

繕打 <u>中文及英文</u> 心得報告，應包含下列項目	
(中文至少 1,000 字+英文至少 500 字。赴中國交換者不需撰寫英文心得。)	
A. 學校簡介	
B. 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	
C. 國外研修之生活學習（課外）	
D. 交換/研修之具體效益（請條列式列舉）	
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？	
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？	
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？	
H. 感想與建議	
I. 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) 500 字以上	
赴中國交換者免填英文心得	

波查諾自由大學位於義大利北邊的城市-波查諾，由於地理關係及獨特的文化，以三種語言上課，義大利語、德語及英語授課。學期間我修了三門課，分別是創業基礎、創業行銷及人力資源管理，尤其在創業基礎的課程裡，不僅學習到創業思維，也學習到領導力及風險管理的重要性，除了理論外，老師也讓我們實際演練創業時會遇到的困難，提議自己的想法後，同學們會給出不同的建議，經過小組討論後執行創業理念。有趣的是，每組的提案都相當不同，有些是應用程式設計、有些提供獨特的服務、有些則是設計滿足大眾需求的產品。在創業行銷課上學習到更仔細的商業模式圖，透過每個禮拜的實務操作，慢慢累積到最後做出一個專案，以當地的獨特地形跟產業為主題，設計出商業模式圖，並分析當地市場及編列創業預算，讓我更了解創業前需要做的準備。在人力資源管理的課裡，老師運用案例分析的方式讓我們深入了解每個案例背後的理論。另外，我也參加語言課程，加入學習義大利文的行列，老師很有耐心並且在課堂上有很多開口的機會，有幾堂課到外面的咖啡廳練習對話，非常值得去上。

上課之餘，還體驗到了人生第一次滑雪及環遊歐洲。由於學校在山谷裡，四周環山，冬季可以到附近的山區滑雪，意外的是在這裡比較流行雙板滑雪，而且當地小朋友都技術高超。環遊歐洲是交換生必做的事，很幸運的我可以利用假日及其他假期的時間到歐洲各國旅遊，是很棒的人生體驗，由於大部分的旅程都是獨自旅行，在路途中也認識了很多來自不同國家的人，非常有趣。

我在出國交換時得到的具體效益：

1. 語言能力提升：在當地沉浸式學習，能夠大幅提升外語聽說讀寫能力，特別是在日常交流和學術環境中變得更加流利。
2. 國際視野擴展：接觸不同的文化、價值觀和社會制度，能夠培養更開放的思維方式，並學會從多角度看待世界。
3. 跨文化溝通能力：與不同國籍的同學、教授和當地人互動，學會如何在文化差異中找到共通點，提升人際溝通技巧。
1. 自我成長與獨立性：在陌生環境中生活與學習，需要自行解決問題、適應新環境，這能培養獨立思考和解決問題的能力。
2. 職涯競爭力提升：擁有國際經驗的學生通常更受企業青睞，交換經歷能展現適應力、獨立性與國際化思維，對未來求職或深造有很大助益。
3. 建立國際人脈：在交換期間結識來自世界各地的朋友和學術夥伴，這些人脈可能在未來的學業或職場發展中帶來寶貴機會。

4. 探索不同的教育體系：體驗不同國家的教學方式與學習模式，能夠刺激創意思維，並幫助自己找到更適合的學習方法。

在海外生活期間遭遇的最大困境可能是飲食方面，我非常不習慣歐洲食物，尤其在義大利都是比薩跟麵食為主，沒有太多菜跟肉，又較為昂貴，而且波查諾是一個小城市，並沒有像大城市到處都是亞洲餐廳，幸好學校附近有中國超市，學校宿舍裡也有廚房，讓我可以發展廚藝也不會餓肚子。

在義大利交換受到最大的文化衝擊大概就是咖啡文化了，當地人每天必須要有至少一杯超濃縮黑咖啡，有趣的是就算咖啡廳沒有位子，他們也會在吧台邊站著喝完。因為咖啡是他們的精神食糧，價錢相當便宜，也因為這樣，讓我逐漸養成喝咖啡的習慣。

