學校簡介

當初挑選交換校的想法很簡單，我希望能夠通夠本次的交換了解外國頂尖商學院的上課模式與觀察並學習他國學生的上課態度與作法。
EMLyon Business School身為法國排名前五的商學院之一自然成為我的優先考量，在實際進入里昂商學院就讀後，以下為我自身的觀察與體驗。
里昂商學院分為許多校區，其中Ecully校區由三棟建築物構成，分別是兩棟教學樓與一棟learning hub（可視為圖書館）。平常上課都在A、B兩棟的教室，除了教室外還有許多沙發與討論的空間，甚至有一個大大的天臺可以坐在那裡呼吸新鮮空氣。

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

教授來自許多國家與專業背景，在交換學生的選課清單內依照語言分為法語和英語授課兩種，課程種類很多可以依照自身語言能力與興趣選擇。
教授非常注重學生在課堂中的參與與出席，多數學生也都非常積極的發言分享自身見解。除此之外也常有分組報告的機會，可以通過與各個國家的同學合作來學習到更多不一樣的想法與知識。
在這過程中我最大的收穫應該是鼓起勇氣開口說話。一開始的我因為要在一群非常優秀的同學面前開口而感到非常焦慮與害怕，擔心自己的英文程度不足以好好表達自身想法，也擔心自己說出口的點子不被採納。但在一次鼓起勇氣發言後，發現大家對於任何意見與想法都會抱持著非常開闊的態度去理解，並會積極的回覆你的發言，教授也會非常鼓勵各種不同的想法，在嘗試過後真的感受到勇氣的重要性，讓我在未來面對此種情況能更勇敢的表達自身想法。
推薦課：branding

國外研修之生活學習（課外）

我覺得在交換這半年學到最多的應該是獨立處理生活上各式不便與問題。
在法國的頭一個月，需要處理非常多雜事與申辦許多東西，此時就可以感受到許多狀況與問題需要自行去克服。
此外，包含日常的一切基本上都要自行處理，在法國外食成本非常高，故若有一點廚藝天份的同學不妨可以自己煮飯，可以省下很多錢。
在旅遊方面也是因為經常旅遊而有所學習，包含怎樣買到便宜機票，如何有效搜集資訊安排行程等等，玩樂之餘也是有所成長！

交換/研修之具體效益（請條列式列舉）

（一）硬實力
1、英文聽說能力：在台灣很少有機會可以大量的以英文進行口語對話，但身處異國凡是與人溝通皆需使用，自然而然可以有大量的練習機會。
2、問題處理能力：雖然有點空洞但在面對問題時可以在短時間冷靜下來並思考對策。
3、專業的商管知識：在課堂中學習的知識將可以運用至未來的實際職場中。
（二）軟實力
1、勇氣：在歐洲許多事都需要勇氣，包含獨旅、以不熟悉的外語發言等等，所以在生活過程中自然而然可以讓自己有勇氣面對各種情況。
2、耐心：不知道這個算不算哈哈哈哈，在歐洲大家非常注重生活工作平衡，所以許多時候辦理東西、等回信都要等非～常久，自己在乾著急也沒有用，耐性自然而然就被養成了ＸＤ
3、知道自己想要的東西和培養多元的思考角度：在法國的過程中認識了許多人也體驗了許多新事物，從過程中漸漸找尋到對未來職涯的想法與培養了自己對事物抱持著開放的態度，皆有助於在

尋找工作與往後生活中的種種。

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?

我認為在過程中沒有遭遇太大的困難，但確實有很多事是完全沒想過會發生在自己身上：例如遇到小偷、被搶劫、錯過班機等等，但這些問題都會激發你當下的冷靜應變力，我個人覺得也是很寶貴的經驗！

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

初期到法國時確實滿常被嚇到，包含地鐵上非常髒亂等等，但我認為就是看見他、接受它、然後尊重。

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?

我認為最大的改變是面對新事物的心態變得比較開放，在法國每天都會體驗到新事物，唯有開放的胸襟才能好好的接納一切衝擊。

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?

