學校簡介

里昂高等商學院為一所學費不便宜的私立學校，主要學程有 Grand de Ecole, MSc in Management, Supply-chain Management 等。過去的發展方向為傳統的商業五管，近年來開始重視「創業教育」與「管理顧問培養」。本校雖然座落於里昂，但準確位址其實是在里昂郊區的 Ecully 小鎮，距離里昂市中心有半小時多車程。

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

本人的交換計畫為 MSc in Management —為企業管理的通識教育版本。該學程主要讓過去沒修習過商業的學生快速補足業界所需的商業管理知識，所以對我一個主修企業管理的學生而言，多數課程都不算困難。

我首要推薦：市場關係行銷（relative marketing）課程。這堂課廣泛但又深入的討論了行銷領域的各項議題，期間也提供許多的課內外實作機會，像是設計與發放問卷、設計與寄發廣告信等。教授也鼓勵專案應用課堂談論過的理論構面進行分析，是一堂將理論與實務充分整合的行銷課程。

國外研修之生活學習（課外）

課外學習方面，我選用 Preply 平台練習口說法文，也使用 Datacamp 精進我的程式語言技能。

1. Preply 平台提供歐洲區域許多的母語人士師資，透過平台進行一對一的教學。教學內容完全可以與教師討論，透過訊息欄所記錄的筆記單字，還能收錄於平台之上變成單字本，對於口語學習來說也非常有幫助。

2. Datacamp 平台有手把手的程式語言教學與考題，內容也非常多樣。學習進度也可完全依照個人訂定。其中最值得一提的是，每堂課完成後，可以獲得學習證書。

生活學習方面，我與同期的其他城市同學與朋友進行多次的長途旅行。在旅途中，我時常會遇到許多出乎意料的問題，例如：德國國家鐵路的嚴重遲到導致無法成功轉車、入境瑞士時突然沒有手機網路服務、晚間到奧斯陸機場後發現機場會關門無法停留等。每次的挑戰，都非常仰賴積極的態度與尋求幫助的勇氣，與外國人溝通不良、比手畫腳也成為一種常態。

交換/研修之具體效益（請條列式列舉）

1. 培養獨立解決問題能力
在法國，許多事情沒有人會告訴我們該怎麼做，需要學生自行發掘並想方設法解決。例如，申請 Visa 簽證續簽的問題。

2. 學習新的技能
emlyon（交換校）提供一系列的程式語言課程（Python, C#），是我在中山叫沒機會學習到的。雖然學習的深度有限，但也為我未來的求職安排提供更多的可能性。

3. 全新的國際觀
在歷經幾次的長途跨國旅行後，我深深感知到儘管歐洲同在一片大陸上，不同國家的民情依然非常不同。例如：法國人並沒有大家想像中的散漫無效率、德國人也沒有大家想像中的有紀律，而南歐人真的非常熱情、北歐人依然神秘。

4. 培養基礎法文能力
由於法國有許多的人不太講英文，所以學會基礎的法文變得迫切，也從而培養我對法文的學習興趣。

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?

剛到法國的時候，最大的困境是開設法國的 BNP 銀行帳戶。銀行帳戶的必要性在於有帳戶才能申請合法的長期居留權，與法國有強制的 20% 國民健康義務保險。由於他們處理的時間拖了非常久（大概拖了快三個月），我後來直接去銀行現場催促，結果效果奇佳，不到一週後就開設完成了！？

另外，剛就學的時候，我意外錯過了選課時程。學校的選課流程的選課與確認是分開的時程，但當時我只有選課但未確認。所以就一樣，直接跑去學生中心，最後就順利被安插入班。

啟示：在法國，當問題出現時，最有效率的處理方式，永遠是直接去當面解決。寄信或是打電話都很有可能溝通不良，因為許多的客服專員不會講英文。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

我原本以為歐洲人會比台灣人更重視規矩與禮儀，但多數時候歐洲人並沒有。歐洲人的公共運輸工具經常性誤點，誤點時也不會即時通知，往往要在我們搭乘者等了一陣子且開始撥打客服專線的時候，公司才會有相關消息。在搭車時，多數歐洲人也不像台灣人一般排隊等候，他們反而會散亂的前後推擠，而上車後，在車上大聲喧嘩、觀看影片也是常態（有時候甚至是司機）。法國的行人基本上也不會等待紅綠燈，只要沒車就會直接通過，誇張到甚至是綠燈行車也得停下禮讓行人。

我理解到他們或許抱持著個人主義的底子，認為消費者最大。若是沒有明文規定禁止的事情，他們就會去做，完全無愧於心。面對這樣的心態時，起初我也覺得難以相信，但除了排隊一事無法，其他的事情按照自己相信是對的事情執行也不會遭人白眼，因此只要管好自己就行了。這就是我的心態方面適應的方式。

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?

海外的生活歷練頗具挑戰，因為多數的生活問題都是「遠水救不了近火」，必須自己去想方設法找資源解決問題。因此，無論是心態或行為上，我都感覺自己變得更獨立了。

我對交朋友也有新的視野了。我開始相信，朋友來來去去，未必交情時間短暫友誼就會不深厚，也未必所有朋友就必須一輩子保持聯絡。有些人事物能刻苦銘心地留存在回憶當中，就已經很幸運了。

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?

