學校簡介

法國雷恩商學院(RSB)成立於西元1990年，為法國前15大的商學院，曾獲《金融時報FT》評選為2018年全歐最佳金融碩士第24名，全法第7名；據2018年《Challeneges》排名，雷恩商學院國際化程度名列全法國第三，是全法300多所學院中，唯一在碩士階段採用全英文教學的商學院，更是在法國少數可頒發PhD學位的商學院之一。雷恩商學院師資和學生的國際化比例位列前三，學術研究能力排名第七。據《Figaro》關於學生實習滿意度排名第一。法國雷恩商學院具有法國教育部、高商聯合會（CGE）和法國官方學位授權機關的多重認證，且已獲得全球最具權威性的三大認證：AACSB、EQUIS、AMBA（全球不到1%的商學院可同時獲得該三大認證）。自1990年建校以來，一直以國際化為發展指標，並在過去的13年中取得了卓越的成績，成為法國排名上升最快的商學院。

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

Sustainable Production Systems: 主要以企業端的視角了解如何進行永續允做與生產。課程中，老師會透過一些互動式的活動與測驗，來了解學生的想法以及理解程度。且期末有別於一般的考試或報告，這門課是透過各組所擔任的利害關係人來組織一場高峰會，以不同角度來探討酪梨產業的永續現況、未來挑戰與其可行的未來方針。整體而言是一門有趣且收穫滿滿的課程。

國外研修之生活學習（課外）

學校會定期舉辦學生party (例如: 迎新派對、面具舞會等等)，雷恩ESN團隊也會不定期舉辦一日遊的活動，藉此讓我們看看其他城市(例如: 聖瑪洛、迪南、聖米歇爾山等)的風貌。除此之外，同學間有時也會在每周四晚上(俗稱student night)到酒吧或夜店嗨一下。

交換/研修之具體效益（請條列式列舉）

1、增強外語能力
2、危機處理能力
3、提高國際視野與文化智商

海外生活期間是否曾遭遇困境，及是否解決問題? 如是，請說明如何解決問題;如未解決，請說明事件最大的啟發及思考未來可以怎麼解決?

有。曾與朋友到巴黎玩，但卻將背包遺落在當地地鐵上，該班次因而停駛了十幾分鐘。
解決方式: 在發現當下，我們便立即前往服務台尋求幫助，但在前往尋包的班次上，我們發覺原本應發車的地鐵遲遲未發車，並在聽不懂法文廣播的情況下，立即詢問了身旁懂英、法文的人，才了解我們若未取得遺失的背包，整個班次將因為我們而延後發車，因此我們馬上轉乘公車前往背包所在車站。最後，也因為盡力向站務員與警方解釋這整個過程，所以不僅成功取回了背包，也免去了200歐的罰款。(現在想起站在持槍警察身旁，還是給自己的勇氣與冷靜一個掌聲，也很對不起因我們而延後發車的乘客們。)

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

衝擊: 許多法國人不願意跟外國人講英文。
面對與適應: 一開始會先用法文與當地人打招呼，並盡己所能的先用法文跟其溝通(有時要先上google翻譯練習要詢問的事項)，當法國人感受到你的友善與誠意時，他們也會嘗試跟我們說英文，或是以其他方式盡力協助我們。

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?

我覺得這幾個月帶給我最大的改變是自信與心態。
以往常常會很在意別人的眼光，或是對不順心的事過於執著，但經過這段時間，學習到了法國人的生活態度，懂得接納自己、包容生活中的差異，甚至會以更正向的角度看待那些不順心的事，畢竟這就是生活 (C'est la vie)~

您認為獎學金對您海外研修最大的幫助是什麼?有無獎學金是否會改變您的出國計畫?

獎學金可以讓我們不過於執著在金錢面的問題，能夠更好地、更無後顧之憂地體驗當地生活。但有無獎學金並不會改變我的出國計畫，一來是因為出國交換為畢業門檻，二來是因為海外研修所獲的事物與心態是更珍貴的。

感言及心得感想

首先，謝謝學校的機會與資源，讓我們能以較低的成本到國外生活，在這個過程中我獲益良多，以下是我這幾個月的心得與分享。

一、　生活與成長:

這是我第一次獨自到完全陌生的環境生活，還記得初來乍到的我，法文程度連買東西都有困難，更別說向當地人問路、對話，加上水土不服，因此導致我前兩週常常在挫折與沮喪中度過。但漸漸的，我嘗試跨出舒適圈，開始感受到法國的美好，也因為法文的進步，讓我不再害怕與當地人溝通。對我來說，這幾個月就像是一趟奇幻旅程，不僅找回了自信與快樂，體驗了自己嚮往很久的慢步調生活，學會了與自己對話，甚至完成了許多的第一次。

二、　文化衝擊:

在法國，除了語言問題外，最大的文化衝擊莫過於"法式浪漫"了，無論從辦事效率到守時觀念，處處都可以體現他們生活的態度。因此，在法國的這段時間也培養了我的耐心。例如，過去的我，凡是都希望可以提前開始、提早完成，所以一開始，我常常因為組員總是拖到最後一刻才開始準備報告而感到焦慮，但後來發現很多事情在法國都是急不得的，因為這就是他們的做事風格，雖然他們不像我們會事先準備，但在最後一刻他們也總能有好的成果。因此，在與他們相處的過程中，我逐漸學會體諒並相信他們，也不再因為行事風格不同而煩惱。

三、　未來影響:

經過這五個月的國外生活，讓我不再將"出國"排除在未來的規劃中，相反的，我會開始思考畢業後應如何規劃自己的職涯，未來才有機會獲得外派甚至是到國外工作的機會。也希望未來的我，不管身處何處，也不要忘了這段時間帶給我的改變，期盼這份勇氣與自信可以陪伴我迎接未來的許多挑戰。

英文心得(包含學校簡介、課程學習、生活學習、具體效益、心得感想等等)

I would like to thank the school for the opportunities and resources that allow us to live abroad at a relatively low cost. I have benefited a lot from this process. The following is my experience and sharing in the past few months.

1. Introduction of RSB:
Founded in 1990, Rennes Business School (RSB) is one of the top 15 business schools in France. It was selected by the Financial Times FT as the 24th best master of finance in Europe in 2018 and the 7th in France; According to the ranking of "Challenges" in 2018, the internationalization degree of Rennes Business School ranks third in France. It is the only business school that uses English teaching at the master's level among more than 300 schools in France, and it is one of the few in France that can be awarded. One of the business schools with a PhD degree. Rennes School of Business ranks among the top three in terms of internationalization ratio of teachers and students, and ranks seventh in academic research ability. According to Figaro, it ranks first in terms of student satisfaction with internships. Rennes Business School in France has multiple certifications from the French Ministry of Education, the Confederation of Higher Education (CGE) and the official French degree authority, and has obtained the three most authoritative certifications in the world: AACSB, EQUIS, AMBA (less than 1 % of business schools can obtain the three major accreditations at the same time). Since the establishment of the school in 1990, it has always taken internationalization as its development indicator, and has achieved outstanding results in the past 13 years, becoming the fastest-rising business school in France

2. About courses:
My favorite course is Sustainable Production Systems, which mainly learns how to carry out sustainable production and production from the perspective of the enterprise. During the course, the teacher will use some interactive activities and tests to understand the students' thinking and understanding. And at the end of the term, it is different from general exams or reports. This course organizes a summit through the stakeholders of each group to discuss the sustainable status, future challenges and feasible future policies of the avocado industry from different perspectives. Overall, it was an interesting and rewarding course.

3. Life in Rennes:
The school regularly holds student parties (for example: welcome parties, mask dances, etc.), and the Rennes ESN team will also organize day trips from time to time, so that we can see other cities (for example: Saint-Malo, Dinan , Mont Saint-Michelle, etc.). In addition, students sometimes go to bars or nightclubs every Thursday night (commonly known as student night) to have a good time.

4. Growth and benefit:
This is the first time for me to live alone in a completely unfamiliar environment. I still remember that when I first arrived, it was difficult for me to even buy things with a French level, let alone ask the locals for directions and conversations. Weeks are often spent in frustration and depression. But gradually, I tried to step out of my comfort zone and began to feel the beauty of France, and because of the improvement of French, I was no longer afraid to communicate with the locals. For me, the past few months are like a fantastic journey. Not only have I regained my confidence and happiness, I have experienced the slow-paced life I have longed for a long time, I have learned to talk to myself, and I have even completed many firsts.

4. Culture shock:
In France, apart from the language issue, the biggest cultural shock is the "French Romance". No matter from the efficiency of work to the concept of punctuality, their attitude towards life can be reflected everywhere. Therefore, this time in France also cultivated my patience. For example, in the past, I hoped to start and finish everything early, so at the beginning, I often felt anxious because the team members always waited until the last minute to start preparing reports, but later found that many things are urgent in

France , because that's how they do things, although they don't prepare in advance like us, but they always have good results at the last minute. Therefore, in the process of getting along with them, I gradually learned to be considerate and trust them, and I no longer bothered because of their different acting styles.

5. Future impact:
After these five months of living abroad, I no longer exclude "going abroad" from my future plans. On the contrary, I will start to think about how to plan my career after graduation, so that I will have the opportunity to get an assignment or even a job in the future. It is an opportunity to work abroad. I also hope that no matter where I am in the future, I will not forget the changes brought about by this period of time, and I hope that this courage and self-confidence can accompany me to meet many challenges in the future.