研修心得

此次研修之交換校為法國古斯塔夫．艾菲爾大學（Gustave Eiffel University），位於大巴黎地區，地理位置鄰近巴黎市中心，交通便利。學校提供的宿舍房租相較於巴黎市中心而言較為便宜，周邊生活機能也相當完善，鄰近地鐵站、超市及學校，對國際學生而言，是相當適合生活與學習的環境。學校的科系十分多元，涵蓋各種不同領域，除了主要修習的課程之外，也能依照個人興趣選擇第三外語、藝術等不同類型的課程。此外，學校的體育社團選擇也相當豐富，讓學生除了課業之外，也能透過運動、社團活動及不同領域的課程探索自己的興趣。

研修期間，我認為自己受益最多的課程是「中法翻譯寫作」。這門課的難度相對較高，因此學習過程中其實有不小的壓力，但也正因為課程具有挑戰性，使我必須花更多時間準備與思考，逼著自己突破原本的語言能力。透過課程，我接觸到許多比過去更加進階的法文單字及表達方式，也更實際地理解法文在不同語境中的使用方式。雖然過程並不輕鬆，但也因為難度較高，讓我感受到自己的法語能力進步得更加明顯，是這次研修中對我幫助最大的一門課。

除了課程內的學習，在課外生活與研修過程中，最大的收穫是學會真正獨立地處理生活中的各種事情。離開原本熟悉的生活環境後，從自己煮飯、安排日常生活，到處理保險、健保以及各種行政與溝通事宜，許多事情都必須自己面對與解決。這些看似日常的小事，實際上都讓我逐漸建立起獨立生活的能力，也培養了我面對問題時主動處理與解決的能力。

而在海外生活期間遇到最大的困境則是語言問題，尤其是英文以外的法語。剛開始在法國生活時，面對日常生活中的各種情境，常常會因為法語能力不足而感到挫折，也需要花更多時間理解資訊與處理溝通問題。為了克服這項困難，我投入了大量時間自學法語，除了利用 ChatGPT 練習文法、確認句子的正確性之外，也觀看許多 YouTube 上的法語影片，透過大量聆聽讓自己逐漸習慣法語的語速與表達方式。同時，長時間在國外生活與使用英文，也讓我的英文溝通能力有非常明顯的提升；而原本幾乎從零開始的法語，則在實際生活與課程的刺激下進步了許多。比起單純在課堂上學習語言，真正身處當地的生活環境中，必須實際使用語言與他人交流，讓我對語言的理解與應用更加自然，也讓我學會在語言能力不足的情況下主動尋找解決方法。這段過程不僅提升了我的英文與法語能力，也讓我累積了許多過去在熟悉環境中難以獲得的溝通與生活經驗。

另一方面，離開原本熟悉的生活環境，也讓我有機會接觸到更多不同的文化與生活方式。過去習以為常的生活模式，在不同國家可能完全不是唯一的選擇。生活在歐洲期間，我觀察到許多與台灣不同的文化習慣，例如行人過馬路時對紅綠燈的態度、大眾運輸工具上的行為，以及抽菸、公共衛生等方面的習慣，都曾經帶給我不小的文化衝擊。

一開始，我很容易用自己原本熟悉的標準去評價這些行為，覺得為什麼他們會這樣做。但生活一段時間後，我慢慢發現，世界本來就存在各種不同的人與生活方式，不可能要求所有人都按照自己熟悉的方式生活。與其一直評價別人，不如先管好自己。這個適應的過程，也讓我學會放下「什麼才是正確

的生活方式」這種單一標準，對不同文化多一點理解與包容。

而這樣的經驗，也慢慢影響了我看待自己人生的方式。以前的我很容易受到「大家都應該走同一條路」的想法影響，例如畢業之後就應該趕快找工作，到了某個年紀就應該結婚，好像每個人生階段都有一張固定的時間表。如果沒有按照這些時間表往前走，就好像代表自己落後了，甚至代表自己的人生失敗了。

以前的我也習慣把人生想成一場遊戲，只要在既有的遊戲規則裡把自己的事情做好就可以了。好好讀書、畢業、找工作、努力賺錢，好像大家都是這樣走過來的。我從來沒有認真想過，原來人生也可以有新的遊戲規則。但在歐洲生活之後，我第一次很明確地感受到，人生其實不需要只有一種標準答案。

