

A. 學校簡介

紐倫堡應用技術大學（Technische Hochschule Nürnberg Georg Simon Ohm，簡稱 The Ohm）位於德國巴伐利亞邦。該校以著名物理學家歐姆的名字命名，他曾在此任職並擔任校長。The Ohm 擁有 13 個科系，目前僅開放商管學院中的 4 個系所供中山大學的交換生選讀。商管學院的課程主要集中於 BL 和 BB 校區，而國際處舉辦的活動則多在 KA 等主要建築區進行。

紐倫堡是巴伐利亞邦的第二大城市，市內交通便捷，對外交通也非常便利，鄰近第一大城市慕尼黑。周邊有許多古典風情的小鎮，如班貝格和羅騰堡，是假日放鬆的理想去處。

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

在交換期間，我選修了 4 門課程，分別為 2 堂商管相關課程與 2 堂數據分析工具教學，其中特別推薦由 IB 和 IBT 系所共同開設的「Strategic Management」。今年這門課由一位新任教授授課，他在講解完理論後，會提供實際情境讓學生進行練習，這樣的教學方式讓我對課堂內容有了更深刻的印象。儘管德國的授課步調相較於臺灣來說較為緩慢，但這種細緻的教學方式讓我感覺學得更加紮實。

此外，開學前國際處提供了約一週的德文衝刺課，授課老師不太會說英文，課程也直接從單詞開始教起，因此建議先自學字母發音會較容易跟上進度。

C. 國外研修之生活學習（課外）

在歐洲這個酒比水便宜的地方，夜生活總是離不開酒精。我們宿舍的地下室每週都會舉辦派對，提供便宜的酒水供學生參加，平日裡也常見歐洲人相約去酒吧或夜店玩樂。路邊經常舉辦的音樂會，人們自備酒水和點心，隨意席地而坐，就能整晚欣賞藝人的演唱。每半年一次的 Volksfest 巡迴遊樂園也是大家熱衷參加的活動之一，遊樂園內的每個設施分開收費，除了經典的遊樂設施，還有眾多遊戲和點心攤位遍布街道，晚上更有絢麗的煙火表演，吸引了大批人潮前往。

D. 交換/研修之具體效益（請條列式列舉）

● 英語和德語能力

日常生活中，每天都在鍛鍊自己的聽說能力，也更有勇氣練習口說

● 文化交流，認識異國朋友

除了在紐倫堡的生活之外，我在旅途中也認識了許多來自不同國家的朋友，每個人都有自己的故事，因為不同的原因來到了同一個地方，相處的過程中也會發現很多文化差異，傾聽他們的故事變成了我旅行中的一大趣事。

● 獨立自主

從出發前的簽證申請，到出入境、入學與住宿等手續都需要自己跑流程，不同的文件都有各自的日期規定，雖然國際處可以提供協助，但大多還是必須自行處理。

● 提前規劃

德國人相當注重休息時間，下班時間就不再回復任何工作上的問題，尤其是行政相關的手

續經常都需要提前預約，不開放現場直接辦理。而且歐洲的車票價錢會隨著時間靠近而增加，越早預訂越能得到優惠的價錢。因此我養成了事先規劃的習慣，做好時間管理。

- 冷靜面對突發狀況

此外，歐洲的交通線路複雜，經常會發生延誤或取消火車班次的問題，起初還會感到措手不及，後期我已經習慣了，反而能夠冷靜地面對這種臨時狀況，即時尋找替代方案，盡快解決問題。

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 Google 上能找到的有關歐洲生活的信息相對較少，特別是對於一些初來乍到時所需的必需品，例如 SIM 卡等，幾乎沒有太多經驗分享。國際處通常只會提供中立的建議，不會特別推薦具體的商家，而 Buddy 提供的資訊也未必適合交換生的短期居住需求。抵達歐洲之後我下載了中國的 App 小紅書，其中的資訊豐富程度遠多於 Google 上可獲取的，除了日常生活之外，旅遊中我也經常利用他尋找合適的景點與美食推薦。

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？

歐洲境內的機票有時會比火車或巴士票還便宜，但需要注意的是，機票價格會隨著出發日期的臨近而上漲，有時甚至在幾分鐘內價格就可能翻倍。因此，越早預訂機票，越有機會買到便宜的票。我通常一旦確定旅行計劃就會立刻下單，並建議大家善用 Omio 和 Skyscanner 這兩款 App。前者適用於比較不同交通工具之間的票價，後者則在各家航空公司之間比價。

此外，德國、奧地利與瑞士的超市在週日固定休息，因此我通常會在週末前備足所需物資。若是不介意人潮，週六晚上去超市還能撿到一些優惠商品。如果真的來不及購買，火車站附近的超市通常會在週日營業，也可以前往購物。

