學校簡介

昂熱高等商學院（ESSCA）是法國著名高等商校，隸屬於法國貴族精英教學系統，創辦於1909年，位於昂熱市，坐落於聯合國教科文組織承認的世界遺產羅亞爾地區，且是全球為數不多、同時擁有美國商學院協會(AACSB國際)、歐洲質量改善系統(EQUIS)和英國工商管理碩士協會(AMBA)三大商科頂級認證的商學院，是法國最知名的、最早的商學院之一，該校有四個校區，分別在昂熱、巴黎、布達佩斯和上海。

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

creativity and innovation management

國外研修之生活學習（課外）

體驗當地民俗風情，了解當地歷史

交換/研修之具體效益（請條列式列舉）

1. 匈牙利簽證的申請時間較久，須提早申請，且應親自打電話詢問所需準備的文件，因為每位申請者所需準備的文件都不相同
2. 建議另外自己找房子住，學校推薦的房東不推薦
3. 在疫情之情況下出國，須事先查好入境規則及當地疫情規範

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?

問題：至波蘭旅遊的途中，在斯若伐克被趕下火車，因為沒有佩戴規定之FFP2口罩
解決方式：下車之後，找尋可買口罩的地方，並重新買車票，成功抵達目的地

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

是，歐洲人認為應與病毒共存，比起受到感染，他們更怕失去自由，因此他們對於防疫的遵守與台灣非常不同，我認為面對這樣的情況下，應該尊重他們的想法，而不是批評，當然，我們還是可依照自己認同的方式去面對疫情。

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?

解決問題的能力變強

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?

減輕父母的負擔，也有較寬裕的資金能應用。若無獎學金，可能會改變出國的想法。

感言及心得感想

首先，我想先感謝學校及我父母給我這個機會出國開開眼界。在準備出國的期間，心裡感到既緊張不安，但又興奮期待，因為從沒離開自己的家鄉到異地生活那麼久，不過沒想到自己對於新生活很快就適應了，還記得第一天到學校上課，踏進教室的那一剎那，發現同學幾乎都是外國人，全班只有三個亞洲人，面對外國同學，因為口音有些不習慣及感到害羞，一開始還有點不敢跟他們講話，不過隨著課堂的互動，與他們也逐漸變熟了，大家會在沒課的時候，一起去酒吧喝酒，參加學生組織辦的小旅行或是活動，在與他們互動的過程中，大家互相交流著自己國家的文化，從中也可以看出，東西方文化的不同，相較於東方同學，西方同學比較有自己的想法，且大多數都很有自信。除了校園生活以外，我還去了其他國家旅遊，除了第一次看到下雪感到非常新奇，也很開心能參與到聖誕節這個大節日！

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)

I was so glad for having a such great experience in my life. Everything of exchange life was new and meaningful for me. The exchange school which I chosed was ESSCA. Founded in 1909 in Angers, France, ESSCA is a prestigious business school offering a wide range of programs and degrees. There are 8 campuses with 3,900 full- and part-time students and 120 full-time faculty.. ESSCA's international curriculum can boast of an international partner network of over 212 universities in 55 countries. I took four courses in total in the semester, including creativity and innovation management, project management, starting new venture and cross culture management. My favorite course was creativity and innovation management, although I had to do the presentation almost every class, but I thought it was really interesting in sharing ideas with my foreign classmates. In addition, I like the way which professor teaches, he told the theories in the beginning of the class, then gave us a case study to discuss. Professors of ESSCA were really nice, and the relationship between students and professors was like friends.
Except for the awesome campus life, experienced local life was definitely an eye-opening experience for me, for instance, I ate the food that I have never tried before, and saw the sights that I never seen before. However, to be honest, exchange life was also had a negative side, I met many problems which overwhelmed me, for example, so late to get my residence permit or afraid of presenting in front of the class, especially under the situation of COVID 19, I had to worry about the risk of infection, and many rules were changed, I have to find the way to protect yourself, simultaneously, does not affect the exchange life too much. From these experiences, I learned that I have to deal with these issues calmly and patiently, the most important thing was to keep optimism. Finally, I highly recommend everyone to step out of your comfort zone, exchange experience will become the unforgettable memory of your life, and it was definitely worth.