

臺北市立大學

學生出國研修心得報告

獲補助年度：113-1 出國（113 年 08-10 月），114-1 返國（114 年 08-10 月）

研修領域：法國里昂三大 SELF program

系所、年級：心理諮商所 碩四（114 學年）

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研修國家：法國

研修學校(中英文)：英文

研修時間：中華民國 114 年 8 月 27 日至 115 年 4 月 30 日

國外研修成績：74.8

短片時間及標題：3:22 exchange experience at Lyon3 university

中華民國 114 年 11 月 11 日

***(非亞洲地區交換同學請以英文撰寫報告)**

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壹、緣起

行前準備(100 字)

After being admitted to University of Taipei, I began researching exchange programs, hoping to realize my dream of studying abroad. Since my major is Psychology and Counseling, I was especially drawn to Europe, the birthplace of many psychological theories. After being accepted into the exchange program, I spent the summer preparing for the TOEFL test and completing all the required paperwork for Lyon 3 University, the French government, and the French Office in Taiwan. Although the preparation process was complicated, it represented an important step toward my academic and personal aspirations.

貳、研修學校簡介

學校介紹(100 字)

I attended *Université Jean Moulin Lyon 3*, located in Lyon, the third-largest city in France. The university includes faculties of languages, business, humanities, and law, with three main campuses. Most exchange courses are held at the “Manufacture des Tabacs” campus, which is close to the city center and the train station (SNCF Lyon Part-Dieu). The campus is compact yet elegant, and during Lyon’s famous international Festival of Lights which attracts millions of tourists all over the world, it becomes part of the celebration. The strong language programs attract many international students, and classmates often helped me by translating and engaging in friendly cultural exchanges.

參、國外研修之課程學習(課內)

修課課程內容 (100 字)

I enrolled in the *SELF Program* at Lyon 3, which includes two required courses—French Language and French Civilization—and at least two electives. The electives are divided into three categories: Literature, Business, and Humanities, allowing students to mix subjects according to their interests. The French language courses were tailored to each exchange student's proficiency level, allowing the instructors to adapt their teaching accordingly. The French civilization course integrated current events and distinctive features of Lyon, which helped me better immerse myself in French life and gain a deeper understanding of French culture. It even allowed me to engage in discussions with local people about contemporary issues and current affairs in France. The International Office provided language advisors who helped with course selection and offered personal guidance, making it easier for exchange students to adapt to local life.

肆、 國外研修之生活學習(課外)

交換學校住宿、當地 / 該校學生活動、費用 (保險費 / 生活費 / 特殊支出) 或是在當地遇到的特殊經歷(200 字)

Accommodation was arranged through the university, offering several options such as host families, student dormitories, and private apartments, ranging from about €200 to €700 per month. The International Office also collaborated with the Erasmus Student Network (ESN) to organize weekly activities and city tours at the beginning of the semester, usually costing €10–€20. These gatherings helped exchange students make friends quickly. The university's language department frequently hosted "language exchange" events to promote interaction between local and international

students. France provides excellent healthcare coverage—students receive about 70% reimbursement for medical expenses. Each medical consultation costs approximately 7 to 9 euros. In addition, the prescribed medications or recommended medical tests are paid for separately — medications are purchased at pharmacies, while tests are conducted and paid for at laboratories. The total cost varies depending on the specific medications or types of examinations required. In terms of food, the university cafeteria offers student meals at a discounted price of only €3.80 per meal. In addition, there is a student food assistance program that allows students to purchase 10 kilograms of food for just €3 twice a month. Daily life was convenient, and the campus community was warm and inclusive. Thanks to the school's abundant resources and the friendliness of local students, I quickly adapted to life in France and even began to feel a sense of belonging in a foreign country.

伍、 研修之具體效益

(請條列式列舉 150 字)

1. I experienced cultural and lifestyle differences firsthand, broadening my global perspective.
2. By making friends from diverse backgrounds, I enhanced my intercultural understanding and communication skills. Through these interactions, I also gained insights into Europe's employment practices, business models, and legal regulations (such as tax rates and work contracts), which broadened my imagination, possibilities, and planning for future careers and ways of working.
3. I participated in major European events, such as Lyon's Festival of Lights, the Techno Music Festival, and the European Championship (of ballroom dance).
4. My French proficiency improved significantly, and I gained a deeper understanding of French history, culture, and society.

