A. 學校簡介

這次我交換的學校是法國 EM Normandie Business School。EM Normandie 是一所具有國際特色的商學院，在法國、英國、愛爾蘭以及杜拜都有校區。學校也通過 AACSB、EQUIS 以及 AMBA 三項國際商學院認。 我選擇這間學校的主要原因是因為它有多個國家的校區，學生可以依照自己的規劃，在不同國家的校區學習，體驗不同的文化。一般交換通常只會選擇一個國家的學校，但 EM Normandie 提供學生在不同校區學習的機會，讓我可以在交換期間體驗不同國家的生活。我這次交換期間選擇了兩個校區，分別是英國 Oxford 校區以及法國 Le Havre 校區。上學期在 Oxford 校區時，我體驗到了英國的生活方式與文。下學期來到法國 Le Havre 校區後，我真正開始生活在法國，了解法國當地的生活方式。對我來說，一般旅遊通常只能短暫停留在一個國家，但是透過交換，我可以在一個地方生活幾個月，能體驗更多當地生活。

B. 國外研修之課程學習（課內），推薦受益最多 / 最喜歡的課程

我印象最深刻的課程是經濟政策（Economic Policies）。這堂課教授上課舉的例子以及討論內容大多與法國政治相關，因此對我來說，需要花比較多時間了解法國政治背景，才能跟上課程進度。一開始因為不熟悉相關內容，所以理解上比較困難，但也因為這門課，我有機會更深入了解法國政治與經濟環境。面對課程上的困難，我會使用 AI 幫助自己學習。當教授講到一些我不熟悉的內容時，我會直接詢問 AI，快速得到比較容易理解的解釋，下課後也可以再次複習。

C. 國外研修之生活學習（課外）

除了課堂學習之外，海外生活也是這次交換很重要的一部分。在歐洲生活期間，有時候會遇到不熟悉的文化或不同的想法，偶爾會遇到不友善的言語或行為。剛開始遇到時，我會覺得難過，但後來慢慢學會調整自己的心態，不讓這些事情影響自己的生活。 交換期間，我也利用課程結束後的時間旅行，到歐洲其他國家探索不同文化。因為交換讓我有比較長的時間生活在歐洲，所以不只是觀光，而是真的感受到不同國家的文化及歷史。

D. 交換 / 研修之具體效益（條列式）

1.培養獨立生活能力 在海外生活期間，學習自己處理住宿、交通、生活問題以及突發狀況

2.提升解決問題的能力 在陌生環境中遇到問題時，學習主動尋找資訊與方法，而不是依賴他人

3.提升跨文化溝通能力 透過與不同國籍學生相處，了解不同文化背景下的想法與習慣

4.增加國際視野 透過在歐洲生活與旅行，更深入了解不同國家的文化和歷史

5.增加面對未知環境的信心 透過交換經驗，證明自己可以適應不同國家的生活環境，也讓我原本在思考要不要出國讀碩士有了答案

E. 海外生活期間是否曾遭遇困境，及是否解決問題？

海外生活期間，我沒有遇到太大的困境，整體來說生活都算順利。不過，在歐洲生活時，偶爾會遇到一些不友善的言語或行為。剛開始遇到這些事情時，我會覺得難過，也會思考是不是因為自己的外表或身分而受到不同對待。不過，後來我慢慢學會調整自己的心態，不讓這些事情影響自己的交換生活。我會提醒自己，這些事情並不能代表所有當地人的想法，也不應該讓少數人的行為影響自己體驗海外生活的目的。 這段經驗讓我學習到，在不同文化環境中生活時，除了享受當地文化，也需要學會面對與自己期待不同的情況，並保持自己的心態。

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？

海外生活期間，我遇到不少和台灣差異很大的地方，這些文化差異有些讓我覺得神奇，但也有一些真的讓我非常不習慣 在法國生活時，我最明顯感受到的不方便就是生活機能和台灣差異很大。很多商店星期日會提早打烊，甚至完全不營業。剛開始的時候，我真的覺得非常不方便，因為在台灣習慣了即使假日也有很多商店可以購物。另外，公共環境方面也是讓我印象很深刻。有些遛狗的人不會主動清理狗狗留下的大便，走在路上需要特別注意，偶爾也會看到有人直接在街邊牆壁小便，這些情況和我原本對法國浪漫的想像有很大的落差。來法國之前，我對法國有很多美好的想像，但真正生活後才發現，每個國家都有自己的優點和需要改

