A. **學校簡介**

昂傑高等商學院(ESSCA School of Management)是法國私立商學院(école)。主校區在 Angers 昂傑，Angers 是個治安良好的小鎮，居民與商店的店員大部分都非常友善，即使有些店員不會英文，但還是會用肢體語言盡可能的話讓我理解他們想傳達的內容，也是葡萄酒產區且適合生活的學生城市，綠地排名也是全法第一。9、10 月的天氣十分舒服，溫度大約 15~20 度十分舒適，但冬天的天氣十分嚴峻，一出宿舍常常是霧濛濛的，也時常下雨。距離巴黎 montparnasse 車站搭乘 TGV 高鐵約 1.5 小時，到最近的南特機場(NTE)搭火車約 1.5 小時。課程提供包含大學部(商學綜合課程)、碩士班(國際企管與策略/創業、行銷物流、財務會計、人力組織管理，四個專業可選擇)。另外，ESSCA 交換能選的校區有法國 Angers,Paris, Lyon, Aix-en-provence, Bordeaux 以及匈牙利 BUDAPEST，因此交換一年的同學可以考慮選擇不同校區以增加體驗。

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**

因為我是修完中山碩士的課程後才出國交換，因此沒有學分或是畢業壓力，再加上比起碩士班的課程，學士班的課程更吸引我，因此我最後是選擇學士班的模組，但要注意的是 ESSCA 會規定學生要修 15-30 學分，大約要修 4、5 堂課程，課程的負擔相對其他學校是蠻重的，但好處是能跟其他國家的學生深入交流還有相處，我也因此交多許多外國好友。

- 初階法文課：全部課程裡面最喜歡的，老師人非常友善，上課之中有任何問題跟老師反應，老師都會停下來耐心地解釋，課堂中也時常會將學生倆倆分組，讓我們可以進行口說的練習，但上課的進度有點快，對於法文初學者負擔會有點重，但也多虧老師的教學，讓我最後在生活中能靠著全法文點餐以及付費，受益良多。
- 國際政治經濟：整個班只有我一個亞洲人，壓力特別大，老師上課會討論不只歐洲，也包含亞洲及全世界的國際重要大事，每堂課的投影片都是密密麻麻的字，老師講解的夜蠻仔細的，但因為字太

多，老師語調平淡，有時會讓人覺得快睡著，有一個小組報告以及一次期末考，整體來說課堂負擔不會太重

- 國際企業管理：老師是一個英國黑人，規定很多又很嚴格，上課沒辦法使用任何電子產品，講課內容多是以理論為主，介紹各種商業模式，課程還有兩次大報告，要跟企業合作發想商業企劃，是一堂有點壓力的課，但同時也能學習與不同國家組員如何搭配分工，也算是有點收貨獲的課
- 紅酒行銷：過去的 wine marketing 都有跟酒莊合作，可以去參訪，但這次很可惜沒有能實際參訪酒莊的機會，上課老師會講解許多跟酒類相關的知識，從產地、製造到行銷，但因為都是在課堂進行，少了帶入感，所以比較無趣，除了有幾堂課老師有一些小組遊戲，其他課程都是坐著聽老師講解投影片
- 歐洲歷史課：老師是個非常認真的德國人，每堂課都會討論一戰或二戰不同的主題，但因為對於歐洲史的知識本身就不足，所以有時候老師討論到部分內容時，會覺得太深奧有點聽不懂，要利用課堂外的時間多複習才能聽懂老師在說什麼，再加上老師上課沒有任何投影片輔助，因此非常考驗英文聽力跟專注力。

C. **國外研修之生活學習（課外）**

- 生活及文化交流
  - 昂傑美食推薦：我非常喜歡到處探索各種美食，在法國的小城市探索美食，難度加倍，因為不是每個店員都會說英文，但是樂趣也跟著加倍，幾乎每個店員都超級友善

