繕打**中文及英文**心得報告，應包含下列項目 （**中文至少 1,000 字+英文至少 500 字。**赴中國交換者不需撰寫英文心得。）
A. 學校簡介
B. 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
C. 國外研修之生活學習（課外）
D. 交換/研修之具體效益（請條列式列舉）
E. 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?
F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?
G. 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?
H. 感想與建議
I. 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 赴中國交換者免填英文心得

學海惜珠暨乘風萬里或者乘風萬里，心得報告內容項目如下

A. 學校簡介
B. 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
C. 國外研修之生活學習（課外）
D. 交換/研修之具體效益（請條列式列舉）
E. 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?
F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

G. 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?
H. 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?
I. 給乘風萬里獎勵金捐贈者的感言及心得感想
J. 別具意義的照片

A. 學校簡介

諾歐商學院（NEOMA Business School，簡稱 NEOMA BS），在 2013 年由盧昂高等商學院（Rouen Business School）與蘭斯管理學院（Reims Management School）合併，成為歐洲最優秀的商學院之一，並且擁有國際商管學院三大認證 AACSB、EQUIS、AMBA，被稱為皇冠認證，更被英國 Financial Times 財經雜誌評選為最佳商學院之一。

B. 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

此次交換總共修習 4 門課程，分別如下所示：

1. **Business courses Strategy and Sustainability**

   推薦程度：非常不推薦

   這堂課主要是透過個案公司學習有關企業在過往的策略，並且針對現有企業的 ESG 策略，進行分析並提供相關策略方向建議。此堂課報告為教授自行分成各個小組且針對分配個案公司分析，每週需要交小組個案作業之外，同時會有個人作業需針對個案回答問題，也需要針對班上同學的對於個案問題的回覆提供自己的建議及反饋（算在課程互動評分上），整體來說不推薦。

   原因如下：

   (1) 此堂課程的教授上課時間分配不均，並且對於課程準備用心程度低，上課上 1 小時，剩餘 2 小時都是小組討論，並且對於小組討論 2 小時要討論的內容也草草帶過

   (2) 教授對於課程所要教授的內容以及繳交作業內容不會完全講述清楚，繳交作業後並不會給予太多反饋，並且詢問教授關於小組報告的改善建議也沒有用心回覆

   因此，如欲選擇此堂課，請謹慎思考再進行選擇。

2. **Business courses Data Science for Finance**

   推薦程度：推薦

   這堂課是我最喜歡的課程，課程主要是初步了解 python 語法，並且透過 python 分析所選產業的財務狀況及 ESG 評分，並對於未來成長進行評估，教授是法國人，上課十分有熱忱，雖然上課的英文會有法式口音有時會聽不懂，但是有問題進行詢問都會很熱意解答，此堂課沒有期中考，但是有期末小組報告和期末考試，期末考試為手寫程式，不能使用電腦，因此考試困難度較高，但整體來說學習到很多，所以如果對於 python 有興趣的人可以選擇，但如果是已經學習過 python 的人不太推薦會過於基礎。

3. **French Language Course FL.1 - French for Communication (Beginner, A1, A2.1)**

   推薦程度：推薦

   此堂課為基礎法文課程，會從最簡單的數字、自我介紹等等開始學習，如果不會法文或是想要學習法文，這堂課可以打下蠻好的基礎，且對於要在法國生活也有一定幫助。

4. **E-learning International Management EL II - E-learning**

   推薦程度：普通

   此堂課為線上課程，Neoma 規定一定要選修一堂線上課程，此堂線上課主要為觀看影片及閱讀完個案文章後，會進行小測驗作為評分依據，同時也需要提交期末報告，針對個案進行分析並解決問題。

