【中文心得報告】

A、學校簡介 我此次研修的學校為法國艾克斯-馬賽大學（Aix-Marseille Université），為法國規模最大的綜合性大學之一。語言中心（SUL - Service Universitaire des Langues）設於艾克斯校區，專門接收來自世界各地的外國學生，提供全方位的法語語言與文化課程。語言課程依照學生語言程度分班，由經驗豐富且充滿熱情的教師授課，並具備多元學習資源如語言自修中心（CARLAM）與各式文化活動，協助學生從語言、文化、生活等面向全面學習。

B、國外研修之課程學習（課內） 我所修習的課程包含：

- USEUP20A - Compréhension écrite（閱讀理解）
- USEUP20B - Compréhension orale（聽力理解）
- USEUP20C - Expression écrite（寫作練習）
- USEUP20D - Expression orale（口語表達）
- USEUP20E - Structures de la langue（語法結構）
- USEUUP20 - Moyenne, compétences de langue（語言綜合能力）
- USEUUP21 - Phonétique（語音學）
- USEUP50A - Jeux de rôle, dialogues et conversation 1（角色扮演與會話）

其中我最喜歡也最受益的課程是 USEUP50A - Jeux de rôle, dialogues et conversation 1，這門課結合我的劇場專業，以表演與即興練習的方式進行語言學習。教師會設計各式生活場景，讓學生進行角色扮演，提升我們的實用口語能力與即時反應力，並在過程中增加語言表達的信心。這樣的課程對我來說不僅有趣，也幫助我將語言與情境真正結合起來。

C、國外研修之生活學習（課外） 除了課堂學習，我也積極參與學校舉辦的語言交流活動、以及文化參訪，例如博物館導覽、法式甜點製作工作坊等，深入了解法國文化與生活方式。與來自不同國家的同學互動，不僅增進了我對多元文化的理解，也拓展了國際視野。此外，我選擇入住學校宿舍，與其他國際學生共處，有更多機會在生活中練習法語，提升語感。

D、交換/研修之具體效益（條列）

- 提升法語聽說讀寫四項能力，特別是口語與聽力
- 強化語音辨識與表達清晰度
- 建立實用生活對話能力與臨場反應力
- 深化對法國文化、生活、社會制度的認識
- 培養跨文化溝通能力與國際人際網絡
- 拓展未來跨國藝術合作與研究的可能性
- 激發語言學習興趣與長期持續精進的動力

E、海外生活困境與解決 初期因不懂法語，在行政流程如辦理銀行帳戶、宿舍報到等事務上遇到不少挑戰，甚至在超市、醫院等日常場域也溝通困難。為了解決這些問題，我採取以下方式：

- 事前查詢相關流程與常用法語詞彙，做足準備
- 請求同學或宿舍管理員協助翻譯或說明
- 善用翻譯 APP 與肢體語言輔助溝通

在一次宿舍警鈴聲響事件中，我無法清楚描述狀況，但在反覆嘗試後終於聯繫到技術人員並解決問題。這次經驗讓我更有信心面對未知挑戰，也學會以彈性與幽默面對文化差異。

F、文化衝擊與適應 法語國家日常生活中幾乎不使用英文，初到法國時我幾乎無法與當地人溝通，連最基本的買菜或問路都困難。面對這樣的文化衝擊，我的應對方式如下：

- 每天記錄並練習生活常用語句，提升應變能力
- 主動開口說，即使文法不正確也持續嘗試
- 觀察當地人說話與互動方式，模仿其語調與用詞
- 給自己容錯與學習的空間，不苛求完美

隨著時間推進，我逐漸能在簡單情境中自信表達，並享受學習語言的成就感。

G、人生改變與成長 這段海外生活歷練讓我學會獨立思考與解決問題，也讓我更認識自己。最大的成長在於：

- 增強了面對未知與困難的勇氣與耐性
- 對語言學習充滿熱情，重新定義語言的「用法」
- 理解文化差異不只是挑戰，更是創作與對話的起點
- 建立以開放視野與包容態度與他人連結的能力

