中文心得

A. 學校簡介

Duale Hochschule Baden-Württemberg(DHBW)是德國巴登 - 符騰堡邦的公立大學。DHBW 最大特色是「雙軌制教育 (Dual Study)」: 也就是學生會定期在學校進行理論學習，並同時於合作企業進行實務訓練。這也使得這間大學的課程比普通大學更注重實際運用，大多課程都會偏向互動性較多的內容。其中商學院的交換學生會在 Ravensburg 校區，工學院的學生會在 Friedrichshafen 校區上課。這間大學的一個 term 是 3 個月，因此若交換期間是一個學期的話，可以事先決定要來 3 個月或 6 個月，且因為課程安排較緊湊，會可以有較多的空閒時間可以安排出遊！我認為 Ravensburg 是個安靜且治安良好的小鎮，從宿舍只需搭公車約十分鐘就可以到學校，但是因為地理位置比較偏，所以對於出遊來說比較沒有那麼方便。

B. 國外研修之課程學習 (課內)，推薦受益最多 / 最喜歡的課程

對我來說受益最多的課程是 Business Simulation: Going Global，課程中老師會將德國同學和國際生混合分成小組，而內容圍繞著一個商業模擬遊戲。小組每一輪會需要做出商業決策，像是要進多少貨、售價要設多少、要不要擴展市場等等，做完決策後老師會公布模擬的結果並跟你分析為什麼會有這樣的結果，每小組最終的目標就是要讓自己的公司有最高的股價。我認為這堂課不僅課程內容有趣，也可以很直觀地學習到決策與市場之間的關聯，而且因為是和德國學生組隊，所以還可以有跟當地學生交流的機會。

最喜歡的課程我會選 Intercultural Cooking，這是堂通識課，而且只會上兩次課。第一次會讓上課的國際生跟德國學生一起吃德國傳統早餐，藉此讓大家認識一下並分組。第二堂課就會是每一小組要做出自己國家的料理，並跟大家一起分享。透過料理的方式可以跟大家介紹台灣的文化也可以很好的跟其他人拉近關係，還可以吃到其他國家的料理，所以我強推這堂課！

C. 國外研修之生活學習 (課外)

交換學校將大部分的國際交換學生都安排在同一棟宿舍，因此在課餘的時間我經常會跟其他國際生一起下廚、聊天，在這樣的環境下可以很快的跟其他人變熟！學校的國際學生社團也會舉辦很多活動讓國際生參加，像是溜冰、啤酒廠參觀 (順便喝啤酒 ~) 跟派對等等，這些活動也大多是可以免費參加的，有時間的話一定要去！另外交換學生的目標之一肯定還有到處旅遊，因為德國位於較中心的位置，所以去其他國家旅遊都蠻方便的。唯一的小缺點是 Ravensburg 距離最近的大機場要

搭約三個半小時的火車，因此要飛去別的國家的話會花比較多時間。但同時也離瑞士很近，搭公車約兩個多小時就可以抵達瑞士邊境，所以可以根據想去的國家做一下規劃～

D. 交換 / 研修之具體效益（請條列式列舉）

- 提升外語能力

  在我交換的期間只有一個同樣是中山的學生會說中文，因此大部分時間都需要用英文跟其他人溝通，也因此讓我更加習慣用英文聊天進而大大地提升了我的英文能力。此外，因為下半學期的國際生中有五位韓國人，再加上我原先有學習韓語，所以我的韓文能力也有大幅提升，算是意外的收穫！

- 增進獨立與應變能力

  原先因為我不是一個很會規劃的人，在申請上交換後就一直很擔心自己沒辦法很好地處理繁複的手續或掌控出遊的意外狀況。但實際經歷過後發現其實很多事情沒有想像中的難，就算遇到意外狀況只要冷靜處理就可以解決，自己單獨在國外生活時就會遇到許多只能自己處理的事，也需要適應國外不同的事物處理方式，因此在這種環境下可以很好的培養出獨立自主的能力。

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？

在德國最常遇到的就是德鐵誤點的問題，有時候甚至會開到一半不開並叫人下車，而且火車上的廣播只會用德文說明，所以很多時候會完全無法得知當下發生了什麼。這種時候就只能詢問身旁的人，或是多遇到幾次就開始可以猜到發生了什麼。到最後也培養出了一顆隨遇而安的心，遇到誤點或取消就會馬上查下一班次或是替代的路線。

