中文心得報告

A. 學校簡介

達姆施塔特工業大學是德國歷史悠久的理工大學，位於黑森邦達姆施塔特，在工程學、自然科學及建築學領域享有很高的學術聲譽，是 TU9 大學聯盟成員。這裡交通便利，市區到 FRA 機場友直達的巴士，通勤不用一小時。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

我最喜歡的課程是 " Polymer Processing 高分子製程"。原本在中山大學的課程中就有學習到一些高分子方面的知識，而這堂 Polymer Processing 主要針對高分子實際製造成產品的應用，課程中除了詳細介紹一些製程的機台，老師也會用帶來實際的物品來增加我們對不同製程的特性有更深的印象。

C. 國外研修之生活學習（課外）

我自己認為課業外，進步最多的是廚藝以及安排行程的能力，因為歐洲在外用餐價格十分昂貴，並且不方便，因此下廚成了這邊生活必備的技能，另外，趁課外時間也很常外出旅遊，因此自己預定住宿車票、安排行程的能力也增加許多。

D. 交換/研修之具體效益（請條列式列舉）

- 語言-大部分時間都要用英文溝通
- 適應與獨立-在新的文化環境中生活，需要靠自己去適應，獨自完成許多事情
- 讓自己知道適不適合在歐洲讀書或生活-體驗了一學期的生活能讓我知道自己可能還是比較適合待在台灣

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?

室友是斯里蘭卡人衛生習慣很差，把公共區域弄得很髒很臭，會溝通要打掃之類的但沒什麼效果，未來若是有要和其他人合租建議找相同國籍或是文化背景應該能相處的比較好。

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?

上課時，大家都很勇於發表自己的意見，即使沒有到很懂，也能以自己的見解向老師詢問，所以不用害怕講錯，能學到比較重要。另外，在體育課時勇於溝通也很重要，敢講之後就會發現大家其實都很友善，就是要講出自己的想法大家才會知道。

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?

在陌生的環境下，可以培養出獨立以及抗壓性，原本自己是一個非常內向的人，但在國外遇到問題時不太會有人主動來幫你，只能靠自己一直去詢問，也算是讓自己脫離舒適圈，漸漸地面對一些突發狀況時，我變得能更從容的解決。

H. 感想與建議

我覺得來到德國達姆師塔特工業大學交換有一個很大的好處，你可以選擇要不要很跳脫舒適圈，因為每年達姆都有蠻多台灣人去交換，所以如果很擔心出國沒辦法適應當地生活，達姆會是一個很棒的選擇。另外，蠻推薦可以來德國交換是因為繳註冊費時，就算是用優惠價買德國的學期交通票，可以在整個德國使用，所以在交通上是非常划算的。

I. 英文心得

My exchange semester at the Technical University of Darmstadt (TU Darmstadt) was one of the most valuable experiences of my university life. TU Darmstadt is one of Germany's oldest and most prestigious technical universities. Located in the state of Hesse, it is well known for its strengths in engineering, natural sciences, and architecture, and it is also a member of the TU9 alliance of leading German universities. Another advantage of studying at TU Darmstadt is its convenient location. There is a direct bus connection between Darmstadt city center and Frankfurt Airport, allowing students to reach the airport in less than an hour.

During my exchange semester, my favorite course was Polymer Processing. Before studying in Germany, I had already learned some basic knowledge of polymer materials at National Sun Yat-sen University. However, this course focused more on the practical manufacturing processes used to

produce polymer products. The professor introduced different processing techniques and explained the functions of various machines used in industry. What made the course especially interesting was that the professor often brought real products into the classroom. Seeing actual examples helped me better understand how different processing methods affect the properties of polymer products and allowed me to connect theory with practical applications.

Besides learning in the classroom, I also gained many valuable life skills. Since eating out in Europe is relatively expensive and sometimes inconvenient, I cooked most of my meals by myself. As a result, my cooking skills improved significantly during the semester. In addition, I traveled to several European countries during weekends and holidays. Planning these trips required me to arrange transportation, book accommodations, organize itineraries, and manage my budget independently. These experiences greatly improved my planning, problem-solving, and time management skills.

The exchange program also helped me improve my English because I communicated in English almost every day with professors, classmates, and people from different countries. Living in a completely new cultural environment taught me how to adapt quickly, solve problems independently, and become more confident. At the same time, experiencing daily life in Europe for an entire semester gave me a better understanding of what it is like to study and live abroad. Although I truly enjoyed meeting people from different cultural backgrounds and exploring Europe, I realized that Taiwan is still the place where I feel most comfortable living and pursuing my future career.

Overall, this exchange experience broadened my academic knowledge, strengthened my independence, improved my communication skills, and gave me unforgettable international experiences. I believe the knowledge, skills, and memories I gained during this semester will continue to benefit me in my future studies and professional career.