A. 學校簡介

NEOMA Business School（諾歐商學院）是法國頂尖的精英商學院之一，由蘭斯高等商學院和魯昂高等商學院於 2013 年合併而成。學校擁有國際商管學院促進協會 AACSB、歐洲質量發展認證 EQUIS 及工商管理碩士協會 AMBA 的三皇冠認證，在歐洲乃至全球的商學教育中享有極高的聲譽。NEOMA 在法國設有蘭斯（Reims）、魯昂（Rouen）和巴黎（Paris）三個校區，歷史悠久且校友網路遍布全球金融與管理領域。校園不僅具備高度國際化的環境，吸引了來自世界各地的交換生，更提供豐富的學術資源與活潑的課程選擇，是體驗歐洲頂尖商管教育與商學理論實踐的最佳殿堂。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

與先前在澳洲國立大學高度緊湊、偏重期末考與學術文獻引用的模式不同，NEOMA Business School 的課程設計更強調跨文化的互動、實務應用與小組團隊合作，形式也更加多元彈性。

在修讀的課程中，我最推薦且認為受益最多的是 Discovering and Understanding French Culture。雖然這是我唯一一門沒有拿到 A+ 的課程，但它絕對是每位來到法國交換的學生必修的寶藏歌曲。這門課跳脫了傳統課堂死板的講授，是真的能讓人深刻體驗並融入法國的文化與歷史底蘊。最特別的是，課程中包含了一堂實地的市區導覽課，老師會親自帶領我們走入當地的街道，推薦許多私房景點與不容錯過的美食。這門課的評分以個人和小組報告為主，期末考則是考其他同學報告的內容；由於考核方向多偏向文化主觀感受與分析，幾乎沒有標準答案，只要平時有參與、大致理解同學報告的脈絡，及格非常容易且分數都很不錯，是一門兼具實用性、趣味性且能快速拓展國際視野的課程。

另外兩門課我也非常推薦：

Cross-cultural Management and Intercultural Communication：這門課完全以實務報告為主，沒有安排任何筆試。課堂上聚集了來自各國的學生，在討論跨文化管理案例的過程中，我們本身就在進行一場真實的跨文化溝通，對於培養跨國團隊合作能力非常有幫助。

Digital Literacy EL I：這是一門線上非同步課程，非常適合需要靈活安排時間的交換生。全學期只有在學期初和學期末進行兩次同步線上點名，其餘時間可以自行規劃進度。期末考也非常簡單，題目幾乎都出自線上模組的模擬測驗中，對時間管理和自主學習是很好的鍛鍊。

C. 國外研修之生活學習（課外）

如果說澳洲的課外學習是一場與大自然和特有動物的驚奇相遇，那麼法國的五個月則是一場關於

學習如何成為一個能伸能縮的人的修練，無論在旅遊行程的應變還是人際關係的處理上，都讓我有很全面的蛻變。

作為一個典型的 J 人且帶有完美主義特質，我過去習慣凡事都在掌控之中。在交換初期，只要旅遊計畫稍微脫離常軌，我就會感到無比焦慮、嚴重影響心情。然而，歐洲的環境給了我密集的震撼教育——從不如預期的住宿、各種交通工具無預警的延遲與取消，到遇到觀念不合的雷包旅伴。在經歷了無數次花錢消災的突發狀況後，我徹底轉念了：我發現不論發生什麼事，只要花錢能解決、人身平安，就是最好的結果。最重要的是不要讓爛事影響心情，停止內耗、不要一直思考不開心的事，也不要後悔自己做過或沒做過什麼。學會放寬心胸，成為我課外最大的收穫。

