學校簡介

在Kedge business school裡面有非常多來自世界各地的學生，因為學校提供非常多不同的入學方式，所以真正的在地法國人不佔多數，交換生基本上不會講法文的話，只會跟交換生待在一起，想要認識講法文的朋友只能透過參加社團。

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

非常推薦大家修Big Data Analysis，老師會手把手的教學如何使用Python做一些簡單的分析，對於從來沒接觸過的人來說，我覺得可以試試看！

國外研修之生活學習（課外）

如果在你的人生中從來沒有上過法文課的朋友們，拜託！快去報名法國在台協會的一兩期課程，或是使用線上學習平台（例如：amazingtalker, lingoda）不要單蠢的以為你修的課都是英文，就沒有必要學法文，因為波爾多會講英文的店員沒有你想像的多，即便是只擁有一點點溝通的能力，都會在你的日常生活中帶來更多快樂，若是法文程度已經有B等級以上的同學，請慢慢開始複習就好，開學前會有一個分級測驗（如果你有要修學校提供的法文課的話），但每一個班別的老師教學風格都不太一樣，如果你想要換班，請務必在第一堂課結束之後，馬上跟負責課程的人聯絡，不然你就只能回家鬱悶的把自己裹在被子裡哭，然後下個禮拜再繼續上課。
除了必備的文件影本以外（請參閱其他文章），如果是習慣書寫的朋友，請幫你自己規劃一場文具購物之旅，因為波爾多當地的文具，絕對無法在價格和多元性上滿足一個台灣人的需求，我個人特別推薦必帶的品項是豆豆貼、雙面膠、立可帶以及各種L夾，另外可以帶一把剪刀以備臨時之需，但請把它放在托運行李裡面，不然會被海關葛格關切唷！防疫用品的部分，除非你有特別喜歡的款式，不然基本上帶一個月的份量，到當地再買就可以了，但有想要狂撒酒精消毒跟大掃除的人，可以依照航空公司規定，帶好帶滿，因為這裡並沒有大瓶的消毒酒精，然後乾洗手常常都有超重的味道。

交換/研修之具體效益（請條列式列舉）

-更獨立、懂得照顧自己
-為自己的選擇負責
-增進語言學習以便融入當地生活
-培養審美觀

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?

抵達法國後，大家需要依序去宿舍報到領取住宿證明、才能去銀行開戶，有了當地的銀行帳戶之後再去辦手機門號，然後是申請法國的健保卡跟CAF住房補助，在我開心的遞交完資料之後，等了兩三個月都無消無息，法文也不好的我不知道該如何是好，眼看著第一個學期都要過了，我也因為天氣寒冷感冒看了許多次醫生，終於在努力不懈的去詢問以及催促行政人員之下，拿到了該申請好的文件，我真心建議大家要勇於為自己的權益發聲，雖然你得到的答覆都會是要再等等，

但實際上每問一次，你的排序都會再提前一些，至於要準備什麼文件，大家都可以在google上找到資訊，在台灣的時候最好就開始準備相關文件，例如需要到地方法院公證的出生證明，就是日後要申請補助不可或缺的文件，我個人的經驗是健保卡等了六個月，CAF等了五個月，所以只有要交換一個學期的同學，可以考慮放棄申請房補，因為光是證明文件還有翻譯的申請就會花掉你一些錢，然後申請過程還有可能卡關。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

在法國的外食費用是非常可觀的，隨便吃一個漢堡或中式炒麵配飲料就可以花掉你15歐，吃餐廳的話一餐是20歐起跳，所以還是在家看看食譜自己煮好吃又便宜的食物比較實在，法國超市的食材價格和台灣沒有差多少，想省錢的人請開始精進自己的廚藝，我個人的花費是一個月一千歐不包含住宿，這個花費可以容許自己在合理範圍內偶爾外食、買買衣服及保養品、外加社交。當然一個月花費在一千歐以內包含住宿也是有可能的，只是可能會比較不開心一點。
在法國必吃的東西就是生火腿，大家可以到超市找到伊比利豬的生火腿，一盒在4-6歐左右的就算是高級貨，配上一根法棍大概1歐，外加一瓶紅酒約5歐，自己回家切一切配來吃就是一種奢華的享受。另外我也很推薦大家買松阪豬自己回家煎，一片大概1-2歐，配上芥末籽醬跟乾煎蘑菇，一餐吃下來不到5歐，準備起來也不難，至於我個人最常吃的料理就是義大利麵了，一包義大利麵2歐通常可以吃四到五餐，再搭配自己喜歡的醬跟配料，一餐也是可以壓在5歐以內，非常推薦這個搭配。早餐的話，我推薦大家嘗試可頌配茶或咖啡，因為法國的可頌真的是好好吃，就連kedge的cafeteria 賣的可頌都已經非常好吃了，加上價格也不會太貴，很適合開起美好的一天，市區也有很多不同家麵包店，大家在空閒時間可以到處去探索好吃的可頌跟麵包，我個人比較不推薦買連鎖店Paul的麵包，除了價格比較貴之外也沒有特別好吃。

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?

