A. 學校簡介

我在 2025 年 9 月到 2026 年 1 月，前往法國 Reims 的 NEOMA Business School 交換。NEOMA Business School 是法國的商學院，而我所在的 Reims 校區給我的感覺是一間不算特別大的學校，但整體環境很舒服，學校看起來也滿新的，設備都很齊全。雖然校園規模不像一些大型綜合大學那麼大，但該有的教室、討論空間、自習空間和學生資源都很完善，對交換學生來說已經很足夠。

NEOMA Reims 讓我印象最深的地方是它的國際化程度很高。學校裡有非常多來自不同國家的學生，所以平常不管是在課堂上分組、下課聊天，或是和同學一起出去，都會接觸到很多不同文化背景的人。剛開始的時候，其實最需要適應的是口音。大家雖然都用英文溝通，但因為來自不同國家，每個人的英文口音都不太一樣，有些人的口音真的需要一點時間才能聽懂。不過適應一段時間後，反而會覺得這是很難得的練習機會，因為真實的國際環境本來就不會只有一種標準英文。

學校的教授上課方式也和我在台灣比較熟悉的模式不太一樣。教授通常不只是把課本內容講完，而是會丟出一個主題或問題，讓學生自己思考、討論，再從不同組別的分享中延伸出更多觀點。整體來說，NEOMA 給我的感覺是一間重視討論、合作與實際應用的商學院，也很適合想體驗國際學習環境的學生。

B. 國外研修之課程學習（課內）

交換期間我修了 ENT - Intrapreneurship 和 Leadership and Organization Development 這幾門課。其中我最喜歡、也覺得收穫最多的是 Intrapreneurship。這門課主要是在談「內部創業」，也就是在既有組織中推動創新、尋找機會，並讓新的想法真正有機會被執行。

在上這門課之前，我對創業的想像比較像是自己從零開始創一間公司。但上完課後，我發現創業精神其實不一定只發生在新創公司裡，在一間已經存在的公司或組織中，也可以透過新的策略、新的思考方式和資源整合去創造改變。這點對我來說很有啟發，因為我未來想做的事情和品牌、商業經營、組織發展都有關，所以這門課不只是理論上的學習，也讓我更清楚思考未來可以怎麼做。

這門課的上課方式多半是小組討論和報告。教授會給我們一個主題或情境，然後讓我們和組員一起討論，再整理出想法上台分享。這樣的方式一開始其實有點壓力，因為不只要用英文表達，還要在短時間內和不同國家的同學協調想法。不過慢慢習慣後，我覺得這種學習方式很

能激發思考。很多時候同一個問題，我原本只會從自己的角度去看，但聽完其他同學的想法後，會發現原來還有很多不同的切入點。

和台灣上課最大的差異，我覺得就是團體作業真的多太多了。在台灣雖然也會有分組報告，但 NEOMA 的課程幾乎很常需要討論、合作、簡報，有時候會覺得一直在開會。不過也因為這樣，我的英文口說、臨場表達和團隊合作能力都有明顯進步。尤其是當你必須在非母語環境中表達自己的想法時，會慢慢變得比較敢講，也比較不怕犯錯。

C. 國外研修之生活學習（課外）

除了課堂上的學習，這次交換讓我收穫最多的其實也包含課外生活。在法國的日子裡，我很常和同學一起出去走走、吃飯、聊天，也和碩班同學一起去旅行。交換期間我去了很多國家，每到一個地方都會看到不一樣的城市樣貌、生活步調、飲食文化和人們相處的方式。

旅行讓我學到很多課本不會教的事情。例如怎麼規劃交通、怎麼安排住宿、怎麼控制預算、怎麼在不熟悉的城市找到方向，還有遇到突發狀況時該怎麼處理。這些事情如果是在台灣，可能覺得沒什麼，但當自己在國外時，每一件小事都變成一種練習。久了之後，我也變得比較能處理不確定的狀況，不會像一開始那麼容易緊張。

和不同國家的朋友相處也是很重要的學習。以前對某些國家的人或文化，可能會有一些既定印象，但真正相處後才發現，很多想法其實都太片面。每個人都有自己的背景、個性和成長環境，不能只用國籍去判斷一個人。這段時間讓我更懂得觀察，也更願意聽別人分享他們的生活和想法。

所以對我來說，課外生活並不只是放鬆或旅行而已，它其實讓我更直接地認識世界，也讓我更了解自己在不同環境中的反應。這些經驗雖然不一定能用成績衡量，但對我的影響非常深。

