A. 學校簡介

杜林大學創立於1404年，是義大利歷史最悠久且規模最大的公立綜合型大學之一。學校位於皮埃蒙特大區首府杜林，在人文、政治與社會科學、法律、經濟、醫學及自然科學等領域具有深厚的研究傳統。杜林大學約有八萬三千名學生，校區分布於城市各處，具備高度跨領域及國際化的學術環境。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

我受益最多的課程是拉丁美洲政治，教授長期致力於拉美研究，也曾在生活拉美國家，相較於過去修習的政治領域課程，拉丁美洲政治是過去較少接觸的領域，教授的上課方式也相當有趣，課堂最後每位學生需完成一項作品，「不可能的訪談」，運用多媒體形式，讓我們發會想像力與拉丁美洲政治貢獻的偉人或是一般小人物進行一場對談，我所選的對象是「Cry for me Argentina」的原型人物Evita Perón，我與組員用角色扮演的方式，錄製了一段想像中與Evita對話的晨間脫口秀節目。

Evita Perón出身貧困，後來成為阿根廷總統Juan Perón的妻子與重要政治人物。她積極為勞工、婦女與弱勢群體發聲，深受基層民眾支持，也因鮮明的政治風格充滿爭議。雖然33歲便因癌症離世，仍成為阿根廷極具代表性的歷史人物。（Evita逝世後）

C. 國外研修之生活學習（課外）

義大利生活之於臺灣相差甚巨，從基礎建設到商業結構皆與習慣不同。最一開始在辦理交通卡就遇到了相當大的挫折，在臺灣，你可以花不到一分鐘的時間購買交通卡，但在杜林要購買交通卡需要事先向該城市交通局GTT預約，通常等待時間要到一週的時間，在交換旅途的起點，我走到最近的GTT服務處嘗試申辦，縱使我現場等候的隊伍之首，兩小時的等待也未輪到叫號申辦，在語言不通的情況下是

一項令人挫折的經驗。

在杜林的城市普遍的英文使用率並不高，在抵達意大利前，我曾學習近三個月的義大利語課程，也有使用綠色鳥輔助學習，但在當地咖啡廳點餐仍是相當艱鉅，會建議規劃來杜林交換的同學，儘早著手進行語言學習，受到的待遇或是交換經驗應該會有非常顯著的差異。

在飲食方便，歐洲與亞洲的飲食習慣也是差異極大，義大利的主食以小麥為主，最常見的餐食，不是麵包、三明治就是義大利麵，每日基本上就是麵包、火腿、起司和沙拉的無限排列組合。在杜林有一個據說是歐洲最大的市場porta palazzo，那邊的生鮮蔬果相較於超市真的好吃又便宜很多，但必須克服與人交談的勇氣跟莫名不段嘗試跟你說你好的攤販。臺灣的傳統市場大多都是讓顧客自行挑選中意的蔬果個體，但在義大利都是口頭告知商家，由商家為你包裝，在購物時再多加留意～值得一提的是，如果你是喜愛酒精的同學，那義大利真的非常適合你，在各種場合中都可以見到他的存在，同學下課hang out，都是習慣約在bar點aperitivo（個人不喝酒就不太適應這種文化哈哈哈）

衣著上，杜林並無常見日本連鎖品牌，在各歐美連鎖服飾店的陳列及商品中，也很明顯的可以看到市場需求跟策略的不同，顏色也都相當繽紛。若是你比較習慣極簡的穿衣風格，會建議主要帶自己常穿適應的下著，我在義大利購買褲子、裙子的數量為零。（腳不夠長qq 腰臀比與當地主流產品不合 嗚嗚嗚)

D. 交換/研修之具體效益（請條列式列舉）

1. 拓展國際視野與跨文化理解：透過在義大利生活、修習不同區域政治課程及與各國學生交流，更直接理解不同國家的社會、文化與政治環境。
2. 提升獨立生活與問題解決能力：從交通、租屋、行政程序到日常生活，都需要自行尋找資訊並處理問題，也提升面對突發狀況的應變能力。增強跨文化溝通能力：在語言與文化背景不同的環境中，學習如何與不同國籍的人溝通、合作，並適應不同的表達與相處方式。
3. 提升生活韌性與適應能力：面對語言障礙、租屋糾紛、文化差異及生活上的各種不便，逐漸學習調整心態並尋找可行的解決方式。
4. 拓展政治學學習的視野：接觸拉丁美洲政治、全球南方等過去較少涉獵的領域，也體驗與臺灣不同的課程設計與教學方式。
5. 增加獨立探索世界的勇氣：交換期間完成許多過去未曾嘗試的事情，也更加習慣獨自旅行、規劃行程及面對陌生環境。
6. 重新思考自己的生涯與未來方向：透過海外學習與生活經驗，更清楚認識自己的能力、限制與期待，也增加未來參與國際交流及海外工作的意願。

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?

