

A. 學校簡介

THI 商學院 (Technische Hochschule Ingolstadt) 位於德國巴伐利亞邦的 Ingolstadt 小鎮，地理位置很好，介於慕尼黑和紐倫堡之間，也是 Audi 總部所在地，因此雖然是小鎮，但流動人口不少。雖然是商學院，但 THI 其實以工科聞名，特別是在汽車工程和技術領域。校園不大，但設施很現代也很新穎，校舍甚至還在擴建中，校園內的小角落能看到汽車模型的展示。學校的學生來自歐洲不同的國家，語言能力很強，不少人擁有第二、第三外語，因此溝通上沒有阻礙。上課方式有別於我們所熟悉的亞洲教育，學生的主動性很高，會積極向老師提問與討論，課堂氣氛活躍。如果選修像跨文化這樣的課程，還能通過和來自不同國家的同學交流，了解到不同的文化和思維方式。

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

Successful Negotiations in a Global World、Successful Management in a Global World

我選擇了兩門跨文化的課程，是同個老師授課，儘管課程名稱相似，但實際上一個偏重跨文化的組織管理、一個偏重跨文化的談判交流技巧，並且透過老師個人的親身經歷與課堂討論，加上期末同學們的報告與分享，了解到跨文化組織因為彼此文化風情不同可能會遇到的問題，並了解如何結合不同文化的特點與優勢，打造一個更全面且具包容性的跨文化企業。

C. 國外研修之生活學習 (課外)

透過與不同國家的交換生交流，能夠更認識各個國家的風土民情，也在談話間可以更認識自己的國家，並了解對方對自己國家的看法。生活上則是更加獨立，由於身處國外，許多瑣事都需要親力親為的處理，甚至因為郵件往來需要時間，因此需要提早一段時間事先規劃，雖然這樣的生活有時會感到疲憊，但生活的感受上會更加充實。另外，在不斷出發的旅程中，因為到處遊歷的關係，體驗到很多不同國家的人民風情，視野一下子變得很開闊，腦海中以前總聽別人形容的景象，終於在自己的親眼所見之下，變得真實且清晰，這些所見所聞讓我對世界有了全新的瞭解，也讓我對自己的未來充滿期待。

D. 交換/研修之具體效益 (請條列式列舉)

- 與不同文化背景的同學交流，更清晰的理解彼此的文化差異。
- 體驗互動式教學，訓練自己的英文聽力與口說。
- 訓練生活的獨立性，辦理各項從入籍至退籍等的生活瑣事。
- 走訪約 20 個國家，豐富自己的生活體驗與增加國際視野。
- 在各式的旅途中訓練隨機應變的能力，並學會保護自己。

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？

德國鐵路一向不太可靠，總是三番兩頭的延誤或者直接取消班次，這是旅途中比較令人心力憔悴的地方，有時候事前安排好的行程，會因為德鐵的不可靠性導致需要當天在火車上臨時彈性調整行程。這種屬於德鐵的不可抗力人為因素，是沒辦法解決的，只能自己轉換心態，並準備好隨時都有可能需要改乘其他車輛以及臨時改行程的心理準備，在這過程中慢慢學會調適自己，養成處變不驚的心態，並試圖將這些意料之內的意外，也涵蓋進旅途的風險規畫之中。

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？

在課堂中蠻幸運遇到的組員都是積極且願意付出的人，因此在這方面我比較沒有文化衝擊的困擾，相反的因為他們的積極性，反而讓我很認真的準備並參與期末的口頭報告；生活上則因為我一個人居住，所以沒有需要與室友磨合生活習慣的問題。

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？

在海外生活，有太多事情需要親力親為，在處理的過程中，我感受到自己變得更加獨立與勇敢，同時，因為獨自居住的關係，慢慢學習與自己獨處，將生活步調慢下來、看看風景、散散步，享受當下。另外，學習成為一個時間管理大師，把握課餘時間跟旅伴出門遊覽各國，並在旅途中，養成隨機應變的習

慣，想辦法解決旅途中的各種突發狀況。但讓我成長最多的還是因為遊歷各國所收穫的國際視野與欲探索世界的好奇心，畢竟在看過瑞士的純白山峰、英國的璀璨煙火、冰島的貧脊荒蕪、東歐的平價美食後，我只想再一次、又一次，不斷的出發探索世界，探尋更多我未曾抵達的風景與遠方，而這是過往的我未曾想過的。

