

26-1 學校簡介

波查諾自由大學位於義大利的北部，這裡是德語和義大利文雙語區。這邊和義大利其他的地方感覺不太一樣，這邊路上都還算乾淨整潔，治安也相對不錯。學校特別重視學生的外語能力，所以會有一些語言課程可以修。這裡的考試和台灣不一樣，需要在考試前幾天網上登記考試，不然會不能考試。學校的課程主要是以義大利文、英文、德文上課為主，不過，英文上課的課程較少，在選課的時候需要注意上課是用哪種語言，還有，這裡選課非常麻煩，需要自己一個一個看選課是否會衝堂，因為老師很多不會是固定哪幾天固定時間上課，所以在選課的時候會花很多時間。

26-2 國外研修之課程學習（課內）

大學部課程：Communication skills and Leadership

這門課是由兩位老師授課，一位教 Communication skills，另一位教 Leadership。Leadership 老師的上課會有和同學討論的時間，並需要交期末紙本報告和期末考。Communication skills 老師會教怎麼報告的技巧，會有一次上台報告，一個人大概五分鐘，也會有期末考。期末考會由兩位老師個出 4 題。

大學部課程：Industrial Economics

這堂課的老師以英文上課，但是老師的口音有點重，所以上課會蠻吃力的，上課的內容我覺得很難，可能需要有經濟的基礎，上課老師講了很多公式，老師會跳過蠻多步驟的，所以，我覺得很難理解。

26-3 國外研修之生活學習（課外）

到了國外生活，當然免不了要去旅行，波查諾這裡好山好水，可以去爬山，冬天也很適合去滑雪，波查諾屬於 south tyrol 區域，可以在火車站買 day pass 卷，有很多地方可以跑，可以跟站務人員要地圖看，這個券可以搭區間火車、小火車、纜車，火車站附近就有一個纜車可以坐，然後山上有小火車，上去也超美的。一定要去 Logo di Braies，冬天下雪一片白很美，夏天去的好像也超級美，網路上很多人去。

除了在義大利玩之外，當然還要去國外遊玩，雖然波查諾到機場都要很久，但是可以去很多國家體驗，也是很棒的，波查諾這裡近一點的機場有米蘭 BGY 機場，搭 Flixbus 巴士的話，大概 2、3 個小時，如果要到米蘭 Mxp 機場大概 4、5 個小時跑不掉，去波隆那機場也大概要 3、4 個小時。

還有，在歐洲就是要體驗聖誕市集，波查諾的聖誕市集也是大的，也可以坐 flixbus 到慕尼黑體驗聖誕市集，坐火車的話會比較貴，也可以從慕尼黑去紐倫堡體驗聖誕市集，都非常的棒，可以去試試聖誕世傑期間才會有的薑餅、巧克力等等。

26-4 交換/研修之具體效益（請條列式列舉）

- 獨立自主
- 提升外語溝通能力
- 增加國際視野

26-5 感想與建議

在公布交換學校後，看到是要來義大利交換，很期待又很緊張、害怕，因為大家都說義大利治安很差，扒手很多，很怕東西被偷，網路上對於學校的資訊也很少，然後覺得學校怎麼那麼遠，差點就不想去交換了。一開始我是先搭飛寄到羅馬，發現羅馬路上其實都蠻髒的，就連我在羅馬的住宿，電梯超像台灣舊式公寓會有的，電梯門還要自己關。到了波查諾，突然眼前的景色變得超不一樣的，這裡真的很不像義大利，街道很乾淨，房子也跟其他地方很不一樣，風景也超級美的，會有很舒服的感覺，去過義大利一些其他地方，我最愛的還是波查諾。

When living abroad, of course, you will inevitably have to travel. Bolzano has good mountains and water here, you can go mountain climbing, and it is also very suitable for skiing in winter. Bolzano belongs to the South Tyrol area. You can buy day pass at the train station. Places can run, you can ask the station staff for a map to see, this voucher can take regional trains, small trains, cable cars, there is a cable car near the train station, and then there are small trains on the mountain, it is super beautiful to go up. Be sure to go to Logo di Braies. It snows white and beautiful in winter, and it seems super beautiful in summer. Many people on the Internet go there.

In addition to playing in Italy, of course, you have to travel abroad. Although Bolzano takes a long time to get to the airport, it can be experienced in many countries. It is also great. Bolzano has Milan Bgy in a few recent games. At the airport, it takes about two or three hours to take the flixbus bus. If you want to get to Milan Mxp Airport in about four or five hours, it will take about three or four hours to get to Bologna Airport.

Also, in Europe it is necessary to experience the Christmas market, and Bolzano's Christmas market is also large. You can also take the flixbus to Munich to experience the Christmas market. It will be more expensive if you take the train. You can also experience the Christmas market from Munich to Nuremberg. Set, all are very good, you can try gingerbread, chocolate and so on only during Christmas.

After announcing the exchange school, I saw that it was coming to Italy to exchange, I was looking forward to it, and I was very nervous and afraid because everyone said that Italy had poor law and order, a lot of pickpockets, and I was afraid that things might be stolen. Less, and then feel that the school is so far away, almost did not want to exchange. At the beginning, I took the flight to Rome and found that the roads in Rome were actually quite dirty. Even my accommodation in Rome, the elevator was like the old apartment in Taiwan, and the elevator doors had to be closed by myself. When I arrived in Bolzano, suddenly the scenery in front of me became very different. It is really not like Italy, the streets are clean, the house is very different from other places, the scenery is super beautiful, and it will feel very comfortable. Been to some other places in Italy, my favorite is Bolzano.

26-6 相片 (2~3 張貼進 word 檔案, 含說明, 並 Email 原檔給國際處承辦人)



圖一：馬爾他藍洞



圖二：義大利西西里島阿格里真托



圖三：義大利佛羅倫斯