

A. 學校簡介

DHBW (巴登-符騰堡雙元制大學) 位於德國南部的 Ravensburg 小鎮，鄰近波登湖，也因 Ravensburger 拼圖而有「拼圖小鎮」之稱。這間學校與一般大學較不同之處在於它屬於雙軌制大學，採取學校課程與企業實務各三個月交替進行的方式。這裡的學生通常會先找到合作企業或工作機會，再進入學校就讀。其優點在於，學生能在正式進入職場前先累積實務經驗，畢業後也有機會直接留任；此外，也能更早了解自己的就業方向，提早確認自己是否適合該領域的工作。

雙軌制在德國是相當普遍的教育模式，尤其常見於需要專業技能與技術訓練的職業領域，例如：木工、水電等。對特定企業而言，具有實習或實務經驗的人選通常也更具有吸引力。這間學校的課程安排相當集中且密集，好處是學生可以更方便的去規劃自己的課程時間，並安排旅遊或其他活動；不過相對而言，缺點是課程時間都蠻長的，通常一堂課約為 3 至 4 小時，有時甚至會是一整天。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

交換期間，我認為收穫最多的是 Sustainability & CSR 這門課程。這門課採三天的密集授課方式進行，老師非常用心準備講義內容，也十分重視課堂中的互動與交流。由於這門課主要是開設給飯店管理相關科系的學生，因此課堂中也有許多來自不同背景的同學分享自己所接觸到的飯店實務經驗，例如：各自所在的飯店是如何推動永續作為。除此之外，老師也在課程中非常詳細地說明碳排放計算方式、飯店永續評比與相關指標等內容，提供了相當多元且實用的資訊。整體課程內容從保育生物多樣性一路延伸到企業永續與實務應用，讓我對永續議題有了更全面且深入的理解。上課過程中，老師也會安排學生分組討論各章節內容，讓大家有更多思考與分享的機會；而在課程最後，則安排一場考試，作為學習成果的測驗。此外，另一門喜歡的課程是 International Cooking。這門課會由德國學生與各國交換生交錯分組，一起動手製作自己國家的料理。完成後，大家會一起享用餐點，並向彼此介紹料理的特色與文化背景。透過這樣的課程安排，我們不僅品嚐了來自不同國家的食物，也在用餐與交談的過程中，更深入地了解彼此的文化。此外，在煮飯的過程中，大家也會彼此分享料理所使用的材料、食材取得方式，以及這道料理通常會在什麼場合或節日時享用，讓整體課程不僅是做菜，更是一種很有趣的文化體驗。

C. 國外研修之生活學習 (課外)

也因為學校將來自不同國家的交換生安排在同一個宿舍，因此在課程之外，我們常會與各國室友一起下廚、聊天，並相約前往德國其他小鎮及鄰近國家旅遊，或一起到超市購買日常用品。透過這些生活中的互動，不僅增進了彼此之間的感情，也讓我更深入接觸到不同國家文化的人的生活方式。當然，相處過程中也難免會有需要磨合的地方，不過這些經驗也让我學會以更開放且有耐心的態度去面對跨文化溝通。此外，在沒課的時候，我也會與在不同國家交換的同學相約一起去旅行。由於 DHBW 位於一個較為偏郊區的小鎮，若要搭飛機前往其他國家旅遊，通常需要先花一些時間移動至較大的城市或機場，因此在交通安排上相對需要更多的耐心與毅力，畢竟德鐵時常會帶來一些令人措手不及的「驚喜」。旅行時，我們通常會直接約在當地景點或機場會合，因此在與旅伴匯合之前，很常會需要獨自行動，也讓我變得更加獨立。

D. 交換/研修之具體效益 (請條列式列舉)

1. 提升英文口說與溝通能力。
2. 增加第二外語學習與使用經驗。
3. 培養獨立、抗壓與應變能力。
4. 拓展國際視野與跨文化理解能力。
5. 早體驗海外學習與生活環境，作為未來是否海外升學之參考。

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？

海外生活期間，我曾遇到飛機延誤及德鐵誤點等交通問題。剛開始遇到時，難免會感到緊張與無力，但在德國生活一段時間後，也慢慢學會如何面對這類突發狀況。我認為最重要的是先保持冷靜，再立即確認資訊並尋找替代方案。若是飛機延誤，我會先聯繫航空公司客服，確認後續安排；若是德鐵誤點，則會立刻查看是否有其他班次或路線可改搭。

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？

在德國生活期間，我確實感受到一些文化上的差異。剛開始會覺得德國人時常面無表情，看起來有點嚴肅，很可怕。不過在實際相處之後，發現當你需要幫助時，他們其實是非常熱心的，也很願意協助他人，那只是他們的保護色。

