B091030022 朱蓮恩-**交換心得:**

古斯塔夫艾菲爾大學坐落在距離巴黎市中心 30 分鐘車程的地方，屬於大巴黎地區，是綜合型的大學，據說以前是很多不同學院最後召集聯合成一所大學。

我受益最多的課程是 TTM，是音樂科技的課程，這堂課教導大部分可以應用在音樂工作軟體的所有技能，整個學期學下來非常紮實，從最簡單的剪輯音檔、為情境配樂、效果器使用，到混音和使用麥克風錄音室自行錄音都可以學到，而老師仁非常好，雖然他上課都是講法文，但會提供我英文教材以及他會特別再過來用英文解釋一些重點。再來我最喜歡的課程是合唱課，因為這本來就是我擅長的事情，歌曲都是英文填詞，加上不須太多言語的溝通，會讓我覺得自己有能力勝認這堂課，我也在唱歌的時候很有自信，旁邊的同學也都很友善，所以每週去上課都很期待。

課外生活我也過得相當精采，巴黎的博物館基本上 26 歲以下的學生都是免費的，因此我常常到博物館去看展覽，音樂表演也有相當優惠的學生票，讓我可以聽到很多國際樂壇的大師演出。我也在 2024 年剛好圓了夢，英雄聯盟世界賽剛好舉辦在巴黎，我因此得到了機會去一睹我喜歡的選手的光彩，也因此和朋友熟識許多，真的是在這裡交到了摯友。

具體效益:

1. 系所錄音室設備非常好，免費使用，這期間讓我用這些資源完成了要繳交碩士申請的演奏影片
2. 文化視野的開闊，不是以觀光短居的方式看待法國，而是以真的生活在這裡的視角了解這個國家。
3. 自主獨立以及面對孤獨的抗壓性大幅提升。
4. 珍惜在這裡的機會以及和每個朋友的機遇。
5. 學習了法文，能夠點餐和基本對話。

遭遇到的困境，剛開始是學生月票一直還沒送達，不停去家附近的車站詢問無果，後來到了比較大的戰也是跑了好幾趟才成功向他們索取到卡片，而且他們根本就是用桌上的列印機馬上就能製作好，不知道為何網站上一直寫說卡片正在製作中。還有另一個困境是我在這裡手上長了不知名的巨大水泡，當時的疼痛已經影響到我的生活，我對於這裡醫療一知半解，幸好透過法國朋友的幫助才幫我預約到醫生以及解釋了很多如何在這裡申請醫療健保退費的方式。

我對於這裡最大的文化衝擊不外乎就是不便利，商店大多八點就關門，行政效率非常緩慢而且相當隨機，例如我的延長學生簽證以及住房補助的申請都無法在網站上查到進度，都是突然臨時通知才獲得，而聽其他同學有些則是好幾個月還沒拿到延長簽證或是補助金額非常少，但我算是很幸運地都有拿到。關於所有東西都關門以後無處可去，我也在晚上建立一些新的習慣，如閱讀、打電動、運動等等。

最大的轉變其實好像不是什麼有進步的事情，我認為我的膽子相較於之前在台灣更小了，由於語言不通，我會下意識地避開需要使用法文詢問或解決問題的時候，有時候也過度依賴願意和我說英文的朋友，導致自己對於解決問題的自信不如從前，以前在台灣我可以靠我自己處理好任何的事情，在這裡阻礙更多，變得有點迷失那個有自信的自己。不過我也正在慢慢學習不要那麼心急，因為心急也無濟於事，對任何事情的耐心倒是磨練不少，也會學會不要過度計較不完美，有就該感恩了。

感想是當然受到不少挑戰，但整體來說算是幸運又精采，畢竟我在這裡沒有遭遇一些不安全的情況也都有拿到申請的東西，加上我認為這個透過學校交換這樣的機會到歐洲生活是非常划算的，有低廉的學生宿舍還有非常多福利可以運用，我也在這個過程中慢慢摸索出自己的樣態。還是非常推薦有這個機會就一定要嘗試在海外生活，雖然過程一定不容易，但我認為這在漫長的一生中是非常難得的體驗!

My exchange experience at Gustave Eiffel University, located just 30 minutes from central Paris in the Greater Paris area, has been truly enriching. This comprehensive university, reportedly a merger of several former colleges, provided a unique academic and personal journey.

One of the most beneficial courses for me was TTM (Music Technology). This class offered a robust foundation in software skills applicable to music production, covering everything from basic audio editing and soundtracking to using effects, mixing, and self-recording in a studio with microphones. The instructor was exceptionally kind,

providing English materials and personally clarifying key points in English despite primarily teaching in French. My favorite course, however, was choir. As this is an area where I excel, and the songs were in English with minimal verbal communication required, I felt confident and capable. The friendly classmates made each weekly session something to look forward to.

