A. 學校簡介

unibz 位於義大利北部南蒂羅爾自治省，並成立於 1997 年，學校有三種官方教學語言，包括英文、德文和義大利文。學校設有五個學院: Faculty of Agricultural, Environmental and Food Sciences、Faculty of Design and Art、Faculty of Economics and Management、Faculty of Education、Faculty of Engineering，各個學院底下皆設有豐富的學士、碩士、博士課程。另外，和台灣的大學很不一樣的是校區，台灣的大學大部分都是有一個很大的校園，就在這個大校園裡的不同棟上課，但 unibz 並非如此，unibz 的不同校區是需要搭車 20 分鐘以上(依據校區不同，有的搭公車，有的搭火車，通勤時間不一)，因此選課時須注意一下通勤的部分。我所選擇的學院 Faculty of Economics and Management 的課程大部分都在波札諾主校區上課，但我也有兩堂碩士課程是在 NOI 校區上課。波札諾主校區附近很方便，離宿舍走路大概 2-3 分鐘，火車站也在附近。學校有提供學餐，台灣學餐就很像百貨公司美食街，但這裡的學餐是自己的廚房，很像自助餐的方式，每天有不同菜色(大部分就是義大利麵、飯，和一些菜肉，比較特別的是有現烤新鮮手桿 pizza，pizza 很推薦)，三種價位(價位差別在於你拿的東西，例如你有沒有拿沙拉、主餐配餐選了幾個菜之類的)，扣錢的方式是用學生證，學餐餐廳外有儲值學生證的機器(只收現金)。根據 2026 年的 QS 世界大學排名，unibz 排在 608 名。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

我是交換兩個學期，並且有抵免學分的需求，因此我總共修了 8 門課，上學期修了 Entrepreneurial Marketing、Comparative Politics、Foundations of Entrepreneurship、Management、Public Economics，下學期修了 Project Management、Auditing、Theory of International Relations。課程是在 mysns 這個學校網站選的(基本上學校大部分的需求都是透過這個網站，包含看課程時間、考試成績、註冊考試等等)。很特別的是他們有 attending student 和 non-attending student 的制度，每門你選的課都可以自己決定這課你是要哪個，這兩種的評分方式就會不同，例如有的課是 attending student 期末做報告，non-attending student 考試，通常課程大綱就會寫，但還是建議開學第一堂課去聽一下規則，我自己是都選擇 attending student。這 8 門課我最喜歡 Management 和 Project Management。Management 的教授分了 Organization 及 decision making process 兩大主題來講。對我來說非常受用，學到很多有用的知識。期末總成績是看 100%的考試，他就用 Organization 及 decision making process 分兩大題來考(幾乎是純手寫題，選擇題可能沒有，也可能只有一題。)。聽起來頗有壓力，可是教授都會另外上 exercise hour 的課，給很多例題，教大家期末考時怎麼寫，順便複習上課內容，甚至考試前她還多給了好幾份模擬試題讓大家自己做練習。Project Management 是研究所課

程，原以為我會跟不上進度，課程會很難之類的，但實際上過後完全不會。這門課 attending student 的打分是 50% Individual Written exam 和 50% Project work presentations，考試部分很簡單，二十幾題選擇題和兩小題手寫，都是基本觀念，把 PPT 認真讀完都能拿到不錯的成績。Project work 是教授會選其中的六門課來做，因為此門課是一次 4 小時，前 1-2 小時教授就會講解 PPT 內容，剩下時間就會根據此次上課主題讓大家分組做 Project work，通常都不會太難，當次上課就會結束，不用擔心變成回家作業。

C. 國外研修之生活學習（課外）

跟很多交換生不一樣的是我個人對於旅遊偏向佛系的路線，我沒有要收集多少國家或城市，所以我旅遊的次數非常少。雖然人生難得有一次長時間待在歐洲的機會，但是我更想趁這個時光好好認識自己，與自己好好獨處，因此大部分課外的時光我都在研究料理、思考未來要繼續讀書還是工作、好好了解自己的個性(優、缺點和優、劣勢)等等，最重要的是每天好好吃飯、睡覺，做自己喜歡的事情。人生總是忙碌，很少有機會留白，所以堆我來說這段時間就像留白一樣，放鬆跟著內心的腳步過好課外生活就好，能夠好好思考人生很幸福。

