A. 學校簡介

Burgundy School of Business 位於第戎市中心，是一所國際化程度很高的商學院。校內有來自世界各地的學生，因此在日常學習與生活中使用英語完全沒有問題。學校最具代表性的學程是紅酒管理，結合了勃根地地區深厚的葡萄酒文化與商業專業。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

Performance Management：Excel 在課程中使用量占比 80%，會用大量的 case study 需要自己製作 dashboard，這堂課不流於形式上的理論教學，算滿實用的。不過考試主要內容還是和績效報表解讀更相關；另外這位老師對課程、學生都用心，甚至會把全班 40、50 人的名字都記起來，他也相當注重出席率，即使只是遲到一分鐘他可能也會不太開心，要特別注意。

C. 國外研修之生活學習（課外）

Performance Management：Excel 在課程中使用量占比 80%，會用大量的 case study 需要自己製作 dashboard，這堂課不流於形式上的理論教學，算滿實用的。不過考試主要內容還是和績效報表解讀更相關；另外這位老師對課程、學生都用心，甚至會把全班 40、50 人的名字都記起來，他也相當注重出席率，即使只是遲到一分鐘他可能也會不太開心，要特別注意。

D. 交換/研修之具體效益（請條列式列舉）

拓展國際視野

透過互動多了解不同文化背景的同齡者的想法

對於未來的想法更廣闊，而不局限於舒適圈亞洲既定的社會期待下

E. 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?

買了兩段式車票，然由於第一班車誤點，導致第二班趕不上，最後一共花了 9 個小時搭乘火車；解決方式即趕緊查看是否有最佳替代方案，以免後續行程向隅。

F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

最大的衝擊應為歐洲的列車幾乎不會準時到達，這對於在台灣已經習慣計畫、安排好所有事情的我來說無疑是很大的衝擊，適應方式即避免將行程排太緊，一定要預留誤點時間，同時也要學會轉換心態，如果列車準時抵達就當成是賺到。

G. 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?

這段海外生活為我的最後一段求學生涯畫上了完美的句點，在台灣總是汲汲營營追求社會認可、將自己放入社會期待，惟在這段人生地不熟的日子裡重新翻整那些因長久壓抑而荒蕪生鏽的內在土壤，令無預警的雨水盡情滋養後生長，方得看見自己在自然而安定狀態下能綻放的樣貌。

H. 感想與建議

當初對於是否申請海外交換曾猶豫再三，理由在於碩士班多為三年級上學期進行交換，返國後往往接近二月，可能錯過部分企業招募時程；然反覆思量，我認為若出國旅遊或短期遊學隨時皆可安排，但能以正式學生身分長時間生活於海外，若非另尋海外就業機會或攻讀二碩，幾乎不可能有此機會，因此最終我仍選擇踏出這一步，而事後回望，這段經歷讓我對世界與自己都有了更深刻的理解，也因此毫無後悔，此番經歷不僅拓展我的視野，更重塑了看待人生的角度，由衷推薦每一位仍在猶豫的人把握機會！

I. 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) 500 字以上

My exchange experience at BSB became the perfect ending to my student life. BSB is in the city center of Dijon, France, and it is a very international business school. There are students from all over the world, so using English in class and daily life is completely normal. This made it much easier for me to adapt at the beginning, even though it was my first time living abroad for such a long period. The school is especially well known for its Wine Management program, which matches well with the Burgundy region and its strong wine culture.

In terms of academic learning, the teaching style at BSB was quite different from what I was used to in Taiwan. Most classes focused on discussions, group work, case studies, and presentations rather than exams. At first, speaking up in class in English was challenging, but over time I became more confident. Working with classmates from different countries also helped me realize that people think and communicate very differently depending on their cultural background. Through group projects, I learned how to express my ideas clearly, listen to others, and adjust my communication style. This experience improved not only my English ability, but also my teamwork and problem-solving skills.

Outside the classroom, daily life abroad taught me just as much as my courses. Living in Dijon allowed me to experience a slower and more balanced lifestyle. People value personal time and enjoy simple moments, such as having a long meal or spending time with friends. Handling daily tasks like grocery shopping, cooking, and traveling on my own made me more independent. Being away from my familiar environment also gave me space to reflect on myself and rethink what I truly value, instead of constantly worrying about expectations from others.

There were many concrete benefits from this exchange. My English speaking and communication skills improved significantly, especially in academic and professional situations. I also became more adaptable and comfortable in unfamiliar environments. Most importantly, I gained confidence in myself and my ability to handle challenges independently, which I believe will be very helpful for my future career.