中文心得

在交換期間，我就讀於南法蒙彼利埃的商學院——Montpellier Business School（MBS）。這是一所享有盛譽的商學院。以其對多元化、可持續發展和創新的承諾而聞名，提供涵蓋本科、研究生及高階管理的多種課程。學校獲得了 AACSB、AMBA 和 EFMD（EQUIS）三大國際認證，為學生提供了一個充滿活力的國際學習環境，培養其全球職場競爭力。這座城市或許不像巴黎、里昂或馬賽那樣廣為人知，但它有著獨特的魅力。這是一座充滿陽光、步調悠閒的小城市，深受學生和當地居民的喜愛。這裡氣候宜人，街道上隨處可見露天咖啡座和悠閒漫步的行人，讓人不自覺地放慢腳步，享受南法獨特的生活方式。

在交換期間，我最喜歡、也最受益的課程是 French as a Foreign Language。我很幸運地遇到了一位非常活潑且富有教學熱情的老師，讓學習法語變得輕鬆有趣。雖然我被分到的是最初階的班級，但老師的教學方式並不讓我們覺得自己是「初學者」，反而鼓勵我們直接朗讀法文句子、模仿法語語調，讓我們透過實際的對話和練習來培養語感。課程採用小班教學，這讓我們有更多機會和同學互動。課程中有許多口頭報告，內容圍繞著介紹自己的國家、文化、特色食物與食譜等，這些主題不僅讓我們能夠在輕鬆的氛圍中學習，還能更深入地了解來自世界各地的同學。我們的老師也非常用心，她會記住每一位學生的名字，並確保每個人都能在課堂上開口說法語。這種個人化的學習方式讓我感到非常親切，也增加了學習的動力。對我而言，語言是一種可以帶走且實用的技能，即使只是基礎的法語能力，也能讓生活變得更加便利。我非常推薦交換學生選修法語課，不僅能夠提升語言能力，還能認識來自不同文化背景的朋友，讓整個交換經歷更加豐富。

除了學校生活，我認為交換最精彩的地方在課外生活。這半年間，我去了將近 20 個國家旅行，這是一段我永遠無法忘懷的旅程。交換期間的生活節奏相對自由，沒有太多學業壓力，因此有許多機會可以規劃旅行。我抓住每個可能的假期與週末，探索歐洲各地，不論是繁華的都市還是寧靜的小鎮，都讓我有不同的體驗。

在這段時間裡，我變得更加獨立、勇敢、冷靜。旅行中經常會遇到突發狀況，例如：大眾交通施工改道、罷工、更換月台等，這些突如其來的變動讓我學會如何在陌生的環境中冷靜分析情況，迅速找到解決辦法。我也嘗試了獨旅，獨自漫步在陌生的城市與街道，這種經歷與跟朋友旅行完全不同。獨旅讓我有更多時間與自己對話，也讓我更勇敢地面對世界。我認為，獨自旅行更像是一場自我探索，讓我更加了解自己的內心，學會獨立思考與解決問題。特別是我交換的最後一趟旅行，是一場真正的獨

旅。這趟旅程對我而言不僅是一次冒險，更像是一場心靈的療癒。我透過這段旅程與自己對話，回顧這半年來的成長與改變，也為這段難忘的交換生活畫下完美的句點。這是一份我送給自己的禮物，一份充滿回憶與收穫的珍貴經驗。

在這半年中，我也觀察到歐洲與亞洲文化之間的差異。其中，法國人的打招呼文化讓我印象深刻。在法國，不管是進入一間商店、搭乘公車，或是與陌生人交談，都必須先微笑並說「Bonjour」。即使是在路上與路人擦肩而過，有些人也會微笑點頭，這種習慣讓整個社會的氛圍變得更加溫暖。我並不會不適應這樣的文化，反而覺得這種小小的舉動能讓生活多一份溫度，也讓人與人之間的距離更近。歐洲人對情感的表達也非常直接，例如在車站時，經常可以看到家庭成員或情侶深情擁抱與吻別，這讓我覺得他們更懂得及時表達愛意。這些日常的畫面讓我感受到不同文化帶來的衝擊，也讓我開始思考我們自己文化中對情感表達的方式。

