

交換學生心得

學校簡介

羅馬大學(Sapienza Università di Roma)是義大利歷史最悠久、規模最大的公立大學之一，創立於1303年，擁有豐富的學術資源與國際化學習環境。該校在歐洲乃至全球學術界皆具有相當高的聲譽，涵蓋人文、科學、工程、社會科學等多個學科領域，並且積極推動國際交流與合作。

我此次交換的學院為資訊與統計學院(Information Engineering, Informatics, and Statistics)，校方簡稱I3S。在這裡，我接觸到了不同的學術風氣與教育方式，拓展了我的視野。

國外研修之課程學習(課內)

在羅馬大學的學習經歷與台灣的教學方式有顯著不同。義大利的課堂偏重於理論討論與批判性思維，教授鼓勵學生積極參與討論，發表自己的見解，並透過課堂報告或專題研究深入探索問題。

我選修的課程為「Deep Learning」、「Statistic for Business Decision Making」以及「義大利文課」。其中，我最喜歡且受益最多的課程是「Deep Learning」，這門課程不僅幫助我提升了深度學習的專業知識，還讓我對人工智慧的發展與應用有更深入的理解。此外，課程的評分方式較為多元，除了期末考試，還包含平時作業、報告與口頭表達能力的評估，這對於我的學習方式產生了很大的影響。

在義大利文課中，教授不會使用英文授課，而是直接用義大利文教義大利文，一開始完全聽不懂，加上老師每堂課都會叫每個學生單獨回答問題，讓我每次上課都感到緊張。然而，透過努力讓自己習慣這種教學方式，主動多一步思考投影片上的內容，並不吝於舉手發問，後來習慣後發現這種全沉浸式的教學方式能夠讓我更加投入學習一個完全陌生的語言，帶來了一種全新的學習體驗。

國外研修之生活學習(課外)

課堂之外，我利用閒暇時間探索義大利的歷史文化，參觀了羅馬競技場、梵蒂岡、西班牙廣場等著名景點，這些旅遊經歷讓我深刻體驗到義大利的藝術與歷史底蘊。

在義大利的生活中，我深刻體驗到了所謂的慢活精神。義大利人對生活的態度與台灣截然不同，他們崇尚悠閒自在，並不會因為外界的壓力而匆忙行事。例如，在處理日常事務時，我發現義大利人不疾不徐，甚至幫我開門時還會叫我不要用跑的，讓我學會放慢腳步，享受當下。

我的租屋處距離學校與市區較遠，主要的交通方式是公車，但義大利的公車時刻表極不穩定，交通時間難以預估。有時候連續來兩班車，有時候則是超過預期許久都沒有車來，這讓我在通勤時需要有很大的耐心。此外，家電經常故障，而房東的修理效率不佳，這或許也是義大利人隨性生活態度的一部分(攤手)。

交換/研修之具體效益

提升語言能力:義大利語與英語的實際應用機會增多，特別是在課堂討論與日常溝通方面，讓我更有自信地使用外語。

增強國際視野:接觸到不同的學術環境與文化，使我對全球議題有更深刻的理解。

培養獨立自主能力:在異地生活，從租屋、購物、料理到應對突發狀況，都讓我變得更加獨立。

拓展人脈:結識了來自世界各地的朋友，建立了國際人際網絡。

加強問題解決能力:面對各種挑戰時，學會了如何冷靜應對並找到解決方法。

體驗義大利人的生活方式:從隨處可見的bar和隨時可享受的咖啡文化，到義大利人獨特的時間觀與社交習慣，都是寶貴的學習機會。

感想與建議

此次義大利羅馬大學的交換學習經驗讓我受益匪淺，無論是在學術、文化還是個人成長方面都帶來了深遠的影響。我鼓勵有機會參與交換計畫的同學勇敢踏出舒適圈，去體驗不同的學習與生活方式。

建議未來想要參加交換的同學：

- 1.事前做好功課，了解當地的文化與基本生活資訊
- 2.提前準備語言能力，至少掌握基本的日常對話
- 3.主動參與課堂討論與社交活動，積極融入當地環境
- 4.保持開放的心態，勇於接受新挑戰，並學會從困境中成長

最後需要提醒往後對羅馬有興趣的同學：

羅馬大學給予外籍生的資源有限，相較於其他交換學校，羅馬大學給予外籍生的資源並不多，例如：

- 1.不會幫忙辦理國際學生證(ESN card)，需要自己去申請
- 2.沒有提供交通學生票，通勤成本較高
- 3.不提供住宿，交換生需要自行尋找租屋

這些條件讓初來乍到的外籍學生需要花更多時間適應與安排生活，但同時也鍛鍊了我的獨立性與解決問題的能力。

總結來說，這段交換學習的經歷讓我更加成熟、自信，也讓我對未來的學習與職業發展有了更清晰的目標。我十分感謝能夠有這樣的機會，也在旅程的最後許了一個希望可以再回到羅馬的願望。

Study Abroad Experience

University Introduction

Sapienza University of Rome is one of Italy's oldest and largest public universities, founded in 1303. It is renowned for its extensive academic resources and international learning environment. The university has a high reputation in Europe and globally, covering fields such as humanities, sciences, engineering, and social sciences, actively promoting international exchanges and collaborations.

