法國諾歐商學院（NEOMA Business School）成立於 2013 年，由擁有百年歷史的盧昂高等商學院（1871 年）與蘭斯管理學院（1928 年）合併而成，傳承超過 150 年的卓越商管教育。學校擁有 AACSB、EQUIS、AMBA 三大國際認證，並在 Financial Times、l’Étudiant 等權威排名中名列前茅，是歐洲頂尖商學院之一。學校一共有有三個校區，分別為蘭斯、盧昂以及巴黎，而我所交換的校區為蘭斯校區。

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

我在交換期間一共修了四堂課，分別是 Digital Literacy, Strategy and Sustainability, Entrepreneurship, French for Communication

1. Digital Literacy (6ECTs): 學校規定每位交換學生必須選修至少一門線上課程，這是一門關於科技發展的入門課程，是非同步的線上課程，僅需在期末考前觀看完所有課程影片即可，沒有期中考和作業，期末考是線上考試，考題幾乎皆來自各單元結束後的練習題庫，是一門相對容易掌握分數的課程。
2. Strategy and Sustainability (6ECTs): 這堂課是學校專門為交換學生開設的，主要探討企業如何實踐永續經營，有個人平時作業以及期末小組報告，這堂課可以認識來自各地的同學，例如我們這組有來自日本和印度的同學，除了可以再討論的過程中學到不同的觀點，彼此也會互相交流旅遊規劃，相當有趣。
3. Entrepreneurship (5ECTs): 這堂課是 GBBA 的必修課程，因此同學幾乎都是本地學生。課程主要探討如何創業，老師會引導各組發想創新點子，並需在期末完成一個完整的創業專案。從基礎的創業知識到實際執行，每堂課程循序漸進，適合對創業有興趣的人。

4. French for Communication (6ECTs): 學校的法文課會依照同學程度進行分班，分成 Beginner, A1, A2 等。由於之前有學過一些法文，因此我被分到 A1 的班級，老師是法國人，上課會用英文教學，平時會有幾次小考，期末有一個每人 5 分鐘的全法文報告，還有期末考試，這堂課相對課業量比較重，但是認真學法文能提升許多。

C. **國外研修之生活學習（課外）**

由於外食選擇有限且價格可觀，在法國生活期間，我經常三餐都自己料理，因而在廚藝方面提升許多。此外，這段交換期間我也到許多地方旅遊，並從中學到了不少實用技巧，例如如何規劃行程、如何找到便宜的機票或車票，以及預訂合適的住宿等，這些都是在我去交換前從未深入研究的事情，收穫良多。

D. **交換/研修之具體效益（請條列式列舉）**

1. 體驗國外大學上課模式，並與當地學生共事。
2. 增進國際視野，從旅遊當中體驗各國文化。
3. 結交到來自各個國家的朋友。

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？**

整個海外生活期間沒有特別印象遭遇到困境。

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?**

令我印象最深刻的文化衝擊，是在奧地利薩爾斯堡旅遊時，親身經歷到種族歧視。我們被好幾間餐廳拒絕入內用餐，朋友在超市結帳時，店員甚至將商品用丟的，也有幾次在路上遇到路人輕視地對著我們說 Chinese。面對這些不合理的遭遇，當下我們很氣憤卻沒有作為，因為擔心過度反應會引發更多不必要的誤會。然而，事後我們與身邊的朋友分享了這些經歷，提醒在旅遊的同時也要提高警覺。

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？**

我認為自己最大的成長在於解決問題的能力。在國外生活時，許多事情都需要由自己獨立處理，例如請房東維修、辦理電信門號、申請租房補助、以及辦理學生保險等。這些瑣碎又繁雜的事項，有時甚至需要來回多封郵件溝通，但攸關自身權益，我仍會在網路上找尋資訊，或請教有相關經驗的朋友。歷經這一次次的事件，我也累積了許多經驗，這也讓我在以後遇到問題時，能夠思考得更周全，並找到合適的解決方法。

H. **感想與建議**

首先，我很感謝能有這個機會去法國交換，讓我體驗到了許多從未接觸過的事物。同時，也很感謝一起交換的同學，無論是一起修課、一起旅遊，還是共同面對各種挑戰，彼此的陪伴讓我即使身處異地，也不感到寂寞。

再來，是一些關於諾歐商學院的優點，如果希望在交換期間有充足的時間探索歐洲各國，我認為這間學校會是一個不錯的選擇。

1. 學校地理位置佳：我所交換的 Reims 校區是為在巴黎附近的城鎮，搭乘 TGV（類似高鐵）約 40 分鐘，或搭乘 FlixBus（巴士）約 1 小時 40 分鐘即可抵達巴黎，這對於去巴黎或是去歐洲其他國旅遊，都相當便利，因為機場多位於巴黎。
2. 學業壓力適中，自主時間多：學校的課程大多一學期只有 10 堂課，且有些課程並非每週都需上課，再加上提供線上課程的選擇，時間變得更加彈性，這和台灣的體制非常不同。至於課程難易度而言，我認為我選的這幾堂課還算適中，能夠應付。
3. 學校國際化高，交換生多：學校交換生眾多，若有修專為交換生開設的課程或是法文課程，都能結交到來自個世界各地的朋友。

