

學校簡介

巴登符騰堡大學是一所雙軌制大學，且有多個校區，而中山所合作的是位在拉芬斯堡(Ravensburg)的校區。

雙軌制的意思是一學期在學校上課，一學期在公司上班，也就是說就讀這所大學的當地學生，都是有跟企業簽合約的，他們是先到企業面試再進入巴登符騰堡大學就讀。更令人羨慕的是，他們的學費是由企業出錢，且在上班的學期，是給薪的。

而學期的長度與系所有關，像是商學院是三個月一學期(我們交換學生適用的是三個月一學期的)，而旅館管理則是六個月一學期。也正因為特殊的學期制，所以選擇交換兩個學期的人，可以遇到兩批不同的當地學生。

對於交換生較為可惜的是，就算我們選擇交換兩個學期(六個月)，也無法體驗到企業實習的經驗，如同上面說的，當地學生是自己找到工作再申請這所學校，所以學校是不會幫忙媒合工作的。

國外研修之課程學習（課內），另外推薦受益最多/最喜歡的課程

因為不缺學分且延畢交換(付學分費)，所以我並沒有選特別多門課，所以可以提供大部分課程的修課心得。也希望給未來想選這所學校的人一點小建議，就是如果看到想選的課就選下去，不要像我一樣想說可以下個學期再選，因為有些課程不是每個學期都有開課。而這學校的課程不是每週固定，有些是密集課，有些是每週上課共上課七週，主要還是看自己選的課。

【Cultural Aspects of Germany】

這堂課是密集課，2-3天結束。而課程是比較自身文化與德國文化的不同，老師會在課堂上和學生交流不同文化，還記得當初老師問我的第一個問題是，聽說台灣人會的打招呼是問「甲飽未」，他覺得很特別。因為是開給交換生的課，所以課堂上不會聽到德國人講自己的文化，但可以跟不同國家的交換生交流文化。期末報告好像是2-3頁的word報告，介紹自己國家的諺語以及文化，不會太難。

【Applied Communication in Business】

這堂課通常會在學期初就開始上課，所以大概前一個半月就會結束課程。我遇到的是瘦高頭髮捲的女老師，如果老師沒變的話，他的教課風格是每個問題會輪流請學生回答，可以感受到學生們對於這樣的教學風格不是很買單，但我個人是有透過這堂課認識一些德國人，所以還算ok啦。這堂課不時會有課後作業，最後的考試也是課堂教的內容。

【German for Beginners, part 1】

德文課，老師人很親切，上課會一直請學生互動開口講德文，但進度較慢，如果在台灣學過德文初階就可以當作複習。可惜的是疫情期間交換的學生比較少，且我們這群交換生比較不吃老師的教法，所以德文part 2沒開課，聽之前交換生分享是說part 2難度就比較有挑戰性。

【Business English B2.1】

課程偏簡單，文法都是我們學過的東西，但還是會教一些實用的東西，像是怎麼寫商業書信，該注意的小地方等，但我個人蠻喜歡這個老師的，問他一些英文相關問題都很樂意回答，期末考試也不難，回家作業不常有而且很簡單。

【English for Presentations】

這堂課跟商用英文是同個老師，課程輕鬆且有很多口說機會，想練習口說可以選這堂課。也可以從其他人的報告中學到東西，期末報告是15分鐘報告，主題不限。我個人覺得這堂課的收穫是老師會丟出一些工具，如果有興趣的學生就會自己去精進練習。

【Supply Chain Management and Logistics】

因為疫情還有其他各種因素，這堂課只有我跟另個法國室友，但還是開課了。老師相當的free，本來應該是要報告考試，但第一堂課老師靈機一動(真的是一個措手不及)，希望我們做出一個跟supply chain的網頁版密室逃脫。最後也在不知道學了什麼的情況下結束這門課。法國室友和我都覺得老師其實對於自己提的方案也不了解，但我們就當營養學分認了...聽之前也有修過的交換生分享，老師是會分享一些我們附近好玩的景點啦...

