中文心得：

26-1 學校簡介：

里昂商學院 EMLYON Business School(École de management de Lyon)在法國有三大校區，分別是 Paris、Saint-Etienne 和 Lyon-Ecully，海外校區有 Casablanca、Bhubaneswar 和上海，我這次是前往法國里昂的 Ecully 校區進行交換學程。

這間學校雖然具有百年歷史，但從課程安排和校區規劃，可以感受到他們十分重視創意和創業學程，學校每周舉辦許多演講、工作坊和社交活動供學生自由參加，學校社團活動風氣興盛，每天都可以見到同學們穿著社團專屬團服，穿梭於社團辦公室和教室之間，是一所具有自由學術風氣的管理學校。

26-2 國外研修之課程學習（課內）：

在交換期間，我總共選修五門課程：

1.Branding：

課程教授為 Lionel Sitz，是一名行銷顧問，每周上課內容會介紹許多品牌的經營方式和理念，學生可以從課堂上認識許多外歐洲品牌。教授每周會給學生小組個案討論作業，並在隔周請同學自願上台報告，教授也會針對作業個案，進行更深度的講解和分析，期末時，每位同學須選定一品牌，撰寫一篇個人研究報告。聽該校學生說，教授雖然給分標準嚴格，不過我覺得課程內容有趣，是值得修習的課程。

2.Deciding：

課程教授為 Richard Ruble，是一位很親切的老師，課程內容主要教導學生從認知心理學、經濟學觀點等分析決策行為。這堂課每周有讀書會時間，老師一開始會隨機幫助學生分讀書會小組，小組每周要討論指定閱讀教材，學期結束前，會有一個期末考試及小組期末報告，是一堂有趣的課程。

3.Web-marketing：

課程教授為 Marine Alessi，主要課程內容為學生要參加一項 Simbound 線上模擬競賽，主要學習關鍵字廣告投放(如 Google Adwords 投放)，這是一堂很有趣的課程，我學習到很多技巧及專有名詞，我們的小組最後奪得班上第一名!學期結束前，有一個期末考試，考試內容不難，熟讀課堂內容即可。

4.Fitness(法語授課)：

我還選了一堂健身有氧課程，老師是一位非常有活力的女老師，班級上全是女生同學，老師和同學都十分友善，同學會協助老師用英文翻譯指令，讓我可以順利融入課程。上課內容為老師帶領大家跳有氧操或是做肌耐力訓練。在寒冷的冬天裡，每周運動一次是必須的。

5.French：
交換生可以依照程度選修法文課程，我上的是基礎班，課程老師採全法文授課，雖然老師很用心地教學，但對於首次接觸法文的同學，若沒有先自行學習法文發音，課程可能有點困難。

26-3 國外研修之生活學習（課外）
1.校外學習法文課：
Le Coup de Pouce Université Lyon (CPU)有許多退休人士或老師在此擔任教學志工，一年學費約 60 歐元，首次報名時，機構人員會依據學生的程度分配課程，我一周上兩堂課程，一堂是小班制的文法課，一堂是會話課，老師會不斷糾正學生的發音。

2.美食：
里昂是美食之都，我有到當地 Bouchon(里昂家常小酒館)- la voûte chez Léa 體驗正宗的里昂菜(花費約 20 歐元)。我也體驗了法國料理傳奇大廚 Paul Bocuse 廚藝學校的學生實習餐廳-Restaurant Experience-Institut Paul Bocuse，這間餐廳距離 emLyon 不遠處，餐廳提供完整法式創意餐點，是一間很令人驚豔的餐廳。

26-4 交換/研修之具體效益：
1. 獲得獨自在國外生活的經驗。
2. 學習如何和不同國家的人相處。
3. 學習用更輕鬆的態度和不同的角度去看待事物。

26-5 感想與建議：
能夠到歐洲生活半年是我夢寐以求的體驗，雖然前置作業十分繁瑣，包括申請學生簽證、辦理住宿、準備行李、與當地校方溝通等，但好在我沒有放棄，還是出發到歐洲，展開半年的交換生活。初到法國的時候，最不適應的天氣，里昂的冬季十分濕冷，時常下雨，建議要前往的交換生一定要準備保暖羽絨衣或是羊毛大衣。
在學校方面，學校行政人員不多，上班時數也短，所以行政流程十分緩慢(其實不只學校行政流程緩慢，法國人的辦事節奏偏慢)，要十分有耐心地等待回覆，一周後才收到回信是常態。

在歐洲生活和旅行的日子是很難得的，一定要多方去嘗試，多走出宿舍認識同學，和同學一同去參加學校的派對和工作坊，多多去旅行，不能因為天氣寒冷就一直待在家裡，就算只是搭地鐵在城市裡閒晃都好。

26-6 相片：



學校旁的公車站，到市區的車程約 40 分鐘(包含公車和地鐵車程，中途在 Gorge de loup 地鐵站改搭地鐵)



里昂地標



Deciding 課堂上

英文心得：

EMLYON Business School is a leading French business school founded in Lyon, France. It is organized in six campuses in Lyon, Saint-Etienne, Paris, Shanghai, Casablanca and Bhubaneswar. And there are 40% of students are international. That's why EMLYON is like an international community.

EMLYON also organized a club called BDI (Bureau des Internationaux) to organize

lots of events for gathering French and International students. I also joined some events during the exchange period. I participated in the international student buddy program, and the BDI matched a French buddy for me according to my hobbies. My French buddy invited me to the Vieux Lyon to explore the old town and saw the night view of Lyon city form the Fourvière cathedral. We also visited *Musée des Tissus de Lyon* which has 2000 years of history of textiles. My French buddy was so hospitable and gentle to show me around Lyon and France.

Studying and living in Europe, especially in France, is like a dream come true for me. I not only cherished the opportunity to enjoy the different campus life there but also traveled around the Europe. During this semester, we had two one-week vacations. It was a great chance to travel around France and countries nearby. I visited Spain and Portugal for the first vacation and the south of France for the second vacation with my friends. As Lyon is the third-largest city of the France, *Lyon Saint-Exupéry Airport* is the most convenient major airport for the Rhone Alpes region of France. There are also a variety of ground transportation choices to and from the airport. I usually took the Bus 3 to the *Gorge de Loup* station, and then took the metro Line D and B to the *Gare Part-Dieu* station. After getting off the metro, I exited the station and took the train called *Rhônexpress* to the airport directly. It took about 1.5 hours from my form to the airport. I also had the experience to take the UBER from the airport to my dormitory once at midnight due to the flight delay, and it took only 40 minutes by car and cost 25 EUR.

Though living in a foreign country alone is not an easy job, I still got lot of happiness and surprises from Europe and people I met there. I also learned a lot during the exchange period. I learned how to cook and do grocery shopping because it was not as convenient as Taiwan there. There was no restaurant nearby. I learned how to defend my own opinions bravely. French people always discuss and debate on any topic and they are never afraid of speaking their opinions and idea out loud. I learned how to embrace and understand culture differences. No matter I identify the culture differences or not, I respect the culture and avoid impose my own value. It’s a memorable journey for me and I highly recommend everyone to participate in exchange project.