

學校簡介

雷根斯堡（Regensburg）是德國的一個城市，位於巴伐利亞州（Bavaria）的東南部，是巴伐利亞州的第四大城，城市中心被聯合國教科文組織列為世界文化遺產。這座城市具有悠久的歷史，有著古老的建築、狹窄的街道和橫跨多瑙河的古老石橋。雷根斯堡的歷史可追溯到羅馬時代，並在中世紀時期成為神聖羅馬帝國的一個重要城市。雷根斯堡以其保存完好的中世紀建築而聞名，其中包括城市大教堂（Regensburg Cathedral）、古老的石橋（Stone Bridge）和城堡。

雷根斯堡大學（University Regensburg），它是德國的一所研究型大學，成立於1962年。整座學校以現代化建築為主與市中心的中世紀建築有所區別。雷根斯堡大學提供多個學科領域的學士、碩士和博士課程也提供奪元的交換生文化課程及語言課程，並以其高水平的研究和教學而聞名。雷根斯堡大學的研究涵蓋了多個領域，包括自然科學、工程學、醫學、人文學科和社會科學。

國外研修之課程學習（課內），另外推薦受益最多/最喜歡的課程

● Intensive Language Course (ILC)

這是在開學前所提供給交換生的自費密集語言課。周一至周五每天上6小時包含聽說讀寫的課程，老師都會盡量跟學生以德語為主英語為輔溝通希望讓學生沉浸在全德語的學習環境。除了可以沉浸式的學習德語外，也能在開學前提前認識來自世界各地的朋友，一起參加學校國際處所舉辦的各式活動，非常推薦報名參加。

● International Management

這是一堂德國當地學生及交換生一起學習的課程。課程分成兩個部分，Lecture 主要是由老師講授而Exercise則是由助教帶領個案討論。期末報告需要小組運用上課所學的知識分析國際企業進入市場的利弊，是一堂理論與實務兼備的課程。

國外研修之生活學習（課外）

在國外的生活什麼都要自己來，出國後開始學習買菜煮飯的技能，也在認識各國朋友後互相交流家鄉美食文化。出門在外遇到困難時也要養成臨危不亂的精神，遇到困難時想辦法解決。

交換/研修之具體效益（請條列式列舉）

- 獨立自主
- 時間管理
- 危機處理
- 團隊合作

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？

常常遇到德鐵誤點、取消或罷工，會耽誤行程。幾次之後就知道要多留很多轉車時間或plan B。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

是，跟室友溝通協調。

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？

變得比較獨立，學會用不同的觀點看事情。

您認為獎學金對您海外研修最大的幫助是什麼？有無獎學金是否會改變您的出國計畫？

減輕一點負擔。會

感言及心得感想

感謝教育部及學校提供這個機會能讓我有機會踏出舒適圈，開闊視野，認識不同的文化。在國外生活的這半年，我深刻體會到在台灣生活的便利性，但也養成了獨立自主的習慣。建議學弟妹在出國前先上網認識自己所要前往的國家與城市的文化與特色，再到當地才能夠深刻體會當地的風俗民情，入境隨俗。

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)

Regensburg is a city in Germany, located in the southeastern part of Bavaria, and is the fourth-largest city in the state. The city center is designated as a UNESCO World Heritage Site. With a rich history dating back to the Roman era, Regensburg boasts ancient architecture, narrow streets, and an ancient stone bridge spanning the Danube River. It became an important city in the Holy Roman Empire during the medieval period. Regensburg is renowned for its well-preserved medieval buildings, including the Regensburg Cathedral, the historic Stone Bridge, and the castle.

Regensburg University, founded in 1962, is a research-oriented university in Germany. The campus features modern architecture, distinguishing it from the medieval buildings in the city center. The university offers bachelor's, master's, and doctoral programs in various fields and is known for its high-quality research and teaching. Research at Regensburg University spans natural sciences, engineering, medicine, humanities, and social sciences.

Intensive Language Course (ILC):

This is a self-funded intensive language course offered to exchange students before the start of the semester. It consists of six hours of classes per day from Monday to Friday, covering listening, speaking, reading, and writing. Teachers primarily communicate with students in German, with English as a fallback, aiming to immerse students in a German-speaking environment. Besides immersive German learning, students can also get to know friends from around the world and participate in various activities organized by the school's international office before the semester starts. Participation is highly recommended.

International Management:

This course is designed for both local German students and exchange students. It is divided into two parts: lectures, mainly delivered by professors, and exercises, led by teaching assistants for case discussions. The final project requires groups to analyze the pros and cons of international companies entering the market using the knowledge learned in class. It is a course that combines theory with practical applications.

Living abroad requires self-reliance. After going abroad, one starts to learn skills like grocery shopping and cooking. Additionally, meeting friends from different countries allows for cultural exchange, including sharing hometown cuisines. It's essential to develop a calm demeanor when faced with difficulties and to find ways to overcome them.

I am grateful to the Ministry of Education and the university for providing this opportunity, allowing me to step out of my comfort zone, broaden my horizons, and learn about different cultures. During my six months abroad, I have come to deeply appreciate the convenience of living in Taiwan while also cultivating habits of independence and autonomy. I suggest that younger students recognize the culture and characteristics of the country and city they plan to visit before going abroad, as only then can they truly appreciate the local customs and traditions. When in Rome, do as the Romans do.