學校簡介

EDHEC北方高等商業學院在里爾（Lille）、尼斯（Nice）、巴黎（Paris）、倫敦（London）和新加坡（Singapore）等五個地區擁有分校，在全球商學院中排名前20位，在全法國商學院中排名第五。

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

這次交換我選擇了三門課，Principles of Finance, Financial Analysis and Valuation,以及French course。
Principles of Finance：這門課是和一般學生一起上的必修課程，每週上課三小時，大約上兩個月左右，內容是一些基本的財務理論，有點類似企管系的財務管理課程，不是特別困難，但內容非常多，老師甚至會一週上完兩個單元，講述方式也是屬於不會特別深入討論的介紹，目的應該只是要幫碩一生稍微做個基本複習，畢竟在大學期間大家通常都學習過了。而考試方式期中考試是分小組，每個小組需要一起完成一份考卷，時長是三天，時間非常充裕內容也不會很困難，而期末則是到學校進行個人筆試測驗，有選擇題和計算題，範圍是整個學期的課程內容，每人可以帶一張A4小抄，但因為考試範圍真的很大，公式也有非常多，所以其實還是需要花一些心思準備和理解，才有辦法在一小時的時間內作答完成。

Financial Analysis and Valuation：這門課也是和一般學生一起上的必修課程，每週上課三小時，大約上三個月左右，總共由三位老師教學，第一位老師來自義大利，負責Analysis的部分，老師上課方式非常仔細，遇到計算題也會在上課期間耐心地將每個步驟計算給大家看，但因為有義大利腔和說話速度較快，因此需要很專注，否則就要再花時間跟上，不然會漏掉很多內容。第二位老師及第三位老師負責Valuation的部分，前者注重於講解理論，而後者則是實作，從上網尋找公司的財務數據到套入理論中的評估公式，讓我們可以真正的獨立完成評估分析公司財務狀況的流程。考試方式其中是Analysis後會進行個人測驗，全部選擇題，而期末是每個小組會被分配到一間上市公司，必須根據他們的財務報表去評估公司現在的價值，以及計算出指標並與其他同行進行比較，在了解股票是被高估或低估後，在作出要買進或賣出股票的決策。

French course：這是這次交換我最喜歡和推薦的課程。法語課在開學前會先進行能力測驗，之後會將學生依照能力分班，當時完全沒學過法語的我當然被分配到最簡單的初階班，我們班上約有20人，算是中小班，一次上課三小時。上課老師是一位中年女性，他的第一堂課是從一些日常對話開始教學，大概上了五組對話，我認為這其實對真正的初階學生來說有些吃力，當時我連發音都不會，卻要看著一堆句子去了解它的結構並唸出來，這真的讓我當時飽受驚嚇。在受到第一堂課的打擊後，我回家聽了很多遍youtube學習最基本的發音，加上在課堂上老師非常喜歡點名學生（每次上課大約會被點到四五次），這讓我有許多機會發揮我自己學習的發音，一開始我總是不太敢說出口，畢竟雖然都是一些英文字母但發音卻完全不一樣，讓我很害怕自己說得不夠好，但這時老師總是永遠笑笑的說一句所以我只要重複一次就好，久而久之我開始一點都不害怕念錯，反正只要大聲有自信的回答就可以，奇蹟的是，到了學期末我幾乎很少被糾正了，就算看著全新的單字我還是可以正確地讀出來。我特別喜歡這堂課第一是因為這老師就是有一股讓人覺得犯錯也無所謂的勇氣，真的可以讓大家在課堂上很勇敢的練習法語，在上課期間是非常輕鬆愉快沒有壓力的氛圍，有別於在台灣學語言的環境，我覺得這堂法語課顛覆了我過往得學習經驗。第二是因為在法國學習法語就是讓你整個人置身於一個大型學習環境，除了老師是法國人，你身邊全部也都是，所以今天你只要學習了一點新句子馬上就能在你下課後去逛街吃飯時派上用場，或是走在街上你就能稍微聽懂一點路人說的話，真的特別有成就感也感覺更能融入這裡的一切。