此外，雖然這已經不是我第一次出國交換，但我發現自己變得更加獨立。在法國，從前期的自己找房、簽約、處理複雜的保險與租屋補助，到線下跑各種繁雜的行政流程，都是巨大的挑戰。在台灣，我相信自己本來就能把這些事做好，但在法國，許多問題不是按個翻譯軟體就能解決的。因為翻譯可能不準確、我們不了解當地的慣例作法，甚至當地人完全不願意用英文溝通，甚至不願意配合使用翻譯機。在這種環境下，我學會了如何克服恐懼、主動破冰。我也明白獨立並不代表要孤軍奮戰，而是懂得善加利用身邊的資源，與之前來過的前輩請教，並和同校的交換生朋友互相提供資訊、彼此幫忙，這種互助的過程也是極為珍貴的生活學習。

D. 交換/研修之具體效益（請條列式列舉）

1. 學習獨立生活與彈性應變：

   從租房、保險、繁雜行政手續中，全方位提升了海外獨立生存的能力。更重要的是，在完美主義與現實的碰撞下，我學會了「提前計畫，但坦然接受計畫變更」的成熟心態。

2. 多國文化的深度洗禮：

   在歐陸便利的交通條件下，我在五個月內瘋狂旅遊了 25 個國家！這不止是一個數字，而是我用雙腳實際體驗了各國的食衣住行育樂，親眼看見了許多會珍藏一輩子的美景。我摸透了整個歐洲的地理歷史，也學到了無數各國的小知識，視野變得前所未有地開闊。

3. 社交與人際包容力的提升：

   為了能高效率探索歐洲，我經常在網路社團上網路上徵旅伴。要在短短幾天內與原本完全陌生的人同行、同住，極度考驗社交能力。這讓我一直在練習如何快速與人交友，並在密集的相處中包容彼此的差異。雖然過程中也曾與人發生過爭執，但這些衝突最終都化為成熟人際交往的養分。

E. 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?

在歐洲交換期間，最大的困境絕對是旅遊的交通。歐洲的飛機、火車與巴士延誤或臨時取消簡直是家常便飯，且往往會像骨牌效應一樣，嚴重影響後續所有的既定行程。更讓人無奈的是，歐洲許多大眾運輸的售後服務效率極低，每次嘗試申請賠償，高機率都會被駁回，根本拿不到錢。

最慘烈的一次經歷是在義大利旅遊時，連續四天每天都被各種交通狀況惡意刁難，只能不斷花錢消災。當時，即便是像我這樣平時非常正向樂觀的人，心情也點掉到谷底、深受打擊。但這個困境帶給我極大的啟發：我學會去接受計畫的不完美。當旅行遇到突發狀況、旅伴們集體陷入沮喪時，我意識到抱怨無濟於事，於是我努力跳出來當那個帶動氣氛、轉移注意力的人。大家開開玩笑、吃頓美食，不要糾結在無法改變的交通爛事上，才不會連帶毀了後面的風景。同時，這也讓我學到未來的旅行交通一定要留有充足的緩衝時間，寧可提早抵達目的地等待或找事做，也絕對不要把時間壓到極限。

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?

相比於感到困惑，我其實非常享受在日常中去發掘和遭遇文化衝擊的過程，因為這正是交換最迷人的地方。在法國，最明顯的文化衝擊就是他們對於打招呼的堅持。法國人非常看重禮貌，無論走進商店、餐廳還是辦事公家機關，開口第一句話一定要先用法文說 “Bonjour” 或 “Bonsoir” ，接著才能開始說英文。如果劈頭就講英文，通常會被視為非常不禮貌的行為。當然，即便我後來都乖乖遵守這個潛規則，有時候還是會遇到某些法國人依然不給好臉色。面對這種情況，我的適應方式是換位思考，理解每個國家都有自己的文化驕傲與堅持；若對方態度依然不佳，那就學會不要太放在心上，保持冷靜與微笑，最重要的是拍拍屁股走人，絕對不要讓別人的無禮影響了自己一整天的好心情。

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?

