國立中山大學出國交換計畫

返國報告書（心得感想）

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學校簡介

艾克斯馬賽大學是法國公立的研究型大學，學校歷史可以追溯至1409年由普羅旺斯伯爵路易二世建立的艾克斯大學。1968年五月革命後，法國公立大學改革，分別發展成為以文學、藝術和人文科學為主的普羅旺斯大學Université de Provence（艾克斯馬賽第一大學）、以技術醫學、理工為主的地中海大學Université de la Méditerranée（艾克斯馬賽第二大學）和以經濟管理、法律為核心的保羅塞尚大學Université Paul-Cézanne（艾克斯馬賽第三大學），三所大學於2012年1月1日起正式合併成為新的艾克斯馬賽大學。是目前法國規模最大的大學，也是法語國家和地區最大的大學。艾克斯馬賽大學現有五個校區，分別是： Campus Aix-en-Provence（艾克斯校區）、Campus Marseille centre（馬賽校區）、Campus Luminy（呂米尼校區）、Campus Timone（蒂莫校區）、Campus Etoile（星辰校區）。

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

我修習了「Jeux phonétique」、「écrire au quotidien」「français dans la ville」、「langue française labo」和「langue française」。法國的教學方式確實與台灣有所不同，但我認為這也與每位老師的教學風格和方式有很大的關聯。相比之下，法國的教學更強調學生的自主思考。老師在課堂上經常要求學生逐一發言，分享自己的想法，甚至也接受一些天馬行空的創意，法國教育的重點在於思辨與表達能力的培養。每一門課的課堂中，老師都會帶我們去看博物館或是藝術展覽，我曾經去保羅塞尚的畫室參訪過，也有去馬賽的博物館Cosquer Méditerranée，在法國，有許多的博物館持學生證就可以免費參觀。

國外研修之生活學習（課外）

在交換研修期間，我曾到巴黎旅遊。作為法國的首都，巴黎的英語使用確實比馬賽和艾克斯普羅旺斯地區更加普及，但這也取決於具體地點。在博物館裡，使用英語完全沒有問題。然而，在巴黎的小餐館，則需要用法語溝通。在課外時間，大家經常會相約一起去咖啡廳「喝咖啡，聊是非」，對於法國人來說，溝通是非常重要的，如果在聚會時不說話，會讓人覺得不禮貌且不尊重。在這樣文化中，交流和互動被視為建立和維持人際關係的關鍵。因此，積極參與談話不僅是禮貌的表現，更是對他人的一種尊重和友善的展示，這樣的習慣讓人們能夠更好地理解和支持彼此。

交換/研修之具體效益（請條列式列舉）

・拓展國際視野
・第二外語能力
・更加獨立自主
・提高危機處理及臨危不亂的應變能力
・包容及學習不同文化

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?

在法國期間，我確實遇到了不少困境，例如申辦當地的健保卡和銀行帳戶，這些問題直到我回到台灣都沒有解決。此外，我的銀行帳戶在完全沒有使用的情況下，當我要關閉帳戶時被告知有43歐元的負帳。宿舍的部分，我的簽證比宿舍的租約更早到期，我必須提前離開。但由於法規定不同，我被罰了390.02歐元。這些經驗讓我深刻體會到法國的行政效率與台灣的不同，以及法國與台灣法律規定的差異。平時旅遊時很難注意到這些細節，以後我會更加謹慎，不論事情大小都會先查一下當地的法規，或是詢問是否有人有類似的經驗。儘管這些問題沒有解決，它們讓我意識到在國外生活中，事先了解和遵守當地的法規是多麼重要。這些經驗教會我未來遇到類似問題時，應該更主動尋求資訊和幫助，盡量避免因不了解當地規則而帶來的麻煩。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

