

學校簡介

Bolzano是位處義大利北部South Tyrol省的城市，地理位置靠近奧地利，搭乘火車至奧地利的Innsbruck 僅需1.5小時。Bolzano歷史上曾經是奧匈帝國的領土Tyrol的一部份，第一次世界大戰期間由義大利佔領，在真正成為自治省之前，這裡也曾歷經德國納粹控制、義大利化，甚至希望獨立。目前當地是使用德義雙語的地區，路標、店家大多會用兩種語言標示，建築物和食物也具有德奧的影子，而校名Bozen-Bolzano則是包含德文和義大利文的地名。

University of Bolzano（學校和師生們幾乎都用unibz作為簡稱）使用德義英三種語言授課，總共有三個校區：Bolzano、Brixen、Bruneck，絕大多數的科系和語言課程在Bolzano校區授課，學生可以根據自己的專業和興趣選課，且校內有許多教授和學生是來自義大利以外的國家，具有高度的國際視野。在教育機構評選中，根據2024年泰晤士高等教育世界大學排名，Unibz於全球1900多所院校中排名第351-400名，義大利進入排名的56所大學中排名第12名，其中「引用」和「國際視野」是學校表現最亮眼的評分類別。

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

選課是透過學校系統自由註冊，基本上同學院不分系所都可以選，其他學院則需要留意有無規定和上課校區（萬一在其他校區就要注意和其他課的銜接）。在選課截止前都能在系統上加退選，可以先去聽課再決定要不要修，唯一要注意的是學校課表非常彈性，每門課沒有每週固定上課的時間，需要比對多門課的整學期上課時間來考慮衝堂。

交換期間我修了兩門課程：

【Financial systems and markets】

課程內容介紹金融系統中的不同市場和金融產品，重點關注債券和股票的基本概念，包含理論解說和計算，第一堂課介紹課程時會說明這門課與其他相關課程的差別，方便學生確認有沒有符合自己想修課的內容。

教授的口條非常流暢清晰，講解主題淺顯易懂，簡報多是用歷史故事或新聞作為開頭，比較容易了解各主題和實際案例的關聯，教授針對易混淆的觀念也會特別提出來說明。每個主題的簡報會附上練習題，練習題各於學期中和學期末解說一次，可以藉此確認自己是否了解重要概念，即便不是此專業的學生也很容易吸收知識。

此外，教授非常準時上下課，規劃的課程大綱每一堂如期完成，喜歡和學生互動，上課常常丟問題給大家想，有疑問隨時可以在上課中提出或和教授約時間討論。評分主要是期末考，其次是課堂表現和出席，在期末考之前會有模擬試題可以練習，教授也會花時間講解，正式考試的題型和模擬試題差不多，只要有充足複習和釐清觀念，通過考試不會太難。

【Wine Economics】

課程內容介紹葡萄酒不同國家不同產地的特色，以及目前世界上葡萄酒的貿易狀況、經濟政策與議題。教授非常喜歡葡萄酒，不過口音比較重，坐太遠有時候聽不清楚。學期前半一一介紹各國的葡萄酒品種和產地，但種類繁雜幾乎是帶過，如果對葡萄酒沒有基礎認識的話，吸收上課內容會比較困難。後半則著重在葡萄酒領域的經濟學，其中涉及統計學、適合應用在這個領域的經濟學模型等，我覺得是這堂課最困難的部分，也是期末考中比重最大的部分。

簡報授課之外，總共安排兩次校外教學和一次講師演講，校外教學分別是品酒會和參觀酒廠，事前會統計人數，剛好和其他課衝堂也可以選擇不去，品酒會類似酒廠展覽會，教授會幫大家購入場券，只要支付十歐的押金可以換酒杯進去試喝。評分主要是期末考，其次是課堂表現和出席，如果和教授申請做小論文報告的話，期末考的比重會降低一點。期末考前也會提供模擬試題，但和正式考試的題目相比下模擬題很少，只是提供一些題型參考，內容難度是要很認真聽講

和做筆記才能拿分的課。

整體來說，這是台灣比較少見的課程，但如果是想了解葡萄酒文化的人，這堂課會和想像中有點落差；如果是學習過經濟學或統計學的人，應該會更容易聽懂後半學期的課。

國外研修之生活學習（課外）

和在台灣的生活相比，最不一樣的部分是花很多時間在自炊，歐洲外食大多是餐廳，路邊小攤子的價格也不便宜，想省錢的話，自炊非常重要，就算是當地學生也不可能天天吃餐廳，不想煮飯的人會吃學生餐廳或超市冷凍食物。