另一個文化衝擊是，下課或報告結束後，德國學生習慣以敲桌子的方式表達鼓勵與肯定，對我來說一開始很不習慣，常常會不小心拍手，不過慢慢的也就逐漸適應這樣的表達方式。此外，德國課程中也常會有臨時性的報告，老師只給我們約 30 分鐘準備時間，剛開始面對這種形式的課程，確實會感到很緊張與害怕，但在多次練習與適應之後，也慢慢習慣這種較即時、重視臨場反應的上課方式。

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？

我原本認為自己在台灣已經算是相當獨立的人，但到了德國交換之後，才真正體會到什麼是「真正的獨立」。在陌生的環境中，我必須從無到有地適應當地生活，學習自己安排日常、處理問題，並逐漸建立起屬於自己的生活節奏。除此之外，在歐洲不同國家之間移動時，也需要自己規劃行程、安排交通，面對各種突發狀況並即時應對。即使是在寒冷、下著雪的冬天，面對下午五點就天黑的生活環境，我也必須一個人扛著行李穿梭於各個車站與機場之間。這些經驗都讓我有很大成長。另外，對我而言很大的突破是在人際互動方面。我本身並不是特別擅長交際的人，但在交換期間，我開始願意踏出自己的舒適圈，主動去認識德國同學，並嘗試與他們攀談。我認為，這段經歷帶給我最大的成長，就是讓我更有勇氣面對未知，也更相信自己有能力適應不同的環境。

H. 感想與建議

這次交換的體驗，雖然與我當初的想像有落差，但同時也讓我帶著滿滿的收穫回來。每當旅行途中經過美麗的景色，看到壯闊或令人驚豔的風景映入眼簾時，都會讓我覺得這一趟交換真的不虛此行。因此，我仍然非常推薦大家把握機會出國交換，親自去體驗不同的文化、生活方式與人生風景。

若要提出建議的話，如果有安排許多歐洲其他國家的旅行，建議在選擇交換學校時，可以優先考慮位於大城市或鄰近機場的學校。就我的經驗，由於德國土地面積很大，學校位於小城市，前往鄰近機場通常需要多次轉車，短則約 1.5 小時，長則可能需要 3 小時以上，因此在安排行程時一定都需要事先預留交通時間。除此之外，若能事先學習一些當地語言，也會更有助於融入當地生活。最後，生活方面其實也不需要太擔心，因為 Kaufland 或亞洲超市販售的商品相當齊全，像韓國泡麵等常見食品幾乎都買得到，因此不太需要特地從台灣攜帶太多。

A. University Overview

DHBW (Duale Hochschule Baden-Württemberg) is located in Ravensburg, a small town in southern Germany near Lake Constance. Ravensburg is also known as the “town of puzzles” because of the famous Ravensburger brand. What makes this university different from ordinary universities is that it follows a dual education system, in which academic study and practical training in companies alternate every three months. Students here usually secure a position with a partner company or workplace before officially enrolling. The advantage of this system is that students can gain practical experience before entering the job market, and they may even have the opportunity to remain in

the company after graduation. In addition, it helps students understand their future career direction earlier and determine whether they are suited to that field.

The dual education system is very common in Germany, especially in occupations that require professional skills and technical training, such as carpentry and electrical work. For companies, candidates with internship or practical experience are usually more attractive. The courses at this university are highly concentrated and intensive, which allows students to plan their class schedules more systematically and arrange trips or other activities more easily. However, the disadvantage is that each class session is rather long, usually about three to four hours, and sometimes even lasts for the whole day.

B. Learning Experience

During my exchange period, the course from which I benefited the most was Sustainability & CSR. This course was conducted as a three-day intensive program. The professor prepared the teaching materials very carefully and placed great importance on classroom interaction and discussion. Since the course was mainly designed for students in hotel management-related fields, many classmates shared practical examples of how their hotels promoted sustainability. In addition, the professor explained carbon emission calculations, hotel sustainability rankings, and related indicators in great detail, providing a wide variety of useful information. The course content ranged from biodiversity to corporate sustainability and practical applications, which gave me a more comprehensive and in-depth understanding of sustainability issues. The professor also arranged group discussions on different chapters, allowing students to exchange ideas and reflect more deeply. At the end of the course, there was an exam to assess our learning outcomes. In addition, one of my favorite courses was International Cooking. In this class, German students and exchange students from different countries were mixed into groups to cook dishes from their own countries. Afterward, everyone shared the food together and introduced the unique features and cultural background of each dish. Through this course arrangement, we not only tasted food from different countries, but also gained a deeper understanding of one another's cultures during the meal and conversations. During the cooking process, we also shared information about ingredients, how to obtain them, and on what occasions or festivals these dishes are usually eaten, making the course not only about cooking but also a very interesting cultural experience.

