國立中山大學出國交換/研修(含寒暑期課程)/獎助學生
返國報告書

EDHEC 北方高等商學院 (EDHEC Business School) 成立於 1906 年，距今僅一百多年歷史，是所充滿年輕活力、具有國際性且與商業界直接連結的學校，身為法蘭西精英教育系統“Grandes Ecoles”的一員，在歐洲享有相關領域與業界的知名度及聲望，也是全球極少數同時得到 EQUIS、 AACSB、AMBA 三大最權威商學院認證的商學院，是所名副其實的精英學校，在全球商學院中排名前 20 位，全法國商學院中排名第三。 EDHEC 北方高等商業學院在里爾(Lille)、尼斯(Nice)、巴黎 (Paris)、倫敦(London)和新加坡(Singapore)等五個地區擁有分校。 可以交換的校區只有里爾和尼斯，位於北法的里爾校區主攻管理和行銷課程，南法尼斯校區則以金融課程聞名，而我是選擇北法里爾進行春季交換。

在去歐洲前 EDHEC 就會先用 e-mail 把選課的資訊寄給你，用線上的方式選課。選完課需要先寄信給中山蓋章，蓋完章再寄送回去給 EDHEC 才會承認你的選課。而 EDHEC 有規定交換生最少要選 20 ects。 在交換期間，我最喜歡的課程就是法文課，在第一堂上課時就會考試能力分班，跟老師們簡單談話和詢問分級意願，分為 Beginner, Elementary, Intermediate, Advanced，雖然在台灣有持續學了一年多的法文，但自知聽力和口說不太行，於是被分到 Elementary。這堂的老師老師不會說英文，所以是全法文授課，雖然老師講 10 句我可能只聽得懂 2 句，但教的內容在台灣就學過了，所以不會覺得上起來很吃力。我推薦交換生都要修法文課！在上課學到的單字、用語用在生活上，會很方便而且也很有成就感！

而在課外方面，里爾校區位於北法，離巴黎坐火車 1 小時的距離。去很多國家都很方便，可以從 Lille Europe 搭歐洲之星直達英國、或是搭火車及巴士去其他法國城市或國家。另外，因為里爾離比利時很近，要搭飛機除了去巴黎搭以外，可以搭 Flibco 巴士 1.5 小時直達去 CRL 機場，算是廉航的大本營，這邊很

常有飛往其他歐洲國家的便宜機票，所以我很推薦這個校區！另外，在歐洲的帳戶我很推薦辦網銀 Revolut！在台灣就可以先辦好，在歐洲跟朋友們互相轉錢都不用手續費，換其他貨幣也不用，總之很方便！我自己是辦了海外回饋高的信用卡（爸爸的副卡）、永豐國際學生證 debit 卡和 Revolut 就能歐洲走透透了！也幾乎不會用到現金。

雖然大家都說歐洲治安差，也聽過朋友被偷被搶的消息，但很幸運這五個月我都沒遇到！其實只要比在台灣多注意一點，沒那麼可怕哈哈。文化衝擊方面，剛開始確實很不習慣，去超市要走很久、沒有機車的生活...，但久了也就習慣了。還有在歐洲外食很貴，學生幾乎都是要自己煮，在台灣很少煮飯的我也培養了一手好廚藝。而我最大的成長就是在自我生活方面，從前期的簽證、機票，到在交換期間遇到的總總事情都要自己辦好，面對的困難也要自己解決，我覺得培養了我很多的抗壓性和遇到事情能臨機應變的能力。而具體效益像是 1. 語言能力的進步 2. 培養跨文化溝通能力及國際觀 3. 規劃和應變能力的提升 4. 更了解來自不同國家的文化、歷史等，都是我這段期間的收穫。最重要的是，我在這五個月去了 19 個國家，我覺得這是去歐洲交換最棒的事，因為歐洲之間的交通都不貴，利用這段時間周遊列國 cp 值很高哈哈。因著自己的學生身份，可以無憂無慮的在歐洲生活、學習、旅遊，這是畢業後很難有的機會。學習到的不只是課堂上的知識，拓展視野也並不只是講講而已，看看這個世界有多麼大多麼漂亮，也經由旅遊增廣見聞也更加了解自己，看事情的角度也會不一樣，這一趟對我來說，真的很值得！

EDHEC Business School, established in 1906, is a vibrant and internationally connected institution with over a century of history. As a member of the elite "Grandes Ecoles" system in France, EDHEC enjoys a strong reputation in Europe and among industry leaders. It is one of the few business schools globally to hold the prestigious triple accreditation from EQUIS, AACSB, and AMBA, making it a top-tier institution. It ranks among the top 20 business schools worldwide and third in France.

EDHEC has campuses in five locations: Lille, Nice, Paris, London, and Singapore. Exchange students can choose between the Lille and Nice campuses. Lille, in northern France, focuses on management and marketing

courses, while the Nice campus in the south is known for its finance programs. I opted for a spring exchange at the Lille campus.

Before arriving in Europe, EDHEC sends course selection information via email, allowing students to choose their courses online. After selecting courses, students must get approval from their home university by sending the course list for a stamp, and then send it back to EDHEC. Exchange students must enroll in a minimum of 20 ECTS credits.

During my exchange, my favorite class was French. On the first day, we took a placement test to determine our proficiency level, followed by a brief conversation with the instructors about our preferences. The levels were Beginner, Elementary, Intermediate, and Advanced. Despite studying French for over a year in Taiwan, my listening and speaking skills were weak, so I was placed in Elementary. The course was taught entirely in French, which was challenging as I could understand only a fraction of what was said. However, the content was familiar, making it manageable. I highly recommend exchange students to take French classes, as the vocabulary and phrases learned in class are incredibly useful in daily life.

Lille's campus is conveniently located an hour by train from Paris, making travel to many countries easy. From Lille Europe, you can take the Eurostar directly to the UK or catch trains and buses to other French cities and neighboring countries. Additionally, Lille is close to Belgium, making it easy to fly from Charleroi Airport (CRL), a hub for low-cost airlines with frequent cheap flights to other European destinations. This makes Lille an excellent choice for students who love to travel.

For banking, I recommend setting up an online account with Revolut before arriving in Europe. This can be done in Taiwan and allows for easy, fee-free money transfers with friends and seamless currency exchange.

While there are concerns about safety in Europe, and I heard stories of friends being pickpocketed or robbed, I was fortunate to avoid such incidents during my five-month stay. By being a bit more cautious than I would be in Taiwan, I found it quite manageable. The cultural adjustment was significant at first, with long walks to supermarkets and no scooters for convenience, but I gradually adapted. Eating out in Europe is expensive, so most students cook for themselves, and I developed quite a knack for cooking, despite rarely doing so in Taiwan.

The most significant personal growth I experienced was in self-management. From handling visas and flights to resolving various issues during the exchange, I developed resilience and problem-solving skills. The tangible benefits of my exchange include improved language proficiency, enhanced cross-cultural communication skills, better planning and adaptability, and a deeper understanding of different cultures and histories.

The highlight of my exchange was visiting 19 countries in five months. Europe's affordable transportation made it possible to explore extensively. Living, studying, and traveling in Europe without the pressures of post-graduation life was a unique opportunity. This experience expanded my horizons far beyond classroom learning, offering a profound understanding of the world and myself. This experience was truly invaluable.