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？

最先遇到的問題就是在宿舍生活時與來自其他國家的室友的生活習慣不合，像是洗碗、打掃習慣不同或是作息時間不同等等，例如有些室友洗碗時不會用流動水沖，有些室友喜歡在晚上開趴。不過只要主動提出來討論的話，大家其實都很配合對方的習慣，而且我發現像是歐洲人都很習慣有話直說，所以不用怕對方會生氣而不敢說！

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？

我認為這半年的海外生活讓我認知到其實所有事情都沒有想像中困難，很多時候是在實際開始做之前就先腦補出一堆糟糕的情況，然後就會遲遲無法開始。但從一開始的交換甄選、簽證申請到實際獨自在當地生活等等，在結束之前我都想像不到自己能夠順利完成所有事情，這半年的歷練讓我對自己多了些信心，也更培養出了能夠適應不同環境的能力。

H. 感想與建議

這半年的交換時光會是我一輩子難忘的經歷，不只得到了旅遊各國的回憶和國外生活的經驗，還交到了世界各地的好友。如果因為擔心無法適應國外生活還在猶豫要不要申請交換的話，我想說不要想那麼多就去吧！去了就發現一切擔心只是浮雲～同時我也很推薦我交換的這間學校，雖然不是間有名的學校，但不管是這裡國際處的老師、學校的當地學生還是安全悠閒的生活環境等等都很好！如果喜歡不那麼繁榮忙碌的小鎮生活的話，這裡一定會是很適合的選擇！

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）

My six-month exchange experience at Duale Hochschule Baden-Württemberg (DHBW) in Germany was definitely one of the most unforgettable experiences of my life. DHBW is a public university in Baden-Württemberg and is well known for its dual-study system, which combines academic learning with practical experience. For exchange students, business courses are mainly held at the Ravensburg campus. Ravensburg is a quiet and safe town in southwestern Germany. The courses are usually quite intensive, but since each term lasts only three months, students also have some flexibility to plan their free time and travel.

Among all the courses I took, the one that benefited me the most was *Business Simulation: Going Global*. German and international students were mixed into groups and worked together to run a virtual company through a business simulation game. In each round, we had to make different business decisions, such as how much to produce, how to set prices, and whether to expand into new markets. After each round, the results were announced and we discussed why certain decisions led to certain outcomes. I found this a fun and practical way to understand the connection between business decisions and market performance. It also gave me many opportunities to interact with German students. My favorite course was *Intercultural Cooking*, where students from different countries introduced their cultures through food. I really enjoyed sharing Taiwanese food with everyone and learning about other cultures in such a relaxed and fun environment.

Outside the classroom, most international exchange students were placed in the same dormitory, so I had

many opportunities to cook, chat, and hang out with people from different countries. The international student organization also organized various activities, such as ice skating, brewery visits, and parties. Since Germany is located relatively centrally in Europe, I was also able to travel to many different countries during my exchange. Although Ravensburg is quite far from major airports and traveling to other countries sometimes required a few extra hours by train, it is close to Switzerland and there are also many interesting places to explore nearby. With a little planning, it was still possible to fit in quite a lot of trips.

This exchange experience greatly improved my English because I had to communicate in English almost every day. I also unexpectedly improved my Korean after meeting several Korean students. More importantly, living abroad on my own taught me how to become more independent and deal with unexpected situations. For example, German trains were often delayed or cancelled, so I gradually learned to stay calm, check the next available train, and find alternative routes. Living with roommates from different countries also taught me that everyone has different habits, and that communication and compromise are important when living together.

I think the biggest thing I gained from this exchange was realizing that many things are actually not as difficult as they seem. Before taking action, I often imagined all kinds of problems that might happen, which sometimes made me hesitate to even get started. From applying for the exchange program and getting my visa to eventually living abroad on my own, I was worried that I would not be able to handle everything. In the end, however, I managed to deal with each challenge one by one. This experience gave me more confidence in myself and taught me how to adapt to different environments.

Finally, I would definitely recommend DHBW Ravensburg as an exchange university. Although it may not be one of the most well-known universities, I had a really positive experience with the international office, the local students, and the overall study and living environment. Ravensburg is a quiet and relaxing town with a good sense of safety. If you prefer a slower-paced lifestyle while still having the chance to meet people from all over the world, I think DHBW Ravensburg would be a great choice for an exchange. And if you are thinking about applying for an exchange but are worried about whether you can adapt, my advice is simple: don’t overthink it—just go for it! You may find that many of the things you were worried about are actually not as scary as you imagined.