

學校簡介

1. 地理位置

波札諾位於義大利北部(Bolzano – Alto Adige/Südtirol)，靠近奧地利邊境，也因為過往為奧匈帝國領土，一戰後割讓給義大利的關係，所以在這座城市與校園內皆會看到雙語言的出現，即義大利文與德文。波札諾自由大學有三個校區，電腦科學、藝術設計、科學技術與經濟管理在波札諾市中心，教育與觀光學系則在另外兩個校區。

在市中心機能相當方便：超市、藥局、民生用品都買得到；而在市中心外圍走路大約10-20分鐘會有亞洲超市，要買些亞洲泡麵或亞洲食材相當方便，然而該城市也有迪卡儂位於南邊的大型購物中心，Flixbus的站也位於城市的南邊。

2. 課程制度

課程安排與台灣模式不一樣，同一門課會有一週上2-4天不等，有時候也會有一週都沒有課的情形出現，所以記得要偶爾上去Cockpit (App/網頁)個人時程表看一下該週的授課日期。另外學生證是可以儲值的，可用於在圖書館支付影印費或者到unibar用餐支付會有折扣。最後期末考是需要去做註冊這個動作，會收到學校email通知，通常會在期末考日期的前五天前為截止日期，註冊的方式也是到Cockpit上去註冊即可，然而在註冊前須先填寫教學評量。

國外研修之課程學習（課內），另外推薦受益最多/最喜歡的課程

1. 葡萄酒經濟學(推薦)：天天餐前餐後喝葡萄酒在歐洲是一件很常見的事，但在台灣是不普遍的，因此修完這門課會得到對葡萄酒有很新的當地市場知識與基本知識。課程大綱上半段為介紹葡萄的種類、全歐洲的產地、市場供需等，下半段以經濟學模型來看葡萄酒市場價格、投資以及氣候變遷等課綱。

2. 個體經濟學：授課內容與在台灣內容是大同小異的，這門課會有六次的線上open book小考，會取四次最好的成績做平均，滿分30，平均分數需超過18分即可有註冊期末考試的資格。除了正課每週也會有2-3天的課後練習，會有助教帶學生一起解題。

國外研修之生活學習（課外）

1. 文件辦理

不論到哪個國家，都應抱持著入境隨俗的心態，例如在義大利辦居留證普遍網路上的文章介紹都會提到辦理天數長的相關字詞，若跟台灣辦理文件的效率相比是大不同，但一但有著入境隨俗的心態，就只要把自己應該繳交的該負責的手續辦好，剩的就等機構通知即可，莫急莫慌。

2. 宿舍生活

我住Rainerum單人房，所以會接觸到人群通常都是在廚房居多，在波札諾的亞洲面孔相較米蘭是真的比較少，所以在廚房碰到同校同學多多少少他們也會對你好奇，若想多交一些外國朋友廚房會是個好地方(或者也可以多參加Erasmus歐洲當地交換生舉辦的活動)，同時也可以做料理的交換，因為在義大利料理不太會看到湯麵、火鍋這類的菜色，他們看到有人把麵、菜、肉、蛋丟到湯頭裡面煮是一件很稀有的事。

交換/研修之具體效益（請條列式列舉）

1. 增加國際視野：在這半年的交換期間，所認識到的人都是在旅途的路上中較多，有些是短暫的交流，而有些則是會互加一下Instagram，當你認識到對方就會更加速的對他們的國家有更深刻的認

識，例如在策馬特時我遇到了一位馬來西亞人，當時是在背包客棧的廚房認識的，當下我們也交換彼此的菜色，而我也向他學習當回教徒用手吃飯這個體驗；亦或者在卡帕多奇亞參加當地紅線Tour時認識了一對年輕夫妻，男生是哥倫比亞人女生是摩洛哥人，他們在美國相遇，現在雙方都在UAE工作，當時的對話內容都是你是哪裡人？那邊的風情如何？疫情有什麼影響嗎？等等。或許未來不一定會再聯絡，但當下會覺得當你踏上一塊大陸與踏出自己的舒適圈，將會更認識這個世界，能夠得到新知是件很有趣的事，也進而增加自己的國際視野。

2.更認識自己：獨旅之路能夠更認識自己，與自己對話，例如當時在土耳其要在購票機購買交通票，但機器遲遲都不接受我的100里拉，然後我也不斷地去每台機器嘗試，後來有路人詢問要不要協助？我們才發現機器只接受上限為70里拉；亦或者聖誕假期與國中好友一起出門玩，我們不清楚當地哪裡可以做快篩，她傾向於直接去問民宿櫃檯人員，而我則是傾向自己google查詢。現在回頭來看能很明顯的知道我其實都習慣先靠自己解決問題不斷的嘗試，不太會第一時間去找人求救。