遇到最大的困境：惡房東，房東時常未事先告知就隨意進入租屋處，或是隨意收取額外費用，房東的也會不時傳一些情緒性字眼訊息，例如：無恥、未受教育...等。我是搬入之後才發現該合約是非法合約，房東並未依法進行租約登記以此規避稅額，在租金的價格上也在杜林該地算是高昂。

其他義大利籍室友都有嘗試與房東理性溝通，但事與願違，室友們分別在租約未到期前搬離，認賠殺出。而我因為外國身份在義大利當地較難尋找到替代租屋點，加上短租市場更加不易，且押金十分高

昂，只能忍氣吞聲。對於這個狀況的解決方式，我窮盡一切資源，申請杜林地區教育聯盟宿舍、寫信請求杜林大學國際處協助、與杜林交換系所負責人洽談、查找相關法規及工會組織以及託人詢問當地律師，不是收到無能為力的回覆外，就是需要先支付一大筆金額才能進行未可知的諮詢....對於這件事的最大啟發，可能就是學習在保護好自身人身安全的狀況下，盡可能降低財產及權益上的損失。

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?

時間觀念的不同。義大利人普遍的時間觀念較為模糊，通常都是講一個大概時間「around」實際上可能在半小時或一小時後左右，雖然情況因人而異，但80%的狀況下不要提早到，或是稍微晚一點到，我最高紀錄是等了一個半小時，供大家參考。

岐視的存在，在歐洲生活難免會遇到歧視的狀況，從日常生活到採買都有機會遇到，這時候就放寬心，不要內耗，依照狀況進行反應。曾經有一次與韓國朋友一起到常去的咖啡廳唸書，那時候到了午餐時段，店內比較繁忙，就遇到店員請在使用筆電的我們「get out」。即便我們咖啡還沒喝完，並嘗試跟店員溝通可以加點或是收起筆電用餐，對方也是回覆：「No, you need to get out.」，誇張的是，當時附近同樣使用電腦的義大利顧客並沒有被要求離開。第一次遇到這麼強烈的狀況是真的很難過，事後離開我寫信向該公司說明狀況，也有留下地圖評論，但也是不了了之。面對這樣的狀況，除了選擇他店進行消費。也就只能自我調適了。

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?

找回過去勇敢的自己。

H. 感想與建議

盡你所能的去體驗世界吧！The experience is priceless.

在社會規則的運作下，資本的累積及複製是僅靠自身無法決定的狀態，過去我曾想至荷蘭攻讀碩士學位，但高昂的費用阻擋了前進的路。真的很感謝中山大學與政治所提供了這樣的機會，讓我在就讀研究所期間有實現夢想的機會。真的好慶幸自己有唸書的機會及就學的權利。

經過這一趟旅程後，我做了許多新鮮的嘗試，第一次自己爬山、第一次自己看演唱會、第一次自己搭飛機，以及解鎖那些過去總是在教科書中學到的歷史與景緻...巴黎羅浮宮、羅馬競技場、倫敦大笨鐘以及布達佩斯的藍色多瑙河，過去印製在紙上的場景實際在眼前浮現，那樣的感動實在難以言說。我最感動的時刻是在英國觀看悲慘世界的音樂劇演出，在高中的音樂課中，老師播放了十週年版的悲慘世界，從那時起我就深深喜歡上這部作品，甚至有一段時間幾乎每天都在無限重播。在悲慘世界音樂劇要到台灣巡演時，早早就買好了門票，但可惜的是最後因為其他願故無乏前往，成為了遺憾。許多歌曲對我來說早已熟悉到，只要聽到一小段旋律，就能自然接出下一句歌詞。直到這次終於在倫敦親眼看到現場演出，眼淚就不自覺得從臉頰滑落。再次感謝校方的協助及努力走到這裡的自己。

有任何問題都很歡迎同學們詢問！祝福各位一切順利！

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

My exchange experience at the University of Turin was one of the most meaningful journeys in my life. Founded in 1404, the University of Turin is one of the oldest and largest public universities in Italy. Located in Turin, the capital of the Piedmont region, the university has a strong academic tradition in the humanities, political and social sciences, law, economics, medicine, and natural sciences. With around 83,000 students and campuses located throughout the city, the university provides a highly interdisciplinary and international learning environment.

Among all the courses I took during my exchange, Latin American Politics was the one I enjoyed and benefited from the most. Before coming to Italy, I had relatively little exposure to Latin American politics, so the course opened a completely new field of study for me. The professor had extensive research experience in Latin America and had also lived in the region, which made the lectures vivid and closely connected to real political

and social contexts. One of the most interesting assignments was called the “Impossible Interview.” Students were asked to use multimedia and their imagination to conduct an interview with an important historical figure or an ordinary person related to Latin American politics. My group chose Evita Perón, one of the most iconic and controversial figures in Argentine history. We created a morning talk show and used role-playing to imagine a conversation with her. This assignment allowed me to learn political history in a much more creative way and showed me that political science does not always have to be studied only through textbooks and academic papers.

