里昂政治學院位於里昂第七區，是法國十一所政治學院之一。里昂政治學院共有兩個校區—Saint-Etienne 以及主校區 Berthelot。供國際交換生選擇的課程以法語授課為主，英語授課仍為少數。交換生可依自身需求選擇加入學程並修習規定學分抑或自由選課。由於時間有限加上學分已修畢，我針對論文題目選擇兩門專業課程—Populism versus Representative Democracy: A Comparative French-US Approach 以及 Unravelling British Euroscepticism : from Post-War Britain to Brexit。前者為 Michelot 教授授課，比較法國及美國從憲政體制、政黨系統以及民粹的演進。不過由於教授身體抱恙，儘管上課內容相當發人深省，最終停止實體授課並改為自主學習；後者則為 Sigoillot 教授授課，以歷史學者角度解析英國脫歐歷程，也是我收穫最大的一門課。英國脫歐背後反映的，不僅是英國人民對於超國家組織的不信任，亦顯示老牌保守政黨的式微。從二戰後的帝國思維、保守黨及工黨的角力與領導者更迭，到 2016 年的決定性公投，民粹亦在其中扮演重要角色。此一脈絡亦與我研究的法國極右民粹有所關聯。Sigoillot 教授也不時對照法國政治，說明其在英國脫歐中的間接影響，對於本人論文撰寫有極大的幫助。在課業之餘，我四處拜訪先前在中山所認識的學伴們以及在法國求學中的朋友們。譬如 2020 年曾在中山交換的 Sara 是我在里昂如家人一般的存在，亦是我論文題目的動機。身為阿爾及利亞移民第二代，我們常就穆斯林族群在法國生活的經驗討論，而我也受邀至她家中品嚐她義大利母親的好手藝。Sara 住在法國廚神 Paul Bocuse 的故鄉，她帶領我認識里昂的不同區域，而阿拉伯區最令我感到印象深刻。我走進七區的 Guilltière 品嚐北非美食以及探索其獨有的食物雜貨。Sara 細數伊斯蘭文化的相關教義以及人們如何遵循，對於在道佛教為主的臺灣小孩而言，是一個非常不一樣的體驗。從學校到課外生活，本次在里昂交換的效益可大致分爲以下幾點：

一、認識歐洲政治文化以及不同上課模式、增進國際視野
二、認識不同宗教文化及其對法國社會各層面的影響
三、與來自世界各地的學生進行跨文化交流，並推廣臺灣

交換期間，幸虧有眾多友人的幫助所以沒有遇到太大的困難。若要說最大的文化衝擊當數歐洲進出商店的打招呼禮節。在臺灣的我們通常在進入商場或是結帳時不太需要打招呼，但在歐洲普遍視為禮貌的象徵。既然到了異鄉，那便適應、學習、再照做！當個尊重當地文化的外國人。趁著這四個月，我造訪了幾個國家，也認識了來自不同背景的人們。若要說最大的體悟，便是生活在國際主流政治區域，與生活在臺灣之間存在著極大的差異。我深刻體會到，人們口中的「國際觀」其實是歐洲人的日常，而我們所認知的世界，仍多以西方思想為中心所構成。這也說明了為何臺灣在國際舞臺上，除了先天的地理位置與後天的歷史因素，在大國角力之下，仍須付出更多努力以突破外部限制。儘管「國際觀」一詞隱含著西方國家在歷史上作為既得利益者的結構性優勢，但這也意味著我們更應努力走向世界政治的核心，理解其政治文化的差異，避免與國際脈動脫鉤，方能為臺灣的未來謀得最佳結果。故此，臺灣人民不應僅侷限於國內政治，而應在日常生活中培養身為世界公民的自覺。過去覺得遙遠的歐洲，實際上僅需十四小時的飛行。世界之大，亦無千里之隔。短短四個月，不僅讓我結識了許多朋友、體驗異國生活，也使我對人生有了截然不同的看法。

The Institut d'Études Politiques de Lyon (Sciences Po Lyon) is located in Lyon's 7th arrondissement and is one of the eleven Institutes of Political Studies in France. Sciences Po Lyon has two campuses: Saint-Étienne and the main Berthelot campus. Courses available to international exchange students are primarily taught in French, with only a limited number offered in English. Exchange students may choose to enroll in a specific academic track and complete the required credits, or opt for free course selection based on their individual needs.