國外研修之生活學習（課外）

到一個陌生的地方交換，因為語言的不同，一開始的過渡期真的相當有感。像是去超市採買要搭公車、晚上8點半過後就沒有往市區的公車、在各個地方都是google翻譯不離身等，但也正因為如此，這些體驗都會在交換過後成為難忘的回憶。因為正值疫情期間出國，剛好經歷了國外從酒吧夜店不開放到後來人人戴口罩解封回到疫情前的榮景，也體驗了國外對於疫情的態度與台灣相當不同，像是不論疫情再嚴重，戶外都是不需要戴口罩的，而歐洲也非常早就到處解封對於出國的限制也沒那麼嚴苛，這讓我深深體驗到面對疫情，並不是只有恐慌這個選擇。

交換/研修之具體效益（請條列式列舉）

1. 獨立自主

雖然對我而言上大學住外面也已經有獨立生活的能力，但出國生活其實又是更多生活瑣事需要處理面對，再加上出國前要處理保險簽證相關的東西，這些雖然不是很困難但還是有很多需要處理的文件。

2. 認識各國的人以及文化

因為疫情的緣故，交換生其實比以往少了很多，但我個人認為好處是對一個人可以更深入的認識且了解他們的生活習慣與文化，像是多數歐洲人都習慣出門前洗澡；亞洲人非常排斥曬太陽，但我認識的歐洲人都熱愛陽光，希望能讓自己的膚色曬成古銅色；德國人真的非常守規矩，就算深夜路上完全沒車且身體不適，還是會乖乖等紅燈；墨西哥人喜歡吃芒果配辣椒醬，總之就是各國都有非常不同的文化，只能說。

3. 更敢說英文

大家來自不同的國家，日常要交流的話就以英文為主，一開始真的會較不敢開口說，但之後習慣了以後，會發覺其實大家都聽得懂，而且因為在歐洲，英文其實都不是他們的母語，也因為如此，有時候口音也是可以精進自己的聽力。但有時候也會很羨慕西班牙跟義大利人語言其實相似性很高，他們甚至可以各自講自己的語言但還是瞭解對方要講什麼。

4. 遊歷與體驗歐洲各國

交換最大的好處就是到歐洲各國玩都相當方便，而這些也包括了排行程、訂飯店、訂交通與如何當好旅伴等。以往我覺得自己不是特別愛旅遊的人，但經過了這六個月，去了不少國家與城市，在旅途中也遇到了很多不同的人，自己本來是個被動的人，但也主動與他人聊天去了解他們，真的有訓練到自己的膽量。而交通也真的是旅遊的一大課題，不像台灣是小小的島，不論到哪都不會太難，還記得以前台北高雄的距離就覺得受不了火車或客運，但在歐洲曾經為了省錢，坐了23小時的巴士回家。

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？

我覺得在海外生活的期間，並沒有真的遇到多大的困境，頂多就是火車誤點導致轉車需要一直找替代方案，或是因為搭錯方向的火車而差點趕不上飛機，但因為了解德國鐵路的不準點以及怕有什麼閃失，所以也會提早出門，搭早一班的火車，所以並沒有造成太大的困擾。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

與其說是文化衝擊，我覺得更像是文化交流，畢竟世界那麼大，一定有很多不同的文化。但我可以分享一個我發現有趣的事情，通常歐洲人買了麵包或是三明治那類的輕食，會將食物從紙袋裡拿出來吃，而台灣人則是會連著紙袋一起吃，他們好像不會覺得手在外面摸過很多東西不乾淨。而且還有一個很有趣的事情，我花了一陣子才適應在校園要去廁所裝水，不像台灣會有飲水機可以裝水，而現在回到台灣，則是要重新適應水龍頭的水不是打開就可以飲用。

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？

其實我自己也時常在內心問自己這個問題，但到現在也還沒有什麼具體的答案，或許還需要更多的時間去經歷或是遇到事情，才會發現原來自己真的有了變化。只能說我覺得自己的世界觀真的有被打開，且更願意接受新的事物。

您認為獎學金對您海外研修最大的幫助是什麼？有無獎學金是否會改變您的出國計畫？

我覺得獎學金是有幫助的，畢竟出國機票住宿保險都需要一筆不小的費用，雖然獎學金能涵蓋的部分並沒有很多，但總是不無小補。

感言及心得感想

真的很慶幸自己沒有因為家人的不支持以及疫情的緣故而取消交換的機會，因為這六個月到現在回想起來，還是非常的不真實，一切的回憶都太美好。雖然說台灣真的離歐洲很遠，不像法國義大利西班牙等歐洲的交換生他們感覺未來可以見一面比較容易，但我還是相信總有一天我們能夠再親自見上一面的。