📍🍕Numéro 10：好吃正統的披薩店，義大利朋友也認可

📍🍦La Glacerie d'Anjou：黑醋栗口味的冰淇淋超好吃，吃得到超多果肉，很真材實料

📍Crêperie Marie mil'goules：好吃可麗餅，甜的鹹的都好吃，店員態度很好，英文也超好，整間店也很可愛很有氛圍

📍🇹🇭Santosha Angers：好吃泰式料理，泰式炒麵跟牛肉飯都好吃，是偏甜的口味，很適合台灣人

📍🥖Boulangerie Corneille：好吃的日式麵包店，老闆是日本人，菠蘿麵包跟起司麵包都很讚，法國店員的英文跟態度也都非常好

📍220 °Celsius：好吃的可麗餅店，昂傑附近的城市雷恩是可麗餅的發源地，因此昂傑也有非常多可麗餅店，這家的黑巧克力口味超級推薦

📍🇻🇳Chez Minh：好吃越南料理，炒河粉吃起來有台灣炒板條的味道

📍🥐Ma Petite Boulangerie：好吃便宜的麵包店，可頌、馬卡龍、三明治、閃電泡芙都很美味，店員的態度也超級親切

📍🇫🇷 Bouillon Saint-Laud：昂傑好吃正統法餐，價格也不會高的太誇張，鴨胸跟蝸牛都很好吃

➢ 社交生活

1. Orientation day：剛開始學校會舉辦給交換生的活動，一定要參加，第一天主要是講解學校選課的各項規定，還要簡單介紹城鎮的交通，第 2 天則是透過分組活動在城市闖關，策劃活動的學生超級用心，除了能認識城市，也是能認識交換生們的好機會，我們這一次昂傑校區約有 50 個交換生，透過剛開始的活動，也能讓我開啟跟各國朋友互動交流的機會
2. 晚餐活動：我們時常與宿舍的義大利、西班牙的交換生舉辦國際晚餐，也品嚐了道地的各國料理像是義大利餃、義大利麵、提拉米蘇跟西班牙烘蛋，我們也煮了火鍋跟咖喱飯與他們交流，同時也邀請了法國學伴與好友們一起來狂歡，透國聊天能深入了解各國不同的文化，還能一起品嚐各國美食，真的是非常難忘的體驗
3. 博物館派對：因為 ESSCA 是貴族學校，所以有非常多經費，在剛開學時甚至包下昂傑的博

物館辦活動，除了有我們這個計畫的 50 位交換生，還認識了其他計畫來自非洲的交換生，一起在博物館裡吃小點闖關，還有使用高級拍貼機，是很新奇的體驗

4. 昂傑遊行：每年在 9 月中的時候，昂傑會舉辦一年一度的慶典，會有一系列的表演跟裝置藝術，有各種特技團以及街舞表演，最後還有煙火秀，讓人看的目不轉經，為期大約一個禮拜，每天都有不同的表演，都是免費的，超級推薦上街去體驗法國人享受音樂跟表演歡樂的氣氛
5. 每個月的 erasmus 派對：能在 ig 上追蹤粉專，每個月都會辦給 Angers 小鎮各個學生的派對，去到那邊也可以認識各國的交換生還有法國的本地學生，但場底有點舊跟狹小，跳舞跳到最後覺得快窒息

- 法國交通攻略

🚄：可以下載 sncf 交通 app，還有辦青年卡，只要年紀 26 歲以下就有 7 折的優惠，還可以申辦 max jeune，一個月付 80 歐的月租費，就能不定期有 0 元車票，對於常在搭車旅遊的交換生真的是一大福音

🚋：昂傑的交通大多是以公車及輕軌為主，可以去申辦學生卡，一個月大約 31 歐，就可以無限搭乘輕軌跟巴士

🚍：不管是在法國國內或是到其他國家也可以搭乘 Flixbus，雖然時間很長，但價格真的比火車便宜很多，可以先在台灣辦理 isic 學生卡，flixbus 的票就可以打 9 折

- 法國旅遊攻略：法國好玩的城市真的很多，這邊列舉幾個推薦的城市及景點

📍巴黎：因為昂傑距離巴黎 montparasse 車站只有 1 個半小時的車程，再加上常常去其他國家都去要去巴黎轉車，因此去了 6 次巴黎，真的覺得在滿 26 歲以前去巴黎非常划算，各景點都不用錢，非常划算，像是奧塞美術館、橘園美術館、凱旋門登頂、巴黎監獄、聖禮拜教堂、