在個人特質上，這次交換帶給我最深刻的成長是學會了「圓滑」與「退一步海闊天空」的智慧。在一次旅遊中，我們遇到了極其差勁的雷包旅伴，對方不僅無理取鬧，甚至跟我們爆發了大吵。在過去，我自認是一個性格非常強勢、遇到不合理會據理力爭的人。但在那次激烈的爭吵過後，我靜下心來認真反思，發現出外在外，很多時候圓滑與包容比爭對錯更加重要。吵架只會讓原本美好的旅程充滿戾氣，讓所有人都不開心。在人際關係中，有時候放過對方，其實就是放過自己。退一步海闊天空，這並不是軟弱，而是一種保護自己心境的成熟選擇。這讓我在面對人際衝突時，多了一份從容與豁達。

H. 感想與建議

總結這兩次的交換生涯，相較於之前在澳洲純粹、舒適且安穩的在地生活，這一次的法國之旅無疑讓我遇到了更多挫折與考驗。我嘗試了完全不一樣的交換模式：在澳洲時，我幾乎都待在坎培拉當地慢活，很少跨洲旅遊；而在歐洲，我則化身為背包客，不間斷地在 25 個國家之間奔波。更具挑戰性的是，這五個月我並不是只有玩樂，我同時經歷了申請英國碩士研究所、投遞實習、以及撰寫國科會專題的多重壓力。回首這段日子，真的非常辛酸且精疲力竭，但現在看來，我真心覺得自己很棒！在忙著適應新環境、高強度旅遊的同時，我完全沒有放掉自己本該做好的本分，有條不紊地為自己的未來鋪路，這段經歷也讓我驚覺原來自己的潛能與極限可以同時處理這麼多高難度的任務。

在法國 NEOMA 的這段時間，我的心態變得更加強大，我學會了在面對行政刁難時的耐心、在交通崩潰時的幽默感、以及在人際摩擦時的圓融。如果未來的學弟妹正在猶豫，且你渴望的是一場充滿挑戰、能拓展世界觀、並能大幅提升抗壓性與獨立思維的交換生活，那麼來歐洲交換絕對會是你人生中最精彩、最不會後悔的選擇！

I. 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) 500 字以上

赴中國交換者免填英文心得

School Introduction

NEOMA Business School is one of France’ s top elite business schools, established in 2013 through the merger of Reims Management School and Rouen Business School. The school holds the prestigious "Triple Crown" accreditation from AACSB, EQUIS, and AMBA, enjoying an outstanding reputation in business education across Europe and globally. NEOMA operates three campuses in France—Reims, Rouen, and Paris—boasting a rich history and a vast alumni network spanning the global finance and management sectors. The campus offers a highly international environment that attracts exchange students from all over the world. Coupled with its abundant academic resources and vibrant course selections, it serves as the ultimate gateway for experiencing top-tier European business education and practicing business theories.

Coursework and Academic Learning

Unlike my previous experience at the Australian National University, which was highly

intensive and heavily weighted toward final exams and academic citations, the curriculum design at NEOMA Business School places a stronger emphasis on cross-cultural interaction, practical application, and small-group teamwork, offering a more diverse and flexible format.

Among all the courses I took, the one I recommend most and found most beneficial is Discovering and Understanding French Culture. Although it was the only course where I did not receive an A+, it is absolutely a hidden gem that every exchange student coming to France must take. Moving away from rigid, traditional classroom lecturing, this course truly allows students to deeply experience and immerse themselves in the cultural and historical heritage of France. A highlight of the course was an on-site city guided tour, where the professor personally led us through local streets, recommending hidden spots and must-try delicacies. Grading is based primarily on individual and group presentations, while the final exam tests you on the contents of your peers' presentations. Since the assessment leans toward subjective cultural perceptions and analysis, there are almost no standard answers. As long as you attend regularly and grasp the general concepts of the presentations, passing is very easy and scores are generally quite high. It is a highly practical, engaging course that quickly broadens your international perspective.

I also highly recommend the other two courses:

1. Cross-cultural Management and Intercultural Communication:

   This course relies entirely on practical presentations with no written exams scheduled. Bringing together students from various countries, the process of discussing cross-cultural management case studies forces us into genuine intercultural communication, which is incredibly helpful for developing international teamwork skills.

