

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

Ingolstadt (英戈爾施塔特) 位於德國巴伐利亞州的多瑙河畔，是巴伐利亞州的第五大城市，其交通方便，距離德國大城市慕尼黑及紐倫堡搭車一小時的火車即可到達，前往慕尼黑機場可乘坐公車，僅需一小時，相較於搭乘火車能夠省下一倍的時間。此外，英戈爾施塔特是全球知名汽車品牌奧迪 (Audi) 的總部所在地，因此被譽為「奧迪之城」。

Technische Hochschule Ingolstadt 簡稱 THI，是一所以應用科學為主的大學，其重點領域為汽車工程、人工智能與數據科學及國際商業與管理，由於與奧迪的緊密聯繫，THI 的汽車工程專業在德國享有很高的聲譽，且學校設有創新中心，專注於未來技術的研究。

B. 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

Successful Negotiation in the Global World，老師曾經於東亞有過多年的經商經驗，對東方文化有些了解。這堂課程為兩人一組之跨文化分組報告，報告內容主要為兩國文化差異以及如何進行協商。老師希望來自亞洲的學生能夠與歐洲學生合作完成報告，讓我們接觸到不同的思考方式，而西方人在報告時更加強調「眼神接觸」，這也是老師提及亞洲學生大多缺乏的地方，

C. 國外研修之生活學習 (課外)

除了平時上課以及在宿舍與其他國際生交流之外，我利用課餘時間到歐洲多個國家旅遊，在旅程中遇到許多突發狀況 (例如德國著名的 delay 大師 DB)，常常使我無法順利搭乘下一班火車，計畫時常被打破，甚至常有火車突然不停靠原本預計停靠的站，廣播卻僅只有德文的情況，遇到這種情況時只好迅速查看 app 上有沒有下一個能夠銜接的班次，種種挑戰讓我更能夠迅速地掌握緊

急狀況並變通，順利抵達目的地。

D. 交換/研修之具體效益 (請條列式列舉)

1. 對於緊急狀況迅速變通的能力。
2. 平時與國際生交流以及上台報告的機會，英語口說進步顯著。
3. 體驗多國文化，不僅限於歐洲，更遍及美洲，結交到許多外國好友。
4. 獨立自主的能力，需自行完成許多行政流程以及日常生活所需。
5. 親身走進歷史，對於各國歷史有更多的了解。

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？

無遇到困境。

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？

1. 德國週日各大商場及超市都不營業，平時超市營業時間也僅至晚上 8 點，方便度與台灣相差甚遠，採購都需要特別注意時間。
2. 寶特瓶及部分玻璃瓶需要先支付約 0.25 歐的押金，等使用完畢並清洗乾淨後再投入超市的專用回收桶，才能拿回押金（大多為抵用券），因此一定要記得不要直接丟進回收桶。
3. 與德國人討論報告可能會突然消失，報告在前一天才會確認報告內容，不會提前完成報告內容，只好自行先完成整份報告並在最後討論時提出待討論之處。
4. 宿舍西方人喜歡邀請朋友來家中飲酒聚會並暢聊，相較於我對於宿舍的定義為休息的地方有所不同，需要習慣大量的社交能量。

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？

海外生活與在台灣生活有非常不一樣的體驗，不僅僅是在飲食上需要習慣自行下廚，整體而對於

自己更有自信了，也更勇於表達自己的想法，在國外你不表達你的想法別人就會認為你沒有意見，因此懂得積極維護自己的權益非常重要。以德國人為例，若你遇到問題時德國人大多不會主動幫助你，但當你提出你的困難或疑問後，大部分的人都很樂意協助並回答你，當然還是要注意有些人並不是非常友善，個人就有走在路上就被種族歧視的狀況發生，此時調適心態便非常重要，在國外更有時差問題，無法隨時都有人能夠回覆訊息。因此來交換的過程中我認為我在心態上變得更加自信且強壯。

