國立中山大學出國交換心得報告

一、學校簡介

法國里昂管理學院具有超過 150 年的歷史，獲得 AACSB、EQUIS、AMBA 三大國際認證系統認證的商學院之一。在全球擁有四個校區：里昂、巴黎、上海和孟買，並擁有超過 220 個國際學術合作夥伴。學校的教學模式十分尊重與開放，具備國際視野，接受創新思維和不同觀點。學校稱學生們為「創造者」，希望每位學生都能夠不斷在經驗中學習，保持著好奇心探索未來，在全世界創造影響力與共鳴。

二、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

我受益最多的課程是 Negotiating Complex Trade Situations。教授透過豐富的商業案例來講授談判的流程與技巧，並且在課堂上積極引導大家進行討論，不斷詢問同學對案例的看法，透過世界各地的同學分享不同的觀點，讓我可以從多元文化視角理解談判技巧與策略。此外，教授運用分組與團隊合作的方式，讓我們實際演練談判的過程，並且在演練後進行深入分析來提升我們的談判能力。這種教學方式與里昂管理學院「學中做、做中學」的理念相符。我十分欣賞教授的教學風格，他會積極與學生互動，尊重各國文化差異，並且用活潑多元的方式呈現課程內容，讓學習更加豐富，我十分推薦這門課程！

三、國外研修之生活學習（課外）

台灣與法國的生活環境有很大的差異，身處異國時，除了安全，身體健康也格外重要。交換期間恰逢冬季，保持良好的體能才享受生活與旅行。在這段時間裡，我養成定期到學校附近健身房的習慣。除了使用健身器材，我更喜歡參加團體課程，例如拳擊與飛輪課，這讓我有機會和當地人與學生一起運動。我不僅在健身房認識了許多運動夥伴，也體驗到法國人對運動的熱情與活力。同時，維持運動提升了我的體能，讓我保持精力充沛到各國遊歷。

四、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?

在歐洲各國旅行時，經常發生班機延誤或取消、大眾運輸罷工等情況，這些突發狀況不僅影響行程安排，甚至導致無法及時回到學校上課。面對這些不可抗力因素，既使無奈，我仍學習調適心態和調整旅遊行程。曾經有一次遇到交通問題無法準時到課，我向教授說明此狀況，並且提供相關證明，展現對課

程負責任的態度。這些經歷讓我體會到，勞工權益在歐洲同樣是重要議題，發生罷工的情況來維護權益，已融入當地生活之中。

五、海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

在法國仍舊有許多人難以分辨亞洲人的國籍，他們經常會用各種亞洲語言向我打招呼。從對方的態度和表情中，可以大致判斷為友善的問候還是帶有嘲諷的語氣。雖然走在路上遇到此狀況偶爾會感受到壓迫與緊張，但我始終保持警覺，確保自身的安全。儘管沒有遭遇到很大的困難，但是當我認為有機會與對方溝通時，我會盡量用法文介紹台灣與其他亞洲地區的不同之處，並分享台灣在全球的競爭優勢，讓對方對台灣有更深入的了解，留下正面的印象。

六、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?

在這次交換期間，我大多選擇獨自旅行。這在台灣時習慣的團體生活非常不同，過去我總是和家人和朋友度過生活的點點滴滴，而在歐洲，我學會了如何與自己相處。原本我的個性內心較容易急躁和焦慮，習慣掌控各種細節。然而，來到法國遊歷歐洲各國後，我學習放慢腳步，用雙眼一覽美景、用內心去感受各地的文化。我發現歐洲人大多享受放慢生活節奏，喜歡在陽光下放鬆，而我也逐漸喜歡融入這樣的氛圍。這段經歷讓我學會在忙碌的日子裡調整自己的步調和心態，這樣的改變讓自己可以更從容迎接更多的挑戰。

七、感想與建議

衷心感謝中山大學提供這次交換的機會，讓我可以和來自世界各地的同學交流，學習不同的觀點與思維。同時，把握此次機會體驗法國的學習模式，拓展國際視野，培養更開放和多元的思維。在交換期間，我把握時間遊歷歐洲多個國家，每個地方都有獨特的風景與文化。體驗當地人文風情之外，也細心觀察並且比較各國與台灣的差異，學習他國的優勢和良好的習慣，並在對比當中更加深刻地體會台灣的美好。這段旅程豐富我的學生生活，也為人生留下最深刻且美好的回憶。

Emlyon Business School has a history of over 150 years and is one of the few business schools in the world accredited by AACSB, EQUIS, and AMBA. The school has four campuses—Lyon, Paris, Shanghai, and Mumbai—and collaborates with more than 220 academic partnerships globally. Emlyon values open-mindedness and international perspectives, encouraging students to think creatively and embrace diverse ideas. The school calls its students "makers", inspiring them to learn through experience, stay curious, and create a meaningful impact worldwide.

One of the most beneficial courses I took was *Negotiating Complex Trade Situations*. The professor used business cases to teach negotiation processes and strategies. The class was highly interactive, with the professor frequently asking students for their thoughts and encouraging discussions. Learning from classmates of different cultural backgrounds gave me new insights into negotiation strategies from a global perspective. The course also included group work exercises. After each practice session, we analyzed our negotiation process and results, helping us improve our skills through reflection. This learning approach perfectly aligns with Emlyon's philosophy of "*learning by doing, and doing by learning*".

During lifetime in Lyon, I developed a habit going to a gym regularly. I enjoyed joining group like boxing and spinning bike courses, which gave me the chance to work out with locals and other students. I not only interacted with many workout partners at the gym but also experienced the passion and energy that French people have for sports. At the same time, staying active improved my fitness and maintained my energy for traveling to different countries.

Although my learning experience and daily life were enjoyable, but sometimes traveling in Europe often came with unexpected challenges, such as public transportation strikes. These disruptions not only affected my travel plans but also made it difficult to go back to school on time. Even though these situations were frustrating, I learned to adjust my mindset and modify my plans. Once, due to a transportation issue, I couldn't attend class on time. I explained the situation to my professor and provided relevant proof to show my responsibility toward the course. Through these experiences, I realized that labor rights are also an important issue in Europe. Strikes are a common way for workers to protect their rights, and they have become a part of daily life in many countries.

I truly appreciated to have this exchange opportunity. It allowed me to meet international students, experience different perspectives, and adapt to learning environment in France. This experience helped me broaden my global perspective and

develop flexible mindset. During my exchange, I traveled across multiple European countries. Through these journeys, I learned how to get along with myself. In Taiwan, I was used to spending most of my time with family and friends. However, in Europe, I discovered the value of traveling alone and embracing independence. Before coming to France, I was often impatient and liked to have everything under control. However, these journeys taught me to slow down, appreciate beautiful sights, and fully experience different cultures. I learned to adjust myself, helping me handle challenges with a positive attitude.

Additionally, traveling gave me the chance to compare different cultures with Taiwan. I learned from the strengths and good practices of other countries while also gaining a deeper appreciation for the quality of living in Taiwan. This journey has been one of the most valuable experiences of my student life, giving me unforgettable memories.