我的交換校位於巴黎市中心的巴黎天主教大學，交通便利，也是巴黎治安較好的區域，到各大景點都十分方便。而交換學院是文學院，文學院中的課程都可以選擇，國際處及遇到的老師及同學都蠻友善的。最喜歡的是英國藝術史及英國電影史的課程。老實說，這些課程對我來說並不輕鬆。以英國藝術史來說，老師會將圖放在 ppt 上，上面並不會有大量的文字說明，而是以快速、大量且細緻的口頭講解，同學會在底下瘋狂抄寫，如同大型英聽聽寫。因此，如果這堂課要毫不費力，需要有堅強的英文實力，以及藝術史的基礎知識。全程兩小時老師幾乎不太談課外的事情，內容十分精實、豐富，靜下心去理解與吸收後會得到不同的收穫。我選的這堂課，學生可能已與老師形成默契，上課氣氛良好，同學們非常習慣跟老師互動，主動提出問題，老師可能因為學生的積極，也上的很開心，以往聽說歐美國家課堂中主動提問的風氣，在這堂課讓我實際體驗到了，並感受到部分法國人對知識純粹的好奇心與熱情。不過即便在同間學校，也不是所有的課堂都是如此。

課外最大的學習，在於最普通的生活。在法國生活不同於台灣，台灣總是事事方便且有效率，這也是最主要的文化衝擊之一。法國是容錯率較高的國家，人民面對日常規範上可能不會有那麼多的壓力，但生活系統上常常這邊壞掉那邊故障的，所有東西都要耐心等候，需要適時地去提醒及詢問，常常抓不太到他們的節奏，久而久之也是蠻消耗的。但事情總是一體兩面的，在不解與困惑的同時，卻也漸漸觀察到他們的另一面，是對於生活本質的享受與專注，因為這樣的社會環境，讓人們有機會累了就休息，更有時間、空間欣賞一花一草、慢跑運動、專注於自身的穿著打扮、親手料理屬於自己的三餐、在各種等待的過程中閱讀自己喜愛的書籍而非受限於廣大卻紛亂的網路世界等。而交換具體的效益當然包含語言能力的進步、視野的拓展及不同文化環境的適應及獨立能力。

此外，因為是交換生，有較多的時間可以進行探索，因此有機會到歐洲其他國家旅遊，走過溪流、山、谷、海洋、森林及各地的人文風情，與不同背景的人進行交流，世界好像不再是過去平面的地圖，豐富具生命力的故事一一進入地圖中，使之立體且繪聲繪色。而這樣的經驗，也讓我開始運用不同的視角去看待世界上正發生的事情，非常感謝能擁有這樣的機會。

最後，無論在國外遇到語言上的困難、不同價值觀的衝擊，或是任何在異地的挫折，當下肯定都蠻難受的，歐洲與台灣有 6-7 小時的時差，有時也會感到孤單，但這一切都是正常的，很多人都有類似的經歷。遇到困難如果不是危急事項，也不一定要立即解決完成（畢竟有時並不是想快就可以快的）。遇到無法自己解決的問題也不丟臉，多問問人，尋求幫忙，一個不行換另一個，相信自己，無論失敗了還是成功克服了都是經驗，而經驗就是最大的收穫。

My exchange university was the Institut Catholique de Paris (ICP), located in the heart of Paris. It has convenient transportation access and is located in one of the relatively safe areas in Paris, making it easy to reach major attractions and cultural sites. I was enrolled in the Faculty of Liberal Arts, where exchange students were allowed to choose courses offered by the faculty. The staff at the International Office, as well as the professors and classmates I encountered, were all very friendly and welcoming. My favorite courses were British Art History and British Cinema History.

To be honest, these courses were not easy for me. Taking British Art History as an example, the professor would display images on the PowerPoint slides without providing extensive written explanations. Instead, the class relied heavily on the professor’s fast-paced, detailed, and comprehensive oral lectures, while students took notes intensively almost like a large-scale English listening and dictation exercise. Therefore, to take this course with

ease, students would need strong English proficiency as well as a solid foundation in art history. Throughout the two-hour class, the professor rarely discussed topics unrelated to the course; every moment was filled with rich and concentrated content. By patiently focusing on understanding and absorbing the material, I gained a completely different learning experience.

In this class, the students seemed to have already developed a good rapport with the professor. The atmosphere was positive, and students were very comfortable interacting with the professor and actively raising questions. Perhaps encouraged by the students' enthusiasm, the professor also appeared to genuinely enjoy teaching. Through this course, I experienced firsthand the active questioning culture often associated with European and American classrooms, and I felt the genuine curiosity and passion for knowledge among some French students. However, even within the same university, not every class was conducted in this way.

The greatest learning experience outside the classroom came from ordinary daily life. Living in France was very different from living in Taiwan. In Taiwan, daily life is generally convenient and efficient, which was one of the biggest cultural differences I encountered. France is a society that tends to have a greater tolerance for imperfections and uncertainty. People may experience less pressure from certain social expectations and daily rules; however, unexpected issues often arise in everyday systems and services. Many things require patience, and one often needs to proactively follow up, ask questions, and adapt to a rhythm that can sometimes be difficult to understand. Over time, this could become quite exhausting.

However, everything has two sides. While experiencing confusion and frustration, I gradually discovered another side of French life: an appreciation for and focus on the essence of everyday living. This social environment allows people to rest when they are tired and gives them more time and space to appreciate flowers and nature, exercise, pay attention to personal style, prepare their own meals, and read books they enjoy during moments of waiting instead of being constantly consumed by the vast yet chaotic online world. The concrete benefits of an exchange experience naturally include improving language skills, broadening one's perspective, and developing the ability to adapt to different cultural environments and live independently.

Furthermore, as an exchange student, I had more time to explore beyond the classroom. I had the opportunity to travel to other European countries, experiencing rivers, mountains, valleys, oceans, forests, and diverse cultural landscapes, while interacting with people from different backgrounds. The world no longer felt like a flat map; instead, meaningful and vivid stories gradually entered that map, making it more three-dimensional and alive. These experiences also encouraged me to view current events around the world from different perspectives. I am truly grateful to have had such an opportunity.

Finally, whether encountering language barriers, conflicts between different values, or any other challenges while living abroad, these moments can certainly feel difficult. With a six- to seven-hour time difference between Europe and Taiwan, there were also times when I felt lonely. However, these experiences are completely normal, and many people go through similar situations. When facing difficulties that are not urgent, it is not always necessary to solve everything immediately (after all, some things cannot be accelerated simply because we want them to be). It is not shameful to ask for help when a problem cannot be solved alone. Keep asking, seek support, and if one approach does not work, try another. Trust yourself. Whether you fail or successfully overcome a challenge, both become valuable experiences and experience itself is the most valuable reward.