A. 學校簡介

emlyon business school（里昂高等商學院）位於法國里昂，是歐洲歷史悠久且具國際聲譽的商學院之一，創立於 1872 年，以商業管理、行銷、創業與國際管理等領域見長。學校長期在歐洲商管教育排名中名列前茅，並以「early makers」為核心精神，強調學生在學習過程中能夠將想法轉化為行動，培養實務能力與創新思維。

emlyon 同時擁有 AACSB、EQUIS 及 AMBA 三大國際商學院認證（俗稱三皇冠認證），代表其課程品質、師資研究與國際化程度皆受到高度肯定。校內學生組成多元，來自世界各地的交換生與國際學生比例高，課堂討論氛圍活躍，也能接觸到不同文化背景的觀點。

此外，emlyon 以創業教育與企業連結著名，設有創業相關資源與創新空間，並與歐洲及全球多家企業合作，提供學生實作專案、企業參訪及職涯發展資源。整體而言，emlyon 不僅具備紮實的商管課程架構，也強調跨文化交流與實務導向學習，是一所兼具國際視野與產業連結的商學院。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

Emlyon 和中山的選課方式不同，是從學校提供的課程包中選。我推薦大四的必修，因為課程實作的部分較多。我選的是 Digital Marketing，這個課程共有 4 門課，4 門課互相關聯同學都一

樣、期末最終的報告也有關聯，小組也都是一樣的，可以想成要做一個大大的 project。

Digital Marketing 的評分方式包含線上課程證書、小組 project、筆試，筆試的部分 4 門課 4 張考卷的問答都比選擇還多，考的時候都不知道自己在寫什麼，最後還是以超級低空飛過，如果不擅長問答題的可能要注意，但也不確定每次的考試出題方式是否一樣，和我同組的中國留學生說這是他 4 年中遇到最難的考試。

C. 國外研修之生活學習（課外）

煮飯：因為外食真的太貴沒辦法餐餐外食，一定要每周去超市補貨、每天都會進廚房。

獨旅：和朋友時間喬不攏也想嘗試獨旅，體驗自己一個人的旅行。

D. 交換/研修之具體效益（請條列式列舉）

1)體驗不同文化

2)跨出舒適圈

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?

我覺得自己很幸運沒有遇到什麼扒手、怪人。只有在巴黎搭 RER 時遇到一位怪人搭話，當時的情況是我坐在靠窗座位，旁邊還有空位但因為我還有一箱登機箱所以旁邊的座位不太能坐，這

時怪人上車並坐到我旁邊念念有詞，當下很慌也不知道他要做什麼，很怕我下車後他也跟著我，所以我在下車前一站換座位，最終平安的下車了。

在出國前我有買拉捎警報器，雖然都沒用到，害怕的人可以參考看看，因為防狼噴霧沒辦法帶出國。

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?

1) 麵包不需要塑膠袋裝，可以裸裸的放進包包裡。

2) 路上垃圾桶很多。

3) 自來水可以直接喝，但我還是買了濾水壺和熱水壺。

4) 在外上廁所要錢。

5) 外食真的貴。

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?

更獨立，雖然回台灣後有漸漸變回出國前的生活模式，但我相信如果再次把我丟到國外，不會像一開始那麼無助，畢竟有這 4 個多月的旅外經驗。

此外，我也認識形形色色的人，如果在台灣我想我沒有機會或跨出舒適圈認識他們，所以對我

來說很珍貴。

H. 感想與建議

感想：很特別的體驗，我到回國下飛機等行李時回想這 4 個多月，會覺得不敢相信，自己搭了飛機飛到歐洲還去了幾個國家旅遊，並且修了一些課、認識不同國家和一些酷酷的人，我都說我是去西方取經的。感謝做了這個決定的自己也感謝我爸媽的支持和他們的錢錢。

建議：

1) 可以申請 CAF，原本不打算申請，在台灣時需要申請出生證明，過程較繁瑣，但最後還是拿到出生證明且也有成功申請到 CAF，身邊朋友有申請到 CAF、也有沒申請到的，可以評估看看。

2) 行李可以帶不要的床單(怕住宿沒有提供、第一天沒時間去買)，奶茶包(雖然中超有賣但還是比較貴)、女生的話必備夜用型衛生棉(日用型的當地買和台灣差沒有多少，推薦 Always)

3) 抵達第一件事辦電信，許多資料需要電話，推薦 Free 的一個月 9.9 歐方案，雖然在 part dieu 的家樂福時會完全收不到訊號和一些地方會收不到，但還是堪用。

4) **推薦去看政大版的返國報告書，有些人寫得很好，推推!!(谷歌關鍵字我都打「政大 里昂」就會出現薦外交換學生經驗分享，大推馮德美學姐的，真的是獲益良多)**

I. 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) 500 字以上

赴中國交換者免填英文心得

During my exchange semester in Lyon, studying at emlyon business school was one of the most memorable and experiences in my university life. Unlike my home university, where students can freely choose courses from a long list, emlyon uses a “course package” system. Students select from different course bundles offered by the school. After experiencing this system, I personally recommend choosing senior-level compulsory packages, because they usually include more hands-on learning and practical projects.

The package I chose was Digital Marketing. It included four interconnected courses, and what made it special was that everything was linked together: the classmates were the same across all four courses, the group members stayed the same, and even the final reports were related. In a way, it felt like we were working on one large project throughout the semester rather than completing four separate classes. This structure helped me build stronger teamwork skills and allowed me to learn more deeply, since every course contributed to the same overall topic.

However, the assessment style was also very different from what I was used to. Our grades were based on online course certificates, group projects, and written exams. The exams were especially challenging. Each of the four courses had its own paper, and most questions were open-ended rather than multiple choice. Honestly, while taking the exams, I often felt like I didn’t even know what I was writing. In the end, I barely passed. One Chinese international student

in my group even said it was the hardest exam she had ever taken in her four years of university. For students who are not confident in writing long answers under pressure, this is something worth preparing for.

Outside the classroom, I learned just as much through daily life. Because eating out in France is extremely expensive, cooking became a necessary skill. I went grocery shopping almost every week and spent time in the kitchen nearly every day. This experience taught me how to manage my budget and take care of myself more independently. I also tried solo traveling for the first time. Sometimes it was difficult to match schedules with friends, and I wanted to challenge myself. Traveling alone helped me become more confident and gave me a sense of freedom and self-reliance.

Overall, the exchange brought me two major benefits: experiencing a different culture and stepping out of my comfort zone. Fortunately, I did not face serious safety issues like pickpockets. The only uncomfortable moment happened in Paris on the RER, when a strange man sat next to me and talked to himself. I felt nervous, so I changed seats one stop before getting off, and I safely arrived at my destination.

Living in France also came with cultural shocks: bakeries often do not provide plastic bags, public trash bins are surprisingly common, tap water is drinkable, public toilets usually require payment, and most importantly, eating out is costly. Despite these differences, I gradually adapted.

The biggest personal growth I gained was independence. Although I slowly returned to my old lifestyle after coming back to Taiwan, I believe that if I were placed abroad again, I would not feel as helpless as I did in the beginning. Most importantly, I met people from many different backgrounds—people I would probably never have met if I had stayed in Taiwan. Looking back,

I still find it unbelievable that I spent more than four months in Europe, studied, traveled to several countries, and built meaningful connections. It truly felt like a journey to learn from the West, and I am grateful for the decision I made, as well as the support from my family.