國際事務處 Office of International Affairs

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

里昂政治學院佔地不大，交通方便，在里昂市區。學生人數也不多，可是互動上都不錯。交換生可以自由選修課程，也有提供英文授課，其中上下學期都有學程可以選擇。在英文授課會出現一定比例的國際生，如果想要交流，可以把握分組的機會與法國學生或國際生互動。

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

法文課程的部分，每個學生進去都會先檢測分級，打一篇短短的文章回傳，學校會幫忙評估適合哪一級，如果零基礎或是想從最基本開始學習，就跟學校說無基礎就可以。唯一缺點是A1/A2　　和B1/B2會各自分在同一班，對於差異性並不是很友善。如果認為課程程度稍嫌簡單，可當成是口語練習。另外A1/A2

的班可以選擇密集班，一週四堂課，一次兩個小時，可以頻繁訓練口說，幫助很大，但小缺點是對於程度比較好的人普遍都覺得太慢。至於一般政治科學相關課程，中山的交換生是自由選課，法文與英文授課各自都有一定數量。而學校也有提供學程，這些學校網站都可以看到，上下學期門各有一個學程可以選擇，可以一學期修學程，一學期選自己較有興趣的散課。選課系統簡單但也彈性較少，所以要確定自己時間安排以及課程難度掌握。我覺得大部分的課程都蠻有趣，我第一學期修美國總統選舉與英國脫歐，第二學期修習美國總統概論，美國弱勢族群，以及如何做決策。課程內容我覺得一個人興趣而異，但課程的評分準則只要掌握個人及團體報告或考試，和上課發言就能拿到不錯的分數。報告內容其實只要當下好好準備，並不太考驗平常課程的吸收度。但整體而言我覺得課程多元，對於本來不是相關課系的交換生蠻友善的，如果是傾向難度比較高的課程也有很多選擇。

國外研修之生活學習（課外）

從生活中學習到獨立以及從朋友身上接收到不同的價值觀和思維

交換/研修之具體效益

1. 透過交流增加國際觀：我認為收獲很多是因為可以瞭解文化差異下的價值觀。各個文化很常見的就是以自身的絕對價值觀來評斷一件事，當我到了國外，尤其是法國，遇到了很大的文化差異，尤其是個人主義，群體主義以及對自由的定義等等，整個政治光譜於台灣相差很大。這中間的文化差異讓我學會又拓展了我的視野，因為很多思維是不曾接觸過的，不論是個人人生觀還是政治光譜，這也是我最重視的一點。
2. 獨立與自處的能力：來到一個新環境等於是從零開始逐漸適應生活以及打造朋友圈，獨立的重要性可想而知。對我來說更重要的是，學習自處並與自己對話。因為我並不是很能自處的人，有時候空下來其實會恐懼，但我漸漸意識到我缺乏聆聽自我，也很難找到自己的聲音，因此讓我開始學習成長

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海外生活期間是否曾遭遇困境，及是否解決問題?

因為疫情關係，很多活動都被取消，也有封城和宵禁措施，與人交流是我最主要目的卻也因此受阻。今年這方面的確是受到疫情影響很大，但是還是可以透過buddy program, 參加學生會活動，找一些運動（因為學校今年暫停社團所以是跟其他國際生），或是旅行過程（防疫做好的前提下），宿舍室友等等，可以認識很多不同背景的人。中間的過程曾經很絕望，因為封城的同時又沒有跟人相處，真的是有點調適不過來，不過轉念對我來說是很重要的關鍵，因為如果就因一時的情緒低落而說服自己這件事不可能，就會錯失很多機會，因為那些機會再沮喪的時候是都看不到的。所以最終我還是努力主動約人，第二學期就改善很多了（防疫降級也是重要原因）。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

我認爲我體驗到的文化衝擊可以分成法國人本身以及政治光譜的差異。法國人重視個體差異，不一樣或是特立獨行是允許的，沒人會似評斷或是在乎你如何呈現自身特質，不論是外表或是個性，當然在台灣也沒那麼嚴重，但常常差異性以及小眾弱勢群體是會被污名化更甚之獵巫。然後法國很在乎要有批判性思考，課堂發言是常態，人民也對政治（其實政治即生活，兩著根本無法分開，只是在台灣很常把政治意指為操作手段）相當有熱忱及想法，大大小小的遊行充斥在生活中，不同訴求的群體在同一場遊行中可以為了同一個目的一起抗爭，我參加過的那場令我印象深刻。另外政治傾向，法國是很左派的，有很多政策以及人民的價值觀都與台灣有所區別。例如他們對弱勢有著更多的關心，不是同情而是同理，好像理解對方難處是理所當然。舉例來說他們有一個政策是讓無業遊民在佔領的別人空著的房產後沒被趕走的話都不會違法。或是從超市出來的人都會分食物或金錢給路邊的遊民。我分享台灣的想法，例如「好手好腳幹嘛不去工作」這種，在他們是完全不能理解的。不過好在法國人極愛辯論，在台灣人而言極力避免的事，對他們來說只是交換意見以及據理力爭。不過與其說是文化衝擊，我倒是沒有那麼強的感受，只覺得不同的思維很新鮮有趣。

