A. 學校簡介

Technische Hochschule Nürnberg Georg Simon Ohm（TH Nürnberg，紐倫堡科技大學）位於德國巴伐利亞邦的紐倫堡，是一所具有悠久歷史的公立應用科學大學（University of Applied Sciences）。學校以 **Georg Simon Ohm** 命名，他是德國著名物理學家，電阻單位「歐姆（Ohm）」即以其姓氏命名。

作為一所應用科學大學，TH Nürnberg 特別重視實務導向與產學合作，課程除了理論學習，也強調實際專案、企業合作及職場應用，因此與德國企業及產業界有密切的交流。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

最推薦的課程是 Management，這門課是模組課，由 Strategic Management 和 International Management with Cases 兩門課組成，兩門課都要通過才能拿到學分。Strategic Management 每堂課教授都會安排一個 Exercise 讓我們練習把理論運用到實際商業案例上，這些 Exercises 幫助我們在準備報告或期末考時更知道可以怎麼做，非常有幫助！International Management with Cases 則是每次上課一起探討一個商業案例，評分方式為一次期末考試決定全學期成績，由於上課都是在討論，沒接觸到什麼理論，所以不太知道怎麼準備考試，幸好最後還是有通過。

C. 國外研修之生活學習（課外）

我明白很多同學去歐洲交換是為了能環遊歐洲到處旅行，但我也推薦大家除了旅行之外多花點時間參加社交活動結交各國的朋友。我的旅遊頻率相較其他交換生真的非常的低，也因此很多時間都和其他各國的交換生或是德國本地生相處，一起參加派對或學校舉辦的活動，放學後買菜或是四處逛逛，偶爾來個週末小旅行或是一起搭跨國巴士窮遊。對我而言在交換期間和朋友們共度的時光，是這一年裡比起旅遊更難忘的回憶。

D. 交換/研修之具體效益（請條列式列舉）

一、培養不同的學習方式與問題解決能力：透過德國大學強調理論與實務結合的課程及考試方式，我學會不只是記憶知識，而是理解概念並將其應用於實際案例。

二、提升跨文化溝通與人際互動能力：在交換期間認識來自不同國家的朋友，讓我有更多機會理解不同文化背景與生活觀念，也學會在不同價值觀之間溝通與相處。

三、提升獨立生活與適應能力：長期在異國生活，需要自己處理生活中的各種大小事，也讓我逐漸建立面對陌生環境與未知情況的信心。

四、拓展國際視野：透過在德國生活及與不同國家朋友相處，我不再只從台灣或亞洲的角度看待升學、工作與人生選擇，而開始理解世界上存在許多不同的生活方式。

五、建立更積極的行動力：過去的我總是希望在事情有足夠把握時才願意嘗試，但交換期間的生活經驗讓我明白，很多事情如果一直等待「準備好」才開始，就可能永遠不會開始。

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?

無。

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?

沒什麼文化衝擊，但在德國很容易遇到來自不同歐洲國家的人或是父母不是德國人的人，大家來自不同文化背景相互交流可以學習到很多。

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?

以前的我不喜歡冒險，做任何事情都希望先有把握；只要覺得事情太困難、順利進展的可能性不高，就很容易直接選擇不做。我曾經把失敗想得太嚴重，就像小時候考試考得很差，總覺得天要塌下來；但長大之後才會發現，其實根本也不會怎麼樣。失敗或犯錯的一天，也只不過是漫長人生中的一小部分。

在德國認識的朋友常常鼓勵我跳脫舒適圈，去嘗試一些自己原本不敢做的事情。我也因此開始發現，他們的人生都很重視「體驗」，而我過去的人生，卻好像只是照著社會期待，不知為何地一直向前跑。雖然我曾經休學，但那段時間也只是重讀、準備重新回到與大部分亞洲人相似的人生軌道。現在回頭看，反而有些後悔當時沒有真正利用那段時間做一些不同的事情，例如打工賺錢、到處旅行，或真正花一年時間體驗一次屬於自己的 gap year。

但我很感謝這次交換，讓我有機會重新思考這些事情。現在的我會告訴自己，有什麼想做的事，就不要想太多有的沒的，先做再說。因為回頭看以前的經歷，真正讓我覺得可惜的，往往不是做了某件事情，而是當時沒有去做。即使過程中會有不好的回憶，我仍然相信那些都是生命經驗，長遠來看，也都會成為幫助自己成長的養分。

