我交換的這所學校是 Luiss business school，位於羅馬市中心，但卻沒有著名景點繁雜的地區，學校有許多科系，包含各類會計、財金、管理等，因為義大利是時尚大國，因此來這裡應該大部分都會希望可以修習到有跟時尚有關得相關課程，所以我也選擇了時尚管理。在這裡我總共修了四堂課，CRM& Promotion, Branding, Brand Strategies in Fashion and Luxury Industries, Digital Marketing in Fashion。我認為這邊沒有讓我受益多良的課程，這間學校是一堂課上完才會上下一堂課，跟台灣會把一堂課上一整個學期的方式非常不一樣。基本上一次課就是一整天，例如 CRM& Promotion，就會上整整三天的課然後加考試就沒了。個人覺得在這麼短的時間內上完一堂課基本上是沒辦法好好吸收的。但在這其中可以更了解義大利人跟了解義大利的上課方式，在台灣我們如果要報告都需要附上兩份一份 WORD 一份 PPT 但義大利只需要 PPT 就行，所以他們會習慣在簡報上放許多字，這也是另類的文化差異。整體來說受益最多良的就是文化上以及語言上，在台灣就算是全英文授課但也是會有一半的學生都是台灣人，在義大利完全不一樣，亞洲人基本上是極少數，因此可以促進自己多說英文，增進語言能力，再來還是可以增進一些對時尚大牌的歷史背景與小知識。

在沒有課的時候我就會安排到其他國家旅遊，像是去了比利時、維也納、荷蘭、匈牙利、捷克、西班牙、法國、希臘、馬爾他這些國家。其實交換學生也不是網路上說得那麼光鮮亮，看似去了很多地方，但其實背後都是無數個扛行李搭 Flixbus 血淚過程。我認為到最後會越來越認識自己，發現其實這樣一直出去玩的日子看似開心但其實心理上跟身體上都有點疲憊，玩到後面甚至對拍照都沒什麼慾望，我也了解到我喜歡的旅遊方式是不是努力踩點，去更多國家，而是在一個國家裡悠閒的玩。歐洲的大部分景點都是需要徒步爬坡或是爬樓梯才能抵達，再加上每天早出晚歸，日走兩萬步，身體還沒消化完就要接續下一個旅程，是有點吃不消的。但同時又覺得還會有什麼時候可以這樣好好玩歐洲呢，所以還是會硬著頭皮玩。另外出生在非常便利的亞洲的我來到義大利覺得很多事都非常不方便，第一居留證，我離開了都還沒拿到居留證，第二遲到的交通，羅馬根本就是公車地獄，常常是等一小時都不來的公車，google 是不准的，除了等以外也沒別的選擇，有些公車上還不會有冷氣，不管室內室外都一樣悶熱的情形。第三治安，羅馬是一個很多吉普賽人的地方，尤其是去這些著名景點需要特別注意自己的隨身物品，所以我大部分的時間都會套著手機掛繩，以免自己的手機被偷，以及晚上可能會有很多流浪漢要注意自身安全，特別是在車站，常常搭晚一點的班機回羅馬後到車站後都會快速叫計程車回家，不敢多逗留。因此這趟交換最大的效益我認為是心靈層面上的，發現台灣是個多美麗多方便的寶島。在歐洲我會因為今天又平安到家這種看似稀鬆平常的事而開心，也了解台灣真的是一個非常便利的地方，我們有準時的交通，有便宜的醫療，真的要自己去走訪一次才會了解，也深刻體會歐洲也不是網路上說的那麼理想與夢幻。這次六月的熱浪，在歐洲不少人被熱死，因為不管室市內還是室外都沒冷氣。時常跟台灣朋友說義大利好熱，他們總是回答我台灣也很熱或是台灣更熱。沒有！回台灣後我真的可以說歐洲比台灣熱。而且是很燙，刺痛的熱，在這同時也沒有幾個可以室內避暑。義大利甚至有規定公共場合不可以開低於 25 度的規定，因此只要人一多，冷氣有開跟沒開是沒什麼區別的。以上這些也可以說是文化衝擊，畢竟在歐洲人眼裡這些都是很正常的事，我們也只能入境隨俗，去適應他，這也讓我了解歐洲不適合我生活，只適合我來旅遊。

最後，整體上還是會建議大家有機會就出來交換看看，或許玩得很累或是這邊生活不盡理想，但這些都是可以更了解自己與這個社會的經驗。我相信人生或許也不會有可以長時間都待在歐洲的時間了。所以就算經歷了這些我也都不為我當初的選擇做後悔！或許可以的話希望是在巴黎交換而不是羅馬，不過總結都是無價的回憶與經驗。

My exchange program was at LUISS Business School in Rome, Italy. The campus is located in the city center but away from the busiest tourist attractions, providing a comfortable environment for studying. Since Italy is famous for its fashion industry, I decided to take courses related to fashion management. During my exchange, I completed four courses:CRM & Promotion, Branding, Brand Strategies in Fashion and Luxury Industries,andDigital Marketing in Fashion.

The teaching style was very different from Taiwan. Instead of taking one course throughout the semester, each course was completed within a few intensive days followed immediately by the final exam. Although this allowed us to focus on one subject at a time, I found it difficult to fully absorb the material in such a short period. However, I gained valuable insights into the Italian education system and presentation style. Unlike in Taiwan, where reports usually

require both a written report and presentation slides, professors in Italy generally only ask for PowerPoint presentations, which often contain much more text. Since almost all of my classmates came from different countries, I also had many opportunities to communicate in English, which greatly improved my language skills.

Outside of class, I took the opportunity to explore Europe. During my exchange, I visited Belgium, Austria, the Netherlands, Hungary, the Czech Republic, Spain, France, Greece, and Malta. Traveling across Europe was an unforgettable experience, but it was also much more challenging than it appeared on social media. Behind every beautiful photo were countless hours spent carrying heavy luggage, taking overnight FlixBus rides, catching early flights, and walking more than 20,000 steps a day. As time went on, I realized that constantly moving from one country to another was physically exhausting and mentally draining. I also discovered that I enjoy slow travel much more than trying to visit as many countries as possible. Spending more time experiencing one place deeply is much more meaningful to me than simply checking famous attractions off a list.

Living in Rome also exposed me to many cultural differences and daily challenges. The residence permit application process was extremely slow, and I had not even been notified to complete my fingerprint appointment before my exchange ended. Public transportation was another major challenge. Buses were often delayed or did not arrive at all, making Google Maps unreliable. During the summer, many buses and public spaces had little or no air conditioning, making daily commuting uncomfortable. Safety was another concern, especially around train stations and popular tourist attractions, where pickpocketing is common. I became much more cautious by keeping my belongings secure and avoiding walking alone late at night.

Despite these difficulties, this exchange experience was one of the most meaningful experiences of my life. It allowed me to experience a completely different culture and lifestyle while helping me better understand myself. More importantly, living abroad made me truly appreciate Taiwan's convenience, efficient public transportation, affordable healthcare, and overall sense of safety. Many things that I had once taken for granted became things I deeply appreciated after living in Europe. Although I realized that Europe is probably a place I would prefer to visit rather than live in, I have absolutely no regrets about choosing to study abroad. The friendships I built, the lessons I learned, and the personal growth I experienced are memories that I will always treasure. I would still encourage every student to participate in an exchange program if they have the opportunity, because the experience is truly priceless.