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?

同上，我學習到了獨立與自處，同時與人交往也體驗到了西方式的社交模式。當然我覺得自處的部分還需要很多成長，但是其他部分真的讓我完全很感謝當初的自己在疫情下還是堅持出國。

感言及心得感想

今年對我來說是充滿意外但也挺多收穫的一年。出發前真的很忐忑，除了對疫情的擔心也有疫情對學校課程及活動的影響。當然我覺得在收穫而言會比正常情況下出國少了很多，但還是訝異於我竟然完全不後悔出國。有時候會聽到返國的人說其實交換這一年收穫沒有想像中這麼多，對我來說這取決於個人當初是哪些面向的期待。我原本就不是學術取向，然後能在這種疫情狀況下還能認識一些人也獲得很多幫助，也比預期中去了更多國家旅行，是我以前想像不到的。

英文心得

This year of studying in France as an exchange student in Sciences Po, an institution of political science located in the center of Lyon, becomes the best memory I could ever have. I gain a lot in my academical field, knowledges of life, and personal growth. To start with, Sciences Po is an ideal place to complete my last year of college. It is not a big school, which is easier for me to get to know people. Plus, there is a certain number of international students within or outside the Erasmus program, and the school itself is quite diverse in terms of the specialties in politics classified to different regions. Therefore, Sciences Po is a school with its international view and diversity, rendering a great platform for exchange of various ideologies and points of view. In the beginning of the semester, every student is asked to hand in a short essay in French for the assessment of French ability. Students are then classified into two classes including the A1/A2 class and the B1/B2 one. For beginners, they provide a direct access to the former. Overall, the French courses are of certain quality. I register in the intense A1/A2 course, which might seem a bit inadequate for the non-beginners, but it is the perfect choice for me to be immersed in a full French environment and practice my oral ability with the intensity of 8 hours a week. The only downside due to the pandemic this year is its form of online courses. On the other hand, not only is the French course affected this year, so are the other courses. However, the professors still manage to figure out the best presentation of the courses. In the first semester, I take “To Trump or Not to Trump” and “The Uneasy Relationship”. With the former focusing on the last two presidential elections in the U.S. and the latter discussing every aspects about Brexit, I have the opportunity to grasp the important events happening in the world. As for the second semester, I take “The American Presidency,” “Minorities in The U.S.,” and “Decision-making.” Once again I get to take an insight in to the topics I am interested in and the one topic (Decision-making) which I am not familiar with. What I learn from these courses is not only the information and knowledge themselves but the new points of view. Surely the French perception and way of thinking is pretty unique compared to us. Moreover, they are not in the same situation as Taiwan. When learing this other point of view, I can perceive these issues in a broader way without strongly holding prejudices or biases. This gain in broadening my horizons also come from the exchange of thoughts with my foreign friends I meet in France. Although it is especially arduous in this period of time to make new aqcuaintances and friends, I still manage to seize those rare opportunities of the activities held by the student ascociation, the buddy program, and the Asian Corner club. Moreover, I travel a lot inside and outside France (under health measures). Through these occasions, I meet some good friends that are knowledgeable or very insightful in life or about the world. Lastly, apart from the gains I have above, I also have notable personal growth. I become more independent, and I discover the importance of self love and enjoying the “alone time”. Because of the COVID-19, there are the quarantine period and all kinds of restrictions regarding the pandemic. Thus, I have to survive a zero-contact life for quite some time with only the two friends who come with me to France for exchange. During the period, I panick a lot. At first, I cannot even stay with only me in the room for more than a few hours. However, as time goes by, I realize the problem and start to learn to deal with it. This personal growth is as vital as the growth in my academical aspect and the broader way of thinking. Overall, I deem this year a great opportunity and experience in life. It is not perfect,

but through the disadvantages and the difficulties, I learn as well.