繕打**中文及英文**心得報告，應包含下列項目

（**中文至少 1,000 字+英文至少 500 字。**赴中國交換者不需撰寫英文心得。）

A. 學校簡介

蒙彼利埃商學院（Montpellier Business School, MBS）創建於 1897 年，位於法國南部的蒙彼利埃，是一所擁有百年歷史的頂尖商學院。MBS 以其三大國際認證（AACSB、AMBA、EQUIS）聞名，被譽為全球「三冠王」商學院之一。學校提供多元的課程，包括管理學碩士（MIM）、專業碩士（如國際商務、金融、行銷）以及 MBA 課程，部分課程以全英語授課，吸引來自全球 70 多個國家的學生。

作為法國最適宜生活的城市之一，蒙彼利埃氣候宜人，被稱為南法的大學城，蒙彼利埃的天氣非常舒服，即便是到了冬天只要太陽出現都會非常溫暖，非常適合推薦給喜歡溫暖地區的同學們！

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

本學期我最喜歡也最推薦的課程為「Strategic Management」，在學期剛開始前老師會要求同學分組並挑選一間企業來作為報告的個案，每一堂課的上課方式為老師會先透過 PPT 內容告訴大家應該如何分析企業的決策和決策中會遇到的問題及挑戰，在課堂的最後會留下 20-30 分鐘讓每組分別去分析各組所挑選的個案，最後再請大家上台分享，而在期末時則是將課堂每次所分析討論的過程進行一個統整後，來報告一份完整的策略管理分析報告。

透過這樣的方式，一步一步地讓我們更了解該如何從企業的內外部環境、各種不同的因素下分析個案的決策，比起講解各種不同的理論，這樣的方式可以讓學生更好的理解實務和理論的結合。

C. 國外研修之生活學習（課外）

學校舉辦了各國交換生的 International Day，主要是讓不同國家的交換生可以拿出各自國家的著

名特色來和其他國家的交換學生交流，除了交流食物、小物品以外，也有些國家的交換學生準備了表演，透過這種方式不但可以很快地了解到各個國家的文化以及習俗以外，也可以認識到不同國家的交換學生，也能讓他們透過這樣的方式來了解台灣！

D. 交換/研修之具體效益（請條列式列舉）

- 提升外語能力
- 體驗國外生活、深入瞭解當地文化
- 提升危機處理能力、養成獨立生活能力
- 提升自我信心、增加國外見識
- 與許多國外同學交流、了解不同國家文化
- 對未來職涯方向更加明確

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?

剛到法國時，剛到法國時，我面臨了語言溝通的困難。由於當地人普遍使用法語，且不太擅長英文，無論是日常生活中購物、詢問路線等，都成為一大難題。印象最深刻的是曾經電信費用莫名的被加收了 60 歐，但到電信店面之後，店員卻以不會溝通英文的理由拒絕替我處理這件事，最後請我直接撥打法文客服專線，請我自行用法文和對方溝通。最後，因為法文不是很流利再加上電信店面的店員告知如果我不付這筆費用的話，過兩天會直接被停止電話功能，因此當下只能先直接將這筆費用付清。

經過這件事最大的啟示是不論到哪個國家，還是需要學習一些當地的語言，雖然交換學校有提供法文課讓我們學習，但學習內容大多是基本的生活會話，如果要自行和當地的居民或是店員溝通還是有點難度。除了勤加學習法文以外，或許之後可以選擇向會法文或是當地的法文同學求助，

請他們陪同一起去處理這類的問題，也能避免在語言溝通上出現誤會或是雞同鴨講的問題。

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?

在法國生活期間，遇到最特別的文化衝擊是商店通常會在中午或周日關門，中午會有一段很長的休息時間、週日基本上幾乎所有店家都不會開門，因此在剛開始很常因不熟悉這種營業時間而撲空。除此之外，法國人對於和人的相處上非常重視，即便是在宿舍電梯相遇也都會打招呼，在下公車時也會熱情的和司機說謝謝、再見。起初非常不習慣，因為在台灣並不會和陌生人打招呼，但在宿舍經常和不同國家以及當地法國同學打招呼或是小聊天以後，就會開始逐漸習慣這樣的模式，且我也會強迫自己在公車上下車時都要和司機打招呼說早安、再見、謝謝，久而久之就會習慣且不會覺得很奇怪。

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?

