學校簡介

KEDGE高等商學院是歐洲最著名頂尖商學院之一，隸屬於法國精英大學系統。為全世界僅 1% 同時擁有三皇冠認證(AACSB、EQUIS、AMBA)的商學院，且為法國管理學出版物數量排名第一。KEDGE是法國前十大商學院之一，同時也是法國百年商學院，其歷史可追溯到1872年成立的Euromed Management馬賽商學院以及1874年成立的Bordeaux École de Management波爾多管理學院，兩校在2013年合併而成為KEDGE商學院，旨在整合軟硬體等資源且提供學生更強大的師資陣容與教學課程，並邁向國際化。合併後的十年，今天的KEDGE已經成為法國前十大商學院之一，並且獨一無二地開設了全球十一大校區，數量遠超越所有法國商學院，目前坐擁Marseille馬賽（法國）、Bordeaux波爾多（法國）、Paris巴黎（法國）、Toulon土倫（法國）、Suzhou蘇州（中國）、Shanghai上海（中國）、Dakar達客爾（塞內加爾）、Bastia巴斯蒂雅（法國科西嘉）、Bayonne巴約納（法國）、Avignon亞維儂（法國）、Abidjan阿比讓（象牙海岸），提供歐亞非三大洲不同人文風情的學習環境。

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

KEDGE的學制在半年中分為兩個Cycle，大約2個月會結束一個循環。而在選課方式分為兩種，一種是選擇完整的一個Track，其中會包含4-5門課，有點類似一個主修套裝的概念。而另外就是在一個Track當中單選幾門課。而我這次選擇的方式為後者，總計選了兩門專業商管課以及一門法語課。

Going Global Expatriation Training (外派人員訓練)
這門課是由兩位老師合授，課程規劃前期會先由第一位來自中國的老師進行學理的教學，主要內容會著重在外派人員的適應方面以及外派動機的研究探討。在課程及活動的分組上，由於這門課是與外派人員有關係，若實際應用在職場中則有機會與不同國籍的同事一同共事，因此老師會將不同國籍的學生分在一起，像是我們這組的組員有來自台灣(我)、丹麥、西班牙、印度的同學。而這位老師在第二堂課帶來樂高的教學方法，這是讓我覺得十分有趣的一部分。老師讓我們用桌上的樂高零件組出我們各自認為「多國溝通」應該長甚麼樣子，最後可以看到大家組出的樣子都不太一樣，而最多人組出的則是橋梁和多彩的積木，代表著多國籍的溝通橋樑。從這個活動中也可以了解不同國家對於溝通的定義為何，從多方了解不同的看法。
而另一位老師則是以業界經驗為主，在這區間的課程中，老師探討了生活與工作平衡以及面試技巧等較為實務的主題。其中在面試技巧的課程中，老師徵求幾位同學上台進行實地面試，讓台下的學生可以從第三者的角度去觀察整場面試，並且在後續討論這場面試狀況，除此之外，老師也會給面試同學回饋。
另外在期末報告的部分，老師讓我們去找「自願外派」的人員進行訪談與分析，而由於人管所的同學皆須出國，因此我便訪問在德國的兩位交換同學。我認為透過這樣訪問方式同時也能讓我反思這段過程我在國外交換的日子以及心得。
因此對我來說這堂課的規劃與設計十分有趣且實用，而且獲益良多，很推薦可以選擇這門課哦!

Supply Chain Design and Management (供應鏈管理)
而這門課也是由兩位老師合授，第一位是來自埃及的老師，他主要負責的是介紹供應鏈的大概綱要，介紹供應鏈的各個名詞以及概念，在每堂課結束前都會有一小組作業，而最特別的是每次組員都會不太一樣，是和坐附近的同學一起，因此也透過這堂課認識了來自不同國家交換的學生。在這小組作業中，位令我印象深刻且覺得有趣的是畫出一間全球連鎖的大型量販店Walmart(沃爾瑪)的供應鏈路線，小組需要先閱讀一篇個案，再透過這篇個案的介紹畫出相關的方向以及倉庫據點的設置。
而另一位老師則是來自中國，主要著重在使用excel計算供應鏈最佳化內容，因此會常使用最佳解功能，在這過程中學到使用excel分析以及運算能力，我認為是很實用內容。由於之前在大學時也有學過供應鏈管理，因此透過這門課能夠讓我更深入且實際的了解供應鏈的相關細節，這門課也很推薦給想要更進一步了解我們周遭商品運送及供應過程的同學，一定會收穫良多的!