獎學金除了減少了我出國開銷上的壓力，獎學金的名目在我心中更是一種很大的鼓勵。獎學金讓我實質的感受到背後有學校的支持。雖然國外生活的開銷非常龐大，獎學金的有無並非我是否能出國的關鍵，但心態上，有獎學金確實讓我更有意願出國。

感言及心得感想

這次為期一年的交換生活時間不長不短，恰到好處。時間長到讓我有時間能好好體驗法國的生活，又能有機會到各國去拓展國際觀，但又不致於長到讓人無所適從。

交換生活充滿挑戰，也時時提醒著我要思考現實面的問題，像是住宿搬遷問題、Visa續簽問題、銀行健保的申請...甚至有一度想要找實習工作的種種事情。雖然常常讓人焦慮萬分，但還好有家人與朋友的支持，我才能一次次的化險為夷。

期間，我也結交了許多的國際朋友，與他們相處的種種回憶勢必會永遠存在我的心中，成為我的一部分。非常感謝中山大學給予我這樣的機會與資源，讓我度過這麼難忘又充實的一年！

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)

About emlyon business school
emlyon business school is a private school with high tuition fees. Its main courses include Grand de Ecole, MSc in Management, Supply-chain Management, etc. In the past, the development direction was the traditional five business management. In recent years, it has begun to attach importance to "entrepreneurship education" and "management consultant training". Although our school is located in Lyon, the exact location is actually in the small town of Ecully on the outskirts of Lyon, more than half an hour's drive from the center of Lyon.

Course Learning
My exchange program is MSc in Management - the general education version of business management. This course mainly allows students who have not studied business in the past to quickly supplement the business management knowledge required by the industry, so for me, a student majoring in business management, most courses are not difficult.

My top recommendation: the relative marketing course. This class has extensive but in-depth discussions on various topics in the field of marketing, and also provides many practical opportunities inside and outside the classroom, such as designing and distributing questionnaires, designing and sending advertising letters, etc. The professor also encourages the project to apply the theoretical aspects discussed in the class for analysis. It is a marketing course that fully integrates theory and practice.

My Exchange Life
For extracurricular studies, I use the Preply platform to practice speaking and French, and I also use Datacamp to improve my programming language skills.

1. The Preply platform provides many native-speaking teachers in Europe for one-to-one teaching through the platform. The teaching content can be discussed with the teacher. The notes recorded through the message column can also be recorded on the platform and turned into a word book, which is also very helpful for oral language learning.

2. The Datacamp platform has hands-on programming language teaching and exam questions, and the content is also very diverse. The learning pace can also be completely set by the individual. One of the most noteworthy is that after each class is completed, a certificate of study can be obtained.

In terms of life and study, I have made many long-distance trips with my classmates and friends from other cities during the same period. During the trip, I often encountered many unexpected problems, such as: the severe late arrival of the German national railway made it impossible to successfully transfer trains, suddenly there was no mobile Internet service when entering Switzerland, and when I arrived at Oslo Airport at night, I found that the airport would be closed and unable to stay. Wait. Every challenge relies on a positive attitude and the courage to ask for help. Poor communication with foreigners and trolling have become the norm.

Life experience overseas is quite challenging, because most of the life problems are "far water can't save near fire", and you have to find ways to find resources to solve the problem. So, both mentally and behaviorally, I feel more independent.

I also have a new perspective on making friends. I began to believe that friends come and go, and it is not necessarily that friendships will not be deep in a short time, and that all friends may not have to keep in touch for a lifetime. Some people and things can be assiduously retained in the memory, and they are already very lucky.

My Gains

1. Develop independent problem-solving skills

In France, there are many things that no one will tell us what to do, and students need to discover and find ways to solve them on their own. For example, the question of applying for Visa visa renewal.

2. Learn new skills

emlyon (exchange school) provides a series of programming language courses (Python, C#), which I did not have the opportunity to learn in Zhongshan. Although the depth of study is limited, it also provides more possibilities for my future job search arrangements.

3. A new international outlook

After several long-distance cross-border travel, I deeply felt that although Europe is on the same continent, the people of different countries are still very different. For example: the French are not as rambunctious and inefficient as everyone thinks, the Germans are not as disciplined as everyone thinks, while the southern Europeans are really enthusiastic and the northern Europeans are still mysterious.

4. Develop basic French skills

Since there are many people in France who do not speak English very well, it became urgent to learn basic French, which in turn cultivated my interest in learning French.

Final Review

This one-year exchange life is not long or short, just right. The time is long enough to give me time to experience life in France, and the opportunity to travel to various countries to expand my international outlook, but not so long that I am at a loss.

The exchange life is full of challenges, and it always reminds me to think about real-world issues, such as the issue of accommodation relocation, the issue of Visa renewal, the application for bank health insurance...even the fact that I once wanted to find an internship. Although it often makes people anxious, but fortunately, with the support of my family and friends, I can save myself from danger time and time again.

During this period, I also made many international friends, and the memories of getting along with them are bound to remain in my heart forever and become a part of me. I am very grateful to Sun Yat-Sen University for giving me such an opportunity and resource, allowing me to spend such an unforgettable and fulfilling year!