

A. 學校簡介

我此次交換就讀於義大利羅馬大學 (Sapienza University of Rome)，該校為歐洲歷史悠久且規模極大的綜合型大學之一，校園腹地遼闊，學科領域涵蓋人文、社會科學、工程、醫學及管理等多元領域。校園氛圍相當自由而開放，學生們常在課餘時間坐在草地上野餐、閱讀或與朋友交流，等待下一堂課的開始，整體學習環境兼具學術性與生活感。

B. 國外研修之課程學習 (課內)

在交換期間，我主要修習了義大利語課程以及 Management of Innovation and AI 等課程。其中，義大利語課程對我而言是最受益良多的一門課。透過系統化的語言訓練，我逐漸能在日常生活中進行基本溝通，無論是在超市購物、餐廳點餐、處理行政事務或與當地人互動時，都大幅提升了生活的便利性與安全感。

相較之下，Management of Innovation and AI 課程則讓我接觸到科技創新與人工智慧在管理領域的應用，雖然學習內容具有一定挑戰性，但也幫助我從國際視角理解企業創新與科技發展的關聯。

C. 國外研修之生活學習 (課外)

在課外生活方面，我認識了來自不同國家的交換學生，彼此逐漸成為非常要好的朋友，甚至在交換結束後前往對方的國家旅遊。這樣的跨文化交流經驗十分珍貴，讓我能從不同文化背景的角度理解世界，也學會尊重與欣賞差異。無論是一起做飯、旅行，或分享各自國家的生活習慣，都是課堂以外難以取代的學習。

D. 交換 / 研修之具體效益

此次交換帶給我多方面的具體成長與收穫，包括：

語言能力提升，尤其是在實際生活中運用義大利語的能力。

獨立解決問題的能力顯著增強。

學會在陌生環境中照顧自己並評估風險。

拓展國際視野，理解不同文化與價值觀。

建立跨國人際關係，累積國際交流經驗。

在交換過程中，我曾面臨找房困難、物價高昂導致飲食不便，以及旅行中突發狀況等問題，這些都需要一個人冷靜思考、一步步處理，也讓我學會更加獨立與謹慎。

E. 海外生活期間遭遇之困境與解決方式

在義大利生活期間，最大的困境之一來自於安全感問題。身為亞洲女性，我在夜晚外出時常感到不安，也曾遇到被刻意注視或不友善對待的情況，因此我選擇減少夜間單獨外出，並隨時提高警覺。這些經驗讓我深刻體認到安全並非理所當然，而是需要主動保護自己、審慎判斷環境。

F. 文化衝擊與適應

義大利人的性格普遍較為直接，對「尊重」這件事相當重視，同時情緒表現明顯、起伏較大，有時也顯得較為自我中心。起初我對這樣的溝通方式感到不適應，但隨著時間推移，我學會不過度解讀他人的情緒，也嘗試用更直接、清楚的方式表達自己的需求，逐漸找到相處的平衡。

G. 個人成長與改變

這段海外生活讓我最大的成長在於學會只對自己負責。當感到不舒服或不安全時，我不再勉強自己迎合他人，而是選擇明確表達立場、保護自身界線。這樣的轉變不僅提升了我的自信，也讓我更了解自己真正的需求。

H. 感想與建議

總結此次交換經驗，我認為勇敢踏出舒適圈非常重要，但在面對困難時更要保持冷靜，並以自身安全為第一優先。建議未來有意交換的學弟妹，在出國前做好充分準備，也要相信自己有能力一步步解決問題。這段經歷雖然不輕鬆，卻為我帶來深遠而珍貴的成長。

During my exchange period, I studied at Sapienza University of Rome in Italy, one of the largest and most prestigious universities in Europe. The campus is extremely spacious and offers a wide range of academic disciplines. The atmosphere is open and relaxed; students often sit on the grass to read, have picnics, or chat with

friends while waiting for their classes. This environment created a balance between academic learning and daily life.

In terms of coursework, I took Italian language courses and Management of Innovation and AI. Among them, the Italian language course was the most beneficial for me. Learning Italian significantly improved my daily life in Italy, allowing me to communicate more effectively in supermarkets, restaurants, and administrative offices. It also gave me more confidence and independence while living abroad.

The Management of Innovation and AI course introduced me to how artificial intelligence and technological innovation are applied in modern management. Although the content was challenging, it helped me understand global trends in innovation from an international perspective.

Outside the classroom, I gained valuable life experience by meeting other exchange students from different countries. We became close friends and even visited each other's home countries after the exchange. Through cultural exchange, shared travel experiences, and daily interactions, I learned to appreciate cultural diversity and developed a broader global mindset.

This exchange experience brought many concrete benefits, including improved language skills, stronger independence, enhanced problem-solving abilities, and increased awareness of personal safety. Living abroad required me to handle various challenges alone, such as finding accommodation, managing high living costs, and dealing with unexpected travel issues. These experiences taught me how to stay calm and take responsibility for myself.

One of the biggest difficulties I faced was related to safety. As an Asian female student, I often felt unsafe going out at night and had to be extremely cautious. I learned to prioritize my personal safety, avoid risky situations, and set clear boundaries. This experience made me more aware of the importance of self-protection.

Cultural differences were also a challenge. Italians tend to be very direct and place great importance on respect. They often express their emotions openly, which was quite different from what I was used to in Taiwan. Over time, I learned to adapt by communicating more clearly and not taking emotional reactions too personally.

Overall, this overseas experience changed me significantly. I learned to be responsible for myself, express discomfort when necessary, and protect my own well-being. Although the exchange period was not always easy, it was a meaningful journey that strengthened my independence and resilience. I strongly encourage future exchange students to face challenges with courage, stay calm in difficult situations, and always put their safety first.