

學校簡介

曼漢大學(University of Mannheim) 位於德國巴登符騰堡邦(Baden-Württemberg) 的曼漢市(Mannheim)，坐落於曼海姆宮(Mannheim Schloss)。曼漢市的治安相對其他歐洲城市來得安全許多，且生活機能十分良好，雖然市區範圍不大，但交通、購物及伙食上都很方便，一條路上出現三家超市也不為過。由於鄰近法蘭克福，僅需搭乘30分鐘至一小時的火車即可到達法蘭克福機場。

曼漢大學以商學院為名，是德國商學院排名第一的學校，擁有AACSB、EQUIS和AMBA三項國際認證。學生組成十分多元，國際生的比例很高，因此創造了非常豐富多元的交流環境。校內也擁有許多創業相關資源與課程，例如創業加速器及mentor program，對於這方面有興趣的同學也能參考一下。

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

Customers, Markets, and Firm Strategy

這是一門商學院碩士課程，內容偏向策略管理，也涉及了一些行銷相關內容，屬於lecture課程。課程主要採預錄影片授課，也有線上、實體授課以及實習課，因此在個人學習時間的安排上較為彈性，但也因為如此，與班上同學及老師的互動相對少了許多。學期末的考試採用線上測驗，個人比較喜歡這種考試方式，壓力較小且不需要為了找教室到處奔波！

Operations Management

同樣是商學院的碩士課程，因此課程難度較高，內容為作業管理的理論及運用，是一門lecture課程，也有助教的實習課講解。不像許多課程在短短幾週內就結束，這門課需要花上整個學期的時間來聽課，必須投入更多心力去學習，因此不推薦給計畫想早點結束課程，到處旅遊的同學。

國外研修之生活學習（課外）

歐洲許多學校都有的學生自治組織—VISUM，經常舉辦交流活動給國際生參與，比方說語言交換、鄰近城市旅遊、攀岩以及派對活動等等，是認識各國朋友很好的管道。我從這些活動認識到許多朋友，體驗許多好玩新鮮的事物，交換生們可以多多參與這些活動！

另外，校內的體育課程種類也非常豐富，許多都是在台灣很少有機會能接觸到的運動，且只要申辦免費的運動卡就能體驗任何課程，少數課程需要另外繳費，但費用都不高，因此十分推薦給想運動流汗的同學。由於我個人很愛運動及嘗試新事物，因此非常喜歡學校提供的這些資源。

除此之外，由於地利之便，我也去了許多鄰近的歐洲國家旅遊，總共大約有十一個國家，歐洲的交通十分便利，也能用便宜的價格訂到機票和火車票。遊歷各國讓我大開了眼界，見識到不同風景、人文，許多過去只能在地理、歷史課本上讀到的場景，竟然能成為眼前風光，嚐遍了各國美食，也和世界各地的人們成為朋友，即使回到台灣都難以忘懷，對我來說這是交換獲得的最大收穫，很幸運有這樣的機會能在歐洲四處旅遊趴趴走。

交換/研修之具體效益（請條列式列舉）

- I. 認識許多世界各地的朋友，不僅僅是校內的學生，自己到各個地方旅遊時也結交了許多好友，透過和他們的文化交流，讓我拓展了國際視野，增廣見識，思想也變得更開放多元。
- II. 英文口說上進步了許多，雖然過去在台灣曾於英文工作環境實習，但平常使用英文對話的機會還是不夠多，自信心上還是稍嫌不足。在經過這短短半年後，口說變得更加流利，也更有自信能開口和陌生人交談。
- III. 對未來留學方向更加確定，由於本身就有出國讀碩士的打算，因此透過交換先體驗了短期的留學生活，確認自己是喜歡國外教育制度和風氣的，研讀的科系方向也更加明確。

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?

是，在克羅埃西亞旅遊的期間，我和我的同伴因為吃了生蠔導致食物中毒，半夜起來上吐下瀉，最後跑去掛急診，休息了四五天才完全康復。還好有德國的健保，讓我不用負擔任何醫療費用，雖然旅途的最後幾天都泡湯了，但還是讓我意識到旅途中任何形式的風險都可能發生，未來若有其他旅遊機會，藥物一定要準備齊全，不能輕忽。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

由於德國人非常重視休息時間，加上星期日是德國人的家庭日，各個商家及超市在星期日是會營業的，這對生長在每天24小時都能買到食物的台灣人來說是一大衝擊。但其實很快就習慣了這種模式，只要在星期日之前先買好需要的食材，基本上就不怕餓肚子，我本身也很喜歡自己煮飯，所以這反而給了我更多時間能待在廚房訓練廚藝。

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?

