26-1 學校簡介

勃艮地高等商學院不像其他的交換校，擁有不同的學院，它僅僅是一個商學院，校園並不是很大，但就像麻雀雖小卻五臟俱全，BSB 該有的設施都有，除了教室以外，我比較常去的是圖書館和健身房，健身房雖然設施不多，但對於偶爾想要運動一下的我來說，啞鈴、槓鈴及跑步機已經非常足夠，可以節省額外去報名健身房的費用，在學期初，學校會在每個學生證裡面免費儲值十歐的影印費，方便學生在圖書館內影印課堂所需要的檔案或作業，一整個學期，甚至是一學年來說十歐非常的足夠，是我覺得很貼心的地方。

校園內也設有無線網路，所以上網十分的方便，此外，學校在一開始的導覽時會詳細的介紹學校的每一棟建築，以及在法國第戎生活的注意事項，能大幅降低一開始抵達新環境的不熟悉及不安全感，學校內也常常舉辦各種活動，讓交換生之間甚至是與當地的法國學生都有許多機會可以交流與認識。

Burgundy School of Business is just a business school. The campus is very large, but BSB has all the facilities. In addition to the classroom, I often go to the library and the gym. At the beginning of the semester, the school will store a photocopying fee of ten euros for free on each student card. It is convenient for students to copy the files or assignments required for the class in the library. Ten euros is enough for a whole semester or even a school year, which is very intimate for me.

There is also a wireless network on the campus. it is very convenient. Besides, the school will introduce each building in detail during the initial tour and the precautions for living in Dijon, France, which can greatly reduce the unfamiliarity of the new environment, and various activities were often held in the school, allowing exchange students and local students to have many opportunities to get alone.

26-2 國外研修之課程學習（課內）

在交換期間，我選修了兩門課，分別是 Industrial Relations and International HRM 與 Final Business Game，兩門課都需要與外國老師、學生進行頻繁的課堂討論，可以藉由討論去發現他們許多值得學習的想法，此外，我特別想推薦 Final Business Game，能透過商業競賽平台進行經營模擬，從市場展望預測需求，去制定生產、人資、研發、行銷、後勤、金融的策略，進而透過與其他競爭者的比較來調整每一期的策略，大部分的時間都是小組討論，要跟組員說明你想制定的策略以及背後的想法，非常有趣、有挑戰性。

在出國交換以前，開口說英語對我來說是非常不自在的一件事情，可能是礙於對自己的英文能力沒有自信，害怕說錯或者因為緊張而想不到適合的單字來表達，但經過一學期的訓練，儘管對自己的英文能力還是不太有自信，但現在對於更勇於開口說英語。

During the exchange period, I took two courses, Industrial Relations and International HRM and Final Business Game. Both courses require frequent classroom discussions with foreign teachers and students. I can learn a lot through discussion. Besides, I especially want to recommend Final Business Game, which can conduct business simulation through a

business competition platform, forecast demand from the market version, and formulate production, human resources, marketing, logistics, and financial strategies, etc. It's very interesting and challenging to explain the strategy you want to make and the ideas behind it.

Before the study abroad, speaking English was very uncomfortable for me. I have no confidence in my English ability, I am afraid of speaking wrong, or I cannot think of suitable words to express due to the nervousness. During this semester, although I am still not very confident about my English ability, I am more courageous to speak English.

26-3 國外研修之生活學習（課外）

在去法國交換以前，我不曾自己下過廚，而在法國因為物價較高昂、為了節省開支的情況下，我學會了去超市比價，挑選新鮮的蔬果，並自行烹煮料理。

除了在課堂上，在宿舍與各國的鄰居，或者跟店家進行日常的對話，除此之外，透過英文來搜尋資訊也是十分重要的，透過英文才能取得更深入的資訊

而出國交換對我而言，不僅是學習國外學者、學生不同的想法、觀點，更是親自體驗歐洲生活，拓展自己的國際觀點的好機會，所以我按照課程時程，安排自己的讀書進度並做好妥善的規劃，趁著課程間的空檔，包含法國在內，總共去了 12 個國家旅遊，品嘗當地美食，到著名景點踩點，因為我是工作過後才又進修研究所，我更能體會工作後要出國旅遊的不容易，強烈建議，不要白白浪費難得能在歐洲短暫生活機會，可以多去各國各地走走，多與其他人交流，或許能獲得當地人推薦私房景點或餐廳的機會，這是透過網路看台灣人的旅遊分享文章不一定會得知的訊息。

Before going to France being an exchange student, I never cooked myself. In France, because of the high prices of eating in a shop or restaurant, I learned to cook by myself.

