

國立中山大學出國交換/研修(含寒暑期課程)/獎助學生

返國報告書

A. 學校簡介

慕尼黑大學 (Ludwig-Maximilians-Universität München , 簡稱 LMU) 是德國最頂尖且歷史最悠久的大學之一，創立於 1472 年，位於南德的慕尼黑市中心，被列為德國「菁英大學」之一，培養了許多諾貝爾獎得主與世界知名學者。

LMU 採「城市型校園」模式，沒有明顯的圍牆或集中校園區塊，而是分佈在市內各處。人文與社會科學相關的學院多位於市中心主校區

(Hauptgebäude)，距離地鐵 Universität 站僅數步之遙，交通便利且建築古典優雅。醫學與自然科學相關院系則多位於郊區的 Grosshadern 或 Martinsried 校區，擁有醫院與先進研究設施。整體交通系統完善，地鐵、公車與電車四通八達，學生通勤相當方便。

B. 國外研修之課程學習 (課內)

我將這半年的學習目標設定為深入體驗歐洲文化並兼顧專業學習，因此選修了兩門性質截然不同的課程：

1. 初階德文課

課程內容不僅教授基礎文法與單字，還融入德國生活習慣與文化特色，

如超市排隊時的「個人空間」觀念、對準時的重視、麵包與啤酒在飲食

文化中的重要性等。這不僅幫助我掌握基礎德語，也讓我更快融入當地生活。

2. Starting Up – From Ideas to Successful Business

這是一門彈性高的線上創業課程，內容涵蓋創業構想、商業模式設計與資金規劃等，並以期中與期末團體專案作為評量。我們小組需從零開始模擬創業流程，過程中不僅訓練了商業思維，還提升了跨文化溝通與團隊合作能力。

透過這兩門課，我同時強化了語言文化理解與實務專業能力，對後續赴法國攻讀雙聯學位形成良好銜接。

C. 國外研修之生活學習（課外）

課餘時間，我積極探索德國與歐洲各國。

德國境內因學生 39 歐元交通月票，讓我以極高效率遊歷慕尼黑、柏林、漢堡、科隆、紐倫堡等多座城市，觀察到南北部在文化與生活節奏上的差異。

在四個月內，我還走訪了二十多個歐洲國家：

- **北歐**：在冰島觀賞極光與火山地貌；在挪威與瑞典感受秩序與自然融合的生活方式；在芬蘭體驗謙和且注重個人空間的文化。
- **南歐與地中海**：在西班牙感受熱情與樂天氛圍；在義大利沉浸於藝術與美食；在希臘與聖托里尼欣賞古文明與海島風光。

- **中東歐與巴爾幹**：參訪波蘭集中營遺址反思歷史；在捷克、斯洛伐克感受中歐古城魅力；在土耳其體驗東西文化交融；在克羅埃西亞與斯洛維尼亞欣賞原始自然景觀。

在旅程中，我結識了許多來自台灣不同學科背景的同伴，建立了多元國際與跨領域的人脈網絡。

D. 交換 / 研修之具體效益

1. 拓展國際視野與多元文化理解能力。
2. 提升獨立生活與問題解決能力。
3. 建立跨領域與跨文化的人際連結。
4. 增進語言能力與文化敏感度。
5. 強化跨文化合作與溝通技巧。
6. 培養時間管理與自我規劃能力。
7. 深化自我認識並釐清生涯方向。

E. 海外生活期間曾遇到的困境與解決方式

在歐洲旅行與生活中，偶爾會遇到語言溝通障礙、交通誤點或行程臨時變動等情況。我學會以冷靜分析的方式尋找替代方案，例如：使用 Google Translate 與當地人溝通、透過即時交通 APP 重新安排行程，並在必要時調整計畫，保持彈性與耐心。

F. 海外生活期間的文化衝擊與適應方式

初到德國時，對於德國人強調「準時」、超市收銀快速、公共場合保持距離等文化習慣感到新鮮但也需要適應。我選擇主動觀察、模仿當地人的行為模式，並透過與同學交流理解背後原因，最終不僅適應還融入了當地生活節奏。

