A. 學校簡介

ESCP Business School 成立於 1819 年，是世界上最古老的商學院，在歐洲擁有六個校區（巴黎、倫敦、柏林、馬德里、杜林、華沙）。作為法國頂尖的 Grande École，它在金融與管理領域長年位居 Financial Times 全球前段班。我所就讀的巴黎校區位於市中心，充滿了歷史感與濃厚的學術氣息。ESCP 以高度國際化著稱，學生來自世界各地，課堂上鼓勵跨文化協作與實務討論，是培養全球商業領袖的搖籃。

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 ESCP 選的所有課裡，我最喜歡也最推薦的是 Programming with Excel: VBA。

身為財管系的學生，常常需要處理一堆報表，但這門課完全打破了我的習慣。教授教得很實務，例如他直接拿 DHL 的訂單當案例，讓我們練習怎麼寫巨集，針對同學不懂的地方也會手把手仔細講解。原本要花時間操作的事情，透過寫 VBA 幾秒鐘就跑完了。這種「把技術跟實務結合」的成就感非常紮實。

C. 國外研修之生活學習（課外）

法國的生活節奏與台灣截然不同。在巴黎，我學會了如何優雅地面對繁瑣的行政程序（例如辦理房補、處理 Free Mobile 合約），也體驗了在地生活的藝術。此外，我充分利用地利之便，從荷蘭的生鯡魚、匈牙利的 Lángos，到冰島的魚子醬，這五個月的旅程讓我從味蕾到視覺都深刻體驗了歐洲文化的多元性。

D. 交換/研修之具體效益（請條列式列舉）

- **跨文化適應力**：能在完全陌生的法國環境中獨立處理住房、電費與合約問題。
- **國際商業視野**：透過 ESCP 的課程，理解歐洲企業的經營邏輯與人才合作模式。
- **危機處理與抗壓性**：在歐洲旅遊途中應對各類突發狀況。
- **語言實戰應用**：在全法語環境中提升基礎生活溝通與全英語專業授課的吸收能力。

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?

在歐洲生活雖然開闊了視野，但也伴隨著許多無法預期的突發狀況，最令我印象深刻的是在義大利旅行回程時，因為沒有算好時間而錯過了飛回巴黎的航班。當時已是深夜，不僅周邊住宿昂貴且難尋。在考量成本與時效後，我決定在機場航廈度過一夜，等待隔天清晨最早的班機。

那晚獨自在異國機場守著行李、在長椅上淺眠，對我而言是極大的心理磨練，也體會到人在異鄉的無助感。這次經歷讓我深刻反思，過去在台灣生活過於便利，對於行程安排往往缺乏危機意識。現在我學會了在面對不可控的突變時，必須先屏除情緒，冷靜地評估現有資源並做出抉擇。這場

「機場驚魂」雖然狼狽，卻也成了我交換生涯中韌性成長最快的一夜。

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?

最大的文化衝擊莫過於歐洲與亞洲在工作節奏與行政效率上的巨大差異。剛到巴黎時，對於處理住房補助等繁瑣且緩慢的流程感到非常焦慮，甚至在小組討論中，對於不同國籍的同學做事方式不同也有點難以適應。

為了適應這種差異，我開始學習調整自己的步調，嘗試理解當地「生活先於工作」的哲學。我學著在溝通中更主動地提出具體訴求，而不是被動等待結果。這種心態的轉變，讓我後來在法國生活時，能更從容地應對各種行政程序，也學會了在不同價值觀的團隊中找到合作的平衡點。

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?