French (法文)
法文課是我認為如果到法國必選的一門課，到其他國家也是如此，需要學習當地的語言。而國外的語言課會更著重在口語的表達。因此老師會在上課時除了讓我們唸課文外，也會鼓勵我們發表想法，更會以小組討論的方式進行對話的練習。我認為若是到了法國，法文課是門必選的課程，他能夠讓你在交換的過程中對於法國更認識，並且有說法文的機會，也能夠更好的融入當地生活，因為課堂上的講課主題很廣，從學校生活到認識法國文化皆有。因此強力推薦若是選擇法國交換的同學，法文課是門非常推薦選修的課程哦!

國外研修之生活學習（課外）

交換學生相較於留學生最大的不同莫過於課外時間的多寡，通常交換生在校修習的課程數量不會太多，因此會有許多課外時間能夠探索多個歐洲國家以及城市，並且透過在歐洲的那段時間深刻體驗歐洲文化與民情。在這半年的交換旅程中，總共去了13個國家，從寒冷的北歐極圈到熱情洋溢的南歐皆曾造訪過。而在旅行的過程中不僅僅是觀光而已，更多的是行前規劃以及在過程中隨機應變的能力。由於省錢是必須要的，因此旅程是以自助為主，而自助旅行便需要練習規劃能力，舉凡旅行路線的安排、旅館位置的選擇、以及交通的安排，這些都是需要提前規劃與安排的。而在旅途中也常常遇到一些不可預期的意外，像是交通班次銜接不上抑或是住宿可能有問題，這些都是培養臨機應變以及溝通能力的過程。因此我認為旅行並不只是看到世界或是表面上看起來那麼的美好，反而是經歷過這些過程才讓事後回憶這趟旅行而變得有趣。這也讓我真實的體驗到「讀萬卷書，行萬里路」的道理。
而除了旅行之外，由於歐洲當地外食較貴，因此學生多半會以自己烹飪的方式解決三餐，因此在這個過程中也學習到烹飪的技巧。由於在台灣外時十分方便、價格實惠、選擇多元，因此在台灣我個人基本上是沒有在自己煮的，而到了法國之後反而練習了烹飪技巧，如果有想要吃的也會去網路上尋找作法，因此在交換的過程中也讓我烹飪的技巧增長不少，也讓我體會到自己烹飪是一種體驗生活的方式。

交換/研修之具體效益（請條列式列舉）

1. 增進語言能力
由於在國外生活時不能使用中文和當地人溝通，因此使用英文或是法文便是日常生活的一部分，而尤其在法國，有時候英文不好溝通時便是使用法文溝通，而學習語言最好方式就是把自身放到妥當環境中。以英文來說，由於課堂的其他同學皆來自不同國家，因此英文便成了彼此共通的語言，無論是討論報告或是閒聊，都是以英文作為溝通工具，因此我在這段期間英文能力也有所進步，並且保持著都有在使用的狀況。而另外是法文，由於大學期間我也曾經赴法國交換，因此從那時開始就有在接觸法文，而這第二次赴法，使我所學法文更派上用場，能夠用簡單法文和當地人點餐，我也強迫自己要學著使用法文。因此我認為在國外是一個絕佳的機會能夠讓自己的語言能力進步，在國外語言成了一個日常「必要」的工具，因此赴外的這期間，我的英文以及法文能力皆有所增進。

2. 擴大交際圈
而在交際圈這塊，由於課堂中有來自不同國家的同學，而在報告中會需要與不同國家的同學合作，我也在這過程中認識了幾位來自美國、德國、奈及利亞、印度等國家的朋友。除此之外，也會認識同樣來自台灣但是不同大學的同學。在交換期間也能透過不同的人來了解更多事情，因此擴大交友圈也是一個赴外研修的效益，說不定在未來某天他們會成為自己很重要的一個人脈。