我覺得最大的改變是，我了解了生活並不是只有一個樣貌，在台灣大家汲汲營營的把自己活成很累的樣子，因為我們覺得那樣的人生才是成功，但我們常常忽略了更重要的是那些生活中的一點一滴，支撐著我們，去尋找自己人生的方向及目標，沒有哪一個樣子才是正確解答，每個人都必須找到適合自己的生活，才能邁向幸福。

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?

有了獎學金就可以在海外研修時的假期到處走走，學著怎麼和旅伴相處在海外照應，體驗不同文化的風俗民情，閱覽大師級的藝術作品及建築，沈浸在藝術的環境中也陶冶了我的心靈，對整趟海外研修之旅來說，加深了心靈層面的成長。

感言及心得感想

我覺得「照顧好自己」是一項非常重要的課題，不僅僅是學習，生活也是，生活不僅僅是吃飽喝足，我們要追求的是金字塔頂端的自我實現，而自我實現並不僅僅是賺錢花錢而已，而是對於自己的肯定，我們可以透過做了一些事來肯定自己，我們可以透過物質的滿足肯定自己，但真正的肯定自己是接納自己的好與壞，認識自己的需求，然後探索自己未來的可能，在這段路上可以不斷的給自己力量，我認為那才是真正的照顧好自己，而當我們可以照顧好自己，也才能再把這份心力拿來照顧我們的重要他人、我們的社會、以及我們生長的地方。

我在交換期間籌辦了直笛課，教了在地的學生吹望春風，以下為影片網址：
Music Lesson & Final Presentation

https://youtu.be/S55Da2iXgLk

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)

When it comes to Bordeaux, the first thing pops up in your mind must be the wine, the wine, and the wine. Picturing yourself having a chilling party at a friend's after school and studying in the top 40th MBA program at the same time? You believe that it can improve your life style easily. I believe whomever is reading this article right now, has a complicated emotions composed by worries and excitement. Thus, please take a deep breath, and let me share with you the tips in order to make everything less painful while you're making your dream come true.

If you haven't had any French class in your life, please! Go register at the Campus France or other language learning platform such as amazing talker or lingoda. Don't act like a fool and assume that French is unnecessary just because you are taking English classes. In Bordeaux, there are less clerks who speak English as you imagine. Even acquiring just a little bit ability to communicate in French, you will bring yourself a lot more happiness in the daily life. If you already reach a level of B in French, then just take your time to review what you've learned before. There will be an assesment to distribute into different classes before the school start (only if you're taking French classes). However, every teacher can be really different in their teaching style. If you happen to dislike your class, you need to contact the person who is in charge of the course selection immediatel. Otherwise, you can only wrap yourself with blankets and cry at home. Guess what's next? You need to attend the class next week as usual.

After you arrived in France, everyone needs to do the following process in order, check-in at your dorm to get the certificate for the housing in order to open a bank account. After having your local bank account, you will be able to apply for a cellphone number. And then it's the application for Ameli and CAF. During the process, you not only need to be patient but also need to ask the administrator frequentl. Even the reply you get will be to wait a bit more, your order of the process will be changed in the front. As for what kinds of document you need to prepare, you can find the information on Google. Its better if you start to prepare the related documents when you are in Taiwan. For example, the certificate of birth is one of the most important document which needs to be verified by the distric court. Based on my personal experienc, it takes me six months to get my Ameli card and five months for the CAF. As a result, you can consider not to apply for the CAF if you are only starting for one semester since you will pay some money during the process and there is a possibility that you will not receive it.

To dine out in France can be really expensive. It is easy to spend 15 euros for a hamburger or Chinese fried noodles with a drink. For the restaurant, the price starts at 20 euros for a meal. As a result, it is better to study the recipes and cook yourself a delicious and cheap meal at home. The expense for buying ingredients in the French supermarket is similar to what you spend in Taiwanese market. For those who want to save some money, you better start leveling up your cooking skill. My personal expenses for a month is 1000 euros without the rent. Within this budget, I can eat out sometimes, buy some cloths and facial products, socialize in a reasonable frequency. It is possible that you spend less than 1000 euros with the rent. However, you might be less happy.

The number one thing you must try in France is the dry ham, you can find the fancy Iberia ham in the supermarket with the price of 4 to 6 euros. Prepare it at home and try it with a 1 euro baguette and 5 euros wine will be a luxurious experience. I also recommend you to purchase the 2 euros pork neck and fry it with the mushrooms with mustard seeds. You can therefore have a meal within 5 euros and it is easy to prepare. What I usually have for a meal is pasta. A bag of pasta can serve 4 to 5 meal and you can cook along with your favorite sauce and ingredients. I highly recommend it because it will be within 5 euros for a meal as well. For the breakfast, I recommend you to try out the croissant with coffee or tea because the croissant is really tasty in France. Even the one sold in Kedge's cafeteria is so delicious. Plus it is not expensive at all. It is a good fit to help you start your wonderful day. There are several different bakery in the town as well. You can discover the best croissant in your free time. I don't recommend you to get the bread in chain store such as Paul because it's more expensive and it doesn't taste better neither.

Overall, I think the biggest part I learned from this journey is realizing that I should learn how to really take care of myself. Not only physically, but also mentally. This is something we don't emphasize in Taiwanese education. I believe that we can achieve much more after really understanding ourselves, embracing ourselves, and figuring out our future possibilities. Then, we can give it back to the people we

love, the society we love, and the planet we are in.