

學校簡介

The Free University of Bozen-Bolzano 位於歐洲最迷人的地區之一，處於德語區和義大利區經濟和文化的十字路口。其在教學和研究方面的三語制、高國際化水平以及由其優良設施保證的理想學習環境是 unibz 經常在國內和國際排名中名列前茅的部分原因。

成立於 1997 年，the Free University of Bozen-Bolzano 具有很強的國際視野，其多語言課程（德語、意大利語、英語和拉丁語）以及來自國外的大量學生和教職員工證明了這一點。

Unibz 在義大利和歐洲的所有大學中脫穎而出的是其課程和研究的多語言性。三種官方語言——義大利語、德語和英語——在課堂、會議、會議和所有活動中使用。因此，大學提供了一個理想的環境，不僅可以在每個人的學位課程的基礎上獲得學科的特定知識，而且還可以掌握就業和日益全球化的社會所需的溝通技巧。

在全國排名中，我們的大學每年都名列前茅。2022 年，意大利社會研究研究中心 Censis 連續第六年將我們大學列為小型私立大學（學生人數少於 5,000 人）中的第一名。我們在國際排名中也名列前茅，尤其是在“國際化”、“學生滿意度”類別下。

在 2021 Times Higher Education World University Rankings 中，unibz 在全球近 1,600 所機構中排名 401-500。在意大利，我們在 53 所大學中排名第 16 位。

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

學校有非常多各式各樣的課程讓我們選擇，因為是交換生，所以可以選擇各個學院的課程，沒有限制，語言的部分也有3種可以選擇，讓各國學生都可以順利地理解教授上課的內容。

這學期我修了兩門課程，以下會簡單介紹課程內容以及教授的上課模式：

<Asset Management and Performance Analysis>

這門課在這邊算是碩士班的課程，所以選修的學生沒有很多，教授認得每個學生的臉，上課有時候會問一些問題，但問題都不會太難，多半都是問和自己國家相關的問題，回答不出來也沒關係，教授只是想知道各個國家間經濟體系或投資概況有哪些不同。

平常上課的模式就是用投影片和教授的口頭講解，中間有幾堂課教授有邀請演講者來介紹一些實務上的資產管理內容，下課後會有回家作業，教授會指派一些課本後面的習題，下次上課會檢討，必須回家後先完成，因為教授上課會抽點同學解題，也有一些同學會自願，雖然題目不多但因為是碩班的課程所以還是有點難度，需要花時間去完成。

這門課分成出席學生以及非出席學生，可以自己選擇要不要出席，打分數的方式也會不同，我是選擇出席學生，在考試的部分，在學期的最後會有一次期末考，沒有期中考，所以是一次期末考定生死，當然還有包含一些上課出席以及上課表現，這些都會列入教授評分的考量，期末考的內容都是教授上課的內容，不會到非常難，但還是要認真念書才有辦法作答。

教授人非常和藹，下課常常會和大家一起聊天，雖然上課有時候會覺得他很可怕，但私底下的教授非常可愛，常常在校園內遇到他都會停下來關心我們和我們聊幾句再離開，在超市遇到他還會推薦一些超市內有名的食物給我們。

<Financial Systems and Financial Markets>

這門課是學士班的課程，相較於另一堂課非常輕鬆，修課的人數非常多，聽說這位年輕教授非常受學生喜愛，許多人都想修他的課程。

上課的模式一樣是投影片和教授口頭講解，教授上課非常生動有趣，總是靈活地運用課程中的理論，讓課程不會太無趣。教授在課堂中偶爾會提問，但因為課堂人數眾多，很多學生都會自願回答，不會有冷場的狀況。下課後一樣會有回家作業，在期中以及期末教授會統一幫大家講解，讓大家可以好好地準備考試，有問題也可以隨時提出或是跟教授另外約時間討論，教授都非常樂意和大家交流。

考試的部分一樣沒有期中考只有期末考，在考試前教授會給模擬試題讓我們回家先做練習，並在課堂上解說，讓我們了解期末考大概的準備方向。期末考有兩次，如果第一次沒有通過及格標準，可以再考第二次，教授給大家兩次機會讓大家盡可能地可以通過這門課，非常佛心，考試內容有一部份和模擬考大同小異，只要有認真讀書認真複習模擬試題，這門課應該可以通過得蠻輕鬆的。

