THI 商學院 交換研修心得報告

Technische Hochschule Ingolstadt（THI）位於德國巴伐利亞邦英戈爾施塔特（Ingolstadt），是一所重視實務應用與國際化的應用科技大學。本次交換期間，我主要以 THI Business School 的交換學生身分進行研修。然而，THI 提供交換學生跨領域的修課機會，每學期皆會提供交換學生可選修的課程列表，涵蓋商業、工程及其他不同領域。因此，我除了能修習商業與管理相關課程外，也可以依照個人的興趣與學習需求選擇不同領域的課程。此外，THI 的國際化程度相當高。在學校及宿舍生活中，我認識了許多來自不同國家的學生。除了課堂上的學習外，日常生活也提供了許多跨文化交流的機會，使我的交換生活更加豐富多元。

THI 位於的英戈爾施塔特是 Audi 的發源城市。雖然城市規模不大，生活步調相較於大型都市更為悠閒，但地理位置十分便利，位於慕尼黑與紐倫堡之間，搭乘交通工具前往兩座城市約需一小時。因此，無論是購物、採買亞洲食品都相當方便。

在交換期間，我最喜歡且受益最多的課程是「International Business Simulation」。這門課透過商業模擬的方式，讓學生以小組形式共同經營一間模擬公司。每位組員都有不同的職務與責任，需要共同討論公司的營運策略，並根據市場及公司狀況做出各項決策。過去我主要透過課本學習商業與管理相關理論，而這門課讓我有機會實際運用所學於情境中，使我對企業經營有更具體的理解。此外，組員們皆來自不同國家及文化背景，因此在思考方式、溝通習慣及決策模式上都有所不同。透過不斷討論與合作，我不僅學習如何分析問題，也提升了自己的跨文化溝通與團隊合作能力。

這是一門每週上課兩次的密集課程，約兩個多月便完成整個課程。雖然沒有傳統的紙筆考試，但需要投入大量時間與組員溝通，並共同完成每一輪的營運決策。對我而言，這門課就像一場具有教育意義的商業模擬遊戲，在不斷嘗試、討論與修正策略的過程中學習，因此整體學習過程非常有趣且具有挑戰性。若在過程中遇到問題，教授也會從旁提供協助與指導。

除了課堂上的學習外，我也利用交換期間完成數位自學平台的課程，持續安排自己的學習進度。在課外生活方面，我經常與朋友聚會、聊天或一同出遊。由於身邊有許多來自不同國家的朋友，日常交流本身就是一種非常特別的學習經驗。朋友們會分享各自國家的文化、生活習慣及飲食特色，有時我們也會一起下廚，或分享從家鄉帶來的食物。透過這些日常互動，我認識到許多不同的文化與生活方式，也發現許多過去自己從未接觸過的觀點。此外，我也利用交換期間前往不同的城市與國家旅行，實際走訪博物館、歷史景點及各地城市。透過親身體驗，我對歐洲不同地區的歷史、文化與生活方式有了更直接且深刻的認識。

本次交換研修帶給我許多具體的收穫，主要包括以下幾個方面：

- **認識不同國家的朋友：**與來自不同文化背景的人交流，透過聊天、一起下廚及參與聚會，認識各國不同的生活方式、文化背景與價值觀，也建立了珍貴的國際友誼。

- **提升溝通與表達能力：**除了提升英語口語能力外，在跨文化環境中，我也逐漸學習如何更清楚、直接地表達自己的想法。
- **增加生活自理能力：**由於歐洲外食價格相對較高，因此開始學習自己下廚
- **拓展國際視野：**透過歐洲便利的交通網絡，我有機會前往不同國家旅行，實際接觸各地的歷史、文化與生活環境。
- **培養獨立解決問題的能力：**在海外生活期間，許多事情都需要自行安排與處理，例如行政手續、交通規劃及日常生活中的各種問題。