2. Digital Literacy EL I:

   This is an asynchronous online course, making it perfect for exchange students who need flexibility in managing their schedules. There are only two synchronous online roll calls throughout the semester (at the beginning and the end), allowing you to pace yourself for the rest of the time. The final exam is also very straightforward, with questions drawn almost directly from the mock tests within the online modules, serving as an excellent exercise for time management and independent learning.

Life and Experiential Learning

If my extracurricular learning in Australia was a surprising encounter with nature and endemic wildlife, then my five months in France were a discipline in learning how to be versatile and adaptable. I underwent a comprehensive transformation, both in terms of managing travel logistics and navigating interpersonal relationships.

As a textbook "J" type with perfectionist tendencies, I used to prefer having everything under strict control. Early in my exchange, whenever a travel plan went slightly off course, I would become incredibly anxious, which severely ruined my mood. However, the environment in Europe gave me an intensive reality check—ranging from accommodations that failed to meet expectations, to unforeseen delays and cancellations across various transportation methods, and even dealing with difficult travel companions who held incompatible mindsets. After going through numerous emergencies where I had to spend money just to resolve the issues, I completely changed my perspective. I realized that no matter what happens, as long as money can solve it and everyone stays safe, it is the best possible outcome. The most important thing is not letting bad situations ruin your mood; stop overthinking, stop dwelling on unpleasant events, and do not regret what you did or didn't do. Learning to broaden my mindset became my greatest takeaway outside the classroom.

Furthermore, although this was not my first time exchanging abroad, I found myself becoming much more independent. In France, handling everything from searching for housing, signing leases, and sorting out complex insurance and housing subsidies (CAF) early on, to physically running through tedious bureaucratic processes offline, presented massive challenges. In Taiwan, I am confident I could handle these tasks seamlessly, but in France, many issues cannot be resolved simply by clicking a translation app. Translations can be inaccurate, we lack familiarity with local customs, and some locals are entirely unwilling to communicate in English or even cooperate using a translator. Under these circumstances, I learned how to overcome my fears and proactively break the ice. I also came to understand that independence does not mean fighting a lone battle; rather, it is about knowing how to effectively utilize surrounding resources, seeking advice from

seniors who came before me, and mutually sharing information and helping out fellow exchange students from the same school. This process of mutual aid is an incredibly precious life lesson.

Specific Benefits of the Exchange

1. Learning Independent Living and Flexible Adaptation:

   Handling accommodation, insurance, and complex administrative procedures comprehensively elevated my ability to survive independently abroad. More importantly, through the clash between perfectionism and reality, I developed a mature mindset of "planning ahead, but gracefully accepting changes to the plan."
2. Deep Baptism of Diverse Cultures:

   Capitalizing on Continental Europe's convenient transportation network, I traveled to an astonishing 25 countries within five months! This is more than just a number; it represents my first-hand experience of the food, clothing, housing, transport, education, and entertainment of various nations, witnessing many breathtaking sights that I will treasure for a lifetime. I mapped out the geography and history of Europe and picked up countless pieces of local trivia, opening up my horizons like never before.
3. Enhancement of Social and Interpersonal Tolerance:

   To explore Europe efficiently, I frequently looked for travel companions on online community groups. Having to travel and stay with complete strangers within a matter of days serves as an extreme test of social skills. This constantly pushed me to practice making friends quickly and embracing individual differences during high-density cohabitation. Though disagreements arose along the way, these conflicts ultimately transformed into valuable insights for mature social interaction.

Hardships Faced and Solutions

During my exchange in Europe, the absolute greatest hardship was travel transportation. Delays or abrupt cancellations of flights, trains, and buses are commonplace in Europe, often triggering a domino effect that heavily disrupts all subsequent itineraries. Making matters more frustrating is the incredibly low efficiency of

customer service for many European public transportation options; every time you try to apply for compensation, there is a high probability it will be rejected, leaving you empty-handed.

