

繕打 中文及英文 心得報告，應包含下列項目

( 中文至少 1,000 字+英文至少 500 字。赴中國交換者不需撰寫英文心得。 )

A. 學校簡介

慕尼黑大學 ( Ludwig-Maximilians-Universität München )，創立於 1472 年，為德國歷史最悠久且最具學術聲譽之綜合型大學之一，並以其在人文、社會科學、法學、經濟學與自然科學等領域的深厚研究基礎聞名。在教學特色方面，慕尼黑大學強調理論基礎與邏輯訓練，課程設計多以講授、討論與研究報告並行，培養學生批判思考與自主學習能力，對於國際學生而言，學校設有完善的學伴制度，能協助交換生順利融入學習與生活環境。

B. 國外研修之課程學習 ( 課內 )，推薦受益最多/最喜歡的課程

Starting Up – From Ideas to Successful Business 以創業發想與商業模式建構為核心，由學生分組討論提出創業構想，並透過課堂引導逐步發展為具體商業計畫。我特別喜歡此課程的原因，在於其高度互動的教學方式，不同於傳統以理論講授為主的課程，這門課強調學生主動參與與批判思考，透過分組合作，不僅培養跨文化團隊合作能力，也讓我在英語環境中練習清楚表達觀點與回應質疑，此外，課程強調創業想法不是一次定案，而是需要不斷修改與調整，使我理解創業是一個持續測試與調整的過程，幫助我更加理解何為創新與商業運作。

C. 國外研修之生活學習 ( 課外 )

從交通、行政程序到日常生活需要自行摸索，讓我更實際地理解德國社會運作的節奏與規則，也讓交換經驗不只停留在旅遊式的體驗，而是更貼近真實生活。在生活制度與行政面向上，德國的規範與程序相對明確，但許多事情需要自己主動處理與查找資訊，預約、準備資料並依流程完成，讓我學會更有條理地整理待辦事項，避免因疏漏而延誤。在交通方面，慕尼黑的大眾運輸路網完整，日常移動方便，但實際搭乘時可感受到誤點、臨時取消的情形並不少見，使我在安排活動時更習慣預留緩衝時間，出門前先確認路線與替代方案，也更能接受計畫需要隨時微調的情況。慕尼黑整體生活成本相對偏高，尤其在住宿與日常開支方面需要更有計畫地規劃預算，透過這段期間的實際生活，我更能以務實角度管理金錢，也更了解在海外生活中「自律與規劃」的重要性。

D. 交換/研修之具體效益 ( 請條列式列舉 )

- 提升溝通能力，能在多國籍團隊中有效表達意見
- 建立對歐洲教學模式的理解
- 提升時間管理能力，能有效安排課業與生活事務
- 培養獨立生活能力，包括行政程序辦理與生活規劃
- 增進對多元文化價值觀的理解與包容度

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？

這次交換是我第一次前往歐洲長期生活與學習，初到德國時面臨相當程度的適應困境，由於人生地不熟，對當地語言、行政制度與生活方式皆缺乏經驗，每一項流程都需要自行摸索與安排，加上部分文件與官方資訊以德文為主，使初期在理解程序與準備資料時較為不安，當面對資訊不足或溝通不順時，容易產生焦慮與挫折感，而我的解決方式為主動查閱學校與政府官方網站，將待辦事項逐一列出，依優先順序處理。其次，向學伴、國際學生辦公室請教，將複雜程序拆解為可逐步完成的小步驟，避免因未知而放大焦慮。透過這段過程，我逐漸建立在陌生環境中解決問題的信心，雖然初期確實感到壓力，但最終皆順利完成相關行政與生活安排，最大的啟發為當面對不熟悉的制度時，與其被動等待協助，不如主動蒐集資訊、建立時間規劃並善用可利用資源，這種在陌生環境中獨立處理問題的能力，成為本次交換經驗中重要的成長之一，也使我未來面對新環境或挑戰時，更具自信與應變能力。

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？

令我印象最深刻的是頻繁出現的罷工情況，大眾運輸可能因勞資協商而發生臨時罷工，對於習慣台灣穩定的交通系統的我而言，初期在行程安排上受到影響，甚至曾因罷工而臨時調整旅行計畫，帶來不便與壓力。然而，隨著對德國社會制度的理解加深，我逐漸意識到罷工在當地並非突發事件，而是勞動制度中被合法保障的一部分，罷工被視為勞資協商過程中的正常手段，面對此種文化差異，我開始養成提前查詢交通公告、預留彈性時間與準備替代方案的習慣，也學習在不確定性中保持彈性。

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？

本次海外交換經驗，對我的人生觀與個人特質皆帶來明顯轉變。其中最大的成長，在於「獨立性」的提升。在熟悉的環境中，許多事情已有既定流程與支援系統，但在德國生活期間，從行政程序、交通安排到課業規劃，皆需自行處理與負責，面對語言差異與制度不同，初期難免產生焦慮與不確定感，然而在解決問題的過程中，我學會將困難拆解為可處理的步驟，並以更理性的方式面對壓力，這種在不熟悉環境中仍能保持冷靜的能力，是我認為最重要的成長。此外，海外生活也讓我在人際互動上更加成熟，與來自不同國家的同學合作完成報告的過程中，我學會以更開放的態度傾聽他人觀點。