D. 交換／研修之具體效益

這次交換帶給我的具體收穫包含：

1. 英文口說能力明顯進步，尤其是變得比較敢開口，不會一直怕自己講錯。
2. 聽力變好，特別是比較能適應不同國家的英文口音。
3. 國際視野變得更廣，不再只用原本熟悉的角度看事情。
4. 更能和不同文化背景的人合作，也比較能理解不同想法背後的原因。
5. 解決問題的能力提升，遇到交通、旅行、語言或生活問題時，會更快想辦法處理。
6. 更清楚未來自己想做什麼，尤其是對創業、品牌經營和組織創新有更多想法。
7. 生活能力變得更獨立，可以自己安排生活、旅行和學習。
8. 心態變得更成熟，不會過度美化國外，也不會看輕自己原本的背景。

E. 海外生活期間遭遇之困境與解決方式

在海外生活期間，我最常遇到的困難其實不是什麼大問題，而是一些每天都可能出現的小挑戰。第一個是語言和口音的適應。因為學校國際學生很多，每個人的英文口音都不太一樣，所以一開始上課討論或和同學聊天時，有時候會聽不太懂，需要多問幾次。剛開始可能會有點不好意思，但後來我發現其實大家都很能理解，因為我們都不是用母語在溝通，所以只要願意確認、願意多問，問題通常都可以解決。

第二個困難是旅程規劃。交換期間會想把握機會去不同國家走走，但旅行不是只有買機票這麼簡單，還要看交通、住宿、時間、預算和安全。有時候也會遇到班次變動、路線搞不清楚，或是臨時需要改計畫的狀況。這些問題後來我都是靠多查資料、多問人、多和同行的人討論來解決。

這些經驗讓我學到，遇到問題最重要的是不要含糊，也不要拖著不處理。問題如果很小，就要趁它還小的時候解決；如果拖到後面，反而可能變成更麻煩的事情。這也是我在交換期間很實際的一個成長。

F. 海外生活期間之文化衝擊與適應

我這次遇到的文化衝擊，大多是好的衝擊。出國以前，我對很多國家的人其實都有一些想像，可能來自網路、新聞、社群媒體，或是別人的經驗。但真正和他們一起上課、討論、旅行、生活之後，我發現很多原本的想像都不一定準確。

有些國家的同學講話很直接，有些人比較慢熟；有些人做事很有效率，有些人則比較重視生活感。剛開始可能會覺得不太習慣，但後來我慢慢學會不要急著判斷，而是先去理解為什麼對方會這樣做。當我願意用比較開放的方式看待差異後，反而更能和不同文化背景的人相處。

這段經驗讓我對不同國家和文化有更深入的認識，也讓我知道，文化差異不一定是障礙，有時候反而是讓自己視野變大的機會。只要願意溝通、願意理解，其實很多差異都可以變成很有趣的交流。

G. 海外生活歷練帶來的改變與成長

這次交換對我最大的改變，是讓我學會關掉對其他國家、其他文化，甚至對外國人的濾鏡。以前可能會覺得國外的一切都比較新鮮、比較好，或是對某些國家有特定印象。但實際生活一段時間後，我發現每個地方都有它好的地方，也都有它不方便或需要改善的地方。

這讓我慢慢形成一種比較不卑不亢的心態。我不會因為自己來自台灣就覺得比較不足，也不會因為到國外就盲目覺得什麼都比較好。相反地，我更能用平等的角度看待不同國家，也更能清楚知道自己的位置。這種心態上的轉變，是我覺得這次交換最重要的成長。

我也覺得自己變得更有自信，但這種自信不是很外放或很誇張的那種，而是因為看過更多不同的人、不同的生活方式和不同的選擇後，心裡變得比較穩。遇到陌生環境時，我知道自己可以慢慢適應；遇到問題時，我也知道自己有能力想辦法解決。

H. 感想與建議

整體來說，這次交換可能是我這輩子到目前為止做過最值得的一件事。它不只是讓我去法國讀了一學期的書，也讓我真正離開原本熟悉的環境，去看看不同的人怎麼生活、怎麼學習、怎麼思考。

我很慶幸自己有參加這次交換，因為它帶給我的不只是語言進步或履歷上的經驗，而是更深層的心態改變。我變得更敢表達、更能面對不確定，也更知道未來自己想往什麼方向前進。很多事情如果沒有真的出去生活過，可能很難只靠想像理解。

如果要給學弟妹建議，我會說：只要條件允許，真的應該參加交換計畫。交換不一定每天都很精彩，也不一定每件事都很順利，但正因為會遇到各種不同狀況，才會讓人成長。出國前可以先把文件、預算和基本生活資訊準備好；出國後則要勇敢一點，多認識人、多參與課程、多出去看看。不要太怕英文不好，也不要太怕犯錯，因為很多進步都是在不完美的溝通和嘗試中發生的。

對我來說，NEOMA Business School 的交換經驗是一段很珍貴的回憶，也是一段讓我重新整理自己人生方向的過程。這段經驗會一直影響我未來看待世界、看待自己，以及面對選擇時的態度。

I. English Reflection

From September 2025 to January 2026, I went to NEOMA Business School, Reims Campus, in France as an exchange student. Before the exchange, I was studying in the MBA program at National Sun Yat-sen University. Looking back on this experience, I feel that it was probably one of the most worthwhile decisions I have made so far. It was not only a semester of studying abroad, but also a time when I learned more about the world and myself.

