

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

漢堡大學(Universität Hamburg) 成立於 1919 年，位於德國三大州級市之一的漢堡市，是德國北部最大的學術研究和教育中心與德國規模最大的十所大學之一。在其相對較短的建校歷史中，就誕生了 6 位諾貝爾獎得主，6 位萊布尼茨獎得主，3 位藍馬克斯科學文化勳章獲得者，1 位普朗克獎章獲得者和沃爾夫數學獎獲得者，也是德國頂尖大學聯盟“U15”中的一員，並在 2019 年 7 月入選德國精英大學聯盟。漢堡大學坐落於有著德國最大的海港城市與第二大金融中心之稱的漢堡市，作為一所綜合性大學，其在人文科學、社會科學及自然科學領域內的學術研究水準在世界範圍內享有盛名。

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

1. Technology and Innovation Management
2. Business Process Management
3. Asset Pricing

(沒有特別推薦或喜歡的課程)

C. 國外研修之生活學習 (課外)

課外時間到歐洲各個城市旅行拓展國際視野，結交來自各地的朋友，提升文化包容性。

D. 交換/研修之具體效益 (請條列式列舉)

1. 結識外國朋友，增進英語口語表達能力。
2. 體驗外國生活和風俗民情。
3. 提升獨立思考及危機處理能力。

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？

遭遇的困境是我與室友處不來，那位室友也是中山的學生，她的控制慾很強，對公共空間的使用方式有很多個人意見，且經常亂發脾氣，造成我的精神壓力。當時的我透過與她保持距離，給彼此更多喘息的空間，讓她意識到如果生活習慣不同，需理性溝通，而非用亂發脾氣的方式解決。

這件事對我最大的啟發是讓我意識到同鄉人不一定比較靠譜，大部分的台灣人習慣與同鄉人抱團取暖，我則是選擇運用寶貴的交換經驗與外國人交流，豐富了我的外國體驗。

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？

初到德國，我被當地人的冷漠震懾到。相對於台灣人的熱情，德國人說話的表情和態度顯得相當冷漠嚴肅。德國屬於偏向個體主義的國家，人與人之間的邊界感很重，優點是能夠保有個人隱私，且願意尊重個人觀點，不太有類似於台灣群體主義的從眾壓力；缺點則是遇到困難時若沒有主動向人提出請求，他們會表現出事不關己的態度，初期令我感到很無助，偶爾也曾遇過一些熱心助人的德國人，冷漠並非絕對。

我練習接納這樣的文化新體驗，透過與德國人更深入互動，觀察到他們重視個人權益多於人與人之間的情感交流，與台灣的人情味文化有很大的不同。我發現他們這樣的文化有很棒的優點是與人相處時不太需要為了情感交流而忽視個人的自主意願，使我體驗到真正的精神自由，也讓我有機會更深入探索自己的喜歡或適合什麼，透過這樣的文化衝擊，我暫時逃脫台灣的合群壓力。

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？

交換經歷使我變得更勇敢，敢於主動與外國人產生連結。我在中山就讀國際學程，班上有一半的

外國學生，然而當時的我對於和外國人說話感到恐懼，擔心自己英文說得不夠好，因此對於沒有勇氣多與外國同學交流感到遺憾；來到德國，我嘗試擴展舒適圈，積極參與社交活動和課程結識來自各國的朋友，隨著一次又一次的嘗試，我發現自己的英文口語表達能力逐漸進步，且對於開口與外國人對話不再感到畏懼，甚至因為對異國文化感到好奇，而愛上與外國人交流的體驗，透過這樣的新奇體驗，我發現自己的文化包容性愈來愈高，也透過與外國人交流獲得了不同視角的觀點。

H. 感想與建議

在德國交換的日子，讓我發現「活在當下」和「探索個人想法」的重要性。過去二十多年來我在台灣過著疲於奔命的生活，來到德國發現慢步調的生活方式帶給我平靜的心情，使我能更專注於探索自己的喜好和意願。漢堡是個綠化程度相當高的城市，讓我發現大自然的神奇力量，每當我感到焦慮，一到宿舍附近的森林公園就會漸漸感到放鬆。除了體驗不同的生活方式，我也在漢堡大學體驗到德國的學術文化，且結交到來自各國的精英朋友，是很新奇且很有收穫的經驗。

這次交換讓我發現德國的課程通過率相當低，選課時我就曾向當地學生打聽到：多數課程他們都需要重修兩到三次才會通過。因此建議學弟妹在選課時多加留意課程難度，要事先向學長姐多打聽課程通過率和教授的給分高低，以免回台後無法抵免學分。

也提醒學弟妹留意自身的抗寒體質是否能適應歐洲的冬天，特別是靠近北歐的城市，將氣候條件與個人體質納入選校的標準，以免因為無法適應當地氣候而生重病。

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

Experience Reflection on Studying Abroad at the University of Hamburg

****A. Introduction to the University****

The University of Hamburg (Universität Hamburg), established in 1919, is a prestigious institution located in one of Germany's three city-states, Hamburg. It stands as the largest academic research and educational center in northern Germany and ranks among the ten largest universities in the country. Despite its relatively short history, the university has produced six Nobel laureates, six Leibniz Prize winners, three recipients of the Lomonosov Gold Medal, one Planck Medal winner, and a Wolf Prize in Mathematics recipient. It is a proud member of the German U15 group of universities and was included in the German Universities Excellence Initiative in July 2019. As a comprehensive university, Hamburg is renowned globally for its excellence in the humanities, social sciences, and natural sciences.

