繕打**中文及英文**心得報告，應包含下列項目

（**中文至少 1,000 字+英文至少 500 字。**赴中國交換者不需撰寫英文心得。）

A. 學校簡介

里昂管理學院在法國排名一直名列前茅，最新的排名更是晉升到法國第二名，尤其在市場行銷碩士方面根據 2024 年 QS 商科碩士排名全球第六名，特別是 2024 年搬遷到新址距離市中心更近，建築與設備都相當新穎，且擁有多個海外分校，吸引來自諸多國家的學生。

B. 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

我總共修習三門課程，其中包含 Digital Marketing、Global Purchasing Strategy & Operations 和 Introduction to Data Analytics & Bus Int。我最推薦的便是 Introduction to Data Analytics & Bus Int，因為課程內容簡單扎實有利於培養基礎能力，雖然有三次作業，其中還包含小組作業，但藉此有機會與其他國家的同學合作，同時老師在上課期間也積極鼓勵同學發言，有問題老師也都會積極協助解決，而且課程著重實作，所以作業都以實際操作軟體為主，整體而言，雖然老師較嚴格，但也很樂於協助學生。

C. 國外研修之生活學習（課外）

剛開始到國外生活相當不習慣，最大不同應該就是飲食方面，尤其若要節省開支，自己煮飯最為恰當，除了外出購買食材和精進廚藝外，更有享受和體驗外國生活的感覺，甚至有機會與外國室友交流，不論是食物或各國文化都是難得的經驗。此外，在生活上不同於在台灣的便利生活，國外許多事情都需要自己解決，或是透過朋友協助，因此獨立自主和社交能力都相當重要，尤其還有語言上的隔閡需要付出更多努力。

D. 交換/研修之具體效益（請條列式列舉）

1. 需要適應國外不同的生活方式，強化自身適應能力
2. 許多事情需要自行解決，進一步培養獨立自主
3. 交換過程有更多機會接觸來自各國的人，提高社交能力
4. 出國交換遊歷各國發展出更廣闊的國際視野
5. 嘗試與外國人交流提升自己的語文能力
6. 在國外交換期間可能遇到各種情況，使自身對各種事務的應變能力更加靈活

E. 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?

剛到國外生活的初期，最不習慣的便是飲食，在台灣相對物價便宜，尤其出門就有許多店家，基本不會養成自己煮飯的習慣，但到國外基本大家都會自己煮，再加上外食的食物口味與亞洲截然不同，所以除了可以省錢外，也因為不習慣當地飲食便會開始自己煮飯，雖然不敢做很困難的菜，但透過上網找食譜和影片開始做出各式各樣的料理來滿足自己的生活。

F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

最大的不同應該就是在上課過程中，老師更喜歡同學積極參與病發表意見，尤其是當有同學有相關從業經驗，常常會以自身工作經驗詢問老師，而老師也常常同時擔任企業顧問或是有在企業中的從業經驗，面對如此不同的學習環境，便透過積極聽取同學和老師的意見外，下課後也嘗試與同學交流獲取更多寶貴知識，也更加積極參與課程表達意見。雖然沒辦法發表實務相關的意見或問題，單也可以讓我獲益良多並參與其中。

G. 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?

海外生活的歷練必然為我的人生帶來許多改變，很多事情相較於在台灣直接找人解決，會自己上網嘗試查找資料再自己動手解決，或是向朋友尋求協助，讓我更加獨立自主，會更想嘗試自己解

決問題，同時在外遊歷的不同經驗，讓我更想探索這個世界，更喜歡出門探索不同的環境，了解不一樣的文化，嘗試各種新鮮的事物。

H. 感想與建議

非常感謝中山大學和管理學院讓我有這次機會出去交換，讓我有機會體驗在國外生活的機會，讓即將出社會進入職場的我留下最後一段美好的學生生活，並且讓我可以接觸到各國的學生更加了解這個世界，具備良好國際視野的素養使我可以更好面對未來的職場，讀萬卷書不如行萬里路，讓我理解到應該多出去看看這個世界，面對各式各樣的工作亦能更好應對，也有更良好的心態去面對職場。

I. 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) 500 字以上
赴中國交換者免填英文心得

A. School Introduction

EM Lyon Business School has consistently ranked among the top business schools in France. In the latest rankings, it has risen to second place nationwide. Notably, its Master’ s in Marketing program was ranked sixth globally in the 2024 QS Business Masters Rankings. In 2024, the school relocated to a new campus closer to the city center, featuring modern buildings and state-of-the-art facilities. With multiple international campuses, the school attracts students from various countries.

B. Academic Learning During the Exchange (Courses) & Recommended Course

I took a total of three courses: Digital Marketing, Global Purchasing Strategy & Operations, and Introduction to Data Analytics & Business Intelligence. The course I recommend the most is Introduction to Data Analytics & Business Intelligence because it provides a solid foundation with straightforward and practical content. Although there were three assignments, including a group project, these tasks provided opportunities to collaborate with international classmates. The professor actively encouraged class participation and was always willing to assist with questions. The course was highly practical, with assignments focusing on hands-on software applications. Overall, while the professor was quite strict, they were also very supportive and eager to help students succeed.

C. Extracurricular Learning During the Exchange (Life Abroad)

At first, adapting to life abroad was quite challenging, especially in terms of food. To save money, cooking at home was the best option. This not only involved buying groceries and improving my cooking skills but also provided an opportunity to fully experience foreign life. Additionally, I had the chance to interact with international roommates, exchanging knowledge about food and different cultures—an invaluable experience.

Life abroad was much less convenient compared to Taiwan, requiring me to handle many matters independently or seek help from friends. This experience greatly enhanced my independence and social skills. Moreover, the language barrier required extra effort to overcome.

D. Specific Benefits of the Exchange Program
Adapted to different lifestyles abroad, improving adaptability.
Became more independent by handling various matters on my own.
Developed stronger social skills through interactions with international students.
Gained a broader global perspective by traveling to different countries.
Improved language skills by engaging with native speakers.
Became more flexible and resourceful when facing unexpected situations abroad.

E. Reflections and Suggestions
I am incredibly grateful to National Sun Yat-sen University and the College of Management for giving me this exchange opportunity. This experience allowed me to live abroad and make the most of my remaining student life before entering the workforce.

Interacting with students from different countries deepened my understanding of the world and strengthened my global perspective. The saying "Reading ten thousand books is not as valuable as traveling ten thousand miles" truly resonates with me now. Seeing the world firsthand has better prepared me for the workplace, equipping me with a more open mindset and the ability to handle diverse challenges in my future career.