出來之前，我只是想著這一年就先探索一下，看看自己有沒有機會在國外生活，也看看自己到底喜不喜歡這樣的生活。結果一年過去了，我得到的答案好像不只是「我喜不喜歡歐洲」而已，而是開始重新思考，我到底想要怎麼過自己的人生。我媽曾經跟我說：「雖然好像浪費了一年，但至少有出來看看。」我其實一直不太懂「浪費」到底是什麼意思。很多人會把這樣的一年稱為 Gap Year，我以前也會這樣稱呼。但後來我開始想，為什麼這樣的日子一定要被叫做 gap？人生如果不是在就業，就是 gap 嗎？

我以前很少允許自己什麼都不做。下課之後要繼續進修，下班之後也要繼續努力，總覺得時間一定要被充分利用才算有價值。好像只要今天沒有完成什麼事情，就會覺得自己是不是又浪費了一天。可是這次在歐洲，我第一次真正體會到，人生其實也可以有喘息的時間。像是在盧森堡公園坐一個下午，曬曬太陽、畫一點路人、寫一點自己的心得；或者只是散步、閱讀、觀察周遭的人，感受天氣，什麼事情都沒有特別完成。以前的我可能會覺得這樣的一天沒有產出，但現在我反而覺得，那也是非常充實的一天。即使沒有完成任何具體的事情，單純好好感受自己正在過的生活，也可以讓精神世界變得很豐富。我開始覺得，充實不一定等於忙碌。一個人學了很多東西、完成很多事情，當然可以是一種充實；但什麼都沒完成，只是好好享受了一天，也可以是一種充實。只要那一天的自己是舒服的、滿足的，真的有感受到生活，那它就沒有浪費。這也讓我重新思考自己對「前程」的想像。以前我很容易把前程想成一個很遠的東西，好像一定要先找到一份好工作、走上一條看起來正確的道路，才叫做有前程。但現在我反而覺得，只要你一直有在努力，也有在好好生活，那你其實已經踏上自己想要的前程了。所謂的前程，應該就是眼前要走的路。

因此，我對未來的追求其實沒有想像中複雜。我希望自己可以開開心心地生活。當然人生一定會有難過、生氣、失望的時候，這些情緒本來就是生活的一部分。正因為經歷過難過，快樂才會變得更快樂。我想追求的不是永遠快樂，而是真正覺得自己活得幸福。

這一年也讓我越來越確定，比起找到一個「理想的工作」，我更想找到一種「理想的生活方式」。不是不就業，也不是不工作，我還是會工作，也一定會努力，但我希望自己永遠記得，是 work for life，而不是 life for work。工作應該是生活的一部分，而不是生活的全部。我理想人生的答案，不

會只是一個職業、一間公司，甚至不是一個固定的未來，而是一種我每天醒來之後，都覺得這是自己選擇的生活狀態。而這樣的想法，也是在一次次旅行裡慢慢確定下來的。這幾個月我去了不同的城市，看了不同的國家，實際感受城市的氛圍、社會福利、物價、人民、天氣，也慢慢知道哪些地方真的適合自己。

我有時候也會想，這幾個月可能不如我在中山大學讀的書多，也沒有增加多少看得見的知識。但我後來覺得，這一年就是應該趁自己還有機會的時候，好好走走看看。因為只有真的走出去，你才會知道自己喜歡什麼、不喜歡什麼。-而旅行其實就是在跟自己確認：「原來我真的可以這樣生活。」當我看過這些風景之後，很多以前覺得很重要的事情，突然就沒有那麼重要了。滄海桑田，在現在一直往前走的時間裡，那些曾經讓自己很煩惱的瑣事，好像真的沒有那麼值得在意。因為當下眼前的風景，已經佔據了所有感官。有時候如果又被一些俗事困住了，我就會覺得，也許只是自己又把世界看得太小了。去看點大東西，就會發現原來那些事情真的沒有那麼重要。「當過自由的鳥之後，要怎麼回去鳥籠？」我想，這也是我有時候不太想回台灣的原因之一。回去之後，可能又會有人問：「那你接下來要幹嘛？」其實在歐洲也會有人問，但感覺很不一樣。至少在這裡，我可以說我還不知道，而那個答案好像就只是「還不知道」。但回到原本熟悉的環境後，我害怕的是，那個答案會開始被審判。好像一定要很快決定自己要讀什麼、做什麼工作、去哪裡，才算是一個有前程的人。可是我現在不想再那麼執著於一定要按照社會期待的時間表前進。我開始理解，休息不代表浪費時間，沒有一直往前衝，也不代表人生停滯。能夠真正感受自己的生活，知道自己想成為什麼樣的人，我認為這才是這次海外研修帶給我最珍貴的成長。