H. 感想與建議

這次的交換經驗，對我而言是一段兼具挑戰與成長的重要歷程。從初到歐洲時的陌生與不安，到熟悉當地生活與學習節奏，我深刻體會到海外交換並非單純的學術進修，而是一種自我鍛鍊。無

論是在課堂討論中培養思考能力，或是在日常生活中面對行政程序與突發狀況，都使我更加獨立且具備解決問題的能力。透過與不同國籍學生合作與交流，我學習以更開放的心態看待文化差異，理解不同制度與價值觀的形成背景，也反思自身成長環境所帶來的既定思維，針對未來有意申請交換之同學，我建議可以提前規劃課程與住宿安排，並在出發前充分了解當地行政流程與生活成本，抵達後，應保持主動與積極的態度，善用學校資源與學伴制度，而面對文化差異與突發狀況時，以學習與觀察的心態調整自己，將挑戰轉化為成長機會。

- 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

Ludwig-Maximilians-Universität München, founded in 1472, is one of the oldest and most reputable comprehensive universities in Germany. It is widely recognized for its strong research foundation across the humanities, social sciences, law, economics, and the natural sciences. In terms of teaching style, LMU places strong emphasis on theoretical grounding and logical reasoning. Many courses combine lectures, class discussions, and research-based assignments, which helps students develop critical thinking and independent learning skills. For international students, LMU also offers a well-structured Buddy Program that supports exchange students in adapting to both academic and daily life.

My favorite and most beneficial course was *Starting Up – From Ideas to Successful Business*. The course focused on entrepreneurial ideation and business model development. Students worked in groups to propose startup ideas and, through structured guidance in class, gradually developed these ideas into more concrete business plans. What I enjoyed most was the highly interactive and hands-on learning approach. Unlike traditional lecture-based classes, this course emphasized active participation and critical thinking. Through teamwork, I not only strengthened my cross-cultural collaboration skills, but also practiced expressing my ideas clearly and responding to questions or challenges in an English-speaking environment. Moreover, the course highlighted that a startup idea is not something decided once and for all; instead, it requires continuous revision and adjustment. This helped me understand entrepreneurship as an ongoing process of testing and refining, rather than a one-time moment of inspiration, and it deepened my understanding of innovation and practical

business operations.

Outside the classroom, daily life in Germany required continuous self-adjustment—from transportation and administrative procedures to social interactions. This experience helped me understand the pace and rules of German society in a realistic way, and it made my exchange experience more than a “tourist-like” stay. Regarding administrative matters, although rules and procedures in Germany are relatively clear, many tasks require students to take initiative, search for information independently, make appointments, prepare documents, and complete steps in the correct order. This trained me to organize my to-do lists more systematically and to reduce delays caused by missing details. In terms of transportation, Munich has a well-developed public transit network that is generally convenient for daily commuting; however, delays and sudden cancellations are not uncommon. As a result, I became more accustomed to building buffer time into my schedule, checking updates before leaving, and preparing alternative routes. In addition, the overall cost of living in Munich is relatively high, especially for housing and daily expenses, which required more conscious budgeting. Through this real-life experience, I learned to manage money in a more practical way and gained a deeper understanding of the importance of self-discipline and planning while living abroad.

This exchange program generated several concrete benefits. By taking courses, participating in group discussions, and completing team tasks with classmates from different nationalities, I significantly improved my cross-cultural communication skills and became more capable of expressing my ideas clearly while understanding others’ perspectives. At the same time, I developed a deeper understanding of the European education system and teaching approaches, including classroom dynamics, learning expectations, and assessment methods. Managing both academic responsibilities and daily life abroad also strengthened my time management skills, allowing me to organize my study progress and personal tasks more effectively. In addition, handling administrative procedures and daily planning on my own enhanced my independence. Finally, living in a multicultural environment over an extended period increased my

understanding and tolerance of diverse cultural values, leading to meaningful growth in both adaptability and global perspective.

This exchange experience brought clear changes to my worldview and personal characteristics. The biggest growth for me was the improvement of my independence and inner stability. In a familiar environment, many things follow established processes with support systems available. In Germany, however, I had to take responsibility for everything—from administrative procedures and transportation arrangements to academic planning. With language barriers and institutional differences, it was natural to feel anxious and uncertain at first. Yet through the process of solving problems, I learned to break challenges down into actionable steps and deal with pressure more rationally. The ability to stay calm and maintain order even in an unfamiliar setting has been my most valuable development. Moreover, living abroad also made me more mature in interpersonal interactions. By working and communicating with classmates from different countries, I learned to listen with a more open mindset and to express my own position more clearly and confidently.