A. 學校簡介

法國北方商學院（EDHEC Business School）成立於 1906 年，是歐洲頂尖的商學院之一，也是全球少數同時獲得 AACSB、EQUIS 及 AMBA 三大國際認證（三皇冠）的頂尖學府。該校在法國境內擁有里耳 (Lille)、尼斯 (Nice) 與巴黎 (Paris) 三大校區，其金融碩士（Master in Finance）與管理碩士（Master in Management）學程長期位居《金融時報》（Financial Times）全球前十名，以卓越的學術聲譽與強大的企業網絡聞名，致力於培養具備創新思維與社會責任感的國際商業領袖。

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 EDHEC 的學期中，我修習了涵蓋經濟、數據分析及在地文化的多元課程。

- **推薦受益最多的課程 Multivariate Data Analysis** 這門課雖然難度較高（難度評分 4），但對我而言受益最深。教授強調如何利用統計工具處理真實商業世界的數據，並且會實際操作給大家看，而非僅止於理論推導。在多元數據分析中，我們學習了如何透過模型預測消費者行為，這對於我未來在管理決策上的判斷有極大幫助。最後，老師上課認真，口音是台灣學生習慣的美國口音，提升課程理解的程度，講義也會附上各種影片，如果上課聽不懂，也可以自己去影片上複習。
- **最喜歡的課程：Managerial Economics** 這門課獲得了我最高的好感度評分。教授將艱澀的個體經濟理論轉化為具體的企業案例，討論定價策略與市場競爭，如市場上會有 pink tax，一樣的東西但被掛上女性使用，就會變比較貴，讓大家能清晰感受到經濟學與周遭生活息息相關，課堂氛圍也極佳，且內容高度實用，同時，上課方式為，前一小時老師講解，後一小時會有練習卷，可以透過練習馬上知道自己還有哪些部份自己還聽不懂。

C. 國外研修之生活學習（課外）

在課外，我積極參與校內的國際學生活動，如學校跟住宿處舉辦的 welcome party。透過與來自歐美、亞洲各國的同學交流，我學會了在多元文化背景下如何有效溝通，並且嘗試去了解口語中的笑話。除了校內生活，我也利用週末走訪法國的其他城市，觀察法國人的生活美學與「慢生活」哲學。在超市購物、租房交涉以及辦理各項行政手續的過程中，我被迫練習基礎法文，雖然過程曲折，但這讓我磨練出更強大的環境適應力與問題解決能力。

D. 交換/研修之具體效益（請條列式列舉）

- 學術視野擴展：透過「多變量數據分析」，掌握了進階統計工具在商業決策上的應用。
- 跨文化協作能力：與不同國籍背景的學生分組討論，學會尊重異見並達成共識。
- 語言能力提升：除了英語口說變得更加流利，也掌握了基礎的法文生活對話。

- 獨立思考與生活：獨自應對國外行政程序、財務規劃與日常起居，強化了獨立性。

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?

- 在國外生活最困惑的莫過於法國著名的「行政效率」。在申辦租屋補助與電信合約時，曾遇到文件反覆要求補件卻無人回應或拒絕用英文溝通的情況。
- 解決方式：我學會了不再以家鄉的標準去要求效率，而是主動且有禮貌地頻繁親自洽詢，並且先將要問的問題翻譯成法文。這件事給我最大的啟發是：不同國家有其運作邏輯，面對困難時，情緒化的抱怨無濟於事，「耐心」與「直接溝通」才是解決跨國行政問題的關鍵。

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?

最大的衝擊在於法國的「罷工文化」與「生活節奏」。初次遇到交通大罷工導致行程全亂時，內心感到焦慮不安，甚至會出現搭公車到一半，司機罷工並請大家下車。但我發現法國同學對此習以為常，並總能隨遇而安。我逐漸調整心態，理解這背後代表的是對權利的爭取與對工作之外生活的重視。我開始學會預留「Buffer time」，並在忙碌的課業中也給自己留白，享受一杯咖啡的時間。

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?