國外研修之生活學習（課外）

在法國除了上課以外的期間，大部分時間我都安排了旅行，這是我第一次到歐洲，也非常難得可

以歐洲待上這麼長一段時間，所以我選擇利用這個機會到幾個自己喜歡的國家及城市冒險。在旅行期間我最喜歡去感受每一個城市不同的氛圍，可以感覺到這座城市曾經是多□輝煌或是繁榮，尤其在逛完博物館後，腦海裡總是會浮現出那些想像中的歷史畫面，這總沈浸在文化裡的感覺讓我感覺特別滿足和享受。如果沒有外出旅行，我通常會和學校班級裡的同學玩在一塊，我們來自不同國家，所以總能有許多新奇的事可以一起去做或是一起聊天分享，例如我們會一起煮火鍋，越南河粉，法式可麗餅，或是一起聽每個人國家的流行歌曲，在翻譯和大家分享，有這些陪伴讓我就算獨自在歐洲也從不覺得孤單。

交換/研修之具體效益（請條列式列舉）

-提升外語能力（英語、法語）
-交到不同國家的朋友
-體驗截然不同的生活方式
-開闊眼界、激發更多不同想法
-更勇於嘗試不同事物

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?

在這裡最大的困境是和法國同學共事時我們面對事情的處理方式和思考邏輯總是不一樣，而且他們還會非常堅持己見，例如在同組一起做報告時明明我認為我使用的方法沒有問題，但他們卻堅持一定要照著學長姐的方式完成，這讓我覺得非常不能接受，因為他們很喜歡用這種完全不接納別人意見的方式要求你聽他的，在多次覺得不服氣之後，我選擇有耐心的和他們據理力爭下去，總之就是要堅定自己的想法，然後用盡各種方式和他們解釋，最終才終於得到他們的認同。在這個經驗上，我學到如果今天我有自己的理由和想法就不應該因為別人的否定就馬上放棄，必須先勇敢的和別人溝通，不要害怕不同的意見，如果選擇說出來才有被認可或是討論的機會。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

法國人對於工作和生活的態度與台灣有非常大的不同，他們非常注重生活，所以這裡的商店、百貨公司、超市，基本上在晚上七八點就會全部關門，這對於原本生活在24小時隨時都有便利商店的台灣人來說真的非常不習慣！另外這裡的店員大多在工作時也非常「悠哉」，不管是在超市結帳，或是餐廳點餐、送菜、付錢，等了半小時都是正常不過的事，相對在台灣，我們總是要求工作要講求效率，一開始我真的時常等到不耐煩。但特別的是，這裡的人好像一點也不介意，於是我也改變心態，發現其實慢慢來沒什麼不好，只要把做事的時間安排的長一點，其實不用總是這麼急躁、匆匆忙忙的真的會讓心情平靜許多。

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?

獨自一人在海外生活我認為對我最大的影響是我能更有自信地去開始做任何事，在這裡因為想要交到朋友，必須開口說英文去認識外國人；因為想要買到喜歡的東西必須用很爛的法語去買東西；因為想要吃到台灣料理，必須自己學做菜，在台灣我總是害怕別的的眼光不敢做好多事，但在這裡因為必須要做所以督促我去開始很多第一次，這才發現原來只要開始其實一點都不可怕，只要開始什麼事都變得容易，所以在這裡讓我學會了更相信自己可以做到，更勇敢的去跨出第一步。

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？

獎學金支付了全部的機票費，讓我覺得對於父母可以減輕一些負擔，但就算沒有這項補助，我還是會選擇出過，不想錯失這個難得的機會。

感言及心得感想

體驗歐洲讀書生活是我從小就很嚮往的，能有這次的交換經驗真的好幸運。不管是從一開始的努力準備，出發交換前的忐忑不安，剛到法國的緊張及新奇，遇到困難的失落，到現在習慣一切的平淡，我沒有一刻是後悔的，因為我知道我在這段期間經歷的所有事都將成為我人生中很重要的養分。我很謝謝學校家人讓我有這個機會，也謝謝自己在遇到任何困難的時候都沒有選擇放棄，這個決定讓我踏出舒適圈突破自我，讓我看見了廣闊的世界，更讓我儲存了很多勇氣再去闖蕩人生，期許自己能永遠記住這個當下，能保有現在無畏的心繼續面對各種困境。

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)

School Description:
EDHEC has five campuses in Lille, Nice, Paris, London and Singapore, and is ranked among the top 20 business schools in the world and fifth among all French business schools.