C. 國外研修之生活學習（課外）

在課外學習上，我覺得來到歐洲交換絕對不能錯過可以免費參觀博物館的機會，法國大部分的博物館針對學生都可以面費參觀但需進行網路上預約，並且其他國家的博物館某些也可以以較低的價格入內參觀十分划算，可以免費看羅浮宮、奧賽博物館等等，欣賞梵谷、莫內畫作，非常值得。來到歐洲一定不能錯過可以以最低資金成本去其他國家參觀歷史古蹟及體驗人文風情，歐洲各國交通方式多元，透過長途巴士、火車和飛機就可以抵達許多國家，且強烈建議要提早買票，票價越接近日期可能會漲到 2 倍以上，並且也要注意各國交通方式的差異，小心不要被罰錢。最後是多去認識來自不同國家的交換學生，從他們身上可以感受出來不同國家的生活習慣全然不同，從文化差異中也可以學習到一些知識。

D. 交換/研修之具體效益（請條列式列舉）

- 認識來自不同國家的交換學生，並且學習接納文化差異
- 鍛鍊獨立生活的技巧，並且獨立解決問題的能力
- 拓展國際觀，並且體驗不同國家的風土人情

E. 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?

海外生活曾經遭遇臭蟲問題，導致所有物品需要消毒冰入冷凍庫，最大的困境是要與住宿組的人溝通，住宿組的人完全不會英文，只能透過 google 翻譯進行溝通。同時也無法確認臭蟲公司何時會來，我的解決方式是找到一位會講英文的法文同學，請他進行翻譯，同時積極與住宿組的人進行溝通，確認彼此的理解一致。

F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

最大的文化衝擊可能是治安問題，法國治安相較於台灣較差，經常會有扒手小偷等等，針對此問題在台灣可以先買齊海關鎖及八字扣避免扒手偷竊，同時穿著建議配合當地人穿搭，並且隨時注意四周有無怪人，強烈建議購買手機掛繩，歐洲搶奪手機的風氣較盛，就算不是位於市中心也不要掉以輕心，隨時注意護照財物，保持警戒心就不會有問題。

G. 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?

在海外最大的成長是對於突如其來或是不友善對待的事情可以更平心靜氣地看待，在海外都有可能發生不如意的事情，例如：法國罷工、火車延誤，有時候也會遇到店員歧視或是詢問問題擺臉色，也會遇到辦當地電信被坑錢等等，海外並沒有台灣方便性高，問題無法當天解決的可能性也有，當問題發生時只能靠自己才能解決問題，語言的隔閡也必須靠自己突破，這是我最大的改變。

H. 感想與建議

在這段交換的過程雖然遇到了許多沒有想像到的事情，但很感謝有這個機會可以到法國讀書學習，有與在台灣讀書不依樣的體驗，也改變自己在面對困境時的方式，為自己在最後一個求學階段畫下一個句點。

針對這次交換給予學弟妹以下建議：

(1) 在選擇交換校時需要謹慎考慮自己的需求，是想要鍛鍊英文能力還是只想要體驗國外讀書生活

(2) 需要特別注意學校是否有提供宿舍，因為在國外租屋困難度較高，程序要相對複雜

(3) 隨時注意信箱郵件，避免遺漏選課、抽宿舍等等資訊，建議如果太久未收到學校資訊，馬上聯繫學校進行確認

I. 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

A. School Introduction

NEOMA Business School (NEOMA BS) was established in 2013 through the merger of Rouen Business School and Reims Management School. It is one of Europe's most prestigious business schools and holds the "triple crown" accreditation: AACSB, EQUIS, and AMBA. The Financial Times has recognized it as one of the best business schools, and it maintains a strong reputation for excellence.

B. Academic Learning

During this exchange program, I enrolled in four courses as outlined below:

(1) Business Courses: Strategy and Sustainability

This course focuses on learning from past strategies of case companies and analyzing ESG strategies of current businesses to provide strategic recommendations. It involves group assignments (assigned by the professor) and individual tasks that require analyzing case questions and providing feedback on classmates' responses (graded as part of course interaction). However, I do not recommend this course because of the following reasons:

First, the professor did not allocate class time effectively and demonstrated minimal preparation. Classes lasted one hour, and the remaining two hours were dedicated to group discussions with little guidance.
Secondly, the professor was unclear about course content and assignment requirements. Feedback on submitted work was limited, and inquiries regarding group project improvement received perfunctory responses. I will recommend that prospective students who would like to enroll in this course should consider these factors before enrolling.