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？

1.信用卡被鎖卡

聖誕假期當時最後一站是布拉格，然而臨時決定飛去土耳其而只買了單程票，到了土耳其在途中要買回程票，刷了兩張卡都刷不過，刷得過的卡片它的OTP密碼都傳到台灣的門號(郵局visa卡沒有提供email的服務)，我是一個不太喜歡麻煩別人的人，所以當下就是一直試，試了很久也很慌，也想說我會不會就回不去義大利了？還是我用搭巴士的方式回去？還是隔天一早去找旅行社代訂票？

最後解決方法則還是得向家人求助，當時我們是認為因為土耳其不是歐元，所以雙幣卡刷不過很正常，結果回到學校後那張雙幣卡還是刷不了，後來向台灣的銀行詢問才得知，因為當時在布拉克刷了一筆接駁接送，銀行認為那筆是被盜刷而鎖卡，最後客服人員與我核對我個人資料後即馬上幫我解卡。

2.PCR檢測結果

在要返台的前一天早上去萊登做PCR，晚上報告出來為陽性，當下超級慌張與難過，自己是不怕確診，怕的是因為隔天就要飛了，健康狀況也很正常沒症狀，完全沒想到會出現這種危機的狀況，而且原本預計是3月初返台，但因為政府3/7起執行隔離新政策因此已經延後一週返台，結果看到陽性真的是完全不想想像還要再延後返台的樣貌。當時的室友也嚇到所以我們在家做了快篩皆為陰性，一小時後冷靜了一下決定再出門去另一個城市再做一次PCR看看，隔天中午報告出來是陰性!!!返台後在機場的PCR也是陰性，最後順利出關隔離去。

相信這段期間不論經歷了什麼大小的困境，都是經驗的累積，一切都是走向臨危不亂之路上的學習

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

在歐洲普遍的公廁都需要收費，看過不少的遊客或當地人直接跳過去或爬過收費的柵欄，也遇過兩個人身體貼很緊的同步走進地鐵收費閘門，當下第一個反應都是有點嚇到，但看多了就會習慣且一笑治之XD

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？

1.更能夠臨危不亂

在這段期間多次的背包客之旅都是自己一個人，其實平常在台灣也很常自己出門走走，但唯一不同之處就是台灣的林林總總已經對我們來說是熟悉的，但歐洲不是。所以每踏上一個國家都會有著不一樣的人事物等著自己去探索或者面對，例如在學校附近山區景點沒有太多的台灣部落客文章介紹，我也不會太認真去爬文旅遊攻略，所以需要時都是靠自己看著google map去摸索，但到了目的地又有另一個曲折，就是可能當月份纜車沒有營運，那我當下要怎麼決定下一步？要去租腳踏車騎上山還是用爬的上山去？

亦或者當時踏上伊斯坦堡很明顯的感受到男女比差很多，走在商店街一眼望去都是男店員，如果在觀光區比較不會感到有壓力，但那時候走到一條像是批發商的街道上，當時心情是蠻緊張且感到有壓迫感的。

現在回頭看會明白有時候人都會對未知的事情感到恐懼與慌張，但當自己經歷過或瞭解當地人事物後那份情緒就會降低。海外生活歷練絕對有影響自己，或者隱約的影響自己的未來行為，或者更了解自己。

您認為獎學金對您海外研修最大的幫助是什麼？有無獎學金是否會改變您的出國計畫？

獎學金對我的海外研修最大幫助是能夠再去更多的國家走走；若無獎學金的提供我還是會出國研修

感言及心得感想

之前瀏覽到一些文章，這一些句子蠻能代表我這半年的感想。

林懷民曾說年輕的時候去過的地方，所帶給你的影響，是你一輩子的養分，因為你去過，每個地方都會給自己累積東西，以及安藤忠雄說一個人迷失在異地：孤獨、掙扎、喘息、吶喊，並能夠在一瞬間做出判斷存活下來，便是生為一個人所特有的潛能，便造就了這人。

很謝謝家人的支持以及路上所認識的夥伴們，這一切的緣分也為這半年的旅程增添了不少的小樂趣，也謝謝自己的勇氣當起背包客踏上了不少國度

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)

【School Introduction】

1. Location

Bolzano is located in northern Italy (Bolzano – Alto Adige/Südtirol), close to the Austrian border. Because it was the territory of the Austro-Hungarian Empire in the past and ceded to Italy after World War I. We can see the different language which is Italian and German in the city.

