A. 學校簡介

EDHEC Business School 是一所成立於 1906 年的法國頂尖商學院，在歐洲商學院中排名長期位於前列。學校主要校區位於 Lille 與 Nice，並在 Paris、London 與 Singapore 設有據點。EDHEC 以金融、管理與商業分析領域聞名，特別是在資產管理與金融研究方面具有國際影響力，其畢業生多進入投資銀行、顧問公司及跨國企業工作，是法國與歐洲具高度聲譽的商學院之一。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

在國外研修期間，我最喜歡且受益最多的課程是 **Managerial Economics**。這門課的內容與經濟學在管理決策上的應用相關，老師的教學方式非常清楚，讓我即使在全英文授課的環境中也能容易理解課程內容。此外，我在課後自行閱讀教材與複習時也能自己讀懂，考試可以應付。

C. 國外研修之生活學習（課外）

有一些 welcome party，學校會提供點心和酒，可以交到很多來自不同國家的交換生朋友。此外，里爾有一個學生組織是 Erasmus Student Network，他們時常會舉辦像是在夜店或是別的國家的兩日遊，旅費也都非常便宜，非常推薦在里爾交換的去參加。

D. 交換/研修之具體效益（請條列式列舉）

一、 拓展國際視野，離開台灣舒適圈

二、 學會獨立和問題解決能力

三、 變得敢說（英文），主動去結交不同國家的朋友

四、 人脈變廣

五、 完成人生夢想清單，探索歐洲

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?

我在剛到法國的第一個禮拜去了比利時及荷蘭，在回程要從荷蘭回里爾的巴士被取消了，只能改搭從布魯塞爾轉班的巴士，我和我朋友就在半夜兩點的時候在布魯塞爾路邊等下一班巴士，先跟大家科普一下，布魯塞爾車站附近是出了名的危險，那裡很亂很髒也很多扒手，我那時候剛到歐洲還沒有什麼危機意識，且我們等車的地方有很多人都一起在等，我朋友也都在我旁邊，因此就小睡了五分鐘，結果一起來我的後背包就被偷了，我朋友完全沒看到有任何人經過，我們問旁邊的人也都沒有看到，打給警察也沒有要處理的意思（在歐洲除非有抓到現行犯或有定位，不然警察不會處理），最後也只能自認倒楣＋太不小心，也幸運重要的信用卡及證件都還在。

樂觀地想，好險我是在剛到歐洲就被偷，讓我整躺交換都非常有危機意識，也時常叮嚀我朋友要小心，同時被偷的故事也成爲我和外國人聊天的話題，所以還是提醒大家要小心，包包要隨時用手勾

著，歐洲真的很危險。

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?

走在歐洲的街頭時不時會遇到有人嘲笑著對你說：你好，我的經驗是連看都不要看，假裝沒聽到的走過去就好，理他們他們只會纏著你不放覺得很好玩，所以能避免就避免，但還是會遇到很多很好的外國人啦。

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?

我覺得最大的成長是更獨立及面對問題解決的能力，在歐洲真的會遇到很多突發狀況，火車住宿突然誤點或被取消，找不到月台，路不熟悉等等，但透過這次交換我覺得我更能冷靜的處理問題，找任何替代方案，並且主動尋求他人的幫助，大家都還是願意幫忙的。此外，我也嘗試了自己獨旅，其實真的很好玩，能按照自己的心情規劃旅程，沒有他人的意見，非常建議大家嘗試。

H. 感想與建議

能在學生時期去歐洲交換真的是 cp 值最高的一次機會了，我這趟玩了 20 個國家，每一趟都回憶滿滿，體驗了很多不同的文化，和不同國家的人交流，真的是很不一樣的經驗!這邊推薦我最喜歡的兩個國家:冰島和挪威，我和我朋友是從台灣交換社團上面找旅伴的，兩個國家都有自駕，看到了很多自然景觀及冰川等等的體驗，是和歐洲內陸其他國家完全不一樣的感覺，祝大家交換都玩得開心，絕對不會後悔!

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

During my exchange semester at EDHEC Business School in Lille, France, I had a very meaningful and memorable experience both academically and personally. EDHEC is a well-known business school in Europe with strong programs in finance and management, and studying in such an international environment allowed me to experience a different learning style and meet students from many countries.

Academically, the course I benefited from the most was *Managerial Economics*. The course focused on applying economic concepts to real managerial decision-making. Although the class was taught entirely in English, the professor explained the material very clearly, which made it easier for me to follow the lectures and understand the key concepts. I also found that when I reviewed the textbook and lecture materials after class, I was able to understand the content

independently. This experience helped me gain more confidence in studying academic subjects in English and improved my ability to learn in an international classroom environment.

Outside the classroom, my exchange experience was also enriched by many social activities. The school organized welcome parties where exchange students could meet each other while enjoying snacks and drinks. These events helped me make friends from different countries and learn more about different cultures. In addition, the Erasmus Student Network (ESN) in Lille frequently organized activities such as club events and short trips to nearby countries. These trips were usually very affordable and provided a great opportunity for exchange students to travel together and build friendships.

Living in Europe also helped me grow personally. Being in a completely new environment pushed me out of my comfort zone and forced me to become more independent. During my travels, I sometimes encountered unexpected situations such as transportation delays or canceled bookings. Through these experiences, I learned how to stay calm, find alternative solutions, and ask others for help when necessary. I also became more confident in speaking English and communicating with people from different cultural backgrounds.

In addition to academic learning, the exchange experience also gave me the opportunity to explore Europe and experience different cultures firsthand. During my exchange, I traveled to many countries and saw a variety of landscapes and cultural environments. Each trip brought new experiences and unforgettable memories. Traveling with friends from different countries also allowed me to learn more about their perspectives and lifestyles.

Overall, this exchange program was one of the most valuable experiences of my university life. I had the opportunity to travel to many countries, experience different cultures, and meet people from all over the world. These experiences broadened my perspective and helped me grow both academically and personally. I believe studying abroad is a unique opportunity, and I am very grateful that I was able to experience it.