學校簡介

勃根地商學院有許多校區，像是巴黎、里昂和第戎（Dijon），第戎位於勃根地大區，此區域以葡萄酒聞名，是法國著名的酒鄉。勃根地商學院成立於1899 年，勃根地商學院名列在法國的菁英高等商業學校之林。學校取得 AACSB（美國精英商學院的認證），AACSB 是全球 5%的商學院才擁有此認證，因此勃根地商學院提供的教育品質獲得法國許多企業認可，同時也獲得全球認可。

國外研修之課程學習（課內），另外推薦受益最多/最喜歡的課程

1. Information System Management
2. Marketing analytics & Digital resources
3. French - Elementary

最喜歡法文課，因為可以結合課程所學和生活運用，尤其會基礎的法文可以在法國生活得更好。

國外研修之生活學習（課外）

1. 旅遊，藉此機會到不同城市和國家旅遊，感受不同風俗文化。
2. 烹飪，因為外食貴所以想省錢要自己煮飯。不過在台灣都吃外食，不太會煮飯，在國外研修期間，烹飪技巧上升許多。

交換/研修之具體效益（請條列式列舉）

1. 開拓國際視野，感受不同文化與歷史
2. 培養藝術細胞，法國博物館之多且學生又不需要門票，讓我可以沉浸於藝術之美
3. 基礎法文使用，環境為學習新語言的最大動力與助益
4. 獨立生活與快速應變之能力，第一次離鄉背井到異國獨自生活，遇到困難第一時間需要自己處理

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?

後背包遺忘在捷克布拉格的Flixbus巴士上，但人卻已經回到法國。
問題已解決，也成功把後背包拿回。一開始發現時因為正值聖誕假期，服務中心人員全部放假，只好先填寫其官方網站的遺失物表單，希望可以盡快被聯繫。但聖誕假期結束卻遲遲未收到消息，於是嘗試打電話聯繫Flixbus員工，卻一直打不通。後來成功聯繫到線上客服人員，不過他卻表示唯一能做的就是填寫遺失物表單，而我早已填寫過。所以我就努力寫信到Flixbus的各個信箱，後來終於收到消息，他們找回我的後背包。
但是，後背包在捷克布拉格，我在法國。我不可能特地為了後背包跑去捷克一趟，雖然他們可以幫我把後背包從捷克寄到法國，不過因為郵寄費用超高加上歐洲郵寄很容易弄丟，所以我當下一直在思考這個後背包值不值得我如此費盡心思找回，後背包裡面的東西說重要也沒有到非拿到不可。
就在糾結時，透過社交媒體知道一位朋友剛好也在布拉格遊玩，而且他在法國讀書，近日就會回

法國。於是託她幫忙領取後背包，而我也成功拿回。
這件事情讓我學到的第一點就是，一定要好好注意隨身物品與行李，千萬不要一時不察遺落，否則非常麻煩。第二件事為，遇到事情或問題一定要靜下心，開始找尋可以解決的方案和管道，不要慌張。第三件事是，並要時要懂得取捨，在機會成本考慮下，選取傷害最小的選項。最後，出外靠朋友，平時要多結善緣，你永遠不知道什麼時候會需要他人的幫助。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

遇到的文化衝擊為法國人很勇於表達想法，甚至是與師長正面對決，在語氣上可能也不太客氣。
法國人認為表達自己的訴求是非常正常的一件事情，自己的權益就要極力爭取，就算會頂撞到師長，但還是勇於發表言論和想法，這種行為與普遍華人文化差異大。
一開始會覺得場面有點火爆，但了解他們的想法和文化後，嘗試結合華人尊師重道和西方勇於表達的勇氣，對有疑問之事情也漸漸學會提出，不過是相對來說委婉和有禮貌的語氣。

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?

