

學校簡介

德國達姆施塔特工業大學 (TU Darmstadt)。位於黑森邦達姆施塔特，在地理位置方面有絕對優勢，距離德國重要的交通樞紐法蘭克福僅 20 分鐘車程，從德國規模最大的國際機場法蘭克福安曼也有直達火車站和市中心的大巴，對於初來乍到的國際學生們非常友善，也讓我們在這的期間生活和出行非常便利。作為德國 TU9 理工大學聯盟的成員，TU Darmstadt 擁有豐富的研究資源，雖然交換期間以修課為主，不過在學期末有幸參訪到其中一堂課程的教授所帶領的實驗室，規模之宏大令人瞠目結舌，設備與環境都非常先進完善。

國外研修之課程學習 (課內)

雖然初期的語言環境有些陌生，但透過學校提供的德語密集課程，我逐步提升了德語能力，能夠應付日常生活和基本交流。同時，學校的專業課程多以英語授課，這也讓我的英語表達更加流暢，尤其是在與來自世界各地的學生交流時，英文是主要的溝通工具。

學期間我修習了幾門材料科學的專業課程，課程的理論與應用並重，這不僅拓展了我的專業知識，也提升了我的學術研究的興趣。在國際化的學習環境中，我有機會與來自不同國家的同學合作，共同探討課題，這讓我對不同文化背景下的思維方式有了更多的理解。

國外研修之生活學習 (課外)

課餘之間，我也充分利用了難得在歐洲的機會，前往德國各個城市以及鄰近國家旅行。學期間課程排得緊密，利用沒課的日子將德國城市造訪了個遍，大至柏林、慕尼黑等繁華都市，小至班堡、佛萊堡等可愛玲瓏小鎮，其中我最喜歡的城市當屬柏林，破破爛爛背負歷史傷痕，但又有來自世界各地不同民族文化碰撞的自由不羈，打從心底佩服德國人勇於將過去的不堪攤於陽光下，並矯枉過正。這邊不得不提一下偉大的德鐵月票政策，在我待的第一學期每個月只要補 26 歐便能將邦票升級成全德通用的月票，第二學期改成直接適用於全國範圍，也就是說只需要帶著學生證就能整個德國跑透透，對於預算有限的學生來說簡直是福音！

在聖誕假期期間，我下重本買了歐鐵通票 (Eurail Pass)，獨自揹著行囊踏上了環東歐之旅，因為通票的彈性，我可以隨心所欲地安排行程，這讓旅程充滿了自由和靈活性。徜徉在布拉格的中世紀街道和哥特式建築，維也納的音樂和藝術氛圍讓人沉醉，布達佩斯則以它的溫泉和壯麗的建築吸引了我，克拉科夫和奧斯威辛集中營的歷史遺址深深觸動著內心。每個地方都有著獨特的文化和歷史，這些旅程讓我開闊了視野，體驗到了不同文化的魅力。



柏林影展及新天鵝堡

交換/研修之具體效益（請條列式列舉）

提升生活技能

隻身一人來到異國他鄉，許多事情都需要獨立完成。這讓我學會了更多的生活技能，特別是在飲食上，在美食王國台灣過得太幸福，原來對廚藝完全不擅長的我，如今也能夠燒得一手好菜。每週一兩次朋友們會聚在一起，我們嘗試過作出各式台灣料理，火鍋、牛肉麵和鹽酥雞等，緩解思鄉之情，與其他交換生的聚會成為了我生活中重要的部分。最特別的是去年入冬時和韓國朋友們一起在宿舍醃泡菜，過程有點艱辛但非常有趣，空氣中混雜著調味料的辛辣以及我們甘甜的汗水，不僅增進了彼此之間的友誼，也讓我對不同國家的生活方式有了更深入的理解。

第一次炸鹽酥雞就上手



應對突發狀況

在德國，經歷了無數次德鐵的延誤與取消，我逐漸鍛煉出了應對突發狀況的能力。從最初的手足無措，到現在能夠冷靜處理，這段經歷讓我學會了隨機應變，無論面對突如其來的改變或不確定性，都能保持從容，找到解決辦法，畢竟站在那窮緊張也不能解決問題，趕緊思考替代方案才能逃離窘境。

