這次交換的學校是德國的雷根斯堡大學，是位於德國巴伐利亞州的雷根斯堡的一所公立大學，其涵蓋多個學院，為綜合型大學。

在這所學校我最主要修習的是德國經濟以及德文 A1 這兩門課。德國經濟是一門架構完整的課，一週上兩天課，禮拜五上的是 Lecture，主要由老師講授課程，隔週禮拜四則是 tutorial，老師會詢問學生本週對於德國經濟有何新的想法或是有了解甚麼新聞，帶領大家一起討論。也會準備一些延伸閱讀的文章，供大家在課堂閱讀，並發表看法。我覺得是一門可以學到很多的課，就是如果要學得實，可能要花不少時間在上面。至於德文課，我在正式學期開始前，有報名參與要另外付錢的德語密集班 A1.1，原本打算開學後修習 A1.2，但是一週要上三天課，這樣的課程安排對於我來說太不彈性，所以改成選 A1，因為沒學過 A1.2，所以有時在課堂會突然聽不懂，但老師都會很有耐心地解釋，也準備很多補充資料讓我們課餘可以練習（不強制），我覺得上完課之後，會讓德文進步。

獨自一人來到國外，會學會自己打理許多事，不管是食衣住行育樂。而你也會多了很多時間可以自己規劃，決定要做什麼。我覺得是一個很好讓自己靜下來，調整以往模式的機會。

交換之具體效益

- 提升獨立生活的能力
- 提升溝通能力
- 提升語言表達能力
- 廚藝進步
- 提升對於不確定性承擔能力
- 提升問題解決能力
- 視野開闊
- 了解不同生活風格
- 與不同文化、背景與經歷的人交流的機會
- 體會不一樣的生活模式
- 親身感受以前只聽說或是看過的東西

在國外旅遊有時會遇到手機沒電或是沒網路的情況。去車站或是比較大的連鎖店可能會有 wifi，有網路的時候可以先截圖自己要前往的路線或是下載離線地圖，再不然也可以直接在網路上購買一日 esim。手機沒電可以仔細觀察車站、機場或是博物館之類的可能會有插座，也可以開口請工作人員幫忙或是請看著比較友善的人幫忙。

沒有很明顯的文化衝擊。

我認為海外生活歷練給我帶來最大的成長是為自己的每一個行為負責。在國外可以很自由，決定自己的每一個時刻要做什麼，全權交由自己，所以所有事情帶來的效果也是由自己承擔。

我覺得交換帶來的收穫比當初的想像還要多更多，要真的親身踏進新的土地後，才漸漸有感，跟聽著別人分享經歷或是看照片非常不一樣，只有親身感受，才能真的有自己的想法與體驗，有些別人覺得不喜歡的，也可能很適合你，或是別人覺得不錯的，你可能會覺得還好。不要抗拒體驗新的事物。不要覺得自己還沒準備好就卻步。交換也不完全全是光鮮亮麗的，自己要處理的事情很多，感受與心情也會被放大，可以找找調適的方法，自己一個人或是找朋友都可以，記得完全可以自由決定自己的步調。

This time I went to the University of Regensburg in Germany. It is a public university in Regensburg, Bavaria. It has many faculties. It is a big, comprehensive university.

In this school, I mainly took two courses: German Economy and German A1. German Economy is a well-structured course. We had class twice a week. On Friday, it was a lecture. The teacher taught the main content. Every other Thursday, we had a tutorial. The teacher asked us what new ideas we had about the German economy, or what news we read. Then we discussed together. The teacher also gave us extra reading articles. We read them in class and shared our opinions. I think this course taught me a lot. But if you want to really learn it well, you need to spend a lot of time on it.

For the German course, before the semester started, I joined an intensive A1.1 class. It needed extra payment. I originally planned to continue with A1.2 after the semester began. But that class was three days a week. It was too inflexible for me. So I changed to A1 instead. Since I never learned A1.2, sometimes I could not understand parts of the class, but the teacher was very patient and explained again. She also gave us many extra materials to practice after class (not required). I think after this course, my German got better.

Coming to a foreign country alone, I learned to take care of everything myself. Food, clothes, housing, transportation, everything. I also had a lot more time to plan by myself, to decide what to do. I think this was a good chance to slow down and adjust my previous lifestyle.

Some concrete benefits from this exchange:

- Improved ability to live independently
- Better communication skills
- Improved language expression ability
- Cooking skills improved
- Better at handling uncertainty
- Better problem-solving skills
- A broader perspective
- Understanding different lifestyles
- Opportunities to interact with people from different cultures and backgrounds
- Experience different ways of life
- Personally experiencing things I only heard or read about before

Sometimes when traveling, my phone had no battery or no internet. Train stations or big chain stores usually have wifi. When I had internet, I would take a screenshot of my route first, or download an offline map. Or I could just buy a one-day eSIM online. If my phone had no battery, I would look for outlets in train stations, airports, or museums. I could also ask staff, or ask someone who looked friendly, for help.

There was no big culture shock for me.

I think the biggest growth from this experience is learning to take responsibility for my own actions. Living

abroad gave me a lot of freedom to decide what to do at every moment, but this also means I have to bear the consequences of my own choices.

I think this exchange gave me much more than I expected. Only after truly stepping into a new environment, you slowly start to feel it. It is very different from just hearing other people's stories or looking at photos. Only by experiencing it yourself, you can really have your own thoughts and feelings. Something other people don't like might actually be good for you. Something other people think is great, maybe you feel just okay. Don't be afraid to try new things. Also, maybe you don’ t have to feel fully ready to take the first step. Exchange life is not always shiny or perfect. There are many things you need to handle yourself. Your feelings can also become more sensitive, more easily affected. You can find your own ways to adjust, whether alone or with friends, and always remember that you are free to decide your own pace.