若一周去1~2次超市的話，大約會花費40~50歐（包含買必要食材、小零食的錢），這相當於吃餐廳3~4次的錢，所以自炊基本上是理所當然的選擇，慢慢地從不太會煮，到後來會去研究有沒有新菜單或復刻台灣食物。另外，雖然學校學生餐廳的價格相當便宜，但菜單和調味不見得是自己喜歡的口味，且國外吃蔬菜大多都是沙拉，自己煮的話也比較能吃到煎炒的熱菜。

補充：學生餐廳一份主菜（通常是某種肉類或澱粉）或義大利麵是3.7歐，主菜加義大利麵4.5歐，附餐有沙拉、麵包、水果/優格/布丁，每次點餐可以各拿一份，激推布丁，我每次吃學餐都是因為那天想吃布丁。

交換/研修之具體效益（請條列式列舉）

1. 增加語言能力：在台灣很少有機會一整天都用英文，到國外後包含上課、報告、日常對話都要用英文，學習中同時感受不同的教學模式。為了去超市、餐廳方便溝通也會學一些實用的義大利文，旅遊至其他國家則是學幾句當地的打招呼用語，即便最後還是要用英文溝通，當地語言還是最能讓人感到親切。
2. 自炊：台灣外食便宜，煮飯如果量不大可能還比外食貴，真的很少下廚，但歐洲外食價格昂貴，所以花不少心力在研究煮飯和計算伙食費，吃得比在台灣健康許多。
3. 提升國際視野：學校和宿舍都有來自世界各地的學生，很容易認識不同文化背景的人，旅遊時每個國家地區也有自己的特色，這讓我學習不要先入為主下判斷，要用更開闊的心胸去體驗和理解不同的文化。
4. 獨立自主：雖然在台灣曾經外宿，但從來沒有將近半年沒見到家人，國外很多事情也不如台灣方便，遇到問題要自己想辦法解決，有時候出門在外只有自己一個人，也要記得和親近的人報備，或是和其他交換生互相關心彼此。
5. 隨遇而安：在陌生的地方生活或旅遊，有些問題很難事先預料，真的碰上才能想該怎麼辦，如果不是非常大的問題，就學著接受事情的不完美，經驗不見得是完美的才能算經驗，小小的遺憾或困難還能有自我警惕和成長的機會。

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？

印象最深刻是某次出門旅行更新手機後重新啟動，電信的手機預付卡會要求輸入pin碼才能開機，pin碼會記在原包裝上，雖然我保留了包裝但沒有把pin碼記下來，幸好當時是在青旅附近吃早餐而已，只能緊急回青旅拿出sim卡、連wifi和室友聯絡，還好當時她人在宿舍可以幫忙。這件事發生後，只要出門在外我都會把一些重要資訊記成紙本，另外開手機sim卡插槽的針也會帶在身上，萬

一發生類似的事或sim卡接觸不良就能立刻處理。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

義大利大多數電影院都是播映義大利文配音，不像台灣多是保留電影原聲並搭配中文字幕，就算想觀賞本來是講英文的電影也會蠻困難的。義大利朋友曾提議想從串流看台灣電影，我們在宿舍公共空間觀看電影（中文原聲+義大利文字幕），有經過的人這樣說：「他們為什麼要開字幕？」當下其實蠻衝擊和不可思議的，的確配音後降低了觀看外語電影的門檻，但以文化角度來說，重新配音的電影有時候並不能完全表達使用原始語言的情境。

後來和朋友們討論，才知道他們普遍認為電影應該要轉換成當地語言，同時為配音員或配音這件事感到驕傲，雖然我更喜歡台灣的作法，不禁也反思保留原聲的作法是不是反而讓一部份的人無法享受「看電影」，算是獲得從不同角度思考的機會。

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？

我在台灣原先就是比較享受一個人的人，日常生活或休閒娛樂不一定會呼朋引伴，但剛開始到國外的一個月，生活周遭都是完全陌生的店面、陌生的語言，還是有點不太適應。直到朋友鼓勵我嘗試在小假期旅行，一趟旅行下來雖然並沒有遭遇危險的事，但鼓勵我更勇敢去嘗試不同的事，也意識到很多事如果自己不努力爭取就會錯過了，而獨自旅行也意味著負責所有行程，出發前就會好好規劃一切。

另外，外國人很喜歡small talk，除了朋友同學一見到面就會問你今天/周末做了什麼，或是問你最近的事進展如何（提過一周後的旅行計畫，在出發前被同個人關心了四五次，回來後也被問心得），有時候去廚房煮飯也會遇到搭話的人，問你從哪來、煮的是什麼食物，花了一點時間才習慣這種聊天文化，偶爾會反過來也關心他們。我覺得習慣small talk之後，面對新的團體或人比較不會尷尬，或者上台報告要加一些比較有趣的環節會更生動。

