A. 學校簡介

因戈爾施塔特應用技術大學（Technische Hochschule Ingolstadt，簡稱 THI）是位於德國巴伐利亞邦因戈爾施塔特（Ingolstadt）的一所公立應用科學大學（HAW/FH），以高度實務導向、緊密的產學合作以及尖端工程與商業管理研究聞名。

a. 學校概況

- 地理位置：主校區位於多瑙河畔的因戈爾施塔特（鄰近慕尼黑與紐倫堡），另在諾伊堡（Neuburg an der Donau）設有永續與建築相關學院分校。
- 學校類型：公立應用技術大學（University of Applied Sciences）。
- 辦學特色：強調理論與實務並重，課程多包含企業實習、實務專案（Project-based Learning）與產業參訪。

b. 主要學院與學術領域:

- THI Business School（商學院）: 涵蓋國際管理、零售與消費者管理（Retail & Consumer Management）、供應鏈與數位行銷等，多數碩士學程提供全英語授課。
- 工程與資訊學院：包含機械工程、車輛工程、電機與資訊工程、電腦科學與人工智慧等。
- 永續與基礎設施（Neuburg 校區）: 聚焦綠色建築、環境工程與永續轉型科技。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

就我個人而言，我最推薦 Oliver Hackl 教授的 Modern Leadership 課程，該門課程評分方式為期末口試。教授本身具備豐富的業界經驗，同時也有扎實的理論基礎，在課程的設計上也考慮到學生來自不同的背景，非常用心的講解每個理論並提供許多例子幫助大家更好的理解; 相對的，教授本人對學生的要求也偏高，期末口試時若無法按照教授的希望回答問題是真的會不及格，當時跟我同組口試的兩位同學就是如此。因此，儘管評分上不要求出席率，還是建議有興趣選擇這位教授課程的同學，盡可能地出席，不然就是要積極複習，否則期末是真的有可能會 fail 的。

C. 國外研修之生活學習（課外）

在生活方面，因為外食金額不便宜且份量偏大，我自己日常習慣自己煮飯，食材可以從宿舍附近的 Edeka, Rewe, Lidl 和 Norma 買，蔬菜肉類選項都很豐富，如果懷念亞洲菜的味道，也可以去紐倫堡或慕尼黑的亞超採購，總是會有辦法的。交通可以透過 VGI 購買學生德鐵月票，價格約 40 歐/月，包含一般火車、捷運與公車，而且是全德通用，對於德國生活必不可少，出遊的話可以考慮購買 ICE, 各國高鐵, flixbus, ryanair 等，越早購買越便宜，有時也會有促銷，很適合交換生。

D. 交換/研修之具體效益（請條列式列舉）

a. 鍛鍊英語口語與理解能力
b. 提升跨文化交流能力
c. 對自己的未來職業規劃有更明確的方向
d. 第二外語的學習

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?

我遇到的問題是:與室友生活習慣不合。在 6、7 月時，歐洲迎來了熱浪，白天氣溫最高可以到 37 度，德國冷氣也不普及，所以大家白天會盡可能的關窗，避免熱氣進入室內，到了晚上氣溫降下後再開窗。而我的室友來自墨西哥，所以比較耐熱，她就很反對我晚上開窗，認為這樣可能會害她感冒，但我當時半夜不僅熱到睡不著，也因為中暑的關係腦袋暈沉沉的，盡管我試著與他協商其他解決方案，不過在這點上她很堅持，並反覆強調因為要考試了，她不想冒任何感冒的風險，最後只好請房東與 Student Manager 介入，向她重申房間屬於我們兩個共有，應該要積極協商，而不是一味拒絕我的方案。

這件事給我啟發在於，房東在處理這件事的立場上是公正第三方，用處在於促進我們(房客)雙方討論，但不會介入或嘗試提供解決方案，所以此時談判、同理心與自我表達的能力就很重要了。

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?

最大的文化衝擊恐怕就是出了名的德鐵問題，在注重守時的德國裡，德鐵是令德國人也無奈的存在，遲到、突然取消車次、行駛中途突然停下超過半小時都是有可能發生的，也因此在計畫出行時，需要留給自己更大的時間彈性。算是計畫趕不上變化，所以要給計劃更多的容錯率。

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?

