A. 學校簡介

我交換的學校是法國里昂商學院（emlyon business school），以國際化和鼓勵創客精神聞名，還獲得了 AASCB 認證，為學生提供了極佳的學術環境與國際交流機會。另外，校區坐落於「法國美食之都」的里昂，相對於其他城市，里昂的食物選擇性更為多樣。

B. 國外研修之課程學習（課內）

我最喜歡的課程是 Team Management and HRM in an International Context，透過課堂討論，我學到了許多軟性技能，尤其是跨文化溝通與團隊合作，教授安排如「圓桌討論」、「角色扮演」等活動，讓我們以輕鬆有趣的方式學習。課堂上還詳細分析了東西方職場在溝通邏輯、權力距離以及決策流程上的差異，還讓我們這組以「台灣」為期末報告主題，和大家介紹我們的職場文化。這些課程內容和活動讓我明白，在國際團隊中，理解並尊重對方的文化背景是促成良好合作的必要條件。

C. 國外研修之生活學習（課外）

課外時間，我將重心放在社交和保持身體健康上，我經常和同樣來自台灣的朋友們研究下廚，會一起逛超市、做不同國家的料理。此外，我還和朋友一起報名健身房會員，會互相監督對方，並在訓練後聊聊近況，這些社交活動讓我充滿歸屬感和能量。

D. 交換/研修之具體效益

1. 英語口語能力提升：全英文授課、旅遊、與外國人溝通都避免不了開口說英文，雖然一開始很抗拒，但多開口反而會更有自信和流暢表達。
2. 學會法文日常對話：法國人對於會基礎法文的亞洲人，態度會比較好，因此我會用法文打招呼和點餐，這讓我在法國更容易被接納和善待。
3. 獨立與勇氣：我獨旅了兩個國家（芬蘭和英國），從行程規劃、交通和住宿安排，再到突發狀況的處理，都需要自己想辦法處理。
4. 國際觀的重塑： 透過旅遊、與各國學生的交流後，我看事情的角度不再像以往一樣侷限和主觀，也對不同文化的人事物更加包容和尊重。

E. 海外生活期間是否曾遭遇困境，及是否解決問題？

我在英國旅遊的時候，不小心遺失了很喜歡的飾品（總價值約兩萬），當初我先聯絡旅館負責人，和他通知說我有物品遺失，詢問他們能不能幫忙找。雖然最後沒找回來，但學到了“貴重物品”務必要隨身攜帶，千萬不要覺得自己永遠都很幸運。

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？

最直接的文化衝擊是生活習慣上的差異，我的某位法國室友衛生習慣較差，經常發生碗

盤堆積不洗、垃圾不丟的情況。我透過 WhatsApp 群組和室友們溝通，最後達成協議，每個人輪流倒垃圾和維持廚房的整潔。

G. 海外生活歷練是否為您人生帶來不一樣的改變或個人特質上的轉變？

經過這五個月，我變得更謙虛，尤其是看過世界的廣闊，遇到許多優秀的同儕後，我才意識到自己的渺小，也因此更認識自己，知道自己的長短處。

另外，我發現自己很喜歡法國的文化和產業，回台灣後，已經開始考慮並準備在 2027 年再度回歸法國，攻讀碩士學位。

H. 感想與建議

在歐洲的這五個月，時間真的過得非常快，我還有很多國家和城市沒有機會去。如果能重來，我會在交換前做足“省錢”和“省時間”的功課，排出事情的優先順序 (聽起來很攏統，但我真的因為沒有做足功課，以及忽略“優先順序”的重要性，錯失了很多時間和金錢，甚至壞了旅遊的心情。) 另外，建議準備更多個人“藥品 “，去法國前我沒有預料到自己會在芬蘭獨旅時，得了重感冒。在感冒藥帶不夠的情況下，買不到適合的藥品，讓我那段旅程特別痛苦。

I. 英文心得

My semester at emlyon business school in France was a transformative journey that went far beyond academic learning. The university is well-known for its international atmosphere and its emphasis on the Early Makers spirit, which encourages students to be proactive and innovative. Being located in Lyon, the gastronomic capital of France, provided a vibrant cultural backdrop that made my daily life an exploration of new tastes and experiences. This environment, combined with the school’s prestigious AACSB accreditation, offered a high-quality academic setting that pushed me to grow both personally and professionally.

In the classroom, the most impactful course I attended was Team Management and HRM in an International Context. Through engaging activities like round-table discussions and role-playing, I developed essential soft skills in cross-cultural communication. A highlight of the course was presenting a report on Taiwanese workplace culture, which allowed me to compare Eastern and Western management styles, such as differences in power distance and decision-making processes. These lessons taught me that respecting and understanding cultural backgrounds is the true foundation of successful cooperation in global teams.

Beyond my studies, I focused on building a balanced lifestyle by socializing and staying active. I often cooked with fellow Taiwanese students, experimenting with international recipes after trips to the local supermarket. Additionally, joining a local gym with friends provided a supportive space to decompress and discuss our daily lives, giving me a strong sense of belonging even while being far

from home. These extracurricular activities were crucial for my mental well-being and helped me form deep, lasting friendships.

This experience also brought significant personal growth through the challenges I faced. My English fluency improved through daily interactions and lectures, and learning basic French helped me feel more welcomed by the locals in shops and restaurants. Traveling solo to Finland and the United Kingdom was particularly transformative. Managing logistics, transportation, and unexpected challenges alone built an immense sense of independence. Even losing valuable jewelry in the UK became an important lesson in responsibility and the need to be more careful with my belongings. Furthermore, resolving a conflict with my French roommates regarding household chores taught me how to communicate boundaries effectively and reach a fair compromise.

Ultimately, these five months made me more humble and self-aware. Seeing the vastness of the world and meeting talented peers helped me identify my own strengths and weaknesses more clearly. I have fallen in love with French culture and the lifestyle there, which has led me to start preparing to return in 2027 for my Master’s degree. My advice to future exchange students is to prioritize tasks carefully to save time and money, and always carry a sufficient supply of personal medicine. As a severe cold during my trip to Finland proved, being physically prepared is just as important as being mentally ready for the adventures ahead.