羅浮宮都能免費參觀，也遇到睽違 5 年重新開幕的聖母院，非常幸運，要俯瞰巴黎的風景到蒙馬特的聖心堂觀景臺，天氣好的時候去真的很壯觀，但 18 區的治安真的不太好，要非常小心，記得在第一次去巴黎搭乘地鐵時還差點被黑人搶劫，在巴黎真的要時時提高警覺，搭地鐵也要小心扒手，是個有點危險但是又非常有趣的城市

📍Strasbourg、Colma：Strasbourg 是法國非常有名的百年聖誕市集小鎮，在法國德國瑞士的交界處，因此有 3 個國家的特色食物，像是火焰薄餅、熱紅酒、豬腳等等，Colma 更是霍爾的移動城堡取景地，整個小鎮給人夢幻的氛圍，大約 11 月底聖誕市集就會開始了，9 月就可以準備訂車票跟住宿，全世界的觀光客都會去朝聖，因此房價跟車票飆漲的超級誇張

📍Nice、Menton：法國最愛的兩個城市，Nice 在冬天去也別有一番風味，在冬天的暖陽下溫度大約 15 度，非常舒服，藍天配著大海，景色超級驚艷，因為在南法，位置靠近義大利，因此有許多有名的海鮮跟義大利料理，都新鮮又便宜，Menton 是在 Nice 隔壁色彩繽紛的檸檬小鎮，有去 Nice 一定要順便去晃晃，在那邊吃到了人生排名前三的提拉米蘇，遇到的服務生也多很熱情可愛，讓我對這兩個城鎮留下深刻的印象

D. **交換/研修之具體效益**

1. 各種語言能力的提升：因為我是選擇大學部的課程，大部分中山的人是選擇研究所的，因此在許多課程是只有我一個亞洲人，通常我都跟瑞典、立陶宛或義大利的交換生一起上課，因此在生活中講英文的時間甚至多過講中文的時間，跟外國朋友們的相處時間也比跟台灣人的時間多很，也讓我的英文能力大幅的進步，同時學校的法文課也讓我有基礎的法文能力，能在購買商品時用簡單法文對答，十分有成就感，除此之外，西班牙與義大利朋友們也會教我簡單的句子與問候語，在多個語言的環境中能不斷的刺激大腦，世上研究所以來英文的巔峰時期，口說跟聽力都進步超多。

2. 溝通協調能力提升：因為不同的國家及文化，難免會有些誤會產生，因此要耐心地用英文跟其他交換生解釋及溝通，我覺得這是很棒的經驗，之後如果進入外商公司工作，也需要跟其他國家的夥伴協調溝通，因此這是很棒的練習機會，
3. 烹飪技巧提升：在歐洲外食最便宜也要 15 歐以上，因此窮學生為了省錢餐餐都必須自己煮，雖然在台灣本來就會煮飯，但在國外有時候會想挑戰一些料理，像是蔥雞湯、台式滷肉、海鮮義大利麵等料理，也與外國朋友互相交換彼此的料理，廚藝大幅提升
4. 活動組織能力提升：學校幫我們辦的活動數量其實沒有很多，因此我們私下常常舉辦各種晚餐派對，我負責協調台灣同學的時間與偏好，而義大利同學則負責協調西班牙與義大利同學的時間，亞洲人跟歐洲人對於晚餐的偏好時間差超多，因此要不斷來回溝通協調，雖然有時候會覺得很麻煩，而且都要全英溝通，但每次辦完心裡都覺得暖暖的，能跟大家聚在一起很像家人一樣，都有除夕吃年夜飯的既視感
5. 旅遊規劃能力：來歐洲交換一定要好好把握機會到法國各城市以及歐洲各國旅遊的機會，從訂住宿、規劃景點、交通選擇、以及各地美食及紀念品攻略，做攻略的技巧也在每次旅遊中越來越純熟，一定要下載小紅書，上面有非常清楚又詳細的攻略
6. 危機處理能力：在國外一定會遇到許多怪人怪事，從剛開始在巴黎地鐵遇到搶劫犯的驚慌失措，到最後自己走在回家路上被狗咬時，靠著好心路人的幫助叫了救護車，後續也與法國朋友一起報警，之後也自己請學校幫忙預約私人護士自行去將傷口拆線回診，雖然這是一個極度痛苦的回憶，但我也不得不佩服自己的處理能力，也很感謝當初幫助我來自各國的朋友們。

