

心得報告

維洛那大學位於意大利北方的城市維洛那，也是羅密歐與茱麗葉中莎士比亞所描述的愛之城。維洛那大學並沒有一個完整的校區，而是將教學樓分佈在這個歷史悠久的城市，建築大部分都保有著古羅馬式的風格，城市也因此瀰漫著濃厚的歐洲氣息。維洛那大學建立於 1982 年，至今已擁有 12 個系所，其中也包含了我所修習的外國語文與文學院。

在維洛那大學，我選修了 2 門碩士課程，且皆為英文授課：

1. 心理學與認知科學：

這門課為語言學研究所開設的課程，是和我原本的科系相關的課程。這堂課不僅講解了語言的產生、語言與思考的關係，也進一步介紹了更多關於心理學方面的知識。通過這門課的內容，也讓我更加能把系上所學的語言學概念與人體的行為或疾病所連結在一起，不再是抽象的概念，而是有科學依據的實驗結果。

2. 進階運動營養學：

這門課程是我個人感興趣所以研修的課程。在台灣時，我就經常參與一些體育活動，但卻忽略了飲食帶給身體的影響。在上完這門課程後，我才瞭解到平日的飲食不僅可以為身體打下良好的基礎，在運動前中後攝取不同的營養也更能將運動的效益最大化。對我來說，這是一門能夠學以致用、終身受益的課程。值得一提的是，這門課的期末考試是采用先筆試再口試的方法進行評測的，如此的考試方法確保了學生不會亂猜答案，而是真正瞭解過考試的內容。但在上課時老師大多是傳授基本概念，在考試時卻幾乎都是例題計算。沒有營養學背景的我在考試時有些挫敗，最後的成績也是勉強及格。

在沒有上課的時間裡，我會安排去其他城市旅遊。每週我都會安排 3 到 4 天去一些知名的城市與景點，不僅可以欣賞到歐洲古蹟的壯闊，也能品嚐到當地不一樣的美食。在這半年內，我造訪了 12 個不同的國家，親身體會到了各個地區的風土民情，也更加學會了如何尊重與看到不一樣的文化。

此次交換的具體效益，我認為是以下幾點：

- 增進外語能力
- 拓展國際視野
- 選修國外課程與嘗試上課方式
- 體驗國外生活與異國文化
- 學習獨立生活
- 增強獨立思考與判斷能力

在意大利生活時，最常遇到的問題應該是語言與生活習慣的差異了。我是住在學校所合作的宿舍中，在辦理入住時，我就遇到了第一個問題。作為國際交換生，我理所當然地覺得宿舍管理人員都可以用英文交流。但在登記資料領鑰匙的時候，櫃檯負責人居然只會意大利文，與我同行的學姐也不知所措，我們只好拿出手機翻譯著幾個關鍵字，這才順利拿到鑰匙。再來是與我們同住的 2 位西班牙室友，總是會外放音樂到半夜 2-3 點，甚至在公共區域舉辦派對，嚴重影響我們其他同住人的休息與睡眠。好在有室友提出了一份宿舍公約，規定 12 點後禁止製造過大的聲音，事情才得以解決。也是在這些事情之後，我才發現在亞洲文化下生活了那麼多年所習慣的“尊重他人”還有“熱心助人”其實在歐洲的文化下有不同的表現方式，也許最重要的還是要先溝通。

在歐洲最大的衝擊應該就是商店都很早關門，晚上除了夜店和酒吧就沒有其他的夜生活了吧。在台灣的晚上，還是可以看見許多人在公園或者路邊散步，晚上的宵夜也還是有許多選擇，更不用提 24 小時不打烊的便利商店。但在維羅納這種小城市，熱鬧的只有市中心的商業街，而且大部分都在晚上 5 點到 7 點就會打烊了。昏暗的街道也讓我漸漸習慣了天黑前就回到家。我並沒有排斥這樣的生活，只是還是會懷念可以在吃飽飯後散散步的台灣。為了適應這個改變，我會盡量把白天的外出時間拉長，如果是使用電腦或者放鬆玩遊戲，我就會盡量留到晚上，讓天黑後也還有事情可以做。

在出國研修的這半年，我也學會了如何獨立生活以及面對陌生的環境。直到真的抵達了意大利，我才意識到台灣許多的便

利，都被我當成了理所當然。例如歐洲的店鋪大多都在下午結束營業，更別說有 24 小時營業的便利商店了。外食的高物價也讓我開始學會如何挑選食材，烹煮簡單的食物，不再是一個“生活白癡”。在意大利，我也因為許多行政處理問題體會到了他們的“隨性”，好像什麼事情都不需要着急，或許這和台灣快節奏的生活背道而馳，但學會“慢慢來”好像也讓我不再過度焦慮。

無論出國交換的過程中遇到多少無助的時刻，我都不曾後悔做過這個決定。在意大利交換的半年中，我不僅有機會體驗國外不一樣的上課方式，也讓我學會了如何獨立的生活以及冷靜的面對遇到的困難。我也很慶幸在這半年中，我遇到了能與我一起周游列國的朋友，探訪了歐洲 12 個國家，讓那些曾經只出現在照片裏的景點變成了在我腦海裏的回憶。

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

The University of Verona is located in Verona, Italy. It does not have a complete campus as we have in NSYSU but owning several buildings in the city. Binge known as the city of love, Verona is a UNESCO world heritage city and home of Romeo and Juliet. It preserves the history, music, and architecture of the culture. Unlike big cities like Milan or Rome, Verona gives you the authentic Italian lifestyle you are looking for.

In this semester, I enrolled in two classes. The first one is “Psychology and Cognitive Science.” We learned about different science methods that are used to gather information in our brain. Also, we are taught how different cognitive functions work in our brain and body. It is not only about the mental thoughts but how our body works. The second class I have is “Advance Nutrition for Sport.” It is a class in master’s degree for sport major. We discussed about the recommend intake of nutrients that athletes need before, during and after competition. Beside from enhancing performance, we are also informed of what may harm our health, such as alcohol and dehydration. I think it is a very useful and practical lesson that can apply to our daily meal even if we are not athletes.

Since both of my classes are on Friday, I have all the other days to travel around. Every week, I will arrange 3 to 4 days to visit a city in Europe. My destinations are mostly the capital of the country because they are more well-known and have rather comprehensive travel experiences. I have travelled to capitals like Paris, Prague, Amsterdam, London, and so on... However, due to the travel distance, for some countries I chose to visit the nearer cities, like Munich in Germany, Interlaken in Switzerland. As a student, I could get the student entry fee discount at many museums and tourist spots, and it definitely saved me a huge amount of money. I have been to 12 different countries in this half year. I experienced different cultures, and it taught me how to respect and cope with different cultures better.

The specific effects that exchange has brought on me are on all aspects. For my study, I enhanced my proficiency in foreign languages and have an immersive environment to use the language. What’s more, I have the chance to participate in classes in a different education environment and experience a totally different teaching style. Living in Verona also provides me with the opportunity to broaden my international horizon. I can closely take part in other cultures rather than reading on the internet. As for my personal skill, I become more independent no matter in my daily life or making decisions. I learnt some basic cooking skills and life skills. When facing decisions, I learn to calm down first and analyze the pros and cons of my choices.

Becoming an exchange student has always been a dream since entering university. I am more than delight to have worked so hard and completed my dream. Looking back at this half year, even though not everything went as planned, but each piece is indispensable to my growth. Although living in a foreign country may encounter many challenges, I will never regret making this decision. I wish everyone can have the courage to step out their comfort zone and have a look outside, because there is so much more outside waiting for you.