

中文感想

A. 學校簡介

德國巴登符騰堡大學(Duale Hochschule Baden-Württemberg)是一所標榜雙軌教育的國立大學，實現了理論與實踐的充分結合。一年共分為4個學季，以3個月為一季。本地學生需透過上一季課，上一季班的輪替模式直到畢業，積極實施產學合作。而交換生則是以上課為主，會依照自己的能力選擇不同級別的課程修課。

B. 國外研修之課程學習

德國的文化層面

這門課是我最推薦的課程，老師展現了多元文化的開放態度，並透過簡易的互動及案例來協助我們理解不同國家的文化差異。課程剛開始，老師讓我們抽籤各自扮演來自不同國家的人進入一個新環境會有什麼樣的表現及態度，讓我們更具體感受跨文化溝通的重要性。透過互動式的學習，能夠站在對方的角度思考，進一步提升跨文化的理解及溝通。這堂課讓我深刻體會文化交流的重要性，也激發了我對不同文化的興趣。

國際策略管理與發展

這堂課程是由一位美國老師授課，她透過個案分析、小組討論及口頭報告，使我們更深入理解策略管理的應用。老師在課堂中的互動性極高，不僅鼓勵我們發表對案例的看法，還樂於傾聽學生的想法，甚至對我們的日常分享也表現出興趣。這樣的教學方式讓課堂氣氛更加輕鬆，每位同學也都積極地參與討論。

商業模擬

這門課是我最喜歡的課程，與傳統的商管課不同。每組各代表五大洲，透過模擬器進行進出口，並結合老師提供的商業新聞調整策略。在五回合內，我們不斷分析市場需求、競爭對手動向，思考最佳決策，讓我深刻體會到國際貿易的複雜性與挑戰。

C. 國外研修之生活學習

宿舍生活

學校安排我們住在WG合住公寓，讓交換生之間的感情能夠更快速的增溫！宿舍內部有自己的單人房空間並和來自不同國家的室友共用浴室及廚房，宿舍提供相當足夠的廚具及調味料讓我們更方便下廚。我和一位法國室友感情較好，會互相製作家鄉菜給對方吃，她對我煮的一桌菜給出好評！親自嘗試製作的食物受到對方的青睞真的很開心，也從室友身上學習到了如何做法國料理的方法。

旅遊經驗

在這段交換期間裡我探索了歐洲各地，共去了 14 個國家，感受歷史與現代的交織，每次旅行都是全新的文化體驗。我開始學著快速規劃行程及查詢路線，適應不同環境，也在旅途中與世界各地的人們交流，拓展了視野。途中也有遇到不同的挑戰，像是德鐵突然取消班次、飛機因天氣延誤、因舉辦市集而有路線需要停駛轉車以及獨旅時要如何保護自己等，隨時都在面臨挑戰，不過我也順利地通過重重關卡。這些經歷讓我更能享受當下語即時解決問題，也學會如何欣賞一座陌生的城市。

D. 交換/研修之具體效益

認識各地朋友

與來自世界各個角落的朋友們一起生活、參與活動以及上課是很可貴的機會。在課堂中一起討論個案，在課堂後互相分享自己經歷的故事。從飲食、節日到生活方式，每一次的交流都是新的啟發。

外語能力提升

不管是生活中的溝通、理解書上的字符或是旅遊中需要問路等，都令我深刻感受到語言的重要性。三個月下來我認為自己對各國口音的適應力提升最多，每個時刻都不停地訓練自己的英語能力。不僅對學業有幫助，也對未來國際職場競爭力打下基礎。此外，在出發前我先學了半年的德文，這段期間能夠看懂火車站、菜單以及超市的許多字眼，甚至是和本地生簡易對話，是令我更覺得語言是一個強大的利器的原因！

拓展國際視野

透過與不同背景的人交流，大幅拓展了自己的國際視野。這讓我更理解全球的差異，思考問題時不再侷限於單一角度，而是能從多元視角分析。參與國際商業課程及討論，讓我提升跨文化適應力，培養了更開放、包容的思維，對未來生活都有深遠的影響。

