

臺北市立大學
教育部學海飛颺
學生出國研修心得報告

獲補助年度：112-1~112-2

研修領域：SELF PROGRAM(including management, law and humanity)

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研修國家：France

研修學校(中英文)：Université Jean Moulin Lyon 3 (法國里昂第三大學)

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國外研修成績：610,64 / 880,00

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中華民國 113 年 6 月 2 日

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壹、緣起

行前準備：

First and foremost, it is crucial to have a strong command of the language, especially in a non-English speaking country. I highly recommend starting to prepare for French language proficiency at least one year in advance. The rest involves complicated administrative procedures, which may not be difficult but can be quite tedious.

Here are the administrative procedures and their timeline.

After Receiving admission letter

1. Application for French student visa
2. Birth certificate(Chinese version)
3. Application for Visale
4. Application for assurance habitation
5. Purchasing overseas insurance
6. Application for student dormitory
7. Online courses selection
8. Booking the flight ticket(s)

貳、 研修學校簡介

學校介紹：

Université Jean Moulin Lyon 3 is one of three public universities in Lyon. The university is organized into four main faculties, a management school, and a University Institute of Technology. There are three campuses at the university: Manufacture des Tabacs, Quai, and Bourg-en-Bresse. Manufacture des Tabacs and Quai are the main campuses for exchange students.

Lyon 3 has a large international student population, accounting for almost half of the student body. As a result, they offer comprehensive programs for exchange students, including the SELF PROGRAM and DELF PROGRAM. The former is designed specifically for international students with a French proficiency level below B2, and is only available to undergraduate students. Our classes do not include any French students, and the structure of the program differs from that of traditional French classes.

參、國外研修之課程學習(課內)

修課課程內容:

I participated in the annual SELF program, which offers three main areas of study: Management, Law, and Humanities. During the registration process, we select our classes online in June. The final schedule is not available until two weeks before the start of the school year. During the first two weeks of the semester, we have the option to add or drop classes. However, after this period, changes to our schedule are not permitted. Each semester is 13 weeks long, including a one-week mid-term break and exam weeks.

Course assessments consist of attendance, oral presentations, (midterm exams), and final exams. Attendance is strictly monitored, with students only allowed to be absent twice. Final exams typically consist of essay questions and carry the most weight in terms of the overall grade. Students are expected to not only review material but also develop their own opinions and arguments, which is highly valued by professors.

In the classroom, there is a more open and equal atmosphere in France, where both students and teachers are encouraged to share their thoughts and provide





feedback to each other. It is worth noting that no one falls asleep in class (except for me, unfortunately).

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)

I will divide this section into five main aspects: food, clothing, housing, transportation, and entertainment. Additionally, I will also discuss the necessary administrative procedures that should be completed within one month of arriving in Lyon. (Click those pictures below which connect to the relative link!)

Administrative procedures

1. Opening a local bank account   (highly recommend for Revolut, BNP is the trash, be careful when you use it)
2. Applying for a mobile number  (recommend Orange, high value for money)
3. OFII(Office for Immigration and Integration) 

4. Ameli



5. CAF(housing subsidy)



6. l' Assurance Maladie(national health insurance in France)



Food

In terms of food, Lyon is often referred to as the 'Taipei' of France, with a wide variety of restaurants offering different cuisines and styles. As a gastronomic capital, Lyon is the perfect place to indulge in gourmet food. However, personally, I prefer to cook my own meals as it is more cost-effective. Additionally, French people tend to prefer the original flavors of their food, which can sometimes result in strong smells from meat and fish dishes, which I am not a fan of.

For those who prefer Asian cuisine, there are two large Asian supermarkets in the 'Guillotière' area. However, it is important to note that this area can be dangerous, so it is best to go with friends rather than alone. If you are missing Taiwanese food, there are also two shops run by Taiwanese people called 'Ben's bowl' and 'Maokong'. These shops also occasionally hold cultural

exchange events.

Clothing

In my opinion, the basic rule to follow is 'at most three'. For example, when it comes to clothing, it's best to limit yourself to three essential jackets: a down jacket, outerwear, and coat. Additionally, remember to also bring a pair of sneakers, which will come in handy when traveling in Europe.

By the way, 'Black Friday' and 'Les soldes' are the two largest discount periods in France, occurring twice a year in Winter and Summer. Take advantage of these opportunities and go shopping!

