A. 學校簡介

ESSCA 是一所商業管理學校，1909 年在法國 Angers 成立，是法國著名高等商業學校之一，屬於法國的私立貴族學校，目前有八個校區，而中山交換的 ESSCA 校區有六個可以選擇，分別位於法國昂傑(主校區)、法國巴黎、法國波爾多、法國里昂、法國普羅旺斯和匈牙利布達佩斯，每個分校的年級及教學重點都不太一樣，像是碩士課程只有法國昂傑、法國巴黎及匈牙利布達佩斯有，而法國昂傑以行銷課程為主，法國巴黎以金融課程為主，匈牙利布達佩斯以供應鏈管理課程為主。我這次選擇在主校區法國昂傑交換，此校區在法國算很大的校區，且該有的設備都有。

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

我修的課程模組為 MASTER YEAR 1 - ADVANCED MANAGEMENT SKILLS (year 4)，這個模組有法文課，而 MASTER YEAR 1 只有這個一個課程模組可以選擇。MASTER YEAR 2 沒有法文課的選擇，但有兩個模組可以選擇(FINANCIAL MANAGEMENT, INTERNATIONAL BUSINESS AND STRATEGY)。

ESSCA 比較不同的是，選課時不會知道任課老師以及課程時間，要等到開學前幾天才會公布，且因為 MASTER YEAR 1 主要課程是 10 月才開始上(要等到 9 月底才會有課表)，因此集中上課會變成一周可能每堂課都有兩堂課，並分布在不同天，造成如果有旅遊計劃的話會比較難安排。且因為大部分老師都是來自其他城市，所以課表每周還有可能會視情況變動。

French Language: 會根據程度分班，由於我們這次修碩一模組課程的交換生剛好都沒有學過法文，所以都在基礎班。碩士的法文課在開學的第一個月(9 月)集中上課，所以如果沒選法文課的人就是等法文課結束後才開學。一次 3 小時，總共 30 小時，每次上課會比較吃力一點，但老師人很好。會有期中和期末考，都有聽說讀寫，課程內容都有讀懂以及每天作業都有完成的話考試不會有問題。

Leadership: 這堂課的授課老師是 RICHER Francois, 有三個報告(領導者、課程、領導者訪談)和兩個考試。老師的法式口音很重，會突然就講法文，課程主要都讓學生報告，老師真正授課的時間很短，而且會突然增加報告跟考試，原本是作業結果會臨時改成下次上課考試，而且上課內容很沒有規劃，會很突然說要做什麼事，法國學生也不清楚。

Strategy: 這堂課的授課老師是 Chadzynski Pierre，有一個期末大報告，需要找一間企業，結合所有課程內容做出一份企業的策略報告。老師英文很好，人也很好，上課主要以簡報內容為主，所以可以提前預習，每堂課都會有一個 case study，每堂課程結束後會分組做 case study 問題的小報告，並上台分享，可以練習快速做簡報及上台英文報告的能力。

推薦的課程:

Corporate social responsibility and business ethics: 這堂課的授課老師是 Oscar CSIBI, 老師的英文很好，上課也很認真，會用真實例子說明每個單元的主題，每節課會有一個組別負責報告課程問題，老師在報告後也會進行提問及補充，不會有只讓學生報告課程就結束的問題，也因此大家在上課前都要先預習會比較好。而這堂課主要分數來自於個人課堂參與(60%)(分組報告為 40%)，老師會在課程中會結束問大家問題，部分問題在簡報會有，因此預習時可以提前準備，然後舉手回答，回答的內容需要加入自己的見解而不是網路給的答案，老師覺得回答的可以的話會給一次的參與度。

C. 國外研修之生活學習（課外）

1. 安全問題：在外要謹慎，東西不離身，提高警覺，遠離怪人，就可以避免不安全的問題。
2. 學校生活：Angers 是法國一個小城市，治安安全很多，交通也便利，人也很好，適合放慢步調的一個地方。
3. 食、衣：Angers 市區(電車 Ralliement 站)附近也有許多餐廳可以嘗試及商店可以購物，由於物價相

較於台灣比較高，在超市買自己煮也比較方便，所以可以學習自己煮飯。

D. 交換/研修之具體效益（請條列式列舉）

1.課程內容著重在國際(歐洲)的案例，可以學習到更多國際事件。

2.練習用英文邏輯思考及英文報告能力。

3.認識來自各個國家的交換生，像是義大利、西班牙、瑞典、美國、韓國等.....。

4.練習英文及學習法文(很多法國商家不太會英文，甚至不會說，所以還是要學一些基礎英文)。

5.獨立解決能力，在歐洲遇到問題(EX:交通工具延誤、取消)，不像在台灣很方便隨時能解決，只能靠自己查資料或詢問。

6.增強國際觀，每個國家都有自己的文化及特色，透過與交換生的交流及查詢資料學習。

7.社交能力，由於一開始大家都不認識，且很多都來自不同國家，所以主動與人聊天的技能會增強。

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?

