A. 學校簡介

巴黎天主教成立於 1875 年，是一所位於巴黎第六區的私立高等教育機構，鄰近盧森堡公園。學校以人文、社會科學及哲學等領域為特色，其中也有法文語言學校 ILCF 的課程供國際學生學習法國文化和語言，由於校區位在市中心，學生能充分運用巴黎豐富的藝術文學歷史資源，將課程與當地文化體驗結合。

B. 國外研修之課程學習

最喜歡也收穫最多的是由 ILCF 所開設的法文課程，會有線上測驗再依等級分班(我因帳號問題登不進去後續 email 交換校負責人自己的程度但不知道為什麼被分配到 A1-A2 的課程，如果發現上課內容超出能力負荷一定要盡快換班，不要因為老師說試看看就留下來，會上的很痛苦...)。因為只在中山選修過一學期的法文課，所以上的是最基礎的 A1 課程，上課會以問答跟討論的方式進行，全程都是用法文教學英文只是很小的輔助，這樣的教學模式起初會不習慣，但時間久了聽力有進步會抓關鍵字來理解老師丟出的新問題。每個人都有發言的機會(會點人回答)，老師跟同學都很親切不用擔心說錯會丟臉。學習內容包括日常會話、數字、陰陽性動名詞的變化等，考試會有筆試和口試，題目都不會太刁難。除了學習法文之外，因為同學都來自不同國家常常一起聊天，藉此也認識他們的文化和想法，並結交了許多朋友。

C. 國外研修之生活學習

除了課堂學習外，我在生活上也成長許多，平常在台灣幾乎很少煮飯因為外食很方便和便宜，但在歐洲尤其大城市不可能每餐外食，所以交換期間自己煮居多，算是讓原本不擅長料理的我也能做出幾道菜來，亞洲調味料都可以在亞超買的到(13 區有陳氏商場，日韓可以去 ACE Mart 巴黎滿多分店)雜貨類可以去 Action 買比其他超市便宜。此外，觀察當地人生活模式，文化和習慣上的不同讓我覺得很有趣，常常看到有人中餐用一包洋芋片或麵包解決，餐廳晚餐時間比較晚開假日超市也會

提早關門，進店和上公車要打招呼等，平時休閒就在公園或河邊曬太陽聊天看書喝咖啡小酌或看展覽，工作跟生活很平衡。這些不同之處也讓我不禁思考放鬆不一定要滑手機追劇或做特別的事，有時候在公園放空，放慢步調感受身邊的人事物也是一種簡單的幸福。

D. 交換/研修之具體效益

- 獨立生活跟解決問題的能力
- 語言能力的提升
- 國際視野的拓展

E. 海外生活期間是否曾遭遇困境，及是否解決問題?

在法期間訂錯層板尺寸所以花費滿久的時間解決，法國退換貨不像在台灣這麼方便超商就能處理，網站都是法文(還好有 ChatGPT 的翻譯)，麻煩的是要跑大地遊戲跟語言上溝通不流暢，要先找地方影印退貨信(學校印即可)再去郵局寄並獲得許可才能把錯誤商品寄回去(要注意該物品是給哪個物流公司收)，郵局跟物流的負責人普遍英文溝通不流暢所以仰賴翻譯的幫忙能解決，過程中廠商會通知何時會收到重新下定的物品，但時間不準確有可能提早或延後以至於沒收到貨(運送人員會以電話或簡訊傳達貨到通知，接到電話很麻煩因為當下如果聽不懂人也出門了身旁又沒人會法文的話，就只能碰運氣看大門或管理員有沒有收到)，還好最終有成功退換貨，但一系列的折騰讓我意識到法文的重要性，也理解在這邊生活要有耐心跟強大的心臟來面對所有不熟悉的流程。

F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

巴黎北站附近要多提高警覺以免被偷，尤其晚上，我目睹室友的手機差點被偷，還好有掛繩而且沒有被硬搶不然真的會受傷，地鐵開關門期間不要滑手機會比較安全一點，交換期間跑去 14 號線底站(那個區比較複雜)的二手市集，路上被灑水，但面對兩個大男人我跟朋友為避免發生衝突和安全問題並沒有罵人。如果買地鐵月票要記得貼大頭照和把附的卡號帶上，不然遇到查票沒帶就是 70 歐，千

