

26-1 學校簡介

羅馬第一大學身為羅馬歷史最悠久(1303創立)的大學，是個資源以及機會豐富的優秀綜合型大學。學生人數眾多、課程以及系所選擇更為豐富，在各類科學以及文學藝術等領域之中都有相當卓越的表現，其中羅馬大學在考古學以及古典學方面是世界頂級的學校，可說是各方面都相當全面的世界頂尖大學，更是14位諾貝爾獎得主所就讀或任教的學校。

Sapienza University of Rome, founded in 1303, is the oldest university in Rome and a prestigious comprehensive institution rich in resources and opportunities. With a large student body and a wide range of courses and academic departments, the university excels in various fields, from sciences to literature and the arts. Notably, Sapienza is globally renowned for its excellence in archaeology and classical studies, ranking among the top institutions in the world in these disciplines. As a well-rounded, world-class university, it has nurtured and employed 14 Nobel Prize laureates, further solidifying its reputation as a leading center of academic excellence.

26-2 國外研修之課程學習(課內)

我在羅馬大學所主修的文學院裡的古典學領域(classics)是為2021 QS世界排行第一。在這裡我主要修了兩堂課:義大利文化與文學、古拉丁語等課程。第一門課程「義大利文化與文學」主要探究文藝復興歷史以及文藝復興之父佩托拉克的經典文學作品，一窺那個時代的人們如何探索自我靈性、宗教、情感等等的主題。這一門課程深入探討文藝復興時代的種種學問，是一場歷史與文化交織的豐富課程。第二門的「拉丁語」更是相當有趣且有挑戰性的一門，學習一個全新語言以及其文法邏輯，而學習拉丁語的主要目的是為了能夠解讀古代文學以及重要文字，是個探索歐洲歷史以及文化的重要工具。拉丁語是極為有挑戰性的一門課程，過程中遇到不少挫折，但是在許多的努力下最後還是取得了自己理想的結果。在這趟交換學習的學業上可說是收穫非常豐富的

At the University of Rome, the Classics program within the Faculty of Letters, where I majored, was ranked first in the world in the 2021 QS rankings. During my exchange, I primarily took two courses: Italian Culture and Literature and Latin Language.

The first course, Italian Culture and Literature, focused on the history of the Renaissance and the classic literary works of Petrarch, the "Father of Humanism." Through this course, I gained insight into how people of that era explored themes such as spirituality, religion, and emotions. It was a rich and interdisciplinary journey into the intellectual world of the Renaissance.

The second course, Classical Latin, was both fascinating and highly challenging. Learning an entirely new language, along with its grammatical structure and logical framework, required great effort. The primary goal of studying Latin was to gain the ability to read and interpret ancient literature and significant historical texts—an essential tool for exploring European history and culture. While the learning process was difficult and filled with setbacks, through perseverance and dedication, I ultimately achieved my desired results. Overall, my academic journey during this exchange was incredibly rewarding, providing me with invaluable knowledge and experiences.

26-3 國外研修之生活學習(課外)

在文藝復興中心的義大利，周圍有相當有趣的課外資源可以自由探索。在羅馬這個「永恆城市」裡，路又每個轉角都是百年千年古蹟，探索城市彷彿走進活生生的歷史課本。在日常生活裡遇到的建築物、博物館上面都有著拉丁語的刻痕，直接把課堂上的練習拿到了日常生活，對我而言是非常特別的生活經驗，學習如何把自己融入如此歷史永久的美麗城市更是一門深奧的生活學習。在這裡學會與當地人打交道，理解他們的個性以及歷史背景、食物文化也是一個非常有趣的學習經驗。總體而言除了課本上的知識以外，也理解到了非常多異國風情背後的文化脈絡。

In the heart of the Renaissance era — Italy, there are many interesting extracurricular resources available for free exploration. In Rome, the "Eternal City," every street corner is filled with centuries-old and even millennia-old historical sites, making city exploration feel like stepping into a living history textbook. The buildings and museums encountered in daily life are engraved with Latin inscriptions, bringing classroom exercises directly into everyday experiences. For me, this is an incredibly unique way of life. Learning how to integrate myself into such a historically rich and beautiful city is a profound lesson in itself.