3. 培養解決問題的能力
前面提到，交換過程除上課之外，會出外旅遊或是在當地生活，而有時候國外的生活方式或處理方式並不會與台灣相同。像是在德國旅行時，我原本以為售票機竟然無法搭乘我們所要搭乘車種，而這時我便直接去尋找站務員，但發現販售這種票的是一間私人公司，最後輾轉才找到隱藏在車站旁的辦公室辦理退票，幸好那位德國辦事員已經經手過許多案例，加上他的英文能力也不錯 (德國人英文能力普遍不錯)，最終填寫了退票申請單，經過幾個禮拜後也成功退款至我的帳戶了。因此當下遇到這種事情時需要盡快去應對，做出最適當的解決。除這種事情外也曾經遇到其他大大小小的情況，而這些都培養了我在解決問題方面的能力。

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?

在法國的開始當時就遇到了一些困難，由於在台灣時已經和當地租屋房東聯絡好且繳訂金，但是我的合約遲遲沒有下來，直到要出發時一直聯絡也沒有得到肯定的答案。不過時間已經來到要出發法國的時候，也只能直接過去再看究竟是怎麼一回事。由於這間學生宿舍是新蓋的，因此到波爾多後，發現這間宿舍還在做最後整理，而沒有確定合約的我只能直接去找宿舍管理人，當場直接把合約給簽署完成，最後還是順利的住進宿舍了。而由於我之前也有到法國交換的經驗，因此我自己在心態上沒有太緊張，知道法國人會比較從容一點。不過到了辦公室現場後，還是發現那位宿舍經理也是很辛苦的在處理300多份的申請，而且是在一個接近工地的環境當中，所以至少我有成功住進去，並且成為第一批住戶，也辛苦那位經理了。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

文化衝擊的話我個人是沒有到太多，也許是因為大學已經到法國交換過，因此對於歐洲當地或是法國當地發生的事情都不會太大驚小怪，反而是以平常心面對。因此我覺得若是遇到對自己有文化衝擊時，我們可以試著以多元開放的心情去接納他，或許會轉化成很精彩的人生經歷故事。

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?

我想藉由海外的生活歷練使得我的包容性與開放性變得更大，對於不確定性的容忍也變得較大，並且有時在與別人交涉中，會需要轉變自己的心態，去面對更多人事物，如此一來也能夠讓自己好過一點，避免不必要的焦慮。

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?

有了獎學金的支持，對於我機票以及初期房屋相關的保險押金等等都是很有幫助的，因此獎學金成為我一開始在當地生活的助力。而對我來說，有無獎學金都不會改變出國計畫，一來是系所有規定，二來是我認為應該趁還是學生時期把握出國增廣視野的機會，去世界上不同的角落多看多學習。

感言及心得感想

我覺得如果有機會，大家都該為自己爭取一次出國交換計畫，無論是到歐洲、美洲、亞洲等地，只要有機會出外學習，一定可以在這過程中增廣見聞，去看自己從未看過的風景、人文與歷史，透過出國交換走出舒適圈，讓自己的人生閱歷變得豐富，同時也可以增加自己問題解決的能力，並培養更寬大的胸襟。因此我認為，經由我兩次赴法國的交換經驗來說，真的很推薦大家能夠出國看看，我也由衷的推薦法國是個很好的交換國家，他對於學生的優惠多，且到其他國家也方便，而一旦熟悉法國人的語言、文化後，反而會覺得他們很可愛。最後，希望大家都能夠遞出申請，去自己想要了解的文化國家前進，好好把握中山給予豐富資源，以及教育部的學海計畫，謝謝中山及教育部能有資金上的補助才得以順利出國。

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)

School Introduction
KEDGE Business School is one of the top-tier business schools in Europe, affiliated with the French elite university system. It is one of the 1% of business schools worldwide to hold triple accreditation (AACSB, EQUIS, AMBA) and ranks first in the number of management publications in France.
KEDGE is one of the top ten business schools in France and also one of the century-old business schools in France, with its history tracing back to Euromed Management in Marseille, founded in 1872, and Bordeaux École de Management, founded in 1874. The merger of these two schools in 2013 formed KEDGE Business School, aiming to integrate resources and provide students with a stronger faculty and teaching curriculum while moving towards internationalization. Over the past decade since the merger, today's KEDGE has become one of the top ten business schools in France and uniquely operates eleven campuses globally, far surpassing all other French business schools. Currently, it has campuses in Marseille (France), Bordeaux (France), Paris (France), Toulon (France), Suzhou (China), Shanghai (China), Dakar (Senegal), Bastia (Corsica, France), Bayonne (France), Avignon (France), and Abidjan (Ivory Coast), offering learning environments with different cultural influences from Europe, Asia, and Africa.

