

26-1 學校簡介

自由大學是創校 22 年的新學校，校風活潑熱情，社團非常多樣化，學校注重學生的外語能力，需要考過義大利文、德文、英文檢定才得以畢業，課程有 3 種語言開課，課程相當豐富，也開設免費的語言課程，鼓勵在校學生參與，基本上波札諾的居住品質非常好，居民友善，是非常適合來交換讀書的好地方。

學校單位

國際事務處

位在 4 樓，剛進入學校，一開始接觸的就是國際事務處的人員，居留證及學生證都是由他們處理，辦理居留證無需太擔心，人員會詳細地教我們如何填寫資料，有任何學校方面的問題都能尋求協助。

圖書館

影印需要和櫃檯借學校的筆電並登入帳號才能列印，另一個方式是使用圖書館的電腦，但是電腦系統完全與台灣不同，在操作上難以使用，之前在影印時遇到許多問題，所以在此分享。

選課及期末考

選課時間約一個月，所以可以去試聽有興趣的課，一周的上課天數是按照教授的安排，比方說，這周只要上一堂課，但下周卻變成 3 堂課，所以可能導致想選的課因此衝堂，所以選課前必須看清楚教授的授課時間。學校還有他們專屬的 app-Cockpit，上課前記得看一下課表是否有變動，再來最重要的部分是，期末考前 2 周需要上網登記考試，若忘記登記，期末考將無法參加。

26-2 國外研修之課程學習（課內）

一、Industrial Economics 產業經濟學

教授上課風趣輕鬆，但由於口音的關係，上課時聽得有些吃力，沒有期中考或是作業，期末考就佔了全部的成績比例，課程內容較重且困難，建議有經濟學基礎再來選修這門課，不然很容易被當。

二、Leadership and Communication skills 領導力與溝通管理

這門課是由兩位教授授課，前半段的授課是領導力，主要在講述領導理論及撰寫分析領導心得報告，而後半段是溝通管理技巧，教授著重在學生的口條表達、肢體語言及簡報設計，教授會講解他對上台報告的要求及簡報格式，期末考占 50%、心得報告 20%、上台報告 30%，只要有充分的準備，就不用太擔心了。

26-3 國外研修之生活學習（課外）

旅行

波札諾位於北義大利，前往義大利的城市交通主要仰賴火車 Trenitalia 或是高速列車 Italo，若要前往機場，大概坐 3 個小時的客運去米蘭 BGY 機場或是波隆納機場，或許這是我人生中最長的時間且花最少的錢在歐洲旅遊，所以好好把握時間規劃旅行是非常重要的，體驗各個國家的風俗民情和歷史文化是不可缺少的。

26-4 交換/研修之具體效益

自主獨立生活

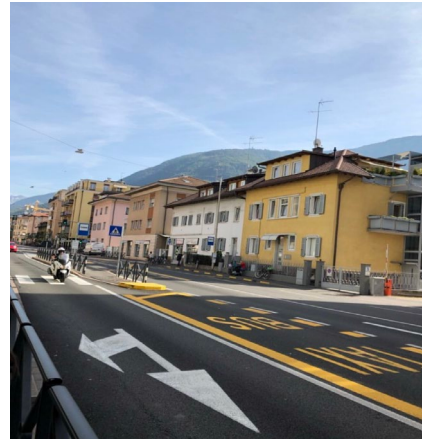
交換生活是個很好的經驗。其實不管去到哪個國家交換，都是離開自己熟悉的舒適圈，到另一個環境去生活；在另一個環境重新開始，可以做不太一樣的自己，可以認識另一群新朋友、體驗新生活，這些對自己都是很好的人生歷練，也是人生下一階段的動力來源。

