

學校簡介

慕尼黑大學

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

Consumer Insights

國外研修之生活學習（課外）

社交、旅遊

交換/研修之具體效益（請條列式列舉）

1. 全英文學習環境
2. 獨立完成生活大小事
3. 學習不同國家之文化與做事方式

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？

電腦放在桃園機場，已解決。

聯絡國內親屬，並與德國郵局溝通，與打電話與郵件公司確認等等。

生活中會遇到好的與壞的事，遇到不便的問題時要想辦法解決，冷靜尋找資訊與與人溝通。

尤其在國外時對於當地的做事方式與資訊全然不了解，所以勢必會覺得沮喪。然而這時候應該學期方開心胸，shit happens，遇到問題就解決，才是獨立的人該做的事。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

與德國組員合作時，在溝通上有些疙瘩
調適心態，並努力完成自己責任。

在德國多數店家在8點就關門，包含機場服務

遇到問題相對比較難解決，但在面對對於生活如此重視的國家，其實也值得學習

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？

1. 用開放的心胸去接納所有的資訊。

在國內，多數人傾向用單一思維與習慣去看待事物，在國外的期間，我發現在人生價值觀以及對於生活的幸福的衡量與台灣有很大的不同。過去我傾向把生活中的各種不快樂，包括各種比較與批評當作自己的錯，然而當我身處另一個環境發現人們所重視的價值如此不同時，我才發覺很多事並不是我們能選擇的，而是社會架構下，不同國家與文化脈絡所形成的。因此，我提醒自己不要輕易的被框架住，也不要輕易被制約，畢竟世界如此之大，若一輩子抱持同一種思維而不求變，似乎有點像是井底之蛙，覺得世界不過是爾爾罷了。

2.心境上的轉變

必須承認在一開始的兩個月算是心理蠻受挫的時候，雖然過去也有過交換的經驗，但這次踏上不同的國土，體驗不同風情，在生活上想要操舵，勢必與國內較習慣與便利的方式不同，因此當我起初有許多行政溝通上的挫折時，內心是蠻不解的。此外，起初我稍微跟不太上授課的內容，甚至會責怪自己是否英文程度不夠，導致自身的自尊稍微低落，甚至數度徹夜難眠，產生憂鬱傾向。

在與自身獨處一陣子後，我也開始透過不少方式來理解自我的處境以及問題，包掛將自身心境納入碩士論文的研究當中，也學習了不少關於哲學人文的資訊，透過這樣，我才能用更開闊的視角去詮釋不同的問題，而不是將所有問題都攬在自己身上。也是透過之，我才能開始慢慢的拾起自信與自尊，抬頭挺胸與社會共存，用積極正面的心態來面對每一天，而也是如此，我才能與更多有此特質的人交往，漸漸找到快樂的路。

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？

會，除了給予金錢上的補助，在心理上也是很大的肯定。

感言及心得感想

謝謝學校提供如此珍貴的資源，也謝謝自己把握這樣的機會。

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)

My exchange school was Ludwig Maximilian University of Munich. The courses that I took were: Consumer Insights and International Human Resource Management.

Over the 5 months abroad in Europe, I got to experience a bunch of new things and a totally different view of the world and life.

Starting from getting a desired life style, I needed to manage to get things that could supply my life needs, for example, the groceries and kitchen equipments, plus I had to figure out how to make meals for myself everyday so I would not starve to death. Secondly, there were a tons of things that was inevitable to deal with, which were negotiations and communications in everyday life. When in class, we needed to communicate with the professors and the classmates, when in leisure time, we sometimes needed to talk to the the coordinator of leisure events to make sure that we would not miss out our opportunities to have fun. When it comes to personal hobbies, I needed to search for gyms to complete my workout routine. there were so many negotiations and communications with different people with different races in English. For me, that was a really energy consuming thing to do, not to mention that there were so many fragmented things to do, for example, register and deregister for Germany, traffic issues, internet contract, and making perfect travel plans, letting alone the unexpected things could happen anytime, including missing belongings, or other accidents.

From everything that I have encountered during the semester, I have learned quite a lot of things.

firstly, English ability. Undeniably, I had to use English almost every single day, and that was a pretty good chance for me to improve my overall English skills in order to use it in the future.

Secondly, changing of the mindset. In spite of all undesired hazards and obstacles, I have developed a stronger mindset of being able to adapt and adjust in different environments.

Last but not least, the knowledges from the courses. I firmly believed that the courses I attended were pretty worthwhile to attend, especially for Consumer Insights, it not only taught us about the irrationalities of human decisions, but It also gave us a good concept of how marketing is done, so that we could make the most out of it based on this corner stone.

All in all, I would like to attribute the gratitude to my home university, National Sun Yat-Sen University for supplying us such a great opportunity for us to broaden our horizons, and I would like to thank me for not giving in and giving up on this journey. I would keep on creating a glamorous future with the stories that I wrote in this 5 treasurable months.