Course Description:
I took three courses during the exchange period, Principles of Finance, Financial Analysis and Valuation, and French course.
-Principles of Finance: This course is a required course that is taken with the general students. The content is some basic financial theory, somewhat similar to the financial management course in the business management department. It is not particularly difficult, but there is a lot of content, and the instructor will even finish two units a week. The lecture style is also an introduction that will not be discussed in depth, and the purpose should only be to help the sophomore students to do a little basic review, after all, we have usually studied during the university. The midterm exam is divided into small groups, and each group needs to complete an exam together for three days, so there is plenty of time and the content is not very difficult, while the final exam is an individual written test at school, with multiple choice and calculation questions, covering the entire semester. It takes some effort to prepare and understand before you can finish the test in one hour.
-Financial Analysis and Valuation: This course is also a compulsory course with the general students, three hours per week, about three months, taught by a total of three teachers, the first teacher from Italy, responsible for the analysis part, the teacher is very careful in the way the class, and will be patient during the class to calculate each The first teacher is from Italy and is in charge of the Analysis section. The teacher is very meticulous and will patiently show you every step of the calculation during the class, but because of his Italian accent and fast speaking speed, you need to pay attention or you will have to spend more time to catch up or you will miss a lot of content. The second teacher and the third teacher were in charge of the Valuation section. The former focused on explaining the theory, while the latter was practical, from finding financial data of the company on the Internet to applying the valuation formula in the theory, so that we could really complete the process of evaluating and analyzing the financial situation of the company independently. At the end of the exam, each group will be assigned to a listed company and must evaluate the current value of the company based on their financial statements, and calculate the indicators and compare them with other peers, and then make a decision to buy or sell the stock after understanding whether it is overvalued or undervalued.
-French course: This was my favorite and most recommended course of the exchange. I was assigned to the easiest beginner's class with about 20 students, which was a small to medium class of three hours. The teacher was a middle-aged woman, and her first lesson started with some everyday conversations. After the first lesson, I went home and listened to youtube many times to learn the basic pronunciation, plus the teacher liked to name the students in class (I would be named 4 or 5 times in each lesson), which gave me a lot of opportunities to use the pronunciation I learned. But then the teacher always smiled and said, "I just have to repeat myself," and over time I began to have no fear of mispronouncing the letters. I especially liked this class because firstly, the teacher had a courageous spirit that made people feel that it was okay to make mistakes, and really allowed people to practice French bravely in the classroom. The second thing is that learning French in France puts you in a large learning environment, not only the teacher is French, but also all around you, so as soon as you learn a new sentence today, you can use it when you go shopping and eat after class, or you can understand a little bit of what passers-by say when you walk down the street.

Extra-curricular life:
It was my first time in Europe and it was very precious for me to spend so much time in Europe, so I chose to take this opportunity to venture to a few of my favorite countries and cities. During my travels, I love to experience the different atmosphere of each city, to feel how glorious or prosperous the city used to be, especially after visiting the museums, the imaginary images of history always come to my mind, and this

feeling of being immersed in the culture makes me feel especially satisfied and enjoyable. If I'm not traveling, I usually hang out with my classmates at school. We come from different countries, so there are always lots of new things to do or talk about together, such as cooking hot pot, Vietnamese noodles, French crepes, or listening to popular songs from each country together and sharing them with everyone in translation. With this kind of company, I never feel lonely even when I am alone in Europe.

Benefits:
-Improve foreign language skills (English, French)
-Make friends from different countries
-Experience a very different way of life
-Open up my eyes and inspire more different ideas
-More courage to try different things

Feeback:
I think the biggest impact of living alone overseas is that I can start doing anything with more confidence. I have to speak English to meet foreigners because I want to make friends here; I have to use poor French to buy things I like; I have to learn how to cook by myself because I really want to eat Taiwanese food. In Taiwan, I was always worried about other people's eyes and didn't dare to do many things, but in here, because I had to do it, I was urged to start a lot of things for the first time, and I realized that starting is not scary at all, and everything will be easier as long as I start, so here I learned to believe more in myself that I can do it and be more brave to take the first step.