2025 年 8 月至 2026 年 6 月，我前往德國曼海姆大學進行交換，修習國際企業相關課程。對我而言，交換並非只是完成學業，更是一段認識世界與自己的旅程。十一個月的海外生活中，我累積了專業知識，也在跨文化交流、獨立生活及解決問題的能力上獲得成長，我也將攜帶這些能力邁向下個旅途。

曼海姆大學是德國著名的商管學校，在商業、管理與經濟領域享有良好聲譽。校園最大的特色是由歷史悠久的曼海姆宮殿改建而成，古典建築與現代教學設備相互融合，讓學生能在充滿歷史氛圍的環境中學習。校內設有多間圖書館，除了充足的個人座位外，也提供討論室及安靜閱讀空間，能滿足不同的學習需求。而來自世界各地的國際學生也讓整個校園充滿多元文化，提供許多與不同背景同學交流的機會。

交換期間，我修習了 Marketing Management Decisions、Behavioral Finance、Marketing Strategy、Crowdfunding for Ecological Entrepreneurship、Design Thinking & Corporate Hacker，以及 Social Media Marketing 等課程。德國課堂重視學生主動參與討論，尤其是 50 人內的小班授課。評分方式也更多元，有手寫的申論題、報告、企劃書撰寫、pitch，以及影片拍攝等，從各方面驗收學習成果。

其中，最喜歡的課程是 Design Thinking & Corporate Hacker。有別於傳統教學，這門課採用工作坊、分組合作及互動活動等方式進行。老師將不同國籍的同學分到一組，透過討論與設計思考一步步分析問題並提出創新的解決方案。AI 應是協助思考的工具，而非取代思考的答案，因此更需要培養創造力、批判思考及跨領域合作能力。這門課讓我學習到創新思維的方法，也讓我更珍惜與人交流所激發出的創意與觀點。

除了課堂學習，我參加了學校迎新活動及 ESN 為交換生舉辦的國際晚餐、野餐等活動，認識來自各地的朋友，也更快融入新環境。無論是在課堂、小組合作、宿舍或活動中，我都結交了一些不同國籍的朋友，透過彼此分享文化、語言及生活經驗，體會到國際交流的價值。

利用課餘及假期，我共前往十三個國家、四十多座城市旅行。每趟旅程不只有觀光，更是文化學習。我和夥伴一起規劃交通、住宿、預算及行程，在不同城市觀察各國人民的生活方式與文化特色，從生活中學習。

交換生活也充滿各種挑戰，印象最深刻的是從捷克前往維也納的旅程。原訂搭乘的直達長途巴士，在途中要求乘客下車並轉車。由於語言不通且司機未給明確指示，導致我們錯過末班車。當下雖然十分慌張，但我們很快冷靜下來，重新查詢交通方式並順利抵達目的地，事後也主動蒐集資料向客運公司申訴，最終成功獲得退費。這次經驗讓我體會到，遇到突發狀況時，保持冷靜才能一步步尋找解決方法。

此外，我也曾因室友經常深夜邀請朋友到公共廚房聚會，而影響生活作息及公共空間的使用。後來我選擇主動溝通，表達自己的想法，雙方經過協調後改善了相處模式，也讓我學會跨文化生活中，尊重與溝通比一味忍耐更能有效解決問題。

在德國最深刻的文化差異便是鐵路經常誤點甚至臨時取消班次。起初難免感到焦慮，但漸漸地，我學會預留更多轉乘時間，也培養隨時調整計畫及尋找替代方案的能力。

交換生活帶給我最大的改變，是從依賴他人，到相信自己。過去的我習慣有人陪伴，無論是旅行、吃飯

或逛街，都希望有朋友同行。然而，在歐洲生活後，我發現許多人都能自在地獨自旅行、閱讀或探索城市。因此，我開始自己安排生活與旅行，也逐漸喜歡上這種自由且不受拘束的感覺。獨處並不代表孤單，而是能更了解自己、更相信自己有能力完成事情。這份自信與勇氣，是交換帶給我最珍貴的禮物。

整體而言，這次交換帶給我的具體收穫包括：

- 提升英文溝通能力及德文基礎能力
- 培養跨文化溝通與團隊合作能力
- 學會規劃生活與旅行
- 增進解決問題及臨場應變能力
- 拓展國際視野
- 學會自煮營養均衡的三餐
- 管理生活開銷
- 增進獨立思考與自信

最後，我非常感謝乘風萬里獎勵金的支持。德國的生活成本相較臺灣高出許多，這份獎學金大幅減輕了我的經濟壓力，讓我能更專注於學習，並積極參與各項活動、深入體驗不同文化，而不必因生活費而錯失許多寶貴的機會。雖然即使沒有獎學金，我仍會因畢業規定完成交換計畫，但能夠如此充實地度過這十一個月，乘風萬里獎勵金扮演了非常重要的角色。

在此，衷心感謝每一位捐贈者的支持與信任。因為有您們的幫助，我才能更無所保留的踏出舒適圈，探索世界，也重新認識自己。這十一個月的交換生活，不只是一次海外求學的經歷，更是一段讓我持續成

長的人生旅程。未來若有能力，我也希望將這份善意延續下去，盡自己的一份力量，讓更多人有機會看見更寬廣的世界。

From August 2025 to June 2026, I had the opportunity to study abroad as an exchange student at the University of Mannheim in Germany, where I took courses in the field of International Business. Looking back, this exchange program was far more than fulfilling an academic requirement. It was a life-changing experience that broadened my perspective, boosted my confidence, and helped me grow both academically and personally. Throughout these months, I learned not only from the lectures, but also from the people I met, the cultures I experienced, and the challenges I overcame.

