

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

Technische Universität Darmstadt (德國達姆施塔特工業大學) 創立於 1877 年，位於德國黑森州的 Darmstadt，是一所歷史悠久且享有高度國際聲譽的理工導向研究型大學。

該校是德國頂尖理工大學之一，亦為 TU9 聯盟成員，代表德國九所最具影響力的工業大學，在工程、資訊科技與自然科學領域具有卓越表現。達姆施塔特工業大學以其強大的研究實力聞名，特別是在電機工程、機械工程、電腦科學及人工智慧等領域，與產業界 (如汽車、資訊科技與化工產業) 保持密切合作關係。學校強調創新與跨領域整合，致力於培養具備國際視野與實務能力的人才。此外，該校積極推動國際交流，吸引來自全球各地的學生與研究人員，並提供多元英語授課課程，打造高度國際化的學習環境。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

這次在 Technische Universität Darmstadt 交換期間，我一共修了兩門課，分別是 German Intensive Basic Course I/II 和 Introduction to Entrepreneurship。兩門課的上課方式和台灣很不一樣，也讓我有很多新的學習體驗。

一、German Intensive Basic Course I/II

這門德文課是密集班，上課節奏非常緊湊，每週一到五每天早上八點多就要上課，一路到下午一點，有時候下午還會有自發性的口說練習可以參加，很像回到高中那種每天規律上課、一直讀書的生活。雖然是入門課，但其實難度不低。如果想學得扎實、考試也能順利通過，一定要花時間複習甚至預習。我自己因為在出國前有先在中山大學修過一學期基礎德文，所以比較好銜接，準備的時間也不需要太長。但如果完全沒有基礎，可能會覺得壓力蠻大。另外一個很明顯的感受是，班上很多同學都是歐洲交換生，他們雖然德文也不是母語，但上手速度很快，相比之下亞洲學生會稍微辛苦一點。

考試內容包含聽、說、讀、寫，不過我覺得不會太刁難。只要有正常出席、跟著課程進度走、有花心力準備，基本上都可以順利通過。整體來說，這門課讓我不只是學到德文，也重新建立了很好的學習節奏，收穫很多。

二、Introduction to Entrepreneurship

這堂課內容很緊湊，也很貼近現在的趨勢。我本來在中山大學就是讀 MBA，已經上過很多商管相關課程，但這堂課給我的感覺很不一樣。台灣的課通常比較偏重「教理論，再讓你做報告或套用」，但這堂課雖然最後是用紙筆考試評分，整體教學卻更強調「創業的思維」跟「怎麼發想」。它不是只讓你記理論，

而是會讓你慢慢理解創業的人在想什麼、怎麼做決策。教材安排也很有邏輯，整體連貫性很好，學起來會覺得是在理解一個完整的創業過程，而不是零散的知識。我自己覺得這堂課比起單純把理論套用到案例，更貼近真實世界，也讓我對創業有更深一層的認識。

C. 國外研修之生活學習（課外）

除了學習以外的生活，我想分成食、住、行四個面向來分享。

一、食

餐食方面一定會自己做飯，很幸運的是 Darmstadt 有很大很棒的亞洲超市，什麼都有，什麼都有而且學生證可以打折，除了筷子以外，我個人覺得不太需要自己帶太多食物類的東西，因為在 Darmstadt 你下課走路 10 分鐘左右有很多當地的生鮮超市也有很棒的亞洲超市。

二、住

這是我當初申請交換學生最煩惱的問題，通常資訊也都很不齊全，但如果你是申請 TU Darmstadt 那我認為你可以鬆一口氣，因為 TU Darmstadt 會幫交換生安排住宿，而且學校方會主動聯繫你關於住宿相關的安排，不用自己另外找住宿其實是很方便的，如果你想自己找也可以，Darmstadt 也有很多私人管理的出租公寓公司。

三、行

德國交通最重要的德國通票會在開學後的跟你的電子學生證一起開通，你只要有支付德國的學期貢獻費用，就能夠使用這個通票，但通常落地德國的第一個月是語言加強班還沒正式開學，這一個月裡你需要自己購買德國通票，操作也很容易使用 MVV 的 APP 就能輕鬆訂閱跟取消。

D. 交換/研修之具體效益（請條列式列舉）

交換學生最大得效益，我覺得是心態上會轉變，對很多事情看法會不同，也會開始變得更加懂得感恩，或許我原本覺得很正常的事情，在國外卻並不平常。

再來應該是語言，會真的有很多機會讓你練習你的口說，並且如果在歐洲交換的話你還能學習到除了英語以外的第二外語，即使學習的不深，我依然覺得用語言認識一個國家的文化，很棒。

