繕打中文及英文心得報告，應包含下列項目

（中文至少1,000字+英文至少500字。赴中國交換者不需撰寫英文心得。）

A. 學校簡介

我的交換校為古斯塔夫·艾菲爾大学（Université Gustave Eiffel）是一所位于法国的公立研究型大學。它以法國著名工程師古斯塔夫·艾菲爾（Gustave Eiffel）的名字命名，艾菲爾以設計艾菲爾鐵塔而聞名。學校也有和COURS 合作，在申請宿舍的部分非常容易，校內平日午餐時間也有學餐。地理位置在巴黎市中心及迪士尼之間，此外學校座落在地鐵站走路約10分鐘的地方，要到市區大約30分鐘車程，生活機能的部分，附近有家樂福，還有對面新開的Aldi 超市。

B. 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

我最喜歡的課程是中文談判課(Chinois négociation)，在這堂課中我不僅學到中西方的不同職場文化，也在過程中認識到不少法文單字，更在課堂中認識到許多在地的法國同學，所以我想這堂課是我受益最多的一堂課。

C. 國外研修之生活學習（課外）

在過年期間，我們邀請了來自各個國家約10位的交換生，一起到宿舍吃火鍋和發紅包，一起體驗過年的氣氛，在這個活動後大家不但對中國文化更加理解，更對彼此有更深入的認識，此外，我交換期間也遊歷了許多歐洲國家，更找了許多在台灣認識的交換生朋友相聚，我想這會是個人生中，很有意義的一個學期。

D. 交換/研修之具體效益（請條列式列舉）

我最喜歡的課程是中文方法論課，這堂課讓我受益匪淺，不僅擴展了我的知識面，也提升了我的語言能力和跨文化交流能力。談到文化交流與人際關係，過年期間我們和來自各個國家約20位的交換生，一起到宿舍吃火鍋和發紅包，一起體驗過年的氣氛。在這個文化交流活動中，不僅增進了我與來自不同國家的同學之間的友誼，也有了在多元文化環境中分享自身文化的體驗。旅行與生活體驗，在交換期間，我遊歷了許多歐洲國家，也找了多位在台灣認識的交換生朋友，這些旅行經歷，不僅讓我見識到了不同國家的風土人情，也使我變得更加獨立。此外，與老朋友的重聚也讓我在異國他鄉找到了家的感覺，這使得我的交換生活更加豐富多彩。總結來說，這個學期的交換學習經歷，不僅提升了我的語言口語能力，還讓我在文化交流和人際關係方面受益良多。這段經歷對我來說是人生中非常有意義的一個學期，將會成為我成長道路上的寶貴財富。

E. 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?

在到學校國際處報到後，遲遲沒有收到學校系統發給大家的的電子郵件，問同學才知道大家都會有一個自己的信箱帳號，去資訊處問才發現被漏掉了，但也直接處理並拿到帳號，不過學校網站還是無法登入，所以無法提前得知課堂資訊，在上課前都要和大家確認時間及教室地點。

F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

在法國適度的遲到（通常在10到15分鐘內）被視為一種禮貌，表明不想顯得過於急躁或過度迫切。而在法國時，朋友常常晚到，所以在約定時間之前，需與朋友清晰地溝通。例如告訴對方自己習慣準時，並詢問他們大概會晚到多少時間，如此一來可以根據實際情況調整自己的時間安排，減少等

待的煩躁感。在異國他鄉，調整自己的期望，理解並接受不同文化的行為習慣，是適應新環境的重要課題，學會適應這些差異，可以減少文化衝擊帶來的不適。應對文化衝擊需要耐心和理解，通過開放心態、事前溝通、制定策略和友善提醒，可以有效減少因文化差異帶來的不便和誤解，從而更好地適應和融入新的文化環境。

G. 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?

在國外經歷了這麼多的文化洗禮和挑戰，我的個人特質有了許多改變，像是開始覺得每個文化都有其獨特的價值觀和習慣，學會尊重和理解這些差異，是適應新環境的關鍵。保持好奇心和開放的心態，主動去了解和體驗當地文化，這不僅能減少文化衝擊，還能豐富自己的生活經歷。語言與溝通能力的部分，在實際交流中，語言能力得到了顯著提升，也了解到語言能力都是建立良好人際關係，和深度理解文化的基礎。此外，在異國他鄉，需要自己處理生活中的各種問題，這大大提升了我的獨立性和解決問題的能力。面對陌生的環境和挑戰，逐步建立起了更強的自信心，認識到自己有能力適應並克服各種困難。期間我還與來自不同國家和文化背景的人建立了深厚的友誼，這不僅拓寬了我的社交圈，也增強了我的跨文化理解力。更學會了如何在不同文化背景下建立和維護人際關係，這對未來的職業發展和個人成長都是非常寶貴的經驗。在遊歷許多國家的過程中，見識了不同的風土人情，這讓我對世界有了更廣闊的視野和更深刻的理解。也認識到世界的多樣性，學會了包容和接受不同的生活方式和價值觀，這讓我在面對未來的挑戰時能更加從容和自信。在異國他鄉的經歷讓我更清晰地認識了自己，包括自己的優勢、興趣以及需要改進的地方。

H. 感想與建議

總結來說，這段在國外的經歷，不僅豐富了我的知識和視野，還鍛鍊了我自己處理事情的能力和心態，我想這些經驗，都將成為我未來人生道路上的寶貴財富。

I. 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) 500字以上

赴中國交換者免填英文心得

My exchange school was Université Gustave Eiffel, a public research university in France named after the famous French engineer Gustave Eiffel, known for designing the Eiffel Tower. The school collaborates with COURS, making dormitory applications very easy, and there is a cafeteria on campus for weekday lunches. Its location is between downtown Paris and Disneyland, and the campus is about a 10-minute walk from the metro station, with approximately a 30-minute commute to the city center. In terms of living convenience, there is a Carrefour nearby and a newly opened Aldi supermarket across the street.

