

學校簡介

曼海姆位於德國巴登符騰堡州，在德國西南邊，鄰近大城市為法蘭克福與斯圖加特，交通便利。此外曼海姆距離法國、比利時、盧森堡相當近，交通便利，許多歐洲國家均能靠德鐵搭乘前往，假期間若是要安排旅遊都便捷。若要前往法蘭克福機場搭機也十分便利與快速。另外學校會提供交換生多元的活動，讓學生適應當地，也會提供buddy program讓交換生可以與曼海姆大學學生互相認識結交朋友。此外曼海姆大學有許多來自不同國家的學生，因此可以在交換期間認識不同國家學生。因此，曼海姆大學為了方便校內學生與國際間其他學校交流，將其秋季開學時間提前至九月初，春季開學時間提前至二月初，這也是曼海姆大學與其他德國大學較為不一樣的地方。二戰期間，曼海姆城市被摧毀，故曼海姆大學與整座城市均是重新建造。而曼海姆大學的主體為曼海姆宮，是一座歷史悠久的巴洛克式建築，除了提供遊客進入宮殿參觀，日常亦作為教學樓使用，商學院交換的學生會有很大機會在城堡內上課。此外，曼海姆大學最有名的學院就是商學院，在德國排名第一，更具「德國哈佛」的美名。

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

Marketing:老師永遠都會穿著西裝站在講台上課，並且用幽默的方式為我們講述課程內容，並且安排講者進行客座演講，將理論與實務進行結合。介紹理論時，除了帶入案例進行說明，也會藉由同儕討論並且上台分享的方式，讓學生好理解並且活用。

國外研修之生活學習（課外）

曼海姆大學舉辦多元的課外活動給國際學生，鼓勵交換學生參加。其中印象深刻的是葡萄酒莊的活動，帶著國際學生前往葡萄酒莊，介紹莊園歷史、不同酒類品項，最後教我們如何品酒。真的是十分難得的機會，可以深入當地葡萄莊園，並且學習地道的品酒方式。從醒酒、色澤、味道到口感，莊園主人詳細介紹，真的是非常非常難忘的回憶。

交換/研修之具體效益（請條列式列舉）

- 1.培養國際視野：無論是與不同國家的同儕相處或是周遊列國，都會打開眼界，看見不同的文化與他國優秀的地方。
- 2.享受一個人的時候：很多時候會是自己一個人去逛街、吃飯，這是很棒的機會可以獨處，也可以好好享受。
- 3.接受突發狀況：在國外會有很多意想不到的突發狀況，如：德鐵底累以小時以上，甚至最後取消班次，也有可能在國外遇到罷工，所有交通全部停駛，諸如此類，各種事情都有可能發生，但慢慢會從崩潰到隨遇而安。
- 4.價值觀的改變：能用錢解決的事都是小事，在國外這句話真的要記牢，所有事情，只要能用錢解決，就把錢花下去吧！真的是小事！
- 5.語言能力：無論是英文或是德文，因為需要與他人溝通，所以一定會進步。
- 6.煮飯技能提升：想要省錢，自己煮！很快就會變成小廚神。

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?

1.預約打加強針，遇到走山，車子無法到另一城市：當下試圖尋找診所電話，但該診所只有提供表單回覆，沒有提供電話。在德國看病、打針要預約，若預約未到會被罰錢（但這是我德國朋友說的）當下不斷詢問車站人員，也跟德國朋友討論我到底應該要先回原城市還是等走山問題解決。最後決定等等看，但很幸運大概等了兩個多小時車子來了。其實這件事我感觸很深，因為我是一個非常討厭計畫被打亂的人，如果事情沒有照著我的時間，我會很焦慮。但很多時候，事情總是會出乎意料，也許放慢角度，凡事不要這麼著急，享受每一個當下，我就會不會那麼焦慮，還會笑笑地說真是難得經驗。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

1.德國人好愛抽煙，好臭，當時八月份德國還沒有在月台禁止抽菸，所以我一到德國月台，當場愣住，煙霧瀰漫，又臭又髒。

適應方式：調整心態，自己躲開那些煙霧

2.講英文有些德國人會擺臭臉不理，會直接回覆Nein.

適應方式：嘗試講德文，若對方一樣不理，那就算了，人在國外難免會遇到這種事情

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？

學會享受當下，要珍惜每一個當下，無論是在國外或是國內。不要因□私人原因，陷在情緒裡，而沒有好好珍惜。另外，能用錢解決的事都是小事，我其實從來不會這麼想，即便父母過去亦會這樣說，但我始終無法理解，直到我到國外，才明白，不會因為擔心錢，而不去處理，若之後連錢都沒法解決，那就代表事情有一定的嚴重性，錢再賺就有了！

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？

不無小補，有也很好，知足了～
但就算沒有獎學金我也會出國交換。

感言及心得感想

非常感謝學校提供這次交換機會，以及優秀的姊妹校提供學生多樣的選擇。同時，我也要感謝父母的贊助，使我得以體驗不同的生活和開拓國際視野。我也謝謝我的交換小夥伴——小胡同學。在這段交換時光中，我經歷了各種不同的挑戰和成長，包括壯觀的山野風光、令人嘆為觀止的城堡建築，結識了知心好友，也遇到了不如意的旅伴。這些難得的經驗將成為我未來發展的寶貴資源。

