這次交換，我前往 ESCP 歐洲高等商學院（ESCP Business School）。這所學校歷史悠久，在巴黎校區的交通極其便利，讓我從一開始就充滿期待。在 ESCP 的這一個學期裡，我修了三門課程：公司估值、MBTI 以及能源研究。

在所有課程中，受益最深遠的莫過於公司估值。教授不僅對財務擁有淵博的知識，對於學生的問題也極其耐心。當我們對某些部分感到困惑時，他總是能用簡單的例子給予我們解答，讓我們方便了解。這門課程令我驚喜的還有接觸到了一些不同的估值法與視角，讓我在財務分析方面有所成長。

而論及心靈層面的啟發，「MBTI」課程則是我的最愛。在修習這門課之前，我對 MBTI 的認知僅限於網路流行的性格測試。然而，透過教授系統性的引導與心理學理論的解析，我開始學會解構自己的人格特質，理解自己在不同情境下的反應機制。這不只是一門課，更是一次與自我對話的過程，讓我對人際互動有了更清晰的指引。

巴黎的生活雖然悠閒且浪漫，但高昂的物價對留學生而言是一項巨大的考驗。在歐洲，餐廳的消費往往高的嚇人，這迫使我必須走出舒適圈，開始自給自足的廚師生活。我養成了每天逛超市的習慣，挑選食材、比價、閱讀法文標籤的過程，學習基礎的生活用語，也更深刻地了解到巴黎人的飲食文化與生活步調。

在巴黎生活的日子裡，當然也必免不了一些文化衝擊。最令我印象深刻的是「過馬路」這件小事。在台灣通常都會遵守紅綠燈，乖乖等到綠燈才通行；但在巴黎，我發現當地人早已養成一種默契：只要視線範圍內沒有來車，便會隨性穿梭。久而久之，我也學會觀察車流，入境隨俗。另一種衝擊則是暖心的「留門禮儀」。在法國，進門時一定會回頭確認後方是否有人，即便還有一段距離，他們也會耐心支撐著門直到下一個人抵達。第一次遇到時我感到受寵若驚且有些不好意思，但後來，我也自然而然地養成了這個習慣。

這趟旅程帶給我最大的禮物，我相信絕對是「獨立自主」。身處一個語言不通、文化背景迥異的環境，所有的大小事都必須獨自面對。從最初辦銀行帳戶的繁瑣手續，到採買組裝家具，甚至是在地圖與交通網絡中迷失後的重新定位，每一項挑戰都使我更加獨立。這種獨立性進一步轉化為「獨旅的能力」。我學會了如何從零開始規劃一場旅行：從查詢交通、篩選訂房、購買機票，到面對突發的交通延誤或變數，我都能從容應對。。

回顧這段交換時光，我獲得了三項具體的效益：

1. 外語實戰與應用：不僅是課堂，更在生活與文化中實踐語言。
2. 開闊的國際視野：在多元文化的碰撞中，打破了既有的思維框架。
3. 極致的獨立韌性：磨練出解決問題的執行力與面對未知的勇氣。

眾所周知，歐洲的治安與物價是兩大挑戰，但我非常幸運，能在平平安安、順順利利的情況下完成這趟旅程。雖然巴黎的開銷昂貴，但我在這裡也收穫了許多朋友、專業知識。最後，我非常慶幸自己選擇了巴黎，選擇了 ESCP。這不僅是一次學術上的交換，更是一場關於成長、勇氣與自我發現的豐盛旅程。

英文心得:

During my exchange program, I had the privilege of attending ESCP Business School at its historic Paris campus. From the moment I arrived, the school’s deep academic heritage and its exceptionally convenient location in the heart of the city filled me with immense anticipation. Over the course of the semester, I focused my academic efforts on three distinct yet complementary courses: Firm Valuation, MBTI, and Energy Research.

Among these, Firm Valuation undoubtedly had the most profound impact on my professional development. The professor possessed an extraordinary depth of financial knowledge and, perhaps more importantly, an incredible level of patience. Whenever we encountered complex valuation models or intricate financial concepts, he would skillfully use intuitive, real-world examples to demystify the material. This approach made even the most challenging topics accessible. What truly surprised me was the introduction to diverse valuation methodologies and perspectives that differed from the traditional frameworks I had learned previously. This exposure has significantly broadened my analytical toolkit and sharpened my expertise in financial analysis.

On a more personal and introspective level, the MBTI course became my favorite. Before this experience, my

understanding of MBTI was limited to the superficial personality tests often found online. However, through the professor’ s systematic guidance and the application of rigorous psychological theories, I began to deconstruct my own personality traits with newfound depth. I gained a clearer understanding of my reaction mechanisms in various social and professional contexts. This was far more than a conventional academic course; it was a profound journey of self-reflection that provided me with a clearer compass for navigating interpersonal relationships.

While life in Paris is often romanticized for its leisurely pace, the high cost of living presented a tangible challenge for a student. The staggering prices at local restaurants pushed me out of my comfort zone and into a lifestyle of self-sufficiency. I developed a rewarding daily routine of visiting local supermarkets, where comparing prices and deciphering French labels became a practical way to acquire essential life vocabulary. This daily ritual allowed me to observe the nuances of Parisian dietary culture and the authentic rhythm of local life, transforming a necessity into a cultural lesson.

Reflecting on this transformative period, I have identified three core pillars of growth:

1. Practical Language Application: My language skills flourished not just within the four walls of a classroom, but through constant, real-world engagement with the local culture.
2. A Globalized Perspective: Immersing myself in a multicultural environment allowed me to dismantle my previous mental frameworks and embrace a more diverse, international worldview.
3. Resilience and Independence: Navigating a foreign environment taught me the executive power to solve problems independently and the courage to face the unknown with confidence.

It is widely acknowledged that safety and high expenses are the two primary concerns when living in Europe. However, I consider myself incredibly fortunate to have completed this journey safely and smoothly. Despite the high cost of living, the friendships I forged and the professional insights I gained are truly priceless. Choosing Paris and ESCP was, without a doubt, the right decision. This experience was not merely an academic exchange; it was a vibrant journey of growth, courage, and self-discovery that will stay with me for a lifetime.