****B. Course Learning during the Exchange****

During my time at the University of Hamburg, I enrolled in several courses, including *Technology and Innovation Management*, *Business Process Management*, and *Asset Pricing*. These courses provided a robust understanding of the subjects, though I didn't have a particular favorite. Each course offered a unique perspective on business and management, helping me broaden my academic horizon and gain valuable insights into European business practices.

****C. Extracurricular Learning and Life Experiences****

Outside of the classroom, I took the opportunity to travel across various European cities, which significantly expanded my international perspective. Meeting people from diverse backgrounds and cultures helped me develop a deeper sense of cultural inclusivity and adaptability. This aspect of my exchange was particularly enriching, as it allowed me to experience the richness of European history and culture firsthand.

****D. Specific Benefits of the Exchange Experience****

1. Building friendships with people from different countries, which greatly improved my English communication skills.
2. Experiencing foreign lifestyles and understanding local customs and traditions.
3. Enhancing my ability to think independently and handle crises effectively.

****E. Challenges Faced and Solutions****

One of the most challenging aspects of my time abroad was living with a roommate who was also a student from National Sun Yat-sen University. Her strong controlling tendencies

and frequent outbursts made our shared living situation stressful. To manage this, I maintained a respectful distance, allowing both of us some breathing room. This approach eventually led her to realize that rational communication was essential in resolving our differences, rather than resorting to irrational anger.

This experience taught me that just because someone is from the same country doesn't necessarily mean they are more reliable or easier to live with. Many Taiwanese students tend to seek comfort in sticking together, but I chose to use my valuable exchange experience to interact with foreigners, enriching my experience abroad.

****F. Cultural Shock and Adaptation****

Upon arriving in Germany, I was taken aback by the perceived coldness of the locals. Compared to the warmth and friendliness of Taiwanese people, Germans seemed stern and distant. Germany, being a highly individualistic society, places a significant emphasis on personal boundaries. While this can lead to greater respect for individual privacy and opinions, it also means that people may seem indifferent unless you explicitly ask for help. Initially, this made me feel quite helpless, though I did encounter a few helpful Germans, showing that coldness is not universal.

I gradually adapted to this cultural difference by engaging more deeply with Germans, observing that they value individual rights more than emotional connections in interactions. This cultural shift allowed me to experience a different kind of freedom, where personal autonomy is respected, which in turn helped me explore my own preferences and desires without the pressure to conform. Escaping the societal expectations in Taiwan was a liberating experience that allowed me to discover new facets of myself.

****G. Personal Growth and Transformation****

The exchange experience made me more courageous, particularly in initiating connections with foreigners. Despite studying in an international program at National Sun Yat-sen University, where half of the students were from abroad, I had always felt intimidated by the prospect of conversing in English. This fear held me back from interacting more with international students, a regret I carried with me. However, in Germany, I pushed myself to step out of my comfort zone, actively participating in social activities and classes, and forming friendships with people from different countries. With each attempt, my confidence in speaking English grew, and I no longer feared initiating conversations with foreigners. My curiosity about different cultures flourished, and I found myself enjoying

the experience of cross-cultural communication. This journey has significantly increased my cultural tolerance and provided me with diverse perspectives.

****H. Reflections and Advice****

My time in Germany taught me the importance of living in the moment and exploring personal interests. For over two decades in Taiwan, I led a fast-paced life, but in Germany, the slower lifestyle brought me a sense of peace and allowed me to focus on discovering my preferences and desires. Hamburg, with its extensive green spaces, revealed to me the calming power of nature. Whenever I felt anxious, a walk through the forest park near my dorm would gradually relax me. Beyond experiencing a different way of life, I also immersed myself in the academic culture at the University of Hamburg and forged connections with talented individuals from around the world, making this a novel and rewarding experience.

For future students considering studying in Germany, I recommend being cautious when selecting courses. The pass rates for many courses are relatively low, and local students often need to retake courses multiple times before passing. It's essential to gather information from senior students about course difficulty and grading tendencies to avoid difficulties in credit transfer upon returning to Taiwan. Additionally, consider your ability to withstand cold climates when choosing a study destination, especially in northern European cities, to prevent health issues due to harsh weather conditions.

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