Also, to improve the English ability, it is important that not only discussion with classmates in classroom and having daily conversations with neighbors in the dorm or with shopkeepers, but also searching for information in English, and you can get more in-depth information.

For me, the exchange abroad is not only a good opportunity to learn the different ideas and perspectives of foreign scholars and students, but also an opportunity to experience European life and expand my international perspective. Well-planned, taking the free time between the courses, including France, I travel to 12 countries, taste local food and visit famous attractions. Because I studied at the institute after full-time work, I can better understand it is difficult to travel abroad during the work period. I am strongly recommended that not to waste rare opportunities to live in Europe. You can go around the country and communicate with other people.

26-4 交換/研修之具體效益

- 問題處理能力 Problem handling ability
- 英語溝通能力 English communication skill
- 彈性時間安排能力 Flexible scheduling ability
- 廚藝能力 Cooking skill
- 安排旅遊行程之能力 Ability to arrange travel
- 更有國際觀 More international perspective

26-5 感想與建議

生活方面

附近有許多超市，生活用品的價格可能會因為特價而有大幅的差異，建議一開始要採買大量生活用品的時候，可以多逛幾家比價，另外值得注意的是，歐洲的店家大多傍晚就打烊，週日不營業，要記得提早採買足夠的糧食。

離開法國時，記得將銀行、保險、電信、住宿等合約解約，提早詢問作業時間，可能要提早一個禮拜到一個多月不等的時間，如果未在規定時間辦理，會被收取罰款。

旅遊方面

歐洲有許多青年優惠(未滿 26 歲)，在交通或是參觀景點方面都有許多折扣，可以多把握現在還符合資格，多加利用。還能透過 https://www.omio.com/，可以查找最便宜的交通方式，而旅遊如果會到使用不同幣別的國家，建議可以開 Revolut 數位銀行帳戶，可以在低價的時候換匯，抵達當地可以直接提領當地的幣別不會被收取換匯、交易的手續費。

不要害怕別人跟你攀談，我在一趟旅程中認識一個外國人，而我正好有規劃去他所居住的城市旅遊，被推薦了許多當地私房的景點與美食，除此之外也能加入當年度交換學生的臉書社團，大家經常會分享交換期間的實用資訊，甚至可以找到同樣來自台灣但就讀不同學校的學生一起出遊，可以讓旅途更加有趣且安全。

About Life

There are many supermarkets nearby, and the prices of daily necessities may vary greatly. It is recommended that when you need to buy a lot of daily necessities, you can browse a few more price comparisons. It is also worth noting that most stores are closed in the evening and closed on Sundays. Remember to buy enough food early.

When you leave France, remember to cancel the bank, insurance, telecommunications, accommodation, and other contracts and ask about the operation time in advance. It may take a week to more than a month in advance. If you do not handle it within the time, you will be charged.

About Travel

There are many youth discounts (under 26 years old) in Europe. There are many discounts on transportation or famous attractions. You can be more utilized that you are still eligible

for it. You can also find the cheapest way of transportation through https://www.omio.com/. If you travel to countries that use different currencies, it is recommended to open a Revolut digital bank account, which can be exchanged at low prices. When you arrive at the local area, you can withdraw the local currency and you will not be charged the exchange and transaction fees.

Don’ t be afraid to talk to strangers. I met a foreigner during a trip, and I had planned a trip to the city where he lived. I have been recommended for many local attractions and delicious food.

Also, you can join the group of exchange students, they often share practical information during the exchange and even find someone from Taiwan who are studying at different schools to travel with you, which can make the journey more fun and safer.

26-6 相片

圖一、國際學生在校園導覽後合影



圖二、與台灣不同學校的交換生到冰島的教堂山留影



圖三、與朋友到荷蘭的小孩堤防旅遊留影