因為這門課人數眾多，私底下和教授比較沒有交集，教授也許不記得所有學生，但私底下在校園內遇到教授時和他招呼他總是非常親切地回應我們，非常可愛。

國外研修之生活學習（課外）

課外的部分，我參加了一些運動社團，還有一些學校舉辦的派對，也常常搭火車到不同城市或國家遊玩，以下會一一介紹。

社團的部分，我認為非常重要，因為出國在外很少有可以運動的機會，在吃各國美食的同時也很怕體重直線上升，所以學校社團非常重要。我參加了籃球社以及飛盤社，籃球社的部分一開始因為都是外國人，每個人都人高馬大的，非常害怕會在場上被撞飛或是頭破血流，但久而久之會發現大家都非常友善，不會有太激烈的肢體接觸，會隨時關心每個人的身體狀況，也會互相鼓勵，非常溫馨的社團。飛盤社也一樣，大家都非常好相處，這是我第一次接觸飛盤這項運動，雖然不太會但教練總是非常有耐心地教導我，也常常鼓勵我，讓每個人都可以充分感受到飛盤的樂趣，雖然後來因為天氣太冷就沒有再去了，但還是在那裡留下了非常美好的回憶。

學校的派對我沒有每一次都參加，因為常常計畫到別的國家玩，但也算是參加了一些，每一次都覺得非常好玩，現場都會準備許多酒或飲料，還會有專業的音控台，和外面請來的一些表演人員，讓現場的氣氛非常嗨，透過這些活動也可以認識許多平常沒有接觸過的人，拓展交友圈，非常特別的體驗。

旅遊的部分，我探訪了許多國家，利用課間閒暇時間安排了許多旅遊，雖然沒辦法探訪所有歐洲國家，但還是遊玩了許多國家，留下了許多寶貴的回憶。從旅遊的過程中我學到了很多，像是各個國家的打招呼方式、如何訂飯店、訂機票或車票等等，其中最想分享的是旅遊一定要早早安排早早規劃，最好是課表都已經完全確定後就開始安排，不然拖到最後飯店以及車票價錢真的會非常貴，愈早訂愈便宜，那個價錢的差額真的非常大，務必要記得提早做好規劃。

飲食的部分也很重要，因為歐洲外食真的不便宜，如果每餐都吃外食可能會破產，所以我們常常會利用宿舍的廚房來煮飯，做一些簡單的料理，從超市買食材回來煮真的比外食便宜超級多，而且也可以煮一些比較健康的食物，在這邊的餐廳真的很難吃到蔬菜，幾乎每餐都是澱粉，每天都是披薩、義大利麵，吃久了真的非常膩，所以在這邊我也學到了一些烹飪技能，雖然只是一些簡單的烹飪，但至少可以讓自己在吃一些油膩食物之餘也可以吃一些營養的食物來保持身體健康。

交換/研修之具體效益（請條列式列舉）

1. 語言能力：出國在外進步最大的真的是語言能力，因為每天都會接觸到外國朋友，一定要用英文才能溝通，久而久之就會習慣了這樣的生活模式，而英語能力就會有很大的進步。除了英語之外，在和朋友交流的同時也可以學習一些其他國家的語言，雖然可能只是一些簡單的日常用語，但還是有可能會在平常生活中派上用場，未來再次出國時也有機會可以使用。

2. 國際視野：過去只會接觸到台灣自己的文化，但出國後會發現每個國家的文化真的都非常不

同，透過課堂上或是和朋友交流的過程中，可以深入了解文化間的差異，甚至有些文化衝突，但這些都可以讓我的視野更開闊，和國際間更有連結。

3. 學習獨立：過去大學時期，從來沒有半個月沒見到家人過，這次一出國就是半年，在這個過程中必須學會獨立，自己處理日常生活中的大小事，一個人在國外也要學會保護自己，不讓家人擔心。

4. 增加自信心：在國外真的可以發現每個人身上幾乎都散發著自信的光芒，也非常外向，和亞洲人相比，真的比較少會遇到內向的外國人，我覺得這點非常值得我去學習，他們總是非常積極正向活潑，久而久之也會被感染這種外向的氛圍，讓自己可以多一點自信。

5. 文化素養：歐洲每個國家都有不同的故事，也有許多過去遺留下來的古蹟，在欣賞這些古蹟的同時，會被當場的氛圍給震撼到，看著這些遺留下來的建築物，彷彿可以置身在當時的情景，深入了解後，觀賞這些古蹟會更有感覺，也會讓自己對這些古蹟有更深的認識，增加自己的文化歷史素養。