我覺得最大的個人特質改變是變得更加獨立且更能夠正向的面對自己心裡的一些負面情緒，在國外的所有事情都必須要自己來，從最一開始的找宿舍、機票、交通、環境、治安……等全部都是需要自己做足了功課後才決定，到了當地難免會遇到一些臨時的突發狀況，像是電車突然停駛、宿舍設施損壞……等各種問題，當遇到這些問題時，最重要的就是想辦法去解決它。曾經在某次和朋友旅遊的過程中發現住宿鑰匙不見或是回程交通沒有趕上的問題，當下雖然會很慌張但也會開始想著該如何解決現在眼下的問題，解決後如何善後……等，這是我覺得自己在個人特質上最大的改變，而因為在國外自己煮會比較便宜，因此在廚藝上也有非常大的進步。

H. 感想與建議

在國外生活的這段日子，對我來說是非常特別的一段經驗，也深刻體會到不同的國家所帶來的感受真的非常不一樣，最讓自己覺得應該要持續保持下去的習慣是應該要學習法國人的生活型態，可以把生活的每一天都過得非常悠閒又有意義，經常隨意一個下午拿著一本書就坐在公園或是海

邊待上一整個下午，也學習到該如何與自己獨處，自己獨立處理許多臨時的突發問題以及各種臨時狀況。

大家對於歐洲的治安都抱有疑慮，但是很幸運的是在這段期間我沒有遇到東西失竊的問題，只能提醒大家出門在外還是要隨身緊盯的自己的個人物品，在這段期間我們也是有遇到扒手、騙子，但是跟同行的同學都要一起互相替對方注意以及儘量避免落單。

在法國的這五個多月時間，絕對是我人生中非常難的的經驗，從過去不太喜歡接受新事物、不喜歡跟陌生人聊天講話，到現在對於各種文化都能抱有嘗試歡迎的態度，也很喜歡在不同國家或是不同城市認識新朋友，了解世界各地的不同文化及習俗，都讓我覺得自己進步很多，也非常慶幸當初自己最後有決定要出國交換！

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

Montpellier Business School (MBS), established in 1897 and located in the southern French city of Montpellier, is a prestigious institution with over a century of history. Renowned for its triple international accreditations (AACSB, AMBA, EQUIS), MBS is recognized as one of the elite "triple crown" business schools worldwide. The school offers diverse programs, including the Master in Management (MIM), specialized master's degrees (such as International Business, Finance, and Marketing), and MBA programs. Many courses are taught entirely in English, attracting students from more than 70 countries.

Montpellier itself is one of the most livable cities in France, known for its pleasant climate and vibrant university-town atmosphere. Even during winter, sunny days feel warm and inviting, making it an ideal destination for students who enjoy milder climates.

During my semester at MBS, my favorite and most recommended course was "Strategic Management." Before the semester began, the professor assigned students to groups and tasked them with selecting a company for case analysis. Each class started with the professor explaining, through a detailed presentation, how to analyze business decisions and address the challenges involved. The final 20-30 minutes of each session were dedicated to group discussions on the chosen cases, followed by group presentations. At

the end of the semester, each group consolidated their analyses into a comprehensive strategic management report for final submission.

This step-by-step approach helped us deeply understand how to analyze business decisions within the context of internal and external environments and various influencing factors. Compared to traditional lectures focused on theory, this practical, hands-on method allowed us to better grasp the integration of theory and practice.

MBS also hosted an "International Day" for exchange students, providing a platform to share their country' s unique cultures. Exchange students showcased their food, small items, and performances, fostering cultural exchange. It was a fantastic opportunity to learn about different countries' traditions, introduce Taiwan to others, and connect with international peers.

Living abroad has been an extraordinary experience for me. It offered invaluable insights into how different countries approach daily life. One of the most meaningful takeaways was adopting the French way of life—enjoying slow-paced, purposeful days. Whether spending an afternoon reading at a park or by the seaside, I learned to appreciate solitude and independence, handling unexpected challenges on my own.

Though safety concerns often arise when discussing Europe, I was fortunate not to experience theft during my stay. However, I did encounter pickpockets and scammers. It is crucial to stay vigilant with personal belongings, travel in groups, and avoid being alone in unfamiliar areas.

These five months in France have been one of the most rewarding periods of my life. From initially being hesitant about new experiences and speaking to strangers, I have grown into someone who eagerly embraces cultural differences. I now enjoy meeting new friends from various countries and exploring different traditions and customs. This exchange program has helped me grow significantly as a person, and I am truly grateful that I made the decision to embark on this journey.

During my time living in France, one of the most unique cultural shocks I experienced was the business hours of local stores. Shops typically close for a long lunch break during midday, and almost all stores remain closed on Sundays. Initially, I often found myself caught off guard by these schedules, as I was unfamiliar with such practices.

Another striking difference was the emphasis the French place on interpersonal interactions. Even in small moments, such as encountering someone in the dormitory elevator, people would greet each other warmly. On public transportation, passengers often say " Merci " and " Au Revoir " to the bus driver when getting off. At first, I found this quite unusual, as greeting strangers is not a common practice in Taiwan.

However, after regularly exchanging greetings or having small chats with fellow dorm residents from both France and other countries, I gradually became accustomed to this friendly culture. I even made it a point to greet and thank the bus drivers when getting on or off the bus, forcing myself to adapt to this new habit. Over time, it felt natural and no longer strange to me. This cultural adjustment taught me the value of small gestures in building a more personable and connected community.