D. 交換/研修之具體效益（請條列式列舉）

1. 獨立與解決問題的能力。
2. 英文能力提升。
3. 變得比較外向，不會怕東怕西。

E. 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?

印象最深的就是去北歐玩時，發生飛機驚魂記，我們從奧斯陸飛到特羅姆瑟的中途，有旅客的行動電源突然起火，空服人員雖很機警的滅了火，但為了安全迫降到了一個很小的機場，原以為行動電源拿下飛機後，就會再度啟程，然而卻被叫下飛機了，由於那個地方非挪威大城，很難飛出去，班機也少，我們被迫滯留了 4 天 3 夜，原先訂好的行程全部泡湯，不但心理留下了搭飛機的陰影，更被迫在這 4 天內長大，自己處理原先住宿無法住或極光團延後的問題，以及詢問航空公司退款或重新預定的問題。好處就是英文能力真的大幅提升，也擁有了大人要具備的解決問題能力，更要學會快速振作，我們的方式就是邊處理事情的同時，邊在迫降城市市區觀光，也算難得的收穫，畢竟普通遊客不會去那旅遊。

F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

我沒有遇到什麼文化衝擊，放鬆、保持開放的心態，就能包容各種事情。

G. 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?

最大的成長應該就是獨立，光是出國前的準備就讓我成長很多。出國前需要聯絡很多事情，例如銀行卡，我自己原本是不懂信用卡、簽帳卡、回饋之類的，但歐洲刷卡最方便，所以原本有打電話恐懼症的我，為了要問客服各式問題，我克服了打電話這件事。

H. 感想與建議

交換雖是很難得的經驗，中山大學也提供很好的機會，但是我建議真的要好好考慮自己是否合適離開家這麼久。我自己剛到的一個月天天都在哭，哭到無法正常生活，原因是一瞬間內心感受到的落差太大了，所有你接觸到的東西都不是熟悉的。雖然後面就回到正常的軌道了，但是當大部分的交換生都在不捨倒數要離開歐洲時，我內心卻是開心倒數著再幾個月我就能回台灣了。我並非後悔交換，這 10 個月對我來說依然珍貴，但是也讓我反思或許我不適合離開家這麼久。總之，我想表達的是沒有任何事情是適合全部的人的，這次的交換可能讓我得知自己適應力沒那麼好，未來找工作時或許就不適合海外工作，但我相信一定也有同學反而發覺自己更適合在海外，不管是哪個感受都很棒，都重新認識了自己。

I. 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

赴中國交換者免填英文心得

A. Introduction to the University

Unibz is located in South Tyrol, an autonomous province in northern Italy, and was established in 1997. The university has 3 official teaching languages: English, German, and Italian. It consists of 5 faculities: Faculty of Agricultural, Environmental and Food Sciences、Faculty of Design and Art、Faculty of Economics and Management、Faculty of Education、Faculty of Engineering. Each faculty offers a lot of programs. One major difference between unibz and universities in Taiwan is the campus layout. Most universities in Taiwan have one large campus with different buildings where classes are held. At unibz, however, the different campuses are relatively far apart, and commuting between them may take more than 20 minutes depending on the campus. Some campuses can be reached by bus, while others require taking a train, so students should pay attention to commuting time when selecting courses. I chose courses mainly from the Faculty of Economics and Management. Most of my clases were held at the main campus in Bolzano. The main campus is very convenient. It is only about a 2-3 minute walk from the student residence, and the train station is also nearby. According to the 2026 QS World University Rankings, unibz is ranked 608th in the world.

B. Courses Taken and Courses I Benefited from Most

I spent two semesters as an exchange student and needed to transfer the credits back to NSYSU, so I took a total of eight courses. During the first semester, I took Entrepreneurial Marketing, Comparative Politics, Foundations of Entrepreneurship, Management, and Public Economics. During the second semester, I took Project Management, Auditing, and Theory of International Relations. Courses were selected through the university's website, mySNS. Students use this website for most academic-related matters, including checking class schedules and grades, registering for exams, and other administrative tasks. One particularly interesting feature of unibz is the distinction between attending students" and "non-attending students." For each course, students can choose which status they would like to have, and the assessment methods may differ accordingly. For example, attending students may be required to give a final presentation, while non-attending students may take a final written exam. The course syllabus usually explains the requirements, but I would still recommend attending the first class to make sure you fully understand the rule. Personally, I chose to be an attending student for all of my courses. Among the eight courses I took, my favorites were Management and Project Management. In Management, the professor focused on two major topics: organization and decision-making process. I found course extremely useful because I learned many concepts that can be applied in real-life situations. The final grade was based entirely on the final exam. The exam consisted of two major sections covering organization and the decision-making process, and it was mostly composed of written-response questions. There were probably no multiple-choice questions, or perhaps only one. Although this might sound stressful, the professor also offered separate exercise sessions and provided many practice questions. She taught us how to approach the questions on the final exam while reviewing the material covered in class. Before the exam, she even provided several additional mock exams for us to practice with. Project Management was a master's-level course. At first, I was worried that I might not be able to keep up with the course or that the material would be too difficult. However, after taking the course, I realized that it was not difficult at all. For attending students, the final grade was based on 50% of an individual written exam and 50% of project work presentations. The exam was relatively easy, consisting of more

