

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

慕尼黑大學成立於 1472 年，為德國歷史悠久且享有國際聲譽的頂尖綜合性研究型大學之一，校園位於德國巴伐利亞州首府慕尼黑，學術資源豐富。慕尼黑大學 School of Management 學生國籍組成十分多元，因此在修習不同課程和小組討論時，可以認識許多來自不同國家的同學，除了可以把握機會學習不同文化之餘，亦可以培養跨文化溝通與合作能力，拓展國際視野。

此外，慕尼黑大學的交通便捷，校園旁就有地鐵站，去慕尼黑各個旅遊景點以及博物館皆很方便，亦可搭乘 FlixBus 或是跨國火車前往附近國家旅遊。

#### B. 國外研修之課程學習 ( 課內 )，推薦受益最多/最喜歡的課程

我在慕尼黑大學總共修習 2 門課，分別是 Frontiers in Strategy Research (Seminar) 以及 Starting Up - From Ideas to Successful Business (A) (Seminar)，兩門課皆為集中授課形式，集中於上半學期修課，皆於聖誕假期前結束期末口頭報告。

受益最多的課程是 Frontiers in Strategy Research (Seminar)，這堂課是由 Institute of Strategic Management 以及 Institute for Strategy, Technology and Organization 的教授合作開課，這學期共有 15 位學生 ( 12 位正式碩士學生，3 位交換學生 ) 選修這堂課，全班學生共分成五組，每組三人，探討策略管理相關議題，由於在準備期末報告的過程中須閱讀許多相關文獻，加上與小組同學進行學術討論時，例如理論建立與設立合理假說，能增進自己的思辨能力並學習到不同觀點。學期間共有兩次小組與 supervisor 的 meeting，期末報告形式為一人 15 分鐘，一組共 45 分鐘，每組報告完畢會由另一組同學進行五分鐘對於報告內容提問，之後每一報告組別有十分鐘回答與討論教授和班上同學們提出的問題。我覺得修習這們課的同學大部分皆非常認真，透過同學與教授之間的交流可以學到許多策略管理相關知識。

Starting Up - From Ideas to Successful Business 是一門線上課，需要與同組同學討論並發展創業想法，總共有 6 次小考、3 次書面小組作業、2 次小組互評 ( 針對 partner group 的提案提供建議 )、以及期中與期末報告。

### C. 國外研修之生活學習 ( 課外 )

ESN 學生組織以及宿舍的 Servicepackt 會舉辦活動或是戶外郊遊，舉例來說，參與慕尼黑 city tour 可以更進一步瞭解慕尼黑的歷史與文化。多參與各種活動也可以認識很多來自不同國家的學生，在跟他們聊天的過程可以學到不同文化的相關知識。在開學前宿舍的學生組織也有舉辦 Meet your neighbor 活動，讓住在宿舍的大家互相認識。此外，我覺得 winter semester 到慕尼黑交換剛好可以體驗很多傳統文化節慶，像是九月底至十月初有 Oktoberfest 啤酒節，11 月底至 12/24 慕尼黑有很多聖誕市集。2026 年 1 月 6 日至 2 月 17 日剛好遇到慕尼黑每 7 年舉辦一次的 Schäfflertanz ( 桶匠舞 ) 表演，2 月中有狂歡節活動。

除了體驗慕尼黑的文化節慶，我也把握課餘時間到歐洲其他國家遊玩，其中較印象深刻是去英國參觀大英博物館、自然史博物館等、以及觀看兩場音樂劇；去芬蘭體驗桑拿文化，去聖誕老人村看聖誕老人及馴鹿。在這次的交換旅程中，總共走訪十幾個歐洲國家，參觀多個景點以及博物館，體驗歐洲不同國家的飲食與文化，讓交換生活更加豐富。

### D. 交換/研修之具體效益 ( 請條列式列舉 )

體驗歐洲各國文化與日常生活

拓展國際視野

增進抗壓性

提升英文、德文能力與跨文化溝通能力

結交國際朋友

### 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？

在交換期間沒有遇到難以解決的問題，基本上勇於詢問或是上網尋找相關資料都能夠順利解決。

### 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？

有觀察與學習到不同國家的文化差異，但由於之前也有到歐洲旅遊過，所以沒有太多文化衝擊。我認為保持開放與尊重的心態去認識以及學習其他國家的文化是很重要的，同時也因為保有好奇心和勇於探索新事物，讓我在交換旅程中獲得許多意想不到的收穫。

**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？**

我認為成長有很多，包含更加深入認識與了解不同國家的文化、更勇於在跨文化環境中主動用英文或德文表達自己的意見與看法、自己獨立處理事情、解決問題以及隨機應變的能力大幅提升。舉例來說，不管是在慕尼黑時的日常生活或是去歐洲其他國家遊玩時，也曾遇到交通誤點或是地鐵罷工的情況，需要即時或是在得知消息時提前調整旅遊行程規劃，這些經驗讓我學會在變動中保持彈性，並提升面對未知環境的適應能力。

**H. 感想與建議**

感謝學校提供交換資源與機會，謝謝家人的支持讓我到德國慕尼黑大學交換以及歐洲其他國家旅遊，增進國際視野，也體驗歐洲各國文化與日常。

**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**  
赴中國交換者免填英文心得

**a. Introduction of the University**

Ludwig-Maximilians-Universität München was founded in 1472 and is one of the oldest and most prestigious comprehensive research universities in Germany. The campus is situated in Munich, the capital of Bavaria, and offers an abundance of academic resources. Students in the LMU Munich School of Management come from diverse national backgrounds. Therefore, when participating in various courses and group discussions, I had the opportunity to meet students from different countries. This environment allowed me to learn about different cultures, develop cross-cultural communication and collaboration skills, and broaden my international perspective.