1.語言問題：在法國經常會遇到英文不好甚至不會英文的人，因此建議可以學一些基礎的法文，或是善用翻譯軟體，如有特別商品藥購買，建議也可以先找好圖片以防萬一。

2.歧視問題：我遇到的歧視很少，大約只有一至二次，可能會不太想理妳，會直接說 no English，甚至會罵髒話，這時就是不要理會也不能讓他們覺得我們好欺負，他們就會自動離開了。

3.交通問題：飛機(廉航)、火車很高機率都會 delay 甚至是 cancelled，建議要先做好功課以及發生事情要主動問人。

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?

1.歐洲人生病不會戴口罩，咳嗽也不會遮，在學校上課或是搭乘交通工具時很容易被傳染。如果遇到咳嗽很嚴重的，可以遠離他們或自備一個口罩在隨身包。

2.法國人多數會壓線完成作業及報告，因此要主動跟他們討論並分配內容，否則經常都是報告前一刻才會完成。

3.交通工具經常延誤或隨時會被取消，因此如果有轉車一定要多抓一點時間，且每一個國家及城市都有不同的大眾交通工具 APP，要提前做好功課並下載方便查詢。

4.歐洲人大部分晚餐時間都吃很晚，大約晚上 8 點或 9 點，且餐廳多數晚上 7 點才會營業，因此如果有聚餐時間要確認。

5.看醫生超級不方便，由於法國基本上都是家庭醫生，因此看醫生要預約，很常可能都要等一個月後才預約的到，因此如果很不舒服的話建議直接去他們的 pharmacie 問有沒有看(線上)醫生的缺額。我在法國有一次感冒非常嚴重，在藥局買非處方簽的藥都沒變好，越來越嚴重，因此建議要從台灣帶一些感冒藥或其他藥到法國會比較好。

6.法國的交通工具(train, tram, bus)很多都只有法文沒有英文，廣播也只有法文，因此有時候遇到臨時有狀況要換車或停駛會不知道狀況，建議要主動問他人看發生甚麼事。

7.紅燈沒車會過馬路，法國在車不多的地方只要沒車，雖然是紅燈路人還是可以通過，算是入境隨俗之一。

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?

海外生活除了有語言溝通問題之外，在各個方面跟台灣都很不一樣，也沒有像台灣這麼方便，因此除了英文能力提升外，也學會獨立、思考、做功課及統整，在社交能力也有所提升，像是學校舉辦的計畫及安排都可以參加，尤其是學伴計劃，可以跟著學伴更認識法國，有問題也可以直接詢問當地人。另外，這趟海外生活也讓我學習開始認識自我。

H. 感想與建議

1.法國人 ： 還沒去法國交換前，有聽說關於法國人傲慢歧視的問題。但去交換後發現沒有這麼糟糕，我

個人遇到的法國人，人都很友善，像是在火車上行李太多太重，法國人會幫忙，有問題問他們，雖然英文可能沒有很流利，但還是會很努力協助跟溝通。

2.安全：還沒去法國交換前，也有聽到許多關於治安安全的問題，在人群多的地方，像是地鐵或車站，確實會有比較高機率有怪人及小偷，但只要提高警覺，把自己的東西顧好不要隨處亂放，以及遠離怪人或覺得不安全的地方就可以，只要提高警覺就可以不用到太害怕。

3.學校及課程：除了看中山交換心得之外，建議可以多在網站查詢相關資料，像是也有其他學校有提供交換資源，也會有心得可以參考，而學校網頁也會有課程相關資訊可以參考，多蒐集資料才可以避免學校漏掉忘記通知的狀況發生，建議要多主動問問題以及與他校校方行政人員聯繫，任何合約也要謹慎一點，不要因為是英文就不看仔細，像我的宿舍合約及房型學校就搞烏龍給我錯的，我寄信給他們，他們才發現有錯誤，不然不只租金房型錯誤，還要多繳錢。

