

A. 學校簡介：紐倫堡應用技術大學

紐倫堡應用技術大學（Technische Hochschule Nürnberg）位於德國巴伐利亞邦的紐倫堡市，是一所
以實務導向為特色的高等教育機構。學校的淵源可追溯至 1823 年成立的「市立理工學院」（Städtische
Polytechnikum），是學校最早的前身之一。

此外，學校以世界知名的物理學家 Georg Simon Ohm 命名，他曾於 1833 至 1849 年在紐倫堡擔任物
理與數學教授，並出任校長。他最著名的發現是「歐姆定律」，用以描述電阻與電壓、電流之間的關
係。校徽中的希臘字母「Ω」便是對他這項偉大科學成就的致敬。

如今的紐倫堡應用技術大學在工程、設計、經濟與社會科學領域皆享有盛譽，校園設施完善，並與產業
界有緊密合作，是一所國際化程度極高的學府，吸引世界各地的學生前來就讀與交流。

B. 課程學習（課內）

這次交換我總共修習了三門課程，分別是 German A1/A2, Welcome. German A1, Living in Germany-
Easy conversation for Beginners. 和 Economics II: Macroeconomics. 其中我最喜歡 Welcome 那門課，那是
在學期開始前專為交換生開設的語言課程。在課程中你能跟來自不同國家的交換生一起交流學習，也為
整個學期的友誼做一個好的開始，我後來也跟很多在課堂上認識的同學一起出去遊玩、吃飯。對我來說
這就是出國交換最大的意義。

C. 生活學習（課外）

來到歐洲，肯定是要把握機會探索歐洲各地的城市與文化。透過旅行，我不僅參觀了許多歷史遺跡
與自然景觀，也逐漸理解各國在生活習慣與社會氛圍上的差異。這些過程讓我從書本之外獲得了豐富
的人文體驗，畢竟大家都說讀萬卷書行萬里路。

在旅途中，我結識了許多來自不同國家的旅人，彼此交流各自的文化、語言與人生故事。這些對話
讓我意識到，背景不同，大家對未來的期待與對生活的態度有太多的不同之處。這種跨文化的交流，讓
我更能以開放的心態去理解世界的多樣性。

透過不斷接觸不同的國家與文化，我不僅培養了適應陌生環境的能力，也更深刻地反思自身的文化
價值。這些課外的學習經驗，成為我在交換中最難忘、也最寶貴的收穫之一。

D. 交換/研修之具體效益（條列式）

1. 增強跨文化溝通與合作能力
2. 鍛鍊獨立生活與解決問題的能力
3. 建立國際人脈，拓展未來職涯可能性
4. 體驗歐洲教育體系，學習不同的思考方式
5. 以較低的成本遊覽歐洲不同國家

E. 困境與解決方式

在海外生活期間，我曾面臨語言上的挑戰，特別是在日常生活中需要處理行政事務時。例如辦理住宿、銀行帳戶以及醫療保險時，許多文件僅有德文版本。為了解決這個問題，我除了使用翻譯軟體，也會向德國同學或國際辦公室尋求協助。

另一個常見的困境來自交通方面，特別是德國鐵路的誤點與延誤。有時候列車的延遲不僅影響到行程安排，甚至會造成轉乘班次銜接上的困難。面對這樣的情況，我學會準備替代交通方式，同時也保持彈性調整旅程(雖然曾經準備了3個備案都誤點泡湯)。但也讓我學會更有彈性地應對計畫外的挑戰。

F. 文化衝擊與適應

德國人的生活步調與台灣不同，強調生活的品質。初到德國時，我對超市在晚上八點就打烺感到不習慣，現在雖然說依舊討厭這種不方便的生活，但也是找到了一些應對的方式(就是提早屯食物)。與不同文化背景的人相處時，我發現直率表達意見在德國社會是很常見的，這讓我學會更開放且直接地交流。

G. 人生改變與成長

這段交換經歷讓我最大的成長在於「獨立與跨文化適應力」。我學會如何在陌生的國度快速找到解決方法，也更加自信地面對未來的挑戰。同時，與各國同學的交流拓展了我的視野，讓我在思考工程與科技發展時，會納入更多全球化的視角。

