

學校簡介

紐倫堡應用技術大學 Technische Hochschule Nürnberg Georg Simon Ohm（以下簡稱TH），是位於德國巴伐利亞邦 (Bavaria) 的國立大學，學校共有12個系所，包含Applied Chemistry, Architecture, Business Administration, Civil Engineering, Computer Science, Design等，但目前只有商學院 International Business開設英文課程，其餘科系僅少數課程提供英文授課。

TH分成三個校區，學校附近有個大公園和湖畔，環境優美，教室大樓新穎，圖書館去年剛裝修完成，硬體設備(小組討論室、電腦教室、公用電腦等)齊全，此外它校區鄰近市區，走路15分鐘左右可達市中心，生活機能便利，超市、藥妝、診所等一應俱全。紐倫堡的城市規模雖不比柏林、慕尼黑等，但仍算方便的大城市，有紐倫堡機場以外，離慕尼黑火車車程2小時，法蘭克福機場3小時，也有Flixbus, U-Bahn, S-Bahn, Tram等完善大眾運輸系統，因地處德國中央，南來北往都很方便。

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

交換期間我總共修了六堂課程，分別是：

1. Consumer Behavior and International Pricing
2. Brand Strategic Management and Relationship Management Marketing
3. Supply Chain Management
4. Social Entrepreneurship
5. Operations and Environmental Management
6. German A2

前兩堂屬於行銷學程，且是同個教授，這兩堂課都有小組報告，教授會要求把現實生活中的公司運用在理論中，Brand Strategic Management除了上課聽講，每週都會有小組作業，期中、期末報告和期末考，整體而言是非常扎實的課程，讓我上完後真的有學到東西，而非空泛的被灌輸理論，成為我最喜歡的一堂課。對行銷有興趣的同學，推薦選修Gabriele Brambach教授的課程。

Supply Chain Management的評分方式很單純，就是期末考，它和前兩堂課都屬於seminar類型，修課人數不超過20人，有很多機會和教授互動。Operations and Environmental Management，是該系必修課，在大講堂授課，也以期末考為評分依據，非常中規中矩的一堂課。

另外讓我印象深刻的課是 Social Entrepreneurship 社會企業，這堂課和鄰近大學 FAU 聯合、遠端授課，課程為期兩個月，屬於密集課，教授安排很多機會讓我們發表意見以及小組討論，而評分方式是 60 分鐘的小組報告和 15 頁以內的書面報告。我們要選一間社會企業，將所學套用到個案上分析、提出見解。對我而言，這是最有挑戰性的課，第一次接觸社會企業，還得要用英文進行 20 分鐘的報告，教授的要求也蠻高的，再者因為遇到 free rider，著實花了我很多心力完成。

國外研修之生活學習（課外）

TH的國際處在學期初舉辦很多活動給國際生，包含orientation day, campus tour, city tour, 鄰近城市一日遊等等，提供給我們認識新朋友的好機會，此外TH有學伴(buddy)制度，每個國際生都會有一位當地學生協助處理宿舍入住，生活大小事等問題。另外值得一提的是，在德國，大一點的宿舍通常都會有酒吧，每週固定都有派對，我也從中體會到派對在德國是個很平常卻也很重要的社交活動，除了宿舍的酒吧外，重要節慶通常也會有派對，很多人會相約去club慶祝玩樂。

交換/研修之具體效益（請條列式列舉）

1. 語言能力提升

來到德國，我以英文為主要溝通語言，上課、社交、辦理各種手續等都需用到英文，若去超市或餐廳時，會使用基本德文，在這種語境生活，我更勇於開口表達想法，也因為需要用英文進行口頭及書面報告，使我的英文程度有所提升。

2. 文化交流與分享

身為交換學生，有很多機會和來自世界各地的朋友們交流、玩耍，我從和他們談話的過程發現歐洲文化和亞洲文化真的有很多不同之處，也體驗到德國人的慢活步調。

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?

我遇到最大的困境是語言隔閡，剛開始在申辦網路時因為德文不好，網卡有問題時必須請德國朋友協助才順利解決。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

剛到德國的確體驗了很多和台灣文化不同之處，例如，餐廳以外的商店20:00打烊，週日不開店、食物口味偏鹹、醬料需另外收費、救護車警鈴聲很大、車子非常禮讓行人，直接生飲水龍頭的水，德國人不提早過生日，習慣早上洗澡等。除了這些生活中的小衝擊，最讓我印象深刻的是歐洲人對於男女關係的價值觀，有些人能接受開放式關係，男女之間從一般朋友變成伴侶關係不一定會有確認關係的環節，在肢體接觸方面也比我在台灣感受到的更多也更快速。

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?

