

中文心得報告

A. 學校簡介：弗萊堡大學（University of Freiburg）創立於1457年，是德國歷史最悠久的大學之一，也是歐洲知名研究型大學。學校在人文學科、法學、醫學與環境科學領域表現卓越，學術資源豐富，研究能量強。校園位於黑森林旁的弗萊堡市，環境優美、生活機能完善，適合專心學習與拓展國際視野。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程：其實我這次選的3堂課我都非常推薦。

其中的兩堂課(Business English Advanced 和 English for Today' s World)都是在同一天同一個老師所授，也是被前幾次的學長姐心得報告所推薦的。Lisa老師是個美國人，嫁到德國已經30多年，也教了30多年的英文了，老師的課非常有趣，而且上課會一直練習到英文口說能力，因為必須一直和旁邊的同學討論和分享。但很可惜這學期是老師最後一次待在弗萊堡大學，之後就要去其他地方教書了，所以未來的學弟妹們就沒辦法選到這堂只要交3次作業，還沒有考試的爽課了，我為你們感到惋惜。

我的第3堂課是 Intercultural Competence for international Students，這堂課主要就是針對來到弗萊堡的國際生開的，下學期還會有，Karen老師人也非常和善，而且這堂課每個月只要上一次週六的9.-17. 就好，非常適合交換生選擇，同樣沒有考試，但每堂課都要上台做英文口頭報告(題目都是要請大家介紹各自文化的特色，只要講5-10分鐘即可)。上課內容也有很多練習英文 speaking 的機會，也會進行很多有趣的活動，內容主要都是在講文化衝突、文化融合這種。這堂課能遇到很多來自不同國家的國際生，能夠交到很多不同的朋友，最後一堂課還有同樂會，老師會請大家帶一些代表各自國家的餐點或點心、飲料來課堂，一起分享，非常快樂。最後也只要簡單做一份PPT檔案(內容是你學到了甚麼)交給老師就能通過了，我也非常推薦。

但學弟妹們要非常注意弗萊堡大學的選課系統非常複雜，所以最好能在台灣就研究好自己想要選甚麼課程，不然很可能因為太晚選課，導致選擇驟減，沒辦法選到自己想上的課程。

C. 國外研修之生活學習（課外）：

弗萊堡其實已經算是非常安全了，但還是要小心，我朋友的朋友在這學期還是有被搶過包，裡面的筆電就這麼沒了，但相較其他大城市，已經算是很平和的地區了。而如果你不常逛街（像我，大不了就網購），主要都是去超市購物，那我覺得弗萊堡其實沒什麼缺點，唯一的小缺點就是最近的機場在瑞士那邊(去一趟來回要花大概40歐和大約4小時)，但市區其實算是應有盡有，麻雀雖小，五臟俱全。

然後記得如果可以的話，最好參加開學的國際生歡迎晚會，可以認識很多人，有免費的酒能喝，還有超便宜的Buffet吃到飽，如果不是社恐，可以更快交到朋友。還能在晚會上去ESN的攤位買到他們的卡，這張卡有3次免費瑞安康航的托運機會，瑞安康航的機票也都9折，ESN也會辦很多有趣的活動，有ESN卡也通通打折，還有很多其他小優惠，很推薦學弟妹們當天就辦好，不然之後很難辦卡。

D. 交換/研修之具體效益（請條列式列舉）：

1. 來歐洲後我能明顯感覺到自己的英文口說能力進步很多，能夠更簡單和流暢的與他人對話，算是讓我感到蠻開心的吧
2. 交換期間會一直出國旅遊，所以讓我規畫旅遊行程的能力又更進化了
3. 相比從台北去往高雄讀書，前往國外遇到了更多問題，讓我更加獨立，也更擅長一個人把問題解決