這半年的交換生涯，對我個人特質最大的改變在於「韌性」與「包容力」的提升。出發前，我習慣在有條理、可預測的環境下工作，但歐洲的生活經歷——從獨自處理法國繁瑣的電費租務，到生病失聲時必須學會照顧自己並適時求助朋友——都迫使我長出更強大的心理素質。

我發現自己不再輕易因為計畫趕不上變化而焦慮，反而學會了在混亂中尋找解方，就像在義大利錯過班機的那晚，我能冷靜地安排好隔天的替代方案。這種對生活不確定性的從容，是我在台灣校園環境中很難獲得的成長。此外，透過與各國學生的交流，我對於多元觀點的包容度也大幅增加，不再執著於單一的標準答案，而是更願意傾聽與理解不同的生活選擇。

H. 感想與建議

這五個月的交換生活，不僅是學術上的進修，更是一場關於獨立與自我探索的修煉。ESCP 的資源非常豐富，但巴黎是一座巨大的熔爐，來自世界各地的學生都有各自的生活圈，想要真正融入確實需要花費心力。然而，這種環境也強迫我必須主動踏出舒適圈，去規劃自己的生活與旅程。對於未來想申請交換的學弟妹，我建議除了學業上的準備，更要鍛鍊自己面對不確定性的心態。歐洲的生活並不總如社群軟體上那樣完美，正是那些突如其來的迷霧、班機延誤與生活挑戰，才讓這段旅程變得真實且深刻。雖然巴黎的房租高昂到每次付錢時都會心痛，生活成本也極大，但回首這段日子，我完全不後悔選擇巴黎 ESCP 作為交換的第一志願。這座城市真的太浪漫、太美了，而且各大著名博物館針對 26 歲以下青年都提供免費參觀的優惠，這對學生來說是非常難得的福利。這裡賦予我的美學涵養、國際視野以及應對困境的底氣，是其他城市無法取代的。

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

Introduction to ESCP Business School Founded in 1819, ESCP Business School is

renowned as the world's oldest business school and stands as one of the most prestigious "Grandes Écoles" in France. During my exchange semester at the Paris campus, I was immersed in a high-level academic environment that emphasizes international diversity and practical management skills. The school’ s location in the heart of Paris provided not only historical charm but also a gateway to the European business world, making it an ideal choice for my Master’ s exchange.

Academic Learning & Course Experience My academic experience at ESCP was both challenging and rewarding. Among the courses I took, "Programming with Excel: VBA" was undoubtedly my favorite. Coming from a financial management background at NSYSU, I was used to handling data manually. This course was a revelation; the professor used real-world corporate cases to teach us how to automate complex financial reports through macros. Seeing a task that once took an hour be completed in seconds gave me a profound sense of achievement. This "FinTech" mindset—combining financial expertise with technical proficiency—is a valuable asset that I will carry into my future career, especially for my upcoming interviews with international firms like Macquarie.

Life & Challenges in Europe Life in Paris was a journey of self-reliance. The city is a massive melting pot, but it can be difficult to truly integrate as international students often have their own social circles. This forced me to step out of my comfort zone and take initiative in planning my own daily life and travels. One of the most unforgettable—and difficult—moments was during a trip back from Italy. Due to a transportation mishap, I missed the last flight back to Paris. With no affordable hotels nearby and an urgent need to return for school administrative tasks, I spent a long, cold night on a bench at the airport. While it was exhausting and stressful, it taught me resilience and the importance of staying calm when things go wrong.

Concrete Benefits & Personal Growth The benefits of this exchange extend far beyond the classroom. I developed a high degree of cultural adaptability, navigating through the notorious French bureaucracy and managing local contracts. My problem-solving skills and emotional resilience were tested and strengthened by every delay and strike I encountered. I learned that growth often happens in the midst of uncertainty. Furthermore, the global perspective I gained from discussing business strategies with

classmates from diverse backgrounds has broadened my worldview, making me a more inclusive and open-minded person.

Personal Reflections & Advice To be completely honest, living in Paris is not always the perfect dream shown on social media. The rent was staggeringly high—so high that it was painful every time I had to make a payment. The living costs and the slow administrative pace can be frustrating. However, looking back, I have absolutely no regrets about choosing ESCP as my first choice. Paris is an incredibly romantic and beautiful city with endless aesthetic inspiration. A major perk for students is that most world-class museums are free for those under 26, which allowed me to explore art and history without any financial burden.

To future exchange students: prepare yourself for the unexpected. There will be misty days, flight delays, and moments of homesickness, but these challenges make the journey authentic and meaningful. Embrace the "misty vibes" of the Parisian streets and the grit you develop through these experiences. My time in France has given me the confidence to face any future uncertainty with a steady heart.