A. 學校簡介

諾歐商學院（NEOMA Business School）是法國知名商學院，擁有 EQUIS、AACSB、AMBA 三大國際認證，屬於全球頂尖「三冠」商學院，在《金融時報》與《經濟學人》排名中名列前茅，其中管理學碩士（MIM）和 MBA 課程享譽國際。

學校擁有蘭斯、魯昂、巴黎三大校區，與全球 400 多所大學合作，提供交換與雙聯學位機會，並與 L'Oréal、Deloitte、KPMG、LVMH 等企業合作，畢業生遍布 120 多國，校友超過 72,000 名，實習與就業機會豐富。

課程強調國際化與實務應用，涵蓋金融、行銷、供應鏈管理、數據分析等熱門領域，適合想體驗歐洲商學教育並拓展國際視野的學生。

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

1. Discovering and Understanding French Culture

   整體蠻輕鬆的一堂課，老師會教導法國文化並與同學交流，但這堂課不會學到法文，如果想學法文可以直接選法文課，法文課朋友也蠻推薦；另外這堂課沒有期末考，推薦。

2. Digital innovation & Entrepreneurship

   算蠻硬的一堂課，老師 MIT 畢業很有料，但要勇於發言跟出席，不然老師可能會對你印象偏差，因為他還蠻嚴格的，上課也不允許遲到，適合認真與對創業思維有興趣的同學。

3. Strategy and Sustainability

   這堂課蠻不推薦，老師教一小時組內討論二小時，討論到有時候不知道要討論什麼，然後教學內容個人認為很籠統，可以不用修這堂。

4. Corporate valuation with Excel EL II

   公司估值的線上課，教得蠻不錯，期末也不難，適合對財務模型有興趣的同學。

C. 國外研修之生活學習（課外）

1. 蘭斯是個很 Chill 的香檳區小城市，市區有 Tram 可以搭，也有亞洲超市、大型超市，算該有的都有，交換期間也學會煮菜養活自己，不然外食很貴錢真的會花光。
2. 學校剛開學會辦 Welcome day 與其他社交活動，可以參加與各國同學交流，很有趣。
3. 去歐洲各地要學習掌握各地的交通模式，學習安排行程與時間控制，就可以在半年中造訪歐洲各地，享受精彩的旅程。

D. 交換/研修之具體效益（請條列式列舉）

1. 學習獨立在海外生活，克復諸多不方便的地方。
2. 與各國人交流、去到歐洲與世界的各個角落，我覺得不只是增長見識，許多地方是以前只能透過手機或影片才看到的景色，這次親眼看過、親自踏足許多地方，真的會讓自己的想法更加寬闊，並且更有能力前往世界各地不同的國家，跳出待在台灣生活的思維，未來更多不同的可能性。

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. 法國主要語言是法語，蠻多人不講英文，一開始會很不適應，因為講英文對方可能也用法語回答。但後來學到先用法語打招呼，再用翻譯軟體溝通，態度友善，對方通常都會有耐心的回答，所以不用害羞，多嘗試與外國人溝通，很有趣。
2. 歐洲有許多扒手，治安也相對台灣差蠻多，所以要學會保護自己，保護自身財物，不被別人佔便宜。
3. 一開始英文講起來很卡，小挫折，但一直講到後面就順很多了，持續嘗試總會進步的，來歐洲就是要好好嘗試不同的語言。

4. 歐洲外食都普遍較貴，很少小吃，而且超市很早就關閉，要好好的習慣。

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. 法國常常罷工，鐵路有時候不能搭，一開始很難理解，但後來算融入當地後，覺得這就是他們對於工作與生活的態度，注重生活，覺得被不合理對待就提出，個人覺得其實蠻棒的。
2. 歐洲人可能會預設亞洲人不太會講英文，一開始算有挫折，而且蠻多把亞洲人直接當中國人，也會不太爽。解決方法就是覺得不舒服就讓對方知道，不要怕，直接講就對了，不要讓自己不舒服，對方也會尊重你表達意見。

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?

1. 法國人對於生活的講究與享受，讓我感受到蠻大的震撼。剛到法國時，我對他們的工作效率低感到不習慣，甚至覺得城市環境較為雜亂，但隨著時間推移，我漸漸理解並欣賞自在而從容的生活方式。這種重視生活品質、懂得放慢腳步的態度，讓我重新思考工作與生活的平衡，並啟發了我對未來人生的追求——不僅要努力工作，更要學會好好享受生活。
2. 我剛回到台灣，或許還無法立刻感受到實質的成長與變化，但我深知，這段出國交換的經歷將成為我人生中難以忘懷的回憶。不僅豐富了我的視野，也讓我對世界有了更深刻的理解。我可以預見，這段旅程所帶來的收穫，將在未來的日子裡持續影響我的思維、價值觀與選擇，成為塑造我人生軌跡的重要養分。

H. 感想與建議

雖然出國交換對我來說，會讓我延遲進入職場，但我完全不後悔，踏上這段半年的旅程，留下許多這輩子很難忘的回憶。謝謝中山大學的國際資源，讓我有機會去看這遼闊的世界。

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

Exchange Experience at NEOMA Business School

A. School Introduction

NEOMA Business School is one of France's leading business schools, holding the prestigious triple accreditation from EQUIS, AACSB, and AMBA. This recognition places it among the top-tier institutions worldwide. The school is consistently ranked highly in The Financial Times and The Economist, particularly for its Master in Management (MIM) and MBA programs.