5. By traveling around Europe on a low budget, I was able to broaden my life experience and worldview. Through exchanges with students from various countries, I learned numerous money-saving strategies, such as booking cheap flights and train tickets, using carpooling options, and finding affordable private accommodations (often from immigrants in Europe or fellow exchange students). These experiences allowed me to fulfill my dream of exploring major European cities through budget travel.
6. These encounters shaped a more open-minded and confident version of myself, strengthening both independence and empathy.

陸、感想與建議(含 3 分鐘短片連結)

感想與建議 (約350字)

What impressed me most during my stay in France was truly living like a local. I cooked and shared meals with French friends, attended music festivals, danced, and discussed current events and life philosophies. I also spent time with immigrant families, witnessing protests and strikes firsthand. Long summer evenings, Ramadan (During Ramadan, I joined North African friends in having full meals together at midnight or 2 a.m., and when Ramadan ended, we celebrated by partying at nightclubs until sunrise.) , and North African cuisine (As someone who loves cooking, I joined them in preparing North African dishes such as Shakshuka and baked egg tajine, and I also made Taiwanese fried rice noodles and sweet glutinous rice balls “tangyuan” for my French friends to try.) made me realize how multicultural and dynamic French society is. That period felt like stepping into another world—one where I gained new perspectives and a deeper sense of self. Participating in the exchange program was like embarking on a cultural adventure. Beyond academics, I learned to handle every aspect of life independently—from housing and visas to healthcare insurance (Regarding accommodation, whether it's communicating and coordinating with the dormitory or applying for government subsidies in France, the process is very different from Taiwan. It also took much more time and effort than I had expected. The French Office in Taiwan suddenly changed the requirements for

student visas before I left Taiwan. Fortunately, someone at my school kindly informed me, allowing me to complete the new documentation just a few days before departure. France offers a lot of medical support, which I also discovered through research with exchange students.) . Each challenge tested my patience and adaptability, but overcoming them gave me strength and confidence. For future exchange students, I suggest learning about the host country's culture and administrative systems in advance and preparing the language and documents early. An exchange program can truly change one's worldview; with enough preparation and courage, you will discover a stronger, more mature version of yourself in the process.

3-mins video of my exchange experience in Lyon3:

<https://youtu.be/RyYc99ziD7Q?si=bdeUi8pKJ4cLBi5T>

具代表性出國交換照片說明(4 張)