我想我對其他國家的文化有了更深的理解與包容，同時也變得更獨立了。居住在校內宿舍最大的優點也是有機會與來自不同文化的人朝夕相處，體驗與了解彼此文化的不同，舉例來說: 西方文化的人熱衷於派對文化，我在初來乍到時感到非常恐慌，認為要一直社交很麻煩，後來發現其實派對也可以很輕鬆，大家聚在一起聊天、跳舞，也能認識更多的朋友。

H. 感想與建議

給大家的建議是，如果對於程序有任何問題在查詢過相關資料但仍然無法解決後，務必第一時間向相關單位或學校寫信確認，無論是宿舍申請、選課、保險等，尤其交換前跟初期會有很多行政手續要處理，早點釐清問題並解決，才能專心享受交換。

我在 THI 度過了非常愉快的六個月，儘管 THI 並不是大學校，所以交換生只有大約 30 幾個人而已，但跟大家的相處也變得更加的緊密，宛如大家庭一樣，在彼此身上相互學習，也創造了許多美好的回憶，希望之後來 THI 交換的同學也能跟我一樣，有充實的收穫。

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

A. About THI

Technische Hochschule Ingolstadt (THI) is a public university of applied sciences located in Ingolstadt, Bavaria. It’s well-known for its practical, hands-on learning model and close ties to local industry giants.

Campus & Setup: The main campus sits right by the Danube in Ingolstadt, with another campus in Neuburg focusing on sustainability and green architecture. Courses are built around real-world projects, company visits, and practical experience.

Academic Strengths: THI Business School offers English-taught programs across Retail & Consumer Management, International Management, and Digital Marketing, alongside strong engineering and AI faculties.

B. Coursework: My Top Recommendation

If I had to recommend just one course, it would be Modern Leadership with Prof. Dr. Oliver Hackl.

The course concludes with an oral exam instead of a written test. Prof. Hackl has a ton of industry experience, but he also backs it up with solid theory. He makes a real effort to explain concepts with clear, relatable examples, which was a huge help given how diverse our class was.

He doesn’t cut corners. If you don’t answer his questions accurately during the oral exam, you will fail—and two students in my exam group did. Even though attendance isn't graded, it’s still necessary to show up and stay on top of the material if you want to pass.

C. Life Outside the Classroom

Eating out in Germany adds up quickly and the portions are huge, so cooking for myself became my daily routine. Finding ingredients was pretty straightforward—there are grocery stores like Edeka, Rewe, Lidl, and Norma right near the dorms. Whenever I really missed Asian food, hopping on a train to the Asian supermarkets in Nuremberg or Munich was always an easy fix.

For transportation, the discounted student Deutschlandticket via VGI (around €40/month) is an absolute must. It covers regional trains, buses, and subways across the entire country. For trips outside the region, booking

ICE high-speed trains, FlixBus, or budget airlines like Ryanair well ahead of time saved me a lot of money.

D. Key Takeaways

a. Sharpened English Communication.

b. Cross-Cultural Competence.

c. Refined Career Direction.

d. Practical German Skills.

E. Challenge & Conflict Resolution

The toughest situation I ran into was dealing with very different living habits with my Mexican roommate. When the heatwave hit in June and July, temperatures climbed to 37°C. Since dorms here don’ t have air conditioning, the usual trick is keeping windows shut during the day and opening them at night once it cools down. My roommate handled the heat much better than I did and flat out refused to let me open the window at night, worried she might catch a cold right before finals. I was dealing with heat exhaustion and couldn't sleep at all, but talking to her directly went nowhere because she was completely set on her stance.

In the end, I reached out to the landlord and the student manager to step in. They didn't take sides, but they made it clear to both of us that the room was shared and we had to compromise rather than just saying no. That experience taught me a lot: mediators are there to get both sides talking, not to hand you a magic solution. At the end of the day, you must be able to state your needs clearly, stay patient, and negotiate a middle ground.

F. Cultural Shock

Hands down, the biggest shock was Deutsche Bahn (DB). Even though Germany has a reputation for punctuality, the train system is a running joke even among locals. Delays, last-minute cancellations, and sudden stops in the middle of nowhere for 40 minutes happen all the time. I quickly learned that when traveling, you always need a backup plan and plenty of buffer time.

G. Personal Growth

Living in a dorm with people from all over the world pushed me to be much more independent and open-minded. Coming from Asia, the party-heavy social scene in Europe felt a bit intimidating at first, and I worried I’ d have to force myself to be extroverted all the time. Over time, I realized these hangouts are actually very casual—just places to grab a drink, chat, and meet people. I learned to enjoy them at my own pace without stressing over it.

H. Final Reflections & Tips for Future Students

If you run into any confusion with paperwork—whether it's housing, course registration, or health insurance—do your own research first, but don't hesitate to reach out to the office or the university right away if things still aren't clear. The administrative side can feel overwhelming before and right after you arrive, and sorting things out early lets you actually enjoy your exchange.

THI is on the smaller side, with only around 30 exchange students in my cohort, but that turned out to be the best part. We ended up super close, almost like a little family. It was an unforgettable semester, and I hope whoever comes next makes the most of it!