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？

1. 一開始真的非常難適應國外的喝酒派對文化，可能還有課業壓力和剛到這邊有非常多事情要處理的關係，會覺得不應該花這麼多時間在派對，還有剛到這邊還不太熟悉語言以及生活上的問題，每天都會覺得非常勞累，但是慢慢習慣適應後，漸漸地學會如何有效地分配自己的時間，也習慣了這邊的各種文化，漸漸地不再害怕去參加派對，甚至非常投入在其中，我覺得這對我來說是非常特別的體驗。

2. 曾經有一次在要出發旅行的前一天飛機航班突然被取消，但飯店以及門票都已經訂好了，當下非常的慌張，因為是第一次遇到這種情況，完全不知道該怎麼辦，像和航空公司求助也沒用因為他們也不會改變原本的作法，冷靜下來後，思考如何把損失降到最低，最後選擇了搭乘前一天的巴士，雖然要搭乘十八個小時，還要多花巴士的錢，但最後我們比原先搭飛機預計抵達的時間還要早到，也算是因禍得福可以多玩半天的時間。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

1. 相較於台灣人，我認為外國人比較不會太在乎外人的想法，還有同理心的部分也比較薄弱，舉例來說，一般在台灣搭大眾運輸時，如果座位旁的人在休息，那我們通常會盡量地放低自己的音量或動作，盡量不要去吵到他人休息或影響他人，但在義大利就很難看到這種畫面，就算旁邊的人在睡覺，他們一樣會非常大聲地聊天，甚至在車上跑跑跳跳，雖然這並不違法，也沒有人規定一定要很安靜地待在車上，但是如果在台灣這種情況一定會被罵，但在義大利這非常稀鬆平常，根本沒有人在乎，這是我在這邊最無法適應的，每次搭火車都一定會戴耳機，沒有辦法一直待在這麼吵雜的空間。

2. 義大利的生活步調真的非常慢，光是去辦理居留證就可以花費整個早上，雖然在來之前就有看過網路上很多文章說過了，但親眼見到還是覺得很不可思議，外面一大排的人在等，但內部的工作人員還是繼續慢慢地進行工作，一邊聊天一邊上班，這和台灣的公務機關非常不同，如果這種情況發生在台灣可能早就被投訴了，但在這邊卻是非常稀鬆平常的事情，大家也見怪不怪了，雖然沒辦法認同這種辦事速度，但這也許算是這邊的一個特色吧，久而久之也習慣了，要辦事情會提早非常多去排隊，以免影響自己後面的行程。

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？

我認為經過這趟交換歷練後，覺得自己最大的成長大概是人格特質的轉變，過去的我非常內向，也不擅長社交，每次到很多人的場合就會覺得很緊張害怕，也不太喜歡參加太多人的聚會，常常會覺得很尷尬，但經過這次的歷練後，我認為我比起以前進步了，現在的我雖然還是沒有到非常外向，但是比起過去的我，現在我已經不會那麼害怕參加很多人的聚會了，覺得尷尬的時間也變少了，開始懂得找一些話題主動和別人聊天，盡量地讓自己投入在派對中，雖然可能還是沒有到成為一個外向的人，但是我認為比起過去的我進步很多了。

您認為獎學金對您海外研修最大的幫助是什麼？有無獎學金是否會改變您的出國計畫？

出國的機票真的非常昂貴，一開始沒有預想到機票會那麼貴，直到真正深入去查後發現機票真的不便宜，但我認為獎學金補貼了這部分，如果沒有獎學金，等於幾乎全部出國的錢都要自己準備，光是機票的部分就佔了一大筆，所以我認為有獎學金真的有幫助到，雖然和出國的總金額相比還是有一段差距，但是還是補貼了一部份，讓人會比較有動力讓自己出國去挑戰。

除了金錢上的幫助外，我認為獎學金還有督促自己的功能，勉勵自己認真讀書，想著一定要取得好成績才能成功拿到獎學金，瞬間想認真讀書的動力就出現了，想著這次的出國是要讓自己有所成長而不是只是出來旅遊的，時時刻刻督促自己，讓自己保持上進心，讓這趟歷練可以收穫更多。

感言及心得感想

真的很慶幸自己當初有鼓起勇氣申請交換，也很感謝學校提供我們這麼多的交換機會，讓我們有機會到國外提升自己，出國後真的會發現整個人思考事情的角度以及心態上都會有很大的轉變，雖然一開始可能會有點辛苦，出國前有許多繁雜的事情需要處理，還有自己內心的情緒會不斷起伏不定，出國前我常常會想自己做的決定到底正不正確，也常常懷疑自己出國真的會有什麼改變嗎，但現在我深深地感受到出國的轉變，不只是價值觀、視野、語言能力，就連整個對人生的看法也不一樣了，也讓我更懂得珍惜時光，把握當下。

