

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

紐倫堡應用技術大學 (Technische Hochschule Nürnberg Georg Simon Ohm) 相較於以學術研究與理論教學為主的 Universität (綜合性大學)，Hochschule 更強調實務導向，致力於培養業界所需的專業人才。學校位於德國中部城市紐倫堡，鄰近慕尼黑 (搭乘火車約 1 至 3 小時)，該地以香腸、豬腳、聖誕市集及紐倫堡大審判等歷史文化聞名。校園因應不同科系分布於城市各處，但距離相對接近。值得注意的是期中期末的考試與報告需於指定時間內在線註冊，若未完成程序則將無法參與考試，需等下學期重修。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

Personnel Management

此課程由討論導入，教授鼓勵學生對專有名詞進行初步詮釋後，再進行理論講解，或透過小組討論形式進行案例分析。由於每次分組成員皆不同，使我可以與來自德國及其他國家的學生交流，獲得多元觀點。儘管我在中山大學曾修習過人力資源管理課程，當初以為內容會大同小異，但實際修課後，發現德國授課方式更注重實務操作，舉例來說，我學習了如何實際計算需雇用員工人數，對我而言是一項新的收穫。

C. 國外研修之生活學習 (課外)

課餘時間，我常前往各類超市、亞洲超市、Dm 與 Rossmann 採購食材及生活用品，廚藝亦因此

有所提升。特別喜歡歐洲夏季日照時間長，經常與來自各國的交換生一同在河畔或老城區散步，並參觀德國歷史悠久的古堡與博物館，體驗當地文化與歷史之美。

D. 交換/研修之具體效益 (請條列式列舉)

- ❖ 英語能力顯著提升
- ❖ 學習多種外語 (德語、韓語、波蘭語等)
- ❖ 擴展國際視野
- ❖ 培養獨立處事能力
- ❖ 強化問題解決能力
- ❖ 增加跨文化交流與理解

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?

初抵德國時，我對於預約入籍手續感到焦慮，無法從網路上找到紐倫堡城市的具體經驗分享，加上市政官網多以德文呈現，理解上有困難。後來我向學伴求助，她提供寶貴建議與實用小技巧，順利完成手續。此經驗讓我領悟到，當遇到困難時，不需勉強獨自承擔，尋求他人協助也是解決方法。

另一次則是旅途中，德鐵誤點導致我們錯過前往慕尼黑機場的火車，最終只能搭乘昂貴的計程車。這次的事件雖然代價不小，但也深刻提醒我們未來安排旅程應預留彈性並備有應變方案。

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？

在街上遇到路人以 ching chung 或 Konnichiwa 等言語歧視，甚至故意驚嚇挑釁，我選擇不予理會，理解這些行為與特定國籍無關，而是個人素養的問題，保持淡然面對。

另外，文化差異也體現在生活細節，如德國人吸菸比例偏高，以及室友的飲食與衛生習慣與我相異，只能透過溝通、理解與包容，逐步協調與適應。

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？

此次海外交換最大的成長在於我變得更加獨立、冷靜，提升了溝通與表達能力，亦學會享受與自己相處的時光。在陌生環境中學習自主應對生活大小事，使我對未來充滿自信與勇氣。

H. 感想與建議

建議交換前可先於中山修習德文課程，或透過 Duolingo 進行自學。因紐倫堡應用技術大學的部分課程以德文授課，尤其下學期的 onboarding 課程進度較快，有德文基礎將有助於理解內容。

交換前半年我一直充滿期待，但真正出發前一個月開始出現焦慮，擔心自己是否能順利處理人生地不熟的狀況，如迷路、銀行開戶、行政流程及語言溝通等問題。然而，實際面對後才發現，許多事情並沒有想像中困難，只要抱持「一邊嘗試、一邊尋找解方」的心態，就能從中成長。

旅遊方面，建議提早規劃，以免住宿、機票或德鐵票價飆升。可提前加入「台灣歐洲交換學生」社團尋找旅伴，也可嘗試獨旅，兩種方式各有優點，皆值得體驗。

這次交換是我首次長時間在海外生活，初期面對來自不同國家的交換生會感到些許緊張，但漸漸

熟識後我也更願意表達自己，並主動向他們介紹台灣。自己處理生活大小事與安排旅行，最重要的是認識、結交各國的好友，帶來前所未有的新鮮感與成就感。這段交換經歷對我而言，是人生中一段彌足珍貴的回憶。

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

Studying abroad at Technische Hochschule Nürnberg Georg Simon Ohm in Germany was a truly enriching and transformative experience. Located in Nuremberg, a historic city in central Germany close to Munich, the university is known for its practical and industry-oriented education. Unlike traditional universities (Universität) in Germany that emphasize theoretical research, "Hochschulen" focuses on applied sciences and vocational skills. The campus facilities are spread across the city but remain accessible and convenient for students.

Among the courses I attended, *Personnel Management* was the most impactful. The professor encouraged interactive learning, starting with open discussions on key concepts, followed by lectures and group case analyses. What made it particularly rewarding was the diversity of perspectives shared during group work with German and other international students. Having studied Human Resource Management at my home university, I initially expected the content to be repetitive, but I was pleasantly surprised by the different

teaching approach and practical content—such as how to calculate staffing needs—that added new value to my knowledge.

Outside the classroom, daily life in Germany was equally rewarding. I spent time shopping at various supermarkets, including Asian stores and local chains like DM and Rossmann, which helped me improve my cooking skills. I also appreciated the long summer days and often joined fellow exchange students for walks along the river or visits to historic castles and museums. These activities deepened my appreciation for German culture and history.

The study abroad experience brought several concrete benefits. My English communication improved significantly through daily interactions with students from diverse backgrounds. I also picked up basic phrases in German, Korean, and Polish, expanding my linguistic and cultural awareness. Living abroad made me more independent, enhanced my problem-solving abilities, and taught me how to adapt to different cultural norms and challenges.

Of course, there were difficulties along the way. Initially, I struggled to make an appointment for city registration because the official website was in German, and information was limited. Fortunately, a local student mentor helped me navigate the process, which taught me the importance of seeking help when needed. Another challenge occurred when a train delay jeopardized our flight, forcing my travel companions and me to take a costly taxi ride. That

experience was a lesson in always preparing backup plans when traveling.

Cultural shock was also present. I occasionally encountered racist comments on the street and had to deal with roommates whose hygiene or eating habits differed greatly from mine. I learned to handle such situations with calmness and communication, realizing that cultural understanding requires patience and empathy.

Looking back, the most significant growth I experienced was becoming more independent, calm under pressure, and confident in expressing myself. I also learned how to be comfortable spending time alone and reflecting on my thoughts. I highly recommend future exchange students to learn some basic German before departure, either through language courses or self-study apps like Duolingo. It will make the onboarding process and daily life much smoother.

In conclusion, this exchange was an unforgettable journey. Despite my initial anxiety about living in a foreign country, I discovered that many challenges are manageable once faced head-on. The experience not only expanded my global perspective but also helped me grow personally and academically. I will cherish the memories and friendships made during this time for years to come.