（一）學校簡介

艾克斯馬賽大學，位於法國南法的一間大學，由三間大學合併，目前為法國最大的一所大學，其有多個校區，而我所就讀的經濟學院在艾克斯校區，另一個比較近的校區就屬馬賽校區。艾克斯校區的科系屬於文學及法律經濟方面，而馬賽校區則是包含比較多二類組科系。總體而言，艾克斯馬賽結合了各元素，是一間非常獨特的大學。

（二）國外研修之課程學習

我選擇的是經濟學院，許多課程以法文為主，但因為我當時法文程度不足所以選擇的課程都是以英語授課。雖然是英語授課，但班上的交換學生不多，大多仍為法國人，有非常多的時間與他們交流。在第一堂課就會發現，國外與台灣大學最大的差別就在於教授需要且要求你踴躍發言，每個人在班上都必須提出自己對於這個主題的看法。相較於筆試，他們更看重的是報告能力，在我修的課程中，大部分的成績標準都是以報告為主，可見他們有多看重個人意見及表達能力。

（三）國外研修之生活學習

在課外方面，我參加了學校另外提供的法語課程，每週兩天晚上各三小時，參加的多為交換學生，所以可以認識來自各個國家的學生。且在上課的過程，因為他們非常注重意見表達，所以可以了解到每個國家的風情，甚至每個國家學生的學習態度及個性，也能交到許多朋友。除了法文課之外，由於法國人非常不喜歡用外語溝通，所以到當地時不論是宿舍報到、銀行開帳等等，都必須用法文溝通。一開始非常的困難，因為我的法文程度僅有在台學習四個月的程度，所以碰了不少壁。但透過每天的聽及說，我的法文進步得非常快，可見每天潛移默化的幫助。

（四）交換之具體效益

1.增進國際觀，拓展人脈—

透過認識各國的學生，能夠了解到當地文化，甚至許多當地人的小習慣，非常有意思。

2.學會獨立—

到了國外，學會獨立自主非常重要，很多流程都非常繁雜，這些都必須自己處理，尤其法國人的動作又非常慢，所以同時也必須非常有耐心。除此之外，由於外食花費太過高，去法國後也開始學會自己煮飯。市區也非常方便，甚至有亞洲超市。

3.確定且設立目標—

在國外近一年後，利用這些時間探索自己的興趣，及決定好自己未來想朝哪方面進修。

4.學會面對緊急情況—

在國外時，時常會發生許多緊急事件，例如新冠肺炎的爆發，迫使我在短短的兩天內，決定回國、訂機票、打包行李、訂到巴黎的火車票及坐上回國的班機，是一個永生難忘的體驗。

5.增強語言能力—

在法國，由於每天使用，我的法文能力增加了不少，法文是個非常浪漫的語言，我在這年

中愛上這個語言，回到台灣後也繼續學習。除此之外，由於認識了許多外國朋友，跟他們溝通大多都是使用英文，所以我的英文也進步顯著，在語言這方面我的收穫非常多。

（五）感想及建議

在法國，會說法文非常重要，所以建議在台灣時就多增進法文能力，在當地溝通時會省去不少麻煩，且剛開始適應時會輕鬆許多。在法國的這一年，我成長了非常多，不論在課業或生活方面，都學習到了很多事物。交換學生的時間很多，建議能多利用這些時間去充實自己，多到其他國家旅行，會是非常珍貴的經驗。艾克斯是個非常純樸的小鎮，每個二四早上都會有市集，到了下午十街上會有許多活動，甚至每個大節日都會充滿節慶氛圍，每天漫步在這個城市，讓我有了許多美好的回憶，也是我在回國後非常想念的，希望有朝一日能有機會再踏上法國這片土地。

Aix-Marseille university is the biggest college in France, it is located in the south of France, a combination of three universities. There are five campuses dispersed in south France, the one I studied at is the campus in Aix, which is mainly composed of faculty of economic, faculty of law and faculty of art.

During my exchange year, I majored in economic. Most of classes are taught in French, however, my French didn't reach the B1 level, which was demanded by the professor if I want to take them, so the classes I chose were all taught in English. During the classes, in contrast to the course in Taiwan, I learned to express my opinions about the topics in the class, I had to keep thinking and talking in class, argued with other students who had different views with me, this is an ability I wouldn't learn in Taiwan, and a very precious one.

Apart from those economics programs, Aix-Marseille university offered additional French course to exchanged students at night, two days a week, three hours a time. In the class, I got the chance to know people from other countries, got to chat with them, got to understand different cultures. By spending time with them and the teachers, my French improved a lot, and English as well.

In this year, except my French and the economic classes, I also learned to cook.
I never went to kitchen when I was in Taiwan, but when I arrived in France, I found out it would cost me a lot if I go to restaurants every day, moreover, I missed the foods in Taiwan, so I started to cook by myself. In addition, I became much more independent and patient. I had to deal with literally everything by myself, and most of them were very complicated and time-consuming. It was more difficult cause I didn't speak good French in the beginning, and surprisingly, French do not speak English as much as we thought, so I had a hard time when I first arrived. Fortunately, to me, by these experience, I know I can always face more difficulties now, no matter how severe they are.

If I have to give any suggestions, I would say, try to study French earlier, since language really is very important to an exchange student, it will be easier if you are able to communicate with people

fluently, and, the most important, enjoy every second. I met a lot of friends during my exchange year, we spent lots of time every day, we talked about our lives in our countries, in France, too. Besides, we also traveled around Europe during weekends, those memories are very precious in my life. Additionally, I had a lot of time to think about my life, and I figured out what I want to do in my future, which is very meaningful to me. Although due to the covid-19, I had to came back earlier than I expected, 2020 still is an irreplaceable year, and I wish I could be able to set foot in France again in the future.



宿舍外風景



艾克斯市區街道



艾克斯馬賽大學校園