

學校簡介

曼海姆大學（University of Mannheim）位於德國曼海姆市，是德國著名的公立研究型大學之一。該大學創立於1907年，擁有百年歷史，以其卓越的教學和研究聞名於世。曼海姆大學在商學、社會科學、法學、數學和資訊科學等領域具有優秀的學術聲譽，曼海姆大學商學院（Mannheim Business School）是該大學最知名的學院之一，也是歐洲頂尖的商學院之一。

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

Leadership and Motivation, Introduction to Entrepreneurship

收穫最多的課程為Introduction to Entrepreneurship，上課分成lecture + exercise, lecture主要是由教授授課，主要內容跟創業相關的理論及概念有關，學期間也會邀請幾位已畢業校友分享創業精神。練習課會將全班同學進行分組進行個案分析報告，除了能增進自己在專業知識上的能力外也能透過分組報告與不同國家同學合作及溝通，練習自己跨文化溝通的能力。

國外研修之生活學習（課外）

International Summer Academy ISA 語言班（8/1~8/31）

曼漢大學提供交換生在學期開始前一個月先至學校上課，每週一至五早上上德文課，會依照程度分班，下午有文化課程可以自由參加。此外還會提供各式各樣課外活動（excursion）。非常推薦參與此項活動，通常這半年會玩在一起的同伴都是透過ISA時期認識的。

交換/研修之具體效益（請條列式列舉）

1. 跨文化體驗：有機會深入了解不同國家和文化的的生活方式、價值觀和習慣，增強跨文化交流和理解能力。
2. 語言能力提升：雖然德國人英文都算還不錯，但其實還是有些年紀較長的長輩聽不懂英文，這時候如果會一些德文還是有幫助的。課程中是全英語授課，也同時會跟不同國家同學進行報告的討論，在討論中能更佳提升自己英語表達能力。
3. 學術成就：在德國上課會發現德國人都很踴躍的發表意見及提問，在這樣的學術環境中學習能促使我思考更多。教學方式上也與台灣不相同，上課方式不只有教授上課，還透過個案分析討論讓學生有更多空間去反思及自我學習。
4. 人際網絡擴展：可以認識來自不同國家的同學和教授，擴展人際網絡，雖然不見得對未來的職業發展有什麼助益，但能透過不同的視野討論文化差異，能培養包容能力。
5. 個人成長：在德國交換需要辦理許多手續例如入籍、退籍、選課、考試都是非常耗時耗神的，沒有人會主動幫助或提醒時就需要靠自己獨立完成。

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？

在回國前遇到德國鐵路很大型的罷工，連續罷工三日造成火車全部癱瘓。當時正準備要從阿姆斯特丹回德國搭飛機，因此一定要想其他方法回到德國，不然等得鐵罷工結束後再回到德國已經錯過班機了。當時只能先冷靜找尋是否有提早的火車能在罷工前趕回德國或是有其他交通工具能回到德國銜接接下來的行程，因為已經在德國待了將近半年，了解歐洲交通工具有哪些及要去哪裡查詢，因此才能在知道消息的一小時內處理好並順利回到德國。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

德國學生在課業上的努力是比想像中還更認真的，就算在學期中考試只有一次期末考，他們也不會拖到最後一刻才在唸書。除了上課外，他們也參與例如企業實習、工作坊等等管道努力與實務接軌，不禁讓我反思自己是否做的努力還不夠多，是否該認真尋找更多資源學習。

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？

最大的成長莫過於變得更獨立，在國外除了自己沒有人會幫你做計畫。讀書時程的安排、任何出遊計畫都要靠自己探索，在這期間會訓練自己成為更能獨當一面的人。

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？

因出國期間正值暑假旺季，機票會比原先預期還貴出5000~10000，獎學金幫助我在這方面減輕負擔，雖然沒有獎學金不會改變我的出國計畫，但會讓我在金錢上的負擔沒有那麼大。

感言及心得感想

出國交換不僅是去到交換校學習和上課，更重要的是學習如何獨立自主、社交、保護自身安全、打開自己的視野。這種轉變可能在國外沒有立刻感受到，但當回到台灣面對未來時，會有更多的思考。在國外，最重要的是要敞開心胸，接觸不同的人事物和文化。雖然因為個性而不敢踏出舒適圈可能是一種選擇，但當你真正踏出去時，會感受到更多的正面回饋

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)

-School Introduction:

The University of Mannheim, located in Mannheim, Germany, is one of the country's renowned public research universities. Founded in 1907, the university has a century-old history and is well-known for its excellence in teaching and research. The University of Mannheim has an outstanding academic reputation in fields such as business, social sciences, law, mathematics, and computer science. The Mannheim Business School, a part of the university, is one of its most prominent colleges and is also among the top business schools in Europe.

-Curriculum: (Leadership and Motivation, Introduction to Entrepreneurship)

The most rewarding course is Introduction to Entrepreneurship, which is divided into lectures and exercises. The lectures are mainly delivered by professors and focus on theories and concepts related to entrepreneurship. Throughout the semester, several alumni who have graduated and become entrepreneurs are invited to share their entrepreneurial spirit.

During the exercises, the whole class is grouped together to conduct case analysis reports. This not only enhances students' professional knowledge but also allows them to collaborate and communicate with students from different countries, practicing their cross-cultural communication skills.

-Extra-curriculum:

International Summer Academy (ISA) language class (8/1~8/31): Mannheim University offers exchange students the opportunity to attend classes at the university one month before the start of the semester. German language classes are held every weekday morning, with students grouped according to their proficiency levels. In the afternoons, there are cultural courses that students can freely participate in. Additionally, a variety of extracurricular activities and excursions are organized. Participating in this program is highly recommended, as the friends you make during ISA are often the ones you'll be spending the semester with.

-Exchange specific benefits:

1. Cross-cultural experience: Opportunity to gain deep insights into the lifestyles, values, and customs of different countries and cultures, enhancing cross-cultural communication and understanding.

2. Language skills improvement: While Germans generally have good English skills, there are still older individuals who may not understand English well. Knowing some German can be helpful in such situations. Classes are conducted in English, and discussions with classmates from different countries can improve English language skills.

3. Academic achievement: Studying in Germany exposes one to the enthusiastic participation of Germans in discussions and questioning, stimulating deeper thinking. The teaching method is different from Taiwan, with not only professors lecturing but also using case studies for discussions, allowing students more space for reflection and self-learning.

4. Expanded social network: Meeting students and professors from different countries expands one's social network. While it may not necessarily directly benefit future career development, discussing cultural differences from different perspectives can cultivate tolerance.

5. Personal growth: The exchange process in Germany involves many procedures such as registration, deregistration, course selection, and exams, which are time-consuming and mentally exhausting. When no one is actively helping or reminding, one must rely on oneself to complete these tasks independently.

-Reflection:

Going abroad for an exchange program is not just about studying and attending classes at the host

university; it's also about learning how to be independent, socialize, ensure your safety, and broaden one's horizons. These changes may not be immediately felt abroad, but upon returning to Taiwan and facing the future, there will be more contemplation. The key abroad is to be open-minded, to engage with different people, things, and cultures. While it might be a choice driven by personality to stay within one's comfort zone, stepping out of it will lead to experiencing more positive feedback.