而研修中的獨旅，更讓我深刻感受到這件事情。獨旅真的很像人生本身。去自己想去的地方，做自己想做的事情，用自己的步調走，不需要一直配合別人，也不用委屈自己。你的時間是你的，錢是你的，而你擁有所有的決定權。不用等到有人陪你，才可以去做自己想做的事情。你自己就已經足夠完整，可以完成很多事情。旅途中偶爾會遇到一些人，可能一起走一段路、聊一些話，然後在某個地方道別，各自繼續往前走。我覺得這才是人生真正的樣子。我們會遇見很多人，也會失去很多人，有些人陪我們很久，有些人只陪我們走一小段，但最後每個人都還是要走自己的路。也因此，我開始相信一件很簡單的事情：你想做什麼，就應該去做。如果你一直說「好想做」，卻從來沒有真的開始，那也許你沒有自己想像中那麼想要。真的很想做的事情，人會開始想辦法，而不是一直等待一個最適合的時機。如果以後我還想回到歐洲，我就會想辦法回來。如果我還想去某個國家，我就會去。如果我想做某件事情，我就會盡量去做。做了之後遇到不可抗力，那再想辦法；但我不想在真正開始之前，就先替自己找好一大堆逃避的理由。

當然，我也知道人生不是所有事情都能如願。人生有很多身不由己，有時候放棄也是一種勇氣。我真正無法理解的，是一個人一直說自己羨慕某一種生活，卻永遠不往那個方向走。我知道未來一定還是會有很多身不由己，也知道現在這種自由、自信地說「我想做什麼就去做」的狀態，也許不可能永遠維持。可能有一天，我也會被工作、家庭、金錢、責任或社會期待綁住。也許之後的我，就沒有辦法像現在一樣，很理直氣壯地說出「只做自己想做的事情」。但我希望自己至少記得現在的感覺。記得自己曾經很勇敢。我一直覺得自己比一般人多勇敢一點。我想做什麼，即使沒有人跟我一起做，我也會去

做。我敢一個人出國、敢一個人旅行、敢去陌生的城市，也敢重新思考自己原本以為理所當然的人生。我很勇敢，也很會大哭特哭。我可以在受傷的時候很難過，但我也可以自己幫自己擦眼淚，然後繼續往前走。

人不是老了才會死掉，而是隨時都有可能離開這個世界。所以我越來越覺得，沒有任何一個真正想做的決定，應該一直被放到「以後」再做。因為只有此刻的你，才是往後人生中最年輕的你。例如如果我這輩子都沒有去過德勒斯登，我可能會問自己：「那我這一輩子，到底把時間花去哪裡了？」所以，如果真的有一個地方想去，就去吧；如果真的有一件事情想做，就做吧。不是等到有錢了、等到有時間了、等到準備好了，才開始。因為人生沒有一個真正完美的「以後」，只有現在。

這一年最大的收穫，可能不只是英文變好了，也不只是法語進步了，更不只是學會一個人處理生活中的大小事情。而是我開始相信，人生真的可以有很多不同的可能。我不再那麼害怕走一條和別人不一樣的路，也不再覺得休息就是浪費，不再覺得沒有一直前進就是落後。我開始知道，人生不一定要照著別人走過的路走。只要你有在努力，也有在好好生活，你就已經在走自己的路。這一年可能只是我人生很短的一段時間，但它讓我看見了一個以前沒有看過的自己。一個敢於選擇、敢於出發，也敢於一個人走的人。我不知道未來的自己會變成什麼樣子，也不知道最後會在哪裡生活、做什麼工作、過什麼樣的日子。但至少現在，我想記住這一年帶給我的答案。不用委屈自己，也不用因為別人的時間表而急著證明什麼。因為只有此時此刻的你，才是往後人生中最年輕的你。希望未來不管遇到什麼，我都還是可以盡力活成現在相信的樣子。勇敢去闖，勇敢道別，勇敢受傷，勇敢幸福，也勇敢脆弱。然後一直勇敢下去。

