A.

ESSCA business school 是一間法國商學校，它在全球有多間分校，包含法國巴黎校區、法國昂傑校區、匈牙利布達佩斯校區、上海校區。我選擇的是法國昂傑校區，昂傑 Angers 是一個從巴黎做火車往南約 1.5 小時的一個小城市，相比大城市，Angers 乾淨整潔也安全，以居住環境來說，他是一個相當不錯的選擇。

B.

ESSCA 有規定交換學生至少要選 15 學分以上的課程，因此我在學校總共修習四門課，包含法文基礎課、消費者行為、數位行銷、在永續世界中的行銷創新與創意。課程的部分，我原先以為法國同學上課會很認真，並很踴躍討論與發言，但我實際經歷的是除了法文課（都是交換學生），其他三門專業課的同學上課都不認真，學生們都在用自己的筆電，甚至有法國同學上課在玩線上遊戲。另外，老師的教學方式也較為無聊，老師會照念 PPT，直到下課或休息。三門行銷專業課的作業不少，幾乎每兩週就需要跟組員上台報告。這四門課裡面我覺得法文課的老師相對較認真，同學是來自世界各國的交換學生，可以藉著這門課多跟其他同學互動。總結，不論是想認真學習的同學還是希望課少一點、多出去旅行的同學，如果有其他選擇，我不會優先推薦 ESSCA（Angers 校區）這間學校。

C.

我在昂傑的生活很單純，有課的時候就走去公車站搭車上下學。沒課的時候，我會安排洗衣服、去超市補貨、跟朋友吃晚餐等。昂傑是個很舒服的小城市，我偶爾也會和朋友一起走到市區的星巴克讀書用電腦，漫步在街上，看著漂亮的街景，心情會很好很放鬆。這邊要特別提醒，昂傑到巴黎的火車時間約 1.5 小時，但火車票很貴（法國的火車普遍都偏貴，有時候比機票還貴）如果是 27 歲以上的學生是使用原票價，不會有任何的打折唷。同理，如果要從昂傑去法國其他城市，火車票是一大成本唷。

D.

到法國交換學生半年，讓我人生多了很多從未有過的體驗。以前對於「歐洲」有很多的嚮往，例如：歐式建築很美、歐洲人都很浪漫、充滿歷史與文化的眾多國家等等，直到我透過交換學生計劃實際生活在歐洲，認識歐洲不同國家的朋友，我才真的明白那是一個怎麼樣的生活體驗。這種體驗只有親身抵達並留下生活一段時間才能感受得到，例如：原來歐洲人不完全是浪漫，而是懂得慢下來、懂得享受生活，在這個過程中就會出現許多亞洲人看似「浪漫」的情節。

E.

遇到類似種族歧視。在英國歌劇院裡，我跟一個朋友較早入座，有對白人夫妻往我們裡面的位置走時，故意大力用膝蓋撞我和我朋友的腳好幾下，然後擺出你奈我何的表情。我的感受是對方應該是認為我們兩個 Asian girls 不敢反擊或爭吵，所以敢這樣欺負我們。我事後（大概過了兩分鐘）有轉過去對夫妻其中一人說：你們如果覺得我們讓路空間讓得不夠，可以請我們站起來或是走出去給你們先進來，而不是

直接用腳撞我們。這樣的行爲很沒禮貌，也讓我感到很不舒服。但對方一樣一句話都沒說，只是聳聳肩不想理我。當天我回旅館後一直在想這個問題，事後也跟其他朋友討論過，我發現不少人都有遇過莫名就被兇或是被欺負的經歷。我建議未來要到歐洲交換的學弟妹要有心理準備，並且發生這類的事情，當下應該確保自身的安全，可以趕緊離開，如有餘力再與對方交涉。

G.
最大的改變是我更懂得享受生活。以前我比較容易感到焦慮，擔心讀書跟工作落後同儕，也擔心未來的發展與經濟收入等。現在我雖然還是我這些焦慮，但有減輕許多，並且更能真心的喜歡上「慢慢來是很好的」的這個觀念。

H.
我很感謝我能取得這麼棒的機會與資源到法國交換學生。這半年是我人生中很難忘的體驗。不論學弟妹選擇哪一個國家，我認為都是很神奇的緣分，將你與那個國家、那個城市緊緊連結在一起！而且我相信你們一定也會過得精彩無比！如果要給個選校建議，我個人首推選擇地理位置四通八達、交通工具便宜方便、國家物價相對低廉的國家與城市（例如東歐）！祝學弟妹們都能擁有最開心難忘的交換體驗。

I.
Spending a semester as an exchange student at ESSCA Business School in Angers, France, has been one of the most unforgettable experiences in my life. ESSCA has several campuses worldwide, and I chose Angers because it is a small, safe, and clean city located just 1.5 hours by train from Paris. Compared with larger cities, Angers offers a quieter lifestyle, which made it a pleasant place to live.

Academically, ESSCA requires exchange students to take at least 15 credits, so I enrolled in four courses: Basic French, Consumer Behavior, Digital Marketing, and Marketing Innovation & Creativity in a Sustainable World. I initially expected French students to be active and engaged in class discussions, but to my surprise, most were rather distracted, often on their laptops or even playing games. The teaching style was also less dynamic, with professors mostly reading directly from PowerPoint slides. Assignments, however, were frequent, with group presentations almost every two weeks. Among these, my French class stood out as the most engaging, not only because of the teacher’s effort but also because the students came from all over the world, creating opportunities for meaningful interaction. Overall, if students are looking for a truly enriching academic experience, I would not strongly recommend ESSCA’s Angers campus as a first choice.

Daily life in Angers was simple but enjoyable. On school days, I took the bus to class, while on free days I would do laundry, shop for groceries, or meet friends for dinner. Sometimes, I studied at Starbucks in the city center or simply strolled through the charming streets. One practical challenge was the cost of transportation. Train tickets in France are expensive, sometimes even pricier than flights. For students over 27, discounts do not apply, which makes traveling to other French cities a significant expense.

Living in Europe also gave me new cultural insights. Before, I associated Europe with romance, history, and beautiful architecture. After actually living there and meeting people from different countries, I realized that what many Asians view as "romantic" is often just Europeans knowing how to slow down and enjoy life. This perspective taught me that happiness sometimes comes from taking things more slowly.

Not all experiences were positive. I once faced a situation that felt like racial discrimination in an opera house in the UK. A white couple deliberately bumped into me and my friend several times without apologizing. When I confronted them politely, they simply shrugged and ignored me. Although unpleasant, this incident made me more aware that such behavior can happen, and the best response is to stay safe first before addressing the situation. It also reminded me that as Asians abroad, we sometimes need to prepare mentally for such possibilities.

The biggest personal change I gained from this exchange is learning to enjoy life more. I used to feel constant anxiety about falling behind in studies or career development. After living in Europe, my worries have lessened. I still think about the future, but I now value the idea that "it is okay to take things slowly." This mindset shift is something I deeply cherish.

In conclusion, I am truly grateful for the opportunity to study abroad in France. This exchange was not just about academics but also about personal growth, cultural learning, and unforgettable memories. For future students choosing their exchange destinations, I would recommend considering countries with affordable living costs and convenient transportation, such as those in Eastern Europe. Wherever you go, it will be a unique connection between you and that city, and I believe every student will have a wonderful and meaningful experience.