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？

在歐洲的這段時間，我看著臺灣的朋友們投入實習、攻讀碩士學位，有的人甚至已經踏入職場，讓我感覺自己似乎落後了他們好大一步，似乎浪費了許多時間在旅遊和玩樂上。然而，歐洲朋友們的生活態度卻幫助我減輕了這些憂慮。他們認真地享受當下，不必擔心自己與他人不同，每個人都按照最適合自己的節奏生活，這才是真正的舒適。受他們的啟發，我也開始嘗試放下緊湊的生活規劃，給自己更多時間去接觸不同的事物，不再在學業、事業和旅行探索之間計較價值的高低。

H. 感想與建議

這半年的經歷如同一場夢，在一個完全陌生的環境中生活，我體驗了不同的文化，結交了許多朋友，跨越了歐洲各國，遊覽了許多只在歷史課本中出現的景點與文物，參觀了各大博物館，親眼見到了藝術大師們栩栩如生的經典作品。除了這些美好的回憶外，當然也有無助的時候。孤身一人的寂寞、資訊匱乏的焦慮，都曾考驗著我的能力，但最終總能在好心人的幫助下，順

利解決難題。一路走來，我要感謝的人實在太多了。我很慶幸當初果斷地選擇出國，這段經歷讓我感受到自己的成長，也使我的視野更加開闊。

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 Technische Hochschule Nürnberg Georg Simon Ohm (The Ohm) is located in Bavaria, Germany. Named after the famous physicist Ohm, who served as its president, there are 13 faculties at The Ohm, but currently, only four faculties in the College of Business and Management are open to exchange students from Sun Yat-sen University. Courses in the College of Business and Management are concentrated in the BL and BB campuses. At the same time, activities organized by the International Office occur in the main building areas, such as KA.

Nuremberg is the second largest city in Bavaria, with easy access to the city center and to Munich, the largest city in Bavaria. The surrounding area has many small and classic towns, such as Bamberg and Rothenburg, which are ideal for a relaxing holiday.

During the exchange period, I took 4 courses, 2 business management-related courses, and 2 data analysis tools courses. Among them, I especially recommend “Strategic Management”, which is jointly offered by the IB and IBT departments. This year, the course was taught by a new professor. After explaining the theories, he would provide practical situations for students to practice, which gave me a deeper impression of the content of the class. Although the pace of teaching in Germany is slower than that in Taiwan, I felt that I had learned more solidly from this detailed teaching method. In addition, the International Office offered a one-week German sprint course. The teacher did not speak much English and the course started with words, so it is recommended to learn how to pronounce the letters on your own to keep up with the progress.

As for extracurricular, nightlife is always about alcohol in Europe. The basement of our dorm hosted weekly parties with cheap drinks for students to attend, and it was not uncommon to see Europeans going out to bars and clubs on weekdays. Concerts are often held on the side of the road, where people bring their drinks and snacks, sit on the floor, and enjoy the artists all night long. The biannual Volksfest amusement park is also a popular event, where every attraction is separately charged. In addition to the classic rides, there are also numerous games and snack stands throughout the streets, and at night there are spectacular fireworks displays that attract huge crowds.

During the exchange program, I've learned several things from the experience:

First, my English and German language skills improved a lot. In everyday life, I am practicing my listening and speaking skills every day so that I have the courage to practice speaking. Second, It's the cultural exchanges and meeting people from other countries. Apart from my life in Nuremberg, I also met a lot of people from different countries during my trip. Everyone had their own story, and they

came to the same place for different reasons. During the process of getting along with each other, I also found out a lot of cultural differences, and listening to their stories became one of the most interesting things during my trip. Third, I've become more independent. From pre-departure visa application to immigration, admission, and accommodation, I had to go through the process on my own. Different documents had their own dates and regulations. Although the International Office could assist, I still had to do most of the work on my own. Then, I realized the importance of planning ahead. Germans are very particular about their time off and do not reply to any questions about their work after work. Especially for administration-related procedures, it is often necessary to make an appointment in advance, but there is no possibility of doing it on-site. Moreover, the price of a ticket in Europe increases with time, so the earlier you book, the better the price you can get. So I've gotten into the habit of planning ahead and managing my time well. Eventually, I became calm enough to deal with the unexpected. In addition, the transportation routes in Europe are complicated, so there are often delays or cancellations of train schedules. At first, I was caught off guard, but later I got used to it and was able to calmly deal with the situation and find alternatives to solve the problem as soon as possible.

It was still like a dream experience. Living in a completely unfamiliar environment, I experienced different cultures, made many friends, traveled across Europe, visited many sights and artifacts that only appear in history textbooks, visited major museums, and witnessed classic works of art come to life by master artists. In addition to these wonderful memories, there were of course times when I felt helpless. The loneliness of being alone and the anxiety of lack of information challenged me. But in the end, I was able to solve my problems with the help of kind-hearted people. There are so many people I have to thank along the way. I am very glad that I decided to go abroad at the beginning, and this experience has made me feel my growth and broadened my horizons.