A. 學校簡介

維洛那大學是所兼具歷史底蘊與現代活力的大學。學校沒有封閉的圍牆，各個校區直接融入在《羅密歐與茱麗葉》的故鄉中，十分美麗。學校主要分為靠近市中心的人文社科校區（Veronetta），以及偏向理工醫學的校區（Borgo Roma）。這裡的醫學、經濟和語言學科實力雄厚，甚至設有結合當地產業特色的葡萄酒釀造專業。該校具備許多全英文授課課程，校園氛圍國際化且友善。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

我最喜歡 English Language 3, Language and Translation 這堂翻譯課，印象最深的是某天教授舉例介紹語彙 (lexis) 是如何被社會及文化影響，他寫下 “colored computers” 這個詞，問我們馬上想到什麼，大家不外乎都覺得是五顏六色的電腦。結果下一張投影片是電影《關鍵少數》的畫面，發現這個詞是指負責工程運算的有色人種們，當時也還沒有「電腦」這個工具。當時覺得這樣簡單的兩個詞，隨著時間的推進以及環境的變化能有如此截然不同的意義，語言實在是十分具有底蘊且充滿變化的系統。之後的課程也時常有這樣子揉合生活實例與理論知識的時刻，是很有趣的課程。

C. 國外研修之生活學習（課外）

從小到大常聽人家說「讀萬卷書不如行萬里路」，果然經典有其原因，原本還覺得有些老套，但現在這句對我而言不只是響亮的口號，而是親身經歷的事實。沒有站在巴黎鐵塔前你不會知道他有多宏大、沒有親眼看過創世紀你不會知道他的筆觸有多立體、沒有親自站在威尼斯的橋樑上你不會知道每條水道的璀璨眩目，眾多例子列舉不完，每一個我去過的地方、每一幅原本只在課本上看過的作品，被親眼收錄進大腦裡，他們將匯流成為生命的小河，滋養著我。

D. 交換/研修之具體效益（請條列式列舉）

1. 打開世界的大門，提供未來想繼續探索的動機
2. 提升獨立生活、解決問題的能力
3. 體驗不同文化背景、增廣見聞

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?

交換期間很幸運其實都沒有遇到太大的問題，唯一一次是獨旅去斯洛維尼亞時，連結我所有存款的簽帳卡突然被銀行誤鎖，讓我只能用身上所剩不多的現金及額度有限的信用卡繼續四天的行

程。當下緊急聯絡銀行解鎖及家人討論對策，先臨時提高當月信用卡額度並找好附近有沒有可提領現金的 atm，後來安全下莊。

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?

最大的文化衝擊大概是這裡的大眾運輸時常延誤或停駛，雖然我不是容易被環境影響情緒的人，但如果在很疲憊、想盡快抵達目的地的時刻遇上這種意外，旅途的心情一定會有所波及。後來只能更加放寬心，將行程排得更鬆散或增加備案，以一種隨性且不強求的態度面對，會更容易調適。甚至之後只要遇到準時或行程順利的情況，會更懂得感恩，不把一切當作理所當然，也是一種收穫。

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?

承上述所說，當今天在國外遇到超出預期的意外或更動，學習調適是其中很重要的一環，久而久之，我發現自己對人生的容錯率有更開闊的見解，開始不再執著於生命每個細節都需要完美，或一切要在自己掌控之中後，心情會更輕鬆也比較不容易過於焦慮。

H. 感想與建議

充實精彩的生活如上所說，你終於能看到之前只在紙上看過的世界，那種感動只有親自體驗才能理解，但我覺得交換生比起單純旅遊，過程中得以多習得的技能，就是如何面對混亂與空白。