My host institution for this study abroad program was Gustave Eiffel University in France, located in the Greater Paris area. The university is conveniently situated near central Paris and is easily accessible by public transportation. Compared with housing in central Paris, the student accommodation provided by the university is relatively affordable. The surrounding area is also very convenient, with nearby metro stations, supermarkets, and easy access to campus, making it a suitable environment for international students to live and study in. The university offers a wide range of academic fields, and in addition to the courses related to one’ s main area of study, students can also choose classes in a third foreign language, art, and other subjects according to their personal interests. There are also many sports clubs and extracurricular activities, allowing students to explore their interests beyond academics.

During the program, the course I benefited from the most was Chinese-French Translation and Writing. The course was relatively challenging, so I felt quite a lot of pressure throughout the learning process. However, precisely because it was difficult, I had to spend more time preparing, thinking, and pushing myself beyond my original language ability. Through this course, I

encountered many more advanced French words and expressions than I had learned before, and I gained a more practical understanding of how French is used in different contexts. Although the process was not easy, the difficulty of the course also made my improvement in French much more noticeable. It was the course that helped me the most during this study abroad experience.

Beyond classroom learning, one of my greatest gains from living abroad was learning how to truly handle everyday life independently. After leaving the environment I had always been familiar with, I had to deal with many things on my own, from cooking and organizing my daily routine to handling insurance, health coverage, administrative procedures, and various communication issues. These may seem like small and ordinary matters, but they gradually helped me develop the ability to live independently and taught me to take initiative when facing problems.

The greatest challenge I faced while living abroad was language, especially French. When I first arrived in France, I often felt frustrated in everyday situations because my French was not good enough, and I needed much more time to understand information and deal with communication problems. In order to overcome this difficulty, I spent a great deal of time studying French on my own. Besides using ChatGPT to practice grammar and check whether my sentences were correct, I also watched many French videos on YouTube and gradually became more familiar with the speed, pronunciation, and natural ways of expression through extensive listening. At the same time, living abroad for a long period and using English in daily life significantly improved my English communication skills. My French, which had originally been close to beginner level, also improved a great deal through daily exposure and formal coursework. Compared with simply learning a language in the classroom, actually living in an environment where I had to use it to communicate with others made my understanding and use of the language much more natural. It also taught me how to actively find solutions even when my language ability was limited. This process not only improved my English and French, but also gave me communication and life experience that would have been difficult to gain in a familiar environment.

Another important part of the experience was being exposed to different cultures and ways of life. Many things that I had always considered normal in Taiwan turned out to be only one possible way of living. While living in Europe, I noticed many cultural habits that were quite different from those in Taiwan, such as people’ s attitudes toward traffic lights when crossing the street, behavior on public transportation, smoking habits, and standards of public hygiene. Some of these differences gave me quite a strong sense of culture shock.

At first, I easily judged these behaviors according to the standards I was already familiar with and often found myself wondering why people acted in certain ways. However, after living there for

some time, I gradually realized that the world is naturally made up of many different kinds of people and lifestyles, and it is impossible to expect everyone to live according to the standards I am used to. Rather than constantly judging other people, I learned that it was more important to take care of my own behavior first. The process of adapting to another culture also taught me to let go of the idea that there is only one "correct" way to live, and to become more understanding and accepting of differences.

This experience gradually changed the way I looked at my own life as well. In the past, I was easily influenced by the idea that everyone was supposed to follow the same path. After graduation, you were supposed to find a job as soon as possible. At a certain age, you were supposed to get married. It sometimes felt as if every stage of life came with a fixed schedule, and if you did not follow it, you were falling behind or even failing at life.

I also used to think of life as a kind of game in which I simply had to perform well within an existing set of rules. Study hard, graduate, find a job, earn money, and continue moving forward. It seemed as if that was simply what everyone did. I had never seriously considered the possibility that life could have an entirely different set of rules. But after living in Europe, I clearly realized for the first time that life does not need to have only one standard answer.