4.看醫生：在法國看醫生要預約且很不方便，建議可以多補充維他命，且在台灣可以帶一些預備藥去。

5.住宿：ESSCA Angers 有跟 CROUS 住宿合作，總共有三個地方可以選擇，一個離火車站比較近(Couffon pavot)，可以搭 bus 或 tram 去學校，另外兩個離學校比較近(Belle beille 和 Lakanal Residence)，我這屆在 6/3 提供表單選住宿志願及房型(9 平方公尺/13 平方公尺，建議要選 13 平方公尺，空間比較舒服)，採先搶先贏制度，建議這段期間要隨時注意電子信箱。法國政府有提供交換生可以申請 CAF 住宿減免(我 13 平方公尺的住宿費從每月 359 歐變每月 209,94 歐)，在台灣要先辦公證過的出生證明比較麻煩，到法國跟 CROUS 的人領取租約後盡快上網辦理，就有機會較早拿到補助。(網路上可以找的到 CAF 教學，2024 年有改成不需在法國公證要注意)

6. 可以加入 line 社群(當我們同在法國)及 FB 社群(台灣人在歐洲、台灣歐洲交換學生……等)。

A. 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

School Introduction

ESSCA is a business management school founded in 1909 in Angers, France. It is one of France's prestigious grandes écoles in business education and is considered a private elite school. Currently, ESSCA has eight campuses, and students from National Sun Yat-sen University can choose from six exchange campuses: Angers (main campus), Paris, Bordeaux, Lyon, Aix-en-Provence (France), and Budapest (Hungary).

Each campus offers different academic levels and focuses on specific areas of study. For example, master's programs are only available at the Angers, Paris, and Budapest campuses. The Angers campus specializes in marketing courses, the Paris campus focuses on finance, and the Budapest campus emphasizes supply chain management.

For my exchange program, I chose the main campus in Angers, which is considered one of the larger campuses in France and is well-equipped with all necessary facilities.

Courses Taken Abroad (In-Class Learning) and Recommended Course

I enrolled in the **MASTER YEAR 1 - ADVANCED MANAGEMENT SKILLS (Year 4)** module, which includes a French language course. This is the only available module for MASTER YEAR 1 students. On the other hand, MASTER YEAR 2 does not offer a French course but provides two module options: **Financial Management** and **International Business and Strategy**.

One unique aspect of ESSCA is that students do not know their professors or class schedules at the time of course selection. The details are only announced a few days before the

semester starts. Additionally, since the main courses for MASTER YEAR 1 begin in October (with schedules only available by late September), classes tend to be condensed. This means that in some weeks, each subject may have two sessions spread across different days, making it difficult to plan trips. Furthermore, as most professors travel from other cities, the schedule may change weekly depending on their availability.

Courses Taken

- **French Language**:

  Students are placed into different levels based on their proficiency. Since all exchange students in my module had no prior experience with French, we were placed in the beginner class. For master's students, the French course is offered intensively during the first month (September). Those who do not take French classes start their semester after the French course ends. Each session lasts three hours, totaling **30 hours**. The pace is quite fast, making each class challenging, but the instructor was very kind and helpful. The course includes **midterm and final exams**, covering listening, speaking, reading, and writing. As long as students understand the course materials and complete daily assignments, the exams should not be too difficult.

- **Leadership**:

  This course was taught by **Professor Richer Francois** and involved three reports (on leadership, the course, and a leadership interview) and two exams. The professor had a strong French accent and would occasionally switch to French unexpectedly. Most of the class time was dedicated to student presentations, with minimal direct instruction. The

course was poorly structured, and the professor often changed assignments at the last minute, for example, turning homework into a surprise in-class exam. Even local French students found the organization confusing.

- **Strategy**:

  Taught by **Professor Chadzynski Pierre**, this course required a **final project** where students had to select a company and develop a strategic report integrating all course concepts. The professor spoke excellent English and was very approachable. The lectures were primarily based on **PowerPoint slides**, allowing students to prepare in advance. Each session included a **case study**, followed by group discussions and presentations. This provided valuable practice in **quickly preparing presentations and delivering business reports in English**.

Recommended Course

- **Corporate Social Responsibility and Business Ethics**:

  This course, taught by **Professor Oscar Csibi**, was one of the most beneficial and well-organized classes. The professor spoke excellent English and was highly engaging, using **real-life examples** to illustrate key concepts. Each session included a **group presentation** on a specific topic, followed by a **Q&A and discussion led by the professor**. Unlike other courses where student presentations dominate, this class ensured active professor involvement and structured discussions.

The grading was primarily based on **individual class participation (60%) and group presentations (40%)**. During the lectures, the professor frequently asked questions, some of

which were covered in the slides. Preparing in advance allowed students to answer confidently. However, rather than simply repeating online answers, students were expected to provide **personal insights and critical analysis**. If the professor found a response well-articulated, the student would earn participation points.