In addition, LMU Munich has very convenient transportation. There is a subway station located right next to the campus, making it easy to travel to various tourist attractions and museums in Munich. People can also take FlixBus or international trains to travel to nearby countries.

## **b. Academic Learning (Courses)**

During my exchange semester at LMU Munich, I took two courses: Frontiers in Strategy Research (Seminar) and Starting Up – From Ideas to Successful Business (A) (Seminar). Both courses were conducted in a concentrated format during the first half of the semester, and the final presentations were completed before the Christmas break.

The course that benefited me the most was Frontiers in Strategy Research. This course was jointly taught by professors from the Institute of Strategic Management and the Institute for Strategy, Technology, and Organization. In this semester, fifteen students enrolled in the course, including twelve regular master's students and three exchange students. The class was divided into five groups of three students to explore topics related to strategic management. During the preparation for the final presentation, we had to read lots of academic articles and related literature. Through academic discussions with my group members, such as developing theoretical frameworks and establishing reasonable hypotheses, I was able to enhance my critical thinking skills and learn from different perspectives.

During the semester, each group also had two meetings with the supervisor. For the final presentation, each student presented for fifteen minutes, making a total of forty-five minutes per group. After each presentation, another group asked questions about the presentation for five minutes. Afterwards, there was a thirty-minute discussion session where the presenting group responded to questions raised by professors and classmates. I found that most students in this course were very dedicated, and through the interaction between students and professors, I was able to learn a lot about strategic management.

The course Starting Up – From Ideas to Successful Business was conducted online. In this course, students worked with their group members to discuss and develop entrepreneurial ideas. The course included six quizzes, three written group assignments, two peer evaluations in which students provided suggestions for partner groups' proposals, as well as midterm and final presentations.

### **c. Extracurricular Learning and Life Experience**

The ESN student organization and the dormitory service group organized various activities and excursions. For example, participating in the Munich city tour helped me gain a deeper understanding of the city' s history and culture. By joining these activities, I was able to meet many students from different countries and learn about their cultures through conversations. Before the semester began, the dormitory also organized a "Meet Your Neighbor" event, allowing residents to get to know each other.

I also found that participating in the winter semester exchange in Munich provided the opportunity to experience many traditional cultural festivals. For example, Oktoberfest takes place from late September to early October. From late November to December 24, Munich hosts numerous Christmas markets throughout the city. From January 6 to February 17, 2026, I was fortunate to witness the Schäfflertanz, a traditional performance that takes place in Munich once every seven years. In addition, there were carnival celebrations in mid-February.

Besides experiencing Munich' s cultural festivals, I also took advantage of my free time to travel to other European countries. Some of the most memorable experiences included visiting the British Museum and the Natural History Museum in the United Kingdom and watching two musical theatre performances there. In Finland, I experienced traditional sauna culture and visited Santa Claus Village, where I saw Santa Claus and reindeer. During this exchange journey, I visited more than ten European countries, explored many landmarks and museums, and experienced the food and culture of different European countries.

#### **d. Specific Benefits of the Exchange Program**

- Experiencing the cultures and daily life of different European countries
- Broadening my international perspective
- Improving my ability to cope with pressure and adapt to new environments
- Enhancing my English and German language abilities as well as cross-cultural communication skills
- Making friends from different countries

#### **e. Difficulties Encountered During the Exchange**

During my exchange period, I did not encounter any major difficulties that could not be solved. In most cases, problems could be resolved by asking others for help or searching for relevant information online.

#### **f. Cultural Differences and Adaptation**

I observed and learned about cultural differences between countries. However, since I had previously traveled in Europe, I did not experience significant culture shock. I believe it is important to maintain an open and respectful attitude when learning about other cultures. Having curiosity and the willingness to explore new experiences allowed me to gain many unexpected and valuable experiences during my exchange journey.

#### **g. Personal Growth and Changes**

This overseas exchange experience brought many positive changes to my personal development. I gained a deeper understanding of different cultures and became more confident in expressing my opinions in English or German in multicultural environments. In addition, my independence, problem-solving ability, and adaptability improved significantly. For example, during daily life in Munich or while traveling to other European countries, I sometimes encountered situations such as transportation delays or subway strikes. In these situations, I had to adjust my travel plans immediately or make alternative arrangements in advance. These experiences taught me how to remain flexible in changing situations and strengthened my ability to adapt to unfamiliar environments.

#### **h. Reflections and Suggestions**

I am grateful for having this exchange opportunity. I would also like to thank my family for their support, which enabled me to participate in an exchange semester in Germany and travel to other European countries. This experience broadened my international perspective and allowed me to experience European cultures and daily life.