Housing

Students at Lyon 3 are guaranteed to live in 'CROUS', which is more affordable and has a simple composition of neighbors. Additionally, the rent includes internet and utility bills. Students can apply for accommodation online at the beginning of June each year.

Transportation

Students in Lyon can purchase the reduce-fare monthly ticket which cost 25 euros per month. The process of applying in metro stations is simple, and all you need is your original passport and a headshot.

Entertainment

At the university, students have the option to pay an additional fee of approximately 35 euros to participate in sports classes. After school, each CROUS (student dormitory) organizes regular fitness classes such as yoga and boxing, which are beneficial for students' physical and mental health. Additionally, there are various events and activities available, including karaoke nights, movie nights, psychology therapy, and visits to places like museums, prisons, and city hall.

Outside of campus, the Instagram accounts 'esn_cosmolyon' and 'Erasmuspartyinlyon' are the two largest student groups that frequently hold events such as board games, painting workshops, language cafes, outdoor activities, and field trips to other French cities. Furthermore, Lyon hosts numerous markets and festivals throughout the year, particularly in the summer and autumn seasons.

伍、研修之具體效益

After exchanging in France for almost 10 months, I sort out 5 things I learned in this journey.

1. I understand that language is simply a tool, which

helps alleviate the pressure of speaking a second language, whether it be English or French.

2. I Broaden my international horizons, which has given me a deeper understanding of different cultures and people.
3. I Learn problem-solve ability and developing independence-thinking skills, while I am also responsible for my decisions.
4. I Become more content with my "me time", which has allowed me to discover the joy in my hobbies, such as watching movies, running regularly, and writing. As a result, I feel less anxious and have learned how to effectively and efficiently comfort myself.
5. I understand that there is no single best method or definitive right way to achieve success. Instead, the path to a bright future is often unclear and requires time and effort. What we need is a growth mindset, which allows us to persevere and learn from our failures.

陸、感想與建議(含3分鐘短片連結)

心得經驗分享以及給未來參加交換計畫同學建議

<https://youtu.be/Zh334XbsXNU>

Experiences sharing

I really appreciated myself for making this decision to go exchange even though I need to postpone my graduation. After studying for two semesters with hundreds of international students, I truly love the atmosphere in the classroom in Europe. Although the final exam was so difficult that we needed to produce an article-like essay in three hours, it was challenging and fulfilling. When I had classes with competitive students around the world, it widened my horizons and made me understand my weak points, which increased my self-motivation.

Outside of the university, I've been to 20 countries, including 60 cities, in 9 months. I experienced so many first-time things: I encountered a robber and got hurt in Portugal; I celebrated Christmas Eve in the U.K.; I had a dinner with a French family; I had a carpool and made a new friend. These experiences like several shining pieces of puzzles, making my life more extensive. Meanwhile, going abroad inspire me a future filled with even greater beauty and possibility.

Advices for juniors

1. Begin saving money as soon as you decide to go exchange. Since you will be able to enjoy your trip to the fullest, it is preferable to earn this money on your own. Your trip will have greater significance when you are spending your own hard-earned money because you will be more cautious. Additionally, it will boost your self-confidence.
2. Make a new Gmail account dedicated to your exchange experience. To communicate with those administrations and your university overseas, use this account. It'll assist you in documenting this extensive trip.
3. As an exchange student delaying graduation, I strongly face 'employment pressure' . I hope I could start planning my future earlier. So if you delay graduation for going exchange like me, don' t worried, it will be worthy. But, keep asking yourself a question: do I want to work and live abroad in the future? If the answer is yes, find out the ways, for example, consulting seniors, watching others' stories in YOUTUBE or PODCAST or IG.

具代表性出國交換照片說明(4張)依拍攝時間排序



圖 1 說明: Visiting Paris with my friends from Mexico, Germany, Korea, and Japan during Fashion Week. 112/9/30



圖 2 說明: Having a party at my French friend's home was a fun experience. We sang songs in various languages, danced, and enjoyed cocktails. 112/10/24



圖 3 說明: I was thrilled to visit a smaller amusement park with my Taiwanese and Japanese friends. The park had exciting rides, claw machines, and delicious food that reminded me of the night markets in Taiwan. 112/11/11



圖 4 說明: I celebrate Chinese New Year and share the festive atmosphere with my friends from France and

Colombia. We made dumplings and bubble tea
together. 11/3/2/10