國際事務處 Office of International Affairs

國立中山大學出國交換/研修(含寒暑期課程)/獎助學生返國報告書

學校簡介

雷恩高等商學院為位於法國布列塔尼大區的雷恩，於1990年由雷恩工商會所創立。同時獲得AMBA、AACSB以及EQUIS三項商管領域認證，課程大多以英語授課，95%的教授來自法國以外的40個國家，55%的在校生為國際學生，為全歐洲高度國際化之商學院。

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

由於疫情學校採遠距離上課，雖然我在法國，但課堂上有許多學生並未在法國，有的在印度、中國，因此我學到最多的是如何跨時區的團隊合作。

其中我最推薦的課程為FINANCIAL ENGINEERING & COMMODITIES TRADING，這門課在基本理論內容外討論許多實際應用上的應用與限制，並且要求學生於學期間用VBA撰寫一套簡易的交易程式，並於學期末交易競賽使用。

國外研修之生活學習（課外）

一月至三月皆專注於課業內容，四月開始放假時法國即因疫情惡化限制移動範圍，因此出門旅遊的次數較少，只去過巴黎以及第戎旅遊。在旅遊之外，學習最多的就是廚藝，由於疫情以及物價較高，多數時間都是自己下廚以節省生活花費。

交換/研修之具體效益

a. 跨時區團隊合作
b. 英語能力
c. 廚藝

海外生活期間是否曾遭遇困境，及是否解決問題?

在法國遇到最大的問題還是語言，雖然有先學習一些法文日常的用語，但初次到法國時，交通大多數都沒有英文，以及購物時架上物品只有法文，還好現在翻譯軟體發達，於是時常一人拿手機查翻譯。我會記下查過的內容，回房間後再複習一遍，查幾次後就學會了。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

我遇到最大的文化衝擊為遇到的法國同學基本上周末不回訊息，或是不討論作業，課業內容會集中在周一至周五完成，把自己課業以及私人時間區分得很清楚，一開始發現群組周末都沒人回很緊張，後來問了一些宿舍的台灣同學後他們才跟我說法國同學不少人有週末不談公事的習慣，因此我就調整我

的日程規劃，需要討論的作業都在周一至周五完成，周末處理個人作業。

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?

這段期間在法國的生活給我最大的成長為如何有效率及禮貌地進行小組討論，我學習到在聽完別人發言時就算自己不認同，仍要先感謝對方對於該論點提出的建議以及考量，再開始自己的論述，並且清楚針對不認同的點進行回覆以及自己的方法。對於別人提出反駁的論點理性思考、虛心接受。

感言及心得感想

由於疫情，此次出國交換可說是困難重重，雖然沒辦法像以前交換生一樣到處旅遊以及交朋友，但此次交換仍讓我學習到許多，從廚藝增長、法文學習，到文化衝擊，都是我在這次交換中所親身體會。雖然留下不少遺憾，但未來若有機會我一定會再回到法國來完成此次交換尚未完成之願望清單。

英文心得

School Profile:

Rennes School of Business is located in Rennes, the capital of Brittany, founded in 1990 by the Chamber of Commerce and Industry of Rennes. At the same time, it has obtained AMBA, AACSB, and EQUIS three business management certifications. Most of the courses are taught in English. 95% of the professors come from 40 countries outside of France. 55% of the students are international students. It is a highly international business school in Europe.

Recommend the most benefited/favorite courses:

Since the epidemic school uses distance learning, although I am in France, many students are not in France, and some are in India and China. Therefore, what I learned most is how to work in teams across time zones.

The course I recommend most is FINANCIAL ENGINEERING & COMMODITIES TRADING. This course discusses many practical applications and limitations in addition to the basic theoretical content. It also requires students to write a simple trading program in VBA during the semester and use it in end-of-term trading competitions.

Extracurricular learning:

From January to March, I focus on the content of schoolwork. When the holiday begins in April, France has restricted the range of movement due to the worsening of the epidemic, so there are fewer trips, and I have only traveled to Paris and Dijon. In addition to traveling, the most learned is cooking. Due to the epidemic and high prices, I cook by myself most of the time to save on living expenses.

Specific benefits of exchange:

a. Cross-time zone teamwork

b. English ability
c. Cooking skills

Culture shock during overseas life:
The biggest cultural shock I encountered was that the French classmates I met did not reply to messages or discuss homework on weekends. The content of the classwork would be concentrated between Monday and Friday. The classwork and personal time were distinguished. In the beginning, I found that no one replied to the message in the group on weekends and was very nervous. After asking some Taiwanese students in the dormitory, they told me that many French students have the habit of not talking about official business on weekends, so I adjusted my schedule. Assignments that need to discuss are completed from Monday to Friday, and personal assignments are processed on weekends.

Review and feedback:
Due to the epidemic, the exchange abroad can be said to be very difficult. There is no way to travel and make friends like the previous exchange students. However, the exchange still allows me to learn a lot and experienced it personally, from the increase in cooking skills, French learning to culture shock. Although there are many regrets left, I will definitely return to France again to complete the unfinished wishes which were not fulfilled during this exchange in the future.