第一讓我感到驚訝的事是學校有接收許多難民，並且提供教育機會，甚至還有法律顧問幫助他們。於此同時，這也讓我意識到，包含法國在內的許多歐洲國家都面臨著難民以及移民的問題。由於人口的增加，國內的行政人員人手不足，行政流程延宕，所有的手續辦理的時間都非常長，這不僅影響到像我一樣的留學生或是長期居留的居民，也對本國居民產生了很大的影響。再來是移民及難民延伸而出的社會安全問題，在學校學習期間，我曾經遇到爆炸警報，當時由於有學生刺殺教師事件，法國發布緊急狀態，校園裡只有大門可以進出，所有側門都鎖起來，並且有不少警衛在校內巡邏。當時有人通報有不明人員進入學校並留下不明包裹，導致整個校園被封鎖，大量警車和消防車在學校週邊待命。所幸後來發現只是虛驚一場，老師解釋說這可能是有人故意散播恐懼進行的惡作劇。除了校園事件，我還經歷過馬賽車站和艾克斯公車總站因疑似有炸彈而封鎖的情況。尤其是艾克斯車站，當時確實發現了可疑行李，警方當場對該行李進行了爆破。這些經驗讓我更加珍惜和平的可貴，也讓我更重視國際局勢的變化。

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?

在海外生活的經驗確實為我的人生帶來了許多改變，首先，與來自不同國家的同學們交流拓展了我的國際視野。我學到了不同文化背景的人們如何思考和生活，這讓我變得更加開放和包容。經歷爆炸警報事件後，我學會了臨危不亂，並增強了應對緊急情況的能力。此外，每個人的人生規劃不同，時間和興趣也各異，因此找到合適的旅伴並不容易。為了不受限制，我學會了獨自旅行。在獨自旅行的過程中，我發現有許多女生也在歐洲獨自旅行，我們在青旅中認識，並成為朋友。這段經歷讓我變得更加獨立和自信。我認為我心態上的轉變主要體現在勇敢嘗試新事物。過去的我比較膽小，常常要花很久才敢踏出第一步。然而，在海外生活的磨練中，我逐漸變得勇敢起來，敢於嘗試和挑戰自我。

您認為獎學金對您海外研修最大的幫助是什麼?有無獎學金是否會改變您的出國計畫?

我認為獎學金對我海外研修最大的幫助主要在於前期費用的支持，包括簽證費、簽證面試費、機票費用等。到了法國之後，還需要購買日用品，這些開銷也不小。獎學金的補助讓我在初期階段感到比較安心，能夠專注於學業和適應新環境。如果沒有獎學金的支持，我可能會重新考慮出國的計劃，因為經濟壓力會明顯增加。

感言及心得感想

在法國學習和與不同國家同學交流的日子裡，我深刻地體會到，學習一個國家的語言也等同於學習他們的文化。這些細節不僅表現在他們的言談舉止上，也體現在一個國家的經濟和政治政策中。通過與法國同學的交流，我發現他們非常重視維護自身權益。只要出現不合理的政策，他們就會積極舉行罷工和遊行。這種積極維護自身權益的精神在他們的日常生活中隨處可見，也反映在法國的社會運動和政治參與中。另外，我還注意到，歐洲各國目前正面臨著移民和難民問題。這些問題給當地的行政管理帶來了很大的挑戰，導致行政流程延宕，影響到包括留學生在內的所有居民的生活。例如，簽證申辦、健保卡申請和銀行帳戶開立等手續都需要很長時間才能完成。這些經歷讓我更加理解法國人為什麼如此重視自身權益的維護，也讓我對全球化背景下的移民問題有了更深刻的認識。我意識到，語言學習不僅僅是溝通的工具，更是理解和融入另一種文化的重要途徑。

這次在法國艾克斯馬賽大學的交換學習經歷，對我的個人成長有著深遠的影響。我學會了獨立思考和清晰表達自己的觀點，提升了語言能力，並深刻理解了法國文化和社會運作方式。這段經歷增強了我的自信，激勵我不斷追求新的目標和挑戰。這次交換學習的經驗將成為我未來發展的重要養分，能夠幫助我在未來更加有勇氣的迎接各種挑戰。

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)

Aix-Marseille University is a public research university located in the Provence region of southern France. It was founded in 1409 when Louis II of Anjou, Count of Provence, petitioned the Pisan Antipope Alexander V to establish the University of Provence, making it the fourth-oldest university in France. The institution came into its current form following a reunification of the University of Provence, the University of the Mediterranean and Paul Cézanne University. The reunification became effective on 1 January 2012, resulting in the creation of the largest university in the Francophone world, with about 80,000 students. Aix- Marseille university is organized around five main campuses situated in Aix-en-Provence and Marseille.

