一、學校簡介

我這次交換就讀的學校是位於德國巴伐利亞邦紐倫堡的 喬治西蒙紐倫堡技術學院（Technische Hochschule Nürnberg Georg Simon Ohm）。這所學校是德國規模相當大的應用科學大學之一，以工程、設計、商管等領域聞名，並且與許多企業有密切合作，實務導向非常強。學校的國際化程度高，來自世界各地的交換生很多，整體氛圍開放、自由，學生在課堂上也非常願意討論。

校區本身相當大，但分布比較分散，常常需要在不同建築間走動。雖然如此，學校的設施都非常新，維護得很好，教室、圖書館、實驗室都具備現代化設備。校園附近也有公園，課後散步或放鬆非常方便，整體環境舒適宜人。

二、課程學習（課內）

我在交換期間修了四門課程，分別是：

- Lean Startup
- Design Thinking
- Climate and Climate Change
- German A1

其中我最喜歡的課程是 Design Thinking。這門課讓我接觸到一種全新的思考方式，強調以使用者為中心、透過發散與收斂的流程來解決問題。老師會帶著我們一步步拆解問題、重新定義需求，再透過團隊合作提出創意解方。這種「有路徑、有步驟」的思考方式讓我在面對複雜問題時不再慌張，而是能沿著方法論逐步找到方向。

課堂形式以討論與實作為主，也會有考試。與台灣最大的差異是 英語教學的方式。老師很喜歡用填空題、專業詞彙練習等方式，讓學生真正記住概念。

三、生活學習（課外）

我住在學校宿舍，生活機能方便，走路就能到學校。紐倫堡的交通主要依靠步行與 tram（路面電車），班次密集、使用方便，但若要跨城市旅行就會比較麻煩。

飲食方面，由於我不太會煮飯，因此最常使用烤箱，把肉、馬鈴薯、蔬菜一起烤，簡單又方便。有時候也會吃泡麵解決。德國物價高，外食更是昂貴，有時候善用商業午餐也能用便宜的價錢吃到外食。

在學校生活的期間，我認識了來自俄羅斯、阿根廷、義大利、澳洲、法國、墨西哥、智利等國家的朋友。平常會一起聊天、交流文化，也會一起參加學校舉辦的活動。學校的活動非常多，像是國際生聚會、城市導覽、文化交流等，都讓我有機會認識不同背景的人。

四、交換帶來的具體效益

- 英語聽力與口說能力大幅提升
- 更能獨立處理生活大小事
- 增強跨文化溝通能力

- 學會快速搜尋資訊、比較交通與住宿選項
- 培養面對突發狀況的冷靜與解決能力
- 建立國際人脈
- 開拓視野，理解不同文化的真實面貌

五、海外生活期間遭遇的困境與解決方式

最具代表性的困境是我在四月底準備前往挪威特羅姆瑟看極光時，原本預訂的漢莎航空班機竟然在出發前兩天因為罷工而取消。當時住宿已經無法退款，我非常焦急，只能上網搜尋各種替代方案。最後我找到 Norwegian 航空的班機，不但成功訂到票，價格甚至比原本更便宜。後來我也申請了漢莎航空的退款與補償，最後拿到 400 歐元，算是因禍得福。最重要的是，我最後真的看到極光，這段經驗讓我非常有成就感。

另一個困境是歐洲的交通常常不準時，火車延誤或取消是家常便飯。有時候必須臨時改搭其他交通工具，這讓我逐漸培養出「快速查詢資訊」的能力，能在短時間內找到替代方案。

還有一次，我參加一日團時認錯上車地點，基本是已經趕不上出發時間，我立刻用 WhatsApp 聯繫業者，誠實說明情況並表達我非常希望參加。最後業者願意通融，讓我改到隔天的行程，順利完成旅程。

這些事件讓我在面對突發狀況時變得更冷靜、更敢與人溝通，也更懂得用創意方式解決問題。

六、文化衝擊與適應方式

最讓我印象深刻的文化衝擊是 紅燈區文化。在台灣或東亞，性工作者常被污名化，甚至是違法的，但在歐洲，他們就是普通的工作者，大家也不會特別避諱。街頭表演也很盛行，雖然有些表演很普通，但人們仍會給予尊重與小費，我覺得這會讓人更勇於表現自己，因為大家都會給鼓勵，當地人都很喜歡互動式表演，尤其是義大利人跟西班牙人。

