A. 學校簡介

艾克斯馬賽大學（Aix-Marseille Université, AMU）成立於 2012 年，由馬賽第一大學（Université de Provence）、馬賽第二大學（Université de la Méditerranée）和馬賽第三大學（Université Paul-Cézanne）合併而成。是法國南部最大的綜合性公立大學，也是全國學生人數最多的高等學府之一。學校校區分布於馬賽與艾克斯等地，涵蓋人文、法律、經濟、理工、醫學、藝術等所有主要學科領域，擁有約八萬名學生與八千名教職員。作為法國「卓越大學計畫」（IdEx）成員，艾克斯馬賽大學在地中海研究、海洋科學、環境與能源、醫學及社會科學等領域享有國際聲譽，結合了馬賽的多元國際氛圍與艾克斯的文化藝術氣息，為學生提供豐富而多樣化的學習與生活環境。

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

在研修課程中，我認為最受益的課程是 口語表達 (Expression orale) 與 角色扮演與會話 (Jeux de rôle, dialogues et conversation)。這些課程透過實際的對話練習與互動活動，使我能快速提升法語的口語能力，也逐漸建立起在公開場合開口表達的自信。我特別感受到，語言最重要的功能就是「溝通」，而這些課程幫助我在日常生活中能更自然地與法國人交流，從購物、用餐到與同學對話，都大大減少了我最初的不安。

C. 國外研修之生活學習（課外）

在課外生活中，我最大的收穫是能與來自不同國家的同學相識，透過交流不僅提升了我的法語，也讓我的英語表達能力有所進步。此外，我也有機會透過旅行到不同的歐洲國家，體驗多元文化，認識各式各樣的人與美食，這對我來說是非常珍貴的經歷。同時，這段期間的日常生活更迫使我在法國環境中實際使用法語，讓我在短時間內有明顯的進步。

D. 交換/研修之具體效益（請條列式列舉）

1. 提升法語聽說讀寫能力。
2. 增強跨文化理解與適應力。
3. 建立國際人脈與友誼。
4. 培養獨立生活與解決問題的能力。
5. 開拓國際視野，豐富人生經驗。

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

剛到法國時，我面臨的最大困境就是語言不足，特別是在辦理行政手續或日常購物時，經常無法順利表達需求。面對這些挑戰，我一方面透過同學的協助與建議，另一方面也善用翻譯工具，並逐步嘗試用法語進行簡單的溝通。雖然一開始過程並不流暢，但隨著使用次數增加，我也逐漸能夠更有自信地用法語處理生活瑣事。這段經歷讓我學會即使遇到困難，也可以依靠不同方式尋找解決方案。。

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?

我在法國的生活確實經歷了一些文化衝擊。首先，與台灣相比，法國的生活便利性較低，例如超市常常離住處較遠，且營業時間較短，迫使我必須提前規劃採買時間。另外，法國的日照時間很長，晚餐時間也隨之推遲，這與我在台灣的作息有明顯差異。面對這些不同，我選擇保持彈性並調整自己的生活習慣，逐漸適應當地的節奏，並嘗試從這些文化差異中去體驗新的生活方式。

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?
這段海外研修的經驗帶給我許多寶貴的成長。最大的收穫是語言自信心的提升，從最初不敢開口，到後來能自在與同學或當地人交流，這讓我深刻體會到努力學習與實踐的重要性。同時，面對陌生環境與挑戰時，我也逐漸培養出勇氣與韌性，不再害怕困難。獨立生活的經驗讓我學會自己安排生活，並在遇到問題時能冷靜尋求解決方案。這段經歷也讓我的個性有所轉變，更能快速適應不同環境，心態也變得更靈活與開放。

H. 感想與建議
回顧這段在法國的研修經驗，我深深感受到學習語言不只是課堂上的訓練，更需要日常生活中的實踐。透過與同學互動、參與當地文化活動，以及克服生活中的挑戰，我不僅增進了法語能力，也拓展了國際視野。這段經驗讓我更堅定了繼續精進語言能力的決心，也讓我學會如何在陌生文化中找到自己的定位。
我建議未來有志參與交換或研修的同學，行前可以加強基本的生活法語與聽力，並保持開放心態去接受不同的文化差異。這樣不僅能更快融入當地，也能從中獲得更多樂趣與成長。

I. 英文心得

Aix-Marseille Université (AMU) is the largest public university in Southern France, known for its diverse academic programs and international environment. I attended the Diplôme Universitaire de Langue et Culture Françaises (Level A1, Semester 2) under the Department of French as a Foreign Language (FLE). This program provided me with a solid foundation in French language learning, covering listening, speaking, reading, writing, grammar, and phonetics.

Among the courses I took, the ones that benefited me the most were Oral Expression and Role-play and Conversation. These classes emphasized interactive learning, which helped me practice real-life conversations, improve my fluency, and gain more confidence in speaking French. I realized that communication is the most essential purpose of language, and these courses directly improved my daily life in France. Being able to talk with classmates, shop at stores, or ask for directions became much easier and more enjoyable thanks to these practical lessons.

Outside the classroom, I had equally valuable learning experiences. I met classmates from various countries and cultures, which allowed me to practice both French and English on a daily basis. I also had the opportunity to travel to different countries in Europe, experience diverse cultures, and enjoy unique cuisines. These experiences not only broadened my horizons but also helped me build friendships and an international network that I truly treasure.

The benefits of this study abroad experience are numerous. I improved my French skills in listening, speaking, reading, and writing. I strengthened my ability to adapt to new environments and to understand cultural differences. I built lasting friendships with people from around the world. I also developed independence and problem-solving skills, which will be valuable throughout my life.

Of course, I also faced some difficulties. At the beginning, my lack of language ability made it hard to complete

administrative tasks or even simple shopping. To overcome this, I relied on translation tools, asked classmates for help, and gradually tried to express myself in French. With time, I became more confident and capable of handling such situations on my own. Another cultural challenge was the difference in daily routines compared to Taiwan—for example, supermarkets in France often close earlier, and dinner is usually eaten much later due to long daylight hours. I learned to adjust by planning ahead and adapting to the local lifestyle.

Through these experiences, I have grown significantly. My greatest personal achievement was gaining more confidence in using French and having the courage to face new challenges. I also learned how to live independently, manage my own schedule, and adapt quickly to unfamiliar environments. This journey has made me more open-minded and flexible, qualities that I believe will continue to shape my future.

In conclusion, my study abroad in France was a transformative experience that improved both my language skills and my personal growth. I am very grateful for the opportunity, and I would encourage future students to prepare basic French skills before arriving and to embrace cultural differences with an open mind. By doing so, they will be able to gain not only academic knowledge but also unforgettable life experiences.