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？

困境一：一直沒有拿到我的德國健保卡，即使我親自跑辦公室並且寫信多次，結果是仍然沒有拿到，單因為有繳錢，也有健保號碼，所以即使沒有健保卡還是可以看診，影響不大，就只是令人心煩，但在歐洲待幾個月之後，我已經對這種很簡單卻處理不好的小事情沒什麼感覺，建議是：就接受現況吧。

困境二：旅遊的時候登機前一天遇到航空公司破產，所有機票放水流也沒人處理，真心建議各位用你最

大的努力聯絡信用卡發卡機構，並且機票這種東西能刷台灣信用卡就刷台灣信用卡，因為銀行客服處理效率跟歐洲差十萬八千里，真的不要以為這種事荒唐到不行的鬼故事你不會遇到，一但遇到真的非常麻煩，真心建議：幫自己留點保險跟後路，例如如果沒有差很多，盡可能買可以免費取消得住宿等等。

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？

文化衝擊的部分我個人覺得還好，可能衛生習慣差異的部分一開始很難適應，歐洲普遍的衛生習慣跟台灣還是不太一樣，大部分地鐵站都算髒亂，例如很多人會穿鞋踩在布材質的座椅上、隨地便溺等，習慣之後就覺得還好。

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？

我變得更可以接受各種不確定性，我覺得我也真正體驗到了多元文化，好像沒有改變我太多個人特質，但這個交換學生的體驗，總體而言對我來說很正向。

H. 感想與建議

我很珍惜這六個半月的海外體驗，應該跟絕大部分的交換生一樣，這段經歷都會成為人生中很難忘的回憶，即使經歷了很多莫名其妙的挫折，並不是所有事情都跟想像中的一樣美好，我仍然覺得交換學生很有趣，非常值得！

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
赴中國交換者免填英文心得

Technische Universität Darmstadt, founded in 1877 and located in Darmstadt, Hesse, is one of Germany's leading technical universities and a member of the TU9 alliance. The university is well known for its strengths in engineering, information technology, and natural sciences, as well as its strong connections with industry. It also provides a highly international environment with diverse students and English-taught programs, which made it an ideal place for exchange study.

During my time there, I took two courses: German Intensive Basic Course I/II and Introduction to Entrepreneurship. Both courses offered learning experiences that were quite different from what I was used to in Taiwan.

The German intensive course was highly structured and demanding. Classes were held every weekday morning, sometimes with additional speaking sessions in the afternoon. It felt similar to returning to a high school routine, requiring consistent effort, discipline, and time management.

Although it was an introductory course, the pace was fast, and regular review and preparation were necessary. As I had some basic German knowledge before departure, I was able to adapt more easily. However, I observed that many European students progressed quickly, which made the learning environment somewhat challenging. Overall, this course not only improved my language skills but also helped me build a more disciplined study habit.

The course Introduction to Entrepreneurship was the most rewarding. As an MBA student, I have taken many business-related courses before, but this course stood out. Instead of focusing heavily on theories and case applications, it emphasized entrepreneurial thinking and idea generation. The course helped me understand how entrepreneurs think and make decisions, and the materials were well-organized and closely connected to real-world situations. This experience deepened my understanding of entrepreneurship and changed how I view business education.

Beyond academics, my daily life in Germany also provided meaningful learning experiences. In terms of food, I often cooked for myself, and I was pleasantly surprised by the availability of Asian supermarkets in Darmstadt. For accommodation, the university arranged housing for exchange students, which made the process much easier. Regarding transportation, the German semester ticket allowed convenient travel, although I had to manage it myself before the semester officially began.

The biggest benefit of this exchange experience was a change in mindset. Living abroad made me realize that many things I once took for granted are not universal. I also had more opportunities to practice languages, not only English but also German, which helped me better understand different cultures.

During my stay, I also faced some challenges. For example, I never received my German health insurance card despite multiple attempts to follow up. However, since I still had insurance coverage, the impact was limited. Another unexpected difficulty was encountering an airline bankruptcy before a trip, which resulted in financial loss. This taught me the importance of risk management, such as using reliable payment methods and having backup plans.

In terms of cultural differences, I noticed some variations in hygiene habits, especially in public transportation. Although it was difficult to adapt at first, I gradually became more accepting.

Overall, this exchange experience helped me become more adaptable and open to uncertainty. While it may not have drastically changed my personality, it gave me a deeper understanding of different cultures and a more positive and flexible mindset.

I truly value these six and a half months abroad. Despite the unexpected challenges and imperfections, this experience has been one of the most memorable and meaningful periods of my life. I would highly recommend studying abroad to anyone, as it is both rewarding and worthwhile.