在國外獨自生活的這五個月，讓我變得更為獨立，並且能冷靜處理遇到的問題。
之前在台灣時，遇到問題總會覺得有很多人可以幫忙，尤其語言文化相近，所以相對來說就容易依賴別人。但在國外碰到事情，在語言和文化差異下，很多時候都要靠自己去想辦法解決。雖然交換校和中山大學提供的幫助也很多，不過總是會想要嘗試自己處理，如果真的沒辦法再尋求他人協助。
這樣的轉變下，讓我學會更加獨立，解決問題的能力也提升許多，並且遇到事情也不會慌，可以靜下心思考斟酌。

您認為獎學金對您海外研修最大的幫助是什麼?有無獎學金是否會改變您的出國計畫?

獎學金對我的幫助非常大，如果沒有獎學金，可能會選擇不出國或是選擇亞洲國家。
因為家裡經濟不好，如果沒有獎學金的資助與幫忙，我是完全不可能選擇去歐洲研修的。

感言及心得感想

出國研修這段期間，讓我獲益良多，遇到許多大大小小的事情，學會怎麼去解決。也享受了不同的風俗民情，開拓國際視野。更為重要的是，認識了來自不同文化背景的同學和朋友，讓我更能設身處地地看待許多事情。非常幸運並且開心的能擁有這次出國研修的機會，這次經驗將成為我的養分，使我成長茁壯。而這些經驗與歷練也將永存我心，午夜夢迴時，回想起這些點點滴滴，讓我人生更為圓滿。

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)

Burgundy School of Business has many campuses, such as Paris, Lyon, and Dijon. Dijon is located in the Burgundy region, which is famous for its wine and it is called "the hometown of wine" in France. Burgundy School of Business founded in 1899, Burgundy School of Business ranks among the elite business schools in France. The school has obtained AACSB (Accreditation of Elite Business Schools in the United States), and AACSB is only 5% of the world's business schools to have this accreditation. Therefore, the quality of education provided by Burgundy Business School has been recognized by many companies in France and globally.
I took three courses in this semester: Information System Management, Marketing analytics & Digital resources, and French Elementary level. I like the French class the most because I can combine what I have learned in the course with the application in life, especially basic French can help me live better in France. In addition to classroom study, I also learned the following:
1. Travel, take this opportunity to travel to different cities and countries, and experience different customs and cultures.
2. Cooking, because eating out is expensive, so I want to save money and cook by myself. However, he eats outside in Taiwan and is not very good at cooking. During his training abroad, his cooking skills have improved a lot.
3. Broaden your international horizons and experience different cultures and histories
4. Cultivate artistic cells, there are many museums in France and students do not need tickets, so I can immerse myself in the beauty of art
5. Basic use of French, the environment is the greatest motivation and benefit for learning a new language
6. Independent living and the ability to respond quickly. It is the first time that I left my hometown to live alone in a foreign country. When encountering difficulties, I need to deal with them by myself the first time.

The five months of living alone abroad have made me more independent and able to deal with problems calmly.
When I was in Taiwan before, when I encountered problems, I always felt that there were many people who could help me, especially because the language and culture were similar, so it was relatively easy to rely on others. But when encountering problems abroad, under the language and cultural differences, many times you have to find a solution on your own. Although the exchange school and Sun Yat-sen University provide a lot of help, I always want to try to deal with it by myself, and if I really can’t find a way, I can seek help from others.
Under such a transformation, I have learned to be more independent, and my ability to solve problems has also improved a lot. I will not panic when encountering things, and I can calm down and think carefully.

During the period studying abroad, I benefited a lot. I encountered many big and small problems and learned how to solve them. I also enjoyed different customs and customs and broadened my international horizons. More importantly, meeting classmates and friends from different cultural backgrounds allowed me to put myself in many things. I am very lucky and happy to have this opportunity to study abroad. This experience will become my nutrient and make me grow stronger. And these experiences and experiences will remain in my heart forever. When I dream back at midnight, recalling these little things will make my life more complete.