

國立中山大學出國交換/研修(含寒暑期課程)/獎助學生返國報告書

學校簡介

里昂政治學院屬於法國的grande ecole，即大學校，是私立學校的一種，學費較公立學校的高。完整的學制總共五年，三年學士、兩年碩士，學生可以選擇完成五年的學業，或是在唸完學士學位後，取得另外的碩士學位。在第三年時，多數學生可選擇出國交換一年。里昂政治學院的課程專精，所有課程都與政治、經濟、法律等密不可分。學校占地不大，學生數也不算多，但是大部分遇到的學生都能夠用英文溝通。

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

我最喜歡” US Minorities”，這堂課是由Mme. Marion Pulce教授，班上同學大約20多位，因為是小班制，每堂課大家都會分享一週內閱讀到的新聞內容，也會討論時事內容，像是美國印地安人、非裔美國人、亞裔美國人、跨性別者等美國少數族群遇到的歧視與困境。雖然壓力比通識課還大，但我認為我在這堂課程中獲益良多，因為我會強迫自己要在課堂上多發言，這是在台灣不會做的事。

國外研修之生活學習（課外）

課外學習的部分，我們會邀請法國學生到宿舍一起吃飯，在聊天的過程中學習法文，以及了解在法國的生活觀、價值觀等等。例如，我們會一起討論同性戀、種族歧視、移民、法國人如何看待亞洲人、法國人對於新冠肺炎的態度。我認為從聊天中得到最多收穫的是，我了解法國真的是個很多元的國家。雖然同為法國人，但是每個人都來自不同地區，有Alsace，有科西嘉島，有布列塔尼，有菲律賓移民，有阿爾及利亞移民等等，令我吃驚的是，他們口中的”法式料理”完全不是我在台灣所認知的。除了嚴肅的話題，我們也會分享自己國家的料理，像是法國學伴教我們做可麗餅，而我們教他們做蔥抓餅和麻油麵線。

交換/研修之具體效益

1. 有全法語環境(因為很少人願意講英文)而提升法語能力
2. 了解法國複雜的教育體系
3. 從交流過程中發展批判性思考，也較勇於表達自己的想法
4. 透過學校課程和旅行看見文化差異，不僅是台灣與法國，而是法國內部，以及歐洲各國間的不同
5. 體驗法式生活，暫時放下台灣工作狂的心態，感受work-life balance的氛圍

海外生活期間是否曾遭遇困境，及是否解決問題？

最大的挫折與困境來自根深蒂固的種族歧視，加上Covid的關係，讓我與我的同行夥伴們非常恐懼。像是去年11月法國封城時，仇華情緒高漲，亞洲人被隨機傷害攻擊的事件層出不窮，這讓我們每次出門都膽戰心驚，甚至很害怕跟別人對到眼，被認出是亞洲人而被騷擾或痛扁一頓。另一個例子是，我們今年一月初走了一個法國南部城市的火車站外，突然被一位中年法國男子當面大喊”Coronavirus”，當時旁邊的所有人都轉頭看我們，走在前面的人甚至轉身過來瞥了一眼並笑出來，當下我們錯愕到來不及回應，等意識回來後只覺得又生氣又無助，為什麼亞洲人就值得被這樣羞辱呢？這件事涉及的層面太廣泛，不是幾年內就可以解決的，但是這讓我開始思考是什麼造就了今日如此的局面，我想這跟教育水準不一、對亞洲文化的不熟悉、法國人崇尚自由的個人主義都有密切的關聯性。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

最大的文化衝擊莫過於法國人有多愛party，就算封城了、就算一天確診數6萬，他們照樣室內群聚開趴，在我眼裡看來是非常自私的，這對於我一個典型台灣人來說非常不能理解，也因此和我的同行夥伴有了一番爭執。最終在11個月與法國人民的相處下，我稍微讓步，理解這是他們的風俗民情，是他們生活難以被剝奪的一部分。（但現在想起來還是希望法國年輕人能清醒一點）

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？

海外生活帶給我最大的成長是眼界變得更廣，思考時的角度變多元了。由於法國的組成比台灣來得複雜許多，當我提到”法國人”一詞時，我腦中浮現的不再只是高加索人，而是各式各樣的種族，包括中東裔、非裔、亞裔等等。也因為到許多國家旅行，像是西班牙、義大利、德國、奧地利、希臘、荷蘭，就算是鄰國，風俗民情仍存在著差異，大至於市容、穿著、物價、飲食，小至於人民的講話方式、如何關心別人等等。透過這些經歷，我對於歐洲有更深一層的了解，同時擁有更大的包容心來看待群體和個體差異，在評論前也會儘量避免對一個人或一件事有先入為主的偏見。