Study Abroad Courses (In-class) and Recommended Courses with Most Benefits/Favorites
KEDGE's curriculum is divided into two cycles within six months, with each cycle ending approximately every two months. There are two ways to select courses: choosing a complete track, which includes 4-5 courses resembling a major package concept, or selecting individual courses within a track. I chose the latter method, selecting two professional management courses and one French course.

Going Global Expatriation Training
This course is jointly taught by two professors. In the early stages of the course, the first professor from China focuses on theoretical teaching, emphasizing aspects of expatriate adaptation and discussing expatriate motivation. In terms of course and activity grouping, as this course is related to expatriates, there is a chance to work with colleagues of different nationalities in the workplace. Therefore, the teacher groups students of different nationalities together. In the second class, the teacher introduced the teaching method of Lego, which I found very interesting. The teacher asked us to use Lego pieces on the table to create what we think "cross-cultural communication" should look like. In the end, we could see that everyone's creations were different, with the most common being bridges and colorful bricks, representing cross-cultural communication bridges. This activity also helps understand the different definitions of communication in different countries, gaining insights from various perspectives.
The other professor focuses on industry experience. In this course, the teacher discusses practical topics such as work-life balance and interview skills. In the course on interview skills, the teacher recruited several students to conduct live interviews, allowing other students to observe the entire interview from a third-party perspective and discuss the interview situation afterward. Additionally, the teacher provides feedback to the interviewees.
In terms of the final report, the teacher asked us to interview and analyze "voluntary expatriates." Since students in the HR management program need to go abroad, I interviewed two exchange students in Germany. I think this interview method allows me to reflect on my experience and insights during my exchange abroad.
Therefore, for me, the design and planning of this course are very interesting and practical, and I have benefited a lot from it. I highly recommend choosing this course!

Supply Chain Design and Management
This course is also jointly taught by two professors. The first is from Egypt, mainly introducing the outline of the supply chain and various terms and concepts related to the supply chain. There will be a small group assignment at the end of each class. What's special is that the group members change each time, working with nearby classmates. Therefore, I also got to know exchange students from different countries through

this course. In one of the group assignments, I was impressed and found it interesting to draw the supply chain route of a large global retailer, Walmart, based on a case study.
The other professor is from China, focusing mainly on using Excel to calculate supply chain optimization content. Therefore, the optimal solution function is frequently used. Through this process, I learned about Excel analysis and computational capabilities, which I found very practical. Since I had previously studied supply chain management in university, this course allowed me to have a deeper and more practical understanding of the details related to the supply chain. I highly recommend this course to students who want to further understand the transportation and supply process of goods around us; you will definitely benefit a lot!

French
French is a course I believe is a must when going to France or any other country, as learning the local language is essential. Language courses abroad focus more on oral expression. Therefore, in addition to reading texts in class, the teacher encourages us to express our ideas and conducts dialogue practice through group discussions. I think if you go to France, taking a French course is essential; it allows you to learn more about France during the exchange and provides an opportunity to speak French. Also, it helps integrate into local life better because the lecture topics in class are broad, covering everything from school life to understanding French culture. Therefore, I highly recommend taking the French course, especially if you choose to exchange in France!

