交換研修心得

- **學校簡介**

蒙彼利埃商學院（Montpellier Business School, MBS）位於法國南部，創立於 1897 年，是擁有 EQUIS、AMBA 和 AACSB 三重認證的頂尖商學院。MBS 與全球多所學校合作，每年吸引超過 3,000 名國際學生，其中 30% 為海外生，打造高度國際化的學習環境。交換學生能在此拓展商業視野，提升跨文化溝通能力，並透過與來自世界各地的同學互動，獲得豐富的學術與文化體驗。

- **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**

我最推薦的課程是 Diversity & HR Management，這門課採用線上與線下結合的混合模式，讓學生能靈活參與討論與課堂活動。課程涵蓋多元文化管理、人力資源策略及企業如何應對職場多樣性挑戰，透過案例分析、小組討論與實務應用，加深對 HR 在全球企業環境中的角色與策略思維的理解。我特別受益於課堂中的跨文化交流，與來自不同國家的同學分享見解，不僅拓展國際視野，也培養多元思維，為未來職場發展奠定良好基礎。

- **國外研修之生活學習（課外）**

由於我在台灣時已完成畢業門檻所需的學分，因此在交換期間僅需修讀西灣領航獎學金規定的兩門課程，讓我擁有充裕的課外時間。基本上，只要有四天或以上的空檔，我就會上 Skyscanner 搜尋便宜機票，規劃歐洲跨國旅行；若時間少於四天，則選擇探索法國近郊城市。以蒙彼利埃的地理位置來看，圖盧茲、卡爾卡松、馬賽、尼斯等地都是理想的旅遊選擇。

- **交換／研修之具體效益**

1. 增強外語溝通能力
2. 提升獨立性與問題解決能力
3. 以較低成本進行跨國旅遊

- **海外生活期間是否曾遭遇困境，及是否解決問題？**

交換期間我碰到最大的難題是尋找住宿，由於法國的商學院並未提供學生宿舍，因此在台灣時就要自行透過租房平台、仲介，或是網路搜尋等方式尋找房源。然而這些網站平台揭露的資訊有限，很可能會碰到實際入住與理想不符的情況。建議可以先詢問曾到當地交換的學長姐，或是社群平台（臉書、小紅書）詢問駐當地的台灣人有無合宜的住宿可引薦。個人很鼓勵大家找 Studio 式套房，雖然價格相比家庭式合租貴，但是環境相對安全且舒適，能避免許多不必要的麻煩產生。

- **海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？**

我認為在法國遇到較大的文化衝擊是行事效率和風格上的差異。與台灣相比，法國的許多事務處理速度較慢，無論是政府部門的流程還是日常生活中的小事，都需要較長的等待時間。此外，由於法國人較少使用英文，有時甚至會遇到完全不會說英文的情況，讓我在處理事務時需要投入更多心力和時間。我覺得最好的面對和適應方式，就是轉換個人心境，練習放慢腳步、多一些耐心、更專注於當下所發生的事件。隨著時間的推移，久而久之便能漸漸理解他們的生活方式，以及習慣其行事風格和節奏。

- **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？**

交換生活對我帶來最大的轉變及影響是學習將焦點放在自己及當下。可能是受到新聞媒體或社會氛圍的影響，在台灣的時候我總是會很容易將目光放在外頭，關注朋友生活的大小事、或是與個人生命無關緊要之人的八卦，而忽略了生活當下的風景。在法國讀書與生活的期間，我觀察到當地人無論是在搭車還是吃飯，都鮮少使用手機，對於社群的使用也不如台灣社會積極活絡。反倒是專心地欣賞風景、細細地品味美食，和身邊的人們共享當下的每分每刻。這樣的生活方式令我十分嚮往，也讓我反思了過往的生活模式，影響到我面對生活的態度及行為。

- **感想與建議**

猶記得當初對於是否要申請出國交換非常猶豫，畢竟交換的生活重心不在於學習，而是在異國文化的體驗與交流。加上到歐洲交換需要一筆不小的費用，讓我考慮了許久。半年過去，直到抵達台灣、收拾帶回的行囊並整理照片時，這段時間的感動與回憶才逐漸湧上心頭。在國外的生活不如想像中的美好，一個人在遙遠的異地容易感覺到孤獨，碰到難以處理的問題時更是備感無助。但是，初次見到艾菲爾鐵塔的震撼、在尼斯地中海沙灘曬太陽的愜意、親眼看見倫敦眼綻放煙花的感動，半年的點滴都成為我生命中無比難忘且不可取代的美好回憶。總之非常鼓勵大家善用學校提供的資源與機會，前往歐洲交換，體驗當地生活。相信一定能帶來與單純旅行或亞洲生活完全不同的感受！

Exchange Program Experience

- **School Introduction**

  Montpellier Business School (MBS), located in southern France, was founded in 1897 and is a top-tier business school with triple accreditation from EQUIS, AMBA, and AACSB. MBS collaborates with multiple institutions worldwide and attracts over 3,000 international students annually, 30% of whom are from abroad, creating a highly internationalized learning environment. Exchange students at MBS have the opportunity to expand their business perspectives, enhance cross-cultural communication skills, and gain valuable academic and cultural experiences through interactions with peers from around the world.

