學校簡介

ESSCA，為法國學校，本校位於法國昂傑，目前有三所分校，包含法國巴黎、匈牙利布達佩斯、中國上海，我選擇的分校為布達佩斯，位於多瑙河旁，學校為一層樓大小，較偏向補習班規模。

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

Innovation management，課程中時常會需要與其他國際學生進行討論，而討論內容常須以一間企業為例，並且將老師上課所教之工具立馬應用，讓人較容易上手。

國外研修之生活學習（課外）

夜店蹦迪技能。

交換/研修之具體效益（請條列式列舉）

1.可了解實際與外國人溝通以及共事的情況。
2.較清楚各國的文化風情。
3.較能夠學習個人獨立的生活。

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?

在國外旅遊時曾因沒查清楚各國疫情規定，因為沒有PCR證明而遭到滯留。之後在旅遊期間都會先把各國對於疫情的規定整理成表格，若有需相關證明在手機內部設定通知進行提醒。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

在溝通上有時候以為只是把中文轉換成英文進行溝通，但有些用語轉換成英文變得有些不禮貌，選擇多參與國際學生的聚會了解如何在溝通層面進行改善。

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?

在講話上更懂得如何去表達自己的想法，在交流上也漸漸不彆扭。

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?

學習個人獨立技能，在煮飯、旅行、各項規劃上的能力都有明顯增加。國外生活費用高，住宿貴，因此獎學金確實會影響本身的出國計畫。

感言及心得感想

非常感謝學校所給予的獎學金，讓我在交換期間較不需擔心住宿的問題。在出國前，時常在各項規畫上都有許多問題的我，這次在歐洲期間時常選擇獨旅，除了練習自己安排行程的能力以外，也希望能夠在旅行期間多學習如何與他人溝通來結交朋友。

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)

My exchange branch is Budapest, Hungary. ESSCA has a base in Budapest since 1993. It is the only French business school in Hungary that grants a higher business school degree. ESSCA Budapest has welcomed and educated nearly 1,000 students from Hungary and Central Europe as well as students from all over the world. This branch is small-scale, only located in a seven-story building beside the Danube, and only contains one floor, which is more inclined to the scale of cram schools. The campus is mainly for exchange students, so there are no Hungarian students in the school, most of them are French and German students.

In class, teachers like to let students discuss and exchange opinions with each other, and learn more about the ideas generated by different cultures in different countries. For example, in cross-cultural management courses, because most of the students are European, the teacher especially likes to ask Asian students. Ideas, like our thoughts on the evolution of women's status and childhood education. In addition, the teacher also encourages the students to speak up more in class. For example, in innovative management, the teacher likes to ask questions from time to time, and allows the students to answer more questions than in class.

The country I'm staying in is Hungary, although it's much cheaper than countries like France, and even things in supermarkets are cheaper than Taiwan, but they don't have roadside stalls, and restaurants are a bit overpriced, at least NT$200. Therefore, if you eat outside for every meal, it is still a large expenditure, so it is necessary to learn to cook in a foreign country. In addition, in addition to learning independence when going abroad, you must learn to travel alone when you go to Europe. When you travel alone, you can learn how to plan and arrange your itinerary, which is of great help for personal independence.

Specific benefits of the training:
1. Improve English communication skills
2. Personal independence
3. Interpersonal skills
4. English presentation skills

Finally, I would like to thank the school for the recommendation. With the help of the scholarship, I have less financial pressure abroad. At the same time, I have also provided assistance with renting a house and visa before going abroad, so that my exchange plan can be carried out smoothly. .