

A. 學校簡介

漢堡大學於 1919 年建校，是德國最大的大學之一。作為德國高校中相對年輕的一所大學，漢堡大學憑藉其地處德國第二大城市的優勢，在科研方面具有很強的實力。除大學的系和研究所外，漢堡大學還有五個特殊研究部門。1959 年，在漢堡的西部建立了德國電子加速器裝置(DESY)，漢堡大學物理系也建在 DESY 內。大學與 DESY 的緊密合作，使漢堡迅速成為高能物理學的重鎮，在隨後的五六十年至今，漢堡擁有全球最先進的加速器裝置和其它大型物理裝置，長期保持全球領導地位。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

漢堡大學提供學期前的密集德文語言課，學生可以依據分級測驗，選擇不同程度的課程。這次密集授課為期兩個禮拜，我覺得在這裡學德文好處是，完全沉浸在德語環境中，而且日常周遭也全是德文，可以學習到很多課本上沒有的常用單字和句子。在這裡和我在台灣學習德文的上課氛圍很不一樣，比較多是學生之間日常對話練習為導向，考試也很偏應用。不像在台灣學德文，一個禮拜只有一堂，日常生活也看不到德文，很容易一個禮拜後又忘了很多，密集德文語言課加上身處在德國，讓我可以更快速提升我的德文能力。

C. 國外研修之生活學習（課外）

除了能在課餘時間或是放假期間到各國玩以外，也能體驗在漢堡的生活。漢堡是德國第二大城，城市裡有很多活動可以參加，我參加了博物館之夜、826 週年港口節、鐵人三項、同志大遊行等。我住的宿舍比較特別，整層樓只有我是交換生，其餘是在漢堡大學就讀學位的德國人或是國際生。有時會和他們一起出去，去易北河愛樂廳看表演、在酒吧喝啤酒、去漢堡 Summer Dom 玩，宿舍管委會也會舉辦 party，讓不同層樓的室友們有機會交流。當然，還會和台灣交換生一起玩，像是一起煮麻辣鍋、壽喜燒，一起野餐、划船，或是一起去漢堡附近的城市以及城鎮。近幾年開始，德國學生的 semester ticket 除了可以在自己所屬的邦免費搭乘所有大眾運輸外(火車只能搭 regional train)，到德國其他邦的城市大眾運輸也都免費，所以十分方便。住在漢堡的好處是附近有許多城市和城鎮可以玩，像是有名的布萊梅、呂北克等等，搭乘 regional train 一個半小時就可到達。我也充分利用我的 semester ticket，到德國許多城市遊玩，省了很多交通費，又能更深入了解德國。今年很特別的是，世大運剛好在德國舉辦，可以當世大運志工外，又能近距離幫台灣選手大聲加油，很幸運可以親眼見證台灣桌球男團贏下金牌。

D. 交換/研修之具體效益（請條列式列舉）

1. 提升德語能力
2. 提升煮飯能力
3. 學會獨立自主，找尋方法解決問題
4. 主動提出要求
5. 學習和一個人獨處
6. 習慣德鐵出包，面對行程被打亂仍處變不驚

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？

在來德國交換之前，已經了解德鐵常常出包，但當自己第一次實際遇到的時候，仍手足無措。當時是從 Schwerin 回到 Hamburg Hbf 的路上，因為號誌故障，所以中途我們只能停在 Buchen，要自己

想辦法回到漢堡主火。車長都是德文廣播，我只能靠著 google 即時語言翻譯，來了解到底發生什麼事。而這時也要主動向車上的乘客尋求幫忙。我目前遇到的德國人都會講英文而且也很願意幫忙。當時坐在我前面的德國情侶告訴我要怎麼轉車到呂北克，再從呂北克轉兩次車回漢堡。看到大家一下車往哪裡跑，我也跟著一起跑，最後在凌晨終於回到漢堡...比原本預計還要晚四小時才回到漢堡。之後常常獨自在德國旅行，也常常遇到德鐵延誤或突然取消，各種奇怪事情都遇到了，但我已經慢慢習慣，學會隨機應變還有不怕尋求協助。德國人都已經很習慣這些事情的發生，所以他們都不慌不忙，找尋方法，畢竟抱怨也無法改變現狀。雖然德鐵很爛，但是 app 倒是很不錯，可以了解你搭的這班列車發生甚麼事，找尋其他替代方案。當火車誤點或取消，旅行時間被迫拉長，我也習慣這些事情的發生，所以搭德鐵時，行程要保有時間彈性，並且我也發現德國人很常在大眾運輸上閱讀，而我本身在台灣也有閱讀習慣，所以現在在旅行中，我會隨身攜帶小說，搭車時或是在車站等車時，都可以來閱讀，不怕無聊。