所以，要是成為交換生的話，一定要放開自己、用力豐富異地生活、結交不同國家的朋友。

26-5 感想與建議

因為是第一次前往歐洲，其實是緊張大於期待，尤其是聽聞義大利的治安不是很好且扒手又多，但來到波札諾，確實改變當初的想法，波札諾是一個治安很好、生活簡樸的小城，漫步在街上就可以欣賞阿爾卑斯山的遠景，是非常適合來讀書、生活的環境，而且公共建設、建築很現代化，跟印象中浪漫古典的古城街景相差甚大，波札諾的居民很親切，之前在超市自助結帳遇到問題，一位阿姨即便不會說英文，還是很熱心的幫助我，還有一次是前方的建築物在施工，老爺爺很認真的用德語跟我們說，要注意前方的施工，講述非常久，(雖然不是聽得很懂)，但心裡還是覺得很感激。在生活上，一開始最不能適應的是每天開伙煮飯，去超市採買食材，加上沒有交通工具，所以去一趟超市，提著一堆東西走回宿舍就像打仗一樣，確實是在台灣體驗不到的。

我建議若是出門旅遊，義大利越往南部的地區或是觀光區，越要注意自身的包包跟手機，而且來歐洲要多帶幾張信用卡以防萬一，路上有奇怪的人靠近你，盡量走快一點，手壓住隨身包包，也不要理會向你問路的路人，因為是扒手的機率很高，天黑也不要在外頭閒逛，基本上多注意隨身用品，義大利並沒有想像中恐怖，若是來波札諾交換，可以好好體驗兩種不同風情的北義及南義的風情。

		
波札諾市區街景	自由大學的校舍外觀	前往學校的路上

26-1 School Introduction

Free University of Bolzano is a new school that was founded 22 years ago. The school has a lively and enthusiastic atmosphere, and the community is very diverse. The school focuses on students' foreign language skills. It needs to pass the Italian, German, and English certifications before it can graduate. There are 3 language courses. It is quite rich, and it also offers free language courses to encourage students to participate. Basically, the quality of living in Bolzano is very wonderful and the residents are friendly usually. It is a nice place to exchange.

School unit

International Affairs Office

Located on the 4th floor, I just entered the school, and I was in contact with the staff of the International Affairs Office at the beginning. They will handle the residence permit and student ID. You don't have to worry about applying for a residence permit. The staff will teach us how to fill the form in the details.

Library

Photocopying needs to borrow a school laptop from the counter and log in to your account to print. Another method is to use a library computer. However, the computer system is completely different from Taiwan and it is difficult to use in operation.

Course selection and final exam

The class selection time is about one month, so you can go to the class you are interested in listening to. The number of days in a week is according to the professor's schedule. The class will be rushed to the classroom, so you must see the professor's teaching time before choosing a class. The school also has its own app which called Cockpit. Before class, remember to check whether the schedule has changed. The most important thing is that you need to register for the exam online two weeks before the final exam. If you forget to register, you will not be able to take the final exam.

26-2 Course Study Abroad (in-class)

I. Industrial economy

The professor is very interesting in class, but due to the accent, he has a hard time listening during the class. There is no mid-term exam or homework. The final exam accounts for the entire grade. This course is easy to be taken seriously.

Leadership and communication skills

This course is taught by two professors. The first half is about leadership. It is mainly about leadership theory and analysis of leadership experience.

The second half is communication management. The professor focuses on the students' oral expression, body language and presentation design. The professor will explain his requirements for the presentation report and the format of the presentation. The final exam accounts for 50%, the experience report 20%, and the presentation report 30%. As long as you are fully prepared, don't worry too much.

26-3 Reflection on exchange

I suggest that if you travel abroad, the more you go to the south of the region or the tourist area, pay more attention to your bags and mobile phones, and to bring a few more credit cards in exchange for Europe in case there are strange people on your way near you , Try to walk faster, hold your hand bag with you, and ignore the person who asks you the way, because the probability of pickpockets is very high, do not go out to hang out in the dark, basically pay more attention to carry, Italy There is no horror in the imagination. If you come to Pozano for an exchange, you can experience the North and South styles of 2 different styles.