EM Normandie 返國報告書

A. 學校簡介

諾曼第高等商學院創立於 1871 年，是法國歷史最悠久的商學院之一。該校在國際上享有極高聲譽，是全球僅有約 1% 同時獲得 EQUIS、AACSB 和 AMBA 三重頂尖國際認證的商學院。在法國國內，它亦是僅有 38 所管理學院所組成的頂尖精英組織——「大學校聯盟」（Conférence des Grandes Écoles, CGE）的成員。

a. 牛津校區

與 City of Oxford College (Activate Learning)共用校區，位於市中心，就在購物中心 Westgate 旁邊。學校有跟 Brookes University 合作，可以住他們的宿舍，但搭公車去學校要 30 分鐘。

b. 勒阿弗爾校區

勒阿弗爾距巴黎車程約 2 小時，因為二戰所以這裡沒有漂亮的古建築。比牛津校區大，也是位於中心，就在購物中心 Docks 附近。有很多私人學生宿舍，我是住 LHhouse，走路去學校五分鐘，就在火車站對面。

B. 課程學習

Economic Policies

這堂課教授讓大家做了可以立在桌上得名牌，每堂課都會點很多人回答問題。會用 BBC news 教一些時事，不會只是在學理論。

有幾堂課是只需要去 20 分鐘的 tutorial session，教授會先寄要讀的東西，一組大概 6 個人，教授會問問題，記得有會的快點舉手，法國人反應很快，如果都沒回答分數會不好。

期末報告是全班分成左翼右翼，各自提出目標與預算方案後對辯。通常都會跟別組串通好問題，所以不用太擔心。

C. 生活學習

可以多多參加 welcome week 的活動，因為只有上學期才有，是認識其他班級的國際生的好機會! 我比較印象深刻的有 Mini Golf 和 City Treasure Hunt。

學期中還有個 Potluck Party，大家會帶自己國家的美食去分享，讓我驚訝的是科學麵比義美泡芙還搶手。

幾乎每個禮拜都有 Free Breakfast，教授會為了這個活動延長中堂下課時間，聽說甜點是法國學生自己在宿舍做的。



除了學校辦的活動外，國際生之間也會有自己的群組，不定期約去 pub 喝酒。一開始總想著每次都要參加，深怕錯過認識朋友的機會，但後來慢慢學會量力而為，畢竟社交和休息也要取得平衡。

D. 具體效益

-增進自我信心，學習獨立

-增進外語能力

-增進國際視野

-嘗試不同的上課方式

-體驗歐洲的生活與風俗民情

E. 是否曾遭遇困境

遇到的困境

在去 Le Havre 校區前我在學校推薦的租房網站 Studapart 上面找到一個看起來不錯的個人套房，我沒有視訊看房就付了 943 歐 (第一個月租

金及 Booking fees)以及法國政府規定的保險 (58 歐)。結果搬著我的兩大行李箱到了之後發現很破舊而且很髒，冰箱跟洗衣機裡面很多死蟲，租房仲介還一直說很乾淨，說我退房的時候沒這麼乾淨的話不退押金??

解決方法

我就跟那個仲介說我不簽約，但是我超慌而且再幾天就開學，所以我在 Airbnb 上面找了個適合長租的房子租了一個月，結果沒想到幾天就找到願意讓我租的私人學生宿舍。後來我有上去 Studapart 上面投訴申請退款，但只退了我 160 歐。

F. 文化衝擊

-抽電子菸的人很多

-過馬路不看紅綠燈

-上廁所要付錢

-禮拜天百貨公司不開

G. 個人特質上的轉變

我覺得自己從 P 人變成了 J 人。因為很難每次都剛好跟朋友想去同一個國家、同一個城市，這也讓我發現，過去出去玩太依賴朋友——朋友去哪，我就去哪。開始獨旅之後，每到一個新的國家甚至城市，都要重新查一次交通，而且記得要帶現金，有的地方公車或船只收現金!

獨旅的過程中，隨著獨處時間增加，我也開始重新思考人生的意義。看著歐洲人習慣坐在咖啡廳、躺在草地或沙灘上曬太陽的生活步調，我漸漸放慢自己的節奏，也重新意識到健康，以及家人朋友的重要性。

H. 感想與建議

我的感想是意外的收穫蠻多的，我當初是分科分到這個校系，然後發現出國交換一年是畢業門檻。在歐洲的這一學年讓我增廣見聞，獨自一人在國外生活，還自己跑去比較沒有那麼發達，公車需要付現金的阿爾巴尼亞。很感謝爸爸媽媽願意花錢讓我在歐洲各國旅遊，在國外讀書的機會很難得，也是這次的交換經驗讓我有未來想出國讀碩士的想法。

我的建議是不要換校區，因為這好像是第一次開放學生換校區，而且沒什麼人這麼做，所以學校有的地方銜接不完善。像是我有申請 buddy program 但不知道為什麼沒有被分配到，還有換到法國校區後一直沒有領到學生證，去問了之後跟我說可以用舊的，但卡要再去找行政人員用才能逼進校門。

EM Normandie Exchange Report

A. About the School

Founded in 1871, EM Normandie is one of the oldest business schools in France and is among the 1% of business schools worldwide with triple accreditation: EQUIS, AACSB, and AMBA . Nationally, it stands out within the very exclusive circle of 38 management schools that are members of the Conférence des Grandes Écoles (CGE).

B. Course Learning

Economic Policies

In this course, the professor had everyone make name cards to display on their desks, and called on many students to answer questions each class. Current events were incorporated through

BBC News rather than focusing solely on theory.

Some sessions were short 20-minute tutorial sessions — the professor would send reading materials in advance, and each group had about 6 students. The professor would ask questions during these sessions, so it was important to raise your hand quickly if you knew the answer, since French students tend to respond fast; not participating could affect your grade.

For the final project, the class was divided into left-wing and right-wing groups, each proposing their own policy goals and budget plans before debating against each other. Groups usually coordinated questions with each other in advance, so there's no need to worry too much about this part.

C. Life Outside the Classroom

I'd highly recommend joining as many Welcome Week activities as possible, since they're only held in the first semester and are a great way to meet international students from other classes.

Mini Golf and the City Treasure Hunt were two of my favorites.

There was also a Potluck Party during the semester, where everyone brought food from their home country to share — I

was surprised that Taiwanese instant noodles (Kagome) turned out to be more popular than I-Mei puffs.

Free Breakfast happened almost every week, and professors would even extend the mid-class break for it. I heard the desserts were homemade by French students in their dorms.

Beyond school-organized events, international students also had their own group chats and would occasionally head to the pub together. At first, I felt like I had to go every time, worried I'd miss out on chances to make friends, but I eventually learned to pace myself — social life and rest both need to be balanced.

D. Concrete Benefits

1. Boosted self-confidence and learned to be more independent
2. Improved foreign language skills
3. Broadened international perspective
4. Experienced different teaching and learning styles
5. Immersed myself in European lifestyle and customs

E. Reflections

Looking back, I gained far more from this experience than I

expected. I was originally assigned to this program based on my scores in the university entrance exam, and only later discovered that a year abroad was a graduation requirement. That year in Europe broadened my horizons in ways I hadn't anticipated — living independently in a foreign country, and even venturing to places like Albania, where the infrastructure is less developed and buses only accept cash. I'm truly grateful to my parents for supporting my travels across Europe; the opportunity to study abroad doesn't come around often, and this exchange experience is actually what sparked my interest in pursuing a master's degree abroad in the future."