在海外生活的這五個月裡，開拓了我的視野，在陌生的環境中我更鼓起勇氣開口，從問路、問價錢、到聊天攀談，得到不同的收穫，有時只是隨口提問，也會獲取到異想不到的小故事，旅行到不同國家及城市時，我想要了解當地的歷史，因此我參加徒步解說團，藉著當地導遊的講解，我對此城市產生更近一步的連結，旅遊不再是走馬看花，也會在解說團中遇到志同道合的團友，是很特別的經驗。

很感謝學校有這個機會讓我完成夢想，人生第一次踏上歐洲的土地就萌走遍數十個城市，感受不同的教育體系跟教學方式、深入了解當地文化，並結交到來自不同國家的朋友，不僅讓我在未來上更有優勢，也期許自己能夠學以致用，幫助且運用在自己未來的事業上。

出國交換是一段充滿挑戰與收穫的旅程，面對陌生的環境、不同的文化，以及截然不同的生活方式，我覺得保持開放的心態與適應力是融入當地生活的關鍵。文化差異可能讓我們感到不習慣，甚至產生文化衝擊，但只要願意嘗試理解與接納，會發現這些差異其實是學習與成長的最好的機會。

語言能力在交換生活中也扮演著重要角色。即使課程是以英語授課，提前學習一些當地語言的基本用語，不僅能幫助日常溝通，還能展現對當地文化的尊重。當地人通常會對願意學習他們語言的外國學生抱持友善態度，這有助於建立更深厚的人際關係。如果想要節省開支，可以選擇自己下廚，並善用門票學生折扣，省下更多生活費。

在交換期間，勇敢踏出舒適圈，能讓經歷更加豐富。主動參加當地活動、結交新朋友、嘗試不同的文化體驗，能更快融入當地環境。同時，交換生活也是探索世界的好機會，不妨利用課餘時間規劃旅行，親身體驗不同國家的風景與文化。提前安排行程，選擇經濟實惠的交通與住宿方式，能讓你的旅程更加充實。

然而，離鄉背井難免會有想家的時候。思鄉情緒是留學生普遍會遇到的挑戰，這時可以透過與家人朋友保持聯繫來獲得心靈慰藉，但同時也應該積極投入當地生活，培養新的興趣，結交朋友，讓自己逐漸適應新環境。此外，海外生活也意味著需要獨立解決問題，無論是適應當地的交通、處理行政手續，或是面對突發狀況，這些都是提升獨立性與應變能力的機會。學會處理生活中的各種挑戰，將使在未來更加自信與成熟。

最重要的是，將每一次困難視為成長的機會。無論是語言障礙、文化衝擊，還是日常生活中的小挫折，這些挑戰都能學習適應環境、提升解決問題的能力，並發現一個更強大的自己。出國交換不僅是一段學術旅程，更是一場人生的探索與成長，只要保持好奇心、積極態度，並勇於嘗試新事物，將會收穫寶貴的技能、難忘的回憶，並對這個世界有更深刻的理解。

The Free University of Bolzano is located in northern Italy, in the city of Bolzano. Due to its geographical location and unique cultural background, courses are taught in three languages: Italian, German, and English. During my exchange, I attended three courses: Foundation of Entrepreneurship, Entrepreneurial Marketing, and People Management.

The Foundation of Entrepreneurship course was particularly insightful, as I not only learned about entrepreneurial thinking but also gained an understanding of leadership and risk management. Beyond theoretical knowledge, our professor encouraged us to tackle real-world entrepreneurial challenges. We had to propose our own business ideas, receive feedback from classmates, and refine them through group discussions before executing the concepts. Interestingly, each group's proposal was distinct—some focused on app development, others on innovative services, and some on designing products that catered to public needs.

