學校簡介

EMLyon Business School 法國里昂高等商學院創立於1872，是法國的百年商學院之一，也是法國排名前三的商學院，在上海、巴黎、摩洛哥等國家及地區都有設立分校。而我這次交換的校區則是位於法國第二大城里昂近郊Écully的山丘上，整個校區僅有三棟主要建築而學生主要都聚集在Building A活動，因此實際活動空間比想像中更小。雖然搭乘大眾交通工具到里昂市中心大約要30分鐘，但學校附近有一間家樂福、藥妝店與多家服飾店所組成的商城，所以生活機能也算方便。

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

這學期總共選了三門課，分別是Advanced corporate finance, Operations strategy, Negotiating complex trade situations 前兩門為一般的講授型課程，成績主要是以考試及分組報告為依據，與中山的研究所課程相比難度及作業量都算輕鬆的。而Negotiating complex trade situations則是我最推薦的一門課，課堂中除了談判的理論及技巧之外，也會讓我們在每堂課的後半藉由Case study的方式來互相討論、協商，個案的範圍非常多元從國際議題、政府標案、經紀合約到大型的商業合作都有，讓我們學習從不同的角度切入觀察議題的不同面向。其中一個個案為航空公司向空中巴士訂購大量飛機的巨額商業訂單，當中的價格、機種、租金、交期、機組訓練及保養等條件都要逐個檢查，討論的過程雖然很燒腦但非常有趣。由於協商是建立在雙方的溝通之上，所以這堂課也提供一個非常好的環境及機會來練習英文(雖然法國同學很喜歡在談判中偷渡法文)。因此我非常推薦同學選一門類似談判課這種需要大量溝通的課程，除了可以練習語言之外，了解不同國家同學的思考方式其過程也是這堂課有趣的部分。

國外研修之生活學習（課外）

我認為旅行一直是交換生活的一大重點，而在這之中行程規劃又能讓我們學習如何利用有限的時間、預算達到自己想要的目標看到想要看的風景。不停地搜尋旅遊指南及攻略就為了不要讓自己成為別人眼中待宰的肥羊。雖然最後不幸被疫情波及導致有許多行程被迫取消，但我仍舊走訪了許多國家體驗不同的文化。

在台灣這種效率及服務至上的國家長大的我們難免會被法國的”浪漫”弄得哭笑不得，例如三不五時地鐵公車罷工導致許多同學上課大遲到，弄了老半天卻遲遲無法開通的銀行帳戶，因為各種莫名其妙的原因導致出錯的各式文件，這些都更讓我確信”這的確很法國”的實感。

而有些在台灣被視為理所當然的便利生活在法國也變得相當奢侈，在法國外食一餐的價格大約是台灣的三倍起跳，晚上也幾乎沒有商店營業，想在晚上吃東西或是省錢就必須自己動手煮，雖然麻煩但也是磨練廚藝的好機會(至少我的刀工變好了)。

交換/研修之具體效益（請條列式列舉）

體驗及認識不同國家及文化
增進國際視野
練習外語能力
危機處理、問題解決能力
行程規劃、時間管理

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?

由於剛去到法國時還沒打過疫苗因此前一個月的時間幾乎無法進入公共場所，在一開始時甚至連家樂福這種量販店都進不去，後來則是尋找其他不用健康通行證的超市及同學的幫忙才解決問題。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

相對於亞洲社會以群體好處出發的社會風氣，法國乃至整個歐洲都是比較主張個人自由的國度。因此常常出現許多在台灣社會被視為不禮貌的行為，在法國的大家卻是習以為常，面對這種狀況除了當下的傻眼之外也只能坦然的接受並學著去適應這裡的生活。

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?

