A. 學校簡介：

曼海姆大學位於德國西南方的曼海姆，距離法蘭克福機場約 30-60 分鐘車程，搭車不到三十分鐘也可以到有名的海德堡，交通非常方便。曼海姆大學的商學院非常有名，應該是德國排名數一數二厲害的。

B. 國外研修之課程學習（課內），另外推薦受益最多/最喜歡的課程：

我認為受益最多的是 Crowdfunding for Ecological Entrepreneurship，他是一堂在下學期的課。雖然他是短期課，但這堂課需要花很多的時間準備，如果希望大部分時間可以出去玩的話可能需要考慮一下。在剛開學不久就會上三天整天課，老師會花大概一天半的時間教怎麼準備出一個商業計劃案，其他上課時間則是會需要和組員討論出每組要做的產品，下課前會需要上台報告。三天的上課時間大概可以讓大家對自己的組員及計劃案有所了解，接著就是在大約兩個月過後，每組會需要上台報告自己組別的募資計畫案。中間就是會需要約出來討論產品、寫好要給投資人看的計畫案、拍放在募資平台的影片以及準備最終報告，很多事情要做，但很有趣。我很幸運地遇到了很好的組員，事情都很順利的完成，也和組員們維持良好的關係。推推。

C. 國外研修之生活學習（課外）：

身處異鄉，學習到如何獨自解決各種生活上的大小事。花了好幾個月的時間滅掉生生不息的果蠅家族、要怎麼過馬路、怎麼逛超市、學習快速煮好一頓飯、怎麼便宜的玩想去的地方、怎麼規劃行程、怎麼踏出舒適圈和外國人聊天等等等等。

D. 交換/研修之具體效益（請條列式列舉）：

1. **如何獨立生活：自己處理入籍、找宿舍、煮飯、自行解決問題的能力**

2. **精進外語能力：需要和當地人溝通，如去超市、迷路時、試著聊天等等，同時也需要和其他學生溝通**

3. **體驗文化差異：星期日除了餐廳都不會開，真真切切地了解到住在台灣的幸福。**

4. **欣賞各國美景：看到那些一直期望有一天可以看到的景色們，體驗到地理課本當中的歐洲氣候。**

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?

相信所有在德國讀書的人們公認的最大考驗絕對是德鐵，你永遠不知道他會延誤多久，又或者提早出發（極少）。我學到永遠需要對他保持存疑，如果有長途的交通，時間最好抓的寬鬆一點，可以的話長程通勤最好就抓一整天來搞，以免因為交通害行程整個打亂。最後就是放輕鬆，要等就等吧，不要緊張，總有辦法到達目的地的。

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?

當地的大學生很多都不是應屆生，非常多學生都會先去當學徒、實習甚至是工作個一到兩年之後才會重新回來讀大學，這對我這個對未來感到很焦慮的人來說很震驚，也讓我真正體會到每個人的時區真的不同，可以快可以慢，和別人不一樣是沒關係的，你都在自己的步調上。

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?

我覺得是放輕鬆過生活，火車延誤，那就拿出書來看、跑到意料之外的城鎮晃晃，一切隨意就好，只要不危及生命，真的沒有什麼大不了的。更多時候，意料之外的景色更會讓人印象深刻。

H. 感想與建議：

很感謝學校有這個機會，讓我在還沒出社會之前，去國外看看，看看其他國家的人都是怎麼生活的。

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

University of Mannheim is well-located in Germany, with convenient public transportation that makes it easy to get to Frankfurt Airport, which is especially convenient for exchange students who want to travel around Europe. In addition, the university offers a wide range of courses,

including many short-term courses. This gives students enough flexibility to balance their studies with travelling.

I also took one project-oriented course called "Crowdfunding for Ecological Entrepreneurship," which was very different from the course I had experienced in Taiwan. Instead of simply learning theories from textbook, we were asked to develop a crowdfunding project from scratch. We had to come up with our own product, figure out how it works, develop a business plan, produce a crowdfunding video and convince our audience to support our project. It's anything but easy, but I learned a lot from the experience. For instance, I gained a much better knowledge about how to develop and structure a business plan. Therefore, if you do have time, I will recommend you to take this course. It is comprehensive and would allow you to finish a full project from beginning to the end.

I would also strongly recommend choosing Germany as your exchange destination. Compared with other European country, the cost of living is relatively affordable. More importantly, Germany has so many incredible landscapes, especially for those who enjoy nature and outdoor activities. From mountains and forests to small town, there are countless places to explore. Trust me, you'll never regret choosing Germany as your exchange destination.

The people I met there were also very friendly, and most Germans can speak excellent English. Therefore, even your German is not so good, you do not need to worry too much about the language barrier. Of course, learning some basic German conversation words is still helpful (They might be even friendly to you), but I found English was usually enough for daily conversation.

After spending a year abroad, I become much more independent. I learned how to deal with things on my own, how to adapt to an unfamiliar environment, and how to respond to unexpected situations, especially when things did not go according to plan. Living abroad taught me that I can not always rely on other people to solve my problems. Instead, I am the one who I can trust the most.

Overall, if you are looking for adventure and still wondering whether you should go on an exchange or not, just follow your heart and go for it. We only live once.