In Entrepreneurial Marketing course, I learned how to create detailed business model canvases. Through weekly hands-on projects, we gradually built up to a final project where we designed a business model based on the unique geography and industries of the region. This involved analyzing the local market and budgeting for a startup, which gave me a deeper understanding of the necessary preparations before launching a business.

In People Management course, our professor used case study analysis to help us understand the theories behind real-world HR situations.

Additionally, I joined Italian language course to immerse myself in the language. The professor was patient and encouraged us to practice speaking frequently. Some classes even took place in local cafe, where we practiced conversations in real-life settings. It was an incredibly worthwhile experience.

Beyond academics, I also experienced my first-ever skiing adventure and traveled across Europe. Since the university is located in a valley surrounded by mountains, skiing in the nearby ski resorts was a must-do activity in winter. Surprisingly, snowboarding is less common in the region, and even local children are exceptionally skilled skiers.

As an exchange student, traveling across Europe was an essential part of the experience. I was fortunate to visit multiple countries during weekends and holidays. Many of my trips were solo travels, which allowed me to meet people from all over the world. These journeys provided me with invaluable life experiences and unforgettable memories.

These five months abroad have truly broadened my horizons. In a foreign environment, I became more confident in initiating conversations—whether it was asking for directions, bargaining prices, or engaging in small talk, each interaction brought unexpected insights. Sometimes, even a casual question led to intriguing stories.

While traveling across different countries and cities, I wanted to understand the local history, so I participated in walking tours led by local guides. These tours allowed me to form deeper connections with the cities I visited, turning my trips into more than just sightseeing experiences. I also met like-minded travelers during these tours, which made the journey even more special. I am deeply grateful to my school for providing me with this opportunity to fulfill my dream. My first-time setting foot in Europe turned into an incredible journey across dozens of cities, where I experienced different education systems and teaching methods, gained a deeper understanding of local cultures, and made friends from all around the world. This experience not only gives me an advantage for the future but also inspires me to apply what I have learned to my career.

Studying abroad is a journey filled with both challenges and rewards. Facing an unfamiliar environment, different cultures, and a completely new way of life, I believe that maintaining an open mind and adaptability is key to integrating into local life. Cultural differences may feel unfamiliar or even lead to culture shock, but as long as we are willing to understand and embrace them, we will realize that these differences present the best opportunities for learning and growth.

Language skills also play a crucial role in the exchange experience. Even though courses are taught in English, learning some basic phrases in the local language in advance can help with daily communication and show respect for the local culture. Locals are generally more welcoming to foreign students who make an effort to learn their language, which helps in building stronger relationships. To save money, cooking at home and taking advantage of student discounts on tickets can significantly reduce living expenses.

Stepping out of your comfort zone can make the exchange experience even more enriching. Actively participating in local events, making new friends, and immersing yourself in different cultural experiences will help you adapt more quickly. At the same time, studying abroad is also a great opportunity to explore the world. Making good use of free time to plan trips allows you to personally experience the landscapes and cultures of different countries. Planning ahead and choosing budget-friendly transportation and accommodation options can make your travels more fulfilling.

Of course, being far from home inevitably leads to moments of homesickness. This is a common challenge for exchange students, staying in touch with family and friends can provide emotional support. However, it is also important to actively engage in local life, develop new hobbies, and build friendships to gradually adapt to the new environment. Additionally, living abroad means becoming independent and solving problems on your own, whether it's navigating public transportation, handling administrative procedures, or dealing with unexpected situations. These challenges are valuable opportunities to enhance independence and adaptability. Learning to manage different aspects of life will build confidence and maturity for the future.

Most importantly, every challenge should be seen as an opportunity for growth. Whether it's language barriers, culture shock, or small setbacks in daily life, each obstacle teaches us how to adapt, improve problem-solving skills, and discover a stronger version of ourselves. Studying abroad is not just an academic journey—it is a personal exploration and a process of growth. By maintaining curiosity, a positive attitude, and the courage to try new things, we can gain invaluable skills, unforgettable memories, and a deeper understanding of the world.