學校簡介

EMLYON BUSINESS SCHOOL在法國乃至歐洲都擁有相當高的知名度，在校園內可以看到許多的國際生。其在里昂的主校區位在離市中心約40分鐘車程的近郊，雖然校園整體較小，但校內社團和設施豐富，也會有企業來學校辦理與國際生相關的業務，例如銀行開戶、市區交通卡等。此外，頂樓為一整片開放的空間，常常有學生在此舉辦活動，學校有臉書社團常常會舉辦各種主題的派對或者，例如衝浪、滑雪等，不僅比自己去外面報名來的便宜，同時也會有廠商來學校提供相關裝備的租賃及販售，交換生可以透過校內的活動海報或者是臉書社團等管道來得到相關資訊，是嘗試新事物和與其他國際生互動交流相當好的管道。

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

EMLYON BUSINESS SCHOOL將學期分為兩循環，每個循環可選擇的課程不盡相同，也有一些課程是以法語授課，因此需要在選課之前先行了解每堂課的開課狀況。而由於每堂課的堂數較少，課程的安排非常緊湊，除了扎實的內容與個人作業外，每周不時會有團體報告，另外依照個人經驗，教授非常注重出席率與課堂參與，往往會在上課時拋出開放性的問題並運用大部分的時間進行團體或班級討論，是個非常好的機會與來自不同國家的學生交流不同的思維和看法。另外，教授也會於課程中安排許多實作的機會，以我所選的課程Branding為例，教授會以團隊報告的形式鼓勵學生接觸感興趣的Lifestyle族群，包括以實地訪談的方式取得一手資料並分析，過程中會有許多與里昂當地人互動交流的機會。

國外研修之生活學習（課外）

除了課業外，在異地生活是一項非常特殊的體驗，在人生地不熟且歐洲物價較高的情況下，很多習以為常的生活模式都要重新適應，另如交通、飲食甚至是與陌生人接觸等，尤其可能遇到語言不通的情況，雖然法國人十分和善且熱情，很多東西都還是需要提前了解與規劃以免向隅。以個人經驗，法國的某些地區治安狀況不甚理想，除了周遭的朋友有遇過扒手，我自己也繩經有在夜間等車時被陌生人持刀搶劫的經驗，因此在踏出長久在台灣居住的舒適圈後，如何快速融入陌生的環境並如何照顧好自己，是交換期間除了課業與增廣見聞外非常重要的經驗累積。

交換/研修之具體效益（請條列式列舉）

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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?

我認為只要做好事前規劃，足以消除大部分潛在的困難。而所謂的種族歧視是真切存在的，在不

幸碰到時，最好的解決方法是轉換心態，不要懼怕對方也不要令言行其影響自身心情。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

大多數遇到的文化衝擊都是正面的，因此不須太多的適應，主要是個人財務安全方面需要更加謹慎，法國部分區域的治安不是太好。

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?

主要的改變在於確立未來出國進修或工作的志向，同時也學習到發言與主動表達觀點的重要性。

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?

由於已有財力證明，獎學金主要作備用，沒有獎學金也不會改變出國計畫。

感言及心得感想

我認為真正完成交換後，我所獲得的收穫比我預想的還要多太多太多，不僅在學習層面，在歐洲這富含人類文明底蘊的國家的旅行帶給我對於不同文化與生活方式的更深更廣的認識，這些是在台灣，在課本中無法學習到的體驗。同時因為是在外租屋，我很幸運地與兩個來自英國，年齡相仿的朋友一起生活了大半年，並在過程中大大地提昇英文口語能力，更是意料之外的收穫。我很慶幸自己在即將出社會前的空檔，有機會藉由交換計畫改變我對人生的規劃與認知，這次的旅行將是我人生中非常重要的經驗。

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)

1. Background
The exchange program is one of the important reasons for me to work hard to complete my studies. Whether it is the longing for the land of Europe or trying to live an independent life in a real sense, the exchange program is a present to myself after completed the graduate school.