Before leaving Taiwan, I thought of this year mainly as a period of exploration. I wanted to see whether I might have opportunities to live abroad in the future and whether I would actually enjoy this kind of life. After a year, however, the answer I found was no longer just about whether I liked Europe. I began to question how I truly wanted to live my life.

My mother once told me, "Even if this year was somewhat wasted, at least you got to go abroad and see the world." I never fully understood what "wasted" was supposed to mean. Many people would call a year like this a gap year, and I used to use that term as well. But eventually I began to wonder: why does this kind of life have to be called a "gap"? If I am not studying or working toward employment, does that automatically mean my life is in a gap?

In the past, I rarely allowed myself to do nothing. After class, I felt that I should continue learning. After work, I felt that I should continue improving myself. I always believed that time had to be fully used in order to have value. If I did not accomplish anything during the day, I would start to feel that perhaps I had wasted it.

In Europe, however, I experienced for the first time what it meant to give life some breathing space. I could spend an entire afternoon sitting in the Luxembourg Gardens, enjoying the sunlight, sketching people, or writing down a few thoughts. Sometimes I simply walked, read, observed the people around me, felt the weather, or sat quietly without accomplishing anything

in particular. In the past, I might have considered such a day unproductive. Now, I see it as a very fulfilling day. Even without completing anything concrete, simply being present and truly experiencing life can make one' s inner world richer.

I began to realize that being fulfilled does not necessarily mean being busy. Learning many things and completing many tasks can certainly be fulfilling, but so can simply enjoying one day fully. If I feel comfortable, content, and genuinely present in my own life, then that day has not been wasted.

This also changed the way I think about the idea of a "future." I used to imagine that having a future meant reaching something far away: finding a good job, following a respectable path, and moving in a direction that looked correct. Now, however, I think that as long as you are making an effort and living your life seriously, you are already walking toward the future you want. Perhaps the future is simply the road directly in front of you.

Because of this, what I want from my future is actually not very complicated. I simply want to live happily. Of course, life will always include sadness, anger, disappointment, and many other emotions. These feelings are part of life. In some ways, sadness makes happiness feel even more meaningful. What I want is not to be happy every moment, but to feel that my life is genuinely fulfilling and that I am truly happy with the way I am living.

This year also made me increasingly certain that, rather than finding an "ideal job," I want to find an "ideal way of life." This does not mean that I do not want to work. I will still work, and I will still make an effort, but I hope I always remember that it should be work for life, not life for work. Work should be one part of life rather than the entirety of it. My idea of an ideal life cannot be reduced to a job title, a company, or even a fixed future. Instead, it is a way of living in which I can wake up every day and feel that this is a life I have chosen for myself.

These thoughts also became clearer through traveling. Over the past few months, I visited different cities and countries and experienced their atmosphere, social welfare systems, cost of living, people, weather, and daily life for myself. Through these experiences, I gradually came to understand which places suited me and which did not.

Sometimes I wondered whether I had read fewer books during these months than I would have at National Sun Yat-sen University, and whether I had gained less visible academic knowledge. But eventually, I felt that this year was exactly the time when I should travel, explore, and see as much as possible. Only by actually going somewhere can you know what you truly like and dislike.

Traveling, to me, became a way of confirming to myself: "So this is also a way I could live."

After seeing these places and landscapes, many things that once seemed extremely important suddenly did not feel so significant anymore. As time continues to move forward, the small worries that once occupied so much of my mind seem much less important. When the scenery directly in front of me fills all my senses, there is simply no room left for certain trivial concerns.

Sometimes, when I find myself trapped again by small everyday worries, I feel that perhaps I have simply allowed my world to become too small. Sometimes you need to go and see something bigger to realize that the things troubling you are not as important as they once seemed.

"Once you have lived like a free bird, how do you go back into a cage?"

I think this is also part of the reason why I sometimes do not want to return to Taiwan.

After going back, people may ask me again, "So what are you going to do next?"

People in Europe ask this too, but somehow it feels different. Here, I can say that I do not know yet, and "I don't know yet" can simply remain an answer. What I fear about returning to a familiar environment is that the answer may immediately be judged. It can sometimes feel as though I have to quickly decide what to study, what job to take, or where to go next in order to prove that I have a proper future.

