返國報告書

本次交換學校為法國巴黎的 ISC Paris，該校為一所以商業管理為導向的學院，課程設計強調實務應用與國際視野。校內學生組成多元，來自不同國家，課堂上常透過分組討論與簡報培養學生的溝通能力與跨文化合作能力，整體學習氛圍相當開放且重視學生參與。

在課內學習方面，我修習了多門與管理及商業相關的課程。其中我最推薦且收穫最多的是「Leadership and Management」。該課程的老師非常鼓勵學生發言，並且會認真聆聽每一位學生的想法，讓我在課堂中更願意主動表達意見，也提升了自信心。此外，我也很喜歡「Wine & Spirits Management」這門課。由於在法國交換，透過這門課不僅學習到相關產業知識，更深入了解法國的飲酒文化與其背後的歷史脈絡，使學習內容與當地生活產生連結，收穫特別深刻。

在課外生活學習方面，此次交換讓我真正體驗在歐洲生活的日常。除了課業之外，我需要自行安排交通、採買生活用品及規劃日常開銷，也會利用時間安排旅行行程。與台灣高度便利的生活相比，在法國需要特別規劃採購，例如需前往大型超市一次購買較多生活用品，這讓我在生活安排上變得更有計畫性。

本次交換的具體效益如下：

1. 拓展國際人脈，與來自不同國家的同學建立連結
2. 增強學習第三語言的動機
3. 提升跨文化理解與適應能力
4. 培養獨立生活能力

5. 強化時間管理能力，需平衡課業與旅行安排

在海外生活期間，我並未遇到特別嚴重的困境，但仍有一些經驗讓我印象深刻。例如在旅行時，曾因未仔細確認廉價航空的行李規定而被額外收費，讓我學到在國外旅行時需要更注意細節。此外，也曾發生過因不熟悉門鎖設計，不小心將朋友反鎖在家中的情況，最後需要臨時趕回去開門。這些經驗雖然不算重大問題，但讓我意識到在不同環境中，日常細節都需要更加謹慎處理。

在文化適應方面，我個人本身對歐洲文化已有一定了解，因此並未感受到明顯的文化衝擊。較有感的差異主要在於消費與生活模式。台灣生活便利，日常需求隨時可以滿足，而在法國則需要事先規劃與準備。面對這樣的差異，我選擇調整自己的生活節奏，逐漸適應當地的生活方式。

這段海外經歷對我最大的改變，在於提升了我的獨立性與自我管理能力。在國外生活需要自行安排所有事情，從課業到旅行規劃都需要負責，也讓我更清楚如何分配時間與設定優先順序。此外，透過與不同文化背景的人交流，我也更理解文化差異，並學會用更開放的態度看待不同的價值觀。

整體而言，此次交換經驗不僅拓展了我的國際視野，也讓我在個人成長上有所突破。建議未來有意申請交換的同學，除了做好基本規劃外，也應保持彈性與開放的心態，主動參與課堂與生活中的各種機會，才能真正從交換經驗中獲得最大收穫。

Exchange Report

My exchange program took place at ISC Paris, a business school located in Paris, France. The school emphasizes practical learning and international exposure, with students from diverse cultural backgrounds. Classes are highly interactive, often involving group discussions and presentations, which encourage active participation and the exchange of different perspectives.

During my studies, I took several business-related courses. Among them, my favorite was *Leadership and Management*. The professor consistently encouraged students to share their opinions and genuinely listened to our ideas, which created a supportive learning environment and helped me become more confident in expressing myself. Another course I particularly enjoyed was *Wine & Spirits Management*. Studying this subject in France allowed me to better understand the country's drinking culture and its cultural and historical significance, making the learning experience more meaningful and context-based.

Outside the classroom, this exchange experience allowed me to adapt to daily life in Europe. Compared to Taiwan's highly convenient lifestyle, living in France required more planning, especially in terms of grocery shopping and daily necessities. I also needed to manage my time effectively to balance academic responsibilities and travel plans, as I took the opportunity to explore different countries during my stay.

The key benefits of this exchange include expanding my international network, strengthening my motivation to learn a third language, enhancing my cross-cultural understanding and adaptability, and developing greater independence and time management skills.

Although I did not encounter major difficulties, I did face some minor challenges. For example, I was once charged extra fees by a low-cost airline due to not fully understanding their baggage policy. Additionally, I once accidentally locked my friend inside the apartment due to unfamiliarity with the door system. These experiences, while not serious, reminded me to pay closer attention to details in unfamiliar environments.

In terms of cultural differences, I did not experience significant culture shock, as I was already somewhat familiar with European culture. However, I noticed differences in administrative efficiency and lifestyle pace, which required more patience and adjustment. I also

became more aware of personal safety, especially regarding pickpocketing, although I did not personally encounter such issues.

Overall, this exchange experience contributed greatly to my personal growth. It helped me become more independent, adaptable, and open-minded, and further clarified my interest in pursuing an international career in the future.





