中文心得：
海明威曾說過：「如果你夠幸運，年輕時待過巴黎，那麼巴黎將一輩子跟著你，因為巴黎就像一場流動的饗宴。」
在巴黎將近五個多月、超過 160 天的交換生活中，我經歷了文化衝擊、生活不順、各式各樣的旅遊問題，但也正是在這樣的環境中，我跳脫了原本的舒適圈，認識了來自世界各地的朋友，度過了許多至今仍讓我覺得無比珍貴的人生片段。這不只是一段出國念書的經驗，更是一段深刻影響我思考方式與人生視角的旅程。

一、學校介紹：ESCP Business School
ESCP 成立於 1819 年，是全球歷史最悠久的商學院，也是法國「巴黎三大高商」之一，與 HEC Paris、ESSEC 並列法國頂尖商學教育機構。在國際排名上，ESCP 在多項商管與金融領域的表現皆十分亮眼，例如：
管理學碩士（MiM）：全球前段班
金融碩士（MiF）：長期名列全球前幾名
EMBA 與 MBA 亦在歐洲具高度能見度
ESCP 最具特色的地方在於其強大的校友網絡與企業連結。校友遍布歐洲各大企業與產業，包含精品、顧問、金融、科技等領域。學校也經常邀請校友回校分享，或直接與企業合作進行課程專案，讓學生能夠接觸到真實商業問題，而不只是停留在理論層面。
ESCP 在歐洲共有六個校區，分別位於巴黎、倫敦、柏林、馬德里、都靈與華沙。交換生依據學程不同，會分配到不同校區。
我交換期間在巴黎第 17 區（Champerret 校區）上課，校區為獨立建築，進出需使用電子學生證，整體學習環境舒適且安全。校內設施完善，包括學生交誼空間、餐廳、咖啡廳與自習空間。

二、課程與學習方式的差異
（一）選課與課堂風格
交換期間我共修習 20 ECTS，課程內容涵蓋策略、行銷、歐洲研究與個人品牌等主題。相較於台灣較偏向「理論導向」與「考試導向」的課堂，ESCP 的課程更重視：
1.課堂參與與討論
2.小組報告與實務分析
3.個人觀點的表達與論述能力
教授非常鼓勵學生在課堂上提出自己的看法，即使觀點不成熟，也被視為學習過程的一部分。這種教學文化一開始對我而言相當不習慣，但也促使我更主動思考，而不是只追求「標準答案」。
（二）法文課與文化融入
除了正式課程外，我也選修了學校提供的基礎法文課。雖然沒有計入學分，但內容非常實用，涵蓋日常生活中會實際用到的情境，例如點餐、問路、自我介紹等。
更重要的是，法文課讓我有機會與其他交換生建立連結，在語言學習的同時，也自然產生文化交流，這對融入當地生活有很大的幫助。
巴黎生活與文化衝擊
（一）住宿挑戰

巴黎租房對交換生而言是一大挑戰。租屋市場競爭激烈，加上多數房東要求法國擔保人，對外國學生相當不友善。我在交換期間甚至有過中途換房的經驗，過程並不順利，也讓我深刻體會到歐洲生活中「行政與制度現實」的一面。

三、生活節奏與文化差異

巴黎的生活節奏與台灣明顯不同。例如晚上八點才開始吃晚餐、地鐵常常罷工、超市沒有 24 小時、外食昂貴等等，都是考驗一個人在生活上解決問題的能力。

不過如果是旅遊的話，非常推薦學弟妹來巴黎交換，首先是地理位置，巴黎四通八達，到歐洲各地都十分方便（很多在法國其他城市交換的朋友們要去其他國家的機場都要先搭火車到巴黎的機場飛），旅遊的照片就不多贅述於此了，期待各位學弟妹們來自行體驗。

英文心得：

After spending more than five months in Paris as an exchange student, I finally understand the meaning behind these words. My time there was not always easy—there were cultural differences, unexpected difficulties in daily life, and occasional travel problems—but these experiences pushed me out of my comfort zone and allowed me to grow in ways I had never expected.

I studied at **ESCP Business School**, one of the oldest and most prestigious business schools in the world, founded in 1819. ESCP is considered one of the top French "Grandes Écoles" alongside HEC Paris and ESSEC. The school has a strong international reputation, particularly in management and finance programs, and its extensive alumni network spans industries such as luxury goods, consulting, finance, and technology across Europe. During my exchange, I studied at the Paris Champerret campus, located in the 17th arrondissement. The campus environment was comfortable and secure, with facilities such as study areas, student lounges, and cafés that created a pleasant learning atmosphere.

One of the most significant differences I noticed was the **teaching style**. Compared with classes in Taiwan, which often emphasize theoretical knowledge and examinations, ESCP's courses focus much more on discussion, teamwork, and practical analysis. Many classes required group projects, presentations, and active participation. Professors encouraged students to express their own opinions and perspectives rather than simply looking for the "correct" answer. At first, I felt slightly uncomfortable speaking up in class, but gradually I became more confident in sharing my ideas and engaging in discussions with classmates from different cultural backgrounds.

In addition to academic courses, I also attended a **beginner French class** offered by the school. Although it was not for credit, it was extremely useful in everyday situations such as ordering food, asking for directions, and introducing myself. More importantly, the class helped me connect with other exchange students, creating opportunities for cultural exchange and friendships.

Living in Paris also brought many **real-life challenges**, especially finding accommodation. The rental market in Paris is highly competitive, and many landlords require a French guarantor, which can make the process difficult

for international students. I even experienced changing apartments during the exchange period. Although stressful at the time, it taught me how to solve problems independently and adapt to unfamiliar systems.

Despite these challenges, studying in Paris was an unforgettable experience. The city's central location makes it easy to travel across Europe, and every trip became another opportunity to broaden my perspective. More importantly, the experience allowed me to meet people from around the world and see life from different cultural viewpoints.

Looking back, this exchange program was far more than just studying abroad. It was a journey of personal growth that changed the way I think, communicate, and understand the world. The memories, friendships, and lessons from Paris will stay with me for the rest of my life.