Outside the classroom, living in Italy itself became another form of learning. Daily life in Turin was very different from what I was used to in Taiwan. Even something as simple as applying for a transportation card could become a challenge. In Taiwan, purchasing a transportation card may take less than a minute, while in Turin I had to make an appointment with GTT, the local transportation company, and sometimes wait for days before getting an available appointment. At the beginning of my exchange, I once waited for almost two hours at a service center without being able to complete the application. Dealing with these situations while facing a language barrier was frustrating, but it gradually taught me to become more patient and independent.

Language was another important part of my adaptation. English is not always widely used in everyday situations in Turin. Although I had studied Italian for about three months before arriving and continued learning through language apps, ordering food, shopping at markets, or handling administrative matters could still be difficult. Through these experiences, I realized how much language ability can influence one's experience in another country. I would strongly recommend that future exchange students begin learning Italian as early as possible.

Food culture was also very different from Taiwan. Bread, sandwiches, pasta, ham, cheese, and salad became part of my everyday life. One of my favorite places in Turin was Porta Palazzo Market, where fresh fruits and vegetables were often cheaper and better than those in supermarkets. Shopping there, however, also required courage because customers usually needed to tell vendors what they wanted instead of simply selecting the products themselves. Even these small interactions became opportunities for me to practice Italian and become more comfortable communicating with local people.

Of course, my exchange experience was not always easy. One of my greatest challenges was dealing with a problematic landlord who sometimes entered the apartment without proper notice, demanded additional fees, and sent emotionally aggressive messages. I later discovered that the rental contract had not been properly registered. Because short-term accommodation in Turin was difficult to find and deposits were expensive, moving out immediately was not a realistic option for me. I contacted the university, searched for student housing, consulted local organizations, checked relevant regulations, and even tried to seek legal advice. Although the problem was never completely resolved, the experience taught me an important lesson: when facing an unfair situation abroad, protecting my personal safety should always come first, while I should also try my best to reduce financial and legal risks.

I also experienced cultural differences and uncomfortable moments. Italians, for example, often have a more flexible concept of time than what I was used to in Taiwan. When someone says “around” a certain time, it may actually mean thirty minutes or even an hour later. Another more difficult experience happened at a café I

frequently visited with a Korean friend. During the lunch period, a staff member repeatedly told us to “get out,” even though we had not finished our coffee and were willing to order lunch and stop using our laptops. What made the situation more uncomfortable was that nearby Italian customers who were also using laptops were not asked to leave. I later wrote to the company and left a review describing what had happened. Although I never received a meaningful response, this experience made me more aware of how language, identity, and unequal treatment can shape one's experience abroad.

Despite these difficulties, the exchange brought me many concrete benefits. I became more independent, adaptable, and confident in solving problems. I learned how to communicate with people from different cultural backgrounds and developed a broader understanding of politics and society beyond Taiwan. Most importantly, I rediscovered a braver version of myself. During these months, I did many things for the first time: traveling alone, hiking alone, taking flights by myself, and exploring cities that I had previously only seen in textbooks.

One of the most unforgettable moments was watching *Les Misérables* in London. I first discovered the musical in high school, when my music teacher showed us the tenth-anniversary concert version. From that moment, I fell deeply in love with it and listened to its songs almost every day for a period. Years later, when *Les Misérables* toured Taiwan, I bought a ticket but unfortunately could not attend the performance. It became a small regret that stayed with me for years. Finally, during my exchange, I had the chance to see the musical live in London. I knew many of the songs so well that I could almost continue the next line after hearing only a short melody. When the performance began, tears naturally came to my eyes. At that moment, I felt that I was not only watching a musical I had loved for years but also fulfilling a promise to my younger self.

Looking back, I am deeply grateful to National Sun Yat-sen University and the Institute of Political Science for giving me the opportunity to study abroad. Studying overseas can be financially difficult, and not everyone has equal access to such opportunities. I once dreamed of studying for a master's degree in Europe, but the high cost made it difficult to realize. This exchange program allowed me to experience a part of that dream.

During this journey, places that once existed only on the pages of textbooks became real: the Louvre in Paris, the Colosseum in Rome, Big Ben in London, and the Danube River in Budapest. Seeing these places with my own eyes was something I will never forget. This exchange was not simply an academic experience; it was also a journey of independence, resilience, curiosity, and self-discovery.

If I could give one piece of advice to future exchange students, it would be this: experience the world as much as you can. Challenges will certainly happen, but they will also become part of the journey. The experience is priceless.