My favorite course was the Chinois négociation class. In this course, I learned about the different workplace cultures in China and the West, picked up many French vocabulary words, and made many local French friends. I consider this course the one from which I benefited the most.

During the Lunar New Year, we invited around 10 exchange students from various countries to the dormitory to eat hot pot and give red envelopes, experiencing the New Year atmosphere together. After this event, everyone gained a deeper understanding of Chinese culture and got to know each other better. Additionally, during my

exchange period, I traveled to many European countries and reunited with many exchange student friends I had met in Taiwan. I believe this semester was a very meaningful one in my life.

My favorite course was the Chinese Methodology class, which greatly benefited me by expanding my knowledge and improving my language skills and cross-cultural communication abilities. Speaking of cultural exchange and interpersonal relationships, during the Lunar New Year, we invited around 10 exchange students from various countries to the dormitory to eat hot pot and give red envelopes, experiencing the New Year atmosphere together. This cultural exchange activity not only deepened my friendships with students from different countries but also provided an opportunity to share my culture in a multicultural environment.

Regarding travel and life experiences, during the exchange, I traveled to many European countries and reunited with several exchange student friends I had met in Taiwan. These travel experiences not only exposed me to the customs and cultures of different countries but also made me more independent. Additionally, reuniting with old friends gave me a sense of home in a foreign country, making my exchange life more vibrant. In summary, this semester of exchange study not only improved my language skills but also greatly benefited me in cultural exchange and interpersonal relationships. This experience has been very meaningful in my life and will be a valuable asset in my growth journey.

After reporting to the school's international office, I did not receive the email from the school's system for a long time. After asking my classmates, I found out that everyone has their own email account. I went to the information office and discovered that my account was missing, but it was handled directly, and I received the account. However, I still couldn't log in to the school's website, so I couldn't get the class information in advance. I had to confirm the time and classroom location with everyone before the classes.

In France, moderate lateness (usually within 10 to 15 minutes) is considered polite, indicating that one does not want to appear too eager or impatient. Friends often arrived late, so it was necessary to communicate clearly with them before the appointment. For example, tell them that you are used to being punctual and ask them how late they might be. This way, you can adjust your schedule according to the actual situation and reduce the frustration of waiting. Adapting expectations, understanding, and accepting different cultural behaviors are crucial tasks for adjusting to a new environment. Learning to adapt to these differences can reduce the discomfort caused by culture shock. Coping with culture shock requires patience and understanding. By maintaining an open mind, communicating in advance, making plans, and giving friendly reminders, you can effectively reduce inconveniences and misunderstandings caused by cultural differences, thereby better adapting to and integrating into the new cultural environment.

After experiencing so much cultural immersion and challenges abroad, my personal traits have changed significantly. I have come to realize that every culture has its unique values and habits. Learning to respect and understand these differences is key to adapting to a new environment. Maintaining curiosity and an open mind, and actively learning about and experiencing the local culture, not only reduces culture shock but also enriches one's life experiences. In terms of language and communication skills, my language abilities have improved significantly through practical communication, and I have realized that language skills are the foundation for building good relationships and deeply understanding a culture.

Additionally, living abroad requires handling various life issues on your own, which has greatly enhanced my independence and problem-solving skills. Facing unfamiliar environments and challenges, I gradually built stronger confidence and recognized my ability to adapt and overcome various difficulties. During this period, I also established deep friendships with people from different countries and cultural backgrounds. This not only expanded my social circle but also enhanced my cross-cultural understanding. I learned how to build and maintain interpersonal relationships in different cultural contexts, which is invaluable experience for future career development and personal growth.

Traveling to many countries allowed me to see different customs and cultures, giving me a broader perspective and deeper understanding of the world. I also learned to appreciate and accept different lifestyles and values, making me more composed and confident when facing future challenges. My experience abroad gave me a clearer understanding of myself, including my strengths, interests, and areas for improvement.

In summary, this experience abroad has not only enriched my knowledge and perspective but also honed my ability to handle matters and my mindset. I believe these experiences will become valuable assets on my future life journey.

學海惜珠暨乘風萬里或者乘風萬里，心得報告內容項目如下

A. 學校簡介
B. 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
C. 國外研修之生活學習（課外）
D. 交換/研修之具體效益（請條列式列舉）
E. 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?
F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?
G. 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?
H. 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?
I. 給乘風萬里獎勵金捐贈者的感言及心得感想
J. 別具意義的照片