

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

巴登符騰堡雙元制合作型大學是一所採用類似台灣產學合作班教學模式的高等學校，他在巴登符騰堡州內有許多校區，並且每個校區內都有自己專長的科目。他採用的方式是每三個月為一學期以學術階段以及實作階段做循環，他們與許多德國的企業有合作如：西門子、空中巴士...等等。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

在德國就學時，我最喜歡的課程是 Intercultural Cooking，這個課程或許對於不常、不曾煮飯的來說可能會有些許挑戰型，但是我覺得這個應該是最好跟德國當地學生互動的課程，因為他首先會過濾出想要和國際學生互動的人群，並且肯定對於國外文化有更多的了解以及關注，在這堂課上我遇到過許多友善的人們，更甚有想要跟我們一樣出國交換的人。在這堂課我受益最多的地方在於建立了許多德國各地的人脈。

C. 國外研修之生活學習（課外）

在國外的時候我十分推薦去參加各種活動，如聚會、派對、社團活動、運動社團...等等。不過我最為推薦的是他們的運動社團，由於我本身是打排球為興趣的，他們也有提供免費打排球的機會，自然而然我也去參加了這個活動，在這個運動社團中我認識了很多當地以及來自各地的德國人，而且在這個社團裡面的大部分都是學校的學生，所以在學校有時候也可以遇見他們。我在叫喚期間他們甚至辦了一個排球錦標賽，我也有幸可以被德國人邀請加入一個隊伍比賽，在整個過程中我交了許多好朋友，有時候會約我去聚會、沙灘排球甚至是生日派對。

D. 交換/研修之具體效益（請條列式列舉）

- 1、發展了世界各地的人脈
- 2、確定了出國想要前進的方向
- 3、跟當地的大學有了初步的理解
- 4、體驗了在國外當地獨立生活的感覺
- 5、學會了如何包容與理解不同文化的人

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？

這次交換遇到最大的困境在於 project 的教授對於收學生這方面沒有十分積極，導致用時了很久才終於得到回應，但是其實到最後由於用時實在太長最後其實也沒有辦法實際加入項目中學習，不過最後也有找到替代方案，雖然不是最想要學習的東西，不過總歸來說也有學習到有價值的經驗。

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？

文化衝突是肯定有的，與許多不同的國國家，甚至是不同大洲的人在同一個屋簷下生活肯定有許多要磨合以及理解的地方，例如在世界的許多地方，尤其美洲，並沒有做垃圾分類的習慣所以垃圾其實常常要我來幫他們做分類，不過跟他們說明過幾次之後他們也有所改善。

我也發現，其實除了東亞文化圈的文化圈以外，其實大部分的地區人們並沒有每天洗澡的習慣，不過並沒有對我本人造成太大的影響。許多人在正餐的時間上通常與我沒有辦法對上，導致我常常無法跟朋友們一起吃飯。令我最大震撼的文化衝擊莫過於，有一些室友的洗碗方式，讓我沒有辦法完全信任它們洗完的碗，然後有一些人其實有輕微的藥物依賴。並且歐洲的抽菸人口真的很多，並且沒有專門的吸菸區，就算在室內也是一樣，不過這個也沒有任何的解決方法，也只有去習慣。

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？

這次海外生活歷練讓我學會享受一個人的狀態，學會怎麼與不同的人一起相處，這一次出國跟我之前出國比起來會更真實地感受到在國外一個人在社會中的各種開銷，比高中時期交換更加自由，可以獨立做更多事情。也學習到如何培養一項興趣，因為比台灣多很多時間。

H. 感想與建議

我個人建議，只要出國友人約你去聚會的話究竟量去，你說不定會有意外的收穫，無論是人脈、經驗、感情...等等，並且如果有任何的活動如果免費的話也都可以去去看，在國外你就會像一張白紙一樣，你不認識任何人；任何人也都不認識你，你可以活出一個跟你在台灣完全不一樣的人生，認識越多人保持越多聯繫，你不管走到哪裡都獲覺得有一個可以落足的基點。

都出國了，就用力去體驗吧。

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

University Introduction

Baden-Württemberg Cooperative State University is a higher education institution that adopts a model similar to Taiwan's industry-academia cooperation programs. It has multiple campuses across Baden-Württemberg, each with its own academic specialties. The university operates on a unique alternating structure: every three months, students switch between academic study and practical training phases. The school collaborates with many well-known German companies such as Siemens and Airbus, providing students with real-world opportunities.

Academic Experience Abroad

During my studies in Germany, the course I enjoyed the most was *Intercultural Cooking*. For someone not used to cooking, this class could be a bit challenging, but I found it to be one of the best ways to interact with local students. The course naturally attracted students who were open to cultural exchange and interested in international perspectives. Through this class, I met many friendly people, including German students who also planned to study abroad. The greatest benefit I gained was building a wide network of contacts from different regions of Germany.

Learning Beyond the Classroom

Outside of class, I highly recommend participating in various activities such as gatherings, parties, clubs, and especially sports clubs. Personally, since volleyball is my main hobby, I joined the free volleyball sessions offered by the university. This became one of the most rewarding experiences, as I met many German students and others from diverse backgrounds. Sometimes I would run into them on campus, and they even invited me to join a volleyball tournament. Being part of a German team was an amazing experience, and I made many good friends who later invited me to parties, beach volleyball games, and even birthday celebrations.

Key Benefits of the Exchange Program

- Built an international network of friends and contacts
- Gained a clearer vision for my future international goals

- Developed an understanding of how local universities operate
- Experienced independent living abroad
- Learned to be more open-minded and understanding of cultural differences

Challenges and Problem-Solving

One of the main challenges I faced was related to a project course. The professor was not very proactive in accepting exchange students, and it took a long time before I received any response. Unfortunately, by the time the process was complete, it was too late to join the project as planned. Although it was disappointing, I eventually found an alternative learning opportunity. While it wasn't my top choice, it still provided valuable experience and insights.

Cultural Adaptation

Cultural differences were inevitable while living abroad with people from different countries and continents. For example, in some cultures, particularly in the Americas, people are not used to separating trash, so I often had to remind my roommates about recycling. Over time, they improved. I also noticed differences in daily habits—for instance, outside of East Asia, many people don't shower every day. While this didn't affect me directly, it was an adjustment. Meal times also differed, which often made it hard to eat together with friends.

The biggest cultural shocks for me were related to household habits: some roommates washed dishes in ways that didn't feel completely clean, and a few had minor dependencies on medication. Additionally, smoking was far more common in Europe than I expected, often even indoors without designated smoking areas. In these cases, there were no real solutions, and I simply had to adapt.

Personal Growth

This exchange experience taught me how to enjoy being on my own, while also learning how to live with and adapt to people from different backgrounds. Compared to my high school exchange

experience, this time felt much more authentic, as I had to manage independent living and all the financial responsibilities that came with it. I also gained the freedom to explore personal interests, since I had more free time than in Taiwan. Overall, I grew more independent, open-minded, and confident in shaping my life abroad.

Reflections and Suggestions

My advice for future students is simple: if someone invites you to a gathering or event, go for it—you never know what valuable friendships or experiences you might gain. Always take advantage of free activities, as they are great opportunities to explore and meet new people. When you study abroad, you start as a blank page: no one knows you, and you don't know anyone. This gives you the chance to reinvent yourself and live a different version of your life. The more people you meet and the more connections you maintain, the more you will feel at home wherever you go.

Since you are already abroad, make the most of it—live fully and embrace every opportunity.

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