都靈大學是義大利最古老且最負盛名的大學之一，在皮埃蒙特地區擁有超過一百個校區。SAA 是位於杜林南邊的 Lingotto，是都靈大學 SME 底下的重要系所。SME 學院比較注重於經濟與金融領域，而 SAA 則更多地聚焦於管理科學。在所有的課程中我最喜歡的是 Leadership in a Change Management。這門課有別於傳統的上課方式老師在台上講課、學生在台下聽講的模式，是一堂互動性極高的小班制課程，全班僅有二十個人。課堂上需要不時地發表個人意見，並有非常多的報告要完成，上課步調極快，幾乎每天都有新的任務，且在下次上課必須上台發表。期末的總結呈現是一個大型的辯論，全班分為兩組，每個人必須代表公司不同的角色。在這個過程中，我們必須思考如何談判、溝通、磨合，同時闡述自己的優勢與機會，最終與對方達成合作。我覺得這是一門非常實用的課程，因為它提前訓練了我們在未來職場上可能面臨的真實情境，培養了我們的表達自信、說服他人的能力，以及考量長期利益的宏觀視野。
除了學術上的收穫，生活層面的體驗同樣深刻。因為我住在學生宿舍裡，得以結識來自世界各地、擁有不同文化背景的朋友，這給了我極佳的機會去學習如何在多元文化下與人相處。杜林本身就是一個非常熱門的交換學生聚集地，校外也有許多 Erasmus 組織舉辦的活動可以自由參加。宿舍生活跟在台灣非常不一樣，大家更像是一個大家庭，關係非常緊密。我們經常一起煮飯、一起吃飯、一起慶祝畢業，花很多時間聚在一起，因此感情非常好。宿舍裡平時也會舉辦各種課程和活動讓大家參與。
剛來到這個陌生的環境時，我一句義大利文都不會說，甚至遇到許多不會說英文的當地人，一開始真的感到非常無助。然而，或許正是這樣的環境，才真正迫使人迅速成長。在台灣，生活機能極度方便有效率，肚子餓了隨時隨地都有餐廳或便利商店開著；但來到這裡後，我開始學會自己買菜、動手做飯。這裡的生活步調相對較慢，但也讓我更懂得如何生活，學會主動停下腳步去享受當下。或許只是在陽光下曬著太陽看書，又或是和三五好友坐在庭院裡聊天、彈吉他，所有的時間都好像慢了下來。人與人之間的距離變得更近，就算是素昧平生的陌生人也會親切地和你聊上幾句。這讓我深刻感受到甚麼是生活，而不是凡事都急著趕進度。有時候，慢下腳步反而能欣賞到更多平常忽略的風景。當然，這段旅程也伴隨著挑戰。一開始最大的挫折在於語言障礙，剛抵達時我一個字都聽不懂，只會說「ciao」和「grazie」。有時候當地人會顯得有些不耐發或無法溝通，讓我覺得很挫折。但住了一陣子之後，我開始學會一些基本單字，能夠進行簡單的溝通與問候，甚至當你告訴他們你聽不懂、但正在學習時，他們都會表現得非常高興，不僅會稱讚你，還會放慢說話速度讓你聽懂，這給了我極大的動力去學習。
初來乍到時，最不習慣的大概是當地的生活習慣，尤其是用餐時間非常晚。學校的課程有時會上到下午一點多才去吃午餐，晚餐甚至要到晚上九點才開始。此外，當地的早餐基本上以可頌等甜食為主，完全沒有鹹食選項，這讓我一開始很不習慣。因為我住在宿舍，有一次義大利室友看到我早餐吃雞蛋，竟然驚呼地問我：「這是早餐還是午餐？早餐怎麼會吃雞蛋？」
不過，經過了一陣子後，我也漸漸被當地文化影響。我開始不再死守著「時間到了就一定要吃飯」的僵化觀念，而是優先把手頭的事情處理完再去用餐。加上用餐時間往往是宿舍裡重要的社交時刻，跟著大家一起行動，後來也就自然而然習慣了較晚吃晚餐的作息。 這趟交換旅程透過緊湊的實務課程、多元文化的宿舍生活以及生活步調的轉變，不僅突破了語言與文化的障礙，也學會在慢下來的日常中重新定義生活，實現了全方位的個人成長。

University of Turin is one of Italy's oldest and most prestigious universities, featuring over one hundred campuses spread across the Piemonte region. Among its vibrant academic hubs, SAA is located in Lingotto, in the southern part of Turin, operating as a key department under the university's School of Management and Economics (SME). While SME focuses heavily on economics and finance, SAA places a much greater emphasis on management science and practical application.

Academic-wise, the experience was also very different from my home university. The pace and the grading structure were completely new to me, as scores were often heavily based on a single written final exam, and some intensive courses could wrap up in just one month. It took me some time to adjust to this different academic rhythm and pressure. Among all my courses, my favorite was Leadership in Change Management. Unlike traditional classes where professors lecture and students passively listen, this was a highly interactive, small-seminar class of just twenty students. We were constantly required to voice our opinions, complete rapid-fire assignments, and participate in a final debate representing different corporate roles, which brilliantly trained our expressive confidence, communication skills, and long-term strategic vision.

Beyond academics, the working system and administrative style at SAA and in general Italian daily life were entirely different from what I was used to in Taiwan, taking a considerable while to get accustomed to. For instance, academic administration required submitting a learning agreement to select classes before the term began, even though the actual class schedule was only released after school started. This inevitably led to timetable overlaps that had to be sorted out mid-semester. Administrative hurdles extended far beyond campus as well; when I went to secure my residence permit, I had to line up for five hours despite having a scheduled appointment.

Public transportation offered another major culture shock. In Taiwan, transit is notoriously punctual and efficient, but in Italy, catching a train or tram meant learning to be pleasantly surprised when it actually arrived on time. I once experienced a two-hour train delay when traveling to Milan, forcing me to wait indefinitely at the station, while daily trams were routinely late. Even inside the classroom, norms differed drastically; whereas classes in Taiwan start precisely on time, Italian professors typically wait fifteen minutes for students to arrive because being fifteen minutes late is simply not considered tardy there.

Despite these logistical frustrations and funny adjustments, living in the student residence hall allowed me to meet people from all around the world with diverse cultural backgrounds, sharing unforgettable moments like cooking together, celebrating graduations, and joining Erasmus activities. Even though when I first got there I was super nervous because I didn't speak Italian and encountered locals who couldn't speak English, I still survived—which really taught me never to underestimate yourself.

I learned how to cook for myself, and because the pace of life is slower, I finally got the chance to truly live my life rather than just rushing through tasks. Whether it was reading under the sun, playing the guitar in the courtyard, or enjoying deep conversations with strangers, slowing down allowed me to appreciate the moment. Of course, adjusting to local routines also brought cultural surprises, such as much later dinner times and unique breakfast habits. While I adapted to some changes, I still kept my own personal principles intact. Ultimately, this journey pushed me to grow in ways I never expected, blending new cultural habits, overcoming language barriers, and transforming my perspective on life.