學校簡介

里昂商學院（EMLYON）有非常多的校區，我就讀的校區位於里昂，位置較為偏僻，但可以利用地鐵和公車前往，聽說位於里昂市區的校區已經在準備了，明後年可能就會搬。校內的交換學生非常多，所以有任何問題都能適時地得到幫助，職員也非常的友善。此外，有非常多的校內活動、派對和社團，非常容易認識到人。課程上的選擇非常多元有趣，像是品牌管理、永續經營、領導能力.....等相關課程，都是台灣不太會學習到的內容，不過整體課程的Loading都不會太輕鬆，畢竟八周就要結束一門課程。缺點就是行政和系統上都多少有些缺失，像是效率、選課流程等，導致你會選擇不到想要的課程，但效率這點好像是全歐洲的會遇到的問題。

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

我認為 Digital Marketing 這堂課程滿有趣的，整體的課程讓我對數位行銷有粗淺的認識，如廣告、經營、行銷....等，教授也找來了兩位在業界工作的學校來進行演講，受益良多。

國外研修之生活學習（課外）

獨自一人在里昂生活讓我學習到非常多，像是你要如何處理所有發生的大小事、應變能力、危機處理....等，這些是我在台灣比較少會碰到的問題，因為台灣實在是太方便了，任何的事情都可以快速簡單的解決，也沒有語言上的問題。但在法國卻完全相反，大多事務都需要花非常多的時間和心力，因為效率和便利性上和台灣相比真的差非常多，有時候還需要提前預約，並不是想解決就能馬上處理掉的，所以在這邊，我都會盡量讓所有事情一步到位，事前的規劃、準備和預防都是少不了的。

交換/研修之具體效益（請條列式列舉）

1. 獨立自主的能力
2. 語言能力
3. 危機意識
4. 隨機應變的能力
5. 多方思考的能力
6. 視野和思考變得更全球化

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?

生活上沒有遇到太多不如意的事情，大多是文化上的差異導致問題，不過只要多觀察多問問，都非常好解決。而我在整趟交換中，最讓我難忘的事情是我曾經趕不上一班飛機，不僅沒有落腳的地方，且後續的行程、住宿都已安排好了，這讓我非常手足無措，但在消極一段時間後，我重新打開電腦開始計畫備案，把所有的損失降到最低。這讓我在後續計畫任何事情是，都會思考一些備案，並且讓我有充足的時間去執行。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

除了歐洲人都會用滾水煮米讓我非常衝擊之外，再來就是效率。因為歐洲人非常注重勞逸結合，而且他們不太喜歡『突然』，所以很多事情都需要事前申請預約、告知需求，後續的處理也會需要非常一大段的時間。例如銀行開戶，如果不是在學校展覽開戶，那你就得先跟銀行預約你要開戶的時間，而當你不會說一口流利的法文時，這些事情就會變得更難處理一點。不過就算你是藉由學校開戶，整體的開戶流程也非常冗長，常常會有信件需要確認，一來一往耗費非常多的時間，像是我就大概花費一個月的時間才終於完成開戶，問題不止如此，我身邊有非常多的同學甚至還沒有收到確認信，又需要自己再去跟銀行方溝通。所以在處理任何事情上面，我一定一定都會提前處理，預先計畫，盡量不要讓事情變得太緊急，因為很多事情是沒有辦法在短時間內處理的。

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?

我認為我最大的成長就是『獨立』，尤其是在自己獨旅過後又更確定了，似乎什麼事情都能夠一個人處理、面對，不像以前當有事情發生時會感到手足無措，會先思考如何解決，後續要如何避免相同的情況。

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?

