交換學生心得報告（中文）

A. 學校簡介

本次交換研修的學校為法國蘭斯（Reims）的諾歐商學院（NEOMA Business School）。NEOMA 為法國知名的高等商學院之一，擁有國際化的教學環境與多元文化的學生組成。校內課程多以英語授課，學生來自世界各地，使整體學習氛圍相當國際化。蘭斯本身是一座歷史悠久的城市，不僅是香檳之都，也擁有良好的生活機能與交通連結，對交換學生而言是一個安全且適合生活與學習的城市。

B. 國外研修之課程學習（課內）

在眾多課程中，我最喜歡、也覺得受益最多的是 Cross-cultural Management and Intercultural Communication 這門課。這門課的老師非常重視與學生之間的互動，課堂上經常邀請來自不同國家的同學分享自身文化背景與生活經驗，並透過討論比較各國在溝通方式、價值觀、工作態度上的差異。透過這樣的學習方式，我不只是從課本中學習理論，更能實際理解跨文化溝通在現實生活與職場中的重要性。這門課讓我意識到，不同文化之間並沒有絕對的對與錯，而是需要更多的理解、尊重與調整，對我未來進入國際環境工作具有相當大的幫助。

C. 國外研修之生活學習（課外）

在課外生活方面，最令我印象深刻的就是到各地旅遊與探索不同國家的文化。交換期間，我利用課餘時間前往多個歐洲城市，親身體驗當地的文化、美食與生活步調。這些旅遊經驗不只是放鬆，更是一種深度的學習，讓我實際感受不同國家的價值觀與生活方式。

此外，在旅途中與來自世界各地的朋友一同規劃行程、分工合作，也讓我學會如何與不同背景的人相處，這些都是課堂上難以學到的重要經驗。

D. 交換 / 研修之具體效益

1. 透過這次交換研修，我獲得以下具體效益：

2. 培養獨立思考與自主規劃的能力

3. 提升臨場應變與解決問題的能力

4. 明顯增進英語溝通與表達能力

5. 擴展國際視野，提升跨文化理解力

6. 建立多元國際人脈，學會與不同文化背景的人合作

E. 海外生活期間遭遇的困境與解決方式

在海外生活期間，我曾遭遇交通突發狀況帶來的困境。例如，有一次我原本計畫從維也納搭機返回巴黎，但因巴黎突降大雪，航班臨時取消。當下我必須立刻思考替代方案，是要改搭其他航班，還是改變交通方式。

由於一開始的猶豫，導致隔天的航班也迅速客滿，最後我只能自行利用 Google Maps 查詢其他交通方式，思考應該搭乘公車、火車或高速鐵路，並重新規劃整個行程。這次經驗讓我深刻體會到，在國外遇到問題時，冷靜判斷與快速行動是非常重要的能力。

F. 海外生活期間的文化衝擊與適應

在法國生活期間，我感受到最大的文化衝擊之一是交通系統。法國的公車與大眾運輸有時會臨時取消或延誤，容易打亂原本的行程安排，因此我逐漸學會提早出門，並預留彈性時間，以應對突發狀況。

不過，法國交通中也有令我非常欣賞的一點，那就是駕駛人普遍會禮讓行人。只要行人站在斑馬線旁，車輛通常會主動停下，這與台灣較為緊張的交通狀況形成強烈對比，讓我感受到不同文化中對公共秩序的重視。

G. 海外生活帶來的改變與成長

這次交換最大的改變在於「獨立」。我學會自行規劃行程、尋找便宜又合適的旅遊方案，也學會在沒有家人與熟悉環境的情況下，為自己的選擇負責。

此外，交換期間認識來自世界各地的朋友，與他們交流想法、分享生活，也讓我在個性與視野上都有明顯成長。他們不只是朋友，更是促使我反思自我、拓展世界觀的重要力量。

H. 感想與建議

整體而言，我認為這次交換研修是一段非常值得的經驗。不僅提升了我的學習能力與國際視野，也留下許多難忘且珍貴的回憶。我會建議未來有機會的同學，勇敢把握交換機會，主動嘗試、不要害怕犯錯，因為每一次的挑戰，都是成長的重要過程。

Exchange Program Reflection

I. English Reflection Report

I participated in an exchange program at NEOMA Business School in Reims, France, which is a well-known French business school with a strong international reputation. The school places great emphasis on internationalization, and students come from many different cultural and academic backgrounds. Most courses are taught in English, which creates an inclusive learning environment for exchange students. Reims itself is a historic city with a calm and safe atmosphere, offering a good balance between academic life and daily living. Studying in such an environment allowed me to focus on my studies while also enjoying cultural experiences outside the classroom.

Among all the courses I attended, Cross-cultural Management and Intercultural Communication was the one I enjoyed the most and found the most meaningful. What made this course special was the teaching style of the professor, who encouraged constant interaction between students. Instead of only listening to lectures, we were asked to share our own cultural experiences, values, and communication habits. Students from different countries often had very different perspectives on the same topic, which made class discussions both interesting and insightful. Through these interactions, I learned that effective communication is not only about language skills, but also about understanding cultural backgrounds, social norms, and different ways of thinking. This course helped me become more open-minded and more aware of cultural differences, which I believe is essential in today’ s globalized world.

Outside the classroom, my exchange experience was greatly enriched by traveling and daily life experiences. During my stay in Europe, I visited several cities and countries, where I was able to experience different cultures, local cuisines, and lifestyles. Traveling was not only a way to relax, but also an important form of learning. By observing how people live, interact, and organize their societies, I gained a deeper understanding of cultural diversity. In addition, traveling with international friends helped me develop teamwork and communication skills, as we had to plan itineraries, manage budgets, and solve problems together.

One of the biggest challenges I faced during my exchange was dealing with unexpected transportation issues. For example, when I was returning from Vienna to Paris, my flight was suddenly canceled due to heavy snowfall in Paris. At that moment, I had to quickly decide

whether to change flights or find alternative transportation. However, because I hesitated for too long, the available flights for the next day were fully booked. Eventually, I had to rely on Google Maps to plan a new route by combining buses and high-speed trains. This experience taught me the importance of quick decision-making, adaptability, and problem-solving skills. It also made me realize that when studying abroad, unexpected situations are unavoidable, and being flexible is crucial.

In terms of cultural shock, public transportation in France was one of the most challenging aspects for me. Buses or trains may be delayed or canceled without much notice, which can easily disrupt daily plans. Over time, I learned to leave earlier and always prepare backup options. However, there were also positive cultural differences that impressed me deeply. One example is traffic behavior—drivers in France usually give way to pedestrians, even from a distance. Compared to the traffic situation in Taiwan, this showed me how much importance French society places on pedestrian safety and mutual respect in public spaces.

Overall, this exchange experience had a significant impact on my personal growth. I became more independent and learned how to plan my own schedule, manage travel expenses, and make decisions on my own. More importantly, meeting people from different countries and backgrounds broadened my worldview and helped shape my personality. They became an important part of my growth during the exchange. This experience was truly meaningful, and it not only enhanced my academic knowledge, but also left me with unforgettable memories and valuable life lessons.