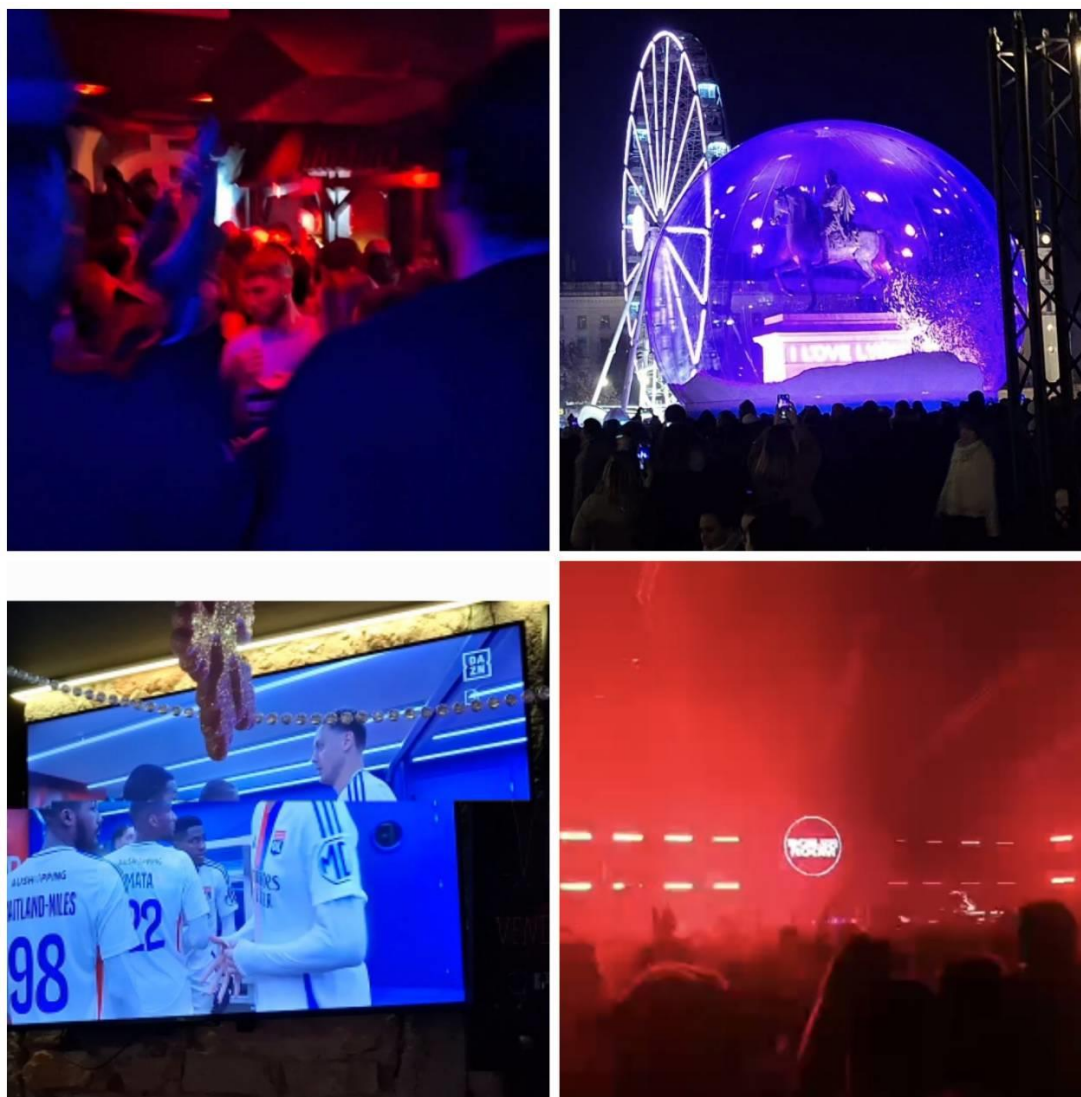


圖 1

圖 1 說明：

Figure 1. Lyon Nightlife

Top left : *Ayers Rock*, a popular nightclub often visited by local students.

Bottom left : Bar football night – France final, Lyon vs. Paris.

Top right : Lyon Festival of Lights 2024 – the statue at *Place Bellecour* wrapped as a giant Christmas ornament.

Bottom right : Techno party at *Le Sucre*, one of the city's well-known techno-style clubs.