雖然一開始來常常抱怨這邊的效率很差，火車也常常誤點，幾乎很少看到有準時的火車，辦理居留證排隊排了快半天，明信片寄好多次之後才成功寄到，網路的訊號和台灣相比真的差很多，雖然遇到了非常多事情，也常常抱怨這邊和台灣的差距，但現在回想起來也變成非常美好的回憶，雖然比起台灣這邊真的非常不便利，但這邊的人文和風景真的非常美好，雖然步調慢了一些，但這也是這個小鎮獨有的特色。

經過這趟交換經驗，在這半年中我遇到了許多各式各樣的人，有些只是一面之交，有些甚至互不相識，但在這過程中我交到了非常要好的朋友，雖然我們來自不同國家，但我們的想法卻很相似，我們非常珍惜和彼此相處的時光，因為我們知道很快就要分別了，在國外的時間真的非常快，感覺前一天還在緊張踏入義大利會遇到什麼困難，一轉眼就要回台灣了，雖然只有短短的半年的時間，但這半年真的會成為人生中非常難忘的時光，在這裡遇到的所有事情不管好壞，未來回想起來一定都會覺得非常不捨，也希望未來還有機會可以到國外，不管是工作、旅遊都好，希望未來還可以見到我這半年遇見的所有人、事、物。

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)

[School Profile]

The Free University of Bozen-Bolzano is located in one of the most fascinating regions of Europe, at the economic and cultural crossroads of the German-speaking and Italian regions. Its trilingualism in teaching and research, its high level of internationalization, and the ideal learning environment guaranteed by its excellent facilities are some of the reasons why unibz is regularly ranked among the best in national and international rankings.

Founded in 1997, the Free University of Bozen-Bolzano has a strong international outlook, as evidenced by its multilingual programs (German, Italian, English and Latin) and the large number of students and staff from abroad.

What sets Unibz apart from all other universities in Italy and Europe is the multilingual nature of its programs and research. The three official languages - Italian, German and English - are used in classes, conferences, meetings and all activities. The University thus provides an ideal environment for acquiring not only subject-specific knowledge on the basis of each individual's degree program, but also the communication skills required for employment and an increasingly global society.

Every year our University is ranked among the best in the national rankings. In 2022, for the sixth year in a row, Censis, the Italian Center for Social Research and Studies, ranked our university first among small private universities (less than 5,000 students). We are also ranked high in international rankings, especially in the categories of "internationalization" and "student satisfaction".

In the 2021 Times Higher Education World University Rankings, unibz is ranked 401-500 out of nearly 1,600 institutions worldwide. In Italy, we are ranked 16th out of 53 universities.

[Course study]

We have a wide variety of courses to choose from. Since we are exchange students, we can choose courses from different colleges without any restrictions, and we can choose from three types of languages, so that students from different countries can understand the content of the classes.

I have taken two courses this semester, and the following is a brief introduction to the course content and the teaching style of the professors.

<Asset Management and Performance Analysis>.

This course is considered a master's course here, so there are not many students taking it. The professor recognizes each student's face and sometimes asks some questions in class, but the questions are not too difficult.

The professor will assign some problems in the back of the textbook to be reviewed in the next class, which must be completed at home first. Although the problems are not too many, they are still a bit difficult because it is a master's course, and it takes time to complete them.

The course is divided into attending students and non-attending students, so you can choose whether you want to attend or not, and the grading system is different. The content of the final exam is the content of the professor's class, which is not very difficult, but you still have to study hard to be able to answer.

The professor is very kind and will often chat with us after class. Although he is sometimes scary in class, he is very cute in private.

<Financial Systems and Financial Markets

I heard that this young professor is very popular among the students and many of them want to take his course.

The class format was the same, with a slide show and a verbal explanation from the professor. The professor was very lively and interesting, and always used the theories in the course flexibly so that the class would not be too boring. The professor occasionally asks questions during the class, but because of the large number of people in the classroom, many students volunteer to answer, so there are no cold spots. After class, there will also be homework assignments, and the professor will help you to prepare for the exams at midterms and finals.

Before the exam, the professor will give us mock exams to practice at home and explain them in class so that we can understand the general direction of preparation for the final exam. There are two final exams, and if you don't pass the first one, you can take the second one. The professor gives you two chances to pass the class as much as possible, which is very Buddhist.

The professor may not remember all the students, but when we meet him on campus, he always responds to us very kindly and lovely.