H. 感想與建議

感謝學校提供了這次非常寶貴的交換機會，讓我能用學生的身分體驗德國當地的教學方式與文化風俗，獨自在國外生活說來簡單但其中的辛酸只有自己知道，儘管如此我還是非常珍惜這段短暫的時光，無論好的、壞的，都將收納並成為我人生中很重要的一段回憶。接著，謝謝家人的支持讓我出國交換，短短的半年，我用我的雙腳踏過 20 個國家，親眼見識到世界之廣闊，這些對我來說都是很重要的養分，我想我沒有辜負這些時光，這段期間我像塊海綿，不斷的吸取遊覽各地的所見所聞，慢慢的讓我蛻變成另一個自己，我擁有更寬廣的視野與直視未來的勇氣，我想我會更有餘裕面對往後的日子，也更加了解自己嚮往甚麼樣的生活，將會以此為目標前進。

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

赴中國交換者免填英文心得

Studying abroad at Technische Hochschule Ingolstadt (THI) has been a life-changing experience, filled with valuable lessons, challenges, and remarkable growth. Located in Ingolstadt, a charming town in Bavaria, Germany, THI offers an ideal environment for learning and exploration. Nestled between Munich and Nuremberg and home to the Audi headquarters, the town is vibrant despite its small size, attracting a diverse population. Though known as a business school, THI is renowned for its engineering programs, particularly in automotive engineering and technology. The modern and expanding campus reflects its emphasis on innovation, with displays of automotive models scattered throughout, inspiring students daily. The international atmosphere at THI fosters cultural exchange, with classmates from various European countries, most of whom are proficient in multiple languages, making communication seamless. Unlike traditional Asian education, THI's interactive teaching approach encourages active participation, with students eagerly engaging in discussions and debates. This dynamic environment creates a stimulating and collaborative learning experience.

During my exchange program, I enrolled in two courses: Successful Negotiations in a Global World and Successful Management in a Global World, taught by the same professor. While the course titles appear similar,

their focus differs significantly. The former emphasizes intercultural negotiation techniques, while the latter explores organizational management across cultures. Through case studies, personal anecdotes from the professor, and in-depth discussions, I gained insights into the complexities of managing cross-cultural teams. The course culminated in group presentations, where my classmates shared unique perspectives, helping me understand how to leverage cultural diversity to build inclusive and effective organizations. These lessons not only enhanced my professional knowledge but also deepened my appreciation for cultural differences.

Living abroad taught me independence and adaptability. Engaging with exchange students from various backgrounds allowed me to learn about their traditions while also reflecting on my own culture. Everyday tasks, such as managing paperwork, planning itineraries, and handling delays, required careful organization and problem-solving skills. For instance, navigating Germany's famously unreliable train system often disrupted travel plans, forcing me to think on my feet and adjust itineraries on the go. This unpredictability became an integral part of my journey, teaching me resilience and the importance of embracing uncertainty. Traveling to over 20 countries during my exchange period further broadened my horizons. Experiencing Swiss alpine beauty, British fireworks, Icelandic wilderness, and Eastern European cuisine brought to life the landscapes and cultures I had only read about, transforming them into vivid, unforgettable memories.

This exchange program has profoundly influenced my personal and professional development. The need to independently handle various tasks has made me more self-reliant and confident. Living alone taught me to enjoy solitude, slow down, and appreciate simple pleasures like a walk by the Danube. Time management became essential as I balanced coursework with weekend adventures, and each journey honed my ability to adapt to unexpected situations. However, the most significant transformation came from the global perspective I gained. Witnessing the diversity of people, landscapes, and cultures sparked an insatiable curiosity and a desire to explore more of the world. I now find myself eagerly anticipating the next journey and the lessons it will bring.

I am immensely grateful to my home university for granting me this invaluable opportunity to study at THI and immerse myself in German education and culture. This experience has not only enriched my academic knowledge but also equipped me with a broader worldview and the courage to pursue my aspirations. For future exchange students, I recommend embracing every challenge and seizing every opportunity to explore, learn, and grow. Studying abroad is more than an academic endeavor—it is a transformative journey that shapes who you are and who you aspire to become.

學海惜珠暨乘風萬里或者乘風萬里，心得報告內容項目如下

A. 學校簡介
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
C. 國外研修之生活學習 (課外)
D. 交換/研修之具體效益 (請條列式列舉)

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？

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？

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？

H. 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？

I. 給乘風萬里獎勵金捐贈者的感言及心得感想

J. 別具意義的照片