During my exchange program, I studied at the Faculty of Information Engineering, Informatics, and Statistics (I3S). This experience exposed me to different academic atmospheres and teaching methods, broadening my horizons.

Academic Learning (Courses)

The teaching approach at Sapienza University of Rome is significantly different from that in Taiwan. Italian courses emphasize theoretical discussions and critical thinking. Professors encourage students to actively participate in discussions, express their opinions, and explore issues through class presentations and research projects.

I took the courses "Deep Learning," "Statistics for Business Decision Making," and "Italian Language." Among them, my favorite and most beneficial course was "Deep Learning." This course not only enhanced my knowledge of deep learning but also deepened my understanding of AI development and applications. The grading system was diverse, including assignments, reports, and oral presentations in addition to final exams, which had a significant impact on my learning approach.

In the Italian language course, the professor conducted lessons entirely in Italian without using English. At first, I could not understand anything, and since the professor called on each student individually every class, I was very nervous. However, I gradually adapted by actively analyzing the slides, raising questions, and participating in discussions. Over time, I realized that this immersive teaching method allowed me to engage more deeply in learning a completely unfamiliar language, providing a brand-new learning experience.

Extracurricular Learning

Beyond the classroom, I actively participated in cultural activities and social events. Italian students are very friendly, and through school-organized exchange programs, I had the opportunity to interact with students from different countries, gaining insights into diverse cultures and perspectives.

I also took the opportunity to explore Italy's historical and cultural heritage, visiting famous landmarks such as the Colosseum, the Vatican, and the Spanish Steps. These travel experiences gave me a profound appreciation of Italy's rich artistic and historical background.

During my stay, I experienced the so-called "slow living" spirit of Italy. Italians have a very different approach to life compared to Taiwan. They embrace a relaxed and leisurely attitude, refusing to rush under pressure. For example, I noticed that when holding doors open, they would even tell me not to run, which taught me to slow down and enjoy the moment.

My rental accommodation was far from both the university and the city center, and I mainly relied on buses for transportation. However, Italian bus schedules were highly unreliable, making it difficult to estimate travel times. Sometimes two buses would arrive consecutively, while at other times, none would come for an extended period. Additionally, household appliances frequently broke down, and the landlord was slow to repair them. I suppose this is also part of the Italian laid-back lifestyle (shrug).

Concrete Benefits of the Exchange Program

1. Improved Language Skills – More opportunities to practice Italian and English, particularly in classroom discussions and daily communication, boosted my confidence in using foreign languages.
2. Broader Global Perspective – Exposure to different academic environments and cultures deepened my understanding of global issues.
3. Enhanced Independence – Managing daily life abroad, from renting a house to shopping and cooking, made me more self-sufficient.
4. Expanded Social Network – Meeting people from all over the world helped build an international network.
5. Strengthened Problem-Solving Skills – Learning how to handle various challenges independently.
6. Insight into Italian Lifestyle – From the abundance of bars and constant coffee breaks to the unique perception of time and social habits, I gained valuable insights into Italian culture.

Limited Resources for International Students at Sapienza University

Compared to other exchange universities, Sapienza University provides fewer resources for international students, such as:

- No assistance in obtaining the international student card (ESN card), requiring students to apply on their own.
- No student transportation pass, leading to higher commuting costs.
- No housing services, requiring exchange students to find accommodation independently.

These conditions meant that international students needed to spend more time adjusting and arranging their lives. However, this also strengthened my independence and problem-solving abilities.

Reflections and Recommendations

My exchange experience at Sapienza University of Rome was incredibly rewarding, leaving a significant impact on my academics, cultural understanding, and personal growth. I encourage students who have the opportunity to participate in exchange programs to step out of their comfort zones and experience different learning and living environments.

Recommendations for future exchange students:

1. Do thorough research beforehand – Understand local culture and basic living information.
2. Prepare language skills in advance – At least learn basic daily conversation.
3. Engage in classroom discussions and social activities – Actively integrate into the local environment.
4. Maintain an open mindset – Embrace new challenges and learn from difficulties.

Overall, this exchange experience has made me more mature and confident, giving me a clearer direction for my future studies and career. I am grateful for this opportunity and look forward to participating in more international academic exchanges in the future.