整體而言，我在海外生活期間並沒有遇到無法解決的重大困境。然而，較為棘手的問題主要與延長交換期間的行政手續，以及簽證或居留文件到期時的相關安排有關。由於這些行政程序涉及許多文件準備與時間安排，因此我認為最重要的是提早規劃。我在處理相關事務時，曾主動向交換學校的國際處詢問相關問題。THI 的老師都非常親切，也會盡力協助學生釐清所需文件及辦理方式。透過這些經驗，我了解到在海外生活時，許多行政問題並不一定能立即獲得答案，因此需要提早準備、主動詢問，並隨時確認相關規定與時程。雖然處理過程中需要花費不少時間，但最終也順利解決相關問題。

我並沒有遇到特別強烈的文化衝擊，但確實感受到德國與臺灣在生活方式上的一些差異。英戈爾施塔特的生活步調相對悠閒，許多人會在下午或傍晚與朋友到餐館聊天，享受休閒時間。我居住的 WG 也讓我有許多接觸不同文化的機會。我的室友來自超過六個不同的國家或地區，因此在飲食、作息及生活習慣上都有許多不同之處。面對這些文化差異，我選擇保持好奇心，並主動詢問他們不同習慣背後的原因。每當了解他們的文化背景後，都讓我感覺自己彷彿上了一堂新的文化課。同時，我也會主動分享臺灣的生活方式與文化，讓交流不只是單方面地了解他人的文化，而是形成雙向的互動與分享。我認為，面對文化差異最重要的是保持開放的心態，願意理解不同的生活方式，而不是僅從自己的文化背景出發判斷事情。

這次交換帶給我最大的改變，是讓我的溝通方式變得更加直接，也讓我更願意主動表達自己的想法。我原本的個性比較害羞，在與他人溝通時，有時會因為擔心造成他人的困擾，而使用較為委婉或不確定的說法。然而在與同學合作時，我曾被同儕詢問，為什麼不直接表達自己的想法。這件事情讓我開始意識到，不同文化背景下的溝通方式存在相當大的差異。經過一段時間的練習後，我逐漸學會更清楚地表達自己的需求、意見與想法，也開始減少不必要的模糊與不確定性。這並不代表我完全改變了自己的溝通方式，而是學會根據不同的情境與文化背景，選擇更有效的表達方式。我認為這是此次交換帶給我最大的個人成長之一，也讓我更有勇氣在不同的環境中表達自己。

感想與建議

回顧這次交換生活，我認為最重要的是保持開放的心態，並主動認識身邊的人。剛到陌生的國家時，可能會因為語言或文化差異而感到不安，但只要願意主動交流，就有機會認識許多來自不同背景的人，也能讓交換生活更加充實。對我而言，交換的收穫不僅來自課堂上的學習，更來自與不同國家朋友相處的每一天。

英戈爾施塔特雖然不是大型城市，但生活環境舒適，整體生活機能完善，且位於慕尼黑與紐倫堡之間，交通位置相當便利。建議未來 THI 的交換學生可以用 VGI 購買德鐵月票，這比一般的月票具有學生交通優惠，並善用德國及歐洲便利的交通網絡，在課業允許的情況下探索不同的城市與國家。

另外，交換結束準備回國時，如果行李箱空間不足以帶回所有物品，可以考慮使用 DHL 將行李或物品寄回臺灣。以我的經驗而言，DHL 的寄送速度相對快速，價格也在可接受的範圍內，因此可以作為行李超重或空間不足時的另一種選擇。

此外，若有延長交換、辦理居留文件或規劃較長時間停留的需求，建議務必提早準備相關文件，因行政程序往往需要較長的處理時間，並主動向學校國際處及相關單位確認最新規定。

整體而言，這次在 THI 的交換經驗不僅讓我接觸到不同的學習方式，也讓我認識來自世界各地的朋友，並在生活中培養獨立性與解決問題的能力。

Exchange Experience Report at THI

Technische Hochschule Ingolstadt (THI) is a university of applied sciences located in Ingolstadt, Bavaria, Germany. The university places great emphasis on practical learning and internationalization. During my exchange, I was enrolled as an exchange student at THI Business School. However, exchange students were also given opportunities to take interdisciplinary courses. Each semester, THI provided a course list specifically for exchange students, including subjects from business, engineering, and other fields. This allowed students to select courses based on their academic interests and learning goals.