這次交換最大的成長是「跳出舒適圈的勇氣」。以前我習慣於確定的計畫，但在法國，計畫趕不上變化是常態。這段歷練讓我從一個凡事要求完美的學生，轉變為一個能彈性應對壓力、處變不驚的人。我變得更加自信，不再害怕與陌生人交談，也更能包容與自己價值觀迥異的事物。

H. 感想與建議

EDHEC 的資源非常豐富，建議未來想去的同學：

1. **提前規劃數據分析相關基礎**：EDHEC 的量化課程扎實，提前複習統計學會更有收穫。
2. **保持開放的心態**：不要只待在亞洲人的朋友圈，勇敢去與各國學生對話。
3. **法文基礎很重要**：雖然課堂用英文，但生活上懂一點法文會讓你的法國生活品質大幅提升。

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

Founded in 1906, EDHEC Business School is a premier "Grandes Écoles" in France and a global leader in business education, holding the prestigious "Triple Crown" accreditation. Renowned for its Master in Finance and Management programs, which consistently rank among the top ten globally by the *Financial Times*, EDHEC excels in blending academic

rigor with a robust corporate network. My semester at the Lille campus offered a unique opportunity to experience this excellence firsthand, fostering both professional expertise and a global perspective.

The curriculum at EDHEC provided a perfect balance of theoretical depth and practical application. Two courses significantly shaped my academic development:

- **Multivariate Data Analysis:** This was the most rewarding course despite its high difficulty. The professor excelled at bridging abstract statistics with real-world business data. A standout feature for me was the professor’ s clear American accent—a familiar comfort that eased the comprehension of complex topics. Furthermore, the provision of supplementary video tutorials allowed for effective self-paced review. Learning to build models to predict consumer behavior has provided me with indispensable tools for future data-driven management decisions.
- **Managerial Economics:** This was my favorite course due to its high engagement level. The professor transformed dry theories into vivid case studies, such as the "Pink Tax"—the phenomenon where products marketed to women are priced higher. Seeing these theories manifest in local pharmacies made the economics feel alive. The teaching structure was also highly effective: a one-hour lecture followed by a one-hour practice session, allowing me to immediately test my understanding and clarify doubts.

Life at EDHEC extended far beyond the classroom. I actively participated in international student events, such as the welcome parties organized by the school and residences. These gatherings were essential for practicing cross-cultural communication and understanding nuanced humor within a diverse peer group. On weekends, I explored various French cities, observing the local "Art de Vivre" (art of living). Navigating daily tasks like grocery shopping and lease negotiations forced me to use basic French, which significantly enhanced my adaptability and problem-solving skills in a foreign environment.

The most significant hurdle was the infamous French administrative system. While applying for housing subsidies and mobile contracts, I faced slow processes and a

reluctance to communicate in English. I learned to replace frustration with "polite persistence," translating my questions into French beforehand and visiting offices in person. This taught me that every country has its own logic; patience and direct communication are far more effective than emotional complaints.

Additionally, the "Strike Culture" (la grève) provided a major shock. I vividly remember a bus driver stopping mid-route to join a strike, asking all passengers to disembark. While initially anxious, I noticed my French classmates remained unfazed. This experience taught me to value "Buffer Time" and to embrace the unpredictability of life, learning to enjoy a quiet coffee even when plans go awry.

The most profound transformation I experienced was the courage to step out of my comfort zone. I evolved from a perfectionist who thrived on certainty into a resilient individual capable of handling pressure with composure. I am now more confident in initiating conversations with strangers and more inclusive of diverse viewpoints.

To future students, I recommend strengthening your quantitative foundation before arrival and maintaining an open mind. While the courses are in English, learning basic French will dramatically improve your quality of life. My time at EDHEC was a transformative odyssey that not only enhanced my professional profile but also shaped me into a more independent and empathetic global citizen.