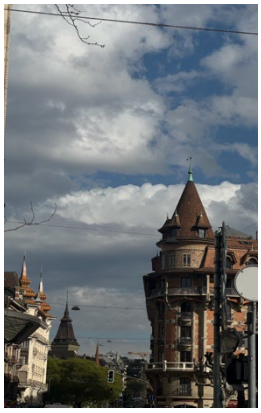
H、獎學金的幫助 乘風萬里獎學金大大減輕了我出國期間的財務壓力，讓我能更專心於學習與體驗。這筆補助支持了我課程學費、交通費與部分生活費，若無這筆獎學金，我將可能無法順利出國或須大幅縮減研修時間與範圍，影響學習成效與成長機會。

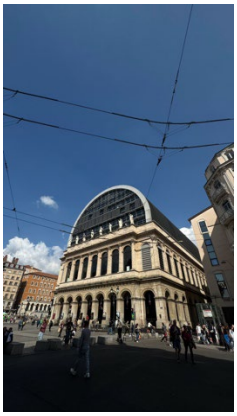
I、致贈獎學金者的感言 感謝乘風萬里獎學金的捐贈者，您們的支持讓像我這樣擁有夢想的學生能夠真正走向世界。這段旅程不僅豐富了我的學習經歷，也讓我更有信心投身國際舞台，持續以藝術與語言為橋樑，促進文化交流。這份鼓勵，我將轉化為行動，並未來回饋給更多有夢的年輕人。

J、別具意義的照片 （此處可附上在課堂互動、語言交流活動、劇場參訪、或日常生活的照片）













【English Reflection Report】

1. School Introduction Aix-Marseille University (AMU) is one of the largest and most prestigious public universities in France. Its language center, SUL (University Language Service), offers comprehensive French language and culture training for international students. Courses are taught by experienced and passionate teachers, and students benefit from various resources like the CARLAM self-study center and cultural immersion activities.

2. Academic Learning The courses I took during my exchange include:

- USEUP20A - Reading Comprehension
- USEUP20B - Listening Comprehension
- USEUP20C - Written Expression
- USEUP20D - Oral Expression
- USEUP20E - Language Structures
- USEUUP20 - General Language Competency
- USEUUP21 - Phonetics
- USEUP50A - Roleplay, Dialogues and Conversation 1

My favorite and most rewarding course was USEUP50A, where we used role-play and improvisation to simulate real-life scenarios. This class matched my background in theatre, allowing me to learn French in an immersive and expressive way. It helped me build confidence in speaking and greatly improved my fluency.

3. Cultural and Daily Life Learning Outside the classroom, I engaged in cultural exchange activities, joined student events, and participated in workshops such as museum tours and cooking classes. Living in the student dormitory gave me daily opportunities to practice French with international roommates. These experiences enriched my understanding of French lifestyle and values.

4. Concrete Benefits

- Improved four core French language skills, especially speaking and listening
- Strengthened pronunciation and oral fluency
- Learned to navigate real-life conversations
- Gained deeper cultural insight
- Built intercultural communication skills
- Expanded international artistic and academic networks
- Reignited passion for language learning

5. Challenges and Solutions At first, I struggled with communication due to my zero French background, especially in administrative processes and daily errands. I overcame these difficulties by:

- Preparing useful phrases in advance
- Asking bilingual peers for help
- Using translation apps and body language One memorable experience was a dorm power outage. Though I couldn’ t fully explain the problem, I eventually managed to resolve it through persistence and non-verbal communication. It taught me patience and adaptability.

6. Cultural Shock French people rarely use English in daily life, which was shocking at first. To adapt:

- I practiced essential phrases every day
- Took the initiative to speak, even with mistakes
- Observed local communication habits
- Allowed myself to make errors and grow from them This process made me more resilient and helped me develop language intuition.

7. Personal Growth This experience reshaped my perspective. My biggest growths were:

- Gaining independence and emotional resilience
- Rekindling my love for language through creative methods
- Realizing cultural differences are opportunities for dialogue, not barriers
- Learning to connect with people from diverse backgrounds

8. Scholarship Impact The scholarship significantly relieved my financial burden. Without it, I might have shortened or canceled my exchange. It allowed me to focus on learning without worrying about living expenses or tuition.

9. Gratitude to Donors To the generous donors of the Cheng Feng Wan Li Scholarship: thank you for making this journey possible. Your support gave me not only financial freedom, but the courage to step out of my comfort zone and grow through cross-cultural learning. I promise to pass on this inspiration in the future.

10. Meaningful Photos (Include photos of classroom activities, cultural events, theatre visits, or daily life in France.)