Life Learning during Exchange (Extracurricular)
Compared to international students, exchange students have more free time outside of class. Usually, exchange students don't have many courses to take, so they have plenty of free time to explore multiple European countries and cities, experiencing European culture and customs deeply during their time in Europe. During this six-month exchange journey, I visited a total of 13 countries, from the cold Nordic Circle to the vibrant South Europe. Traveling is not just about sightseeing; it's more about planning ahead and being flexible during the process. Since saving money is necessary, the journey mainly relies on self-help. Self-guided travel requires planning skills, including arranging travel routes, selecting hotel locations, and arranging transportation, all of which need to be planned and arranged in advance. Unexpected incidents often occur during the journey, such as missed connections or accommodation issues, which cultivate adaptability and communication skills. Therefore, I believe traveling is not just about seeing the world or the superficial beauty; instead, it's experiencing these processes that make the memories of the trip interesting. It allowed me to truly understand the wisdom of "reading thousands of books and traveling thousands of miles."
Apart from traveling, dining out is expensive in Europe, so most students cook their meals. Therefore, I also learned cooking skills during this process. In Taiwan, it's convenient, affordable, and diverse, so I hardly cooked for myself. However, in France, I practiced cooking skills. If there's something I wanted to eat, I would search for recipes online. Therefore, the exchange process also enhanced my cooking skills, and it made me realize that cooking is a way to experience life.

Concrete Benefits of Exchange/Study Abroad (Listed):
1. Enhancing language proficiency: Living abroad requires daily communication in English or French, contributing to language improvement. Interaction with classmates from diverse backgrounds, especially in France, where French may be necessary when English is insufficient, provides an ideal environment for language learning. Exposure to different languages, particularly English and French, during exchanges has significantly enhanced my language skills, making them practical and applicable in daily life.
2. Expanding social circle: Interacting with classmates from various countries during classes and collaborative projects has broadened my social network. Through these interactions, I have forged friendships with individuals from the USA, Germany, Nigeria, India, and other countries, as well as students from different universities in Taiwan. The exchange period offers opportunities to connect with diverse individuals, potentially building important personal and professional networks for the future.
3. Cultivating problem-solving abilities: Besides academic pursuits, living abroad involves navigating unfamiliar situations, such as travel and daily life. These experiences provide opportunities to develop problem-solving skills. For instance, during a trip to Germany, encountering difficulties with ticket vending machines prompted me to seek assistance from station staff. Although the ticketing process differed from expectations, I successfully resolved the issue by communicating effectively and adapting to

the situation. Such experiences have honed my ability to address challenges promptly and effectively.

During my time abroad, I did encounter some difficulties. At the beginning of my stay in France, I faced challenges with accommodation. Although I had already contacted the landlord and paid the deposit while in Taiwan, my contract was not finalized. Despite numerous attempts to reach a resolution before departure, I received no definite answer. As the departure date approached, I had no choice but to address the situation upon arrival. Upon reaching Bordeaux, where the student dormitory was still undergoing final preparations, I directly approached the dormitory manager to resolve the issue. I signed the contract on the spot and successfully moved into the dormitory. Drawing from my previous exchange experience in France, I remained relatively calm, knowing that the French tend to handle matters more calmly. However, upon visiting the office, I realized the manager was under significant pressure, managing over 300 applications in an environment resembling a construction site. Despite the challenges, I appreciated the opportunity to secure accommodation and empathized with the manager's workload.

As for cultural shock, I personally did not experience much. Perhaps due to my previous exchange experience in France during university, I approached European and French customs with an open mind. Rather than being surprised by local practices, I embraced them with a sense of normalcy. Therefore, when encountering cultural differences, I believe adopting a diverse and open-minded attitude can transform these experiences into enriching life stories.
Impact of Overseas Experience on Personal Growth:
The overseas experience broadened my tolerance for uncertainty and fostered a more open-minded approach to interpersonal interactions. Experiencing diverse cultures and overcoming challenges abroad contributed to personal growth and enhanced problem-solving abilities.

Significance of Scholarship Support:
Scholarship assistance alleviated financial burdens associated with airfare and initial accommodation expenses, enabling a smoother transition to life abroad. However, regardless of scholarship availability, the decision to study abroad would remain unchanged, driven by the desire for cultural immersion and personal growth opportunities.

Reflections and Conclusion:
Participating in exchange programs offers invaluable opportunities for personal growth and cultural enrichment. I highly recommend seizing the chance to explore different cultures and broaden one's horizons through international experiences. France, in particular, offers abundant opportunities for student discounts and convenient travel to neighboring countries, making it an ideal destination for exchange programs. I am grateful for the financial support from my university and the Ministry of Education, which made my overseas endeavors possible.