

## 學校簡介

德國漢堡大學位於德國漢堡，成立於1919年。該大學是德國其中一所最大的大學之一，擁有廣泛的學科領域和豐富的學術資源。漢堡大學提供的學科包括人文學科、社會科學、自然科學、工程學等多個領域，並且在許多領域都享有很高的學術聲譽。有多個研究中心和實驗室，支持學生和教師進行前沿研究。

## 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

### 1. Lessons from HR & Psychology: Communicating effectively at work

這是最推薦的課程。此課程為seminar性質，課堂中會先由老師介紹模型或該堂課的主題，接著多為同學之間互相討論，並與大家分享想法。我認為這很有趣也是台灣鮮少有的課程性質，在這樣的課程中我可以了解來自不同背景、年齡、國家等的觀點，讓我了解一件事情的多個面向；能夠內化老師所教的模型及主題；更可以訓練自己英文的組織及口語能力。

### 2. Presenting with Confidence & Competence

### 3. Technology and Innovation Management

## 國外研修之生活學習（課外）

無

## 交換/研修之具體效益（請條列式列舉）

### 1. 語言能力提升：

歐洲多數國家的景點標誌都有英文輔助，且多數國家的當地年輕人也可以用基本的英文進行溝通（個人認為：德國年輕人的口音不重，都能夠理解；法國及義大利人的口音最重，有時候會聽不懂）在溝通時，當然不用用到非常華麗的英文詞藻或非常正確的文法，但「願意開口說」是最重要的。在歐洲生活的這段期間，不管是上課還是旅行，我都讓自己明顯感覺英文組織及口說的能力進步很多。有很多人會問，到當地交換有需要學習當地的語言嗎？我認為可以，學習基本生活口語就好。我在德國交換期間，年輕人基本都可以用英文與之交流。但是，當你會簡單的「不好意思，請問這個多少錢？」「請問我可以說英文嗎？」「你好，請，謝謝，再見」等口語德文，會明顯感受到他們更願意停下手邊的事幫你，所以花點時間學習簡單的生活用語是必要的。

### 2. 獨立生活的能力

隻身到9000多公里外的異國生活，在語言、文化、人種都不同的情況下，都需要一定的時間適應。以前在台灣不常開伙的我，在德國會邊看Youtube煮飯影片慢慢學習；以前害怕自己英文太爛不敢開口的我，在德國會願意開口求助並詢問，甚至最後我也成為幫助旅客的人。在沒有家人的幫助下，我漸漸成為一個能夠獨立生活的大人，即使過程會面對各種困難及挫折，能夠真切感受到自己的成長是非常有成就感的。

### 3. 問題解決能力

在歐洲生活及旅遊，會遇到非常多不曾碰過的不可抗力因素，例如：火車、機場、地鐵罷工；火車取消或誤點；小偷四伏；天候不佳等，也有可能會碰到人種不同的種族歧視。在碰到這些情況時，保持冷靜不慌張非常重要，必要時可以找人求助。（舉例如下題）

## 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?

我在準備從德國漢堡機場要飛往英國旅遊時，被Ryanair的機場櫃檯人員刁難。他們說我的護照是“Republic of China”，因此我來自中國。中國規定該國人民在沒有申請英國簽證的情況下不能入境英國。他說我不能入境英國，並且將此狀況透過電話呈報給總部或上司（我猜）。我不斷告訴櫃檯人員說我來自台灣，但他的態度非常惡劣及強硬，並沒有要協助我或理解我的說法的意思，只叫我在一旁等待。我當下非常緊張，甚至慌張到哭出來。半小時後，總部才給予回覆說確定我是台灣人，讓我通行。後來我上網查才發現，很多人都有遇到這樣的狀況。如果不幸遇到此狀況，首先態度要夠強硬，不要像我一樣看起來很弱很好欺負。第二，直接打給該國的駐台辦事處（如果辦事處還沒營業，直接打緊急專線）請辦事處協助溝通。

## 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

我的宿舍是4人一間，其中一位印度女生時常煮一些香料味較重的食物，在沒有開抽油煙機的情況下，味道很常飄進我的房間並難以散去。有時煮完飯後也不會隨手清理廚房，導致大家在使用廚房公共空間時受到限制。一開始我想說忍忍就算了，但長期下來真的不太舒服，於是我禮貌透過Whatsapp和他溝通並說明我的難處。幸好他人非常好也願意配合，最後都會開抽油煙機及窗戶，也會隨手清理廚房。

## 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?

我認為最大的成長是自己開始獨立生活及獨自面對並解決困難的能力。台灣生活過於方便，遇到困難也可以向家人與朋友求助，語言上也不會有任何障礙。然而，在歐洲，當感冒時需要自己翻譯好去藥局買藥，預約醫生看病；當在旅行時，需要自己提高警覺；當你遇到和自己特質不合的室友，需要自己溝通及調適。在台灣看似平凡的日常生活，在異地都成為每個困難的關卡。當下會覺得很心累很衰，甚至會埋怨為什麼偏偏是自己碰到這些挫折，但如今交換結束回頭看過，卻發現這些都是人生很寶貴的課程，並非書裡或學校可以學到的。