體驗各國文化

我深刻體驗到文化差異，從生活習慣到飲食都充滿新鮮感。例如，上廁所要台幣 15 至 60 元不等，隨時都要攜帶銅板在身上；吃東西需要點一杯飲料並付小費，且他們主食多為麵包及馬鈴薯。每個國家都有獨特的文化和規則，這些細節讓我更加理解不同社會的運作方式，也學會用開放的心態去接受與尊重多元文化。

E. 海外生活期間遇到的困境及成長

在交換期間，面對語言障礙、生活適應與學術挑戰是必然的。透過主動交流及參與 buddy program 舉辦的活動來提升語言能力與融入環境。遇到學術困難時，我會請教教授或同學，並利用線上的資源補強。而面對文化衝擊的當下，初期可能會對某些行為模式感到陌生，但透過交流後，我已開放的心態去

接受不同的文化，而不是直接用自己的習慣去評判，同時我也會主動詢問別人的想法，透過比較來增進理解，讓我更快速適應。此外，這段經歷確實改變了我的性格，讓我變得更有自信，也更能專注當下。過去我時常對未知感到焦慮，但在交換期間，我學會了如何應對變化與不確定性，並發現適應能力其實比想像中強。這讓我更勇於嘗試新事物，也更享受當下的學習及生活經驗。

F. 獎學金對海外研修的幫助(給乘風萬里獎勵金捐贈者的感言及心得感想)

很感謝此次獎學金的補助讓我有機會參與這次寶貴的交換計劃。在這段期間讓我自我成長許多，也讓我對未來有了更清晰的目標。我將帶著這份經驗繼續努力，並將所學回饋社會及未來的自己。

G. 照片





英文感想

Participating in an exchange project has been one of the most rewarding experiences of my life. Before coming to Germany, I felt nervous about adapting to a new environment, since it was my first time traveling to Europe. I was unsure about how I would adjust to the cultural and academic differences, and I worried about making friends in a foreign country. However, this opportunity has given me the chance to step out of my comfort zone, experience a different way of life, and connect with people from all over the world.

One of the biggest hurdles I faced was the language barrier in the classroom. While I was confident in my English abilities before coming to Germany, I soon realized that academic discussions and fast-paced conversations could be quite challenging. There are still significant differences between Eastern and Western countries in our class discussions. Western students tend to express their opinions more openly, while in Eastern cultures, we are often more reserved. However, I did not let this challenge discourage me. I made an effort to actively participate in discussions, even if I was not always certain about my answers. My classmates were very supportive—they

would slow down their speech to help me understand, and the professor also showed concern for me. Over time, I became more confident in using English in academic settings, which also made my daily life much easier.

Beyond the language barrier, the cultural differences gave me a new perspective. The German way of life, with its emphasis on punctuality, independence, and work-life balance, was quite different from what I was used to in Taiwan. For example, Germans tend to separate their work and personal life more clearly. They put great emphasis on employees' productivity and contributions during regular working hours, while in Taiwan, overtime work is often seen as a sign of dedication. Additionally, I noticed that Germans value direct communication, whereas in Taiwanese culture, we sometimes use more indirect ways to express our opinions to maintain harmony. These cultural differences made me reflect on my own habits.

The highlight of my exchange experience was the friendships I built. I met people from different backgrounds, each with unique stories and perspectives. Through group projects and dormitory life, I became more open-minded and outgoing, engaging with people from different cultures. During each journey, I traveled with different people and got to know exchange students from various parts of Taiwan. While traveling alone, I also met people from China, Hong Kong, and South Korea. These friendships not only enriched my experience but also broadened my understanding of the world.

Overall, my exchange in Germany has helped me grow both academically and personally. It has strengthened my adaptability, improved my language skills, and given me a global perspective that will benefit me in the future. I have learned to embrace challenges and appreciate different ways of thinking. I am grateful for this opportunity and would encourage anyone considering an exchange program to take the leap—it is truly a life-changing experience!