E. **海外生活期間是否曾遭遇困境，及是否解決問題?**

- 遭遇的意外：在學期末考完期末考時，走回宿舍的路上，在宿舍門口被狼狗攻擊，而且主人就在旁邊，但非常不負責的沒有將狗戴上嘴套及用牽繩牽好，我的小退被咬到血流不止，整個皮

膚組織外露，主人非常沒水準的對我說了聽不懂的法文，帶著狗直接逃跑，我只能自己坐在草地上無助的哭，那時候整個人嚇到無法冷靜腳也痛到無法行走，坐在草地上過了 2、3 分鐘有一個好心的法國大叔路過，也幫我撥打電話叫了救護車，之後陸續也有幾個好心法國人路過幫我簡單處理我的傷口，最後搭了救護車去了大型外科診所，因為法國人極差的效率，等了超過 4 個小時才我的傷口才被縫起來，我們找了學校的職員用電話當我們的英文翻譯，醫生用法文跟職員溝通她再翻成英文給我聽，最後縫了 5 針，還要再跑到很遠的藥局拿藥跟各種繃帶，這時候才懂的台灣的好，台灣醫療真的方便又便宜。

- 如何處理：之後詢問學校如何報警及後續如何預約拆線，法國校方對於報警十分不解，他們的態度很消極，有回答但幾乎都是沒任何幫助，但是身旁的朋友們都認為應該要報警，因此最後我請法國朋友跟我一起去報警，他幫我一句一句英文翻譯成法文描述當時的情況，雖然感覺找不到犯人，因為那裡沒有監視器加上法國人的做事認真程度實在讓人不敢放心，但至少留了案底紀錄，能在之後有人又被咬傷時能夠比對記錄。

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?**

- 作弊文化：在法國考期末考，只要是比較好欺負的老師，他們就一定會作弊，甚至是 10 幾個人一起非常明顯的交頭接耳的作弊，之後詢問了義大利跟西班牙朋友，他們說作弊是常態，他們也會時常作弊，真的是震驚我的三觀，我跟美國的同學都覺得跟我們的文化截然不同
- 歧視亞洲人：雖然在歐洲大部分遇到的人都十分友善，但還是遇到了 7、8 次的歧視，都是黑人或是沒有受過教育看起來比較貧困的白人，會大聲的模仿我們講中文或是在我完全沒有講話或跟他們眼神有交流的情況下，直接認定我是中國人，對我大喊你好，並用嘲笑捉弄的語氣，剛開始聽了會很不開心，但之後都把他們當空氣直接忽略。
- 法國人做事懶惰：有一堂課老師將將換生與法國人打散混合分組，組內的 2 個法國人完全不想討

論，甚至用 chat gpt 做出全部報告的內容，甚至連投影片也是用 chat gpt 做出，在討論時完全不用英文只用法文，整個報告讓人覺得傻眼又問號，我跟瑞典朋友試圖與他們溝通討論，但是他們不動於衷，因此只好放棄，也不要把這些事放在心上，畢竟我們已經不需要學分了，只是覺得部分法國人如果在持續用這種態度的話，腦袋真的會退化。

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?

