交換心得

我的交換校是位於法國的雷恩高等商學院，有巴黎和雷恩兩個校區而我選擇的是雷恩校區，是一所交換生超過半數的商學院。而他的所在地雷恩是一個非常小的城市，只有兩條地鐵線但基本上可以覆蓋所有地方，從起站坐到尾站也大約只需半小時，基本上可以說是一個大學城，治安很好學生非常多，居民商家等都非常友善英文也都能溝通。缺點則是機場的航線非常少，要出遊通常都是必須坐火車先到巴黎再出發，若是以旅遊為目的而申請交換的同學可能可以考慮其他國家或直接選擇巴黎。

交換過程中，我最喜歡的課程是非專業課程的法文課，但也是剛開始最令我感到挫折的一堂課。由於語言課程不是必修所以我們班上只有六個人，雖說是初階班但大家基本上都有先學過一些基礎，只有我是完全初學，而老師堅持全程使用法文授課。這起初對我來說很挫折，因為我完全聽不懂老師在說些什麼，或提出了什麼要求，上課都只能露出很茫然的臉看著老師。但後來我慢慢的在課後花時間自學，上課時也突破自己勇敢發言，不怕自己口音奇怪或說的磕磕巴巴，在老師的鼓勵下我也成長了非常多也越來越有成就感。

而在生活上剛抵達的前兩天我也有遇上困難，例如到超市買生活用品，但由於看不懂法文的關係分不出洗髮精、沐浴乳、洗面乳，也無法得知功效等等，而翻譯軟體也不夠準確導致我需要花上非常多時間研究，搭乘交通工具、購票等等這種生活中的小事在語言不通的情況下也都需要花上更多時間，有種什麼都要從頭學習的感覺。但後來就完全養成習慣能很自然的直接開口發問，問店員問路人問站務人員等等，大家真的都非常樂意幫忙及回答問題(前提是有禮貌)。也非常幸運我走訪了 13 個國家 31 個城市，完全沒遇上任何種族歧視的問題，大家都非常友善。

在歐洲這段期間，我的行程基本上是被旅行所填滿。遇上最大的困境是形成時常會有變動，或是會遇上沒趕上車、交通延誤等等的情況。這也讓我練就了能非常快速根據現實隨機應變及說走就走

的能力。

最後針對這半年的交換生生活，我認為真的很像夢一樣，可以在我非常嚮往的歐洲這麼長一段時並走訪各國，看到不同的自然風景及歷史建築或文化。這段時間不只讓我心靈上成長很多，變得更獨立堅強也能更成熟的處理各種人際關係，面對困境也更有勇氣迎面而上處理問題，同時在看見更開闊的世界之時自我思考我所想追求的未來及生活。

交換/研修之具體效益（請條列式列舉）

- 增進外語能力
- 培養解決問題能力
- 獨立
- 了解更多外籍生教學、生活、學習模式
- 增進世界觀

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) 500 字以上

My semester exchange at the Rennes School of Business in France was, without a doubt, one of the most transformative experiences of my life. When I first arrived in Rennes, I was welcomed by a cozy, incredibly safe university town. Although its small size meant I often had to take a train to Paris to catch flights for my trips, the friendly locals and vibrant student community made it the perfect home base for my European adventure.

Looking back, my journey was defined by stepping far outside my comfort zone, starting with the language barrier. I still remember the frustration of my first few days. Even simple tasks felt like massive hurdles. In the supermarket, I couldn’ t tell the difference between shampoo and body wash, and my translation apps were surprisingly unhelpful. It truly felt like I was learning how to navigate life all over again from scratch.

This challenge was amplified in my elective French class. Despite being a beginner’ s course, I was the only true novice, and the professor insisted on speaking only in French. Initially, I felt completely lost. However, instead of giving up, I decided to put in extra hours of self-study. I forced myself to speak up, letting go of my embarrassment over my accent or broken sentences. Along with the professor's constant encouragement, taking that leap of faith gave me an incredible sense of achievement.

That newfound courage easily translated into my daily life. I stopped relying solely on my phone and started actively asking for help—from store clerks, random passersby, and station staff. I quickly realized that as long as I was polite, people were incredibly patient and eager to assist.

Beyond the city of Rennes, my time in Europe was heavily shaped by travel. I was fortunate enough to visit 31 cities across 13 countries. Throughout my journeys, I never experienced any discrimination; instead, I was met with warmth everywhere I went. Of course, traveling extensively wasn't always smooth. I dealt with missed trains, unexpected transit delays, and constant changes to my itineraries. Yet, these unpredictable moments became some of my greatest teachers. They trained me to think on my feet, adapt quickly to changing realities, and embrace the beauty of being spontaneous.

Overall, these six months felt like a wonderful dream. Living in a place I had always admired and immersing myself in different cultures allowed me to grow tremendously. I am returning home much more independent, resilient, and confident in my ability to solve problems. This exchange didn't just expand my worldview; it gave me the clarity and courage to think deeply about the kind of future I want to build.