A. 學校簡介

法國北方高等商學院(EDHEC Business School)，創立於 1906 年，是一所主要從事商業和管理研究的知名商學院，他在法國擁有 3 所校區：里爾、尼斯、巴黎，同時還設有倫敦和新加坡兩個國際校區。在中山，EDHEC 提供兩個其兩大主要校區來做選擇，里爾(管理專業，比較大)及尼斯(金融專業)，在考量自身專業及地理位置後，我選擇了里爾校區。

B. 國外研修之課程學習(課內)，推薦受益最多/最喜歡的課程

在法國交換，我的目標是把碩士剩餘的課程修完，由於我有抵免學分的需求，而法國的學分制與台灣又不盡相同，總體而言法國的 2 etc 約等同於台灣的一學分，而 EDHEC 規定交換生修的最低學分是 20 etc。我依據自己的需求最後在 M2 的 Marketing Analytics 裡選擇了以下課程。

1.ADVANCED CONSUMER PSYCHOLOGY(6 ECTS)

2.Models in Marketing (4 ECTS)

3.DATA VISUALIZATION WITH POWER BI (3 ECTS)

4.INTRODUCTION TO PYTHON CODING (3 ECTS)

5.Selling and Sales Management (3 ECTS)

6.French Language (5 ECTS)

其中我最喜歡的課程是選修的 Selling and Sales Management，雖然課程的時長不多，但老師是業界老師，上課時也會和同學間有許多互動，讓我感覺這門課是有貼近真實世界的，對我來說真的很有趣!

C. 國外研修之生活學習(課外)

我必須些對即將來到 EDHEC 的同學們打些預防針，身為台灣人我們對身邊便利的生活和日常早已視為當然，但 EDHEC 是一間即便在里爾也不在市中心的學校(在 CROIX)，而我住在學校宿舍裡，走路到最近的超市都需要 2 公里啊啊啊(尖叫)，這是我目前生活下來覺得最最不適應的點，順便說一下天黑後出了校園也盡量不要自己走喔(雖然我自己蠻常的)。

哈哈預防針差不多了，但其實生活在法國的日子，是我目前人生中數一數二快樂的日子，我體驗到了很多新奇又特別的體驗，看到了法國商學院的碩士生活，認識了很多不同國籍文化但認真努力的可愛朋友，去到各不相同但文化歷史豐饒的歐洲國家。這些經驗和體會都是這麼樣的特別和獨一無二，我很感謝自己能在碩士期間有一段那麼美好的生活體驗。

D. 交換/研修之具體效益(請條列式列舉)

1. 學習法國商學院的碩士課程
2. 交到來自不同國家的朋友

3. 拓展生活經驗，了解各國文化差異

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?

作為一個不會說法文的人生活在法國的確會有些困難，很多時候在生活中，當你在找路、找商品、找尋求任何幫助時，很容易遇到的狀況是身邊的法國人是不會說英文的，因此做為初來乍到的我來說多少感到有些挫則。對我來說，來到一個新環境的第一件目標就是融入當地的生活，而語言的隔閡障礙卻又是無法避免的。

我沒有解決辦法，應該說完美的辦法就是去精進你的法文，但作為一個只待一學期的交換生，我感覺自己沒有足夠的動機去撿起一門新的語言(但它確實開啟了我對法文的好奇心)。

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?

對我來說更多的是生活上的衝擊，法國人非常重視私人生活和時間，所以大部分的店家星期天都不會營業。舉例來說，有一個週末我去法國西部海邊遊玩，而在路途中我遇上人生中最大最嚴重的暈車，全程三小時多都處於噁心嘔吐頭暈的半死狀態，而好不容易下了車以後，當天是星期天所以藥店什麼的都沒開，我當下真的是…人生這輩子有一次這樣的經驗就夠了。所以這件事的提醒就是，出去遊玩時一定要帶足夠的準備，以備任何難以預料的突發狀況。(而且法國人真的沒有台灣人這麼熱心幫助)

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?

我認為這段在歐洲生活其間最大的成長就是獨立，我本來就算是個蠻獨立的人，但在海外生活時你會在環境的浸染中有更多獨自的時間和空間，你也會接觸到很多來自法國和各地獨自生活的同齡人，我覺得這對即將出社會的我來說有很多啟發性的思考。

獨立有很多面向，而就我看到的歐洲年輕人開始獨立的年紀普遍比亞洲年輕人早，他們更早的就學會了如何為自己的人生負責、做自己的規劃、決定，這是很值得我們學習的地方。

H. 感想與建議

首先，我很感謝家人的支持，讓我在踏入職場前有一段如此快樂的留學時光，再來我也想謝謝自己，那麼勇敢熱烈的走進了這個廣袤的世界。這段在歐洲生活旅遊的記憶將永遠存在於我的腦海中，熠熠發光，並帶給我養分。對於將來要出去交換的同學，我想說要好好珍惜、利用身處異國他鄉的每一天，用力體驗、用心感受，相信每個人都會獲得滿滿的經驗與回憶。

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

During my exchange semester, I studied at EDHEC Business School, one of the most well-known business schools in France. Founded in 1906, EDHEC focuses on business and management education and has several campuses around the world. In France, its main campuses are located in Lille, Nice, and Paris, with additional international campuses in London and Singapore. For exchange students from my home university, there were two main campus options: Lille, which focuses more on management-related programs and is the larger campus, and Nice, which is famous for finance. After considering my academic background and also the location, I decided to study at the Lille campus.