H. 感想與建議

我非常感謝能有這次機會赴德國交換。這不僅是一段學術與生活的歷練，更是一個重新認識自己的旅程。建議未來參與交換的學弟妹：多跟同屆的交換生交流，能夠聽到許多有趣的故事。同時把握時間探索當地文化與周邊國家，拓展國際視野。

I. English Reflection Report

During my exchange semester at Technische Hochschule Nürnberg, I experienced both academic and personal growth in ways I had never imagined before. The university, located in the city of Nuremberg in Bavaria, Germany, is well known for its practical orientation and international environment. Its history dates back to 1823, when the Städtische Polytechnikum (Municipal Polytechnic) was founded as one of its earliest predecessors. The institution was later named after the famous physicist Georg Simon Ohm, who served as professor and rector between 1833 and 1849. His most significant scientific contribution, Ohm's Law, which describes the relationship between voltage, current, and resistance, is symbolized by the Greek letter omega in the university's logo, serving as a tribute to his achievements. Today, the university has a strong reputation in engineering, design, business, and social sciences, and its modern facilities and close ties with industry attract students from all over the world.

Academically, I enrolled in three courses: German A1/A2, Welcome German A1 – Living in Germany, and Economics II: Macroeconomics. Among them, the Welcome German course was the most memorable. Designed specifically for exchange students before the semester officially began, it not only gave me the opportunity to improve my basic German language skills but also allowed me to meet peers from many different countries. These friendships extended beyond the classroom and became an important part of my daily life abroad. Many of the classmates I met during this course later joined me on trips, meals, and various activities, and I realized that these personal connections were just as valuable as the academic knowledge I gained.

Outside the classroom, I took every opportunity to travel across Europe and immerse myself in different cultures. Through visits to historical landmarks, museums, and natural landscapes, I learned about the distinct traditions and ways of life in each country. These experiences brought me a kind of cultural education that no textbook could provide. During my travels, I also met many other international travelers, and through conversations about culture, language, and life stories, I gained a deeper appreciation for the diversity of human perspectives. While I noticed many differences in values and ways of living, I also discovered common hopes and passions that connect people across cultures. These encounters broadened my horizons and taught me to look at the world with greater openness and tolerance.

The benefits I gained from this exchange are numerous. I developed intercultural communication and collaboration skills, learned to live independently and solve problems on my own, built valuable international friendships and networks, and gained firsthand experience of the European education system. I also had the chance to explore many countries at relatively low costs compared to traveling from Asia, which was an invaluable opportunity.

Nevertheless, my journey was not without challenges. One recurring issue was the language barrier, especially when handling administrative tasks such as arranging accommodation, opening a bank account, or applying for health insurance, as many documents were available only in German. I overcame this by using translation tools and seeking help from German classmates or the International Office. Another common problem was train delays in Germany, especially with Deutsche Bahn. Sometimes these delays not only disrupted my schedule but also caused me to miss connecting trains. On one occasion, even three backup plans I had prepared all failed due to delays. These experiences were frustrating, but they taught me resilience, patience, and the importance of flexibility when facing unexpected problems.

Cultural differences also required adjustment. For instance, German supermarkets usually closed by 8 p.m., which was very inconvenient for someone coming from Taiwan where shops stay open much later. Although I still dislike this aspect of daily life, I adapted by planning ahead and stocking up on food in advance. I also learned that Germans are often very direct in expressing their opinions. While this felt unusual at first, I came to appreciate it as a form of honest and efficient communication, and I adjusted my own communication style to be more open and straightforward.

Looking back, this exchange experience brought me significant personal growth. I became more independent and confident in navigating a foreign environment, and my adaptability improved greatly. Most

importantly, my worldview was broadened through countless cultural encounters and reflections on my own values. I now approach engineering, technology, and life itself with a more global perspective. I am very grateful for this opportunity to study in Germany, as it was not only an academic experience but also a transformative journey of self-discovery. For future exchange students, my advice would be to actively engage with classmates, build friendships, and make the most of the time to explore both the local culture and neighboring countries. These experiences will leave lasting memories and provide valuable lessons that go far beyond the classroom.