「活在當下」是交換生活帶給我最大的收穫。

成長的過程，社會總是教我們「要有生產力、產出越高越好、不能停下來」的觀念，因此我一直認為把生活排滿，找很多事情來做才叫做充實，才不會落後別人。我對於課業向來抱持謹慎的心態，覺得沒做完前就不能玩樂，就算真的完成了，我也會很習慣思考下一步應該做什麼，導致我很難在玩樂的時候真的放鬆，來到這裡後才發現這樣的心態，會使我錯過很多美好的當下，意識到問題後，我開始提醒自己把工作和娛樂完全切割，階段性的任務完成，就允許自己徹底放鬆，活在當下，好好感受在國外生活的樂趣，因為當我們全然專注在當下時，才能創造最好的生命體驗。

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?

若沒有獎學金，我仍然會選擇出國交換，但很慶幸有獎學金減輕生活負擔，每月300歐元左右補助可以支應我的房租、保費和網路費。

感言及心得感想

我很替自己感到驕傲，選擇出國一年體驗海外求學生活，這之中當然不是每天都很快樂，獨自在異鄉生活，很多時候你必須學習「自處」，學習處理寂寞孤單和所有不舒服的情緒，重新建立朋友圈，沒有熟悉的朋友家人在身邊，再加上時差，我們勢必得勇敢的自己面對困境，這樣的過程並不容易，我也仍在學習的路上，但我很感謝這些挑戰，它們讓我 know 哪裡是需要練習的課題、讓我看見自己原來比想像中的更強大、美好。

交換的這一年，我也走訪了其他國家，親眼看見歷史課本上的古蹟，不同於台灣的山水美景，有了很多once-in-a-life-time 的體驗，跟好多人交流，不論是small talks還是深度對談，都讓我的眼界更開闊多元。

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)

Nuremberg Institute of Technology, Technische Hochschule Nürnberg Georg Simon Ohm (hereinafter referred to as TH), is a public university located in the state of Bavaria, Germany. The university has 12 departments, including Applied Chemistry, Architecture, Business Administration, Civil Engineering, Computer Science, Design, etc. However, currently, only the Business School offers courses in English under the International Business program, while the rest of the departments provide only a few courses in English.

TH is divided into three campuses, and the university is surrounded by a large park and a lake, creating a beautiful environment. The classrooms and buildings are modern, and the library recently underwent renovation.

The hardware facilities in the library are well-equipped, such as group discussion rooms, computer classrooms, and public computers.

During my exchange period, I took six courses: Consumer Behavior, Brand Strategic Management, Supply Chain Management, Social Entrepreneurship, Operations and Environmental Management, and German A2. The first two courses belong to the marketing program, where the professors would apply real-life companies' examples to the theoretical discussions. Apart from lectures, there were weekly group assignments, midterm and final presentations, and exams. Overall, the courses were very solid, and I genuinely learned something practical rather than just receiving theoretical knowledge. For students interested in marketing, I recommend taking courses with Professor Gabriele Brambach.

The International Office at TH organizes many activities for international students at the beginning of the semester, including orientation day, campus tour, city tour, and day trips to nearby cities. These activities provide us with excellent opportunities to make new friends. Additionally, TH has a buddy system, where each international student is assigned a local student to assist with matters such as settling into the dorm, and other daily life issues.

Moreover, it's worth mentioning that in Germany, larger dormitories typically have a bar where parties are held regularly every week. Through this, I have come to understand that parties are a common yet significant social activity in Germany. Apart from dormitory bars, there are parties during important holidays, and many people arrange to go to clubs to celebrate and have fun.

I am proud of myself for choosing to go abroad for a year to experience studying and living overseas. Of course, it wasn't all happiness every day. Living alone in a foreign land, you have to learn to deal with solitude and all kinds of uncomfortable emotions. Rebuilding a circle of friends without familiar friends and family around, along with the time difference, we have to bravely face challenges on our own. This process was not easy, and I'm still learning, but I'm grateful for these challenges. They showed me areas I need to improve, and they revealed that I am stronger and better than I had imagined.

During this year abroad, I also visited other countries, witnessing historical monuments mentioned in textbooks and experiencing various breathtaking sceneries, different from Taiwan's natural landscapes. I had many once-in-a-lifetime experiences and interacted with many people, engaging in both small talks and deep conversations, which broadened my horizons and perspectives.