Extracurricular Life and Learning Abroad

1. **Safety**:

   Always be cautious, keep your belongings close, stay alert, and avoid suspicious individuals to ensure personal safety.

2. **Campus Life**:

   Angers is a small city in France with good public safety, convenient transportation, and friendly locals—perfect for a slower-paced lifestyle.

3. **Food and Clothing**:

   Near the city center of Angers (Ralliement tram stop), there are many restaurants and shops to explore. However, as prices are generally higher than in Taiwan, cooking at home after shopping at supermarkets can be a cost-effective option and an opportunity to learn how to cook.

Concrete Benefits of Exchange Program

1. Exposure to international (European) case studies, enhancing understanding of global events.

2. Practice logical thinking and presentation skills in English.
3. Opportunities to meet exchange students from various countries, such as Italy, Spain, Sweden, the USA, South Korea, etc.
4. Improve English proficiency and learn basic French (many French locals speak limited English or none at all).
5. Develop problem-solving skills independently, as resolving issues (e.g., transportation delays or cancellations) in Europe requires self-reliance.
6. Broaden international perspective by learning about different cultures and traditions through interactions with exchange students and research.
7. Enhance social skills by initiating conversations with people from diverse backgrounds.

Challenges Faced During Overseas Life and Solutions

1. **Language Barrier**:

   Many locals in France speak limited English. Learning basic French or using translation apps can be helpful. For specific purchases, preparing pictures of the items in advance is recommended.
2. **Discrimination**:

   Instances of discrimination were rare (only one or two). If someone is rude or dismissive (e.g., saying "no English" or using offensive language), it's best to ignore them and avoid appearing vulnerable. They typically leave you alone afterward.
3. **Transportation Issues**:

Delays or cancellations with flights (budget airlines) and trains are common. It is advisable to research in advance and ask locals for assistance when needed.

Cultural Shocks and Adaptation

1. Europeans often do not wear masks when sick and may not cover their mouths while coughing, increasing the risk of infection in public spaces. It is helpful to carry a mask for protection.
2. French students tend to complete assignments last minute. To avoid stress, proactively discuss and divide tasks early.
3. Frequent delays and cancellations in public transportation require allowing extra time for transfers. Downloading the relevant local transportation apps for each city and country is essential.
4. Europeans generally have late dinner hours (around 8 or 9 PM), with restaurants opening at 7 PM. Confirm dining times for gatherings accordingly.
5. Medical services in France are inconvenient; appointments are required, often with long waiting periods. Visiting a local pharmacy for over-the-counter medications or online consultations is recommended for urgent care. Bringing essential medicines from Taiwan is advisable.
6. Public transportation announcements are often only in French, making it challenging to understand sudden changes or cancellations. Asking locals for help can provide clarity.
7. Crossing the street during a red light is common in France if there are no cars—a cultural

norm to adapt to.

Impact of Overseas Experience on Personal Growth

Living abroad has broadened my perspective beyond language barriers and exposed me to a lifestyle vastly different from Taiwan' s. The experience enhanced my independence, critical thinking, research abilities, and social skills. Participating in school programs, especially the buddy system, helped me understand French culture better and build local connections. Overall, this journey encouraged self-discovery and personal growth.

Reflections and Recommendations

1. **French People**:

   Contrary to stereotypes about arrogance or discrimination, my encounters with the French were largely positive. People were helpful, even if their English was limited. For example, locals assisted me with heavy luggage on trains.

2. **Safety**:

   While concerns about safety in crowded places like subways or train stations are valid, staying vigilant, keeping belongings secure, and avoiding suspicious areas are usually sufficient precautions.

3. **School and Courses**:

   In addition to reading exchange program reviews, utilize school websites for detailed course information. Proactively reach out to administrative staff and carefully review

contracts. Mistakes, like incorrect dormitory assignments, can happen but are fixable through communication.

4. **Healthcare**:

   Booking a doctor's appointment in France can be challenging and time-consuming. It’s advisable to take vitamins regularly and bring essential medications from Taiwan.

5. **Accommodation**:

   ESSCA Angers collaborates with CROUS for student housing, offering three options. Some are closer to the train station (Couffon Pavot) with bus or tram access to the school, while others (Belle Beille and Lakanal Residence) are nearer to campus. Choose the **13 square meter** room for a more comfortable space. Apply early, as spots fill quickly. The French government offers a CAF housing subsidy for exchange students, which can significantly reduce rent. Prepare a notarized birth certificate in Taiwan beforehand to expedite the application.

6. **Community Groups**:

   Join LINE and Facebook groups (e.g., "當我們同在法國" and "台灣人在歐洲") for valuable tips and support.