學校簡介

法國里昂商學院（emlyon Business School）位於法國第三大城－里昂（Lyon），建校於1872年，是法國名列前茅的百年商業學校，獲AACSB、EQUIS、AMBA等國際商管學院認證，其與企業有著非常緊密的連結，為此也提供了學生諸多實習機會，能更好地幫助學生銜接上畢業後的職涯生活。在課程部份，里昂商學院對國際學生亦開出了許多英語授課的課程，領域遍及會計、財務、經濟、CSR、AI、創新、人資、行銷、策略、供應鏈管理等，相當多元豐富。

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

French A1 – Beginners
Advertising and communication
BtoB Marketing
Pilates (P.E.)
其中我最喜歡B2B Marketing這門課, 在這堂課我們閱讀了相當多文獻、期刊，並在每週上課之時將先前所讀過的文章內容應用在各case study上，以過去的案例來分析、探討各個理論的實際應用，著實讓我對於b2b領域的知識收穫良多 。

國外研修之生活學習（課外）

里昂商學院有一學生社團，組織許多活動幫助國際學生能更了解當地文化、更融入社群生活，我們在期初參加了一個名為「探索里昂」的活動，由社團成員分批帶領國際學生深入探索里昂各處，講解相關文化歷史以及建築意義，讓我們在一開始便能好好認識自己往後要居住半年的城市。

交換/研修之具體效益（請條列式列舉）

一、文化交流：
如上文所提及，出國交換提供了不同文化背景的人相互交流的機會，能更深切了解他們的文化、傳統，甚至是價值觀，如此足以增加個人對跨文化的理解力及敏感度。
二、語言能力：
在法國，對於法文零基礎的我來說，溝通最常使用的便是英文，這樣不僅增強了自身英文對話的能力，在法文課的學習、自學，以及全法語的環境下，的確加速了一個新語言的學習。
三、自我成長：
生活在一個陌生的國家能更激發一個人未知的潛能，能夠培養自身的自信以及適應力，更重要的是培養解決問題的能力。此外，在國外居住的期間的確會使人不經意地磨練廚藝、不經意學會了如何為自己的生活打理一切。
四、就業機會：
在里昂商學院我主要研讀行銷領域，而在該領域中Business to business 的行銷對我來說是過往較沒有直接觸及的知識，在這堂課中我透過個案學習，更加了解該產業內容，也為自己開闢了一條職涯可能的道路。

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?

主要困境分兩類，第一類是文化適應，而其中生活習慣這方面尤其影響，例如交通票問題，在法國不像台灣能以悠遊卡處多少花多少，每個城市都有各自的販售組合方式，我就曾因票卡過期而被罰錢，其解決方式我認為就是要提前做足功課以防各種突發問題。第二類是生活安排，舉凡一開始甚至更早前就要處理居住、簽證、醫療等各方面的事務，時常感到繁瑣及困難，而解決之道可以是尋求學校或相關機構的協助，也能在Facebook相關社團詢問，能得到相當受用的回答。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

主要的文化衝擊有二：
1. 生活方式：感覺上法國的生活步調較為緩慢，很多商店及百貨大概晚上7-8點就關店，相較之下，餐廳關門時間相對晚許多(10-11p.m.），此外，法國不像台灣有低消及用餐時間限制，對他們來說用餐是一種藝術和社交活動，所以非常注重個人的用餐品質。
2. 罷工文化：由於法國政府延長退休年齡的政策，導致我去交換的期間遇上更多罷工狀況發生，所以有面臨停課、交通不便等情況，甚至還遇上警察向示威群眾丟催淚彈的現場。遇到這個問題我認為提前瞭解法國的社會和文化習慣，並保持開放跟尊重的心態，便能很快適應罷工常發生的處境。

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?

此次的交換經驗很大幅度地提升了我的適應力、獨立性等，其中我認為它帶給我最大的成長是更深刻的自我了解。我本來以為我會對在國外長期居住感到排斥，但經過這半年的歷練，因為新環境讓我重新思量、審視了自己的價值觀與目標，亦培養了更廣闊的冒險精神，使我有探索新事物及挑戰的勇氣，從排斥的態度轉為願意以更開拓的視野來規劃未來的職涯目標。

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?

獎學金讓我在法國租房的壓力小了很多，能讓我租到品質更高、環境更好的地方。雖然有無獎學金並不會改變我出國的計畫，但有了獎學金的幫助著實讓我能更加自由運用擁有的資金，能遊歷更多地方、更豐富生活見識。

感言及心得感想

真正來到國外，遠離自己的舒適圈後，才發現生活中很多事都變得麻煩起來，很多事都要親力親為，有時即便做好了時間規劃，到頭來卻發現並無法讓事如規劃進行，而這些都是在初期時常發生的。然而，事情往往都有其相反的一面，也就正因為這些麻煩事也好、不如預期的事也好，我才能進一步瞭解不同國情不同文化所帶來的應對進退，才能從中再學習、再成長。