您認為獎學金對您海外研修最大的幫助是什麼？有無獎學金是否會改變您的出國計畫？

一開始就有想出國交換的打算，所以申請開始前一年就有和家人討論要規劃這筆花費，沒有獎學金不會改變出國計畫。但我非常感謝學校願意提供獎學金，除了作為金錢上的補貼之外，獎學金其實也督促我要用心在學業上，盡自己的努力去適應不同的學習環境，以取得好成績。

感言及心得感想

首先要謝謝中山提供這麼多的交換和獎助機會，也謝謝我的父母願意支持我出國交換，當初交換申請開始時非常猶豫，現在很慶幸自己跨出那一步。出發前的半年無時無刻都在緊張，等待簽證和瑣碎的行前準備都讓我十分焦慮，剛到義大利時一個人帶著行李也擔心會成為扒手的目標，只能不斷告訴自己要練習放寬心、冷靜處理遇到的問題。

半年的交換生活回過頭好像一瞬間就結束了，義大利有很多和台灣不一樣的地方，尤其是辦居留時可以感受到他們的政府機關沒有非常友善，或是當地有些店家或超市講英文不見得能順利溝通，當下會感到挫折，但還是會努力調適自己的心態，當作是一種磨練。雖然同學或室友常會把「Bolzano super boring」掛在嘴邊，我也認同如果沒特別喜歡滑雪或親近大自然的話，Bolzano的確不像繁華的大城市那麼吸引人，但幾次旅遊後回到Bolzano都有回到家的感覺，又回到那個街上治安良好、從宿舍走去超市採買的日常生活步調。

離開台灣到一個全然陌生的地方，甚至不是英語系國家，固然會需要面對文化和語言的挑戰，另一方面是接觸不同成長背景的人的好機會，從他們的求學或工作經歷中啟發自己的人生規劃。有幾位朋友的一家人都在世界各地各自生活，他們面對人際關係或生活圈的態度更加豁達，雖然我自己很喜歡和家人朋友容易聯繫和見面的狀態，但也是從他們身上學習如何珍惜當下、珍重道別。

我很喜歡在交換申請前的說明會上將出國交換解釋成畢業旅行，在這半年內不管是學習或生活，獲得的經驗遠比自己期待的還要多，世界也遠比想像的還要大，比起懊悔遺憾的東西，更期許自己不要再錯過現在和未來還可以把握的機會。

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)

【School Introduction】

Bolzano is a city located in the South Tyrol, which is the northernmost of Italy. It takes only 1.5 hours by train to reach Innsbruck, Austria. Historically, Bolzano was part of the Tyrol of the Austro-Hungarian Empire and it was occupied by Italy during World War I. Currently, the region is bilingual in German and Italian, with road signs and most shops marked in both languages. The name of the university, Bozen-Bolzano, includes both German and Italian.

The university has a strong international outlook, as testified by its multilingual courses (German, Italian, English and Ladin) and the high number of students and teaching staff from abroad. It has three campuses: Bolzano, Brixen, and Bruneck. The majority of departments and language courses are taught at the Bolzano campus. Students can choose courses based on their majors and interests.

In the 2024 Times Higher Education World University Rankings, unibz ranked in the band of 351—400 this year out of over 1900 institutions worldwide. In Italy, they are on the 12th position out of 56 universities ranked. "Citations" and "International Outlook" are the Strongest pillars of the university.

【Lectures】

Course registration is done through the school system. In general, you can select courses from your faculty, including master and bachelor. If you want to take courses from other faculties, you need to check limits from the faculties and the location of lectures (in case they are held in a different campus). It's possible to enroll or drop courses on the system before the registration deadline. Students can also attend lectures before making a final decision on whether to enroll. The only thing to note is that the school schedule is very flexible, with no fixed class times for each lecture every week. Therefore, you need to check the timetables of lectures for the entire semester to avoid time confliction.

I took two courses:

1. Financial Systems and Markets

This course introduced function and importance of the financial system and financial markets, focusing on the functioning of the financial system and the two best known capital market securities: Stocks and bonds. In the first class, the professor would explain the differences between this course and other related courses, helping students confirm if the content meets their interests.

The professor's delivery was very fluent and clear, explaining topics in a simple and understandable manner. Presentations often began with historical stories or news, making it easier to understand the connection between various topics and real-life examples. The professor also highlighted confusing concepts for clarification. Each topic presentation was accompanied by exercises, allowing students to confirm their understanding of important concepts, which were discussed in the middle of the semester and at the end of the semesters. Even students not majoring in this field could easily absorb the knowledge.

Additionally, the professor was very punctual, sticking to the planned course outline for each session. He enjoyed interacting with students, often posing questions during class and encouraging discussion. Students could raise questions during class or in office hours for further discussion. Assessment primarily consisted of a final exam, followed by class participation and attendance. Before the final exam, there was a mock exam available for students and the professor would do the review for it. The format of the formal exam was similar to the mock exam, so passing the exam was not too difficult with great preparation.