善的地方。六月時剛好遇到法國熱浪，也讓我體驗到另一個文化差異。法國很多地方沒有冷氣，甚至部分公共交通工具也沒有冷氣設備，因此在炎熱天氣搭車時真的非常不舒服。面對這些文化衝擊，我慢慢學習接受不同國家的生活方式，雖然我到現在仍然無法完全理解，但這些經驗也讓我發現真實的一面。對我來說，這也是交換經驗中很重要的一部分，因為它讓我對海外生活有更全面、更真實的認識。

G. 海外生活歷練帶來的改變與成長

我覺得這次交換帶給我最大的改變，是讓我變得更加獨立，也更有信心面對未知的環境，在出國之前，遇到問題時可能會習慣尋求熟悉的人協助，但在海外生活後，很多事情都需要自己處理，這讓我發現自己其實有能力適應不同環境，也培養了自己解決問題的能力。

H. 感想與建議

交換可以讓學生換個國家到其他國家生，更深入了解當地文化。不管過程充滿多少開心或不開心，這次交換經驗對我來說是一段非常珍貴的人生經歷，除了學習課程內容之外，更重要的是讓我學會獨立生活、適應不同文化，也拓展了我的國際視野。

My exchange school was EM Normandie Business School in France. EM Normandie is an international business school with campuses in France, the United Kingdom, Ireland, and Dubai. It is also accredited by AACSB, EQUIS, and AMBA, three internationally recognized business school accreditations.

The main reason I chose EM Normandie was its multi-campus system. Unlike most exchange programs, which only allow students to study in one country, EM Normandie gives students the opportunity to study at different campuses. During my exchange, I studied at the Oxford campus in the United Kingdom and the Le Havre campus in France. In two different campuses, I experienced two different cultures and lifestyles in two different countries. Compared with traveling as a tourist, studying abroad allowed me to stay in one place for several months, so I was able to understand local culture and daily life more deeply.

The course that impressed me the most was Economic Policies. Most of the examples and discussions in this class were related to French politics, so I needed to spend extra time learning about the political background before I could fully understand the lectures. Although it was difficult at the beginning, the course helped me gain a better understanding of the relationship between politics and the economy in France.

Whenever I had difficulty understanding the course content, I used AI as a learning tool. When the professor introduced unfamiliar topics, I asked AI for explanations so that I could understand them more quickly. After class, I also used it to review what I had learned. In addition, some professors did not clearly explain the requirements for group projects. Not only exchange students but also French students were sometimes unsure about what was expected. To avoid misunderstanding the assignment, my classmates and I usually discussed our ideas first and showed our presentation to the professor before the final presentation to make sure we were on the right track.

Besides studying, I also traveled to different European countries during my exchange. Living in Europe for several months gave me the opportunity to experience different cultures, histories, and lifestyles. These helped me understand the differences between countries from a local perspective. As a result, my exchange experience became much more meaningful.

I also experienced several culture shocks while living in France. For example, many shops closed early or did not open at all on Sundays, which was very different from the convenient lifestyle in Taiwan. At first, I found this quite inconvenient because I was used to having stores open almost every day. Another surprising experience was the public environment. I noticed that some people did not clean up after their dogs, and occasionally I even saw people urinating on walls in public. These experiences were very

different from my original image of France. In June, I also experienced a heat wave. Since many places in France do not have air conditioning, including some public transportation, traveling on hot days could be quite uncomfortable.

The biggest change brought by this exchange experience was that I became more independent. Before studying abroad, I usually relied on people around me when I faced problems. However, living overseas taught me how to solve problems on my own, whether they were related to transportation, accommodation, or daily life. This experience showed me that I am capable of adapting to a new environment and dealing with unexpected situations independently.

Overall, this exchange experience was one of the most valuable experiences in my life. Although there were some challenges, I learned much more than academic knowledge. I developed greater independence, improved my problem-solving skills, experienced different cultures, and broadened my international perspective. Most importantly, this experience gave me more confidence in facing new environment.