中文心得：

Sciences Po Lyon 是一所位於法國里昂的知名高等學府，以社會科學和國際事務的學術研究為主，尤其在政治學、經濟學以及國際關係領域擁有深厚的學術積澱。學校的課程設計十分注重實踐與理論的結合，並強調跨文化交流和全球視野。作為法國最具影響力的政治學院之一，Sciences Po Lyon 的學生來自世界各地，這樣的國際化氛圍也為我的學習過程帶來了豐富的資源與挑戰。

在這次的國外研修中，我選擇了許多具有挑戰性的課程，其中最讓我受益最多的課程是《US-UK Special Relationship》。這門課程深入探討了美國與英國之間的特殊關係，並特別關注了北約(NATO)組織在其中扮演的角色。課程內容與我的研究興趣相符，並且讓我有機會從不同的角度去分析和理解這一國際關係的發展。我對世界近代史也有濃厚的興趣，而這門課程正好結合了我的學術需求。教授在課程中分享了許多具有豐富實務經驗的案例，這對我理解國際組織如何在現實中運作，提供了很大的幫助。學習過程中，我不僅拓展了自己的學術視野，也獲得了更多與當代國際政治相關的知識。

除了課堂學習外，我的國外生活經歷也極大地豐富了我的文化體驗和個人成長。在課外，我經常和法國朋友一起打排球，這不僅讓我保持了身體的活力，也幫助我更好地融入當地的社交圈。每週，我還會和朋友們一起去他們的家中做飯，這樣的活動讓我深入了解了法國的飲食文化和家庭生活。此外，我也擔任了中文課的小助教，這不僅提升了我的語言教學能力，還讓我結識了不少來自法國各地的學生。我也與來自日本、韓國、印尼等國的交換生一起在假期出國旅遊，這讓我在旅行中增進了對不同文化的理解和欣賞。

關於交換之具體效益，我認為有以下幾點：

1. 開拓視野：接觸不同的學術思想和文化，豐富了我的國際視野。
2. 文化衝擊：深入了解法國的社會和文化，學會了如何在跨文化環境中有效溝通。
3. 獨立自主：在異國他鄉生活，鍛鍊了我的獨立思考和解決問題的能力。
4. 學術提升：通過與來自世界各地的同學交流，提升了我的學術能力和跨文化協作能力。
5. 語言能力：在法國的日常生活中，我的法語和英語能力都有了顯著提高。

在海外生活中，我曾經遇到過語言溝通上的困難，尤其是剛到法國時，法語的交流障礙讓我在日常生活中有些不便。面對這些困難，我通過積極參加語言交換活動和和當地人互動，來提高自己的語言能力。同時，我也請教當地的朋友，並尋求他們的幫助來理解文化差異，這些方法幫助我逐漸克服了這些困

難。這段經歷讓我深刻意識到語言學習的重要性，也學會了如何更積極地適應新環境。

總結而言，這次海外研修讓我變得更加獨立和自信。面對陌生的環境和不同的挑戰，我學會了如何更好地管理時間、解決問題，並且更加靈活地應對各種情況。我對自我有了更深的認識，也更加清晰地知道自己未來的方向和目標。這不僅是一段豐富的學習經歷，也是一個自我探索和成長的過程。對於未來的交換生，我建議在到達目的地後要積極參與當地的各種活動，融入當地社會，並且多與來自不同國家的朋友交流。這樣可以讓你收穫更多，擴展視野，並且為自己的人生旅程增添色彩。

英文心得：

Sciences Po Lyon is a prestigious higher education institution located in Lyon, France, known for its academic focus on social sciences and international affairs, particularly in the fields of political science, economics, and international relations. The school's curriculum emphasizes the integration of theory and practice, with a strong focus on cross-cultural exchange and global perspectives. As one of the most influential political science schools in France, Sciences Po Lyon attracts students from all over the world, creating an international atmosphere that has provided me with abundant resources and challenges throughout my learning experience.

During my overseas exchange, I chose several challenging courses, among which the most beneficial and impactful was the course titled "US-UK Special Relationship." This course deeply explored the special relationship between the United States and the United Kingdom, with a particular focus on the role of NATO in this relationship. The content of the course aligned closely with my research interests and provided me the opportunity to analyze and understand this international relationship from various perspectives. My interest in modern world history also made this course particularly appealing. The professor shared many practical case studies, which greatly helped me understand how international organizations function in real-world settings. Through this learning experience, I not only expanded my academic horizons but also gained more knowledge on contemporary international politics.

In addition to my academic learning, my overseas life has significantly enriched my cultural experiences and personal growth. Outside of class, I regularly played volleyball with French friends, which not only helped me stay active but also allowed me to better integrate into the local social circle. Every week, I would cook meals at my friends' houses, which provided me with deeper insights into French food culture and family life. I also served as a teaching assistant for Chinese language courses, which not only enhanced my language teaching skills but also allowed me to meet many students from different parts of France. Additionally, I traveled with exchange students from Japan, South Korea, and Indonesia during the holidays, which allowed me to deepen my understanding and appreciation of different cultures through travel.

According to the specific Benefits of the Exchange Program, there are 6 main things:

1. Broadening Horizons: I was exposed to different academic ideas and cultures, which enriched my global perspective.
2. Cultural Shock: I gained a deeper understanding of French society and culture, learning how to effectively communicate in a cross-cultural environment.
3. Independence: Living in a foreign country helped me develop independent thinking and problem-solving abilities.
4. Academic Enhancement: Through interactions with students from around the world, I improved my academic skills and cross-cultural collaboration abilities.
5. Language Proficiency: My French and English language skills improved significantly through daily interactions in France.
6. Difficulties Encountered During the Overseas Life and How I Solved Them

During my time abroad, I faced challenges in communication, especially in the early days when the language barrier in French made daily life somewhat inconvenient. To overcome this, I actively participated in language exchange activities and engaged in interactions with locals to improve my language skills. Additionally, I sought help from local friends to better understand cultural differences. These methods helped me gradually overcome these challenges. This experience made me realize the importance of language learning and taught me how to adapt more proactively to new environments.

One of the most significant cultural shocks I experienced in France was the difference in food culture. The French place high value on food, and the timing of meals was different from what I was accustomed to. At first, I found it difficult to adjust, but through cooking meals with my friends, I gradually became accustomed to this way of life. This experience taught me to respect and understand different cultures and also helped me appreciate the time spent with others.

This overseas exchange has made me more independent and confident. Faced with a new environment and various challenges, I learned how to better manage my time, solve problems, and adapt to various situations. I gained a deeper understanding of myself and became clearer about my future direction and goals. This was not just an enriching academic experience, but also a journey of self-discovery and personal growth.

In summary, this overseas exchange has had a profound impact on my academic, personal, and cultural development. It was an enriching learning experience and a

process of self-exploration and growth. For future exchange students, I recommend actively participating in local activities, integrating into the local society, and engaging with students from different countries. This will allow you to gain more, expand your horizons, and add color to your life journey.