[Life study]

For extracurricular activities, I joined some sports clubs, some school parties, and often traveled by train to different cities or countries, which I will introduce below.

I think the clubs are very important because I rarely have the opportunity to exercise when I go abroad, and I am afraid of gaining weight while eating international food. I joined the basketball club and frisbee club. In the beginning, I was afraid of being knocked off the court or bleeding on the court because all the people were foreigners and everyone was tall. It was my first time to get in touch with frisbee. Although I didn't know much about it, the coach always taught me very patiently and encouraged me a lot, so everyone could feel the fun of Frisbee.

I didn't participate in every school party because I often plan to go to other countries, but I did participate in some of them, and I found it very fun every time. It was a very special experience.

Although I could not visit all the European countries, I still visited many countries and left many valuable memories. I learned a lot from the travel process, such as the way to greet each country, how to book hotels, book airline tickets or bus tickets, etc. One of the most important things I want to share is that travel must be arranged early and planned early, and it is best to start making arrangements as soon as the class schedule is completely confirmed, otherwise the price of hotels and bus tickets will be really expensive in the end, and the earlier you book, the cheaper the price difference is really huge. Be sure to remember to plan well in advance.

The food part is also very important, because European food is really not cheap, if every meal eat foreign food may go bankrupt, so we often use the kitchen of the dormitory to cook, do some simple dishes, buy ingredients from the supermarket to cook really cheaper than foreign food, but also can cook some healthier food, in this side of the restaurant is really difficult to eat vegetables, almost every meal is starch, every day is pizza, pasta, eaten for a long time is really difficult to eat. So I learned some cooking skills here, although it's just some simple cooking, but at least I can eat some greasy food and also can eat some nutritious food to maintain good health.

[Specific benefits]

1. language skills: the most progress abroad is really language skills, because every day will come into contact with foreign friends, must use English to communicate, over time will get used to such a mode of life, and the English ability will have a great progress. In addition to English, while communicating with friends, you can also learn some other languages, although it may be some simple everyday language, but it may still come in handy in ordinary life and have the opportunity to use it when you go abroad again in the future.

2. International perspective: In the past, I was only exposed to Taiwan's own culture, but after I went

abroad, I found that the culture of each country is really very different. In the classroom or in the process of communicating with friends, I could understand the differences between cultures, and even some cultural conflicts, but these can make my vision wider and more connected with the international community.

3. learn to be independent: In the past, I never saw my family for half a month when I was in college, but this time I went abroad for half a year. I must learn to be independent in this process, to handle the daily life by myself, and to protect myself and not to let my family worry.

4. I think it is worthwhile for me to learn this point, they are always very positive and lively, and over time, they will be infected with this kind of outgoing atmosphere, so that they can be more confident.

5. cultural literacy: each country in Europe has a different story, and there are also many monuments left behind in the past, while appreciating these monuments, you will be shocked by the atmosphere on the spot, looking at these buildings left behind, as if you can be in the scene at that time, after a deeper understanding, viewing these monuments will be more perceptive, but also will give yourself a deeper understanding of these monuments, increasing your cultural and historical literacy The tour will also give you a deeper understanding of these monuments and increase your cultural and historical knowledge.

[Experience feelings]

I am really glad that I had the courage to apply for the exchange, and I am grateful to the school for providing us with so many exchange opportunities to improve ourselves abroad. Before I went abroad, I often wondered whether my decision was right or wrong, and I often doubted whether going abroad would really make any difference, but now I deeply feel the change of going abroad, not only in terms of values, vision, language skills, but also in terms of my whole perspective on life.

Although I often complained at the beginning about the poor efficiency here, the trains were often late, and I rarely saw on-time trains, the queue for the residence permit was almost half a day, the postcards were sent many times before they arrived successfully, and the internet signal was really poor compared to Taiwan. Although it is really inconvenient compared to Taiwan, the humanities and scenery here are really wonderful, although the pace is a bit slower, but this is also the unique feature of this small town.

After this exchange experience, I met many different kinds of people in these six months, some of them are just one-sided friends, some of them are not even acquainted with each other, but I made very good friends during this process, although we come from different countries, we think very similarly, we cherish the time we spend with each other very much, because we know that we will be separated soon, the time abroad is really very fast, it feels like One day we were still nervous about what difficulties we would encounter when we set foot in Italy, and the next day we are going back to Taiwan, although it is only a short period of six months, but this six months will really become a very unforgettable time in our lives. I hope to see all the people, things and things that I met in the past six months.