Here, I have also learned to interact with locals, understand their personalities, historical background, and

food culture, making it a fascinating cultural experience. Overall, beyond textbook knowledge, I have gained a deep understanding of the cultural contexts behind this foreign land's rich traditions.

26-4 交換/研修之具體效益(請條列式列舉)

1. 深層探索文藝復興的文學以及古羅馬時代的歷史遺跡
2. 學習以及實際運用新的語言的機會—義大利文、拉丁語
3. 開闊眼界去融入豐富義大利歷史文化的機會，可以隨處去博物館、歷史遺跡、歷史悠久的教堂等地方進行研究。

1. A deep exploration of Renaissance literature and the historical remnants of ancient Rome.
2. The opportunity to learn and actively use new languages—Italian and Latin.
3. A chance to broaden horizons and immerse in Italy's rich historical and cultural heritage, with access to museums, archaeological sites, and historic churches for in-depth study.

26-5 感想與建議

這趟交換學生是一個非常難能可貴的機會，能夠好好運用資源就能學到很多課本以外的事情。如果喜歡西方歷史、歐洲文學、考古領域，或是想體驗跟臺灣很不一樣的文化的話，非常推薦義大利這個美麗的國家作為交換學生的首選目的地！在這裡我學到非常非常多的新知識以及寶貴經驗，一定是要在國外生活一段時間才能理解到的。在國外生活的這段期間是有機會開闊眼界跟國際觀，也能永遠影響、激勵自己從此以後的生活方式，或許無形之中就是這段期間最好的禮物。另外，在國外要好好注意人身與錢財的安全，去哪裡之前都先做好充足的功課會好很多。

This exchange program has been an incredibly valuable opportunity. By making good use of the available

resources, one can learn far beyond what textbooks offer. If you are passionate about Western history, European literature, archaeology, or simply wish to experience a culture vastly different from Taiwan's, I highly recommend Italy as a top choice for an exchange destination!

During my time here, I have gained an immense amount of new knowledge and invaluable experiences—things that can only be truly understood by living abroad for a period of time. This experience has broadened my horizons and deepened my global perspective, shaping and inspiring my way of life in ways I never expected. Perhaps, in an intangible yet profound way, that is the greatest gift of all.

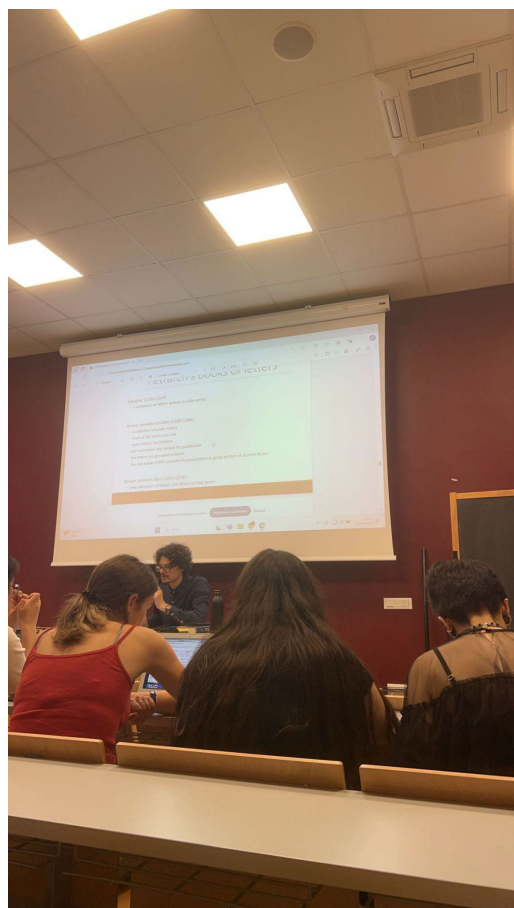
Additionally, while living abroad, it is crucial to stay mindful of personal safety and financial security. Doing thorough research before heading anywhere will make the experience much smoother and safer.

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)

1. 校園照片



2. 課程照片



3. 城市中的歷史遺跡