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？

曾遇到歧視，一開始會很難過，但久了就習慣了，並且覺得他們很沒有教養。

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？

最大的成長莫過於學會反思。在台灣求學的過程中，很常因為課業壓力下，忙碌過完每一天。德國整個社會氛圍是很優雅緩慢，這裡的人很懂得享受生活，當有太陽時，很多人會去公園野餐或從事戶外活動，工作或讀書不是生活的唯一目標。在和德國朋友們聊天後，發現他們很多都有 gap year 幾年，去摸索自己真正想要的是什麼。在德國交換，因為沒有像在台灣有課業壓力，我也學會停下腳步，除了看看自己居住的城市長甚麼樣子，用心感受這裡一年四季的變化，還有更多的是，在與自己獨處的時間裡，停下腳步，不再只是隨波逐流，順應社會期待，而是思考自己真正想要的是甚麼。

H. 感想與建議

誠摯的感謝父母能讓我有機會來德國交換，打開我的眼界。我也感受到在德國交換期間，我有更多時間去摸索和思考我的未來。還有很感謝在交換過程中遇到的每一位，因為有你們，讓我的交換生活變得更精采。

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

University of Hamburg was founded in 1919 and is one of the largest universities in Germany. As a relatively young institution among German universities, it benefits from being located in the country's second-largest city, giving it strong research capabilities.

During my exchange life in Hamburg, in addition to traveling to other countries during holidays or in my free time, I was also able to experience life in Hamburg. As the second-largest city in Germany, Hamburg offers a wide range of events and activities. I participated in events like the Long Night of Museums, the 826th Hafengeburtstag, a triathlon, and the Pride Parade. The dormitory I lived in was quite unique—on my entire floor, I was the only exchange student. The rest were German or international students pursuing full degrees at University of Hamburg. Sometimes we would hang out together, going to concerts at the Elbphilharmonie, grabbing beers at bars, enjoying rides at the Summer Dom fair, or attending dormitory parties organized by the housing committee, which allowed residents from different floors to connect.

Of course, I also spent time with other Taiwanese exchange students—we cooked hotpot and sukiyaki together, went on picnics, paddled boats, and visited cities and towns around Hamburg. In recent years, the semester ticket for German students not only allows for free public transportation within their home state (regional trains only), but also grants access to local transport in other federal states across Germany, making travel very convenient. One of the advantages of living in Hamburg is its proximity to many other cities and towns, such as the well-known Bremen and Lübeck, which are only about an hour and a half away by regional train. I made full use of my semester ticket to travel around many German cities, which helped me save on transportation costs and gain deeper insights into German culture.

This year was particularly special because the Summer World University Games were held in Germany. I had the opportunity to volunteer and cheer for the Taiwanese athletes up close—it was such a privilege to witness Taiwan's men's table tennis team win the gold medal.

The greatest personal growth I experienced was learning to reflect. While studying in Taiwan, I often rushed through each day under the pressure of academics. In contrast, German society has a more elegant and relaxed atmosphere. People here truly know how to enjoy life. When the sun is out, many go to parks to picnic or engage in outdoor activities. Work and study are not seen as the main purposes of life. After talking with German friends, I found that many of them take gap years to explore what they truly want in life. During my exchange, without the heavy academic pressure I had back home, I learned to slow down—not only to discover what the city looked like through the seasons and to take in my surroundings, but also to spend time alone reflecting. I stopped simply going with the flow or following societal expectations, and instead started to think about what I truly want for myself.

I'm sincerely grateful to my parents for giving me the opportunity to study abroad in Germany—it truly opened up my world. I also deeply appreciate everyone I met during my exchange life in Hamburg. Because of you, my time in Hamburg became so much more vibrant and unforgettable.