H. 感想與建議

總結來說，我非常推薦能夠來到德國交換，德國位處歐洲的中心位置，交通十分方便，在德國境內更可以購買交通月票，能夠節省不少的交通支出；到不同國家旅遊能夠見證到歷史，彷彿歷史課本就在眼前，令人十分震撼且印象深刻，也親臨到了大自然的美，極光舞動的畫面還停留在我的腦海裡。德國年輕人英語能力也都不錯，若想要訓練英語能力，來到這裡會是好的機會。非常感謝父母願意支持我在讀書的最後階段來到德國進行為期半年的交換，這會是我人生中非常精采的回憶。

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

Technische Hochschule Ingolstadt (THI) is a university of applied sciences, well-regarded for its emphasis on practical education and strong industry connections. The university specializes in automotive engineering, artificial intelligence and data science, and international business and management. Due to its close ties with Audi, THI's automotive engineering program is highly esteemed in Germany. The university also houses an innovation center focused on cutting-edge research in emerging technologies, making it an excellent choice for students interested in applied sciences and innovation.

One of the most memorable courses I attended was "Successful Negotiation in the Global World." The professor, with years of business experience in East Asia, had a deep understanding of cultural differences. The course involved cross-cultural group projects, pairing Asian and European students to explore cultural contrasts and develop negotiation strategies. Through this collaboration, I was exposed to different perspectives and learned to adapt my communication style. For instance, the professor emphasized the importance

of eye contact during presentations, a skill that many Asian students, including myself, tend to overlook. This experience not only improved my presentation skills but also boosted my confidence in cross-cultural communication. Working with international peers helped me appreciate diverse viewpoints and develop a more global mindset.

Living in Germany offered countless opportunities to explore Europe. During my free time, I traveled to multiple countries, encountering both exciting and challenging situations. One recurring challenge was dealing with Deutsche Bahn's (DB) notorious train delays. These disruptions often forced me to quickly adapt, finding alternative routes using mobile apps or re-planning my itinerary on the spot. Such experiences enhanced my problem-solving skills and taught me to remain calm under pressure.

Beyond logistical challenges, I had the chance to immerse myself in different cultures, from exploring historical landmarks to experiencing natural wonders like the Northern Lights. These adventures expanded my horizons and deepened my understanding of the world. Studying abroad in Germany profoundly shaped my personal growth. I became more adaptable, learning to handle unexpected challenges like travel disruptions with flexibility and composure. My English communication skills improved significantly through daily interactions and presentations, helping me express myself more confidently. Living in a multicultural environment broadened my worldview as I connected with people from diverse backgrounds and experienced different cultures firsthand. Managing daily life independently taught me self-reliance, while visiting historical landmarks brought history to life and deepened my appreciation for the past.

Overall, this journey was transformative, equipping me with invaluable skills, perspectives, and a stronger sense of confidence. Living abroad also taught me the importance of self-confidence and assertiveness. In Germany, expressing one's thoughts is crucial; staying silent may be perceived as indifference. For example, while Germans are generally helpful, they often wait for you to ask for assistance. This cultural nuance encouraged me to advocate for myself more effectively. Of course, not all experiences were positive. I encountered moments of cultural misunderstanding and even instances of racial discrimination. These challenges tested my resilience, but they also strengthened my ability to maintain a positive mindset and adapt to unfamiliar environments.

Studying in Germany has been a transformative experience that I wholeheartedly recommend. Germany's central location in Europe makes it a convenient hub for travel, and affordable transportation options, such as monthly passes, help reduce costs. Exploring different countries allowed me to witness history firsthand and marvel at nature's beauty, leaving me with unforgettable memories. Moreover, Germany's young population is generally proficient in English, making it an excellent destination for

improving language skills. I am deeply grateful to my parents for supporting me in pursuing this exchange program during the final stage of my studies. It has been one of the most enriching chapters of my life, filled with growth, adventure, and lifelong memories.

學海惜珠暨乘風萬里或者乘風萬里，心得報告內容項目如下

A. 學校簡介
B. 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
C. 國外研修之生活學習 (課外)
D. 交換/研修之具體效益 (請條列式列舉)
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？
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？
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？
H. 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？
I. 給乘風萬里獎勵金捐贈者的感言及心得感想
J. 別具意義的照片