- **Academic Learning (In-Class) – Recommended Course**

  The course I highly recommend is *Diversity & HR Management*. This course adopts a blended format, combining online and in-person sessions, allowing students to participate in discussions and activities flexibly. The curriculum covers multicultural management, human resource strategies, and how companies address workplace diversity challenges. Through case studies, group discussions, and practical applications, I gained a deeper understanding of HR's role and strategic thinking in a global business environment. The cross-cultural exchanges in class were particularly beneficial, enabling me to share insights with classmates from different backgrounds, broaden my international perspective, and develop a diverse mindset, laying a solid foundation for my future career.

- **Extracurricular Learning (Outside the Classroom)**

  Since I had already completed the required credits for graduation in Taiwan, I only needed to take two courses as per the Xiwan Navigation Scholarship requirements during my exchange. This gave me ample free time outside of class. Whenever I had a four-day break or longer, I would search for cheap flights on Skyscanner to plan cross-border trips in Europe. If I had less than four days, I opted to explore nearby French cities. Given Montpellier's geographical location, Toulouse, Carcassonne, Marseille, and Nice were ideal travel destinations.

- **Specific Benefits of the Exchange Program**

  1. Enhanced foreign language communication skills
  2. Increased independence and problem-solving abilities
  3. Opportunity to travel across countries at a lower cost

- **Challenges Faced During Overseas Life and Their Solutions**

  The biggest challenge I encountered during my exchange was finding accommodation. Since business schools in France do not provide student dormitories, I had to search for housing through rental platforms, agencies, or online listings while still in Taiwan. However, these websites often offer limited information, making it possible to encounter discrepancies between expectations and reality. I recommend reaching out to seniors who have previously studied at the exchange location or consulting local Taiwanese communities on social media (Facebook, Xiaohongshu) for housing recommendations. I personally encourage renting a studio apartment—although it is more expensive than shared housing, it offers a safer and more comfortable environment, minimizing unnecessary troubles.

- **Cultural Shocks and Adaptation Strategies**

  One of the biggest cultural shocks I experienced in France was the difference in efficiency and working styles. Compared to Taiwan, administrative processes in France tend to be slower, whether in government offices or everyday transactions, often requiring a longer waiting period. Additionally, since many French people are not proficient in English, there were instances where I encountered individuals who spoke no English at all, which required extra effort and time to manage daily affairs. The best way to cope with this was to adjust my mindset—practicing patience, slowing down, and focusing on the present moment. Over time, I gradually adapted to their way of life and became accustomed to their pace and work style.

- **Personal Growth and Transformational Changes**

  The most significant transformation and impact of my exchange experience was learning to focus on myself and the present moment. Influenced by media and societal trends in Taiwan, I used to pay excessive attention to external matters—keeping up with friends' lives or following irrelevant gossip—often neglecting the beauty of everyday life. During my time studying and living in France, I observed that locals rarely used their phones while commuting or dining and were far less active on social media than people in Taiwan. Instead, they devoted themselves to appreciating scenery, savoring food, and truly engaging with those around them. This lifestyle deeply inspired me and prompted me to reflect on my past habits, ultimately changing my approach to life and personal interactions.

- **Reflections and Advice**

  I vividly remember how hesitant I was about applying for an exchange program. After all, the focus of exchange life is not solely on academics but on cultural immersion and international experiences. Additionally, studying in Europe requires a significant financial investment, which made me deliberate for a long time. However, after six months, when I returned to Taiwan, unpacked my belongings, and sorted through my photos, the emotions and memories of my time abroad truly surfaced. Living in a foreign country was not always as glamorous as imagined—it was easy to feel lonely in a distant land, and facing challenges alone could be overwhelming. However, the awe of seeing the Eiffel Tower for the first time, the serenity of sunbathing on the beaches of Nice, and the excitement of witnessing the London Eye's fireworks became irreplaceable and unforgettable memories in my life.

  Ultimately, I strongly encourage students to take advantage of the resources and opportunities provided by their schools to experience life in Europe through an exchange program. It will undoubtedly offer a completely different experience from mere travel or life in Asia!