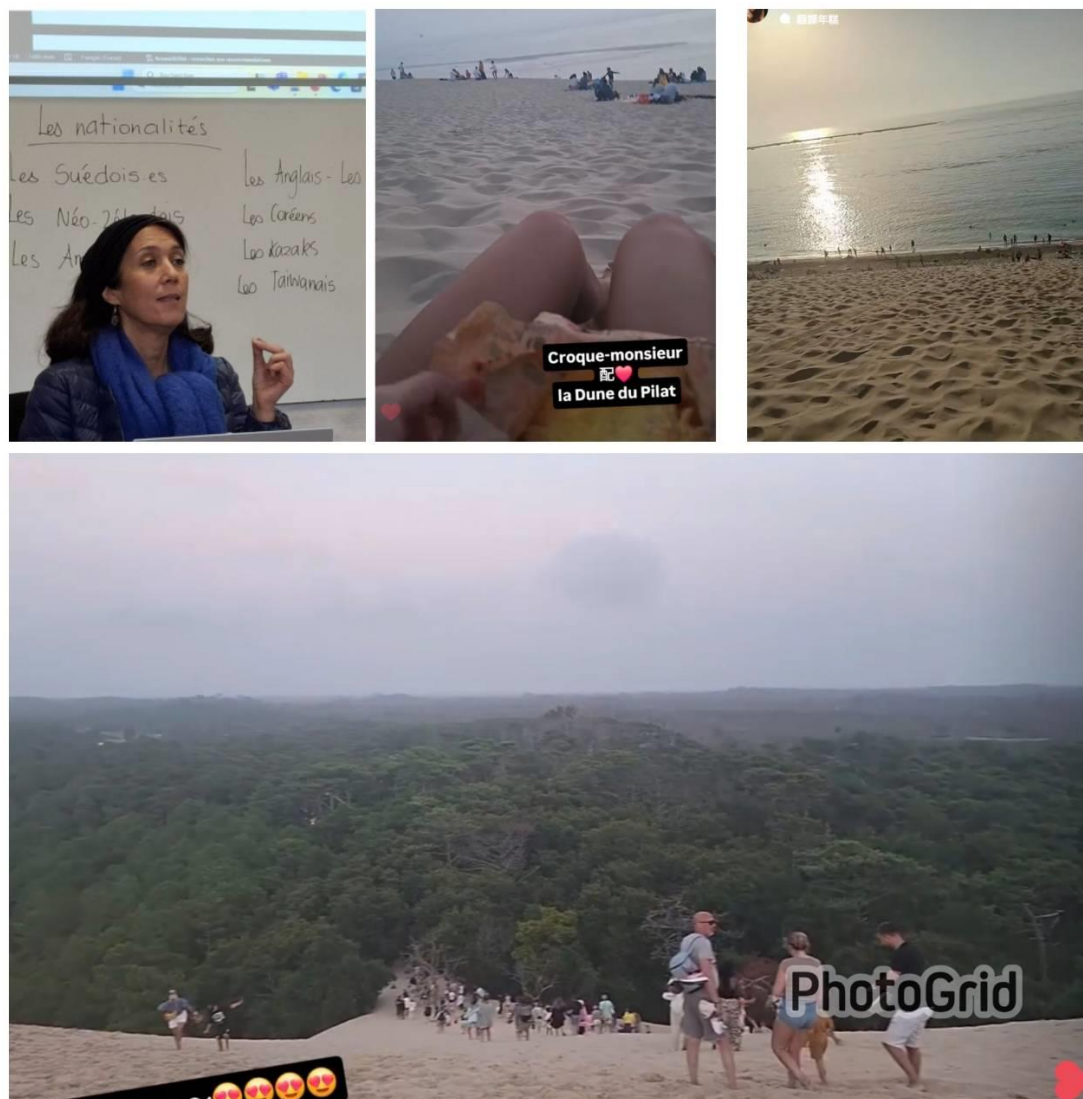


圖 2

圖 2 說明

Figure 2. Arcachon — Inspired by My Professor's Words

(My professor once said: "If you ever can, you must visit Arcachon!" Encouraged by that sentence, I set out on a low-budget trip to the expensive but stunning Arcachon. The scenery shows the unique landscape of La Dune du Pilat, where forest, desert, and beach meet.)

Top left : A snapshot from my French language class presentation after returning from Arcachon.

Top middle : Finally reaching the top of *La Dune du Pilat*, enjoying a *Croque-monsieur* picnic.

Top right : The vast beach stretching along the sandy desert of *La Dune du Pilat*.

Bottom : The view from *La Dune du Pilat* showing where the forest meets the desert.



圖 3

圖 3 說明

Figure 3. End-of-Semester Dance Showcase

(I participated in both modern and partner dances, including salsa, paso doble, and cha-cha.)

Top left : Performing a partner dance with my Italian friend Gaia from Lyon.

Top middle : Backstage with my modern dance teammates – retouching makeup and sharing a meal before the show.

Top right : Group photo of the ballroom dance team after the final performance.

Bottom : Group photo of the modern dance team at the end of the show.