C. Life in Germany

Because the school arranged exchange students from different countries to live in the same dormitory, we often cooked, chatted, traveled to other German towns and nearby countries, or went to supermarkets together to buy daily necessities outside of class. Through these daily interactions, I not only developed closer relationships with others, but also gained a deeper understanding of the lifestyles of people from different countries. Of course, living together also

required a certain amount of adjustment, but these experiences taught me how to communicate more patiently with people from different cultural backgrounds.

In addition, when I did not have classes, I often traveled with friends who were studying abroad in different countries. Since DHBW is located in a relatively remote town, traveling by plane to other countries usually required spending extra time getting to a larger city or airport. Therefore, transportation arrangements required much more patience and perseverance, especially since German trains often brought unexpected "surprises." We usually arranged to meet directly at local attractions or airports, so before meeting my travel companions, I often had to travel alone, which also made me more independent.

D. Key Takeaways

1. Improved my English speaking and communication skills.
2. Increased my experience in learning and using a second foreign language.
3. Strengthened my independence, stress tolerance, and ability to respond to unexpected situations.
4. Broadened my international perspective and cross-cultural understanding.
5. Allowed me to experience overseas study and daily life earlier, which can serve as a reference for whether I want to pursue further education abroad in the future.

E. Difficulties and Solutions

During my time abroad, I encountered transportation-related problems such as flight delays and German train delays. At first, these situations naturally made me feel nervous and helpless, but after living in Germany for a period of time, I gradually learned how to deal with such unexpected situations. I believe the most important thing is to stay calm first, then immediately confirm the latest information and look for alternatives. If a flight was delayed, I would first contact the airline's customer service to confirm the follow-up arrangements. If a train was delayed, I would immediately check whether there were other trains or routes available.

F. Cultural Encounters

During my time in Germany, I did experience some cultural differences. At first, I felt that Germans often looked expressionless and rather serious, which seemed a little intimidating. However, after actually interacting with them, I found that when you need help, they are in fact very warm-hearted and willing to assist others; that serious appearance is simply a kind of outer shell. In addition, after class or presentations, German students are used to knocking on the table to express appreciation and encouragement. At first, I found this quite unfamiliar, but after gradually understanding the cultural background, I slowly adapted to this way of expression as well.

Moreover, there were often impromptu presentations in class, and the professor would sometimes give us only about

30 minutes to prepare. At first, facing this type of class format made me feel very nervous and scared, but after repeated practice and adaptation, I gradually became used to this more immediate, response-oriented style of learning.

G. Growth and Change

I originally thought that I was already a fairly independent person in Taiwan, but it was only after going to Germany on exchange that I truly understood what “real independence” means. In an unfamiliar environment, I had to adapt to local life from scratch, learn how to arrange my daily life, solve problems on my own, and gradually build my own rhythm of living. In addition, while traveling among different European countries, I had to plan my itineraries and transportation by myself, and deal with various unexpected situations in a timely manner. Even in the cold, snowy winter, when it got dark at around five in the afternoon, I still had to carry my luggage alone through different train stations and airports. These experiences all helped me grow a great deal.

Another major breakthrough for me was in interpersonal interaction. I am not someone who is naturally very sociable, but during the exchange period, I started stepping out of my comfort zone, taking the initiative to get to know German classmates, and trying to talk with them. I believe that the greatest growth this experience brought me was that it made me more courageous in facing the unknown and more confident in my ability to adapt to different environments.

H. Final Reflections

Although this exchange experience was quite different from what I had originally imagined, it also allowed me to return with a great deal of valuable experience and growth. Whenever I passed beautiful scenery during my travels and saw breathtaking landscapes in front of me, I felt that this exchange journey was truly worthwhile and brought me a deep sense of happiness. Therefore, I would still highly recommend that everyone seize the opportunity to go on exchange and experience a different culture, lifestyle, and way of life.

If I were to offer some suggestions, for those who plan to travel frequently to other European countries, it would be better to choose a university located in a large city or near an airport. From my own experience, because Germany is geographically large, if the school is located in a small city, getting to the nearest airport usually requires several transfers and can take from about 1.5 hours to more than 3 hours. Therefore, it is very important to set aside enough transportation time in advance when planning trips. In addition, learning some of the local language beforehand would also help a lot in adapting to local life. Finally, there is actually no need to worry too much about daily necessities, because places such as Kaufland or Asian supermarkets sell a wide variety of goods, including common foods like Korean instant noodles, so there is usually no need to bring too much from Taiwan.