對我來說，這半年最具挑戰的部分應該是語言。由於我剛到法國時幾乎不會說法語，而蒙彼利埃並不是像巴黎那樣的國際大城市，基本上很少看到英文標示，當地人普遍也不太會說英文，這讓剛開始的生活有些困難。但幸運的是，當我需要幫助時，總是遇到非常友善的法國人。即使他們的英文能力有限，還是會努力嘗試幫助我，這讓我對法國人有了完全不同的認識。不過，這段經歷也讓我深刻體會到，如果有一定的法語基礎，生活會方便許多。即使只是簡單的問路、購物、點餐等對話，都能讓日常生活變得更加順利。因此，如果有機會來法國交換，我會建議大家可以提前學一些法語，這樣能讓整個體驗更完整，也能更深入地融入當地生活。

整體而言，這段交換經歷是我人生中最難忘的一段旅程。透過這段旅程發現了更勇敢、更獨立的自己。能夠靠自己的力量在一個陌生的城市生活半年，並把它變成熟悉的地方，是一件充滿成就感的事情。如果有機會申請交換計畫，我非常推薦勇敢踏出這一步，這將會是一場改變你人生的旅程！

英文心得

During my exchange, I studied at Montpellier Business School (MBS) in southern France. Montpellier is a charming, lesser-known city about 1.5 hours by train from Marseille. With its sunny weather and relaxed atmosphere, it quickly became one of my favorite places. The city’s slower pace of life allowed me to fully enjoy my time there, whether sipping coffee at an outdoor café or simply strolling through its beautiful streets.

One of the most rewarding courses I took was French as a Foreign Language. I was fortunate to have an energetic and passionate teacher who made learning French engaging. Despite being in the beginner class, the lessons didn’ t feel basic. Instead of just memorizing grammar rules, we focused on developing a natural feel for the language by reading sentences aloud and practicing conversations. The class was small and interactive, allowing us to connect with students from different countries. We frequently gave presentations on our home countries, cultures, and traditional recipes, making learning fun and practical. Our teacher made sure everyone participated, creating an encouraging environment. I believe language skills are valuable and practical, and I highly recommend taking this course.

Beyond academics, the highlight of my exchange was traveling. During these six months, I visited nearly 20 countries, an unforgettable experience. Traveling in Europe is exciting but also challenging. I often faced unexpected issues like transportation strikes, route changes, and last-minute platform switches, which taught me to stay calm and find solutions quickly. One of my most memorable experiences was solo traveling. Walking alone through unfamiliar streets, navigating airports by myself, and exploring new cities gave me a deep sense of independence. Compared to traveling with friends, solo trips felt like personal reflections. My last trip before returning home was a solo journey, which became a meaningful way to reflect on my growth and experiences.

One cultural difference that stood out was French greeting etiquette. Whether entering a store, getting on a bus, or asking for directions, people always greet each other with a “Bonjour” and say “Merci” and “Au revoir” when leaving. This habit added warmth to daily life. I also noticed that Europeans express emotions more openly. At train stations, I often saw families and couples hugging and kissing goodbye. This openness in expressing affection was a beautiful cultural contrast to what I was used to.

The biggest challenge for me was the language barrier. Since Montpellier is not a major international city, English was rarely used, making communication difficult at times. However, I was lucky to meet many kind and helpful locals who, despite their limited English, always tried their best to assist me. This experience reinforced the importance of learning the local language. Even basic French skills would have made daily life much easier, so I highly recommend learning some French before arriving.

Looking back, my exchange experience was life-changing. Living in a foreign city for six

months, learning to adapt, and making it feel like home gave me a huge sense of accomplishment. I became more independent, confident, and open-minded. If you have the chance to join an exchange program, I strongly encourage you to take it—you won’ t regret it!