感謝學校與教育部提供我獎學金，讓我在國外能夠有更充足的資金去生活，畢竟在法國生活消費水平真的好高，再次感謝。若無獎學金我依舊會選擇前往交換，因為畢竟還是很難得的經驗！

感言及心得感想

非常感謝家人支持我在碩班的尾巴前往法國進行交換，本次交換過程中無時無刻都在有新的衝擊與學習，非常推薦給經濟狀況允許的所有學弟妹。
交換在我眼中，無論是希望對自身未來求職加分、釐清職涯方向；想去許多國家體驗不同文化；未來有想出國進修、工作等都非常有幫助。
當然我也受到一些啟發，未來若有機會出國工作或是進修我也非常有意願並想多嘗試，世界很大，我未到達的地方與瞭解的事物還很多，交換回來後我也有更多的醒悟與努力方向，我想這是我最大的收穫與感想。

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)

I. Introduction to the exchange school
The idea of choosing an exchange school was simple: I wanted to learn about the mode of study and observe and learn from the attitude and practice of students at top business schools in other countries through this exchange.
EMLyon Business School, as one of the top 5 business schools in France, was my priority, and after attending EMLyon, the following are my observations and experiences.
The Lyon Business School is divided into several campuses, of which the Ecully campus consists of three buildings, two academic buildings and a learning hub (which can be considered a library). Classes are usually held in the classrooms in buildings A and B. There are many sofas and discussion spaces in addition to the classrooms, and there is even a large rooftop where you can sit and breathe in the fresh air.

II. Foreign Study Courses (In-class)
The professors come from many countries and professional backgrounds, and the list of courses for exchange students is divided into two types of courses according to language: French and English.
The professors place great emphasis on student participation and attendance in class, and most students are very active in sharing their insights. In addition, there are often opportunities for group presentations, where students can learn more about different ideas and knowledge through collaboration with students from different countries.
The most rewarding part of this process was having the courage to speak up. At first, I was very anxious and scared because I had to speak in front of a group of very good students. I was worried that my English was not good enough to express my ideas and that my ideas would not be accepted. However, after I had the courage to speak, I found that everyone was very open to any opinion or idea and would respond positively to your speech.

III. Overseas Training: Life and Learning (extracurricular)
I think the most important thing I learned during the six months of the exchange program was to deal with various inconveniences and problems in my life independently.
During the first month in France, I had to handle a lot of chores and apply for many things, and I could feel that I had to overcome many situations and problems on my own.
In addition, you must do everything on your own, and the cost of eating out in France is very high, so if you have some culinary talent, you can cook your own meals and save a lot of money.
In terms of travel, I also learned a lot from traveling, including how to buy cheap air tickets, how to effectively collect information to arrange the itinerary, etc. I also grew up while having fun!

IV. Specific benefits of exchange/training
The following soft and hard strengths will be used to make points and explanations.
(A) Hard strengths
1. English listening and speaking ability: In Taiwan, there are very few opportunities to have many oral conversations in English, but in a foreign country, all communication with people need to use, naturally, there can be many opportunities to practice.
2. Problem solving ability: Although a bit hollow, I can calm down and think of solutions in a short time when facing problems.
3. Professional business management knowledge: the knowledge learned in the classroom will be applied to the future workplace.
(B) Soft strength
1. Courage: In Europe, many things need courage, including traveling alone, speaking in unfamiliar foreign languages, etc., so naturally in the process of life can give themselves the courage to face various situations.
2. Patience: I do not know if this is considered, in Europe we pay great attention to life and work balance, so many times to apply for things, waiting for a reply to a letter must wait for a very ~ very long time, they

are in a dry anxiety is not useful, patience is naturally developed.
3. Knowing what you want and cultivating multiple thinking perspectives: In the process of France, I met many people and experienced many new things, and gradually found ideas for my future career and cultivated an open attitude towards things, which helped me in my search for a job and in my future life.

V. Reflections and Suggestions

I am very grateful to my family for supporting my exchange to France at the end of my master class.
In my eyes, the exchange was very helpful for me, no matter if I want to get more points for my future job hunting, to clarify my career direction, to experience different cultures in many countries, or to study and work abroad in the future.
The world is a big place and there are still a lot of things I have not yet reached and understood.