

A. 學校簡介

本人此次交換就讀於義大利杜林大學（University of Turin）之 SAA School of Management。杜林大學創立於 1404 年，為義大利歷史最悠久且具高度學術聲望之綜合型大學之一，在管理學、經濟學、法律與社會科學等領域具有深厚基礎。SAA School of Management 隸屬於管理學院，課程設計結合理論與實務，並強調國際視野與跨文化學習，吸引來自歐洲及世界各地的交換學生，是一個高度國際化的學習環境。

B. 國外研修之課程學習（課內）

在課程學習方面，本次交換期間我修習多門以英語授課之管理與商業相關課程。課程內容多以案例分析（Case Study）、小組報告與課堂討論為核心，與台灣較偏重講授式教學的方式有所不同。其中我最受益也最喜愛的課程為 Leadership，該課程透過企業實際案例，引導學生分析組織文化、領導風格與跨文化溝通議題，使我能從不同國家學生的觀點理解企業管理的多元樣貌。此外，課程中高度重視學生主動表達與團隊合作能力，使我在英文口語表達、簡報能力及跨文化協作方面皆有明顯進步。但交換生的系統沒辦法顯示課程的行事曆，要自己寄信給教授詢問，且一開始的 Carrer Plan 也要自己登入，但這部分有 Mentor 幫忙所以沒問題！

C. 國外研修之生活學習（課外）

課外生活方面，交換期間我實際融入當地生活節奏，包括使用大眾運輸、與來自不同國家的室友共同生活，以及嘗試以義大利語進行日常溝通。透過與國際學生的互動，我不僅拓展人際網絡，也加深對不同文化背景、生活習慣與價值觀的理解。此外，我也利用課餘時間參與城市文化探索與旅行，深入了解義大利的歷史、藝術與飲食文化，使學習不再侷限於課堂，而是延伸至真實生活中。杜林大學交換有個好處是便宜，超市可以去車站的 Essunlunga，肉可以去附近肉舖買跟他說要多少的肉，因為交換的大部分時間其實都是出國，而杜林機場比較少都要去米蘭搭，這時候會很常用到 Flixbus、Flibco 如果有辦 ESN 或是 ISIC 會有優惠省很多。另外我都是用 Omio 查交通然後再用官網或 app 訂票。

D. 交換／研修之具體效益（條列）

1. 提升英語溝通與專業表達能力
2. 培養跨文化適應與合作能力
3. 增進國際管理與商業思維
4. 強化獨立生活與問題解決能力
5. 擴展國際人際關係與視野

E. 海外生活期間遭遇之困境與解決方式

海外生活初期，曾面臨語言隔閡、行政流程繁瑣及生活適應上的壓力，例如住宿、文件申請與學校系統使用等問題。面對困境時，我主動向學校國際辦公室、宿舍管理單位及同學尋求協助，並透過事前查詢資料與保持耐心逐步解決問題。這段經驗使我學會在陌生環境中冷靜應對並有效尋求資源。

F. 文化衝擊與適應方式

文化衝擊主要來自生活節奏與溝通方式的差異，例如義大利人對時間的彈性態度以及高度重視人際互動。起初我感到不適應，但隨著時間推移，我學習調整心態，以開放與尊重的態度理解文化差異，並逐漸融入當地生活。會發現還是有人多人不講英文，比手畫腳或是最簡單的英文才能溝通，再不行就是使用翻譯軟件。

G. 個人成長與轉變

此次海外生活歷練使我變得更加獨立、自信且具備彈性思維。最大的成長在於能夠在不確定與陌生的環境中保持主動學習與解決問題的能力，並勇於表達自我想法。

H. 感想與建議

整體而言，本次交換經驗對我而言是一段極具價值的人生歷程。我建議未來有意申請交換的同學，應提前做好心理準備與行前規劃，並保持開放心態，勇於嘗試與交流，才能真正發揮交換學習的最大效益。

I. Exchange Program Reflection Report (English)

School Introduction

I participated in an exchange program at the University of Turin, specifically at the SAA School of Management. Founded in 1404, the University of Turin is one of the oldest and most prestigious universities in Italy. The SAA School of Management focuses on business and management education with a strong emphasis on international perspectives, practical applications, and multicultural learning environments.

Academic Learning Experience

During the exchange period, I enrolled in several English-taught courses related to management and business studies. Most courses adopted interactive teaching methods such as case studies, group projects, and class discussions. This approach encouraged students to actively participate and express their opinions.

Among all the courses, I benefited the most from courses related to management and organizational behavior. Through real business cases, I learned how cultural differences, leadership styles, and organizational structures affect decision-

making. Working with classmates from different countries significantly improved my teamwork skills and professional English communication.

Life Learning Experience

Outside the classroom, I experienced daily life in Italy by using public transportation, sharing accommodation with international students, and communicating in both English and basic Italian. Living in a multicultural environment allowed me to understand different lifestyles and values.

In addition, I explored the city and traveled during my free time, which helped me gain a deeper understanding of Italian history, culture, and traditions. These experiences enriched my learning beyond academic knowledge.

Benefits of the Exchange Program

The exchange program brought me several concrete benefits, including improved English proficiency, enhanced cross-cultural communication skills, stronger independence, and a broader international perspective. I also developed better problem-solving abilities by managing daily challenges on my own.

Challenges and Cultural Adaptation

At the beginning of my stay, I faced difficulties such as language barriers and unfamiliar administrative procedures. However, by seeking help from international offices, classmates, and online resources, I gradually solved these problems.

Cultural differences, such as flexible attitudes toward time and communication styles, initially caused some discomfort. Over time, I learned to adapt by being patient, open-minded, and respectful of local customs.

Personal Growth and Reflection

This overseas experience significantly changed my mindset and personal characteristics. I became more confident, independent, and adaptable. The most important growth was learning how to face uncertainty and challenges with a positive attitude.

Final Thoughts

Overall, this exchange program was a meaningful and rewarding experience. I highly recommend future exchange students to prepare well in advance and embrace cultural differences with an open heart. This opportunity not only enhances academic learning but also contributes greatly to personal development.