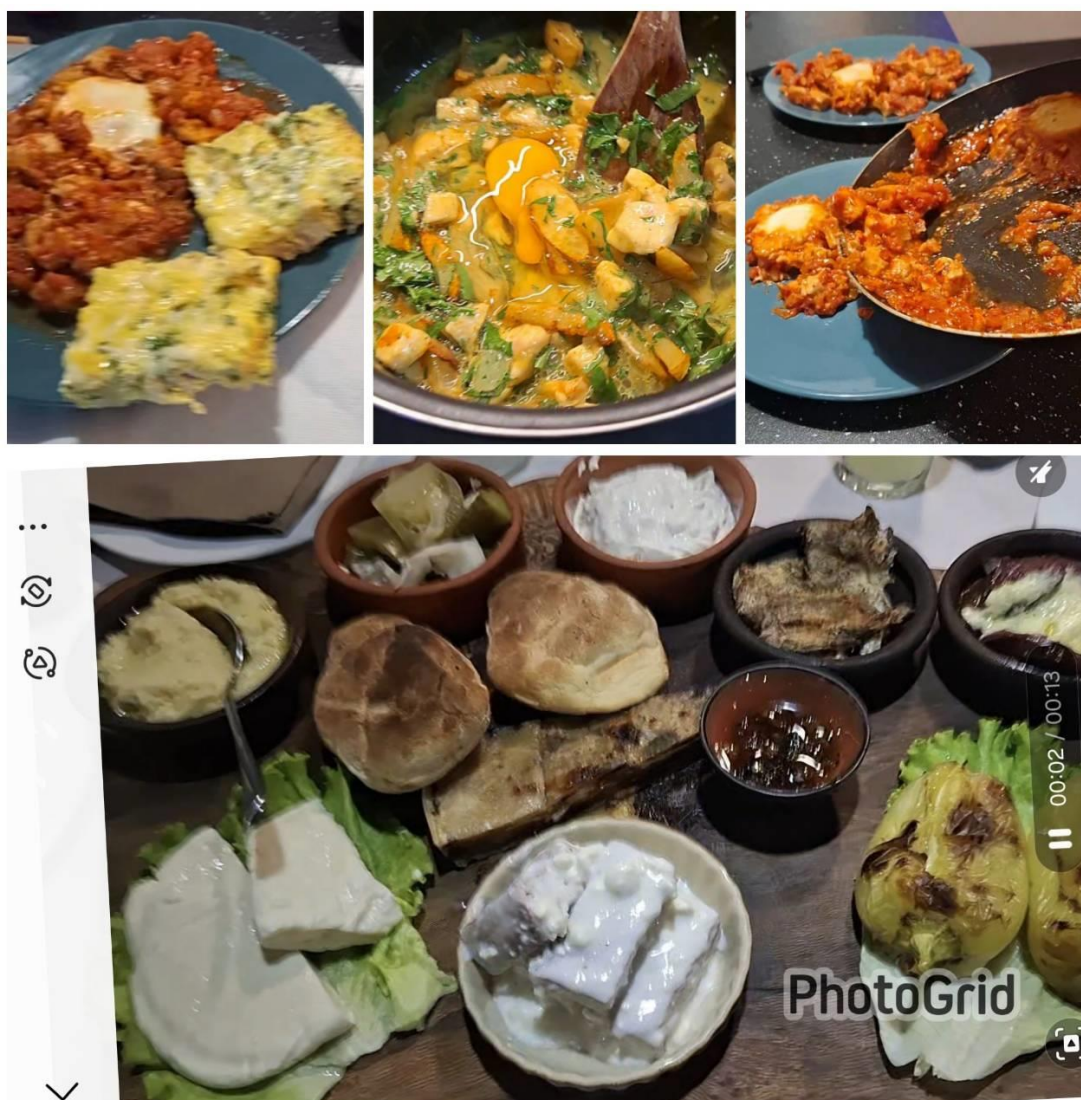


圖 4

Figure 4. Memorable Food Experiences During My Exchange in France

(Dishes from Tunisia and Albania that deeply impressed me.)

Top left : Preparing *Shakshuka*, a North African-style poached egg stew.
Top middle : Tunisian *Tajine* – a baked egg and vegetable dish.
Top right : Tunisian dishes served with sliced French baguette, blending Tunisian and French culinary traditions.
Bottom : Traditional Albanian meal shared with local friends who invited me to dine together.

*格式依需求可自行調整