The French teaching style is indeed different from that in Taiwan, but I believe it also depends significantly on each teacher's style and approach. French education emphasizes independent thinking. In class, students are often asked to share their ideas and even encouraged to present some imaginative and unconventional thoughts. The focus is on developing critical thinking and expression skills, which has greatly influenced me. I'm not naturally good at expressing myself. Additionally, this was my first time studying abroad, and language barriers posed another significant challenge, making interpersonal communication difficult.

The French are very proactive about protecting their rights, which is one reason for the frequent strikes and protests. Through this learning experience, I gradually learned how to speak up for myself and protect my own rights. Although I still have a lot of room for improvement, I've noticed significant progress in my confidence in communicating and interacting with others. This experience has benefited me in many ways, especially in developing independent thinking and expression skills.

At school, there were many exchange students like me, as well as other foreign students who chose to study in France out of interest or a desire to live there. What impressed me the most were those who came to study due to personal plans. Their diverse backgrounds and goals taught me a lot and made me realize the endless possibilities in life. People strive to improve their living conditions, seek better living environments, and pursue higher quality of life, even returning to school after many years or retirement. Their determination inspired me and showed me the unlimited potential of human ambition.

One surprising aspect of Aix-Marseille University was that the school also received refugees, providing them with educational opportunities and even legal consultants. This made me aware that many European countries, including France, face challenges related to refugees and immigrants. Due to population growth, the administrative processes are often delayed, affecting not only international students and long-term residents like myself but also the local population. The lengthy processes for visa applications, health insurance cards, and even opening bank accounts highlighted the administrative burdens. This experience gave me a deep understanding of global population mobility issues and the challenges countries face in addressing them. I gained a more comprehensive perspective on these issues and appreciated the growth and experiences during my study period even more.

The biggest challenge in France was the language barrier. It was my first time living abroad, and my English was not very fluent. Unfortunately, not many people in Marseille and Aix-en-Provence spoke English. While it was easier to find English speakers in the city center, overall, they were quite limited. As my French improved, I began to understand the grammar and logic better, but there was still much room for improvement. During my exchange, I traveled to Paris, where English was more commonly spoken than in Marseille and Aix-en-Provence, depending on the location. In museums, communicating in English was not a problem. However, in small restaurants in Paris, it was necessary to use French. Similarly, while shopping on Avenue des Champs-Élysées, I had to communicate in French with the staff and manager regarding tax refund issues. This experience pushed me to overcome my language limitations and made me more confident in using French. It also highlighted the importance of language learning and practical application. Every communication experience was a growth opportunity, making me more resilient and adaptable in my studies and life.

Studying in France and interacting with students from different countries made me realize that learning a country's language is equivalent to learning its culture. These details are reflected not only in their speech and behavior but also in a country's economic and political policies. Through exchanges with French

classmates, I found that they value protecting their rights. They actively organize strikes and protests in response to unfair policies, a spirit evident in their daily lives and reflected in France's social movements and political participation. I also noticed that European countries are currently facing immigration and refugee issues, posing significant challenges to local administration and causing delays in administrative processes. This understanding deepened my appreciation for why the French place such importance on protecting their rights and provided me with a profound understanding of global migration issues. I realized that language learning is not just a communication tool but an essential way to understand and integrate into another culture.

My exchange experience at Aix-Marseille University in France had a profound impact on my personal growth. I learned to think independently and express my views clearly, improved my language skills, and gained a deep understanding of French culture and society. This experience boosted my confidence and motivated me to pursue new goals and challenges continuously. The exchange experience will be a crucial part of my future development, helping me face various challenges with greater courage.