學校簡介

法國里昂商學院（EMLYON Business School）成立於1872年，是歐洲最古老和最負盛名的商學院之一。該學院位於法國里昂市，同時在巴黎、上海、聖埃蒂安和卡薩布蘭卡設有校區。作為一所以創新和創業精神著稱的商學院，里昂商學院致力於培養全球商業領袖和創新者。

里昂商學院提供廣泛的大學、碩士、MBA和博士項目，涵蓋了金融、市場營銷、戰略管理、人力資源管理、數據科學等多個領域。學院的課程注重理論與實踐相結合，通過實習、企業項目、案例研究等方式，讓學生在真實商業環境中應用所學知識。

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

BI分析課程

可以學習到數據前中後處理，以及資料視覺化等功能 ，老師上課滿用心跟細心的，注重討論以及上課態度，大約會有兩次報告三次考試，在8周的時間裡面。

python 資料分析
老師上課進度飛快，更多時候需要課後自己加強努力練習，同時分組報告也十分考驗團隊合作能力

國外研修之生活學習（課外）

語言學習：基本上去之前英文只有普普通通，但在國外更多的事情要自己來，相對來說語言就會進步很多，雖然我的法文還是很爛，只能勉強擠出一兩句，但就像台灣遇到外國人跟你講中文不是一開始就英文態度也會好很多。

社交活動：在課堂上可以多跟外國同學互動，學校的學生會也會為外籍學生舉辦城市探索課程，可以報名參加多認識一點外國朋友。

旅行和探索：歐洲的機票其實很便宜，比起台北高雄來回高鐵票還要便宜，很適合用這段期間去探索不同的國家還有城市，前後去了22個國家，見識不同國家的文化以及飲食。

交換/研修之具體效益（請條列式列舉）

1.學習問題處理
2.自己找房子租房子
3.自己料理三餐
4.跟國外同學相處
5.體驗其他國家不同教學模式

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?

沒有遇到甚麼特別大的問題，放寬心體驗生活就好，一切都是最好的安排。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

法國人的辦事效率真的很慢，放寬心就好他有事情找你的時候你也慢慢回就好，找不到人是常態。不過都出國了，其實不應該再以台灣人的角度去看事情，不同國家的文化都需要尊重，有時候步調過快反而並不是一件好事情。

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?

在國外生活的過程中，我逐漸明確了自己想要追求的未來和理想的生活方式。海外的生活節奏相對較慢，給予每個人更多的自主權和自由，不再受到傳統束縛。在那裡，我能夠更加真實地做自己，不再受到他人異樣眼光的影響。這樣的環境讓我有更多的機會去深入了解自己，探索內心的真實需求，最終成為自己生命的主人。這種經歷讓我在個人成長和自我認知方面都獲得了極大的提升，如果當初沒有選擇出來交換，或許會是我會後悔一輩子，出國交換不單單只是簡單的飛出去，更多的是花時間找尋自我的價值，找尋生命的意義。

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?

可以讓我對於金錢上面多少補貼一點，至少幫我cover掉大部分的住宿費用超感謝
我覺得可能會影響我出國的地點，可能不會再選法國，畢竟太貴了，如果有金錢上面需要省一點的問題的話

感言及心得感想

很感謝自己有出去交換，才會發現外面的世界到底有多大，交換期間最大的收益就是知道自己想要甚麼樣的生活，未來的目標可以打算怎麼進行，看過外面世界的好與壞才能更珍惜自己目前所擁有的。雖然5個月左右的時間說長不長，說短不短，但卻會是我人生中非常重要的一段過程，相信自己在未來會謹記自己想要的生活方式，並且朝著那個方向努力邁進。

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
Founded in 1872, EMLYON Business School is one of the oldest and most prestigious business schools in Europe. The school is located in Lyon, France, with additional campuses in Paris, Shanghai, Saint-Étienne, and Casablanca. Renowned for its emphasis on innovation and entrepreneurship, EMLYON is dedicated to cultivating global business leaders and innovators.

EMLYON Business School offers a wide range of undergraduate, master's, MBA, and doctoral programs, covering fields such as finance, marketing, strategic management, human resource management, and data science. The school's curriculum emphasizes the integration of theory and practice, enabling students to apply their knowledge in real business environments through internships, corporate projects, and case studies.

Reflection on BI Analysis Course
Course Content
The BI Analysis course provided comprehensive knowledge on data processing stages—before, during, and after data collection—as well as data visualization techniques.

Python Data Analysis
The pace of the Python data analysis lessons was quite fast, often requiring additional practice and self-study outside of class. The group projects were particularly challenging, testing our teamwork skills.

Personal Growth and Experiences
Problem-Solving Skills: I learned how to tackle various challenges effectively. Throughout the course and my time abroad, I faced numerous obstacles that required innovative and quick thinking. This experience significantly enhanced my ability to find solutions independently and efficiently.

Independent Living: One of the major milestones was finding and renting accommodation on my own. This process taught me valuable life skills such as budgeting, negotiation, and dealing with landlords, all of which are crucial for future independence.

Self-Catering: Managing to cook my own meals was another significant achievement. It not only saved me money but also improved my culinary skills and encouraged healthier eating habits. Learning to plan and prepare my own meals was a practical lesson in self-sufficiency.

Cultural Exchange: Interacting with international classmates was incredibly enriching. It provided me with a broader perspective on different cultures, fostering mutual respect and understanding. These interactions also helped me improve my communication skills and adapt to diverse social environments.

Diverse Educational Approaches: Experiencing different teaching methods from another country was enlightening. It allowed me to compare and contrast educational systems and adapt to various learning styles. This adaptability will be beneficial in my future academic and professional endeavors.

I did not encounter any significant issues during this period. By keeping an open mind and embracing the experience, everything fell into place perfectly. This positive mindset was key to making the most of my time abroad and turning potential challenges into opportunities for growth.

Future Aspirations and Personal Development
Living abroad taught me to appreciate a slower pace of life with greater personal autonomy, free from unnecessary restrictions. This environment allowed me to better understand myself and become the master of my own life. I learned to value my time, prioritize my well-being, and focus on personal growth.

I am grateful for the exchange opportunity, as it broadened my horizons and helped me realize what kind of future and lifestyle I desire. Witnessing the pros and cons of life abroad made me cherish what I have now even more. The experience emphasized the importance of setting and pursuing personal goals while appreciating the present.

Although five months is neither too long nor too short, it was a pivotal period in my life. It provided me with a unique perspective on different ways of living and the importance of aligning my life choices with my personal values and aspirations. I am confident that I will remember my desired way of life and strive towards it diligently, using the lessons learned during this exchange to guide my future decisions.