

學校簡介

法國艾克斯馬賽大學位在法國南部，校區主要分布在馬賽與艾克斯兩個主要城市，艾克斯市是法國生活消費第二高的城市，其人口組成主要為學生與退休人士，因此治安與法國其他城市相比，良好許多。馬賽則是法國第二大的城市，因鄰近地中海，在城市中可見多元的民族樣貌，舉凡像是摩洛哥、圖尼西亞、土耳其等等，在街頭隨處可見各國的餐廳、小吃、服飾。

此次交換至艾克斯馬賽大學的語言中心，主要的校園位在艾克斯市。校園面積廣大，建築物樓層不高，學校也提供許多空間讓學生們有機會彼此交流，像是公共區會放置鋼琴、固定時間地點的語言交流，讓想練習外語的同學帶著自己的午餐自由參加，另外學校也會舉辦一些大型活動及表演，讓學生的生活有更多彩。

至於宿舍的地理位置，步行約十五分鐘即可抵達學校，宿舍本身有許多房型，

但由於是交換學生，基本上是由宿服中心統一安排。

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

語言中心的法語課程，基本上一週為十六個小時，已經有安排好的課程內容以及課表，學生們只需要按課表時間到學校上課，因此省略了選課的流程。課程內容包含文法、句型以及大量的口說練習，每個班級的節奏略微不同，有些會有不定期的小考，也有些只有期中考，至於期末考，則是相同程度的學生一同進行測驗，測驗內容為聽說讀寫。

來到法國之前可以算是不會說法文，然而經過兩個學期的語言課程，口語方面有了一定程度的進步。這裡的教學方式不急於一次給予很多內容，而是偏向同樣的主題反覆的練習，讓學生已很自然的方式學會如何運用這些句型。由於是語言中心，班上的同學多數為不同國籍的人，他們都有著不同的理由來到法國。

國外研修之生活學習（課外）

語言中心的課稱基本上填滿了每天的生活，在週末會去鄰近的城市走走，也會跟著德國朋友一起去爬山，若遇到較長的假期，也會安排一段旅行，像聖誕節就去一趟德國的黑森林、瑞士的少女峰。

平常課餘時間，則是會去學校的練琴是練琴，也參與了學校的巴洛克樂團以及艾克斯市音樂院的管弦樂團排練與演出。

交換/研修之具體效益（請條列式列舉）

1. 增加英文溝通的理解與表達能力

在與外國朋友溝通時，英文成為補充說明法文的工具，在雙方都不是英文母語者的情形下，難免會遇到不太清楚明白堆方想表達什麼的情況，在這種情況下，要如何在有限的詞彙量下，讓對方明白就會變得很重要。我們也會學著耐心理解對方想表達的事情。

2. 學習如何規劃生活

到外國生活，一定會想多點旅遊機會，然而如何在課業與旅行中得到平衡，也是件需要學習的事情，另外，國外的生活作息跟台灣有點不一樣，住宅區與市中心都有一定的距離，採買食物也會需要一定的交通時間，因此生活裡除了規劃還是規劃。

3. 認識不同文化背景的朋友

認識不同文化背景的朋友，會是一個很好跳脫原思維方式的方法，時常在不同的觀點中，瞭解人生能有許多種生活方式，也體會到過一段有意義的人生，遠比過一段只追求穩定與財富的人生來的重要。

4. 對於他人更有耐心與包容

在國外生活或多或少會遇到語言隔閡的情況或文化差異而有些驚訝的地方，然而再一次又一次的經驗裡，我也逐漸發現，人與人相處不會一直都是我們在包容他人，有時我們也會需要別人的一句：沒關係，或也會需要別人耐心聽我們說，因此每當我快要失去耐心時，總會體醒自己要好好聽他人需要什麼幫忙。

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？

在校期間遭遇的困境，是無法適應班上不同國籍的同學，每個國家的學生都有自己的風格，然而有些學生的習慣並非每個人都能習慣。因此有一段時間不喜歡上課，因為不喜歡班上同學過於踴躍的發言。

後來我試著講我的問題與很多人討論，花了一些時間調適，才慢慢的漸入佳境。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

文化方面沒有遇到太多的衝擊，也或許是許多時候我都不會特別去留意，因為我知道不同文化本來就會不太一樣。

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？

本質上改變非常多，現在的我相較之下脾氣比較好，做事情也多了許多耐心去等待或是去面對突發狀況。另外，也學會了如何安排生活，如何好好生活。與家庭的關係也因為出國這一年而有了改善。

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？

有無獎學金並不會改變出國交換的計畫，但確實因為獎學金減輕了一點點家庭的負擔，讓我能學會如何規劃金錢。

感言及心得感想

這段交換生的生活，可以說是在踏入社會前很棒的畢業禮物，在這段日子裡經歷了許多事情也認識了一些朋友，在一來一往的互動中，有機會好好地審視過去的生活與價值觀，更認識自己後，也更有耐心去包容身旁那些人事物。

