該大學坐落於城市精華地帶，緊鄰盧森堡公園及巴黎第四、第五大學，地理位置佳，校園環境優美且僅開放師生進出的天主教教堂更是一大特色。下課時間，我總喜歡去教堂坐一下，感受神聖及心靈洗滌的感覺，這是我最喜歡這所學校的原因之一。除此之外，系所課程選擇豐富。我的系所和在中
山的主修一樣，都是文學院。由於法語不夠流利，因此我選擇的課程皆以英語授課為主，教授人都很好，英文也完全沒有口音。在所有課程中，我最喜歡也最推薦的絕對是法語課程。法語課程是由ILCF開設，如同該所學校的語言機構；首先會以程度分班並能隨時調整，一周兩次的密集練習讓我對法語熟悉度提高不少。主題式的教學方式讓我對於課堂很感興趣，因此參與度極高。若是有機會到巴黎天主教大學就讀並想增進法文能力
的話，極力推薦ILCF!

海外研修期間除了上學之外，最重要的便是學習在異地的生活能力。初到巴黎時，對於新環境感到十分陌生，有點害怕踏出家門之外的任何新嘗試。儘管出發前已聽學長姐說過許多辛苦的地方，實際感受下來真的不一樣；很不習慣每天都要去超市採購所有生活所需，不習慣相較台灣低落的行政效率，不習慣語言不同或文化不同帶來的差異。一開始的巴黎不是我最喜歡的樣貌，但逐漸習慣並融入後這座新的城市也慢慢帶給我家的感覺。許多人可能會認為交換無法拿到實質文憑而不選擇，但我認為這是一項給自己的人生挑戰。第一，學習獨立生活的能力。雖然在中山的四年已經讓我獲得許多獨居技巧，但在國外獨立生活是不一樣的挑戰。有次我家突然停電，那天早上我別無她法只能敲敲看鄰居的門期望能獲得協助或是資訊，卻發現只有我家停電。我首先聯絡房東但語言上的不通讓我們的交流有障礙，我鼓起勇氣尋求鄰居的協助，最後她幫我和房東溝通讓我順利度過停電的難關。經過此事，我和鄰居成為好友，有了當地左鄰右舍的關照讓我逐漸放下對這座城市的戒心，也在和她的交流中找到歸屬感。
停電這件事真正印證了“出外靠朋友”的重要性，很多事情事無法靠自己解決的，相互扶持才能迎刃而解。第二，打開視野。在交換期間我和朋友們去了近15個國家，每到一處我們便會被眼前的景象所震懾。當歷史課本和地理課本上的景象真實出現在眼前，好像真的身處在歷史中，這種體驗在台灣是完全體會不到的。在挪威，我們見到了極光；在倫敦，我們看了倫敦眼和大笨鐘；在瑞士，我們抵達歐洲最高峰，種種感動之情都讓我一再很感謝自己選擇來歐洲交換。令我訝異的是，見了半個歐洲以後，我其實並沒有太多受到文化衝擊的時刻。我喜歡探索各地不同的文化並接受它和體驗它，我喜歡和當地人交流，也喜歡嘗試新事物。這樣的特質讓我慢慢知道我總是能在新的生活中平衡自己然後去融入，十分慶幸。海外生活苦樂參半，在面臨問題時的確想臨陣脫逃，但度過考驗後，總覺得自己的能力又更上一階，而自己又成長了些。

這趟交換回來後，我認為我的心境改變不少。在前往維也納的火車上買了莫札特-四季在金色大廳的演出門票，第三天晚上興高采烈地前往時，在剪票處卻被工作人員告知是昨日的場次。無法彌補下這是我東歐旅程的一大遺憾。經過那之後，我習慣二次檢查所有大小事。以處事態度來說感覺自己更能沉著穩重的面對所有事情，以前覺得無傷大雅的情況現在會更仔細的、小心翼翼的處理。除了對待事情的態度改變之外，最大的不同便是前段提及的“真正學會獨立生活、世界觀更加廣闊”。若是有機會再去一次交換生活或是時間倒退的話，我會做一樣的選擇。甚至想去一年，體驗春夏秋冬的不同，讓整段經歷更有色彩，更豐富。

Last semester, I went to Paris for my exchange program. The school is called Institut Catholique de Paris, short for ICP. ICP is located near Jardin du Luxembourg, a park with a touristic atmosphere, but at the same time, locals go for a sunny break. I enjoy the school since it is flawless. The courses are great, the professors are nice, and my classmates are friendly and helpful. Not to mention that every time I step into school, I take a look at the magnificent architecture because of the breathtaking architectural detail. My favorite class at the school is the French course opened by lLCF. Though the level is only A1 and easy, the teacher is patient with every international student. The teacher quickly gave us some tips for interacting with locals and useful sentences while shopping around. Also, the intensive class allows us to spend some time with classmates and make a great connection. I especially love the part of introducing each nation or sharing the feeling toward this unexplored city, which always creates a sense of familiarity and heartwarming.

During the exchange program, my life can simply be divided into two parts. Firstly, the lovely school I mentioned in the first paragraph. Second, daily life in Paris and traveling around Europe. Living in Paris is hard at first. I know nothing but some famous museums and must-go attractions from social media. However, the whole program is further than being a professional tourist. I tried to find out every small happiness that was hidden in this city. I go grocery shopping in the morning market when I'm free; I try every pastry and bread in bakeries and make sure that it's worth it; my friend and I spent our weekend next to the Seine River, enjoying the weather and practicing people watching. We blend into the city through some imitations at first and then find our ways. It's an important experience for me since it's my first time living abroad for such a long duration. When people ask about the benefits of this program, I can proudly answer that I learned the skill of living independently in a foreign city. Besides, I get a great opportunity to travel around Europe. I landed in about 15 countries and met plenty of new friends. The most unforgettable memory is that we finally saw the aurora in Tromso. We spent two whole nights driving through every spot and at the end, we saw through from the window in our Airbnb. People can travel again and again, but we will never happen to create such a memory in our 20s again. Also, I love to learn about different cultures and this makes me a better person living in this international village.

After coming back, I believe that I'm lucky to enjoy my last half year in Paris as an exchange student. I know how the world functions in some way that I'll never find out if I never experience by myself. I become more and more responsible for things, I have learned to appreciate things or people who help me out in every condition. Also, my mind is open and I want to explore the world better when I grow up. Thanks to my parents, school, and

especially myself. If I have a chance to live again, I'll still put effort into this program.