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？

我曾經在 10 月的一個晚上，因為太急著要下樓去宿舍 Laundry room 洗衣服，而忘記帶鑰匙，因此被鎖在房門外面，當時已經是 24. (要到 8. 才能請管理員幫忙開門)，還好有一個好心的德國同學經過，並善良的願意讓我到他房間住一晚，才讓我不用露宿街頭，部會被冷死。之後我就把鑰匙掛到了門把上，這樣我每次出門都一定會帶在身上，之後就沒有再出現同樣的事情了。

我還在布拉格的快餐店遭到搶劫，差點整個背包被拿走，還好我都有保持警惕，所以能拉著包跟搶匪拔河，並且在互踢了對方一腳之後，搶匪就跑了。然後整個店裡的服務生都沒來幫我，我超傻眼，之後在外面旅遊，我就更加小心了，而且盡量不再去速食店或快餐店吃飯，心裡產生陰影了哈哈。

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？

來到歐洲我也經歷了很多 culture shock，從德國來舉例：他們的商店國定假日和週日都不開，周六也會提早關門，所以需要採購記得周五或週六早上就要先去，還要注意他們的國定假日(我就因為不熟悉，而導致撞上兩次國定假日關門的超市)；大部分寶特瓶和啤酒瓶都有 0.25 歐的押金，要把瓶子放回超市的回收機器，才能拿回一張收據，可以消費後抵用(但多半只能在同一間店用，我就因此痛失 3 歐)；大部分餐廳都開到很晚，可能會到 23.、24.，但是廚房多半 22. 前就關了，之後就只能點飲料(我同樣因此在第一天晚上直接餓肚子沒東西吃)；交通工具(火車、輕軌、高鐵、公車)都能不刷卡直接上車，但不要抱有僥倖不買票，我這半年就還是有被查票員查過 3 次票，但我都有買票，所以安全通關，不然多半會被罰個幾百歐吧；國外的行政效率真的會比較慢，如果覺得等久了，就多寫信或直接打電話詢問，能加快問題被解決的速度(當然也是親身經歷)。

而面對這些文化衝擊，其實就是吃過教訓就會學乖了，我也是都被搞過才能慢慢習慣這些與台灣的不同之處，其實也就一開始一兩個月會不適應，慢慢就習慣了。最好的方式其實就是不要害怕，多多問人，不然就會像我一樣從失敗中學習，哈哈！

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？

交換生活給了我更多的自信和勇氣，嘗試了很多以往不曾做過的事，我覺得最大的成長就是開拓了我的視野，透過和歐洲學生們的聊天可以知道再另外半邊的地球，人們的生活狀況，讓我收穫良多。

H. 感想與建議：來歐洲留學交換前，我還會有很多顧慮，而且會很擔心很猶豫，但我非常慶幸自己能在出社會前的最後時刻，完成這趟人生中難忘的旅程，雖然銀行帳戶裡存的錢不斷減少，但是這些在歐洲時的美好回憶和認識的好朋友，將會在我未來的日子裡，不斷複利，我覺得這才是我的最大收穫。而且不趁著還是學生時來歐洲留學，以後去旅遊，景點基本都要花兩倍的價錢，這樣也算是提前省了一筆啊哈哈！

最後我最推薦各位學弟妹們一定要去巴黎旅遊，那是我最喜歡的城市，不僅 26 歲以下的學生，博物館美術館都能免費入場，而且每個館都非常好看精彩，食物也都非常好吃。而倫敦是我最愛的第二個城市，除了貴沒什麼缺點，而且如果提前做好功課，同樣能吃到很多美食，不用擔心。

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)

The University of Freiburg, founded in 1457, is one of the oldest universities in Germany and a renowned research institution in Europe. It is particularly strong in the humanities, law, medicine, and environmental sciences, with abundant academic resources and solid research capacity. Located on the edge of the Black Forest, the city of Freiburg offers a beautiful natural environment and a high quality of life. The city is well-equipped

with daily necessities while still maintaining a peaceful atmosphere, making it an ideal place to focus on academic work and broaden one's international perspective.