- 危機處理能力：被狼狗咬到小腿撕裂傷是我近期受過最嚴重的傷，而且還是在國外，只能邊哭邊跟路人用簡單法文還有英文求救，之後也陸續去了醫院、警察局跟預約診所拆線，之後還要處理保險後續，靠著法國朋友以及自己的努力，也終於成功解決所有事，平安回到台灣。
- 更享受單獨時光：雖然跟朋友一起旅遊很開心，但有時獨旅也會有意外想不到的樂趣，也能與當地人有更多互動機會，像是去馬爾他住在青年旅社的時候，就意外認識了一個可愛也是獨旅的來自義大利的媽媽，甚至到現在我們還會偶爾聯繫，真的是很奇妙的緣分。
- 適時勇於表達自我的意見：跟外國組員共事時，難免會有意見不同的時候，這是我都會說出自己的意見與看法，並試圖與他們溝通，有時候有些組員可以溝通，但有時面對無法溝通的人為了避免衝突，我會選擇自己多承擔一些工作而避免麻煩

H. 感想與建議

- 感想：交換最大的樂趣就是認識各國的新朋友，與到各國旅遊，工作之後真的很難有這麼長的旅遊時間，也很難再有在國外生活一段時間的經驗，在當地生活跟旅遊是完全不同的心境，能更深入體會當地文化，也能跟法國人有更多交流機會，並體會法國商學院的上課風格，並與各國的交換生一起分組共事，這個是非常難能可貴的經驗，因為常常接觸，因此也交到了各國的好友，昂傑是一個安全又無趣，很適合退休生活居住的城市，但因為遇到了來自世界各地的交換生們，大家一起共創

許多美好的回憶，也因為遇到許多人，使得在這個城市的體驗變得有趣許多。

- 建議：去法國真的要做好去修練脾氣的想法，遇到的學校職員真的非常雷，而且十分沒效率，甚至是簡單的小事，也要不斷耐心地與他們多次來回溝通解決，可以好好訓耐心與自己搜集資料的能力。

A. **School Introduction**

ESSCA School of Management is a private business school in France. Its main campus is in Angers, a small, safe town where most residents and shopkeepers are very friendly. Even if some shopkeepers don't speak English, they often use gestures to help convey their messages. Angers is a wine-producing region and a student-friendly city with a high quality of life, ranked first in France for green spaces. The weather in September and October is very pleasant, with temperatures around 15–20°C. However, winters can be harsh, with frequent fog and rain as you step outside the dormitories. Angers is about 1.5 hours by TGV train from Paris Montparnasse station and approximately 1.5 hours by train to the nearest airport, Nantes Airport (NTE). ESSCA offers undergraduate programs (comprehensive business courses) and master's programs in four specializations: International Business and Strategy/Entrepreneurship, Marketing and Logistics, Finance and Accounting, and Human Resources and Organizational Management. For exchange students, ESSCA provides options to study at various campuses, including Angers, Paris, Lyon, Aix-en-Provence, Bordeaux in France, and Budapest in

Hungary. Students participating in a year-long exchange program can consider choosing different campuses to diversify their experiences.

B. **Recommended and Favorite Courses**

Since I went on an exchange program after completing the coursework for my master's degree at NSYSU, I didn't have credit or graduation pressure. Additionally, I found the undergraduate courses more appealing than the master's level courses, so I chose undergraduate modules. However, ESSCA requires students to take 15-30 credits, which is about 4 or 5 courses. The workload is relatively heavy compared to other schools, but it provides a great opportunity to interact with students from other countries. As a result, I 've made many international friends.

- **Beginner French**: This was my favorite course among all. The teacher was friendly and patient, always stopping to explain whenever students raised questions. The class often involved pair work, allowing us to practice speaking French. However, the pace of the class was a bit fast, which could be overwhelming for beginners. Despite this, thanks to the teacher's excellent instruction, I eventually managed to order food and make payments entirely in French during daily life, which was very rewarding.
- **International Political Economy**: I was the only Asian student in the class, which made it particularly stressful. The teacher covered not only European but also Asian and global major political and economic events. The slides were packed with text, and although the teacher explained everything in detail, their monotone delivery could sometimes make the lectures feel sleepy. The course included a group presentation and a final exam, but overall, the workload wasn't too heavy.
- I**nternational Business Management**: The instructor, a strict British professor, had many rules, including a prohibition on using any electronic devices during class. The content was largely theory-based, introducing various business models. The course included two major projects where we had to collaborate with companies to develop business plans. While the course was somewhat stressful, it offered valuable insights into how to collaborate and divide tasks with teammates from different countries, making it a rewarding experience overall.
- **Wine Marketing**: In the past, the Wine Marketing course had partnered with wineries, allowing students to visit them, but unfortunately, we didn't have the opportunity for field trips this time. The teacher covered a lot of wine-related knowledge, including production regions, manufacturing processes, and marketing strategies. However, since the course was conducted entirely in the classroom, it lacked an immersive experience and was less engaging. Apart from a few group activities, most of the time was spent listening to lectures and slides.
- **European History**: The teacher, a highly dedicated German professor, focused on different themes from World War I or II in each class. Since my knowledge of European history was limited, I sometimes found the content too complex to fully grasp. I had to spend extra time outside of class reviewing the material to

