

臺北市立大學

學生出國研修心得報告

獲補助年度：113-1

研修領域：時尚與管理

系所、年級：視覺藝術學系、五年級

學生姓名：賴郁欣

研修國家：義大利

研修學校(中英文)：高等翻譯大學 SSML Unicollège

研修時間：中華民國 113 年 9 月 23 日至 114 年 6 月 30 日

國外研修成績：ECTS credits(24)

短片時間及標題：在歐洲發生的一些事

中華民國 114 年 8 月 12 日

*(非亞洲地區交換同學請以英文撰寫報告)

目 錄

(請以標楷體 14 號，行高 1.5 繕打，並標示頁碼)

壹、緣起	1
貳、研修學校簡介	1
參、國外研修之課程學習(課內).....	2
肆、國外研修之生活學習(課外).....	3
伍、研修之具體效益(請條列式列舉)	4
陸、感想與建議(含 3 分鐘短片連結).....	5

壹、緣起

行前準備(100 字)

The trickiest part before departure was definitely the visa and residence permit. Once I got my exchange offer, I immediately booked my visa appointment on the “Italian Economic, Trade and Cultural Promotion Office in Taipei” website—two to three months ahead is safest, since slots are only available on Tuesday and Thursday mornings and fill up fast.

The residence permit is done after arriving in Italy, costs about € 85, and takes over four months. I applied through the local post office. Although the official deadline is seven days, some students waited a month without problems. Prepare your documents in advance to avoid last-minute chaos.

貳、研修學校簡介

學校介紹(100 字)

Unicollege offers three-year bachelor’ s programs combining theory and practice, with strong ties to companies and overseas universities. Students can choose bilingual courses and five specializations: Criminology & Cybersecurity, Fashion & Luxury Management, Marketing & Communications, International & Diplomatic Relations, and Arts, Culture & Tourism Management. Exchange students mainly study in Florence, taking electives in these areas plus language courses. The three modern campuses, Language Center, and

student housing create a supportive environment.

參、國外研修之課程學習(課內)

修課課程內容 (100 字)

Course selection at this school is very straightforward. About two months before the semester begins, the school sends students an email with the full course list. Along with it, you'll find a "learning agreement" form, and just fill in the courses you want to take and send it back, and your registration is done.

All courses can be taken either as attending or non-attending.

"Attending" means going to class in person, being marked present, and participating in group projects. "Non-attending" isn't online learning. It's entirely self-study at home, with no need to go to campus or do group work. The teaching materials, grading, and final exams differ slightly between the two, but both require you to take the final exam in person. If two classes happen to clash in schedule, you can still register for both—just take one as attending and the other as non-attending, as long as their final exams don't overlap. Each semester, I had one non-attending class: "Fashion, Luxury and Made in Italy" in the first, and "Management and Creative Direction" in the second. Some courses are content-heavy and challenging, and since most finals are essay-based, it's worth starting revision early. Leaving it until the night before often isn't enough to get

through the material.

肆、 國外研修之生活學習(課外)

交換學校住宿、當地／該校學生活動、費用（保險費／生活費／特殊支出）、或是在當地遇到的特殊經歷(200 字)

Accommodation

I stayed in a double room in the university dormitory, sharing the kitchen and bathroom with my roommate. The rent was € 550 per month.

However, if I could do it again, I might not choose the dorm, as some apartments in the city offer better facilities and a more convenient location for the same price.

Living Expenses

For one semester, I recommend budgeting around NT\$300,000 – 400,000, or NT\$500,000 – 600,000 if you want a more comfortable lifestyle.

Payments are very convenient because Apple Pay is accepted almost everywhere, and you can simply tap your card or phone to ride trams and buses. You don't need to carry your passport for daily outings (unless you're buying tax-free items), and bars rarely check ID. For travel, book tickets as early as possible, since prices can double as the date approaches.

Food

I cooked at least one meal a day. Eating out in Italy isn't cheap, but supermarkets offer fresh and varied ingredients. The large supermarket near my school was like paradise to me. I could spend half an hour just picking

yogurt. I occasionally visited Asian grocery stores, but most of the time I cooked with local ingredients.

Safety & Culture

It's best to go out with others after dark and always keep an eye on your belongings. When I first arrived, I was the only Asian student, so the cultural shock was quite strong. However, my classmates were very friendly, and I made many friends both in and outside of class. We often had meals together, chatted, and shared our cultures—one of the most valuable parts of my exchange experience.

Language

Most young people speak decent English, but older staff at restaurants or the post office may only speak Italian. Learning some basic Italian phrases can make daily life much easier.

伍、 研修之具體效益

(請條列式列舉 150 字)

Independence and Adaptability: Facing unfamiliar environments and unexpected situations strengthens problem-solving skills and self-management.

Language Proficiency: Using a foreign language daily in both life and class improves practical communication skills and quick thinking.

Cross-Cultural Understanding: Immersing in the local culture and lifestyle fosters respect and openness toward different values.

International Networking: Interacting with students and professors from various countries builds a diverse global network.

Academic and Professional Growth: Exposure to different education systems and learning methods broadens academic and professional perspectives.

Personal Development: Cultivates an open mindset and global outlook while enhancing confidence and initiative.

陸、感想與建議(含 3 分鐘短片連結)

心得經驗分享以及給未來參加交換計畫同學建議(350 字)

During my exchange, life wasn't always as romantic as it looks in photos. At first, everything felt fresh and exciting, but there were also plenty of little breakdown moments. In winter, the dorm heating was inconsistent, and sometimes the shower water would suddenly turn ice-cold. Once, when I went to the post office to send a package back to Taiwan, the staff didn't speak any English. It took me almost half an hour just to explain what I wanted to send, and in the end, a kind stranger helped translate so I could finally get it done.

Life in Italy moves at a much slower pace compared to Taiwan. In the beginning, I often got frustrated waiting for buses or dealing

with slow procedures, but over time I learned to use those moments to observe the streets or chat with locals. There were days when I missed everything about Taiwan so much that I even questioned why I had come so far just to “suffer.” Although I sometimes felt lonely, especially since I was the only Asian student at the school that semester. It pushed me to be more proactive in connecting with others. I shared meals and stories with classmates after class and even got invited to small events that only locals knew about.

If I could give one piece of advice to future exchange students, it would be this: don’ t expect everything to be perfect, but trust that the challenges and inconveniences will one day become the kind of memories that make you smile and treasure the experience even more.

具代表性出國交換照片說明(4 張)



Handing out at my friend' s apartment~



My favorite spot in Firenze, a film library. The best part is that it' s free, the chairs are super comfortable, and lots of people go there to read, or even take a nap (?).



Our Italian friend us over for lunch, and we all enjoyed the meal together.



After having dinner with friends, we wandered through downtown Firenze and snapped a group photo under the Duomo.