昂熱高等商學院（ESSCA School of Management）成立於1909年，位於法國昂傑市，是法國著名的高等商校，隸屬於法國精英教學系統（Grande École）。 該學院在全球擁有多個校區，包括昂熱、巴黎、里昂、波爾多、普羅旺斯、紹萊、布達佩斯和上海。ESSCA提供學士和碩士的全英文課程，專業涵蓋金融、行銷、奢侈品行銷、人工智慧管理和永續管理等領域。

昂傑位於法國的中西部，距離巴黎約一個半小時的火車車程，城市內的電車和公車都很便利且宜居，雖然是小城市，但城市規劃卻做得非常好。交換期間我修習了Strategy, Leadership, and Corporate Social Responsibility and Business Ethic這三堂課，其中我最喜歡也感到最受益良多的課程是Corporate Social Responsibility and Business Ethic，這堂課的老師很認真，時常透過案例來教學，也常常從不同角度來教我們，並要求學生一定要舉手回答，也時常透過影片來教學。此外，老師給予我們很多實際案例讓我們和組員討論問題，他再從中提問或是給予不同意見，讓我們的思維能更廣。

在歐洲交換的過程中，旅遊絕對是不可或缺的一部分。透過旅行，我不僅能夠探索不同的國家與文化，還從中學到了許多實用技能。從最基本的規劃行程、搜尋資訊，到實際操作，例如學習如何訂購火車票、比較不同的交通方式，甚至掌握各國的交通規則與轉乘技巧。此外，在挑選住宿時，我學會了如何根據預算、地點、安全性與評價來做出最佳選擇，確保旅程的舒適與順利。

除了基本的旅行安排，面對突發狀況的應變能力也是我在旅遊中獲得的重要收穫。無論是因班機延誤而臨時更改行程、遇到語言不通的狀況需要靈活溝通等等，都讓我培養了更快的反應速度與問題解決能力。這些經歷不僅讓我的獨立性與適應能力大幅提升，也讓我更有自信地應對未來可能遇到的各種挑戰。

這段期間其實沒有遇到什麼太大的困難或文化衝擊，整體適應得相當順利。唯一讓我比較困擾的問題是房間的廚房味道較重，不過這也不是無法解決的問題。針對房間相關的問題，學校宿舍有提供專門的App，可以透過這個系統提交申請，請宿舍管理人員協助處理，這樣的機制讓生活上的不便能夠得到及時改善。

這次的海外生活體驗讓我對大自然有了全新的感受與體悟。過去的我因為害怕昆蟲，對大自然始終提不起興趣，甚至會刻意避免前往戶外或接觸大自然的活動。然而，這次旅遊的過程中，我有機會造訪許多壯麗的自然景點，無論是廣闊的冰川、蔚藍的湖泊，還是壯觀的瀑布，都讓我深刻感受到大自然的美麗與震撼。親身走入這些景色之中，讓我開始用不同的角度去欣賞與理解大自然，也逐漸改變了自己過去的想法。我開始意識到這些美景的珍貴，也更能理解環境保護的重要性，因為唯有我們共同努力

維護，這些自然奇觀才能繼續存在，讓更多人有機會親身感受它的壯麗。這次的經歷不僅讓我重新認識大自然，也讓我萌生了想要為環境盡一份心力的想法，希望能夠以實際行動來保護這片美好的世界。

這次的交換的具體效益：

1. 專業課程中得到許多收穫
2. 法文課學到了很多實用的法文
3. 學習獨立處理緊急狀況
4. 開拓視野

英文心得分享

During my exchange program in Europe, I had the opportunity to take three courses: Strategy, Leadership, Corporate Social Responsibility and Business Ethics. Among them, the course that I found most valuable was Corporate Social Responsibility and Business Ethics. The professor was highly dedicated and encouraged active participation by requiring students to raise their hands and contribute to discussions. This teaching style aligned well with my expectations of European education. Additionally, the professor provided us with numerous real-world case studies, which we analyzed in groups. He would then challenge our perspectives and offer alternative viewpoints, helping us develop broader and more critical thinking skills.

Traveling was an essential part of my exchange experience. It allowed me to explore different countries and cultures while acquiring practical skills along the way. From planning itineraries and researching destinations to hands-on experiences like booking train tickets and comparing transportation options, every step of the journey was a learning opportunity. I also had to familiarize myself with various countries' transportation systems and transfer procedures. When choosing accommodations, I learned to evaluate factors such as budget, location, safety, and reviews to ensure a comfortable and smooth trip.

Beyond the logistical aspects, one of the most valuable lessons I gained from traveling was the ability to adapt to unexpected situations. Whether it was rescheduling plans due to flight delays or overcoming language barriers through creative communication, these experiences helped me develop quick problem-solving skills. As a result, my independence and adaptability improved significantly, boosting my confidence in handling future challenges.

I did not encounter significant difficulties or cultural shocks during my stay in Europe, as I adapted quite well to the new environment. The only minor inconvenience I faced was the strong kitchen odor in my dormitory room.

However, this issue was easily manageable. The dormitory provided an app where students could submit maintenance requests, allowing the dormitory staff to address any concerns promptly. This system ensured that any inconveniences in daily life could be efficiently resolved, making the experience much more comfortable.

One of the most unexpected and transformative aspects of my exchange experience was my newfound appreciation for nature. In the past, I was not particularly interested in outdoor activities, mainly due to my dislike of insects. However, during my travels, I visited numerous breathtaking natural landscapes, including glaciers, crystal-clear lakes, and majestic waterfalls. Being surrounded by such beauty made me realize how precious nature truly is.

Immersing myself in these stunning environments changed my perspective. I began to appreciate nature from a different angle and understand the importance of environmental conservation. I realized that such natural wonders must be preserved so that future generations can also experience their magnificence. This journey not only deepened my connection with nature but also inspired me to contribute to environmental protection efforts. I now feel motivated to take concrete actions, no matter how small, to help protect the planet.

In conclusion, my exchange experience was enriching in many ways. Academically, I gained valuable insights from engaging discussions and real-world applications of business ethics. Through travel, I developed essential problem-solving and adaptability skills. Most importantly, I discovered a newfound appreciation for nature and a desire to contribute to environmental preservation. This experience has truly broadened my horizons and left a lasting impact on my personal and academic growth.