

我選擇交換的學校是義大利杜林大學，號稱歐洲最古老的大學，一共選修兩門課程，一門是文化、政治和社會學程的 ENVIRONMENT AND THE GLOBAL SOUTH，一門義大利語言課程，ENVIRONMENT AND THE GLOBAL SOUTH 的教授超水又愛請假亂調課程時間，整堂課修完只覺得越南人跟黑人個性很差沒學到什麼東西，但義大利語言課程就不一樣了，老師上課超級扎實，我跟一起去交換的同學是唯二兩名全勤學生，也因此雖然考試成績不好，教授還是讓我們過了，我認為交換的具體效益有以下兩點：

1. 接觸更多和我們不同文化的人，接受彼此價值觀的差異，練習自己的寬容度。
2. 英文口說大進步，已經可以流利的和外國同學說明台海問題，並在懶得解釋時假裝自己是日本人。

在義大利的生活就是隨時降低自己的底線，我有被邀請去參與一個義大利饒舌團體的演出，為了這件事我特地調整了後續的跑趴行程，放棄機票，花了兩倍的時間在派對當天從義大利感到葡萄牙，但義大利人的做事態度實在不敢恭維，到了當天我已經試完音了，表演不但晚了兩小時開始，到我上場前兩首歌，老闆衝進來停止演出，原因是附近鄰居抗議音量，當下我也沒有生氣，反而有一種「這就是歐洲」的感覺，我覺得我已經習慣整個南歐的做事態度就是這麼的隨便散漫，抱怨也沒用，不如保持好心情，活在當下見機行事。

這整趟的歷練教會我的兩件事就是去市場買菜和自己煮飯，在台灣外食真的太方便了，而在義大利，一開始喝紅酒切起司配沙拉米當然很爽，但過不到一個禮拜，我就已經受夠吃冷食的生活，外食又貴又難吃，就只能自己煮，我也成為獨旅大師，自己一個人去了波蘭、芬蘭、愛沙尼亞、法國、德國、英國、葡萄牙等國家，其中我最推薦波蘭的克拉克夫和芬蘭，波蘭的克拉克夫舊城區超棒，我在那邊住了一個星期，馬路很乾淨，沒什麼流浪漢，飲食也便宜，芬蘭更不用說，第一次讓我驚嘆：「哇！原來歐洲是可以這麼有邏輯！」，一個 App 就可以搞定市內交通，所有路線清清楚楚不會延誤，相比之下義大利的交通簡直垃圾，愛來不來就算了，夏天高溫還不開冷氣，超悶差點中暑，難怪芬蘭人均工程師，義大利人均犯罪集團。

這次的旅程我參加了非常多的音樂祭和派對，義大利的 Rave 趴超野，很多都是非法的但地點很酷，但 Sound System 做的超好，即使 DJ 放得不怎麼樣也可以跳得很開心，在回台灣當天早上，我和朋友在溪邊趴到最後一刻才去趕飛機，英國和荷蘭的音樂啟發我蠻多的，風格也比較前衛，在前往葡萄牙 Psy 趴路上，被丟包在伸手不見五指的深山中，循著音樂聲走了半小時才找到地點，芬蘭的 Tuska 金屬音樂祭超級好玩，樂迷素質高，我也看了很多陪我長大的金屬團，更去拜訪了芬蘭五月天 Nightwish 的音樂老師，明年如果有機會，還想回芬蘭！

I chose to go on exchange at the UNITO in Italy, which is known as one of the oldest universities in Europe. I enrolled in two courses: one was *Environment and the Global South* from the Culture, Politics, and Society program, and the other was an Italian language course.

The *Environment and the Global South* professor was extremely unprofessional—constantly canceling or rescheduling classes. After completing the course, all I took away was a negative impression of the personalities of some Vietnamese and Black classmates, and I honestly didn't learn much. On the other hand, the Italian language course was a totally different story—the teaching was solid and well-structured. My friend and I, who went on exchange together, were the only two students with perfect attendance. Even though I didn't perform well on the exams, the professor still passed us because of our dedication.

I believe the exchange brought me two specific benefits:

1. Exposure to people from different cultural backgrounds, learning to accept differences in values, and practicing tolerance.

Significant improvement in spoken English. I can now fluently explain the Taiwan Strait issue to international classmates—and pretend to be Japanese when I don't feel like explaining.

Living in Italy meant constantly lowering my expectations. I was once invited to perform with an Italian rap group, and I even rearranged my party schedule, gave up my flight, and spent twice the travel time to get from Italy to Portugal for the event. But the Italian attitude toward work is honestly appalling. On the day of the show, after finishing the soundcheck, the event started two hours late, and just two songs before my turn, the owner burst in and canceled the show because neighbors complained about the noise. I wasn't even angry—I just thought, “This is Europe.” I had already gotten used to the laid-back and chaotic way things are done in Southern Europe. Complaining doesn't help; it's better to stay in a good mood and go with the flow.

This whole experience taught me two life skills: buying groceries at the market and cooking for myself. Eating out is way too convenient in Taiwan, but in Italy, while it was fun at first to drink red wine and eat cheese and salami, I got sick of eating cold food within a week. Eating out was expensive and bad, so I had no choice but to cook.

I also became a solo-travel expert. I traveled alone to Poland, Finland, Estonia, France, Germany, the UK, and Portugal. Among them, I highly recommend Kraków in Poland and Finland. Kraków's Old Town is amazing—I stayed there for a week. The streets were clean, there were few homeless people, and the food was cheap. Finland blew my mind—it was the first time I thought, “Wow, Europe can actually be logical.” One app covered all city transportation, routes were clearly displayed, and there were no delays. In comparison, Italy's public transport is absolute trash. It's unreliable, and they don't even turn on the AC in the summer. It was so stuffy I almost got heatstroke. No wonder Finland has one engineer per capita and Italy has one crime syndicate per capita.

During this trip, I went to tons of music festivals and parties. Raves in Italy are wild—many are illegal, but held in very cool places. Their sound systems are amazing, so even if the DJ isn't great, you can still dance like crazy. On the day I flew back to Taiwan, I was partying by the river with friends until the last minute before heading to the airport. Music from the UK and the Netherlands also inspired me a lot—their styles are more avant-garde. On the way to a psytrance party in Portugal, I was left behind in the pitch-black wilderness and had to follow the sound of music for half an hour to find the location.

The Tuska metal festival in Finland was incredibly fun. The fans were awesome, and I got to see many bands I grew up listening to. I even visited the music teacher of Nightwish (Finland's equivalent of Mayday). If I get the chance, I definitely want to return to Finland next year!