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
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. 感想與建議
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

里昂政治學院交換心得

我在里昂政治學院（Sciences Po Lyon）進行了為期四個月的交換學習。這是一所專注於政治、國際關係和社會科學的著名學府，課程內容豐富且具有啟發性，讓學生能深入探討當代社會與政治議題。

在課堂中，我最喜歡的一門課是 Media Spotlight，這門課主要探討現代人在網路世界中與政治的互動。我們經常分析像川普在 Twitter 上的發言，並討論媒體如何影響政治觀點的傳播與塑造。這門課讓我對媒體與政治之間的連結有了更深的理解，也提升了我在資訊時代的媒體素養。

研修期間的生活與文化衝擊

雖然來到法國是一次全新的體驗，但實際上我的文化衝擊並不算特別強烈。因為在出發前，我已經聽過許多朋友分享他們在歐洲的生活故事，也做好了心理建設。然而，生活中的一些小細節還是讓我感到新鮮。例如，法國人對於生活步調的重視，他們注重放鬆和享受，不像亞洲文化中常見的高效率與忙碌感。此外，法國超市中食品的種類和擺設方式也與台灣不同，讓我花了一些時間適應。

在生活方面，我學著自己買菜煮飯，從不太會下廚到漸漸熟練，這過程讓我既挑戰又成長。有趣的是，雖然大部分法國食材都很新鮮，但要用有限的預算吃得飽又吃得好，還是需要精心規劃。有時候，我也會想念台灣的便利店和熟食文化。

交換研修的具體效益

1. 認識來自不同國家的朋友，學習多元文化，拓展國際視野。
2. 英文口說能力顯著提升，能更自信且自然地進行跨文化溝通。
3. 訓練批判性思維，提升學術能力，特別是在討論政治與媒體的議題上更有深度。
4. 增加對獨立生活的適應力，養成規劃與解決問題的能力。

挑戰與反思

與室友的相處是交換生活中最大的挑戰之一。我們的生活和衛生習慣差異不小，特別是在公共空間的使用上偶爾會有摩擦。原本考慮搬出去，但因為里昂的住房資源稀缺，最後還是選擇留在原來的住處。這段經歷讓我學會了如何在不同文化背景下相互包容，並嘗試以更開放的心態解決問題。

最大的成長

這次交換經驗讓我更加認識到自己對生活的需求與期待。我發現，簡單而和諧的生活對我來說非常重要。我也明白了，無論生活中遇到什麼挑戰，都可以透過溝通與包容找到解決之道。

感想與建議

1. **保持包容的心態**：交換生活中，無論是文化差異還是與他人相處，都需要用包容的心去面對，這樣才能減少摩擦、增進理解。
2. **準備足夠的預算**：法國的生活成本較高，如果預算不足，很容易面臨窘境。例如，吃飯和外食的價格都不低，因此需要有良好的財務規劃，甚至可以提早練習下廚。

總結來說，這次的交換雖然沒有特別大的文化衝擊，但卻讓我從生活細節中學到了許多，特別是在與人相處、獨立生活以及自我成長方面，都收穫滿滿。我也希望未來有機會再次挑戰不同的文化與生活方式，進一步探索世界與自我。

Exchange Experience at Sciences Po Lyon

I participated in a four-month exchange program at Sciences Po Lyon, a renowned institution specializing in politics, international relations, and social sciences. The courses offered by the school were diverse and inspiring, emphasizing critical thinking and allowing students to deeply explore contemporary societal and political issues.

One of my favorite courses was Media Spotlight, which focused on the interaction between modern individuals and politics in the digital age. We frequently analyzed tweets from figures like Donald Trump and discussed how

media spreads and influences political perspectives. This course gave me a deeper understanding of the close relationship between media and politics and sharpened my media literacy skills in the age of information.

Life and Cultural Adjustment During the Exchange

While moving to France was a brand-new experience, I didn't experience a strong sense of culture shock. Having heard stories from friends who had studied in Europe, I had mentally prepared myself in advance. However, there were still some new and interesting aspects of life that I had to adjust to. For instance, the French place a strong emphasis on slowing down and enjoying life, which is quite different from the fast-paced and efficiency-driven culture in Asia. Additionally, the layout and variety of products in French supermarkets were unfamiliar to me at first and required some time to get used to.

In terms of daily life, I bought groceries and cooked for myself, which was my first time being entirely self-reliant. Though I occasionally missed Taiwanese food, I learned to plan my meals and manage my life effectively. Outside of academics, I explored Lyon’s rich culture by visiting museums, trying local cuisine, and strolling through the city’s streets to experience the French way of life.

Specific Benefits of the Exchange Program

- Meeting friends from various countries, broadening my international perspective.
- Significantly improving my English speaking skills, allowing me to communicate with foreigners more confidently and naturally.
- Gaining a deeper understanding of cross-cultural communication and learning to appreciate cultural differences.
- Developing critical thinking skills and enhancing my academic and analytical abilities through classroom discussions.

Challenges and Reflections

One of the biggest challenges I faced was living with roommates who had different lifestyles, especially regarding cleanliness and shared spaces. At one point, I considered moving out, but due to the housing shortage in Lyon, I eventually decided to stay for the entire four months. During this time, I learned to be more understanding and tolerant, finding a balance in dealing with conflicts.

Personal Growth

This exchange experience helped me gain greater clarity about the kind of life I want to lead. I realized that a simple, harmonious life filled with personal growth is very important to me. Over these four months, I not only accumulated academic knowledge but also deepened my understanding of myself, which will serve as a foundation for my future life planning.

Thoughts and Recommendations

- **Maintain an open and accepting mindset**: Cultural differences and interpersonal relationships during the exchange require a great deal of tolerance and understanding to minimize conflict and foster mutual respect.
- **Prepare a sufficient budget**: Living costs in France are relatively high, and insufficient funds can lead to difficulties. For example, food and dining expenses are not cheap, so financial planning is essential, and it's a good idea to learn basic cooking skills beforehand.

In conclusion, while the exchange program did present some challenges, it offered far more rewards. This experience not only expanded my worldview but also solidified my goals and values. I hope to have more opportunities in the future to immerse myself in different cultures and lifestyles, further exploring the world and myself.