THI places importance not only on theoretical knowledge but also on practical applications, teamwork, and interaction among students. In addition, the university has a highly international environment. Through both university and dormitory life, I met many students from different countries. These daily interactions provided valuable opportunities for cross-cultural exchange and made my exchange experience much more meaningful.

Ingolstadt, where THI is located, is the birthplace of Audi. Although it is not a large city, it offers a comfortable and relatively relaxed lifestyle. Its location is also convenient, as it is situated between Munich and Nuremberg, with both cities accessible in approximately one hour by public transportation. This made it convenient for shopping and purchasing Asian food in the supermarket when needed.

The course that I enjoyed and benefited from the most was "International Business Simulation". In this course, students worked in groups to manage a simulated company. Each team member was responsible for a different role, and we had to work together to discuss business strategies and make decisions based on changing market and company conditions. In the past, I had mainly learned business and management theories through textbooks. This course gave me the opportunity to apply these theories to practical situations, allowing me to develop a more concrete understanding of how a company operates.

My group members came from different countries and cultural backgrounds, so we often had different ways of thinking, communicating, and making decisions. Through continuous discussions and collaboration, I not only learned how to analyze business problems but also improved my cross-cultural communication and teamwork skills. The course was intensive and held twice a week for approximately two months. Although there was no traditional written examination, we needed to spend considerable time discussing decisions with our teammates. For me, the course felt like an

educational business game, making the learning process both challenging and enjoyable.

Outside the classroom, I continued my independent learning by completing online courses. I also spent a great deal of time with friends, including chatting, cooking together, and traveling. Since many of my friends came from different countries, everyday conversations became valuable learning experiences. We shared our cultures, lifestyles, and food, and sometimes introduced each other to snacks or dishes from our home countries.

During my exchange, I also traveled to different cities and countries in Europe. By visiting museums, historical sites, and different cities, I gained a more direct understanding of European history and culture.

One of the greatest benefits of this exchange was the opportunity to meet people from different cultural backgrounds. It broadened my international perspective and helped me improve my English communication skills. Living abroad also strengthened my independence and problem-solving abilities, as I had to manage administrative procedures, transportation, daily life, and other challenges on my own.

One of the biggest personal changes I experienced was becoming more willing to express my thoughts directly. I used to be relatively shy and sometimes avoided expressing myself clearly because I worried about causing inconvenience to others. However, during group work, I was once asked why I did not simply say what I thought. This experience made me realize that communication styles can differ significantly across cultures. Over time, I learned to express my opinions, needs, and ideas more clearly.

Reflections and Recommendations

Looking back on my exchange experience, I believe the most important thing is to keep an open mind and actively connect with the people around you. Being willing to communicate and step outside your comfort zone can lead to meaningful friendships and make the exchange experience much more rewarding.

One practical tip I would like to share is related to moving back home at the end of the exchange. If your suitcase does not have enough space for all your belongings, you can consider using DHL to ship some of your items back to Taiwan. Based on my experience, DHL was relatively fast and reasonably priced. In addition, if you plan to extend your exchange period or need to deal with residence permits and other administrative procedures, I recommend preparing the necessary

documents well in advance and contacting the international office for the latest information.

Overall, my exchange experience at THI was not only an opportunity to experience a different educational environment but also a period of significant personal growth. I learned to become more independent, communicate more openly, and approach cultural differences with curiosity and an open mind. Most importantly, I gained meaningful friendships with people from around the world. I believe the experiences and lessons I gained during this exchange will continue to influence my future studies and personal development.