學校簡介

EMLyon Business School（里昂商學院）創立於1872年，是一所擁有152年歷史的Grand École。是法國排名前五的商學院之一，也是歐洲最佳的10所商學院之一。學校通過AACSB、EQUIS、AMBA三大國際權威認證，對於法國、歐洲甚至有意赴歐求學的海外學子而言，該校是首選之一。

該校位於法國第二大城市里昂，但周邊環境並不繁榮，位於Ecully小鎮的山坡上，也在中國上海設有校區。校園小巧，只有三棟大樓，但學校設施齊全，包括餐廳、圖書館、影印室等。，距離里昂市區約30分鐘車程。

EMLyon提供法語和英語授課，但不為交換生提供純法語課程，因此選擇法語授課的學生必須精通該語言。EMLyon的一學期通常又分為2個cycle，每個cycle約為7-8週。

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

我選修了Matlab和Branding，兩位老師都很認真準備教材，上課過程也都很溫柔，也每週都會更新個案。最喜歡的是Matlab，在台灣時常耳聞Matlab，在學校和求職時都有聽過教授和公司在找尋具備此程式專長的人才，但卻從來沒有接觸的機會。雖然這門課每週都需花費時間準備(4次小考、1次大考、1次大型作業)，但只要有跟上老師的進度，基本上沒什麼問題，考試和作業也不是填鴨式的，都是需要舉一反三思考過後的題目，題目也都是真實市場的資料，讓我可以學會實際金融資料初步分析，只要認真上課，課堂中的Tasks和課後的小考都能成為之後作品集的素材！

國外研修之生活學習（課外）

因為學校課程集中的關係，除了認真玩之外也很認真在Ecully小鎮上生活，畢竟在台灣的我是個仰賴外食的人，但在法國，逛家樂福變成最大的樂趣！除了學習食物單字外，也嘗試做在法國才能做的料理，認真研究酒架上的紅白酒差異，每週嘗試不同新食材，探索各種奇形怪狀的水果，獨自烹飪是我調劑心靈和緩慢生活步調的小樂趣。

交換/研修之具體效益（請條列式列舉）

學會獨立生活，成功照好顧自己
深化專業知識，獲得職場新技能
拓展國際視野，增加跨文化交流的經驗
提高解決問題的能力，因應不同文化和環境的挑戰
增進自信心，勇於面對新的挑戰和未知環境
提升自我管理能力，包括時間管理、財務管理等

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?

我在比利時的火車上整個後背包被偷走了，背包價值超過10萬元，所幸最後抓到小偷拿回了所有財產。我認為能成功解決問題的一大關鍵是找對人協助，並冷靜地對協助者描述請求，畢竟人生

地不熟，憑自己的力量是難以解決這種困難的。我學到的教訓是不能以為時間累積夠了就是經驗，而輕忽歐洲旅遊的危險。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

在柏林旅遊時，時常遇到怪人，怪人會突然在路上或在大眾運輸上製造怪聲，或是做出各種詭異的肢體動作，但很有趣的是，柏林人沒有人發出訝異的表情，大家都很自然甚至微笑的包容著，這在台灣是不可能的，正面的文化衝擊開擴了我的眼界，當人類歷史累積的越久，我們會產生出各式各樣的個體，我們不應該傳播到臉書甚至新聞上，而是學著接受理解不同的人生。

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?

短短五個月的交換生活確實為我帶來了深刻的改變，身為一個急性子，我最大的成長是學會了平常心，在外旅遊每天都有大小不一的破事發生，像是歐洲人各種不接電話，家門的玻璃碎裂。每個挫折都使心境獲得成長，保持沉著冷靜，不輕易放棄，維持積極的態度才能開心的繼續旅遊下去，把所有爛事都當作為成長的養分，讓我變得更加堅強，更有耐心。

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?

獎學金對我最大的幫助是提供了財務支持，減輕了我學習和生活的經濟壓力。透過獎學金的資助，我能夠更輕鬆地專注於學習和探索世界，而不必過度擔心金錢問題。

如果沒有獎學金的支持，我的出國計畫可能需要做出一些調整和妥協以更負擔得起的方式進行，但我想並不是大幅度的。

感言及心得感想

在交換的過程中，我獲益良多，透過與不同文化背景的人交流和相處，我擴展了自己的國際視野，增進了跨文化溝通能力，與當地同學和老師的互動，讓我更深入地了解了當地的價值觀念和社會文化。學習和生活的環境的改變，促使我更加獨立和自主，學會了解決問題、應對挑戰的能力。在面對語言障礙、文化差異和新環境帶來的壓力時，我學會了保持冷靜、堅持不懈，並且從中成長。這段交換經歷也讓我更加珍惜家人和朋友，意識到身處異鄉時家的溫暖和支持的重要性。交換的歷練會成為我接下來的養分，滋潤未來的人生。

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)

EMLyon Business School was founded in 1872 and boasts a history of 152 years as a Grand École. It is one of the top five business schools in France and ranks among the top 10 in Europe. The school is accredited by AACSB, EQUIS, and AMBA, making it a top choice for students from France, Europe, and those intending to study in Europe.

Located in the second largest city in France, Lyon, the school's surroundings may not be bustling, situated on the slopes of Ecully town. It also has a campus in Shanghai, China. Although the campus is compact with only three buildings, it is fully equipped with facilities including restaurants, libraries, and photocopying rooms. It's approximately a 30-minute drive from Lyon city center.

EMLyon offers courses in both French and English, but does not offer pure French courses for exchange students. Therefore, students choosing French-taught courses must be proficient in the language. A semester at EMLyon typically consists of two cycles, each lasting around 7-8 weeks.

I took a Matlab programming course, which I often heard about in Taiwan. It was mentioned by professors and companies when I was at school or looking for jobs, but I never had the opportunity to learn it. The teacher was very gentle and serious, and although the course required weekly preparation (four quizzes, one final exam, and one major assignment), as long as I kept up with the teacher's progress, there were basically no problems. The teacher prepared all the materials seriously and updated them weekly. Exams and assignments were not simply rote learning; they required critical thinking and analysis of real market data. This allowed me to learn preliminary financial data analysis. If I paid attention in class, the tasks during class and the quizzes afterwards could be used as materials for future portfolios.

Due to the concentrated course schedule, besides studying seriously, I also lived seriously in Ecully town. After all, I relied on eating out in Taiwan, but in France, shopping at Carrefour became the biggest pleasure! Besides learning food vocabulary, I also tried to cook dishes that could only be made in France, studied the differences between red and white wines on the wine rack, tried different new ingredients every week, and explored various strange-shaped fruits. Cooking alone became a small pleasure for me to adjust my mood and slow down my pace of life.

Learning to live independently and taking care of myself successfully.
Deepening professional knowledge and acquiring new workplace skills.
Expanding international perspectives and increasing cross-cultural communication experiences.
Enhancing problem-solving abilities to cope with challenges from different cultures and environments.
Improving self-confidence and facing new challenges and unknown environments bravely.
Enhancing self-management skills, including time management and financial management.

In just five months of exchange life, it has indeed brought profound changes to me. As an impatient person, my greatest growth is learning to keep a calm mind. Every day during travel, there were various incidents of different sizes, such as Europeans not answering the phone and the glass door of the house breaking. Every setback has helped me grow my mindset, maintaining calmness, not giving up easily, and keeping a positive attitude. Only by maintaining a positive attitude can I continue to travel happily, treating all the bad things as nutrients for growth, making me stronger and more patient.