時間管理

此外，這段交換經歷也讓我學會了更好地管理時間。學習、社交與旅行之間的平衡並不容易，但通過合理的時間安排，我能夠確保在學業上保持進步的同時，享受生活中的樂趣。這段經歷培養了我的自律性，也讓我在學業與生活之間找到了良好的平衡。

感想與建議

總而言之，這段在達姆施塔特的交換生活，無論是在語言、學術還是生活技能上，都給了我巨大的收穫。能夠在這樣一所頂尖的學府學習，並與來自世界各地的學生共同交流，這段經歷不僅拓展了我的專業知識，也豐富了我的人生閱歷。我相信，這段寶貴的經歷將在未來的學習和職業生涯中，為我帶來深遠的影響。

Exchange at the Technical University of Darmstadt (TU Darmstadt) in Germany has been one of the most valuable experiences of my academic journey. TU Darmstadt located in Darmstadt, Hesse, the city has a remarkable geographical advantage; it's only a 20-minute travel from Frankfurt, one of Germany's major transportation hubs. This accessibility made life easy for international students like me. As a member of the TU9 alliance of German technical universities, TU Darmstadt has outstanding research resources. Though I mainly took courses during my exchange period, I was fortunate to visit a lab led by one of my professors. I was amazed by its scale and high-tech equipment.

The language environment was initially challenging, but the intensive German courses offered by the university helped me adapt to everyday conversations and basic interactions. At the same time, most of the professional courses were taught in English, which improved my English communication skills significantly, especially when interacting with students from all over the world. This exchange program not only helped improve my German but also refined my English, essential in this multicultural learning setting.

During the semester, I enrolled in several material science courses, which combined both theory and practice. This not only broadened my understanding of the subject but also sparked a greater interest in academic research. Collaborating with students from diverse backgrounds gave me a better understanding of different perspectives, which has been eye-opening.

While my leisure time, I took advantage of my time in Europe to travel across Germany and nearby countries. Between courses, I explored several German cities, from bustling Berlin and Munich to charming towns like Bamberg and Freiburg. Among them, Berlin became my favorite—its historical scars and cultural diversity made a deep impression on me, and I admired the openness with which Germans approach their past. Additionally, the Deutschland ticket is included in our student ID, allowing us to travel nationwide, which was an incredible benefit for students on a budget.

During the Christmas holidays, I bought Eurail Pass and traveled solo through Eastern Europe, allowing me the flexibility to plan my own itinerary. Prague's medieval streets and Gothic architecture, Vienna's rich arts scene, and Budapest's iconic baths and architectural beauty each captivated me, while Kraków and the solemn Auschwitz site provided profound historical insights. Each city offered unique cultural experiences, broadening my worldview and giving me a taste of different cultures.

Living independently abroad also helped me develop essential life skills, especially in cooking. Coming from Taiwan, where dining out is convenient and affordable, I initially had little experience with cooking. However, I soon learned to prepare meals myself and even tried out traditional Taiwanese dishes with friends, which became a weekly gathering to share tastes of home and ease homesickness. One of my favorite experiences was making kimchi with my Korean friends last winter. Although challenging, it was incredibly fun and a great bonding experience that deepened my understanding of different cultural lifestyles.

Through numerous delays and cancellations on the German railway, I also learned to stay calm in unexpected situations. What started as panic in response to train disruptions gradually turned into resilience, teaching me to

be adaptable and find alternative solutions rather than worry about problems.

This exchange also greatly improved my time management. Balancing academic, social, and travel commitments wasn't easy, but with effective time planning, I managed to maintain progress in my studies while also making the most of my time abroad. This experience has taught me self-discipline and how to create a healthy balance between work and life.

In summary, my exchange period at TU Darmstadt has been invaluable for language skills, academic growth, and life skills. Studying at a prestigious university like this and interacting with students from around the world has enriched my academic and personal journey. I am confident that this experience will have a lasting impact on my future studies and career.