Beyond academics, my extracurricular life in Paris was vibrant. Being under 26, I enjoyed free access to most Parisian museums, allowing me to frequently explore various exhibitions. Student discounts on music performances also enabled me to attend many concerts by international masters. A dream came true in 2024 when the League of Legends World Championship was held in Paris, giving me the chance to see my favorite players and forge close friendships, truly finding kindred spirits here.

Specific Benefits:

1. Excellent Recording Studio Access: The department's recording studio was exceptionally well-equipped and free to use. These resources were instrumental in completing my performance videos for master's applications.
2. Broadened Cultural Perspective: I gained a deeper understanding of France, not as a tourist on a short stay, but from the perspective of genuinely living here.
3. Enhanced Independence and Resilience: My self-reliance and ability to cope with solitude significantly improved.
4. Appreciation for Opportunities: I learned to cherish the opportunities here and the encounters with every friend.
5. French Language Acquisition: I acquired conversational French skills, enabling me to order food and engage in basic dialogue.

Challenges Faced: Initially, a persistent issue was the delayed arrival of my student monthly pass. Repeated inquiries at local stations were fruitless, and it took several trips to larger stations to finally obtain the card, which could seemingly be printed instantly on site. Another struggle was a large, unidentified blister on my hand, causing debilitating pain. Unfamiliar with the local healthcare system, I relied on French friends who helped me book an appointment and navigate the health insurance reimbursement process.

The most significant cultural shock was the pervasive inconvenience: most shops close by 8 PM, and administrative efficiency is slow and unpredictable. My student visa extension and housing subsidy applications, for instance, showed no online progress and were granted via sudden, last-minute notifications. While other students faced months of delays or meager subsidies, I was fortunate to receive mine. To cope with limited evening activities, I developed new habits like reading, gaming, and exercising.

My biggest personal transformation, ironically, isn't a clear "improvement." My courage has diminished compared to my time in Taiwan. Due to the language barrier, I instinctively avoid situations requiring French communication, sometimes over-relying on English-speaking friends. This has chipped away at my problem-solving confidence; in Taiwan, I could handle anything independently, but here, with more obstacles, I've felt somewhat lost. However, I'm slowly learning not to rush, as impatience is futile, and I've gained considerable patience for everything. I've also learned not to dwell on imperfections, finding gratitude for what I have.

Despite the challenges, my overall experience has been fortunate and exciting. I faced no unsafe situations and received all my applications. Living in Europe through a university exchange is incredibly cost-effective, with affordable student housing and numerous benefits. I've gradually discovered more about myself through this process. I highly recommend anyone with the opportunity to experience life abroad; while undoubtedly difficult, it's a rare and invaluable journey in a long lifetime!

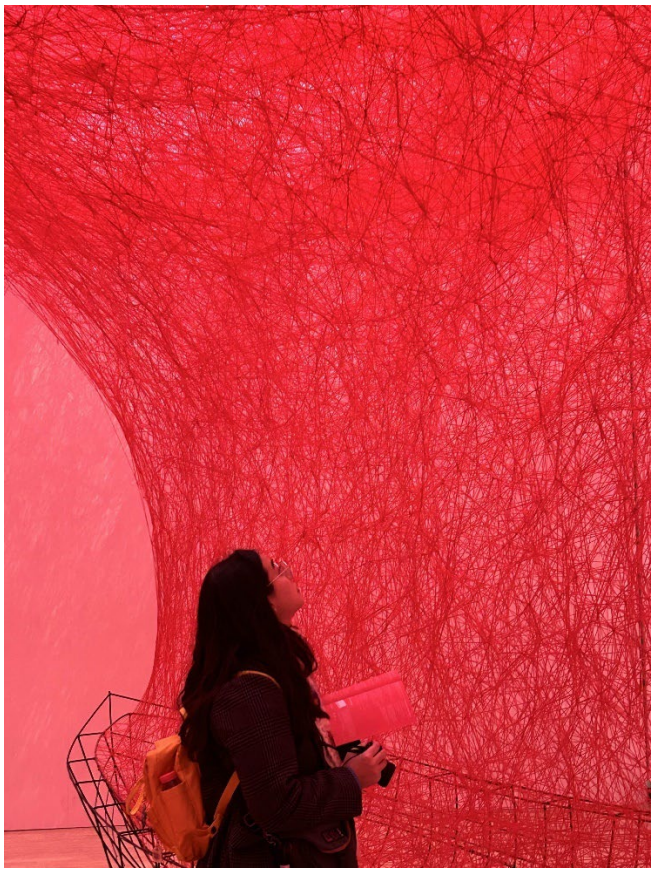
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塩田千春在巴黎大皇宮個展