NEOMA operates across three campuses—Reims, Rouen, and Paris—and collaborates with over 400 universities globally, offering exchange programs and dual degrees. The school has strong industry connections with corporations such as L'Oréal, Deloitte, KPMG, and LVMH, ensuring students have access to excellent internship and job opportunities. With over 72,000 alumni across 120 countries, NEOMA fosters a truly international learning environment. Its curriculum emphasizes global perspectives and practical applications in finance, marketing, supply chain management, and data analytics, making it an ideal choice for students seeking a high-quality European business education.

B. Academic Learning Experience

During my exchange at NEOMA, I took several courses that provided valuable insights into different disciplines. Here are my thoughts on some of the courses:

Discovering and Understanding French Culture
This course offered an engaging introduction to French culture and traditions. The class was interactive, allowing students to exchange ideas and experiences. However, it did not focus on learning the French language. Those interested in studying French should consider taking dedicated language courses. The class had no final exam, making it a stress-free yet informative experience.

Digital Innovation & Entrepreneurship
This was a rigorous course taught by an MIT graduate professor. The professor was highly knowledgeable but strict regarding participation and attendance. Being proactive and punctual was essential. This course was highly beneficial for students interested in entrepreneurial thinking and business innovation.

Strategy and Sustainability

This course was somewhat disappointing. The lectures were often short, with long group discussions that sometimes felt unstructured. The course content was broad and lacked depth. Based on my experience, I would not recommend it.

Corporate Valuation with Excel EL II

This online course on corporate valuation was well-structured and easy to follow. The final assessment was manageable, making it a great option for students interested in financial modeling.

C. Extracurricular and Daily Life

Life in Reims, where my campus was located, was peaceful yet fulfilling. Some key takeaways from my experience include:

- City Life: Reims is a charming city in the Champagne region with a convenient tram system. It has essential facilities such as Asian grocery stores and large supermarkets. During my exchange, I also learned to cook, which was crucial since dining out is expensive in France.

- Social Events: NEOMA organizes a Welcome Day and other social activities, providing great opportunities to meet international students and expand one's network.

- Traveling: Learning how to navigate different European transportation systems was an essential skill. Proper time management and planning allowed me to visit multiple countries, making the most of my time abroad.

D. Tangible Benefits of the Exchange

1. Learned how to live independently and overcome daily challenges abroad.

2. Engaged with people from diverse cultural backgrounds and explored different parts of Europe, which broadened my perspective.

3. Personally visited iconic landmarks and locations I had previously only seen in pictures or videos.

4. Developed a more open-minded and adaptable mindset towards living in different countries.

5. Improved time management and problem-solving skills through planning and navigating European cities.

E. Challenges and Solutions

1. Language Barrier: Many locals in France prefer speaking French, making communication difficult initially. I overcame this by greeting them in French first and using translation apps. This approach made interactions smoother and more pleasant.

2. Safety Concerns: Europe has higher pickpocketing risks compared to Taiwan. I learned to stay vigilant and protect my belongings.

3. Speaking English Fluently: Initially, I struggled with fluency in English conversations, but constant practice helped me improve significantly.

4. Cost of Living: Eating out was expensive, and supermarkets closed early, so I had to adapt by cooking more meals and planning grocery shopping efficiently.

F. Cultural Adaptation

1. Frequent Strikes: France is known for its frequent strikes, particularly affecting public transport. At first, I found it frustrating, but over time, I understood that strikes are a way for locals to advocate for their rights and work-life balance.

2. Stereotypes and Assumptions: Some Europeans assume all Asians are from China and may doubt their English proficiency. Initially, this was frustrating, but I learned to assertively correct misunderstandings and communicate confidently.

G. Personal Growth and Transformation

One of the most impactful lessons I learned from my exchange experience was the importance of work-life balance. In Taiwan, efficiency and productivity are highly valued, and I initially found France's slower pace of life frustrating. However, over time, I came to appreciate the emphasis on quality of life. The French prioritize leisure, relationships, and personal well-being, which has inspired me to rethink how I balance work and relaxation in my own life.

Returning to Taiwan, I may not immediately notice all the changes in myself, but I am confident that this

experience has profoundly shaped my worldview. My time in France has broadened my perspectives, deepened my understanding of cultural diversity, and instilled a greater sense of independence. These lessons will continue to influence my future decisions and career aspirations.

H. Final Thoughts and Recommendations

Although my exchange program delayed my entry into the workforce, I have no regrets. This six-month journey was filled with invaluable experiences and lifelong memories. I am deeply grateful to National Sun Yat-sen University for providing the international resources that allowed me to explore the world beyond Taiwan. This experience has been a defining chapter in my life, and I highly encourage other students to take advantage of similar opportunities, as the personal growth and cultural exposure are truly invaluable.