My main goal during the exchange was to complete the remaining courses required for my master's degree. Because I needed to transfer credits back to Taiwan, I had to pay attention to the difference between the European credit system and Taiwan's system. In general, 2 ECTS credits in Europe are roughly equivalent to one credit in Taiwan, and EDHEC requires exchange students to take at least 20 ECTS. Based on this requirement, I chose several courses from the M2 Marketing Analytics program, including Advanced Consumer Psychology, Models in Marketing, Data Visualization with Power BI, Introduction to Python Coding, Selling and Sales Management, and a French language course.

Among all of them, my favorite course was Selling and Sales Management. Even though the course itself was not very long, the professor was an industry professional rather than a purely academic instructor. The class involved a lot of interaction and discussion with students, and the topics often connected theory with real-world business practices. Compared to some more technical courses, this class felt very practical and close to what actually happens in business environments. It made the learning process much more engaging and interesting for me.

Outside the classroom, life in France was also a very important part of my learning experience. To be honest, I think Taiwanese students who are used to extremely convenient daily life might need a little mental preparation before coming here. Although EDHEC is located near Lille, the campus is actually in a town called Croix rather than the city center. I lived in the student residence near campus, and the nearest supermarket was about two kilometers away. Walking that distance just to buy groceries was probably the biggest lifestyle adjustment for me. It might sound like a small thing, but when you're used to convenience stores everywhere in Taiwan, it really feels different. People also advised us not to walk alone outside the campus after dark, although I personally ended up doing that quite a few times.

Despite these inconveniences, the time I spent in France has honestly been one of the happiest periods of my life so far. I experienced many things that were new and exciting to me. I was able to see what life is like for students in a French business school, meet friends from many different countries, and learn about cultures that I had previously only known from books or the internet. Some of my classmates came from Europe, Asia, and even South America, and it was always interesting to hear about their perspectives on life and career. During weekends and holidays, I also had the opportunity to travel around Europe and visit places rich in history and culture. All of these experiences felt incredibly unique, and I am very grateful that I had the chance to go through them during my master's program.

Of course, living abroad also came with some challenges. One of the biggest difficulties was the language barrier. As someone who does not speak French, daily life in France could sometimes be frustrating. There were many situations where I needed to ask for directions, find certain products in stores, or simply ask for help, but the people around me did not speak English. As a newcomer trying to adapt to a new environment, this occasionally made me feel discouraged. Ideally, the best solution would be to improve my French. However, since I was only staying for one semester as an exchange student, I did not feel strong enough motivation to fully commit to learning a new language in such a short time. Still, this experience definitely sparked my curiosity about French and made me appreciate the importance of language in connecting with local communities.

Another cultural difference that left a strong impression on me was the lifestyle in France. French people value their personal time and work–life balance very much, so many shops are closed on Sundays. I remember one weekend when I traveled to the west coast of France. On the way there, I experienced one of the worst cases of motion sickness in my life during a three plus hours bus ride. I felt extremely nauseous and dizzy the entire time. When I finally arrived, it happened to be Sunday, and every pharmacy was closed. At that moment, I really wished I had prepared some medicine in advance. That experience taught me a valuable lesson: whenever traveling, it is always better to be well prepared for unexpected situations.

Looking back, the biggest personal growth I gained from this period was becoming even more independent. I already considered myself a relatively independent person, but living abroad gave me much more time and space to handle things on my own. I also met many young people in Europe who started living independently at a much earlier age. Compared to many Asian students, they seem to become responsible for their own lives sooner—making decisions, planning their future, and taking ownership of their choices. Seeing this perspective gave me a lot to think about as I prepare to enter the workforce.

Finally, I feel very grateful for this opportunity. I want to thank my family for supporting me and allowing me to enjoy such a meaningful study abroad experience before starting my professional career. I also feel thankful to myself for having the courage to step outside my comfort zone and explore a much bigger world. The memories of studying, living, and traveling in Europe will always stay with me. They feel like bright moments in my life that continue to inspire me. For students who are planning to go on exchange in the future, my suggestion is simple: cherish every single day abroad. Try new things, meet different people, and truly immerse yourself in the experience. I believe those memories and lessons will stay with you for a lifetime.