里昂政治學院的交通非常便捷，校門出來就有輕軌可以搭乘。近河岸，前往鬧區也相當方便。在去之前校方就有幫我們安排入住法國的公立宿舍 CROUS，一個月 407 歐，但是如果申請房補後一個月我只需付 250 歐，我被分配到的宿舍環境非常方便、內部裝潢也很新，離學校步行 15 分鐘之內可以抵達。

在課業方面，由於我法文能力不佳，所以只有修英文授課的課程。另外，學校有提供給國際學生上的法文課（算學分）。如果是初學者的話，課程非常密集，但也因為如此進步會非常迅速，對於日常生活的會話蠻有幫助的。其他英文授課的課程選擇比較少一些，但是很足夠了。學校有提供英文授課的學程（Diploma of French and European Studies），如果修完全部 30 學分可以拿到證書。而且修習那個學程可以認識很多交換生，大部分交換生都會修。課程內容方面個人認為沒有比在中山繁重，大部分都是一個期末報告、考試。及早開始準備不會有問題。

課外活動方面里昂政治學院提供蠻多可以讓國際生彼此認識的場合及活動。也有提供學伴。我的學伴人非常好，遇到任何語言、生活、學校方面的疑問都可以問她，對我幫助蠻大的。另外我有參加學校的羽球社，每個星期五晚上在校外練球，但是需要注意社團裡面大部分都是法國學生，他們在連絡、傳達資訊以及聊天中都是說法文，需要努力把法文學好才能更容易融入。只要嘗試用法文跟他們溝通，他們都會很樂意教我法文。另外，里昂燈節是個非常有趣、值得好好體驗的節日，非常建議在那時候約朋友們去里昂舊城區逛逛。

交換/研修之具體效益

- 語文能力的提升

在法國不像其他國家一樣用英文也能通行無阻。基本上無論處理任何事情（甚至是在學校）都必須用法文，如果講英文對方通常不會想要跟你溝通。再加上里昂政治學院有提供法文課程。長久下來法文會話已及使用能力真的會大大提升。英文更不用說，除了要跟其他國際生溝通交流之外，上課、寫報告跟考試也都會提升英文能力。

- 獨立生活以及解決問題的能力

一個人在國外交換除了要應付課業之外，也要處理生活上的大小事。要去銀行開戶、找宿舍、申請房屋補助等，都要密切與當地人來回溝通，而且很多事情的申請不一定都會順利，當遇到狀況需要勇敢嘗試、與當事人對話，會想辦法利用身邊的資源。很大的程度上會培養個人獨立判斷以及解決問題的能力。

感想及建議

在法國交換可能會比去其他國更容易遇到棘手的問題，由於法國人不太講英文，行政效率及嚴謹程度可能都不如台灣，要先做好心理建設以及面對許多突發狀況的心理準備。我因為疫情的關係提早回台，不過在法國待了七個月也都足夠充實，認識許多朋友，也更了解法國的生活型態已及國情，最後，讓我更珍惜台灣的美好。希望之後要去里昂政治學院交換的同學也都能跟我一樣收穫滿滿。有問題也非常歡迎詢問我！

英文：

Science Po Lyon offered exchange student a wonderful environment to learn French and an ideal place for international students to interact. Besides, they help Asian students to find accommodation, which can save us lots of time struggling in language difficulty. As for the location, it was excellent due to its convenience and safety. It is pretty close to the river side and main station, and just few steps from the tram station (just in front of the school gate).

It is highly recommended to open a bank account if you stay longer than six months. If you want to open a bank account, BNP PARIPA is a good option. It will take you at least two weeks to open a bank account so you must be patient. And once you validate your bank account successfully, please do not wait to apply for your CAF (Housing aid). It's a financial allowance every student (including foreign students) in France can apply for, and it will save lots of housing rent. For instance, my original rent is 407 euros per month. However, I only had to pay 250 euros each month after I applied for CAF. Thus, it's quite important to apply for CAF despite that you might have to spend plenty of time dealing with it. It is all worth it. And you should be noted that all the

documents will be processed in French. Google translate would be your good friend, or you better know someone can speak French.

Lyon is relatively safe if you compared to other big city (E.g. Paris). But you still have to be care in every occasion. You might go to Chinese market to buy food ingredient very frequently. Please be care for that that area is a bit dangerous. Do not put your purse or phone in the pocket. It's highly risky. Since we are foreigners and not very mastered in French. If we got anything stolen, there is no one can help or want to help us. Please be noted that you are the only person can keep you safe. It's not Taiwan.

Last but not least, traveling is one part you cannot miss. Some people said that being exchange student is only about traveling. So why not seize this opportunity? This could be the last time you can go traveling Europe without pressure from work or study. And also, traveling around Europe is another way to learn. You have to calculate and organize all the details and schedule your journey. Planning a good travel is one thing to learn. It's not a waste of time.

Over all, studying in Science Po Lyon is quite worth it if you want to train yourself in every aspect. If you want to enhance your French ability, you will not be disappointed. Even though you might encounter many different kinds of difficulties while in France, you are going to miss all the good and bad things while you get back to Taiwan.