understand what the teacher was discussing. Additionally, the teacher didn't use any slides, which made the course highly challenging, testing both my English listening skills and concentration.

C. **Life and Cultural Exchange**

- **Food Recommendations in Angers**

I love exploring various cuisines, and in a small French town like Angers, food hunting can be quite challenging since not every server speaks English. However, the fun doubles as most of the staff are incredibly friendly.

📍🍕Numéro 10: Authentic pizza place approved by my Italian friends.

📍🍦La Glacerie d'Anjou: Their blackcurrant-flavored ice cream is amazing, packed with fruit chunks and made with real ingredients.

📍Crêperie Marie Mil'goules: Delicious crepes, both sweet and savory. The staff are very kind, speak excellent English, and the entire place is cozy and atmospheric.

📍🇹🇭Santosha Angers: Great Thai food! Their pad thai and beef rice dishes are on the sweeter side, which suits Taiwanese palates well.

📍🥖Boulangerie Corneille: A fantastic Japanese-style bakery run by a Japanese owner. The pineapple buns and cheese bread are highly recommended, and the French staff are very polite and speak great English.

📍220 °Celsius: Another excellent crepe shop. The nearby city Rennes is the birthplace of crepes, so Angers has plenty of quality options. This shop's dark chocolate crepes are highly recommended.

📍🇻🇳Chez Minh: Amazing Vietnamese food! Their stir-fried noodles have a taste like Taiwanese-style stir-fried flat noodles.

📍🥐Ma Petite Boulangerie: A great and affordable bakery. Their croissants, macarons, sandwiches, and éclairs are delicious, and the staff are super friendly.

📍🇫🇷Bouillon Saint-Laud: A great place for authentic French cuisine at reasonable prices. The duck breast and escargots are must-tries.

- **Social Life**

1. **Orientation Day:**

   The school organizes activities for exchange students at the start of the semester, and participation is a must! On the first day, they explained all the course selection rules and introduced the town's transportation system. On the second day, there was a city treasure hunt through group activities. The students organizing the event were very dedicated, and it was a great chance to explore the city and meet other exchange students. There were about 50 exchange students at the Angers campus this time, and these initial activities helped me build connections and interact with friends from all over the world.

2. **Dinner Events:**

   We often held international dinners with exchange students from Italy and Spain at the dormitory, trying authentic dishes like Italian dumplings, pasta, tiramisu, and Spanish omelets. We also shared hotpot and curry rice with them. Additionally, we invited French buddies and friends to join the celebrations, where we had the chance to deeply understand different cultures while enjoying diverse cuisines. It was truly an

unforgettable experience.

3. **Museum Party:**
   ESSCA, being a well-funded school, even rented out a museum in Angers for an event at the beginning of the semester. Besides the 50 exchange students in our program, we also met other exchange students from Africa. The event included light refreshments, treasure hunts, and a luxury photo booth. It was a unique and fascinating experience to have a party inside a museum.
4. **Angers Parade:**
   Every year in mid-September, Angers hosts an annual festival featuring a series of performances and art installations. There were acrobatic troupes, street dance shows, and a grand fireworks display at the end. The festival lasts about a week, with different performances every day, all free of charge. It's highly recommended to immerse yourself in the festive atmosphere and enjoy the French way of celebrating music and art.
5. **Erasmus Parties:**
   By following the Erasmus program's Instagram page, I found out about monthly parties organized for students in Angers. These parties are a great way to meet exchange students from different countries and local French students. However, the venue was a bit old and cramped, and by the end of the night, it felt a little suffocating from all the dancing.