NEOMA Business School in Reims gave me the impression of being a relatively small but comfortable and modern school. The campus was not very large, but the facilities were quite new and complete. There were classrooms, study spaces, discussion areas, and everything students needed for

classes and group work. Since NEOMA is a business school, many courses focused on discussion, teamwork, presentations, and practical thinking. This made the learning experience different from what I was used to in Taiwan.

One thing that impressed me a lot was how international the school was. There were many students from different countries, so I had many chances to talk and work with people from different cultural backgrounds. At first, the most difficult part was getting used to different English accents. Although everyone spoke English, each person had their own accent and speaking style. Sometimes I needed more time to understand what others were saying, especially during group discussions. However, after a while, I realized that this was actually a very good opportunity to practice real international communication. In real life, English is not always spoken in one standard way, so learning to understand different accents became an important part of my exchange experience.

During my exchange, I took courses such as ENT - Intrapreneurship and Leadership and Organization Development. The course that I liked the most and learned the most from was Intrapreneurship. Before taking this course, I usually thought of entrepreneurship as starting a company from zero. However, this course helped me understand that entrepreneurship can also happen inside an existing organization. Innovation is not only for start-ups. People can also create new ideas, new strategies, and new value within a company or organization.

The teaching style of this course was very interactive. The professor often gave us a topic or a situation and asked us to discuss it in groups. After that, we had to organize our ideas and present them to the class. At first, this was a bit stressful because I had to discuss and present in English with classmates from different countries. However, I gradually became more comfortable with it. I also found that group discussions helped me think from different perspectives. Sometimes I had one idea in mind, but after listening to my classmates, I realized that the same issue could be understood in many different ways.

Compared with classes in Taiwan, the biggest difference was the amount of teamwork. At NEOMA, there were many group projects, discussions, and presentations. Sometimes it felt like there was always another group meeting to attend. However, this also helped me improve a lot. My English speaking ability became better, and I became more willing to express my thoughts. I also learned how to work with people who had different opinions, different personalities, and different cultural backgrounds.

Besides studying, life outside the classroom was also a very important part of my exchange. I often went out with friends, explored Reims, and traveled with my classmates. During the exchange, I visited many countries and experienced different cultures, food, cities, and lifestyles. Traveling taught me many practical things, such as how to plan transportation, book accommodation, manage my budget, and deal with unexpected problems. These things may sound simple, but when living abroad, every small problem becomes a chance to learn.

The most common difficulties I faced were language adaptation and travel planning. For language, the main challenge was not only English itself, but also different accents. I solved this by listening more carefully, asking questions, and confirming information when I was not sure. For travel planning, I had to learn how to check routes, compare prices, arrange time, and prepare backup plans. Sometimes schedules changed or things did not go as expected, but these experiences taught me to solve problems immediately instead of avoiding them.

Most of the cultural shocks I experienced were positive. Before going abroad, I had some impressions of people from different countries. Some of these ideas came from the internet, media, or other people's stories. However, after actually studying, talking, traveling, and spending time with international friends, I realized that many of my old impressions were too simple. Every country and every person is different. Some people are more direct, some are more careful, some value efficiency, and some care more about enjoying life. Instead of judging these differences, I learned to understand them.

The biggest change this exchange brought me was that I learned to remove the filter through which I used to see other countries and people. I no longer think that everything abroad is automatically better, and I also do not look down on where I come from. Every country has its strengths and weaknesses. This helped me develop a more balanced and confident mindset. I became more open-minded, but also more grounded.

Overall, my exchange at NEOMA Business School was a very meaningful experience. It improved my English speaking ability, broadened my international perspective, and helped me become more independent. More importantly, it gave me a clearer idea of what I want to do in the future, especially in business, branding, entrepreneurship, and organizational innovation. If I could give advice to future students, I would say that if they have the chance, they should definitely join an exchange program. It may not always be easy, but the challenges are exactly what make the experience valuable. For me, this exchange was not just about studying in France. It was an experience that changed the way I see the world and the way I see myself.