

A. 學校簡介

曼海姆大學 (University of Mannheim) 是德國頂尖的商學院之一，以其在經濟學、管理學與社會科學的強項聞名歐洲。校園位於氣氛悠閒的曼海姆市中心，主建築為歷史悠久的曼海姆宮殿，結合現代化教學設施與完整的學術資源，營造出極具學術與文化氣息的學習環境。

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

我在曼海姆大學共修習八門課程：MAN 301 Strategic and International Management、MKT 351 Marketing Management Decisions、IS 203 Business Informatics III、IS_301 Foundations of Information Systems、MAN 351 Design Thinking & Corporate Hacker，以及三門德文課程 (A1.2、A2.1、A2.2)。

所有的課程都令我有莫大的收益，但其中我最推薦 MKT 351 Marketing Management Decisions。這門課是密集課程，但內容設計緊湊且富挑戰性。教授教學方式生動，擅長結合真實商業案例，運用品牌故事、消費者心理與實際市場行銷策略，引導學生深入思考並應用理論，讓我獲益良多。同時，集中式授課的時間安排也相對彈性，讓我能更靈活地規劃自學時間與旅行計畫，十分適合我個人的學習節奏。

C. 國外研修之生活學習 (課外)

在課外活動方面，我在上學期較為積極參加校內外活動，尤其是由 ESN (Erasmus Student Network) 舉辦的各類文化交流活動，像是國際晚餐、城市導覽、酒吧巡禮等，讓我認識了來自歐洲、亞洲、北美、南美甚至澳洲的朋友，拓展了國際人脈圈。

下學期，我則更常安排出國旅行，走訪了多個歐洲城市，包括芬蘭、捷克布拉格、匈牙利布達佩斯，以及義大利的威尼斯、羅馬、多洛米蒂山區、米蘭等地，親身感受不同文化與自然景觀。

在一整年中，我也持續參加校內的 Kickboxing 課程與排球活動，不僅提升了體能，也讓我持續與本地與外國同學互動，保持身心健康，充實了整體留學生活。

D. 交換/研修之具體效益 (請條列式列舉)

- 鞏固商業與資訊系統相關知識
- 增強英文報告撰寫能力
- 德文進步至可進行簡單日常對話
- 培養國際化視野與跨文化適應力
- 拓展全球人脈網絡
- 提升自我管理與生活規劃能力
- 培養問題解決與獨立思考能力

- 熟悉歐洲高等教育與行政文化

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？

在下學期剛開始時，找房子是我面臨最巨大的挑戰，花了將近三個月才成功找到住所。其間也曾遇過詐騙與房東無回應的情況。此外，德國一些官方系統如學校網站、廣電稅註冊、保險與戶籍办理流程相當繁複，也曾讓我感到無比苦惱。但隨著時間的推移與經驗的累積，透過請教朋友、線上找資料與不間斷地嘗試，我逐漸掌握了處理這些問題的節奏，至少不會造成我太巨大的困擾。

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？

如同期中報告所述，初期確實對德國的效率與節奏有些不適應，例如報修需時甚久，或公共交通的誤點頻繁。但經過一年生活後，我學會放慢腳步、提前規劃，並調整心態去理解不同文化背後的思維方式，甚至學會如何去尋找其中的一些美處。

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？

這一年的交換經驗讓我在人格特質上更成熟與穩定。從初來乍到的緊張與陌生，到如今能夠熟悉過活、自主學習與自由規劃旅行行程，我不僅建立起對未知的適應力，更學會了如何與不同文化背景的人建立深厚的連結與信任。最大的成長是自信與彈性兼具，無論面對挑戰或新環境，我都能以平常心與積極態度面對。

H. 感想與建議

總結這一年在曼海姆的交換生活，我深感這是一段無與倫比的人生經歷。不僅在學術上有所進步，也在人際、語言、文化與生活層面皆有重大成長。我建議未來有意參與海外研修的同學，務必提早準備住宿，並對行政程序保持耐心與彈性。此外，也要勇於參與文化交流活動，透過積極互動融入當地社群；更重要的是，保持開放心態，願意嘗試與學習，這樣才能從留學生活中獲得最豐富的體驗與收穫。

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

The University of Mannheim is a leading institution in Germany, especially renowned for its business, economics, and social sciences programs. Its academic environment is highly international, with many courses taught in English and a diverse student body from across the world. The campus is located in the historic Mannheim Palace, creating a unique atmosphere that blends tradition with modern academic life. The university's central location in Europe also made it convenient for both academic engagement and cultural exploration.

During this exchange year, I took courses in strategic and international management, marketing, information systems, design thinking, and three levels of the German language. These classes emphasized independent thinking, practical application, and cross-cultural discussion. For me, the course Marketing Management Decisions stood out for its case-based format and clear real-world relevance. The professor used engaging, up-to-date examples and encouraged active student participation. The course's intensive format suited my learning style, allowing deeper focus and providing me a high level of freedom in managing my time. Overall, the academic experience improved both my subject knowledge and my analytical skills.

Outside the classroom, I actively participated in student activities and international events, particularly those hosted by the Erasmus Student Network (ESN). These included pub crawls, local excursions, and sports activities that helped me build strong connections with students from all over the globe. I also joined kickboxing and volleyball on campus, which helped me stay active and meet new people.

Throughout the year, I stayed physically active through regular kickboxing classes and volleyball sessions, which also provided opportunities to engage with both local and international students. Additionally, my German proficiency improved significantly, from a total beginner level to being able to hold very simple conversations. This really helped me feel more integrated in daily life.

In addition, I spent a great deal of time traveling and exploring, visiting countries such as France, Finland, Hungary, the Czech Republic, and Italy. These trips deepened my understanding of Europe's cultural diversity and provided firsthand exposure to different histories, languages, and ways of life. This combination of academic study, campus involvement, and personal exploration made my exchange experience both enriching and well-rounded.

There were defiantly some challenges along the way. Navigating administrative systems such as registering for the radio tax and other mandatory registrations was often confusing, especially given the language barrier and outdated websites. These frustrations pushed me to become more proactive, detail-oriented, and independent. As my exchange year progressed, I developed stronger problem-solving skills and became more confident in managing unfamiliar situations.

This exchange has provided long-lasting benefits. I improved my academic knowledge, communication skills, and cultural adaptability. My German progressed to the point where I could

hold very basic conversations, which helped in daily life and social integration. It also helped me become more independent, resourceful, and confident in unfamiliar situations. Most importantly, it granted me a broader global perspective and a clearer sense of how I hope to grow professionally. Studying at Mannheim was not only an academic opportunity, but a life experience that reshaped the way I learn, think, and engage with the world.