D. **Specific Benefits of Exchange Abroad**

1. **Improvement in Language Skills:**
   Since I chose undergraduate courses, most students from NSYSU applied for graduate-level courses. As a result, in many classes, I was the only Asian student. I often studied alongside exchange students from Sweden, Lithuania, or Italy, which meant I spent more time speaking English than Chinese in daily life. I also spent more time with foreign friends than with Taiwanese students, which significantly improved my English proficiency. Additionally, the French classes at school gave me basic French-speaking abilities, allowing me to engage in simple conversations when shopping—something that gave me a strong sense of accomplishment. Moreover, Spanish and Italian friends taught me simple sentences and greetings in their languages. Being in a multilingual environment constantly stimulated my brain, and this exchange marked the peak of my English-speaking and listening skills, with notable progress in both.
2. **Enhanced Communication and Coordination Skills:**
   Misunderstandings are inevitable due to differences in nationality and culture. Therefore, I had to patiently explain and communicate with other exchange students in English. I found this to be a valuable experience. In the future, if I work for a multinational corporation, I'll need to coordinate and communicate with colleagues from other countries, making this an excellent opportunity to practice such skills.
3. **Improved Cooking Skills:**
   In Europe, dining out costs at least €15 per meal, so as a student on a budget, I had to cook all my meals

to save money. While I already knew how to cook in Taiwan, being abroad inspired me to challenge myself with various dishes like scallion chicken soup, Taiwanese braised pork, and seafood pasta. I also exchanged recipes with my foreign friends, which significantly improved my culinary skills.

4. **Improved Event Organization Skills:**
   The school didn't organize many activities for us, so we frequently hosted private dinner parties. I was responsible for coordinating the schedules and preferences of Taiwanese classmates, while Italian classmates managed the schedules of Spanish and Italian students. Since Asians and Europeans have vastly different preferred dinner times, we had to constantly communicate and adjust. Although it sometimes felt troublesome, and all the coordination was done in English, I always felt warm and happy after each event. Gathering with everyone felt like being with family, similar to having a New Year's Eve reunion dinner.
5. **Travel Planning Skills:**
   Going on exchange in Europe means making the most of opportunities to travel across French cities and European countries. From booking accommodations, planning itineraries, choosing transportation, to finding local cuisines and souvenir shops, my travel planning skills became more refined with each trip. Downloading apps like Xiaohongshu was essential, as it provided clear and detailed travel guides.
6. **Crisis Management Skills:**
   Living abroad inevitably means encountering bizarre situations and people. From the initial panic of encountering a pickpocket on the Paris Metro to being bitten by a dog on my way home and relying on a kind stranger to call an ambulance, I've faced many challenges. Afterward, I filed a police report with the help of my French friends and arranged follow-up medical care, including booking a private nurse to remove stitches and revisiting the doctor. While this was an incredibly painful memory, I couldn't help but admire my own ability to handle crises. I am also deeply grateful to the friends from various countries who helped me through these experiences.

E. **Reflections and Suggestions**

- **Reflections:**

The greatest joy of going on exchange is meeting new friends from various countries and traveling around different places. After starting work, it's genuinely difficult to find such a long period for traveling or to have the opportunity to live abroad for an extended time. Living in a foreign country is entirely different from traveling, as it allows for a deeper understanding of local culture, more interactions with French people, and an opportunity to experience the teaching style of a French business school. Collaborating with exchange students from different countries on group projects is an invaluable experience. Frequent interactions also helped me build friendships with people from all over the world. Angers is a safe but somewhat boring city, ideal for retirement life. However, the experience became much more interesting thanks to the exchange students I met from around the globe. Together, we created many beautiful memories, and it was the people I encountered that made my time in this city much more enjoyable.

- **Suggestions:**

  If you’re going to France, be prepared to work on your patience. The school staff you encounter can be extremely inefficient and unreliable. Even for simple matters, you’ll need to communicate with them multiple times patiently to get things resolved. This experience can help you cultivate patience and improve your ability to research and solve problems independently.