H. 感想與建議

如果要給未來有意出國交換的同學一個建議，我會希望大家不要只把交換視為修學分或完成畢業門檻，而是把它當成一次重新認識自己的機會。可以多與不同國家的同學交流、多嘗試平常不會做的事情，也不要因為害怕犯錯或害怕未知，就把自己留在熟悉的環境裡。

總之，有試才有機會，沒試就什麼都不會有。雖然我沒有豐厚的家產可以幫我兜底，但至少現在還年輕，年輕就是本錢。趁現在還有這份「本錢」，我想去試試更多不同的機會。

回頭看這一年的交換生活，我很慶幸當初沒有因為害怕未知，而選擇留在熟悉的地方。從一開始只是為了畢業而出國，到最後捨不得離開，我得到的早已不只是學分或一段海外生活，而是一種重新看待人生的方式。也許未來的我還是會害怕、還是會猶豫，但至少現在的我知道，有些事情如果真的很想做，就值得給自己一次機會。

而這次交換或許只是我人生中一次很小的冒險，但我希望從現在開始，我的人生可以不要再只是一直向前跑，而是偶爾停下來看看，然後勇敢地繞一點遠路，去體驗一些「不一樣」的人生。這大概就是我這一年在德國帶回來，最珍貴的一份禮物。

I. 英文心得

After coming to Germany, my mindset changed significantly. I used to dislike taking risks and always wanted to make sure I had a good chance of succeeding before doing anything. Whenever something seemed too difficult or unlikely to go smoothly, I would easily convince myself not to do it at all. I used to take failure far too seriously. When I was younger and did badly on an exam, I would feel as if the sky were falling. But as I grew older, I realized that in reality, nothing that serious would happen. A day of failure or making mistakes is only a very small part of a long life.

The friends I met in Germany often encouraged me to step outside my comfort zone and try things that I would normally be too afraid to do. Through them, I gradually realized that they placed great importance on “experiences” in life. Looking back, I feel that my own life in the past was more like constantly running forward according to society’s expectations, without really knowing why. Although I once took a leave of absence from university, I mainly spent that time retaking courses and preparing to return to the conventional path that most people around me were following. Looking back now, I sometimes regret that I did not make better use of that period to do something different, such as working part-time to earn money, traveling, or truly taking a year to experience a gap year of my own.

However, I am very grateful for this exchange opportunity because it gave me the chance to rethink these things. Now, I tell myself that if there is something I want to do, I should stop overthinking it and just give it a try. Looking back on my past experiences, the things I truly regret are often not the things I did, but the things I did not do when I had the chance. Even if some experiences come with unpleasant memories, I still believe that they are all part of life. In the long run, they will become experiences that help me grow.

Therefore, if I were to give one piece of advice to students who are considering studying abroad in the future, I would hope that they would not see an exchange program simply as a way to earn credits or fulfill graduation requirements. Instead, they should see it as an opportunity to rediscover themselves. Talk to students from different countries, try things that you would not normally do, and do not let the fear of making mistakes or facing the unknown keep you in a familiar environment.

In the end, you have to try in order to have a chance; if you never try, nothing will happen. I may not come from a wealthy family that can always provide me with a safety net, but at least I am still young. And being young is a form of capital in itself. While I still have this “capital,” I want to take the opportunity to explore more possibilities and try more things.

Looking back on this year of studying abroad, I am truly grateful that I did not let my fear of the unknown

convince me to stay somewhere familiar. I initially came to Germany simply because I needed to fulfill my graduation requirements, but by the end, I found myself reluctant to leave. What I gained was far more than academic credits or a year of living abroad. I gained a new way of looking at life.
Perhaps I will still feel afraid or hesitate in the future, but at least now I know that when there is something I truly want to do, it is worth giving myself a chance.

This exchange experience may have been only a small adventure in the journey of my life, but from now on, I hope my life will no longer be about simply running forward all the time. I want to occasionally stop and look around, and then have the courage to take the longer road—to experience a life that is a little different. Perhaps that is the most precious gift I am bringing home from my year in Germany.