But I no longer want to be so attached to following the timeline society expects. I have started to understand that resting does not mean wasting time, and not constantly moving forward does not mean that life has stopped. Being able to truly experience my own life and understand what kind of person I want to become is, to me, one of the most valuable forms of growth this study abroad experience has given me.

Solo travel during the program made me feel this even more deeply.

In many ways, solo travel is very much like life itself. You go where you want to go, do what you want to do, and move at your own pace. You do not always need to accommodate others or compromise yourself. Your time is yours, your money is yours, and the decisions are yours to make.

You do not need to wait until someone is willing to go with you before doing something you want to do. You are already complete enough on your own to experience and accomplish many things.

Along the way, you may meet people and travel together for a while, share conversations and

experiences, and then eventually say goodbye and continue in different directions. To me, that is also what life is really like. We meet many people, and we also lose many people. Some stay with us for a long time, while others only walk beside us for a short distance. In the end, everyone still has their own road to follow.

Because of this, I began to believe in something very simple: if there is something you truly want to do, then you should do it.

If you keep saying, "I really want to do that," but never actually begin, then perhaps you do not want it as much as you think you do. When people truly want something, they usually start looking for ways to make it happen instead of waiting endlessly for the perfect time.

If I want to return to Europe one day, I will find a way to come back. If I want to visit another country, I will go. If there is something I truly want to do, I will try to do it. If I encounter circumstances beyond my control after starting, then I will deal with them when they come. What I do not want is to find excuses to avoid something before I have even tried.

Of course, I also understand that not everything in life will go according to plan. There will always be things beyond our control, and sometimes giving up can also be a form of courage. What I find harder to understand is constantly saying that you admire a certain lifestyle while never taking even one step toward it.

I know that in the future there will still be many things beyond my control, and I also know that I may not always be able to say as freely and confidently as I do now, "I will do what I want to do." Perhaps one day I will be tied down by work, family, money, responsibilities, or social expectations. Maybe the future version of me will no longer be able to say so confidently that I will only do what I truly want.

But I hope I can at least remember how I feel now.

I hope I remember that I was once very brave.

I have always felt that I am perhaps a little braver than average. If there is something I want to do, I will still do it even if no one goes with me. I dared to go abroad alone, travel alone, enter unfamiliar cities, and question the life path I once assumed was completely natural.

I am brave, but I also cry a lot. I can be deeply hurt and deeply sad, but I can also wipe away my own tears and continue moving forward.

People do not only die when they are old. Life can end at any time. Because of that, I increasingly feel that no decision I truly want to make should be endlessly postponed until "someday." The

person I am right now is the youngest version of myself I will ever be for the rest of my life.

For example, if I went through my entire life without ever visiting Dresden, I might one day ask myself, "Then where did all my life go?"

So if there is somewhere you truly want to go, go.

If there is something you truly want to do, do it.

Do not always wait until you have enough money, enough time, or feel completely prepared. There is no perfectly suitable "someday."

There is only now.

The greatest gain from this year is probably not only that my English improved, nor that my French became better, nor even that I learned how to manage everyday life on my own.

More importantly, I began to believe that life can have many different possibilities.

I am no longer as afraid of choosing a road that is different from everyone else's. I no longer automatically see rest as wasted time, and I no longer believe that not constantly moving forward means falling behind. I now understand that life does not have to follow a path that someone else has already walked.

As long as you are trying, and as long as you are living your life seriously, you are already walking your own path.

This year may only be a very small part of my life, but it allowed me to see a version of myself I had never seen before.

Someone who dares to choose, dares to leave, and dares to walk alone.

I do not know what kind of person I will become in the future. I do not know where I will eventually live, what kind of work I will do, or what kind of life I will have.

But at least for now, I want to remember the answer this year gave me.

I do not need to compromise myself, and I do not need to rush to prove anything simply because of someone else's timeline.

Because who I am at this very moment is the youngest version of myself I will ever be again.

No matter what happens in the future, I hope I can continue living as closely as possible to what I

believe in now.

To be brave enough to explore, brave enough to say goodbye, brave enough to be hurt, brave enough to be happy, and brave enough to be vulnerable.

And to keep being brave.