感言及心得感想

在法國交換兩個學期後，我發現我萌生了想要回去多待一點的念頭，不論是讀碩士或是工作都好，歐洲的生活帶給我許多啟發，是我想要繼續探索的。除了法國的生活氛圍使我念念不忘之外，我也覺得就這樣中斷法文很可惜，畢竟我已經學了三年多，想要趁底子還在的時候往上堆疊。我不敢說去了這一年，我就比那些沒有出國的人還傑出，但是這一路上我所遇到的人、事、物，無論是好的或壞的，這些獨一無二的記憶、想法、思維，都將成為我之後人生中的養分，繼續滋潤我、陪伴我前行。

Sciences Po Lyon is a “grande ecole”, a type of private school in France which costs higher tuition fees than public school do. The academic program takes 5 years in total, including 3 years of baccalaureate degree and 2 years of masters. Yet students can decide whether to complete the entire program, or to alter their studies in their 4th academic year. Most students have the opportunity to participate in the exchange program in the 3rd year, where they spend quality time in a country that has strong relations with their studies. The courses lectured in Sciences Po Lyon are rather concentrated, all of which focus on politics, economics, law, etc.

Among the courses taken during these 2 semesters, my favorite one is “US Minorities” lectured by Madame Marion Pulce. Since the class consisted of only 20 students or so, we were asked to share a news on a weekly basis concerning the course topic, such as the discrimination against and dilemmas experienced by American Indians, African-Americans, Asian-Americans (the AAPI community), and transgender. During class, I have pushed myself to speak up and have plucked up my courage to discuss the news with my classmates, which I had seldom done in my home university, and therefore I do believe that through the class I have gained not only knowledge of related fields but also better oral skills.

As for extra-curricular activities, my Taiwanese companions and I frequently invited some foreign friends over to have lunch or dinner together in our dorm. During our gathering, we learned French from them and shared our perspectives on life and value. For instance, we talked about homosexuality, racial discrimination, immigration, how French people perceive Asian people/ Covid. From these conversations, I learned that France is truly a nation of diversity. Although being “French”, my friends are all from different areas in France with different cultural backgrounds like Alsace, Corsica, and Bretagne. Besides, some of them are descendants of Filipino or Algerian. I was instilled with a whole new concept of “French people” thanks to my friends. In addition to having conversations, we also exchanged our indigenous recipes, our French friend taught us how to make crepes, while we demonstrated how to do scallion pancakes and vermicelli with sesame oil.

Aside from interacting with others, I have noticed some subtle transformations from within during these 11 months. My French proficiency has enhanced since I’ve been surrounded by an entire French-speaking environment; the way I think/ I perceive others has become more diversified; I have become able to express my own opinions to others while feeling less awkward. I do enjoy the benefits which studying abroad has brought me, however, there have been downsides and setbacks living in France as an Asian (or a foreigner in general). For instance, I have run into several cases of racial discrimination against Asian-looking people. In November 2020, the French government declared another lockdown, which again hindered the freedom of the people. As a result, some irrational French people randomly attacked/ harmed Asian-looking people. At that time my friends and I were extremely terrified by the violence, and thus, every time we walked in the street, we lowered our head in fear that others might recognize our ethnicity. What’s worse, when we were walking outside a train station in Nimes (a city in Southern France), a middle-aged man suddenly shouted at us, yelling “Coronavirus”. People around us turned back to look at us, and a man in front of us even snickered. At that moment I felt so angry and helpless inside, yet no solutions ever came to my mind. The only theory that could

possibly explain the phenomenon was that some people were so poorly educated that Asian people/ cultures are like aliens to them. Consequently, they responded with discrimination to what they are not familiar with.

On top of that, cultural shock is something I would like to talk about. Being a typical Taiwanese during the pandemic, I would do everything to protect myself and also others from catching Covid, even by sacrificing personal liberty. Yet French people were the opposite; most of them follow individualism, meaning that the benefits of an individual surpass those of the public. Despite 60,000 confirmed cases reported daily, they wouldn't care; what they cared was whether they could party with their friends or gather with their family. I could not understand at all why people were so selfish like this in the beginning, but later realized it was due to cultural differences.

One of my top intentions to exchange to France is to travel around Europe. From May to July 2021, I have been to Spain, Italy, Germany, Austria, Greece, and the Netherlands. Through traveling, I observed how people from different European countries dress up, behave, talk, and react. It is interesting to feel the subtle differences when dining in a café, or simply walking down the street.

Overall, the exchange program has certainly helped broaden my horizons, and has allowed me to experience how it's like to live in an European country. I wouldn't say I have become superior to people who didn't get a chance to study abroad, but certainly, every single person/ thing/ incident that I encountered on the journey is what I will never forget, and I do believe that the one-of-a-kind memory will keep me accompanied as fertilizers in the rest of my life.