是，雖然自己原本的個性就屬於活潑不怕生，但還是能感覺到經過這段期間，自己更知道如何和不同個性背景的人當朋友，更敢主動和陌生人聊天攀談，很開心自己有這樣的成長。海外生活也大大開啟了我的眼界，在認識了各個國家、背景的朋友後，接觸到許多不同於亞洲文化的思想，對於未來的想像會變得更寬廣，了解到原來有這麼多種發展的可能性。以往一直受到亞洲價值觀的影響，認為成功似乎有一個既定的框架，只能按照某種規則去進行。但經過這半年，遇到了好多和自己年紀相仿的人，正努力地在做自己熱愛的事情，追求自己的夢想，不受到社會價值觀所綁架，這令我非常驚訝與羨慕。看到世界上各個角落，都有人在為自己的目標努力邁進，就讓我更敢做夢，更有動力去找尋適合自己的道路，而不是一味地跟隨主流趨勢。

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?

補貼機票錢。即使沒有獎學金仍然會出國。

感言及心得感想

大學時期出國交換真的非常值得，交換是我人生中非常特別的一段經歷，如果有機會的話非常建議每一位大學生都能好好利用這個資源，把握申請機會，在學生時期留下難忘、美好的回憶。如果再給我一次機會選擇，我一樣會選擇到歐洲交換，但會選擇再晚一學期，交換的初期由於疫情的關係，有些課程維持了幾週線上授課，減少了許多和同學認識交流的機會，也少了些校內上課的體驗，十分可惜，因此建議未來也想出國交換的同學們，一定要事先確認國外的授課情形，減少交換期間受到影響的可能性。

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)

School Introduction

University of Mannheim

The University of Mannheim is located in the city center of Mannheim, Baden-Württemberg, Germany, and its main campus is in the Mannheim Palace. The university is regularly ranked as Germany's best business school as well as a leading institution in economics and social sciences. It has received three international accreditations by AACSB, EQUIS, and AMBA, which ensures that the business school meet the highest standards of business education. The student composition there is quite various. There are 18.6% of international students in the university, hence creating a rich environment for students to connect with others from different backgrounds.

Mannheim is a city with better security comparing to other cities in Europe and great living conditions. Although the city center is quite small, people do enjoy the convenience of transportation, shopping centers, and great amounts of supermarkets there. By taking the train, you can simply arrive in Frankfurt Airport within 30 minutes to an hour.

Life on Campus

Customers, Markets, and Firm Strategy

It's a graduate-level course from business school. The objectives of the course are providing new strategy concepts, analytical frameworks, and hands-on tools for participants to execute customer and industry analyses and develop competitive strategies through the use of marketing. The course is mainly taught by pre-recorded lecture videos providing a flexible learning schedule for students. It also consists of pre-recorded tutorials and in presence live sessions. The final exam was performed online. I personally prefer this kind of examination method because it's giving me less pressure, and it saves me much more time and effort looking for the correct classroom on campus.

Operations Management

Also a graduate-level course from business school, the course is a lot more difficult for me. This course provides managerial concepts and selected analytical tools for effectively and efficiently managing service operations in face of these challenges. Unlike many other courses that end within just a few weeks, students must spend the entire semester on this course, and there's no way to attend this course with little effort and attention. If you have no plans for taking a serious course during your exchange time, you should not try to register for this one.

Sports Programs

There are abundant of sports programs in the university. A lot of them are sports that we rarely have chances to experience, which made me so excited because I love sports and enjoy trying new stuff. As long as you apply for the free sports card, you're free to try all the courses. Only a few of them are charged with some fee. I highly recommend them to students who want to work out or get fit.

Life out of Campus

VISUM, a student group that is quite popular in many universities in Europe, often holds events for international students such as language exchanges, city tours, rock climbing, and party games. You will meet a lot of exchange students though these events. My experiences were great with them. If you are a party person, never miss the chances of VISUM events!

In addition, due to Germany's location in Europe, it's super convenient to set foot in many other European countries. I went on several trips to about 11 European countries, including Iceland, France, Italy, Croatia, and so on. The complete transportation in Europe makes it so easy to travel around. I was totally amazed by how frequently we can get plane tickets and train tickets with low prices. Traveling around surely broaden my horizons. Seeing incredible landscapes, being soaked in different cultures, trying exotic food, and making friends with people all around the world are the most fantastic things I've experienced throughout the journeys. I felt lucky that I got the chance to explore around the different side of the planet. I will never forget the memories in these couple months.

Benefits from Exchange Program

- i. Making friends with people from all around the world. Besides students from school, I made lots of friends when I went on solo trips. Through the time and communications with these people, I now embrace broader views and more open thoughts.
- ii. Substantially improving my English-speaking skills. Although I used to take an internship in an English-speaking work environment, it was not enough practicing of English speaking for me in my daily life. Throughout the exchange period in Europe, I can feel the apparent improvements in my English speaking, and I'm now more confident when I talk to people in English.
- iii. Having more certain thoughts about studying abroad. I have been planning on getting my master's degree abroad, so the exchange program was like a peak into life studying in a different country. The education system and academic environment were quite nice. I'm now more certain about my future goals and what field I want to study in.

Reflections on Exchange Program

If anyone asks me, is it worth it to go on an exchange program during their college life? I would definitely say "yes!" to them. It was a very special experience in my life, which made me become more mature and increase so much confidence and many different views toward the world. I highly recommend college students to grab the exchange opportunities that school provides. You won't regret it.