Due to time constraints and having already completed the required credits, I selected two specialized courses closely related to my thesis topic: *Populism versus Representative Democracy: A Comparative French–US Approach* and *Unravelling British Euroscepticism: From Post-War Britain to Brexit*. The former, taught by Professor Michelot, compared the evolution of populism in France and the United States through their

constitutional frameworks, party systems, and political development. However, due to the professor's health condition, despite the intellectually stimulating content of the course, in-person teaching was eventually suspended and replaced by independent study. The latter course, taught by Professor Sigoillot, analyzed the Brexit process from the perspective of a historian and proved to be the most rewarding course I took during the exchange.

Brexit reflects not only the British public's distrust of supranational organizations, but also the decline of traditional conservative parties. From post-war imperial thinking, the power struggles and leadership changes within the Conservative and Labour parties, to the decisive referendum in 2016, populism played a significant role throughout the process. This trajectory is closely related to my research on far-right populism in France. Professor Sigoillot frequently drew comparisons with French politics and highlighted its indirect influence on Brexit, which provided substantial support for my thesis writing.

Outside of my academic commitments, I visited exchange friends I had previously met at Sun Yat-sen University, as well as friends currently studying in France. For instance, Sara, who had participated in an exchange program at Sun Yat-sen University in 2020, became like family to me during my time in Lyon and also served as one of the motivations behind my thesis topic. As a second-generation Algerian immigrant, we often discussed the lived experiences of Muslim communities in France, and I was invited to her home to enjoy the cuisine prepared by her Italian mother. Sara lives in the hometown of the renowned French chef Paul Bocuse, and she introduced me to different areas of Lyon. Among them, the Arab district left the deepest impression on me. I visited the Guillotière area in the 7th arrondissement, where I sampled North African cuisine and explored its distinctive grocery stores. Sara explained various Islamic teachings and how they are practiced in everyday life. For someone who grew up in Taiwan, where Taoism and Buddhism are predominant, this was a profoundly different experience.

From academic life to extracurricular activities, the benefits of my exchange experience in Lyon can be summarized as follows:

1. Gaining an understanding of European political culture and different teaching styles, thereby broadening my international perspective;
2. Learning about diverse religious cultures and their influence on various aspects of French society;
3. Engaging in cross-cultural exchanges with students from around the world and promoting Taiwan.

Throughout the exchange period, I encountered few major difficulties thanks to the help of many friends. If I were to identify the greatest cultural shock, it would be the custom of greeting when entering or leaving shops in Europe. In Taiwan, greeting shop staff upon entering or checking out is generally unnecessary, whereas in Europe it is widely regarded as a basic sign of politeness. Since I was in a foreign country, I chose to adapt, learn, and follow local customs, striving to be a respectful foreign visitor. During these four months, I traveled to several countries and met people from diverse backgrounds. My greatest realization was the stark difference between living in a region at the center of global politics and living in Taiwan. I came to understand that what is often referred to as "international perspective" is simply part of everyday life for Europeans, while our perception of the world remains largely shaped by Western thought.

This helps explain why Taiwan, beyond its geographical constraints and historical circumstances, must exert even greater effort to overcome external limitations amid great power competition. Although the concept of "international perspective" implicitly reflects the structural advantages Western countries have historically enjoyed as beneficiaries of global power dynamics, it also underscores the importance for us to move closer to the core of global politics, to understand differing political cultures, and to avoid disengagement from

international trends in order to secure the best possible future for Taiwan. Therefore, the people of Taiwan should not confine themselves solely to domestic politics, but should cultivate an awareness of global citizenship in everyday life. Europe, once perceived as distant, is in fact only a fourteen-hour flight away. The world is vast, yet there is no insurmountable distance. These brief four months not only allowed me to form meaningful friendships and experience life abroad, but also offered me a profoundly different perspective on life.