沒有旅遊、少了課程的空白日子常常讓人有些慌張，好像這個身分不允許我們過得不精彩，畢竟在這裡的每一天幾乎是靠著燃燒家庭的支持才得以換來，好像如果手上沒有正要啟程的機票或是等著出席的派對，就愧對自己和周遭支持自己的人。但比起糾結於這段時光是否值得或白費，我時常學著讓自己懷抱感激和珍惜，將感官打開去感受日常的美好，想著十七歲的我總把目光往這些國家望，二十二歲的我卻能一個一個踏上去，在這麼剛好的年紀、用如此舒適的步調，得知人生有無數種樣貌和可能性，而我現在能開啟這扇門，未來也一定能再闖更多。

因此我建議每個有過嚮往的人踏上這趟旅程，如果不知道自己想要什麼則更應該踏上，因為我覺得交換生在尋找的有時比起世界之大，更多的是探索自我。

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

The University of Verona is a place where history and modern student life come together. Instead of having one enclosed campus, its buildings are spread throughout the city, allowing students to study right in the heart of Verona—the city best known as the setting of *Romeo and Juliet*. This unique setting makes everyday life on campus especially enjoyable.

The university is mainly divided into two campuses: Veronetta, which is home to the humanities and social sciences, and Borgo Roma, where engineering, medicine, and other science-related programs are based. The university is particularly well known for its strengths in medicine, economics, and languages. It also offers a unique degree in Wine Science and Technology, reflecting the region's long tradition of winemaking. With a wide range of courses taught in English and a welcoming international community, the University of Verona is a great place for students from around the world.

My favorite course was English Language 3: Language and Translation. One class has stayed with me ever since. The professor was explaining how lexis is shaped by society and culture, and she wrote the phrase "colored computers" on the board. She asked us what came to mind, and almost everyone imagined computers in different colors.

Then she showed a scene from *Hidden Figures*. That was when we learned that "computers" originally referred to people who performed complex calculations, and "colored computers" described the Black women doing that work at a time when electronic computers did not yet exist.

I was fascinated that two simple words could carry such different meanings depending on the historical and social context. It made me realize that language is much more than vocabulary, it constantly evolves alongside society and culture. Moments like this, where everyday examples were connected with linguistic theories, were common throughout the course, and they were what made the class so engaging.

Growing up, I always heard people say, "Experience is the best teacher." I used to think it was just another cliché, but after studying abroad, I finally understood what it meant. It is no longer just a familiar quote to me, it has become something I've experienced myself.

You don't truly realize how massive the Eiffel Tower is until you're standing in front of it. You can't fully appreciate Michelangelo's *Creation of Adam* until you see how vivid the brushstrokes are with your own eyes. You don't know how beautiful Venice's canals are until you're standing on one of its bridges, watching the light reflect on the water. I could keep listing examples, but the point is the same. Every place I've visited and every masterpiece I had only seen in textbooks before has now become a real memory.
Those experiences have slowly come together like a small river, shaping who I am and nourishing me along the way.

Beyond all the exciting trips and unforgettable experiences, I think studying abroad teaches something that ordinary travel often doesn't: how to deal with uncertainty and emptiness.

On days without classes or travel plans, it’s easy to feel uneasy. Sometimes it feels like this chapter of life isn’t supposed to be ordinary. After all, every day here is made possible by my family’s support, and I often catch myself thinking that if I don't have a flight booked or a party to attend, I’m somehow wasting this opportunity or letting the people who believe in me down. Instead of worrying about whether I'm making every moment “worth it,” I’ve been learning to appreciate a slower pace. I try to stay present and notice the beauty in everyday life. When I was seventeen, I could only look at these countries from afar and dream about them. At twenty-two, I’m finally walking through them, one by one. At this stage of my life, I get to explore the world at my own pace and discover that there are countless ways to live. If I can open this door now, I know I’ll have the courage to walk through many more in the future.

Because of that, I would encourage anyone who has ever dreamed of studying abroad to take the chance. And if you still don't know what you want, I think you should go even more. In the end, being an exchange student isn’t just about discovering the world, it’s about discovering yourself.