A. 學校簡介

Business School of Burgundy 勃根地高等商學院-第戎校區 (另一個校區在里昂)，是位在法國勃根地區一個小城市的商業學校，以紅酒學程聞名。

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

碩士的課程中除了一般的選修課 Elective courses 之外，還有一些是歸類在"Excellence"的課程，這種課會集中在一週上完，每天都要上課，最後一天會有報告或是考試，之後這門課就結束了。選課的時候須要選總共四門 Excellence (學校會安排學期中分散的四週專門上這個密集課)，然後好像要選至少一門 Elective。我最後上完了四門 Excellence 的課和兩門選修課，總的來說幾乎所有的教授都很用心上課，看得出來很認真對待課程規劃和學生！其中我最喜歡的課是 Business intelligence and analytics，是使用資料視覺化軟體 Tableau 和資料挖掘軟體 RapidMiner 的入門課程，老師上課方式很有趣也不會太艱澀，最後安排的報告也很有趣，節奏很適合我，所以有成就感又帶得走東西。

C. 國外研修之生活學習 (課外)

雖然沒有修到紅酒學程，但認識了很多同學都是對紅酒有研究的，所以學了些跟紅酒有關的知識，也學會怎麼品酒！

D. 交換/研修之具體效益 (請條列式列舉)

- 得到長期的外語環境，提升語言能力
- 跨文化溝通、合作經驗
- 旅遊各地、結交各國朋友，認識不同文化、增廣見聞
- 對於各國不同英文口音聽力的提升

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?

因為是住在一個小城市，會說英文的人很少，一開始很緊張很怕別人過來跟我講法文，後來就大概知道什麼時候會用到法文，學了幾個有用的句子！像是「我不會說法文」、「您會說英文嗎」跟「我看看就好」(逛街的時候很好用)

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?

大部分的文化衝擊都是正向的，像是不認識的人會稱讚自己。但有一次遇到被歧視，有一個人一直用怪腔怪調學我們講中文，再用一種挑釁的表情看我們，因為不確定他有沒有危險性，所以就選擇往旁邊一點站不理他不看他，學著放寬心跟轉念

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?

在國外什麼問題都要自己解決，因為逃避不了問題所以變得學會保持冷靜解決問題

H. 感想與建議

交換期間交到了不同的外國朋友、體驗了一學期在法國上課的日子、天氣和生活方式，沒有課的時間就到處旅行，探索了歐洲大陸好多個國家，這些旅行不僅擴展了我的視野，也讓我更加認識了歐洲不同地區的文化和生活方式。這段期間有挑戰、挫折，但更多的是得到收穫的快樂，讓我更自信和開放，面對未來的挑戰和機遇。

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

Reflecting on my exchange program at Burgundy School of Business in Dijon, France has been an enriching experience beyond measure. Situated in a city renowned for its wine courses and rich cultural heritage, the school provided a vibrant international environment where I forged friendships with peers from around the globe. Collaborating with them in classes was not only educational but also incredibly enjoyable, fostering a deeper understanding of intercultural communication.

While I didn't enroll in wine-related courses myself, I was fortunate to befriend students

who did. Through them, I delved into the intricate world of wine, learning about its nuances in tasting, ingredients, and cultural significance. This exposure broadened my horizons and added a new dimension to my culinary appreciation.

During my exchange period, I experienced personal growth on several fronts. Firstly, my English proficiency improved significantly from constant immersion in an English-speaking environment. Daily interactions with individuals from diverse backgrounds enhanced not only my language skills but also my ability to understand different accents and dialects. Secondly, navigating cultural differences taught me invaluable lessons in communication and collaboration, skills that are indispensable in today's interconnected world.

Moreover, living in France allowed me to immerse myself in the country's rich cultural tapestry. From learning the nuances of French etiquette, such as making eye contact during toasts, to savoring local cuisine and exploring historical landmarks, every experience enriched my understanding of French culture.

Beyond academics and cultural immersion, the exchange program afforded me the opportunity to fulfill a lifelong dream of extensive travel. During free periods in the semester, I embarked on adventures across sixteen countries in Europe. These travels not only allowed me to witness breathtaking landscapes and iconic landmarks but also exposed me to diverse perspectives and lifestyles.

It’ s amazing for a normal person like me to have such a chance to live in France and travel around Europe. I would say it’ s a life-changing experience, and I’ m really thankful for OIA and people in charge.