另一方面，歐洲城市的混亂程度也超乎我想像，像是車站外常有流浪漢，治安不像台灣那麼安全。交通不準時、物價高、選擇少，也都是需要適應的地方。

七、海外生活帶來的改變與成長

這次交換最大的成長是：

- 面對突發狀況更冷靜、更有解決能力
- 更敢與陌生人交流，不再害怕開口
- 語言能力大幅提升，聽力從疲乏變成自然反應
- 不再覺得外國月亮比較圓，而是能客觀看待不同文化的優缺點

這些改變讓我在未來面對挑戰時更有自信，也更能獨立思考。

八、感想與建議

我非常推薦同學來德國交換，尤其是想體驗不同文化、提升語言能力、或是想挑戰自己的人。德國的教育方式、生活環境、文化氛圍都能帶來很大的成長。

給未來交換生的建議：

- 語言越早準備越好
- 交通一定要預留彈性
- 住宿與行程要多比較、多查資料
- 心態放輕鬆，遇到問題不要慌
- 多參加活動、多認識朋友
- 勇敢開口，語言會進步得比你想像快

這六個月的生活讓我看到世界的真實樣貌，也讓我成為更成熟、更獨立的人。

School Introduction

I spent my exchange semester at **Technische Hochschule Nürnberg Georg Simon Ohm**, located in Nuremberg, Germany. It is one of the largest universities of applied sciences in Bavaria, well-known for its strong practical orientation and close cooperation with industries. The campus is quite large and slightly scattered, but all facilities are modern, well-maintained, and comfortable to use. There is also a park near the campus, making it easy to relax or take a walk after class. The university has a highly international atmosphere, and students are very open and willing to engage in discussions.

Academic Learning

During the semester, I took four courses: **Lean Startup**, **Design Thinking**, **Climate and Climate Change**, and **German A1**.

My favorite course was **Design Thinking**, because it introduced a completely new way of approaching problems. The course taught us how to define problems, understand users, brainstorm ideas, and develop solutions through structured steps. This method helped me stay calm and organized when facing complex challenges.

The teaching style in Germany is quite different from Taiwan. Classes are more interactive, and teachers often use fill-in-the-blank exercises to help students remember professional terms. Discussions and teamwork are common, and students are encouraged to express their opinions freely.

Life Learning

I lived in a student dormitory, which was convenient and close to the campus. Most of my daily transportation was walking or taking the tram. Since I am not good at cooking, I often used the oven to prepare simple meals like meat, potatoes, and vegetables. Sometimes I ate instant noodles as well. Because food prices in Germany are high, cooking at home was the most practical option.

I met many international students from Russia, Argentina, Italy, Australia, France, Mexico, Chile, and other countries. We often chatted, shared cultural experiences, and joined university events together. These interactions enriched my exchange experience and broadened my perspective.

Concrete Benefits

- Significant improvement in English listening and speaking
- Stronger independence and problem-solving skills
- Better cross-cultural communication
- Ability to search and compare travel information efficiently
- More confidence in interacting with strangers
- Broader worldview and deeper cultural understanding

Challenges and How I Solved Them

One major challenge happened when I planned a trip to Tromsø, Norway, to see the Northern Lights. Two days before departure, my Lufthansa flight was canceled due to a strike. The accommodation was non-refundable, so I had to quickly search for alternatives. After comparing many options, I successfully booked a Norwegian Airlines flight, which was even cheaper than the original one. Later, I applied for compensation from Lufthansa and received 400 euros. In the end, I still saw the Northern Lights, and the whole experience taught me how to stay calm and solve problems efficiently.

Another challenge was the unreliable transportation in Europe. Trains were often delayed or canceled, so I had to learn how to quickly find alternative routes. This greatly improved my ability to search for information and make decisions under pressure.

Cultural Shock and Adaptation

The biggest cultural shock for me was the **red-light district culture**. In Taiwan and East Asia, sex work is often stigmatized, but in Europe, it is treated as a normal profession. I also enjoyed watching street performances, where people showed great respect by giving tips, even for simple performances. This made me appreciate the diversity and openness of European culture.

On the other hand, I also saw the chaotic side of Europe, such as homeless people around train stations and the high cost of living. By adjusting my mindset and understanding the cultural background, I gradually adapted to these differences.

Personal Growth

The exchange semester changed me in many ways. I became calmer when facing unexpected situations, more confident in communicating with others, and more capable of solving problems creatively. My English improved significantly, especially listening, which now feels as natural as listening to Chinese. Most importantly, I learned that the “foreign moon is not always brighter,” and every place has its strengths and weaknesses.

Final Thoughts

I highly recommend studying abroad in Germany. It is a valuable opportunity to grow, explore, and understand the world from different perspectives. My six months in Europe were full of challenges, surprises, and unforgettable experiences, and they helped shape me into a more mature and independent person.