The Free University of Bolzano has three campuses. The faculty of computer science, art and design, science and technology, economic management locate in the center of Bolzano. The faculty of education and tourism is in the other two campuses.

The function in the city center is quite convenient. There are many supermarkets, pharmacies, and restaurants. We also can buy some asian food or ingredients in Asian supermarkets by walking around 15 minutes. There also have Decathlon in shopping mall on the south side of Bolzano.

2. Curriculum System

The course system is different with Taiwan. The same course will be taken 2-4 days a week, and sometimes there are no class for a week, so just remember to check the class dates on Cockpit (App/Webpage) for personal timetable occasionally.

The student ID card can be added value, it can be used to pay for photocopying fees in the library or to pay for meals at unibar.

For the final exam, we need to enroll we exams 5 days before dates of exam on Cockpit in usual. We will receive an email notification from the school. However, we must fill in the teaching evaluation before enrolling.

【Courses in Unibz】

1. Wine Economics (recommended)

Drinking wine with delicious meals every day is very common in Europe, but it's happened in Taiwan every day. Taking this course we will learn newest knowledge of wine. The first part of syllabus introduces the types of grapes, origins in Europe, market supply and demand, etc. The second part of syllabus is talking about wine market prices and investment with economic models(Hedonic Pricing Model), even talking about climate Change and Sustainability or wine fraud.

2. Microeconomics

The syllabus is similar to Taiwan. There will be six online open-book quizzes in this course, and the best scores of the four will be taken as an average. The average score must exceed 18 points out of 30, then we'll allow to enroll the final exam. In addition to the main class, there are 2-3 days of after-school exercises every week with teaching assistants who will lead the students to solve the questions together.

【Life in EU】

1. Application documents

No matter which country we will stay, when in Rome, do as the Romans do. For example, the blog mentions that applying for a residence permit in Italy will need to wait fews months to get it. If it compared with Taiwan, it's the different efficient. Once we get used to their slow-paced life, we just finished what we should do and then wait for the agency to notify us someday. No rush in Europe.

2. Dormitory life

I live in a single room in Rainerum, so the people I meet usually in the kitchen. There are fewer Asian faces in Bolzano than in Milano so the students who also live in Rainerum they well be curious about you. If you want to make more foreign friends, the kitchen will be a good place (or you can also participate in more activities organized by Erasmus for local exchange students in Europe), and you can also do cooking exchanges because they don't see much soup dishes like noodles soup or hot spot in Italian cuisine. It's new things for them.

【Reflection on being exchange student】

1. Broaden my horizon

During the half-year exchange period, most of people I met are more in the road than in the school. Sometime we just chatted few minutes, sometime we added each other on Instagram. It will let us know more newest and direct understanding of which country they come from. For example, I met a Malaysian guy in Zermatt hostel. We exchange our own dishes and I also had the experience that Muslims eat the rice with their hands. Or I met a young couple when I joined the local red line tour in Cappadocia. The boy is from Colombian and the girl is from Moroccan. They met in the United States, and now they work in UAE. We had lunch together and we also knew more about both side country like How is the vibe over there? Does the covid have any impact? etc. Maybe we won't meet again in the future, but in that moment I really feel that I step out of my comfort zone. The whole experience I won't get them, if I still stay in Taiwan. It is very interesting to get new knowledge, and it will also increase my horizon.

2. Know myself more

I can get to know myself more and have a dialogue with myself on the road when I travel alone. When I traveled to Turkey. I need to buy the ticket from ticket machine. I keep trying to insert 100 TL into the machine but it not accepted. Turn out the machine only accept the upper limit of 70 TL. Or I hang out with my friend during the Christmas holiday, we do not know where can do rapid test in that city. My friend always ask the staff at the hostel counter directly, while I prefer to google the information by myself. The stories said that I am actually used to solving problems by myself instead of going to get someone for help first.

【Exchange student life review】

I browsed some articles and these sentences can represent my feelings for the past six months.

Lin, Hwai Min said that the places you have been to when you are young, it will have an influence on you, which is the nourishment of your life, because you have been there, and you will accumulate things for yourself in every place. Andou Tadao said that a person is lost in a different place: loneliness, struggle, gasping, shouting, and being able to make judgments in a split second to survive, is born with the unique potential of a person, which makes this person.

Thanks my family for supporting me and the friends I met in traveling All these fates have increased enjoyment of journey in the past six months. I also want to thank myself for the courage to be backpacker in many countries.