

學校簡介

里昂政治學院(Sciences Po Lyon)，Sciences Po學院分支之一，法國有名的政治菁英學校，為公立高等教育機構，學費介於一般大學和高等學校之間，其中Sciences Po Paris最有名。休業年限一般為五年，三年大學、兩年碩士，第三年通常會出國交換(Erasmus)，近期因為疫情關係，想去亞洲的同學可能會被調去其他開放邊界的國家。Sciences Po Lyon大一新生剛開始會選擇自己感興趣的地區，依地區分配課程；每個學生幾乎都會再修一門外語(依所選地區而定，每區至少有兩種語言可選，如：選亞洲可以選中文或日文)(韓文聽說只開到基礎班而已)。學生們每個學期都要實習至少兩個月(算學分)，而在法國，實習不超過兩個月可以合法不支付薪水，學生實習通常薪水會低於基本時薪(Smic=approx. €10)。

Sciences Po Lyon佔地面積很小，差不多只有一棟大樓，學生約300多人，交換生每年人數不定。選課時間約在開學一周前，有些課程跟考試分開，像是四月課程結束，但是考試統一排在五月。

國外研修之課程學習（課內），另外推薦受益最多/最喜歡的課程

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國外研修之生活學習（課外）

日常休閒娛樂

我常和朋友約出去吃東西或坐在河岸聊天，有時候也會到其他房間串門，我比較宅也不喜歡半夜出門(容易沒車回宿舍)，所以沒有很常跑趴。聊天話題很多元，而且身邊的朋友很多是從法國各地或世界各地來的，聊天時可以看到很多法國內鬥和歐洲各國差異，像是不同地區對食物的稱呼、生活習慣等。

旅行

我都在放假時出去旅行，因為旅伴比較好找。第一學期因為疫情關係，各國旅遊政策常常變動，為了方便，我選擇在法國境內遊玩；第二學期開始才到歐洲各國旅行，但由於行程排得太慢，還有很多地方沒有去到，希望未來有機會去看看。

滑雪

里昂靠近阿爾卑斯山，可以參加一日團去體驗一下滑雪，含來回巴士、滑雪板、雪鞋、頭盔約70歐左右，其他裝備我是跟朋友借的(社交很重要)；如果是新手，建議請教練或找一個會滑雪的朋友同行，想認真學的，可以訂一週的行程(建議找多點人合住)。

交換/研修之具體效益（請條列式列舉）

1. 了解到英文在歐洲有多不通(很好學習基礎外語的機會)

2. 切身體驗法國、歐洲風俗民情，國外沒有到很安全，但也沒有大家說的那麼危險，都只是不熟悉造成的恐懼
3. 了解法國教育體系、留學生申請方式和手續，為未來出國留學做準備
4. 認識到歐洲各國間的異同
5. 對政治、歷史領域有更多認識，更願意去吸收相關知識
6. 發現未來職涯有更多的可能性，各行各業都有出路
7. 在旅行和交換期間，更了解自己

海外生活期間是否曾遭遇困境，及是否解決問題?如是，請說明如何解決問題;如未解決，請說明事件最大的啟發及思考未來可以怎麼解決?

剛到的時候法文不好，很多東西看不懂，英文也不太通，有點抗拒出門，後來慢慢開始認識新的單字跟新朋友，就變得不抗拒了

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

除了種族歧視以外，其他都還好，面對歧視我都建議反擊，至少也要口頭嗆回去

海外生活歷練是否為您人生帶來不一樣的改變或者個人特質上的轉變，最大的成長是什麼?

變得更大膽一點，也更了解自己想要甚麼，知道自己在不同環境下會有什麼反應，面對事情也更從容，相信一切都會迎刃而解。

您認為獎學金對您海外研修最大的幫助是什麼?有無獎學金是否會改變您的出國計畫?

可以減少一點經濟上的壓力，但是沒有也不會影響我出國的意願，只是有我會更願意出去而已

感言及心得感想

交換就像是給自己的gap year，會更了解自己是甚麼樣的人、需要什麼、不需要什麼，還可以親身體驗異國文化，不會像看介紹文或影片那樣，透過別人的視角抽象地想像文化的不同；同時，交換過後，更具體知道在國外生活沒有想像中的難，也讓我對出國留學和工作更有信心，對未來發展也開始有具體的規劃。

英文心得(包含學校簡介、課程學習、生活學習、具體效益、心得感想等等)

I. School introduction

Sciences Po is one of the best socio/political sciences school, and Sciences Po Lyon is one of its campus in Lyon. It is a 5-year school, 3 for bachelor's degree and 2 for master's degree. At the third year, students will usually exchange to other countries (Erasmus). In the first grade, students have to pick one area they are interested in and they will be assigned courses according to the area they choose. Generally they will learn at least one foreign language spoken in the area they major in, for example, people study Asia can choose to learn either Mandarin or Japanese, or both, or other ones (the two are well-developed than the other Asian languages in Sciences Po Lyon). Each semester, students have to apply an internship for at least two months. By the way, internships less than two months are generally and legally unpaid (but some will pay the interns) and usually the wages student interns receive are lower than the minimum wages (Smic). Sciences Po Lyon is a small campus which is basically a 5-floor building and it has approximately 300 students (not includes international students). The school will send the students course selecting survey one week before the school opening day.

II. Academic life & extracurricular activities

I choose the "free choice" track and I recommend professor Erik Bleich who lectures in English. The class I chose is The Media and the Marginalized which introduces the process producing news and how the media covering the marginalized groups, which are the colored, LGBTQs, Muslim, gender, and sexual harassment, etc. We have to read the required readings before going to the class, and in class, Mr. Bleich will first briefly introduce the topic of the day, and later let us talk about our thoughts. We have one presentation on the recommended readings and one thesis. Mr. Bleich will give clear instructions and show you how to write a thesis step by step.

Besides the classes in Sciences, people can choose sports class in Lyon II (maybe also Lyon I & III, not sure). If you are interested in dance, I recommend MM. Delphine Baron's jazz class. MM. Baron is lively and the people there are all cute and nice. There are various sports to choose, such as hip-hop, contemporary dance, ball games, gymnastic, martial arts, horse-riding, etc. These classes sometimes divide by level, so people do not need to worry about they cannot catch up.

In my free time, I will hang out with my friends, join parties, and travel around. Usually my friends and I will sit at the river bank and chat for whole nights. Our topics are diverse from the different usage in French around France to the differences in European countries. It may due to the reason that I am at a political school, Politics and social issues becomes one of the frequent topics my friends and I talked about. As for travel, I stayed in France and visited some French cities in the first semester due to the consistent change travel restrictions in each country since it will be less troublesome; in the next semester, I started to travel abroad. I suggest people to visit Spain, Italy, and Greece in April or May, because those places will be scorching hot after. By the way, I strongly recommend people try ski on the Alpes. Lyon is close to the Alpes and you can reserve a day trip, 3-day trip, or un séjour online on Skimania. The agent offers good price.

III. Feedback

The one-year exchange is like a gap year. I am able to know myself more, and to know what I do and do not need. At the same time, I can explore and experience the exotic cultures in person to have concrete idea of these culture and countries, unlike through videos or others' descriptions which only draw vague images. Moreover, I have more confidence in living and studying abroad after this year, and have more ideas about my future after observing lots of people and lifestyles. It is not that struggling living abroad as it seemed to be.