萬不要抱著僥倖的心態想說不會頻繁查，我就是這樣被罰款的。

G. 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?

最大的成長應該是面對無法預期的事能夠保持平常心，並嘗試不同方法去解決，不管是處理電信、退換貨或在旅行中遇到交通延誤和網路斷線，隨著一次次的經驗累積，遇到未知的事情也就能隨機應變跟冷靜處理了。

H. 感想與建議

這次在巴黎天主教大學交換的經驗，是我人生很寶貴的經驗，也感謝家人跟學校提供機會讓我能夠在歐洲生活跟學習，學習上收穫良多，身心靈也很滿足。另外，簽證記得早點辦避免不必要的焦慮。我個人痛苦經驗，因為歐洲大部分沒裝冷氣尤其法國，熱浪來的時候記得備好濕毛巾跟冷凍礦泉水睡覺的時候可以用，因為電風扇的幫助很微弱(有預算可以買移動式冷氣但也有可能會缺貨)，外出的話建議不要搭公車會悶死，搭地鐵跟走路都比較好一點，可以去大皇宮和小皇宮暫時待著至少有一點冷氣(注意有一些博物館會因為熱浪提早關門或休息)，在巴黎有冷氣的店家冷氣有開跟沒開一樣。然後也要注意大眾運輸系統停駛整修的公告。

I. 英文心得

Institut Catholique de Paris was founded in 1875 and is a private university located in the 6th arrondissement of Paris, near the Luxembourg Gardens. The university is known for its strengths in humanities, social sciences, and philosophy. It also offers courses through the ILCF, where international students can learn about French culture and language.

During my exchange, I especially enjoyed the French course offered by ILCF. Students will take an online test and assigned to classes according to their level. Since I had only taken one semester of French at NSYSU, I took the A1 course. The class was conducted mainly through discussions. The entire class was taught in French, with English used as a very limited form of support.

Everyone had opportunities to speak in class. Both the teacher and classmates were very friendly, so there was no need to worry about feeling embarrassed when making mistakes. The course content included daily conversations, numbers, and changes in masculine and feminine forms of nouns and adjectives. The exams consisted of both written and oral tests, and the questions were not too difficult.

Besides learning French, I also had many opportunities to interact with classmates from different countries. We often chatted together, which allowed me to learn about their cultures and perspectives while also building

friendships.

In Taiwan, I rarely cooked because eating out is convenient and affordable. However, in Europe, especially in big cities, it is not practical to eat out for every meal. Therefore, I mostly cooked for myself, which allowed me to make a few dishes on my own. Asian seasonings can be easily found in Asian supermarkets. For example, there is Chen's Supermarket in the 13th arrondissement, and ACE Mart, which sales mainly Japanese and Korean products, has several locations in Paris. For household goods, Action is a good option since its prices are cheaper than other supermarkets.

I found it very interesting to observe the differences in culture and habits. During their free time, people often relax in parks or by the river, where they sunbathe, chat, read, drink coffee, have a casual drink, or visit exhibitions. These reshaped my own understanding of relaxation, I realized that relaxing does not necessarily mean scrolling through my phone, watching dramas, or doing something special. Sometimes, sitting in a park doing nothing, slowing down, and taking in the people and things around me can also be a simple happiness in life.

My exchange experience at Institut Catholique de Paris was a memorable experience. I am grateful to my family and university for providing me such opportunity to live and study in Europe. I obtained a lot academically and felt very fulfilled physically and mentally.

Based on my personal exhausting experience, since most places in Europe, especially France, do not have air conditioning, remember to prepare wet towels and frozen bottles of water when there is a heat wave. You can use them while sleeping, as fans provide very little help. When going out, I recommend avoiding buses because they can be extremely uncomfortable. Taking the metro or walking is a better option. You can also temporarily stay at the Grand Palais or the Petit Palais, where there is at least some air conditioning. However, keep in mind that some museums may close earlier or temporarily close during heat waves.