在去法國交換之前我從來沒去過歐洲，旅遊經驗僅限亞洲國家。對於歐洲的一切都是從書本及影集中學習。記得剛到巴黎的時候完全聽不懂廣播，甚至看不太懂高鐵站的標示，從這時候才認識到自己平時的生活圈是多麼的渺小，也知道接下來只能靠自己了。家人?它們想幫忙但完全沒辦法。朋友?很不幸我在這裡一個人都不認識。種種都讓我在心中產生些許的不安，這是我在台灣時鮮少體會的感覺。在這交換的期間我感覺我的心理素質提高了，因為總是被法國人突如其來的"浪漫"搞得措手不及，面對挫折與不便的忍受度提高也變得更有耐心。另外，我的廚藝也變好了。

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?

1. 獎學金最大的幫助當然是降低長時間居住在國外的生活負擔(尤其是歐洲高所得地區國家)。除此之外則是會賦予自己一些使命與責任感(都拿了別人的錢就不能隨便亂來)
2. 不會，我原本就有出國交換的計畫，無論是否有獎學金的補助

感言及心得感想

在法國交換的這5個月體驗了與台灣截然不同的生活方式，這當中不管是開心或者是挫折都是在我求學階段的珍貴回憶。在海外的生活讓我學會真正的獨立自主，這與在台灣念大學及研究所自己搬出去外面住不一樣。沒有人會強迫你做任何事(除了打疫苗)，但也沒有人會主動幫你，就算在求助時也有可能面臨語言不通的窘境(法國人不太願意說英文)。遇到問題不能逃避也無人可以討拍，在這裡遇到的人、去過的國家、看到的風景、遇到的好事、壞事、衰事都讓我重新審視自己，這些經驗都會成為成長的養分。

英文心得(包含學校簡介、課程學習、生活學習、具體效益、心得感想等等)

EMLyon Business School is one of the century-old business schools and the top three business schools in France. It has branch campuses in Shanghai, Paris, Morocco and other countries and regions. The campus for my exchange this time is located on the hills of Écully, a suburb of Lyon, the second largest city in France. The campus is quite small compared to the public university across the road. Although it is a 30-minute drive from the city center, there is a shopping mall consisting of Carrefour, pharmacy, and many other stores near the school, which can meet the needs of life.

I took three courses in this semester, and the one that impressed me the most was Negotiating complex trade situations. Not only taught us theory and skills of negotiation, but also discuss and negotiate with each other through case study. The range of cases is very diverse, from international issues, government tenders, brokerage contracts to large-scale commercial cooperation. Let us learn to observe different aspects of the issue from different angles. The discussion and negotiation process were tiring but very interesting. In addition, this class also provides a very good environment and opportunity to practice English (although French students like to smuggle French in negotiations). Therefore, I highly recommend students to take a course like negotiation that requires a lot of communication to practicing English, it is also an interesting part of this class to understand the way of thinking of students in different countries.

Travel has always been an important thing of exchange life, and itinerary planning allows us to learn how to use limited time and budget to achieve our desired goals and see the scenery we want to see. Unfortunately, many trips were cancelled due to the outbreak of the epidemic, I still visited many countries to experience different cultures.
Growing up in Taiwan where efficiency and service are paramount, we will inevitably encounter many troubles, such as frequent strikes that cause many students to be late for class, bank accounts that cannot be opened after waiting for a long time, and erroneous documents due to various reasons. These all make me more convinced of the "this is France" feeling.
And some of the conveniences that are taken for granted in Taiwan have become quite luxurious in France. The cost of eating out is expensive, and there are almost no shops open at night. If you want to eat at night or save money, you must cook it yourself. Although it is troublesome, it is also grinding. A great opportunity to practice cooking.

During the five months of exchange in France, I experienced a completely different way of life from Taiwan. Whether it was happiness or frustration, it was a precious memory during my study period. Living overseas taught me to be truly independent. In France no one will force you to do anything (except get vaccinated), but no one will take the initiative to help you, even if you ask for help, you may face the language barriers. The people I've met here, the countries I've been to, the scenery I've seen, the good things and bad things I have encountered all make me re-examine myself, and these experiences will become nutrients for growth.