## 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?

獎學金最直觀的當然是讓我的生活質量大大提升，畢竟在歐洲各方面的花費都非常可觀，因此這些錢可以讓我過得更好，甚至讓我到其他國家旅行，開拓我的世界觀。因為「交換學生」是人管所的畢業門檻，因此有無獎學金我都必須至歐洲交換。

## 感言及心得感想

交換的這段期間，我生病過；遇到不合的室友過；被機場櫃檯人員刁難過，但我也因為這些困難遇到天使藥劑師，親切地用英文或Google翻譯和我溝通；遇到更多更多天使室友，大家一起煮年夜飯吃一起為我慶祝生日；在歐洲生活及旅行更多的是願意出口幫助的當地人。水逆人人都會碰到，但現在回頭看都是人生中非常寶貴且難得的回憶，其中我也訓練自己獨當一面的能力。跨越舒適圈除了訓練自己，家人的鼓勵與金援更是讓我真切感受到他們的重要。感恩且珍惜自己所有的，也是我這次交換所學的一大課題。

# 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)

## 1. School Introduction

The University of Hamburg is located in Hamburg, Germany, and was established in 1919. It is one of the largest universities in Germany, with a wide range of academic disciplines and abundant academic resources. The university offers programs in various fields such as humanities, social sciences, natural sciences, and engineering, enjoying a high academic reputation in many areas. With multiple research centers and laboratories, it supports students and faculty in conducting cutting-edge research.

## 2. Courses

### A. Lessons from HR & Psychology: Communicating effectively at work

This is the course I highly recommend. It is seminar-based, where the teacher introduces models or the topic of the class, followed by discussions among classmates, sharing ideas. I find this very interesting and somewhat rare in Taiwan. In such courses, I can understand perspectives from different backgrounds, ages, and nationalities, allowing me to grasp multiple facets of a subject, internalize the models and topics taught by the teacher, and improve my English organizational and verbal skills.

### B. Presenting with Confidence & Competence

### C. Technology and Innovation Management

## 3. Specific Benefits

### A. Language Skills Improvement:

Most landmarks in Europe have English assistance, and most young people in European countries can communicate in basic English. During my time in Europe, whether in class or while traveling, I noticeably improved my English organizational and speaking abilities. Many people may ask, is it necessary to learn the local language when studying abroad? I think it's beneficial to learn basic conversational language. During my exchange in Germany, most young people could communicate in English. However, knowing simple phrases like "Excuse me, how much is this?" "Can I speak English?" "Hello, please, thank you, goodbye" in German, I felt they were more willing to help, so learning simple everyday language is necessary.

### B. Ability to Live Independently:

Living alone in a foreign country over 9000 kilometers away requires adaptation to language, culture, and different races. Previously, I rarely cooked in Taiwan, but in Germany, I started watching cooking videos on YouTube and gradually learned. Previously, I was afraid to speak English due to my poor proficiency, but in Germany, I was willing to ask for help and even became someone who helps travelers. Without the help of family, I gradually became an adult capable of living independently. Although the process involves facing various difficulties and setbacks, experiencing personal growth is very fulfilling.

### C. Problem-Solving Skills:

Living and traveling in Europe, you may encounter many unforeseen factors such as strikes at train stations, flight cancellations or delays, pickpockets, bad weather, and possibly racial discrimination. In such situations, remaining calm and seeking help when necessary is crucial. For example, when I was at Hamburg Airport preparing to fly to the UK for travel, I faced difficulties from Ryanair's airport staff. They insisted my passport was from the "Republic of China," therefore, I was Chinese and couldn't enter the UK without a visa. Despite my continuous explanation that I'm from Taiwan, the staff's attitude was very hostile and unyielding. I was extremely nervous and even cried. Half an hour later, headquarters confirmed I was Taiwanese and allowed me to pass. Later, I found online that many people had encountered similar situations. If unfortunate enough to encounter such a situation, first, you must be assertive; don't appear weak and easily bullied. Second, call the country's embassy or consulate (if unavailable, call the emergency hotline) for assistance in communication.

## 4. Conclusion

During this exchange period, I fell ill, encountered incompatible roommates, and was troubled by airport staff, but I also met angelic pharmacists who kindly communicated with me in English or through Google Translate. I met more angelic roommates who cooked big dinners together and celebrated my birthday. In Europe, locals are more willing to offer help. Everyone experiences challenges, but looking back, these are invaluable and cherished memories in my life, where I also trained myself to be more independent. Crossing comfort zones not only trains oneself but also emphasizes the importance of family encouragement and support, which I deeply appreciate. Being grateful and cherishing everything I have learned is one of the major lessons from this exchange.