

繕打 中文及英文 心得報告，應包含下列項目

(中文至少 1,000 字+英文至少 500 字。赴中國交換者不需撰寫英文心得。)

A. 學校簡介

漢堡大學 (Universität Hamburg) 成立於 1919 年，是一所位於德國漢堡的著名綜合大學，其設有多個學院，包含法學院、商學院、醫學院、教育學院、人文學院和數學、資訊與自然科學學院，以及商學、經濟與社會科學學院等，不僅研究與學術領域橫跨範圍廣泛，也於德國卓越大學計劃獲選為卓越大學 (University of Excellence)。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

我於本次交換選修了 *Grundlagen des Operations Research* 課程與 *Investition und Finanzierung* 課程，其皆為德語授課，也都非常推薦選修。兩門課程皆是以講授課搭配實習課的教學模式，其中，實習課是由助教講解練習題，同時也提供學生提問的機會，不僅可以有效幫助我們複習課程內容，也有助於釐清和更加理解相關觀念。

C. 國外研修之生活學習 (課外)

漢堡大學透過舉辦許多活動，除了幫助學生們認識漢堡這座城市之外，也提供來自不同文化背景的同學們互相認識和交流的機會。其中，除了商學院舉辦的活動外，我參與最多的活動是由漢堡大學 PISATA 計畫的組織所主辦。PIASTA 舉辦的活動非常多樣且豐富，從校內的校園導覽、漢堡港口的渡輪觀光以及採草莓，到參觀由市中心出發車程需近一個多小時的有機農場等等，不僅活動涵蓋範圍非常廣泛、多元，也讓我能夠從不同視角欣賞漢堡這座城市的多樣面貌。

D. 交換/研修之具體效益 (請條列式列舉)

1. 了解不同文化的特色與其之間的差異，並增進國際視野。
2. 學習獨立自主以及解決問題的能力。
3. 自我探索，有助於未來之規劃。

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？

在採購食物的時候，有時不確定一些肉製品(如火腿等)能否直接食用，因此不知道是否還需要加熱或烹煮，最後是鼓起勇氣主動向超市的工作人員詢問，馬上就解決了這個疑問，也省下了不少自己查詢的時間。

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？

在德國大多數的店家在星期日是不營業的，僅有車站內或附近的商家才有，且於平日時，大部分店家的打烊時間也較早，因此在採購日常生活用品時，需特別留意該商家的營業時間，以免錯過。

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？

本次的交換經驗讓我變得更加積極、主動，透過參與學校組織規劃的許多活動，主動認識來自其他國家和不同專業領域的同學，不僅提升了我融入與適應陌生環境的能力，同時也增進了與他人交流和溝通的技巧，使我與同學們互動時更加開朗、有自信。此外，在海外生活的這段期間，我更加意識到，當面對生活或學習上的困難時，勇於主動向他人詢問和請教的重要性，這不僅有助於我快速解決問題，也使我逐漸培養出獨立自主的能力。

H. 感想與建議

透過本次的交換計劃，不僅讓我有機會體驗國外大學的校園生活，同時也使我可以更深入了解國外的文化與歷史並拓展國際視野。這次海外生活的寶貴經驗不但使我變得更加獨立、有自信，更讓我有勇氣跨出舒適圈，獨自面對不同事物和挑戰。這段時間所獲得的成長以及啟發，不僅更豐富了我的人生經歷，也對我未來的規劃和方向很有幫助，這將會是我以後時常翻閱的珍貴回憶之一。

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

The University of Hamburg (Universität Hamburg), founded in 1919 and located in Hamburg, Germany, is one of Germany's leading institutions of higher education. The University of Hamburg is recognized as a

University of Excellence for its high-quality research and outstanding academic achievement. It consists of eight faculties and numerous departments in a wide range of fields, including the Faculty of Law, Faculty of Business, Economics and Social Sciences, Faculty of Medicine, Faculty of Education, Faculty of Humanities, Faculty of Mathematics, Informatics and Natural Sciences, Faculty of Psychology and Human Movement Science, and Faculty of Business Administration (Hamburg Business School).

During my exchange study at the University of Hamburg, I have selected two German-taught courses which are *Grundlagen des Operations Research (Foundations of Operations Research)* and *Investition und Finanzierung (Investment and Finance)* offered by the Business School. Both courses are structured with lectures and practical courses. Different from the lecture sessions led by the professors, practice courses are held in smaller groups and conducted by the teaching assistants. In the practice sessions, the teaching assistant will go over the course exercises and provide students with the opportunity to ask course-related questions, which encourages active participation and helps students review the course content.

The University of Hamburg organizes a wealth of amazing and enriching activities that give students chances to learn more about Hamburg and enable students from diverse cultural backgrounds and fields of study to communicate with each other. Besides the events hosted by the Business School, I have also participated in several activities organized by the PIASTA Program. The PIASTA Program offers a wide range of events, ranging from campus tours and strawberry picking to ferry rides through Hamburg's harbor and Elbe River and a visit to an organic farm. Through these activities, we are able to explore various facets of Hamburg as well as the history of Germany.

Apart from the academic experience acquired during my exchange studies, living overseas as an exchange student additionally contributed positively to nurturing my personal growth. Throughout this journey abroad, I not only gained deeper insights into different cultures but also developed the ability to live independently and confront challenges on my own. In addition, I have realized the importance of being proactive in asking questions or seeking help and reaching out to others; in this way, problems can be quickly resolved, and time can be efficiently saved as well. Moreover, my mindset and outlook were profoundly transformed through this exchange period, which allowed me to think from a broader perspective and helped me clarify my future goals and plan. I believe this precious exchange study experience will be one of my memories that I will often look back on in the future.

I highly recommend the University of Hamburg to students who are planning to apply for the exchange program. With the University of Hamburg's well-designed programs for incoming students, along with abundant high-quality academic resources and a variety of extracurricular options offered, you could experience a perfect "study-life balance" and vibrant campus life during your stay in Hamburg.