遇到歧視或是治安等等問題，但結束後回頭看，其實自己當初擔心得太多，現在看來都是小事。當把自己放在陌生的環境裡，一開始可能會覺得不

安，但這都是必經的過程，透過慢慢探索與認識自己，我認為是交換過程中有趣的一部分。

真心喜歡雷根斯堡這個城市，非常推薦往後學弟妹們來交換！

- 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, a historic city in Bavaria that is recognized as a UNESCO World Heritage Site. Founded in 1962, it is a modern public research university with more than 20,000 students. The campus is situated on a hill near the city center and has a well-organized layout that connects academic buildings, libraries, and student facilities. The university is known for its strong programs in natural sciences, medicine, humanities, and law, and it is especially recognized for research in life sciences and physical chemistry. It also maintains close cooperation with local biotechnology industries and teaching hospitals. At the same time, the university actively promotes internationalization and maintains partnerships with many universities around the world, creating a diverse and open academic environment.

During my exchange, I took the German Language Course A2.2. Before coming to Germany, I had studied German in Taiwan for about six months as preparation. However, the German language classes in Germany were quite different from those in Taiwan. The courses focused much more on speaking and listening, while reading and writing were practiced less frequently. This difference was initially challenging for me, but I treated it as an opportunity to improve my language skills. By observing how others expressed their ideas in German and trying to think in

German, I gradually became more confident. After half a year, I could clearly feel that my German ability had improved.

Life outside the classroom was also an important part of my learning experience. One of the most important skills I developed was cooking. When living abroad, cooking becomes a necessary skill because daily meals are an essential part of life. Through cooking, I also gained a deeper appreciation for the effort my parents put into preparing meals. In addition, cooking became a way to connect with friends. I often had dinner with friends from my home university as well as new friends I met during the exchange, including friends from Korea. Sharing meals and talking about our exchange experiences and cultural backgrounds became one of my favorite parts of the exchange.

This exchange program brought several concrete benefits. First, my language ability improved significantly because I was constantly exposed to German in daily life. Instead of relying on English, I tried to read and understand German in my surroundings. Many official documents in Germany are only available in German, which also motivated me to continue learning the language. Second, I developed stronger problem-solving skills. Living abroad required handling many administrative procedures such as visas, registration, and broadcasting fees. At first, these tasks felt overwhelming, especially when the information was only in German. However, by staying calm, searching for information, discussing with friends, and sometimes asking AI tools for help, I was able to solve these problems step by step.

One cultural difference I experienced was the classroom environment. In Taiwan, classes are usually quiet and students mainly listen to the professor's lecture. In Germany, however, students are much more active in expressing their opinions, and discussions happen frequently without always raising hands. At first, it was difficult for me to participate, especially when I had to express my thoughts in English or German. Over time, I learned that it is important not only to listen to others but also to express my own ideas and participate in discussions.

Living abroad had always been one of my dreams. After completing this exchange program, I became even more certain that I enjoy living independently in another country. In the future, I hope to work or live abroad. The biggest change for me was becoming more confident in expressing my thoughts. When we remain silent, others cannot understand what we think, and we lose opportunities to communicate. Through interacting with people from different cultures and backgrounds, I discovered that cultural exchange is both interesting and meaningful. It broadened my perspective and allowed me to see the world from different viewpoints.

Before going abroad, it is natural to feel anxious about language barriers, discrimination, or safety issues. However, after finishing the exchange, I realized that many of my worries were unnecessary. Being placed in a new environment may feel uncomfortable at first, but it is also a valuable opportunity to explore and understand yourself. I truly enjoyed my time in Regensburg and would strongly recommend future students to choose this city for their exchange experience.