than 20 multiple-choice questions and two short written-response questions. The questions mainly tested basic concepts, so students who carefully reviewed the slides could achieve a good grade. For the project work, the professor selected six of the course topics for students to work on. Each class lasted 4 hours. During the first one to two hours, the professor explained the slides, and the remaining time was spent working in groups on a project related to that day's topic. The projects were generally not too difficult and were generally not too difficult and were completed during the class, so we did not have to worry about taking them home as homework.

C. Daily Life and Activities Outside the Classroom

Unlike many exchange students, I personally have a relatively relaxed attitude toward traveling. I did not have a goal of visiting as many countries or cities as possible, so I traveled relatively little during my exchange. Although it was a rare opportunity to spend such a long period of time in Europe, I wanted to use this time to get to know myself better and spend more time alone with myself. Therefore, I spent most of my free time experimenting with cooking, thinking about whether I wanted to continue studying or start working in the future, and reflecting on my personality, including my strengths, weaknesses, advantages, and disadvantages. Most importantly, I wanted to eat well, sleep well, and spend time doing things I genuinely enjoyed. Life is usually so busy that we rarely have the opportunity to leave our schedules completely open. For me, this period of exchange was like a blank space in my life. I simply relaxed, followed my inner voice, and enjoyed my life outside the classroom. Being able to slow down and seriously think about my life was, in itself, a very fortunate experience.

D. Benefits of the Exchange Experience

1.Developed greater independence and problem-solving skills.

2.Improved my English communication skills.

3.Became more outgoing and less afraid of trying new things or stepping outside my comfort zone.

E. Difficulties Encountered During My Time Abroad and How I Dealt with Them

The most memorable experience happened when I traveled to Northern Europe. We had a frightening experience on a flight from Oslo to Tromsø. During the flight, a passenger's

power bank suddenly caught fire. Fortunately, the cabin crew reacted quickly and put out the fire. However, for safety reasons, the plane had to make an emergency landing at a very small airport. At first, we thought that once the power bank had been removed from the plane, the flight would simply continue. However, we were eventually asked to leave the aircraft. Since the airport was located in a relatively small and remote area of Norway, there were very few flights available, and we ended up being stranded there for 4 days and 3 nights. Our original travel plans were completely disrupted. In addition to developing some anxiety about flying, we suddenly had to deal with a variety of problems ourselves, such as finding alternative hotels, rescheduling our Northern Lights tour, and contacting the airline about refunds or rebooking our flights. Although it was a stressful experience, it forced us to become more independent and learn how to solve problems on our own. My English also improved significantly because I had to communicate with airline staff, hotels, and tour operators in English. More importantly, I learned that being able to recover quickly and move forward after something unexpected happens is an important life skill. Our solution was to deal with the problems while also exploring the city where we were stranded. In the end, it became an unexpected but memorable experience. After all, it is not a place that ordinary tourists would normally choose to visit.

F. Reflection and Suggestions

An exchange program is a very valuable and rare opportunity, and NSYSU provides students with a great opportunity to experience studying abroad. However, I would strongly recommend that students carefully consider whether they are personally suited to being away from home for such a long period of time. During my first month abroad, I cried every day and was even unable to live normally. The reason was that the gap between my expectations and reality was much greater than I had imagined. Suddenly, almost everything around me was unfamiliar. Although I eventually returned to a normal routine, my feelings were quite different from those of many other exchange students. While many of them were counting down the days with sadness as the end of their exchange approached, I was actually happily counting down the months until I could return to Taiwan. I do not regret going on exchange. The ten months I spent abroad were still precious and meaningful to me. However, the experience also made me realize that

perhaps I am not someone who is suited to being away from home for such a long time. Overall, what I want to express is that no experience is suitable for everyone. This exchange experience may have helped me discover that I am not as adaptable as I previously thought, and perhaps I may not be suited to working overseas in the future. At the same time, I believe some students may discover the opposite—that they actually feel more comfortable and better suited to living abroad. Regardless of which conclusion we reach, I think both experiences are valuable. The most important thing is that studying abroad gives us an opportunity to truly get to know ourselves better.