最後，給準備去法國交換的同學一些小建議。建議可以在出發前先學一點簡單的法文，例如基本的問候語、數字和時間等，這樣到達法國後能更快融入當地生活。此外，法國人很注重禮貌，在超市結帳時，像是 bonjour, merci, au revoir 這些基本的問候語，也別忘了隨口說一聲。祝福所有即將去交換的同學，都能留下一段美好的回憶。

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

School Introduction

NEOMA Business School, established in 2013, was formed through the merger of the century-old Rouen Business School (founded in 1871) and the Reims Management School (founded in 1928), inheriting over 150 years of excellence in business education. The school holds the three major international accreditations: AACSB, EQUIS, and AMBA. It is consistently ranked among the top business schools in Europe by authoritative sources such as the Financial Times and l'Étudiant. The school has three campuses: Reims, Rouen, and Paris, and the campus I am studying at is the Reims campus.

Course Learning

During my exchange, I took four courses: Digital Literacy, Strategy and Sustainability, Entrepreneurship, and French for Communication.

1. Digital Literacy (6 ECTS) The school requires every exchange student to take at least one online course. This is an introductory course on technological development. It is an asynchronous online course, and students are only required to watch all the course videos before the final exam. There are no midterm exams or assignments. The final exam is an online test, with most questions coming from the practice questions at the end of each module. It is a relatively easy course to manage and score well in.

2. Strategy and Sustainability (6 ECTS): This course is specifically designed for exchange students and focuses on how businesses can implement sustainable practices. It includes personal assignments and a final group report. The course also allows you to meet students from various countries; for example, my group had classmates from Japan and India. Not only did we learn different perspectives through discussions, but we also exchanged travel planning ideas, which was quite interesting.

3. Entrepreneurship (5 ECTS): This is a mandatory course for GBBA students, so most classmates are local students. The course primarily explores how to start a business. The professor guides each group in generating innovative ideas, and we need to complete a full entrepreneurial project by the end of the semester. From basic entrepreneurial knowledge to practical implementation, each class progresses step-by-step, making it suitable for those interested in entrepreneurship.

4. French for Communication (6 ECTS): The French language course is divided into levels based on students' proficiency, such as Beginner, A1, A2, etc. Since I had learned some French previously, I was placed in the A1 level. The instructor is French, and classes are taught in English. There are several small quizzes throughout the course, and the final exam includes a 5-minute presentation in French for each student, as well as a written exam. This course has a heavier workload, but if you commit to learning French, it can significantly improve your language skills.

Life and Learning

Due to limited dining options and high prices, I often cooked all my meals while living in France, which greatly improved my culinary skills. In addition, during this exchange period, I traveled to many places and learned many practical tips, such as how to plan an itinerary, find cheap flights or train tickets, and book suitable accommodations. These are things I had never deeply researched before my exchange, and I gained a lot of valuable experience.

Specific Benefits

1. Experience the teaching style of foreign universities and collaborate with local students.
2. Expand international perspective and experience various cultures through travel.
3. Make friends from different countries.

Reflections and Suggestions

First of all, I am very grateful for the opportunity to go on exchange to France, as it allowed me to experience many things I had never encountered before. I also want to thank the classmates I exchanged with—whether it was taking courses together, traveling together, or facing various challenges together, their company made me feel less lonely even though I was in a foreign country.

Next, I would like to highlight some of the advantages of NEOMA Business School. If you wish to have ample time to explore different countries in Europe during your exchange, I believe this school would be a great choice.

1. Good Location: The Reims campus, where I studied, is located in a town near Paris. It only takes about 40 minutes by TGV (similar to high-speed rail) or about 1 hour and 40 minutes by FlixBus to reach Paris. This is very convenient for traveling to Paris or other European countries, as most airports are located in Paris.

2. Moderate Academic Pressure and Plenty of Free Time: The school's courses typically consist of only 10 sessions per semester, and some courses do not meet every week. Additionally, the option of online courses makes the schedule more flexible. This is very different from the system in Taiwan. As for the difficulty of the courses, I found the ones I took to be manageable and doable.

3. High Internationalization and Many Exchange Students: The school has many exchange students, and if you take courses specifically designed for exchange students or French language courses, you can meet friends from all over the world.

Finally, here are some small suggestions for students preparing to go on exchange to France. I recommend learning some basic French before departure, such as basic greetings, numbers, and time, so that you can integrate more quickly into local life when you arrive in France. Additionally, the French are very polite, so don't forget to say basic greetings like bonjour, merci, and au revoir when checking out at the supermarket. I wish all students going on exchange will have a wonderful experience and make great memories.