A. 學校簡介

里昂商學院成立於 1872 年，是法國前五名的商學院，也是少數獲得 EQUIS, AACSB 和 AMBA 三大認證的國際頂級商學院。因為系所多，開設的課程也很多，學生可以自由選擇。同時，校內的教授很大一部份是業師，幫助學習與工作接軌，根據學校官網所示，學校有來自 125 個國家的 9020 名大學生與研究生，在全球有七個校區，分別在里昂(法國)、聖埃蒂安(法國)、巴黎(法國)、卡薩布蘭卡(摩洛哥)、上海(中國)、布巴尼斯瓦爾(印度)、孟買(印度)，有著 200 多個學術交流夥伴。

而學校里昂的校區已經在 2024 年的 8 月從 Ecully 遷至市區，交通方便，且設施都是全新的！

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

交換的這個學期我修了：Introduction to Python for Data Analysis 與 Introduction to data analytics & bus int，主要都在學習數據分析，而我最喜歡的課是 Introduction to Python for Data Analysis，因為老師是從頭帶領我們學習 Python，會觀察學生的學習狀況調整速度，或一對一教教學，很有耐心，經過這堂課後自己也確實會簡單的 python 了；而另一堂課就比較無趣了，老師有很多作業跟考試，也只有第一份作業有當下馬上批改完並給出建議，其他作業的成績與問題都是在學期結束後才一次公布，沒辦法起到檢視自己學習表現的作用。此外，期末老師會隨機分組，然後就給大家一個專案去完成，而期末報告占比很重，也沒有組內互評機制，當遇到比較投機取巧的組員時成績也會受到很大的影響。

C. 國外研修之生活學習（課外）

我覺得學習到最多的是獨立，因為台灣與法國主要使用的語言不同，文化也差異很大，雖然在異國很容易就能與同鄉的人拉近關係，彼此照顧，但也不是無時無刻都會有來自台灣的同學或講中文的同學在身邊，因此在國外生活遇到問題時常常會求助無門，一切都要靠自己，久了也會發現自己能做到的事情其實比你想像的要多很多。

D. 交換/研修之具體效益（請條列式列舉）

- 變得更獨立
- 增進國際視野
- 增進外文能力
- 體驗不同國家的生活

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？

是，
我在某次回家的路上被流浪漢抓著要錢，可能因為我是亞洲面孔，對方覺得我好欺負，當時周遭也沒有人可以求救，我只能自己使盡全身力氣將他甩開然後拔腿狂奔到有人的地方。

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？
是，
法國熟人見面會碰臉頰，但我到法國的第一天就被初次見面的女房東很熱情地抓著臉碰臉，我不喜歡跟陌生人也過多肢體接觸，但我在交換前就有做過功課，知道這是他們的文化，也比較能說服自己接受。

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？
是，我以前總是很習慣依賴別人，也希望做什麼事都能有人跟我一起，但從海外返台後，我變得喜歡獨自一人去完成事情，我覺得這讓我很有成就感，也會期待自己能夠成為讓人依賴的人！

H. 感想與建議
謝謝學校對於交換計劃的支持，讓我能有機會去到法國生活一段時間，也因為去到歐洲，能有機會四處探險，看了很多不一樣的風景與體驗不同的風俗民情，這是一段很棒的回憶！

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
Emlyon Business School is one of the most well-known business schools in France, offering a diverse range of courses and numerous extracurricular activities. Many of the professors are highly respected professionals in their industries, making the academic and social experience incredibly rewarding.

One of the most significant aspects of my exchange semester was that the school had just moved to a brand-new campus. All the facilities were state-of-the-art and quite luxurious—the entire campus felt like a massive shopping mall. Additionally, the surrounding area has improved significantly compared to before.
Regarding the curriculum, Emlyon divides the semester into several "cycles." For a one-semester exchange, students typically go through two cycles. If you prefer to distribute your workload evenly, you can take courses in both cycles. On the other hand, if you want to concentrate your classes within one cycle to

have a longer break for traveling, that option is also available. I found this structure very flexible, allowing students to manage their time efficiently.

However, it's important to note that in France, semesters are often compressed into just eight weeks, making the coursework highly intensive. Attendance is strictly enforced, with no exceptions for sick leave or personal leave. In my case, both of the courses I took had a policy where missing two classes resulted in an automatic failure. So, I strongly recommend that students carefully evaluate whether they can handle the workload before enrolling.

Now, let’s talk about life in Lyon. Many people refer to Lyon as "the stomach of France," meaning it is known as the country’s food capital. However, I personally don't quite agree with this title, and many of my Asian classmates feel the same way. If you grew up in Taiwan and love Asian cuisine, I highly recommend bringing some of your favorite ingredients or snacks!

That said, Lyon does have its advantages. As the third-largest city in France, its transportation system is quite convenient. It serves as a major transit hub, with extensive connections to other cities and an international airport, making it easy to travel abroad. Within Lyon, students can also purchase a transportation pass, which allows unlimited access to buses, metro lines, trams, and even the funicular. This is definitely a cost-effective option.

However, based on my overall experience, I personally wouldn't recommend Lyon as an exchange destination. The city has a diverse but somewhat complex population, and safety can be a concern. Additionally, as one of France's largest cities, the cost of living is relatively high. Finding student housing can also be challenging due to the high demand from numerous universities in the area. If you want to secure a comfortable place to live, you need to start searching early—ideally one to two months before arrival—and most rentals require a lease of at least six months to a year. This adds a significant financial burden.

If I had the chance to do it all over again, I would probably choose a country in Eastern Europe with a lower cost of living. That way, I could allocate my budget towards traveling and exploring different cultures. Lyon—or even France as a whole—might be best suited for a short visit rather than a long-term stay, as the longer you stay, the more you might find your initial excitement fading.