My most brutal experience occurred during a trip to Italy, where I was severely set back by various transit failures for four consecutive days, forcing me to repeatedly spend money to bail myself out. At that time, even as someone who is typically very positive and optimistic, my spirits sank to an absolute low and I felt deeply disheartened. However, this predicament brought me immense enlightenment: I learned to accept the imperfections of a plan. When emergencies happen on the road and everyone falls into collective despair, I realized that complaining does no good. Instead, I made a conscious effort to step up as the person who boosts the morale and redirects everyone' s attention. By cracking jokes and sharing a great meal together, we avoided dwelling on unchangeable transit disasters, ensuring they wouldn't ruin the rest of our sightseeing. Concurrently, this taught me that future travel itineraries must include a generous buffer time—I would much rather arrive early at a destination to wait or find something to do than press the timeline to its absolute limit.

Cultural Shock Faced and Adaptation

Rather than feeling bewildered, I actually thoroughly enjoyed the process of discovering and encountering cultural shocks in my daily life, as that is precisely the most charming aspect of an exchange program. In France, the most prominent cultural shock is their strict adherence to greetings. French people place a massive emphasis on politeness. Whether you walk into a shop, a restaurant, or a public administrative office, the very first words out of your mouth must be a French "Bonjour" or "Bonsoir" before you can transition into English. Jumping straight into English is typically viewed as highly discourteous behavior. Granted, even after I faithfully complied with this unspoken rule, there were still times when certain French individuals would not show an amicable face. To adapt to this, I practiced empathy—understanding that every nation has its own cultural pride and principles. If the other party's attitude remained cold, I simply learned not to take it personally, maintaining my composure and a smile. The most important thing is to

simply walk away and absolutely refuse to let someone else's rudeness ruin my mood for the entire day.

Personal Transformations and Growth

In terms of personal traits, the most profound growth this exchange gifted me was the wisdom of diplomacy and knowing that taking a step back opens up boundless horizons.

During one of my trips, we encountered an incredibly toxic and difficult travel companion who not only acted unreasonably but also escalated things into a major argument with us. In the past, I considered myself a highly assertive person who would fiercely stand their ground when facing unfairness. Yet, reflecting deeply after that intense confrontation, I realized that when traveling abroad, diplomacy and tolerance are often far more crucial than winning an argument. Fighting only fills an otherwise beautiful journey with hostility, leaving everyone miserable. In interpersonal relationships, sometimes letting the other person go is actually freeing yourself. Taking a step back is not an act of weakness; it is a mature choice to protect your own peace of mind. This realization has allowed me to face interpersonal conflicts with a newfound sense of composure and open-mindedness.

Reflections and Recommendations

Summarizing these two exchange journeys, compared to my pure, comfortable, and stable local life in Australia, this trip to France undoubtedly exposed me to far more setbacks and trials. I experimented with a completely different style of exchange life: while in Australia, I almost exclusively stayed local to experience slow living in Canberra with very little cross-continental travel, Europe saw me transform into a backpacker, constantly shuttling across 25 different countries.

What made it even more challenging was that these five months were not solely dedicated to leisure. I simultaneously navigated the multi-layered pressures of applying for UK Master's programs, securing internships, and writing my NSTC research project. Looking back on those days, it was truly exhausting and draining, but looking at it now, I genuinely think I did an amazing job! While staying busy adapting to a new environment

and managing high-intensity travel, I never let go of my core responsibilities, systematically paving the way for my future. This experience made me realize that my potential and limits are capable of handling so many demanding tasks simultaneously.

My time at NEOMA in France has forged a much stronger mindset within me; I have learned patience when facing bureaucratic hurdles, a sense of humor during transit breakdowns, and diplomacy amidst interpersonal friction. If future juniors are hesitating, and what you desire is an exchange life full of challenges that will expand your worldview and drastically enhance your resilience and independent thinking, then coming to Europe for an exchange will absolutely be the most splendid and regret-free choice of your life!