The University of Mannheim is recognized for its excellence in business, management, and economics. One of its most distinctive features is its campus, which is built within the historic Mannheim Palace. Walking through a centuries-old baroque palace while attending classes in modern classrooms is quite an experience. The university also offers excellent learning facilities, including several libraries with individual study spaces, discussion rooms, and quiet areas to accommodate different learning styles. In addition, multiple cafeterias and cafés on campus made daily life convenient, while the large international student community created opportunities to interact with people from diverse cultural backgrounds.

During my exchange, I took six courses: Marketing Management Decisions, Behavioral Finance,

Marketing Strategy, Crowdfunding for Ecological Entrepreneurship, Design Thinking & Corporate Hacker, and Social Media Marketing. Compared with my previous learning experience in Taiwan, classes in Germany placed much greater emphasis on discussion and participation, and I got to interact with classmates from different countries.

Among all the courses, Design Thinking & Corporate Hacker was the one that I found the most intriguing. Unlike the traditional approach of teaching, the course used workshops, interactive activities, and teamwork to guide students through the process of solving real-world problems creatively. Working with classmates from different backgrounds allowed me to appreciate how cultural diversity could lead to different perspectives and more innovative solutions. Another valuable lesson from this course was learning how to work with artificial intelligence rather than depending on it. Creativity, critical thinking, and collaboration remain essential skills in today's rapidly changing world, and this course encouraged me to develop those abilities.

Apart from learning, I participated in the university orientation program and several ESN (Erasmus Student Network) events, including an international dinner and a picnic. These activities helped me better adapt to my new environment and connect with other exchange students. These friendships became one of the most valuable aspects of my exchange experience.

During weekends and semester breaks, I traveled to thirteen countries and more than forty cities across Europe. Every journey became a learning experience rather than simply a vacation.

Planning transportation, accommodation, budgets, and itineraries independently improved my organizational skills while allowing me to experience different histories, cultures, and lifestyles firsthand. All of my travels were unforgettable and will be treasured in my heart forever.

However, unexpected challenges still arise. It occurred while traveling from the Czech Republic to Vienna. Although our bus was supposed to be a direct service, operational changes unexpectedly left us stranded late at night. After the initial confusion and frustration, we calmed ourselves down and searched for alternative transportation and eventually reached our destination safely. Afterwards, we contacted the bus company with supporting documents and successfully received a refund. This experience reminded me that staying calm and solving problems step by step is more effective than worrying about situations beyond control.

Another challenge involved sharing a dormitory with a roommate whose late gatherings frequently disrupted the shared kitchen and common areas. Instead of avoiding the situation, I chose to communicate openly and respectfully. Through discussion, we reached a mutual understanding and improved our living environment. Being able to adapt and speak up are essential when living in an international community.

One of the biggest cultural differences I encountered was Germany's railway system. Unlike Taiwan's highly punctual public transportation, train delays and cancellations were a part of everyday life. At first, I found this annoying, but I gradually learned to leave extra time in my

schedule and prepare backup plans whenever I traveled.

Looking back, my greatest personal growth would be to trust myself more instead of merely depending on others. Before studying abroad, I often preferred having friends accompany me when traveling, eating, or exploring new places. However, living in Europe showed me that many people comfortably enjoyed these experiences on their own. Gradually, I learned to explore new places independently, and appreciate the freedom I have. Being alone does not mean being lonely, it allowed me to understand myself better and become more confident in handling unfamiliar situations.

Overall, this exchange program enhanced my cross-cultural communication and teamwork skills, broadened my international perspective, and developed my problem-solving abilities. More importantly, it taught me how to live independently, manage my daily life, and face unexpected challenges with confidence.

Finally, I would like to express my sincere gratitude to the donors of the scholarship. Living in Germany is undoubtedly more expensive than living in Taiwan, and this scholarship greatly reduced my financial burden. It allowed me to focus on my studies, participate in university activities, and fully experience different cultures without constantly worrying about expenses. Although I would still have completed the exchange program because it was one of my graduation requirements, the scholarship enabled me to make the most of this opportunity.

This exchange experience was not simply a period of studying abroad, it was a journey of personal growth. It taught me to embrace uncertainty, respect different cultures, and believe in my own ability to overcome challenges. I sincerely appreciate the generosity and support of the scholarship donors. In the future, I hope to pass on this kindness by supporting others whenever I have the opportunity, just as I was supported throughout this amazing chapter of my life.