學校簡介

里昂政治學院為法國排名前幾名的大學之一，學校聲譽很好，學生皆須通過入學鑑定考試才可以就讀。里昂政治學院校園雖然不大，但周邊環境單純、安靜，是個很棒的生活環境。校園周圍治安家，交通易達性高，附近即有學生餐廳、宿舍、超市。

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

里昂政治學院提供交換學生法文語言課程，學生先透過語文能力測驗分至六個不同程度的班級，再由不同老師依據學生程度進行授課。授課氛圍輕鬆有趣，內容安排適當，很容易就能上手！另外校內也有其他課程可以選修，學生可依據自己的喜好選擇課程。課程進行方式注重課堂參與度以及想法的表達，常需與其他同學合作或討論，與傳通授課上較為不同。

國外研修之生活學習（課外）

獨立在國外生著實不容易，除了最基本的語言要克服，還需要適應生活中不同面向所遇到的文化及習慣差異。尤其是出國初期，將會需要辦理許多行政手續，如電信、住宿、銀行帳戶等，過程相當考驗耐心。另外，也需要與來自不同文化背景的人們相處，了解彼此文化差異性，並互相尊重。

交換/研修之具體效益（請條列式列舉）

增進外語能力，及臨機應變能力
增進國際視野、體驗國外生活與風俗民情
增進自我信心，學習獨立
選修國外課程，嘗試不同上課方式
與國外學生、教師交流，結交許多良師益友

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?

否

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

法國在2023年曾發生大規模罷工，嚴重影響安全、衛生、求學、交通、旅遊等生活層面。遇到遊行示威時應盡量迴避，注意自身安全。學校若不開放，仍可以以線上等方式完成學業。交通部分須事先準備其他備用方案，選擇其他種類的交通工具。旅遊部分應保持行程安排之彈性，以免造成不必要的錢財損失。

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?

海外生活歷練著實讓我成為一個更為獨立的人，在異鄉除了尋求朋友及校方協助，大多事情都需要自行處理及面對。相較於在台灣時更有時間認識自己，與自己相處，也多了一些時間思考及探索未來發展的方向。

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?

獎學金使我更有餘裕在歐洲增進國際視野、體驗國外生活與風俗民情。因歐洲的物價比台灣更為高昂，要負擔我在歐洲交換兩個學期的生活及其他開支對於我的家庭自然不是件容易的事。若無獎學金，我為了大幅減少各方面的開支，會選擇較長時間的待在自己所選擇求學的城市。有了獎學金的幫助，我便能利用地利之便，到歐洲其他城市走走看看，親自體驗不同國家的文化。

感言及心得感想

我認為決定要出國交換是我人中做得最正確的選擇之一。「開拓視野」一詞說來抽象，但實際用雙腳走遍歐洲城市之後，種種經歷的確讓我的世界觀更為豐富立體了。我不再將自己未來的發展方向侷限於台灣，而是實際在國外生活過體會到原來自身也有能力挑戰各種海外的求學機會及職缺。出國前覺得要在國外生活一年將是個莫大的挑戰，實際體會過後卻反而過得得心應手，甚至覺得時間不夠用。出國交換得金錢成本對於許多家庭而言可能不是容易負擔的，但我認為在過程中習得的知識、結交的友誼、獲得的體驗將會是無法用金錢去衡量的。

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)

Sciences Po Lyon is one of the top-ranked universities in France which has a very good reputation. Students are required to pass an entrance examination in order to enroll. Although the campus of Sciences Po Lyon is not large, the surrounding environment is peaceful and quiet, making it an excellent living environment. The campus area is safe, easily accessible, and conveniently located near student restaurants, dormitories, and supermarkets.

Sciences Po Lyon offers French language courses for exchange students. Students are initially placed into one of six different levels based on their language proficiency through a language ability test. The courses are then taught by different teachers according to the students' levels. The teaching atmosphere is relaxed and enjoyable, with appropriate content arrangements that make it easy to grasp. Additionally, there are other courses available for students to choose from within the university. Students can select courses based on their preferences. The teaching approach emphasizes classroom participation and expressing ideas, often requiring collaboration or discussion with fellow classmates, which differs from traditional lecture-style teaching.

Living independently abroad is undoubtedly not easy. In addition to overcoming the basic language barrier, one must also adapt to the cultural and habitual differences encountered in daily life. Especially during the initial period abroad, there will be a need to handle various administrative procedures such as telecommunications, accommodation, and bank accounts, which can be quite testing for one's patience. Furthermore, it is necessary to interact with people from different cultural backgrounds, understand each other's cultural differences, and mutually respect one another.

The scholarship provides me with more flexibility to enhance my international perspective, experience life and customs abroad in Europe. Since the cost of living in Europe is higher than in Taiwan, it is not an easy task for my family to support my expenses for two semesters of exchange and other living costs in Europe. Without the scholarship, in order to significantly reduce expenses, I would choose to stay in the city where I have chosen to study for a longer period of time. With the assistance of the scholarship, I would be able to take advantage of the opportunity and visit other cities in Europe, personally experiencing the cultures of different countries.

Living abroad has truly made me a more independent person. In a foreign land, apart from seeking the help of friends and the university, I have to handle and face most things on my own. Compared to when I was in Taiwan, I have more time to get to know myself, spend time with myself, and have more time for reflection and exploring future directions.

I believe that deciding to go abroad for an exchange program was one of the best choices I have made in my life. The term "broadening horizons" may sound abstract, but after actually traveling to various cities in Europe, the experiences I've had have truly enriched my worldview. I no longer limit my future development to Taiwan alone, but have come to realize through firsthand experience living abroad that I also have the ability to pursue educational opportunities and job prospects overseas. Before going abroad, I thought that living in a foreign country for a year would be a significant challenge, but after experiencing it, I found myself adapting smoothly and even feeling that time was insufficient. The financial cost of going on an exchange program may not be easily affordable for many families, but I believe that the knowledge gained, friendships formed, and experiences obtained throughout the process are priceless and cannot be measured in monetary terms.