我十分感謝在交換期間結識的夥伴，以及曼海姆的同學們展現的學習態度和勤奮精神，這些也成為我持續進步的動力。身為一個交換學生，我深刻體會到這是一種經濟成本相對較低的出國方式，不僅可以長時間待在歐洲，體驗當地生活，還可以放鬆自己，享受兼顧學業和娛樂的生活方式。我真心希望每位學生都能抓住類似的機會，去體驗不同的文化和成長經歷。

在國外的每一天，我都能感受到自己的成長和進步，從一個人前往brauhaus買大紙箱並抬回宿舍，到自己扛著10公斤的包裹去寄貨，這些都是難以忘懷的體驗。感謝這些在曼海姆認識與結交的好夥伴們，謝謝大家的陪伴與照顧，也希望以後再與這些朋友們見面，好好敘舊。

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)

Mannheim is located in the state of Baden-Württemberg, Germany, in the southwest of Germany, with the neighboring major cities of Frankfurt and Stuttgart, and convenient transportation. In addition, Mannheim is quite close to France, Belgium, and Luxembourg, and many European countries can be easily reached by taking the Deutsche Bahn. It is very convenient for arranging trips during holidays. It is also very convenient and fast to travel by plane to Frankfurt Airport. Furthermore, the university offers various activities for exchange students to adapt to the local environment, and a buddy program is provided for exchange students to get to know and make friends with Mannheim university students. In addition, Mannheim University has many students from different countries, so exchange students can meet students from different countries during their stay. Therefore, in order to facilitate exchanges between students on campus and students from other international schools, Mannheim University has advanced the start of its autumn semester to early September and the start of its spring semester to February. This is also a unique feature of Mannheim University compared to other universities in Germany.

During World War II, the city of Mannheim was destroyed, so both Mannheim University and the entire city were rebuilt. The main building of Mannheim University is Mannheim Palace, a historic Baroque-style building. In addition to providing access for tourists to visit the palace, it is also used as a teaching building on a daily basis. Exchange students from the business school have a great opportunity to attend classes inside the castle. Furthermore, the most famous school at Mannheim University is the business school, which ranks first in Germany and has the nickname "German Harvard."

I love my marketing class the most, not only because of the teacher's teaching style, but also because of his fashion sense. The teacher always wears a suit and stands on the podium to lecture us. He delivers the course content in a humorous way and invites guest speakers to combine theory with practice. When introducing theory, he not only uses examples to explain but also encourages students to discuss and share their thoughts on stage, making it easier for students to understand and apply what they learn.

Mannheim University organizes diverse extracurricular activities for international students and encourages exchange students to participate. Among them, the wine estate activity left a deep impression on me. During the activity, we had the opportunity to visit a local wine estate and gain a deeper understanding of the history and different types of wines produced there. Finally, we were taught how to taste wine. It was a rare opportunity to experience the local vineyard firsthand and learn about the authentic way of wine tasting. From decanting, color, aroma, to taste and mouthfeel, the owner of the estate introduced them in detail, leaving us with unforgettable memories.

By participating in this exchange, I learned the following points:

Develop international perspective: Whether it's interacting with peers from different countries or traveling abroad, it will broaden your horizons and allow you to see different cultures and the strengths of other countries.

Enjoying time alone: Often times, you'll go shopping or eat alone, which is great because you'll learn to be comfortable with yourself and can fully enjoy the experience. Adapt to unexpected situations: There will be many unexpected situations abroad, such as delayed flights for hours, or even canceled flights, or encountering strikes, where all transportation stops. Various things can happen, but over time you'll learn to adapt and go with the flow. Changing values: Things that can be solved with money are small things. You really need to remember this while abroad. If you can solve a problem with money, just spend it! It's really not a big deal! Language proficiency: Whether it's English or German, because you need to communicate with others, you will definitely improve. Improved cooking skills: If you want to save money, cook for yourself! You'll quickly become a chef.

I appreciate NSYSU I for providing this exchange opportunity, as well as the excellent sister school for offering students diverse choices. Meanwhile, I also want to thank my parents for their sponsorship, which

enabled me to experience different lifestyles and broaden my international horizons. I also appreciate my exchange partner, Vicky, for accompanying me throughout this exchange journey. During this time, I encountered various challenges and growth opportunities, including spectacular mountain scenery, awe-inspiring castle architecture, making close friends, and encountering unsatisfactory travel companions. These rare experiences will become valuable resources for my future development.

I am deeply grateful for the learning attitude and diligence demonstrated by the students in Mannheim whom I met during the exchange period, which have become my motivation for continuous improvement. As an exchange student, I deeply understand that this is a relatively low-cost way to go abroad, where I could stay in Europe for an extended period, experience local life, and enjoy a lifestyle that balances academic and leisure activities. I sincerely hope that every student can seize similar opportunities to experience different cultures and growth experiences.

During the exchange period, I could feel my own growth and progress, from going alone to Brauhaus to buy a large box and carrying it back to the dormitory, to carrying a 10-kilogram package to ship and so on. These are unforgettable experiences. Thanks to the good friends I met in Mannheim, I hope to meet with these friends again in the future and catch up all the memories.