2. Brief introduction of EMLYON Business School
EMLYON BUSINESS SCHOOL has a high reputation in France and Europe, and many international students can be seen on the campus. Its main campus in Lyon is located in the suburbs about 40 minutes' drive from the city center. Although the campus is small overall, it has rich clubs and facilities on campus. There are also companies that come to the school to handle business related to international students, such as bank account opening, market District traffic card, etc. In addition, the top floor is an open space, where students often hold activities. The school has a Facebook club that often holds various themed parties or parties, such as surfing, skiing, etc., which is not only cheaper than signing up outside, but also There will also be manufacturers coming to the school to provide rental and sales of related equipment. Exchange students can get relevant information through channels such as school event posters or Facebook clubs. It is a very good channel to try new things and interact with other international students. .

3. Study abroad courses (in-class)
EMLYON BUSINESS SCHOOL divides the semester into two cycles, and the courses that can be selected in each cycle are different, and some courses are taught in French, so it is necessary to know the opening status of each class before choosing courses. Due to the small number of lessons in each class, the course arrangement is very tight. In addition to solid content and individual assignments, there will be group reports from time to time every week. In addition, according to personal experience, the professor pays great attention to attendance and class participation. Open-ended questions will be raised during class and most of the time will be used for group or class discussions. This is a very good opportunity to exchange different thinking and views with students from different countries. In addition, the professor will also arrange many practical opportunities in the course. Taking the course Branding I chose as an example, the professor will encourage students to get in touch with interested Lifestyle groups in the form of team reports, including obtaining first-hand information through field interviews And analysis, there will be many opportunities to interact with local people in Lyon during the process.

4. Living and studying abroad (extracurricular)
In addition to schoolwork, living in a different place is a very special experience. In the case of unfamiliar places and high prices in Europe, many accustomed life patterns have to be re-adapted, such as transportation, food and even contact with strangers. Wait, especially if you encounter a language barrier. Although the French are very kind and enthusiastic, many things still need to be understood and planned in advance to avoid confusion. From personal experience, the security situation in some areas of France is not ideal. In addition to the friends around me who have encountered pickpockets, I also have the experience of being robbed with a knife by strangers while waiting for a bus at night. After living in the comfort zone of Taiwan, how to quickly integrate into an unfamiliar environment and how to take care of yourself is a very important experience accumulated during the exchange period in addition to schoolwork and broadening your knowledge.

5. Specific benefits of training (please list them in detail)
hard strength
1. English ability: There will be a lot of opportunities to communicate with other international students in the course, which can effectively improve their English oral expression and writing ability.
2. Problem solving: When you are alone in a foreign country, you will encounter various difficulties in life. How to protect your own rights and interests in the case of a language barrier will make you grow mentally.

3. Business management knowledge: Foreign education places emphasis on practice. In the process of completing the team report, you can try to combine the knowledge you have learned in the field of business management in the past to improve the integrity of the report.

soft strength
1. International outlook: EMLYON BUSINESS SCHOOL has a highly internationalized campus. Through exchanges with friends from different countries, existing concepts and cognitions can be changed at many levels and different thinking can be obtained.
2. Planning ability: Traveling in foreign countries is a very important part of the exchange plan. How to collect information and allocate time to understand the customs and popular attractions of different countries and plan as complete a trip as possible is a must for every exchange student ability.

6. Thoughts and Suggestions
I think that after completing the exchange, I have gained much more than I expected, not only in terms of learning, but traveling in Europe, a country rich in human civilization, has brought me a lot of knowledge about different cultures and lifestyles These are experiences that cannot be learned in textbooks in Taiwan. At the same time, because I was renting a house outside, I was lucky to live with two friends from the UK who were similar in age for more than half a year, and my oral English ability was greatly improved in the process, which was an unexpected gain. I am very glad that I had the opportunity to change my life planning and cognition through the exchange program in my spare time before leaving the society. This trip will be a very important experience in my life.