A .我是 115-1 前往法國勃根地高等商學院的交換學生，勃根地高等商學院位於法國東部第戎的城市，勃艮第高等商學院（Burgundy School of Business, BSB） 是一所位於 法國 的頂尖國際商學院，成立於 1899 年，由第戎工商會（Chamber of Commerce of Dijon）與當地商界支持下創立，是法國歷史最悠久的商學院之一。屬於 法國「大學校」（Grande École） 體系中的精英管理學院，代表其在法國高等教育中具有很高的學術地位與競爭力。

B .在修讀的課程當中我最喜歡 Performance Management 這門課，這門課在學程中算是稍微比較重的科目，老師會帶領學生一步一步針對資料進行整理以及分析，做成可視覺化的資料報表，對於未來工作技能可說是相當實用，並且能透過團隊合作增強自身的溝通表達以及資料處理的能力，可說是獲益良多。

C .課外方面可說是多采多姿生活豐富，學生會每個星期會有不同的活動，提供給全校不同學生參加，並且在休閒之餘因為歐盟申根國的關係，可以無需檢查遊玩各個歐洲國家，體驗人生增廣見聞，品嘗各國美食料理與欣賞各地美景，對於人生經驗以及外語能力來說是相當大的助益。

D .交換之具體效益如下:

 提升國際商管專業能力

透過於 Burgundy School of Business 修習國際行銷、管理與策略等商學課程，學習歐洲商業環境與企業實務，強化國際商管知識與分析能力。

 培養跨文化溝通與團隊合作能力

與來自不同國家的學生共同上課與完成小組專案，實際鍛鍊在多元文化情境下的溝通協調能力與國際團隊合作經驗。

 強化外語能力與專業表達

在全英語或英法雙語授課環境中學習，提升專業英語表達能力，並於日常生活中增進法語實用能力。

 拓展國際視野與全球思維

透過深入歐洲學習與生活，了解歐盟市場運作與法國商業文化，培養宏觀的國際觀與全球競爭意識。

 累積國際學習與生活經驗

獨立適應海外學習制度與生活環境，培養自主學習、時間管理與問題解決能力，提升未來海外升學或就業的適應力。

 建立國際人脈與未來發展基礎

與國際學生及師長建立連結，拓展人際網絡，為未來升學、實習或進入跨國企業奠定良好基礎。

 促進個人成長與自我探索

透過交換期間的挑戰與反思，提升自信心、獨立性與抗壓能力，並更清楚自身的學習方向與職涯。

E .在交換初期，我曾遭遇一些困南，主要來自於語言溝通與學習方式的差異。由於課堂中高度重視討論與即時回應，我一開始在表達意見時較為緊張，擔心用詞不夠好而影響溝通效果。為了解決這個問題，我在課前會花更多時間提前準備課堂內容，先整理好想法與重點，同時，我也鼓勵自己勇於開口，即使表達不夠完美，也要將它當作學習的過程。隨著時間累積，我逐漸能自在參與討論，語言能力與自信心也明顯提升，並獲得有效改善。

F .在交換生活中，我感受到明顯的文化衝擊，特別是在學習文化與人際互動方面。當地學生普遍勇於表達個人觀點，並且在課堂上能直接與教授進行討論甚至提出不同意見，這與我過去較為被動、以聆聽為主的學習經驗有所不同。一開始我對這樣的氛圍感到不適應，甚至會因擔心表現不佳而選擇沉默。然而，在觀察與參與的過程中，我嘗試以開放與學習的角度參與其中，慢慢學會在尊重他人的同時，也表達自己的想法，進而順利適應當地的文化環境。

G .這段海外生活的歷練，為我的人生與個人特質帶來了明顯的改變。過去我在面對陌生環境與挑戰時，較容易依賴既有的資源或他人協助；然而在海外，無論是課業安排、生活瑣事或突發狀況，都必須獨立面對與解決。這樣的經驗讓我逐漸培養出更強的自主性與責任感。最大的成長在於心態上的轉變——我學會以更彈性且正向的態度面對不確定性，並相信只要願意嘗試與調整，就能找到解決方式，這也讓我對未來的學習與職涯發展更加有信心。

H .整體而言，這段海外生活是一段極具價值且難得的學習經驗，不僅拓展了我的國際視野，也讓我在心態與能力上都有顯著成長。我深刻體會到，海外學習的收穫不僅來自課堂知識，更來自於跨文化交流與生活中的各種挑戰。我建議未來有意參與海外交流的同學，應提前做好語言與心理準備，並以開放的心態面對文化差異與不適應的情況。只要勇於嘗試、主動參與，並善用學校與周遭資源，便能在海外生活中獲得最大的學習成果與成長。

I .I was an exchange student at Burgundy School of Business (BSB) in France during the 115-1 academic semester. BSB is located in Dijon, a city in eastern France. Founded in 1899 with the support of the Chamber of Commerce of Dijon and the local business community, it is one of the oldest business schools in France. As part of the French “Grande École” system, BSB is recognized as an elite management institution with strong academic reputation and competitiveness.

Among the courses I took during my exchange, Performance Management was my favorite. Although it was relatively demanding, the course was highly practical and rewarding. The instructor guided students step by step through data organization, analysis, and visualization, transforming data into meaningful reports. This course not only strengthened my analytical and technical skills but also enhanced my communication and teamwork

abilities through group projects, which will be highly beneficial for my future career.

In addition to academics, campus life at BSB was vibrant and diverse. The school organized various activities each week, providing opportunities for students from different backgrounds to interact and connect. Furthermore, as France is part of the Schengen Area, I was able to travel freely across many European countries without border checks. These experiences allowed me to broaden my horizons, experience different cultures, and improve my foreign language skills, which greatly enriched my overall exchange experience.

This exchange brought several concrete benefits. Academically, studying business-related courses such as management and strategy helped me better understand the European business environment and strengthened my international business knowledge. Working with students from different countries significantly improved my cross-cultural communication and teamwork skills. Studying in an English-taught or bilingual environment enhanced my professional English ability, while daily life in France helped me develop basic French communication skills. Moreover, living abroad independently improved my adaptability, problem-solving ability, and global perspective, all of which will be valuable for my future academic and career development.

During the early stage of my exchange, I encountered difficulties mainly related to language communication and different learning styles. Since classes emphasized discussion and active participation, I initially felt nervous about expressing my ideas. To overcome this challenge, I spent more time preparing before class and encouraged myself to speak up, even if my expression was not perfect. Over time, my confidence and language ability improved, allowing me to participate more actively in class.

I also experienced cultural differences, particularly in academic culture. Local students were more confident in expressing opinions and interacting directly with professors, which was different from my previous learning experience. By observing and gradually participating, I learned to adopt an open mindset and express my thoughts while respecting diverse perspectives.

Overall, this overseas exchange was a highly valuable experience. It not only enhanced my academic knowledge and language skills but also contributed greatly to my personal growth. I learned to be more independent, adaptable, and confident when facing challenges. I strongly encourage future exchange students to prepare well, stay open-minded, and actively engage in both academic and cultural experiences to gain the most from their time abroad.