中文心得報告

巴黎天主教大學 Institut Catholique de Paris(ICP)是位於巴黎市中心第 6 區的大學，歷史悠久且學校資源豐富，是學習與探索巴黎生活的好選項。學校的校區不大，散落在第 6 區的不同街角巷弄，門禁嚴格，需要出示學生證才能進出。在國外研修課程中，我修習了法文課、藝術史與電影史，課程有趣，但依舊需要可以應付專業課程的英文能力，因此上課時有時會較為吃力。至於課外，全新的環境、語言、政府系統、飲食，在各方面都會有所學習。像是台灣的飲食生活非常豐富，花費也便宜，但至歐洲後，外食費用高昂，常常需要自己至超市買菜、煮飯，在廚藝及生活能力方面自然有很大的進步。

交換/研修的具體效益。首先，當然是語言能力上的提升。至國外交換後，無論課程、生活或交友上，在當地語言不熟悉到足以溝通時，英文成為主要使用的語言，每日的練習自然使語言能力提升。再者，交換/研修可以讓人體驗到不同的生活方式與思考，除了課業之外，旅行、交友都將開闊視野，讓人看見可能的生活方式。

這半年的海外交換生活，不只是一次到國外念書的經驗，更是一段重新認識自己、學習獨立與理解不同文化的旅程。從出發前的期待，到真正踏上法國、適應當地生活，再到利用假期前往歐洲各地旅行，每一段經歷都讓我不斷面對新的挑戰，也讓我在解決問題的過程中逐漸成長。

剛到法國時，我最先面臨的是生活上的適應。許多事情都需要自己處理，例如行政手續、住宿、交通、課程安排，以及與不同單位溝通等。此外，語言也是一項挑戰，課程主要以英文進行，日常生活也經常需要使用法文。除了在法國的交換生活之外，我也利用假期旅行。從規劃行程、比較交通方式、與當地業者溝通，到考量旅遊安全及臨時調整行程，每一個決定都需要自己蒐集資訊並判斷。過程中雖然遇到不少困難，也曾因資訊不足而感到不安，但最後都透過不斷查詢資料、與他人討論，以及保持彈性的態度順利解決。這些經驗讓我深刻體會到，在海外遇到問題時，最重要的不是避免困難，而是培養獨立思考、主動尋找資源，以及冷靜應變的能力。

海外生活也帶給我許多文化衝擊。法國人十分重視個人的生活節奏與自主性，商店及行政機關的營業時間與臺灣相比較短，課堂上則鼓勵學生積極提出自己的觀點，與臺灣較偏向教師講授的方式有所不同。截然不同的文化背景、生活方式到人際互動，都讓我重新思考文化差異的意義。身為社會學學生，我特別喜歡觀察不同社會的運作方式，也發現許多原本習以為常的觀念，其實只是特定文化中的一種選擇。透過與當地人的交流，以及親身走訪不同城市，我更加理解每個社會都有其形成的歷史脈絡與文化背景，因此不應以自己的生活經驗作為唯一的標準，而是應該保持開放的心態，試著理解不同文化背後的原因。

回顧這段交換生活，我認為最大的收穫並不只是語言能力的提升或造訪了多少國家，而是心態上的改變。我學會在陌生環境中照顧自己，也學會在遇到困難時先冷靜分析問題，我開始更相信自己的判斷能力，也更願意接受未知帶來的不確定性。這我認為，交換學生最大的價值不只是到另一個國家生活，而是在不同文化中重新認識世界，也重新認識自己。雖然過程中難免遇到挫折與不適應，但正因為這些挑戰，才讓人成長得更快。這半年所累積的不只是回憶，更是一種面對未來人生的能力。我相信，這段海外生活所帶來的影響，將持續陪伴我未來的學習、工作與人生，也讓我更加期待持續探索世界，與不同文化交流，並將這些經驗轉化為自己的養分。

英文心得報告

Reflection on My Exchange Experience at Institut Catholique de Paris

Studying abroad at the Institut Catholique de Paris (ICP) has been one of the most meaningful experiences of my university life. Before coming to France, I expected that this exchange program would help me improve my language skills and broaden my international perspective. However, after spending a semester in Paris, I realized that the greatest rewards were not only academic knowledge but also personal growth, independence, and a deeper understanding of different cultures.

Institut Catholique de Paris is a private university with a long history and a diverse international student community. Located in the heart of Paris, the campus provides a unique learning environment where students from different

countries and academic backgrounds study together. The university emphasizes critical thinking, open discussion, and intercultural communication, allowing students to exchange ideas from various perspectives. Studying in such an international environment encouraged me to become more open-minded and confident in expressing my opinions.

During my exchange semester, I took courses related to art history, visual culture, and film analysis. These subjects were closely connected to my academic interests in sociology, culture, and the arts. Professors encouraged students to analyze artworks and films critically while considering their historical, political, and social contexts. Since students came from many different countries, classroom discussions often included diverse viewpoints, helping me understand how cultural backgrounds influence the interpretation of the same topic.

Besides academic learning, daily life in France taught me many practical skills that cannot be learned in a classroom. Living independently meant that I had to manage my own schedule, transportation, finances, and administrative procedures. At first, adapting to French daily life was challenging and language barriers sometimes made communication difficult. However, these experiences gradually improved my problem-solving abilities and taught me to seek information actively instead of waiting for others to solve problems for me.

Living in Paris also allowed me to experience French culture firsthand. I visited museums, historical sites, theaters, and local markets, which helped me better understand French history, art, and everyday life. As someone interested in sociology and cultural studies, I enjoyed observing how people interacted in public spaces, how cities were planned, and how cultural heritage was integrated into modern society. These observations connected classroom knowledge with real-life experiences and deepened my understanding of European culture.

One of the most valuable aspects of the exchange program was meeting people from different countries. Through conversations with classmates and friends, I learned about different educational systems, social values, and lifestyles. Although we came from different cultural backgrounds, we often discovered common interests and learned to appreciate our differences. These friendships not only improved my communication skills but also broadened my perspective on global issues.

Looking back on this exchange semester, I believe the most significant achievement was my personal growth. I became more independent, adaptable, and willing to step outside my comfort zone. I learned that challenges are an inevitable part of living abroad, but they also provide valuable opportunities to develop resilience and confidence. Instead of being afraid of uncertainty, I learned to embrace it as part of the learning process.

This exchange experience has also influenced my future goals. It reinforced my interest in art, culture, and international perspectives while encouraging me to continue exploring different societies through travel and academic study. I hope to apply what I have learned in France to my future studies and career, especially in fields related to culture, museums, arts administration, or international collaboration.