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)

Baden-Württemberg Cooperative State University is a dual-system university with multiple campuses, and the one we exchange with is located in Ravensburg. The dual system means one semester at school and one semester at work, which means that local students attending this university have a contract with a company, and they are interviewed at the company before entering the University of Baden-Württemberg. What is more enviable is that their tuition fees are paid by the company and they are paid during the working semester. The length of the semester depends on the department, for example, the business school is a three-month semester (for our exchange students it is a three-month semester), and the hotel management is a six-month semester. Because of the special semester system, those who choose to exchange for two semesters can meet two different groups of local students. Unfortunately for exchange students, even if we choose to exchange for two semesters (six months), we will not be able to experience a corporate internship, as mentioned above, local students will find their own jobs and then apply to this school, so the school will not help with job matching. I did not take a lot of classes because I did not have a shortage of credits and I did not have to pay a credit fee for the exchange, so I can provide my experience in most of the classes. I would also like to give some advice to those who want to take this school in the future, that is, if you see a class you want to take, take it. Some classes are intensive, some are weekly, and some are seven weeks in total, so it depends on the class you choose. When you go to an unfamiliar place for exchange, the transition period is really quite emotional at first because of the difference in language. For example, we had to take a bus to go to the supermarket, there was no bus to the city after 8:30 pm, and we had to use google translator in every place, but because of that, all these experiences would become unforgettable memories after the exchange. Because I went abroad during the epidemic, I experienced the glory of not opening bars and nightclubs in foreign countries and then the unsealing of masks for everyone back before the epidemic, and I also experienced that the attitude of foreign countries towards the epidemic is quite different from that of Taiwan.

1. Independence

Living abroad is actually more life chores need to deal with, plus before going abroad to deal with insurance visa-related things, although these are not very difficult, but there are still a lot of documents need to deal with.

2. Get to know culture of each country

Because of the epidemic, there are actually fewer exchange students than before, but I personally think the advantage is that I can get to know a person better and understand their habits and culture, such as most Europeans are used to taking a shower before going out; Asians are very reluctant to sunbathe, but the Europeans I know love the sun and want to make their skin bronze; Germans are really very disciplined, even if there is no car on the road late at night and they are not feeling well. Even if there is no car on the road late at night and they are not feeling well, they will still wait for the red light; Mexicans like to eat mangoes with chili sauce, in short, all countries have very different cultures, I can only say.

3. Speak English

We come from different countries, communication is mainly in English, at first it is really more afraid to speak, but after getting used to it, also because in Europe, English is actually not their mother tongue, sometimes the accent from Europe can also improve their listening skills. However, sometimes I envy the high similarity between Spanish and Italian languages, they can even speak their own language and still understand what the other side is saying.

4. Travel and experience European countries

The biggest advantage of the exchange is that it is very convenient to visit European countries, and this also includes scheduling, booking hotels, booking transportation and being a good travel companion. I used to think that I am not a particular traveler, but after these six months, I have visited many countries and cities and met many different people during the trip. Unlike Taiwan, which is a small island, it is not too difficult to go anywhere. □

I don't think I really encountered much hardship while living abroad. At most, I had to look for alternatives because the train was delayed, or I almost missed my flight because I took a train in the wrong direction, but because I understood the inaccuracy of German railroads and was afraid of any mishap, I would leave

early and take the early train, so it didn't cause too much trouble.□

I think it was more like a cultural exchange than a culture shock, after all, the world is so big and there must be many different cultures. But I can share one interesting thing that I found. Usually, when Europeans eat bread or sandwiches, they take the food out of the paper bag and eat it, while Taiwanese eat it with the paper bag. Another interesting thing is that it took me a while to get used to the fact that I had to go to the WC to fill up water in school, unlike Taiwan where there is a water fountain to fill up water, and now that I am back in Taiwan, I have to get used to the fact that the water from the faucet is undrinkable. I am really glad that I did not cancel the exchange opportunity, because these six months are still very surreal when I look back on them. Although Taiwan is really far away from Europe, unlike the exchange students in France, Italy, Spain and other European countries where they feel it is easier to meet in the future, I still believe that one day we will be able to meet in person again.