心得報告

一、 學校簡介

Emlyon Business School 是一所位於法國里昂的商學院，為法國商學院中的「Big Five」之一，歷史悠久，同時也是法國頂尖的 Grand École 高等專業學院。該校在法國商學院排名約為第二至第四名之間，於歐洲亦名列前十五名。學校由里昂工商會於 1872 年創立，並同時取得 AACSB、AMBA 及 EQUIS 三大國際商管教育認證。Emlyon 較為知名的是其研究所課程，而大學部校區則位於 Saint-Étienne，成立時間尚短，今年為成立第二年。校園規模不大，僅有一棟主要教學大樓，大學部也僅設有一個學系，即 BBA Program（Bachelor in Business Administration）。

二、 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

學校以國際化為特色，校內有來自各國的國際學生，因此開設了許多英語授課課程。課程評分方式多以出席率、課堂報告與考試為主，學習過程相當重視課堂參與與實際表現。上課氛圍非常好，學生都很積極參與討論，並主動向老師提問或給予回饋。

我選修的課程包括 Digital Marketing、Media Management、Global Purchasing Strategy & Operations 以及 Franch A1。在這些課程中，我最喜歡的是學校免費提供、且不列入學分的 Franch A1 法文課程。老師在教授基礎法文的同時，也會穿插介紹法國及里昂的文化與生活特色，課堂氣氛輕鬆、互動性高，讓學習語言的過程變得有趣而不枯燥，每次上課都覺得時間過得很快。

三、 交換/研修之具體效益

1. 英文口說能力明顯進步

在全英語授課與分組討論的環境中，需要頻繁表達想法與與同學溝通，讓我在口說流暢度與自信心

上都有明顯提升。

2. 學會基礎法文並能應用於生活中

透過修習法文初階課程，能進行簡單的日常對話，也更能融入當地生活。

3. 培養基本的下廚與生活自理能力

在國外生活期間，學會自己準備餐食與安排日常生活，提升生活自理能力。

4. 拓展國際視野，對全球化有更實際的體會

與來自不同國家的同學一起上課與合作，讓我更理解各國在學習與思考方式上的差異。

5. 學會獨立生活與自行做決定

從課程安排、生活規劃到日常大小事，都需要自己處理，培養了獨立思考與解決問題的能力。

6. 更能包容並理解文化差異

在多元文化的學習環境中，學會尊重不同背景與觀點，並用開放的心態溝通。

7. 提升面對突發狀況的應變能力

在語言與制度不同的情況下，學會冷靜處理各種生活與學習上的問題。

8. 結交來自世界各地的朋友

在研修期間認識許多不同國家的同學，建立了珍貴的跨國友誼與交流經驗

四、 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？

在海外研修期間，並未遇到特別重大的困境，整體生活與學習過程都算順利。雖然一開始需要適應語言與生活環境的不同，但隨著時間累積，加上主動詢問同學與學校相關單位，這些問題都能逐漸克服。這段經驗讓我了解到，只要事前準備充足，並保持開放與彈性的心態，面對海外生活的不確定性其實沒有想像中困難，也讓我對未來再次到國外學習或生活更有信心。

五、 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

在交換期間，最大的文化衝擊是時不時會遇到罷工。一開始會覺得有點煩躁，行程常常被打亂，但慢慢習慣之後，反而學會用比較淡然的心態去面對。遇到無法搭車的時候，就乾脆走路四十分鐘回家，沿路看看街景和路人，其實也是一種特別的體驗（當然這是在居住區域安全、時間也不算太晚的情況下）。另一個明顯的文化衝擊是外食費用真的很高，因此只好自己買食材回家下廚。從一開始完全不會做菜，到後來慢慢培養出興趣，在台灣幾乎沒進過廚房的我，現在已經可以自己煮紅酒燉牛肉、各種燉飯、炒飯和義大利麵，這也成為交換生活中很意外、但很有成就感的一部分。

六、 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？

在法國交換的這段期間，確實帶給我很多改變。在當地需要用不熟悉的語言溝通（加上英文並不是到處都能使用），也要慢慢適應不同的文化與生活方式；就連想去其他城市或國家旅行，也都必須自己規劃與安排。這些過程讓我明顯感覺到自己成長了，也發現其實我有能力把生活過好。離開原本熟悉的環境與人際圈後，反而有更多時間與自己相處，開始更清楚地思考自己真正想要的是什麼。透過接觸不同文化，我也學會從中選擇適合自己的價值與生活方式，並慢慢內化成為自己的一部分，這是這趟交換經驗中非常珍貴的收穫。

七、 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?

雖然沒有這份獎學金不會改變我出國的計劃，但也讓生活有更多餘裕，不用樣樣節儉，所以非常感謝能有這樣的資源。另外，獎學金也敦促了組學業上的表現。

八、 給乘風萬里獎勵金捐贈者的感言及心得感想

非常感謝能有這樣的資源，我很珍惜！

九、 英文心得

Emlyon Business School is a business school located in Lyon, France, and is recognized as one of the “Big Five” business schools in the country. It is also a well-known Grand École institution with a long history. Founded in 1872 by the Lyon Chamber of Commerce and Industry, emlyon holds three major international accreditations: AACSB, AMBA, and EQUIS. The school is especially well known for its graduate programs, while the undergraduate campus is located in Saint-Étienne and is relatively new. The campus is small, with only one main academic building, and currently offers a single program, the Bachelor in Business Administration (BBA).

One of the most noticeable features of emlyon is its highly international environment. Students come from many different countries, and as a result, the school offers a wide range of courses taught in English. Most courses are evaluated based on attendance, presentations, class participation, and examinations. The classroom atmosphere was very active, and students were encouraged to express their opinions, ask questions, and interact with professors, which made the learning experience more engaging.

During my exchange period, I took courses including Digital Marketing, Media Management, Global Purchasing Strategy & Operations, and French A1. Among these, my favorite course was the French A1 class, which was offered for free and did not count toward academic credits. In this class, the instructor not only taught basic French but also introduced French culture and daily life in Lyon. The class atmosphere was relaxed and interactive, making the learning process enjoyable, and I often felt that time passed very quickly during the lessons.

Beyond academic learning, this exchange experience brought many practical benefits.

Studying in an English-speaking environment helped me improve my English speaking skills, especially my confidence when expressing ideas during discussions and group work. Learning basic French also allowed me to handle simple daily situations more smoothly and feel more connected to local life.

This exchange experience also broadened my international perspective. Studying and living with students from different cultural backgrounds helped me understand diverse ways of thinking and learning. I became more open-minded and learned to respect cultural differences. In addition, I improved my ability to handle unexpected situations, such as transportation issues or language barriers, by staying calm and finding solutions.

Overall, my overseas study and daily life went smoothly, and I did not encounter any major difficulties. Although there was an initial adjustment period, especially related to language and lifestyle differences, these challenges gradually became manageable through preparation and communication.

This exchange experience brought meaningful personal growth. Living in an unfamiliar environment pushed me out of my comfort zone and helped me realize that I am capable of taking care of myself. Being away from familiar surroundings also gave me more time to reflect and better understand what I truly want. Through exposure to different cultures, I learned to appreciate the aspects that resonated with me and gradually incorporate them into my own values.

Although the scholarship did not change my decision to study abroad, it provided greater financial flexibility and reduced daily pressure, allowing me to focus more on learning and

experiencing life overseas. I am truly grateful for this opportunity and sincerely appreciate the support from the scholarship donors.

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