出國前我並未對這段日子設定任何的期許與目標，只是單純的覺得自己需要一個機會好好思考未來的方向，而我也真的在這段日子結束後將這一切整理好了。中山大學的校長相信一個人若是在外國生活過三個月以上，對他的人生一定會有很大幫助，在自己也經歷過後，非常同意這句話，因此我想說，謝謝這個計畫給予我們實質上的幫助，也相信未來能有更多人的的人生因為這個計畫而改變。

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)

School introduced:

Aix Marseille University in the two main cities of Marseille and Aix

Aix is the second most expensive city in France, and its population consists mainly of students and retirees. Therefore, compared with other cities in France, the public security is much better. Marseille revamps France's second-largest city

The city, due to its proximity to the Mediterranean Sea, can be seen in the city with diverse ethnic styles, such as Morocco Tunisia and Turkey etc. Restaurants, snacks, and clothing can be seen everywhere on the streets.

The two parties exchanged at the language center of the University of Aix-Marseille, the main campus is located in Aix.

Most of the buildings are not high-rise, and the school also provides many spaces for students to have the opportunity to communicate with each other, as if

There will be a piano in the public area and language exchanges at a fixed time and place, allowing students who want to practice foreign languages to bring their own

Participate in lunch freely, and the school also holds some large-scale activities and performances to make students' lives more colorful.

Due to the fault of the dormitory, it takes about 15 minutes to walk to the school. The dormitory itself has many types of rooms.

But because they are exchange students, they are basically sorted by the dormitory service center.

Course

The French courses in the language center are basically 16 hours a week, and there are already arranged courses to class schedule, students only need to go to school according to the schedule time, thus omitting the course selection process.

The content includes grammar, sentence patterns and a lot of speaking exercises. The rhythm of each textbook is slightly different, and some will

There are irregular quizzes, and some only have mid-term exams. As for the final exam, some students of the same level take the exam at the same time.

Conduct a test, the test content is listening, speaking, reading and writing.

Before coming to France, I couldn't speak France but after two semesters of language courses, I can speak and write.

The teaching style here is not eager to provide a lot of content at once, but biased towards the same Repeated practice on similar topics allows students to learn how to use these sentence types in a natural way.

Most of the students in the class are people of different nationalities, and they came to France with different reasons.

Activity (after school)

The classes in the language center are basically full of daily life, and I will go to neighboring cities on weekends.

I go mountain climbing with my German friends, and if Christmas comes, I will also arrange a trip, just like Christmas

Just go to the Black Forest in Germany and the Jungfrauoch in Switzerland.

In my spare time, I go to school to practice piano, and I also participate in the school's Baroque Orchestra and

Rehearsal and performance of the orchestra of the Conservatory of Aix.

Benefits

1. Increase the ability to understand and express English communication. When communicating with foreign friends, English has become a supplementary tool for explaining French. When neither party is a native English speaker, it is inevitable to encounter a situation where it is not clear what the other party wants to express. In this case, what should I do? With a limited vocabulary, it becomes very important to let the other party understand. We will also learn to be patient and understand what the other person wants to express.

2. learn how to plan your life. When living in a foreign country, you will definitely want to have more travel opportunities, but how to balance school work and travel is also something that needs to be learned. In addition, the daily routine of life abroad is a bit different from that in Taiwan. Residential areas and city centers have certain differences. Due to the distance, it takes a certain amount of time to travel to buy food, so in life, besides planning, there is still planning.

3. Meet friends from different cultural backgrounds. Knowing friends from different cultural backgrounds will be a good way to escape from the original way of thinking. From different perspectives, we can often understand that life can have multiple ways of life, and also understand that living a meaningful life is far better than living a period that only pursues Stability and wealth are important in life.

4. Be more patient and tolerant of others

Living in a foreign country is more or less surprising when you encounter language barriers or cultural differences. However, through experience after experience, I have gradually discovered that we will not always be tolerant when we get along with others. Others, sometimes we also need a sentence from others: It's okay, or we need others to listen to us patiently, so whenever I am about to lose patience, I always realize that I have to listen carefully to what others need.

Experience

The life of an exchange student can be said to be a great graduation gift before stepping into the society. I have experienced many things and met some friends during the the days. In the above interactions, I have the opportunity to make good use of the past life and Values, you can understand yourself better, and you can also examine the people and things around you more.

When I went abroad, I keenly set any expectations and goals for the days, but simply felt that I needed a chance to think about the future direction, and I really made everything better after the days were over. The president of Sun Yat-Sen University believes that if a person lives abroad for more than three months, it will be of great help to his life. After he has experienced it himself, he agrees with this sentence very much, so I thought about it and thank you for this plan Give us practical help, and believe that more people's lives will be changed in the future because of this plan.