最大的幫助莫過於經濟上的幫助，這讓很多人有更大的可能性能夠出國，有獎學金一定能讓很多人去換想出國交換、留學這件事情，甚至去實行他，像我就是如此。

感言及心得感想

來到一個異地生活真的能夠學習到非常多，視野也變得更加開闊，雖然行前會有許多不安與焦慮，但一切在抵達之後，才會發現原來許多的問題根本都不算問題，只能說是自己想了太多，不過就算遇到問題又如何，很多事情都可以利用GOOGLE幫忙，再者臉書社團裡的人也都非常樂意提供協助。最後，若是沒有太多困難，把一切擔憂都拋在腦後，就衝這一次吧！

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)

EMLYON Business School has multiple campuses, and the one I attend is located in Lyon. The campus is somewhat remote, but accessible by subway and bus. I've heard that there are preparations underway for a campus in the city center of Lyon, and it might be ready in the coming years. The campus has a diverse population of exchange students, making it easy to get timely assistance, and the staff is very friendly. Additionally, there are numerous on-campus activities, parties, and clubs, making it easy to meet people.

The range of courses offered is diverse and interesting, including topics like brand management, sustainable business, leadership, etc. These are subjects not commonly studied in Taiwan. However, the overall course load is not light, as each course concludes in just eight weeks. One downside is that there are some shortcomings in administration and the system, affecting efficiency and the course selection process. This can lead to challenges in enrolling in desired courses, but it seems like efficiency issues are a common problem across Europe.

I find the Digital Marketing course quite fascinating. The overall curriculum has provided me with a basic understanding of digital marketing, covering areas such as advertising, management, and marketing. The professor has also invited two industry professionals to give lectures, providing valuable insights. It has been a beneficial experience for me.

Living alone in Lyon has taught me a lot, especially in terms of handling various matters, adaptability, and crisis management. These are challenges I encounter less frequently in Taiwan because Taiwan is incredibly convenient. Almost everything can be quickly and easily resolved, and there are usually no language barriers. However, in France, it's a completely different story. Most tasks require a significant amount of time and effort because the efficiency and convenience are considerably lower compared to Taiwan. Sometimes, appointments need to be scheduled in advance, and not everything can be resolved immediately. Therefore, here, I try to ensure that everything is well-planned, prepared for in advance, and preventive measures are taken to address issues in a comprehensive manner.

These are the areas where I have grown the most during my time here:
1. Independence: I have developed a strong sense of independence and self-reliance.
2. Language Proficiency: My language skills have improved significantly, dealing with the challenges of a different language environment.
3. Crisis Awareness: I have become more aware and adept at handling unexpected challenges and crises.
4. Adaptability: My ability to adapt to unforeseen circumstances has improved.
5. Critical Thinking: I've honed my skills in thinking from multiple perspectives and critically evaluating situations.
6. Global Perspective: My outlook and thinking have become more global, considering a broader perspective in my decisions and actions.

In life, I haven't encountered too many unpleasant things; most issues arise from cultural differences. However, as long as I observe and inquire more, they are usually easily resolved. One unforgettable incident during my entire exchange experience was missing a flight. Not only did I have no place to stay, but my subsequent itinerary and accommodations were also arranged. This left me feeling completely at a loss. After a period of negativity, I reopened my computer and began planning and making arrangements to minimize all losses. This experience taught me to consider contingency plans in any future endeavors, allowing me ample time for execution.

Apart from the shock of Europeans using boiling water to cook rice, another significant difference is the emphasis on efficiency. Europeans value work-life balance, and they don't appreciate sudden changes. Many things require advance application, reservation, and notification of needs. The subsequent processing also takes a considerable amount of time. For example, opening a bank account involves

scheduling an appointment with the bank if it's not done during a school event. When you don't speak fluent French, these tasks become more challenging. Even if you open an account through the school, the entire process is lengthy. There are often letters to confirm, back-and-forth communications that consume a lot of time. Personally, it took me about a month to complete the account opening process. The issues don't end there; many of my classmates didn't even receive confirmation letters and had to communicate with the bank themselves. Therefore, in handling anything, I always make sure to process things in advance, plan ahead, and try not to let things become too urgent, as many tasks cannot be resolved quickly.

Last bu not the least, coming to a foreign place truly allows for tremendous learning, and one's perspective becomes much broader. Although there may be a lot of anxiety and uncertainty before the journey, upon arrival, many of the perceived problems turn out to be not as challenging as anticipated. It's often a case of overthinking. Even if issues arise, the internet, particularly Google, can be a valuable resource, and people in Facebook groups are usually more than willing to provide assistance. In the end, if there aren't too many difficulties, it's best to leave worries behind and just go for it!