2. Wine Economics

This optional course gives a general overview of wine economics, wine business, marketing, and related scientific research. It belongs to the scientific area of Agricultural Economics. The course aims to link knowledge, understanding of wine markets with basic skills and methods in applied economics and management. Students will develop the capacity to understand economic, social, cultural, and policy issues related to wine production, consumption, marketing, and international markets. They will learn about existing applications of economic concepts to wine related issues and how to apply this knowledge in real world situations.

The course covers the characteristics of wines from different countries and regions, as well as the current global wine business, economic policies, and issues related to wine. The professor has a strong passion for wine, but sometimes, due to a heavy accent, it's a challenge to understand. During the first half of the semester, the professor introduced various wine varieties and regions of different countries one by one, but the types were complicated, so it might be go through quickly. It could be difficult to absorb the course content without a basic understanding of wine. The latter half focuses on the economics of the wine industry, involving statistics and economic models applicable to this field. I found this part to be the most challenging aspect of the course and also to take up a considerable portion of the final exam.

The course includes two field trips and a guest lecture. The field trips consist of wine tastings and winery visiting. Prior to these trips, attendance numbers are collected, and you could be absent if there's a time conflict with other courses. The wine tastings are like wine expos. The professor would purchase entry tickets, allowing students to taste wines by exchanging a 10 euro deposit for a glass.

Assessment primarily relies on the final exam, followed by class participation and attendance. Moreover, it was possible to write a project paper for an optional assessment and you could have your performance assessed by both the project paper and the final exam. Before the final exam, a mock exam was provided, but the difficulty of passing the final exam depended on focusing on lectures and taking notes seriously.

Overall, it's not very often having a chance to take this course in Taiwan. For those interested in wine culture, it might be different from your expectations. For those with a background in economics or statistics, it might be easier to understand.

【Specific Benefits of Exchange】

1. **Language Skills:** There are few opportunities to use English all day in Taiwan. However, using English is essential when I'm in Europe, including in lectures, presentations, and daily dialogue. To communicate quickly in supermarkets and restaurants, some practical Italian is also learned. When traveling to other countries, a few greetings in the local language are helpful and friendly as well.
2. **Cooking:** Eating out is much more expensive in Europe than in Taiwan, so I spent lots on cooking and watching cooking videos. Also, cooking results in a healthier meal for me.
3. **International views:** Unibz and the dormitory host students around the world, creating a friendly environment for people from different cultural backgrounds to get to know each other. When traveling to other countries, they have their unique characteristics. These experiences taught me not to judge things prematurely and encouraged me to experience and understand different cultures with an open mind.
4. **Independence:** Although I had experiences of living away from home in Taiwan, being away from family for nearly half a year was unexpected. Many things were less convenient abroad, and solutions usually should be found by myself when faced with problems. Sometimes, when I traveled alone, it was essential to keep someone informed for safety.
5. **Adaptability:** Living or traveling in unfamiliar places often presents unknown challenges. Sometimes you only can try to fix the problems when just facing them. Learning to accept imperfect situations is important, and imperfect experiences should be considered as experiences. Small regrets or difficulties provide opportunities for personal growth.

【Feedback】

First, I'm really grateful to NSYSU for providing the exchange opportunity and to my parents for supporting my decision to exchange. A half year before departure, I felt very nervous, Waiting for visas and tedious pre-departure preparations, which made me extremely anxious. Upon arriving in Italy, I was worried about taking trains alone with lots of luggages. I constantly reminded myself to relax and keep calm.

Looking back on the exchange life, it seems to have passed in the blink of an eye. Italy has many differences from Taiwan, especially in applying for residence permits that I felt the government agencies were not as friendly as Taiwan. Also, communicating in English with some local shops or supermarkets was not always going well. Even though I felt frustrated at times, I tried hard to adjust my mindset. There was a funny feeling about Bolzano: While classmates or roommates often complained that "Bolzano is super boring," I also agree that if you don't particularly enjoy skiing or being close to nature, Bolzano may not be as appealing as big cities. However, after several trips, returning to Bolzano always felt like coming home, back to the daily life of safe streets and the way from dorm to supermarket.

Leaving Taiwan for a completely unfamiliar place, even a non-English-speaking country, certainly posed challenges in terms of cultures and languages. On the other hand, it was a great opportunity to meet people from different backgrounds and be inspired by their educational or professional experiences to plan my own life. Some friends have family members living all over the world, and their attitude towards interpersonal relationships or social circles is more open-minded. While I enjoy life contacting and meeting easily with family and friends, I also learned from them how to seize the days and cherish goodbyes.

I would like to call studying abroad a graduation trip. In these five months, whether in learning or living, I gained much more experiences than I had expected. The world is much bigger than I imagined, and instead of regretting things, I hope I can jump at the opportunities in the present and future. The exchange life is an unforgettable and glorious time of my life.