這次交換我選擇到法國巴黎的 EM Normandie Paris Campus 交換。因為我本身就讀中山大學 IBBA，所以當初在選擇交換學校的時候，希望可以找跟商管相關的學校，而 EM Normandie 的課程內容剛好跟我的專業比較有關。除此之外，我一直都很想在歐洲生活一段時間，所以最後選擇到巴黎交換。真正到了法國之後，才發現交換跟單純去歐洲旅遊真的差很多，因為這次不是待個幾天就回台灣，而是真的要在當地生活、上課、處理生活上的大小事情。 在學校方面，我這次修的課程包含 International Trade、Marketing、Service Marketing、International Logistics、Contract and Employment Law，以及 Tech for Business: Web Marketing 等。跟台灣上課比較不一樣的是，法國的課程比較常要求學生參與討論，而且有些課也很重視出席，甚至會突然有小考，所以不能完全像以前一樣到了考試前才開始準備。這幾門課裡面，我自己比較喜歡 International Trade，因為跟我原本在 IBBA 學的東西比較有關，而且可以從不同國家的角度去看國際貿易。Web Marketing 這門課也讓我接觸到一些平常比較少接觸的內容。雖然有些課程一開始會覺得比較難適應，但上完之後還是覺得有學到不少東西。 不過我覺得這次交換真正讓我學到最多的是生活。剛到巴黎的時候很多事情都要自己處理，像是交通、買東西、銀行、住宿，甚至遇到問題也不能直接找人幫忙，只能自己想辦法。剛開始會覺得很麻煩，但慢慢習慣之後就會發現很多事情其實自己都可以處理。以前在台灣可能遇到一點問題就會想找別人幫忙，但在國外很多時候根本沒有這個選項，所以也算是被逼著變得比較獨立。 交換期間我也利用住在巴黎的機會去了很多其他地方，像是布魯塞爾、米蘭、佛羅倫斯、里斯本、波多等等。以前住在台灣的時候，去歐洲不同國家旅行感覺是一件很遙遠的事情，但住在巴黎之後，搭飛機或火車就可以到其他國家，所以也去了很多以前沒有想過會去的地方。每個地方的文化和生活方式都不太一樣，跟不同國家的人聊天之後，也會發現大家對很多事情的想法都不一樣。這也是我覺得交換很有趣的地方。 當然，交換期間也不是每天都很順利。我在法國生活的時候也遇過一些很煩的事情，其中一次就是因為巴黎地鐵延誤，導致我去學校參加補考的時候差一點遲到，最後甚至只差大概 30 秒就沒辦法進去考試。那時候真的很傻眼，也讓我第一次很直接地感受到，在國外遇到問題的時候，真的只能自己處理。後來我就變得比較會預留時間，也不敢再把交通時間抓得太剛好。 文化方面，法國跟台灣也有很多不一樣的地方。剛開始我最不習慣的就是法國人做事情的速度，有時候會覺得明明很簡單的一件事情，為什麼要花這麼久才能處理好。另外，在學校上課的時候，法國學生也比較敢直接講自己的想法。一開始我其實會怕自己英文講不好，所以比較不敢主動發言，但後來發現其實大家都不是英文母語者，講錯也沒有什麼大不了的。

慢慢習慣之後，我也比較敢跟不同國家的人聊天。 我覺得這次交換讓我最大的改變，就是比以前更獨立，也比較敢自己處理事情。以前很多事情可能會覺得「這個我不會」，但在國外沒有辦法，遇到了就只能自己想辦法。久了之後會發現，其實很多事情沒有想像中那麼難。除此之外，我也變得比較敢一個人行動，不管是一個人搭車、旅行，還是自己處理生活上的問題，都沒有以前那麼害怕。 如果要給之後想去交換的學弟妹一些建議，我覺得最重要的就是不要只把交換當成去國外玩。當然交換期間一定要出去玩、去不同國家看看，但也可以花一些時間真正去體驗當地的生活。現在回頭看雖然當初有些時候真的覺得很累，但整體來說我還是很慶幸自己有選擇去巴黎交換。這幾個月不只是讓我去了很多地方，也讓我第一次真正長時間離開熟悉的環境，學會自己處理事情，也認識了很多不同國家的人。對我來說，這就是這次交換最大的收穫。

During my exchange program, I studied at EM Normandie Paris Campus in France. Since I major in IBBA at National Sun Yat-sen University, I wanted to choose a business school where I could take courses related to my major. I also wanted to experience living in Europe, so studying in Paris seemed like a great opportunity. However, after arriving in France, I realized that studying abroad is very different from simply traveling. Instead of staying for a few days, I had to actually live there, attend classes, and deal with everyday problems by myself. During my exchange, I took several courses, including International Trade, Marketing, Service Marketing, International Logistics, Contract and Employment Law, and Tech for Business: Web Marketing. Compared with classes in Taiwan, classes in France required more participation and attendance. Some classes also had pop quizzes, so I could not just wait until the final exam to start studying. Among all the courses, I enjoyed International Trade the most because it was related to what I had learned in IBBA and allowed me to look at international business from different perspectives. However, I think I learned more from everyday life than from the classroom. When I first arrived in Paris, I had to deal with things like transportation, accommodation, banking, and shopping on my own. At first, it was quite frustrating because I was used to having people around me who could help. But after a while, I got used to it and realized that I could actually handle many things by myself. I also traveled to many places during my exchange, including Brussels, Milan, Florence, Lisbon, and Porto. Living in Europe made it much easier to visit different countries, and I had

the chance to meet people from different cultural backgrounds. Talking with them also helped me understand that people from different countries can have very different opinions and ways of doing things. Of course, not everything went smoothly. One experience I remember clearly was when the Paris Metro was delayed and I almost missed a make-up exam at school. I arrived only about 30 seconds too late. I was really frustrated at the time, but it taught me that I needed to leave more time for unexpected situations when living abroad. I also experienced some cultural differences. At first, I was not used to the slower pace of doing things in France. I also felt nervous about speaking English with people from other countries because I was afraid of making mistakes. Eventually, I realized that nobody really cared if my English was perfect. I became more willing to speak up and communicate with others. Overall, I think the biggest thing I gained from this exchange was independence. I became more comfortable dealing with problems on my own and was also more willing to try things by myself. If I could give advice to future exchange students, I would say not to treat exchange as just a chance to travel. Traveling is definitely important, but actually experiencing daily life in another country is what makes the experience meaningful. Looking back, even though there were stressful moments, I am really glad that I chose to spend these months in Paris. It was a valuable experience that helped me grow and see the world from a different perspective.



