A. 校簡介：

我在交換期間就讀於 MBS 蒙彼利埃高等商學院(Montpellier Business School，MBS)，是法國蒙彼利埃工商會在 1897 年所創立，也是全法國第一間自 1915 年開始招收女姓學生的商學院，該校最重要的三大核心價值：注重商業倫理、開放性和多樣性以及全球責任感和績效。MBS 蒙彼利埃高等商學院也是全球前 1%同時擁有國際商管學院三重認證 EQUIS、AMBA、AACSB 的皇冠學院。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程：

我最推薦的課程是 Sustainable Supply Chains，教授是中國人，說英文時沒有很重的法國口音，非常淺顯易懂，也會在每堂課逐一確認所有同學都跟上教學進度，一步一步教我們操作 Excel，分析供應鏈相關知識。因為我是大四，但在法國學士課程只有到大三，所以這些課程內容都已經學習過，比起國外其他同學很容易上手，也拿到了最高分的分數。

C. 國外研修之生活學習（課外）:

由於我在台灣已完成畢業學分，有充裕的課外時間，所以我花比較多時間在不同國家旅遊，想親自去到不同風俗民情的地方體驗生活。四個半月以來，我到了二十個國家旅行，看變了許多從前課本中的風景，交換生的生活節奏比較自由，我很珍惜每個週末或是連假，探索許多不一樣的地方。

D. 交換/研修之具體效益（請條列式列舉）

- 獨立：我學會自己處理所有前往法國交換的瑣事，雖然過程遇到很多麻煩又很難溝通的時候，但真正提著一堆行李要出發的時候，有種長大的感覺。
- 冷靜：在旅行中遇到的突發狀況，我可以很冷靜的處理並找尋解決方式，不像過去一樣可能會慌張、亂了手腳，導致更嚴重的狀況發生。
- 勇敢：遇到狀況時會積極向當地人求助或詢問，對於英文也會更勇敢地開口和國外同學聊天、分享日常。

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?

在我去南法旅行的過程中，法國火車延誤三個小時，搭上火車後又在車上廣播，火車並不會開到目的地，導致我無法到轉運站搭乘巴士回到我的小鎮，火車上的廣播是法文，完全聽不懂，只能求助隔壁的奶奶，但奶奶不會英文，我們一句一句用 Google 翻譯溝通，過程中碰到一對情侶，男生會說英文，幫助我溝通。下了火車後，遇到了一個女生願意帶我到其他轉運站。到轉運站後又有兩個女生也要回到我的小鎮，很認真的把我交接給她們。到達小鎮後，由於已經凌晨兩點，沒有大眾運輸工具可以回到家，於是拜託一起回來的女生們開車載我回宿舍。

雖然問題解決了，但仔細反思後，我不應該隨便搭上陌生人的車，即使是女生，也應該保持警覺。很幸運我在過程中都遇到善良又熱心的法國人。

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?

在丹麥旅行時，拍了超市門口的牌子記錄生活，但卻遭保全出來制止，讓我感受到有些被歧視的意味，我當下是錯愕但也沒有繼續拍，進到超市購買東西時，保全一直跟在我們身邊，好像害怕我們偷竊，但我選擇忽略並且保持冷靜，沒有進行任何溝通，迅速離開超市。

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?

對我來說最大的成長就是變得清醒獨立，真正看過世界之後，心胸更廣闊，眼界也更大，對於過去在意的事情，現在看來都不是什麼問題，因為我逐漸擁有獨立冷靜解決問題的能力。

H. 感想與建議

我很幸運擁有在國外交換的機會，在學習過程中，了解各國同學的文化差異。法國人的熱情改變了我，即使在電梯遇到不認識的人，抑或是在超市遇到店員，會熱情問候，和亞洲的文化不太一樣。關於旅行，我不太喜歡獨旅，所以在臉書社團上找到台灣歐洲交換學生，一起去旅行。過程中認識了很多不

同年齡層的台灣人，來自北中南的都有。第一次知道我可以和陌生人一起旅行，我認識了十五個朋友，也了解到了十五個人的生活，給了我對於未來人生規劃的不同建議，我也因此找到方向。交到許多聊得來的好友，找到人生目標，是我這趟旅行最大的收穫，尤其是更讓我珍惜和想念與家人相處的時光。回到國內後，我時不時會回想這半年來的生活，都成為我繼續努力生活前進的養分，讓我意識到我是一個特別幸福的人。

I. 英文心得

During the exchange student period, I understand the cultural differences among students from different countries. The enthusiasm of the French people has changed me. Even if they meet strangers in the elevator or shop assistants in the supermarket, they will greet them warmly, which is quite different from Asian culture. Regarding traveling, I don't really like traveling alone, so I found Taiwanese and European exchange students in a Facebook group and went traveling together. During the process, I met many Taiwanese people of different ages, from the north, central and south.

It was the first time I knew that I could travel with strangers. I met fifteen friends and learned about the lives of fifteen people. They gave me different suggestions for my future life planning, and I found my direction. The biggest gain from this trip was making many good friends who I could talk to and finding my life goals. It made me cherish and miss the time I spent with my family.

During the course, I became a student who would actively go on stage to answer questions, which is something I would not do in Taiwan. The professors would give me a lot of affirmation, and my classmates would also look at me with admiration or affirmation, which made me more confident. I deeply felt the difference between Asian education and European education. By getting along with foreigners, I gradually became open and confident. They would compliment my outfit and affirm my performance from time to time, allowing me to be more myself.

The biggest growth for me is becoming sober and independent. After truly seeing the world, my mind has become broader and my horizons have become bigger. Things that I cared about in the past no longer seem to be a problem now, because I have gradually acquired the ability to solve problems independently and calmly. I also encountered many difficult problems during my travels. During my trip to the south of France, the French train was delayed for three hours. After I got on the train, I heard an announcement that the train would not go to the destination, so I was unable to get to the transfer station to take the bus back to my town. The announcement on the train was in French, which I could not understand at all. I had to ask the grandma next door for help, but her grandma did not speak English, so we communicated sentence by sentence using Google Translate. During the process, I met a couple. The boy could speak English and helped me communicate. After getting off the train, I met a girl who was willing to take me to another transfer station. After arriving at the transfer station, two more girls also wanted to return to my town, and I handed me over to them very seriously. After arriving at the town, it was already two o'clock in the morning and there was no public transportation to get home, so I asked the girls who came back with me to drive me back to the dormitory.

After returning to Taiwan, I would think back on the past four months from time to time. They became nourishment for me to continue working hard to move forward in life, and made me realize that I am a very lucky and happy person. I am very grateful to the school for giving me the opportunity to study abroad. This is the most worthwhile and unforgettable memory of my college life.