G. 海外生活歷練帶來的改變與成長

這段經歷讓我更加獨立、成熟，並養成積極主動的態度。在與來自不同文化背景的人交流合作時，我學會傾聽、包容並尋求共識，這讓我在性格上更加開放，視野更加國際化，也更加確立未來在國際舞台發展的目標。

H. 感想與建議

這次研修不僅實現了我多年來的交換夢想，也開啟了我對世界更深層的理解。

我建議未來想參與交換的同學：

1. 課程安排上平衡專業與語言學習，以提升專業能力與文化融入度。
2. 預留時間規劃課外旅行，透過行走親身感受當地歷史與文化。
3. 勇於走出舒適圈並主動交流，累積跨文化人脈與經驗。

我相信，這段經歷將在我的學業、職涯甚至人生中持續發揮深遠的影響。

During my exchange program at Ludwig-Maximilians-Universität München (LMU Munich), one of Germany's most prestigious and historic universities founded in 1472, I experienced both academic enrichment and profound personal growth. LMU's unique city-campus model, with its classical main buildings in the city center and well-connected public transportation, provided an inspiring environment that blended academic excellence with cultural immersion. The diverse student body and the vibrant city of Munich created an atmosphere where learning extended far beyond the classroom. I enrolled in two distinct courses: an introductory German language class and the professional course "Starting Up – From Ideas to Successful Business." The

German course not only taught practical grammar and vocabulary but also introduced cultural insights, such as the German emphasis on punctuality, personal space, and the cultural significance of bread and beer. These lessons deepened my understanding of local customs and made my daily interactions smoother. The entrepreneurship course, delivered online with flexible scheduling, allowed my group to simulate a complete startup process from ideation to business proposal. Working with peers from different cultural and academic backgrounds challenged us to bridge communication styles, manage expectations, and leverage each member's strengths, ultimately sharpening my cross-cultural collaboration, problem-solving, and business planning skills.

Beyond academics, I fully embraced the opportunity to explore Germany and Europe. With the 39-euro student transportation pass, I traveled efficiently to cities such as Munich, Berlin, Hamburg, Cologne, and Nuremberg, observing the contrasts between southern Germany's traditional conservatism and the more open, cosmopolitan character of the north. Over four months, I visited more than twenty European countries, each offering unique perspectives. In Iceland, I stood in awe of glaciers, volcanoes, and the northern lights; in Spain, I absorbed the lively street culture and warm social interactions; in Scandinavia, I admired the balance between modern efficiency and deep respect for nature; in Greece and the island of Santorini, I experienced the harmony between ancient heritage and coastal beauty. My journeys through Central and Eastern Europe, including Poland, the Czech Republic, Slovakia, Hungary, and Turkey, revealed rich histories, cultural resilience, and the intersection of traditions.

These travels taught me adaptability and resourcefulness. I encountered language barriers, transportation delays, and sudden itinerary changes, which I overcame by remaining calm, using translation tools, and maintaining a flexible mindset. Cultural differences, such as German directness, social formality, and fast-paced public interactions, initially felt unfamiliar but became an integral part of my daily life as I observed, adapted, and engaged with locals.

This experience significantly enhanced my independence, time management, and cross-

cultural communication skills. It also expanded my network with peers from various disciplines—law, engineering, computer science, and the arts—broadening my worldview and sparking ideas for future collaborations. Most importantly, the exchange allowed me to step away from familiar routines, reflect on my personal values, and clarify my career aspirations. I now have a stronger conviction to pursue an international career, leveraging my cultural adaptability and global perspective.

For future exchange participants, I recommend balancing professional and language courses to strengthen both academic and cultural integration, allocating time for meaningful travel, and actively building connections across cultures. This exchange not only fulfilled my long-standing dream of studying abroad but also reshaped how I view the world and myself, leaving a lasting influence on my academic journey, professional goals, and personal growth.