During my exchange semester, I took three courses, all of which I would highly recommend. Two of them—Business English Advanced and English for Today's World—were taught by the same instructor on the same day. These courses had been strongly recommended by previous exchange students. The professor, Lisa, is American and has lived in Germany for over 30 years, with more than three decades of teaching experience. Her classes were engaging and highly interactive, with a strong emphasis on improving speaking skills through constant discussion and peer interaction. We only had three assignments and no final exam, which made the courses both practical and manageable. Unfortunately, this was her last semester at the University of Freiburg, so future students may not have the chance to take her classes.

My third course, Intercultural Competence for International Students, was specifically designed for international students and will continue to be offered in future semesters. The instructor, Karen, was very kind and supportive. The course met only once a month on Saturdays from 9 a.m. to 5 p.m., which made it especially suitable for exchange students. There was no written exam; instead, each student gave a short 5–10 minute presentation introducing aspects of their own culture. The class focused on topics such as cultural conflict and cultural integration, and it included many interactive speaking activities. It was also a great opportunity to meet students from various countries and build international friendships. In the final session, we had a small cultural party where everyone brought food or drinks representing their home country. To pass the course, we only needed to submit a short PowerPoint presentation summarizing what we had learned. However, I strongly advise future students to research courses in advance, as the university's course registration system is quite complex. Delayed registration may significantly limit available options.

In terms of daily life, Freiburg is generally very safe compared to larger cities, although caution is still necessary. I heard of a case where a student's laptop was stolen during a robbery. Nevertheless, overall public safety is relatively good. If you do not shop frequently and mainly buy necessities from supermarkets, the city is convenient and comfortable. One minor inconvenience is that the nearest airport is in Switzerland, requiring around 40 euros and approximately four hours for a round trip. Despite its small size, Freiburg is well-equipped with everything one needs.

I would also recommend attending the international student welcome party at the beginning of the semester. It is an excellent opportunity to meet new people, enjoy affordable food and drinks, and quickly expand your social circle. At the event, students can purchase the ESN card, which offers various benefits, including discounted Ryanair tickets and free checked baggage opportunities, as well as discounts on many ESN-organized activities. It is best to apply for the card on that day, as it may be more difficult to obtain later.

This exchange experience brought several concrete benefits. First, my English speaking skills improved significantly, and I became more fluent and confident in daily conversations. Second, frequent travel across Europe enhanced my ability to plan trips efficiently and independently. Third, living abroad presented more challenges than studying in another city within Taiwan, which strengthened my independence and problem-solving abilities.

During my time abroad, I encountered several difficulties. Once, I accidentally locked myself out of my dorm room late at night because I forgot my key. Since the administration office would not reopen until the next morning, I was fortunate that a kind German classmate allowed me to stay in his room for the night. After that incident, I developed the habit of always placing my key on the door handle before leaving, ensuring I would not forget it again. I was also nearly robbed at a fast-food restaurant in Prague. Although the thief attempted to

snatch my backpack, I managed to hold onto it and scare him away. This experience made me much more cautious while traveling.

Cultural differences were another important aspect of my adjustment. For example, most shops in Germany are closed on Sundays and public holidays, and many close early on Saturdays. Supermarkets also require bottle deposits, which must be returned through recycling machines to receive a refund voucher. Public transportation often operates without ticket gates, but random inspections are frequent and fines are high. Administrative procedures can be slow, and proactive communication is often necessary to expedite issues. Initially, these differences caused inconvenience, but over time I adapted. The key was to ask questions, learn from mistakes, and gradually become familiar with local norms.

Overall, this exchange experience gave me greater confidence and courage to try new things. The most significant growth was the expansion of my worldview. Conversations with European students allowed me to understand different lifestyles and perspectives from the other side of the world. Before coming to Europe, I had many concerns and hesitations. However, I am deeply grateful that I took this opportunity before entering the workforce. Although my bank savings decreased, the friendships, memories, and personal growth I gained are far more valuable and will continue to benefit me in the future.