

26-1 學校簡介

我去交換的學校是法國的雷恩商學院 (Rennes School of Business)，地理位置在法國的西北部，同時也是布列塔尼區的第一大城市雷恩，在法國是前十幾的商學院，也同時擁有 AACSB、EQUIS、AMBA，被尊為「皇冠學院」，是一間非常國際化的學校，八成以上的老師都是來自世界各國的，學生也是幾乎都是國際學生，課堂上也是都用英語教學以及英語報告和討論。

26-2 國外研修之課程學習 (課內)

我在雷恩商學院修了三門課，分別為 New Product and Brand Management, Recruiting and Training, Purchasing and Logistic，每一堂課也都是屬於小班制的，讓學生可以自由發揮，老師也容易注意到學生的狀況，其中我最推薦的課是 Recruiting and Training，這堂課的老師是英國人，老師對於學生的作業繳交、遲到準則、上課不能用手機等規則蠻嚴格的！會推薦這堂課的原因除了老師本身的母語是英語可以非常清楚地聽懂上課內容外，在課堂上也有自己的進度與架構，每一堂課也非常重視小組討論，再利用雲端上傳每一小組的想法在投影機上讓全班都看得到別組的想法與點子，平時教到某一段落就會讓學生做報告，可以說是很扎實的一堂課！我最喜歡的課程是 Purchasing and Logistic，這門課的老師是美國人，我很喜歡他給學生們很自由的空間，像是分小組的時候，有些課堂的老師是會自己幫學生分好以免同國籍的都在同一組，這樣就沒有國際交流的意義了，但這堂課的老師卻告訴我們：「你們可以自由地分組，如果發現你的組員很雷或是不喜歡某位組員，你隨時可以換組，要換組也不需要通知我。」上課也總是很熱情有活力，是讓我最專心聽課的一堂，每堂課的最後一節也都會給學生 Case Study 再上台報告，是我蠻喜歡的教學方式。

26-3 國外研修之生活學習 (課外)

在雷恩商學院，有一個社團叫做 Wellcome team，是一個專門接待國際交換生的組織，在剛到法國的時候，他們會給每個國際學生 Orientation package，裡面會有一些可以幫助國際生了解當地的交通、飲食，還會送國際生小禮物唷！除了這些以外，我也有參加他們辦的活動，像是溜冰、吃法國可麗餅、City tour、團康遊戲等等，若有興趣的活動可以自行報名參加，當然 Wellcome team 的成員們也都很熱情，若是生活上有任何問題也都可以問他們！

26-4 交換/研修之具體效益 (請條列式列舉)

- 增進口說能力-在課堂上與各國學生一定會需要討論，也會促進自己更積極地講英文。
- 了解當地文化-在法國，每個人的工作步調都是 "Take your time"，只要在生活中觀察與體會，都會多少了解到法國與台灣的文化不同之處。
- 獨立自主-自己一個人在國外生活，一定有許多地方(例如電信、買菜煮菜等..)有許多原本在台灣不會做的事情，更多地方都是自己學習、面對問題。

26-5 感想與建議

我覺得參加這次交換計畫最大的成長就是會比較敢表達自己的想法、主動與別人說話，以前看到外國人其實都會有點害怕講英文，害怕自己不會講或是跟不上節奏，但在宿舍中，大家都會共用廚房，每次在廚房煮飯的時候都會有些外國人，大家都互相不認識但是會寒暄甚至是聊天，一起煮飯分享自己家鄉的美食！然後也建議之後要去交換的學弟妹們可以先準備一些台灣菜去交流，還有其實歐洲的交通價格是會變動的，如果有想要去旅遊的話，建議可以先安排好行程並趕快訂好交通，會省下蠻多錢的！臉書的社團上也可以加入一些歐洲交換生社團，會有許多有幫助的資訊。

英文心得：

The school I went to was the Rennes School of Business in France. It is located in the northwest of France, the largest city in Rennes in Brittany. It's a top ten business school in France. The college also has AACSB, EQUIS, and AMBA. That's regarded as the "Crown Academy". It's a very international school. More than 80% of the teachers are from all over the world, and the students are almost international students. All are taught in English as well as English reports and discussions.

I took three courses at Rennes Business School, namely New Product and Brand Management, Recruiting and Training, Purchasing and Logistic. Each class is a small class, so that students can show yourself freely, and teachers can easily notice the students' situation, one of my most recommended classes is Recruiting and Training. The teacher in this class is British. The teacher is very strict with the rules for student homework submission, lateness criteria, and not using mobile phones in class! The reason I would recommend this class is that in addition to the teacher's native language being English, you can understand the content of the class very clearly, and also have her own progress and structure in the class. Each class also attaches great importance to group discussion, and then each group should upload their ideas using the cloud. Let the whole class see the ideas and ideas of other groups on the projector. When a certain paragraph is taught, the students should make a report and discuss together. It can be said that it is a very solid class! At Rennes Business School, there is a club called Wellcome team, which is an organization dedicated to receiving international exchange students. When we first arrived in France, they gave each international student an orientation package, which can help international students understand the local transportation, food and drink. They also gave small gifts for international students! In addition to these, I also participated in activities organized by them, such as ice skating, eating French crepes, City tour, International Feud games, etc.

I think the biggest growth in participating in this exchange program is that I dare to express my thoughts and take the initiative to talk to others. In the past, I was actually a little afraid to speak English to other people especially foreigners. In the dormitory, everyone should share the kitchen. Every time when cooking in the kitchen, there will be some foreigners. Everyone does not know each other, but we like to say hi or even chat and cook together, sharing the food of your hometown!

The most important things that really benefit me is:

- Increase the ability to speak English in the classroom, students from various countries will definitely need to discuss, and will also promote more active English speaking.
- Understand the local culture in France, everyone's work pace in Europe is "Take your time". As long as I observed and experienced in daily life, I knew some differences about the culture between France and Taiwan.
- Independence and self-determination-living alone abroad, there must be many things that I need to deal with such as telecommunications, grocery shopping, etc. There are many things that would not be done by myself in Taiwan, and some difficulties needed to be learned and faced by ourselves.



(一) 與 Wellcome team 社員體驗溜冰



(二) 和各國國際學生一起進行活動交流



(三) 到法國著名景點聖米歇爾山旅遊