(2) Business Courses: Data Science for Finance

This was my favorite course. It introduced Python programming and its application in analyzing the financial performance and ESG scores of selected industries and assessing future growth. The French professor was enthusiastic. Although his French accent made his English occasionally hard to understand, he was always willing to answer questions.

There was no midterm exam in this course, but it included a group project and a final exam. The final exam required handwriting Python code and prohibited the use of a computer, which made it more challenging. This course is highly recommended for those interested in Python, but it may be too basic for those with experience using it.

(3) French Language Course FL.1 - French for Communication (Beginner, A1, A2.1)

This introductory French course covers basics such as numbers and self-introduction, making it a solid foundation for students with no prior knowledge of French. It is also helpful for daily life in France.

(4) E-learning: International Management EL II

Because NEOMA requires students to take at least one online course, I chose this e-learning module. It involved watching class videos, reading case studies, taking quizzes for assessment, submitting a final report, and analyzing and answering problems based on the case studies.

C. Extracurricular Learning during the Exchange

Outside the campus, I highly recommend taking advantage of free museum access for students. Many museums in France, such as the Louvre and the Musée d'Orsay, offer students free entry with online reservations. Moreover, other countries' museums often provide students with discounted tickets, allowing to see works by Van Gogh, and Monet at a minimal cost.

Traveling to other countries to experience historical landmarks and local cultures is a must. Europe’ s diverse transportation options, such as buses, trains, and flights, make it easier to explore throughout Europe, but booking tickets early is essential as prices can double closer to the travel date. Also, be mindful of local transport rules to avoid fines. Finally, make an effort to meet other exchange students from different countries;

learning about their cultural habits is an enriching experience.

D. Benefits of the Exchange Program

- Meeting exchange students from various countries and learning to embrace cultural differences.
- Developing independent living skills and problem-solving abilities.
- Broadening international perspectives and experiencing diverse cultures.

E. Challenges Encountered During the Exchange and Solutions

I encountered a bedbug issue, which required disinfecting and freezing all belongings. The biggest challenge for me was communicating with the accommodation office staff, who did not speak English. I used Google Translate for communication but struggled to confirm when the extermination service would arrive.
To resolve this, I sought help from a French-speaking person who could understand English as a translator and worked proactively with the accommodation office to ensure mutual understanding.

F. Cultural Shock and Adaptation

The biggest cultural shock was safety concerns in France, which is less safe than in Taiwan, with frequent pickpocketing and theft. To address this: I purchased TSA locks and carabiners in Taiwan to secure my belongings and dress like locals, and more importantly, I remained highly alert to the surroundings. Besides, I strongly recommend using a phone lanyard because phone snatching is common in Europe. Always keep your passport and valuables stuff secure and maintain a high level of caution.

G. Personal Growth and Transformation from the Exchange Experience

The most significant growth was learning to stay calm and composed when facing unexpected or unfriendly situations. In France, challenges like strikes, train delays, discriminatory attitudes from staff, or issues like overcharging for phone plans may occur. Unlike Taiwan, it may not be solved in only a few days, so always having a backup is important. This experience taught me to rely on myself and overcome language barriers. Bad things may happen, but you need to stay strong to overcome them.

H. Reflections and Suggestions

Though I faced unexpected situations during this exchange, I am grateful for the opportunity to study in France. The experience offered a unique perspective compared to studying in Taiwan and allowed me to conclude my academic journey meaningfully. I have a few advices for future exchange students:

(1) Consider your goals when choosing a host school carefully. Is your goal to improve your English skills or simply experience studying abroad?
(2) Check if the school provides accommodation, as renting abroad can be challenging and involve complicated procedures.
(3) Regularly check your email to avoid missing important updates about course or housing registration. If you do not receive information from the school in a long time, contact the school immediately for confirmation.