我覺得要出國唸書，很多事前的準備規劃真的不能偷懶，更好是能認真落實出發前的短中長期規劃，雖然如前面所說，事事都難以朝原先準備的規劃前進，但有個目標總是會比什麼都沒準備或臨時起意所去做的事還要來得收穫更多，就以學習法文這件事來說好了，我原先認為法文到學校在學即可，所以只選修了學校的初級法文，但到了真正上課之時，才發現一週一堂的法文課不僅進度慢，能真正練習的機會又不多，等到法文課真正結束時，也已經沒有時間報名當地語言學校的課程了，所以在這趟旅程中留下了沒有充實學習法文的遺憾。

因此，我認為事前規劃人人都會做，但目標有多大就應該在事前規劃中計劃周詳，並仔細落實。更重要的是，要盡情享受每個當下，出國交換所帶來的效益難能可貴，這些經歷將豐富生命的層次，使自己變得更加開放，面對不同文化或解決問題時，能變得更加靈活，甚至激發出更獨到的見解。

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)

School profile:
EMLYON Business School is located in Lyon, the third-largest city in France. Founded in 1872, it is a prestigious century-old business school that ranks among the top in France. Accredited by AACSB, EQUIS, AMBA, and other international business management institutions, emlyon Business School maintains strong ties with lots of corporates. It offers students numerous internship opportunities, facilitating a seamless transition to their careers after graduation.
In terms of the courses, emlyon business school offers a wide array of English-taught courses for international students. These courses cover various fields, including accounting, finance, economics, CSR, AI, innovation, human resources, marketing, strategy, and supply chain management, providing students a diverse and enriching academic experience.

Course learning:
French A1 – Beginners
Advertising and communication
BtoB Marketing
Pilates (P.E.)
Among the courses I have taken, I particularly enjoyed "B2B Marketing." In this class, we delved into a wealth of literature and journals. Each week, during our class sessions, we applied the content from the previously studied articles to various case studies. Analyzing and discussing the practical application of different theories through past cases truly enriched my understanding of the B2B field.

Life learning:
There's a student club that organizes numerous activities to help international students gain a deeper understanding of the local culture and integrate into community life. At the beginning of the term, we participated in an event called "Exploring Lyon," where club members led groups of international students on immersive journeys throughout Lyon. They provided insights into the cultural history and architectural significance, allowing us to become acquainted with the city where we would be living for the next six months from the very start.

Benefits:
-Cultural Exchange:
As mentioned earlier, studying abroad offers the opportunity for people from different cultural backgrounds to interact, enabling a deeper understanding of their cultures, traditions, and even values. This experience enhances personal cross-cultural awareness and sensitivity.
-Language Proficiency:
In France, with a limited foundation in French, I predominantly communicated in English. This not only improved my proficiency in English conversation but also expedited my learning of a new language. Through formal French classes, self-study, and immersion in a predominantly French-speaking environment, I rapidly developed language skills.
-Personal Growth:
Living in an unfamiliar country stimulates untapped potential, fostering self-confidence, adaptability, and crucial problem-solving abilities. Moreover, the experience inadvertently honed culinary skills and taught essential life management practices.
-Employment Opportunities:
While at emlyon business school, my focus was primarily on marketing. Within this realm, I delved into Business-to-Business marketing, an area I had limited prior exposure to. Through case studies, I gained a comprehensive understanding of this industry, potentially paving a new career path.

Reflections:
Once I arrived abroad, stepping out of my comfort zone, I realized that many aspects of life had become

more complicated. Many tasks demanded my personal attention and involvement. Despite meticulous time planning, things often didn't unfold as anticipated, especially during the initial period. However, every challenge had its flip side. The inconveniences and unanticipated hurdles allowed me to delve deeper into understanding how to navigate through unfamiliar territory, cultures, and situations. It was within these complexities that I found room for further learning and growth.

Embarking on an educational journey abroad truly underscored the importance of thorough preparation and planning. While it's true that not everything unfolds according to the blueprint, having a goal is undeniably more rewarding than spontaneous actions or a lack of preparation. Take learning French, for instance. Initially, I believed that enrolling in basic French courses at my university would suffice. Yet, when the classes began, the slow pace and limited practice opportunities became evident. Unfortunately, by the time the university course concluded, there was no time left to register for local language school classes. Thus, I now carry the regret of not immersing myself more fully in learning the language during this journey.

Hence, I firmly believe that everyone engages in pre-trip planning, yet the size of one's aspirations should be meticulously outlined and diligently pursued in advance. Furthermore, cherishing every moment is essential. The benefits of studying abroad are invaluable, enriching different dimensions of life. These experiences enhance one's openness, flexibility, and problem-solving abilities when dealing with diverse cultures or challenges. They may even ignite unique insights.

In conclusion, stepping into the unknown of a foreign land has illuminated the significance of detailed preparation, adapting to unforeseen circumstances, and cherishing the present. These experiences are bound to elevate life's facets, fostering personal growth and the development of profound perspectives when facing novel cultures or resolving intricate situations.