學校簡介

KEDGE位於法國波爾多的塔朗斯，外觀新穎富有現代感，距離市區大約四十分鐘車程。校內社團活動熱絡頻繁，整體氣氛非常活潑。選課方面選擇性多，教授多與業界連結緊密，在課堂中提供更專業實際的案例分析。

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

Cross cultural management
我在這堂課程中了解到許多國家的工作環境，並了解到在一個團隊中的成員如果來自許多國家，應該如何整合及帶領， 而在之中最重要的即是尊重和包容，必須擁有同理心。

國外研修之生活學習（課外）

申請各項行政手續，例如:辦交通卡、出生證明翻譯、申請房屋補助、機票相關事宜...

交換/研修之具體效益（請條列式列舉）

1.結交世界各地好友
2.提升臨機應變能力
3.學會隨時調整心態
4.增廣見聞擴展視野
5.尊重包容他國文化

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?

初到波爾多手機就遭到偷竊，雖然沒有追回手機，但也在這場教訓中學到一課，人在他鄉不應該鬆懈，反而應該時時對周遭保持警覺心，這次事件讓我在後來的日子裡更加警惕及堤防。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

最大的文化衝擊即是法國當地的辦事效率，在台灣一小時內能完成的行政工作到了法國可能得花上好幾個月去辦理，甚至無法線上辦理，都必須本人到場，這對生長在台灣二十幾年的我來說是相當無法理解跟訝異的，唯一的面對方法即是入境隨俗，盡可能在出國前就規劃所有時程表，一到當地就開始著手所有程序，讓自己在後面有比較多時間緩衝跟應付突發狀況。

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?

我認為最大的改變即是視野的擴展，雖然一直都知道世界很大，但唯有親自走過才能深刻感受到自己的渺小即不足，這也讓我對於未來的職涯有了新的期待，我希望將來自己做的事能夠接軌國際，讓自己可以不斷接觸國外的環境及事務。

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?

非常感謝學校及教育部提供的獎學金，這對我來說有縮減心理壓力的效果，例如在國外不免遭遇突發狀況，造成額外支出，這時候就會覺得很欣慰能擁有這筆獎學金，不至於太過心痛。若無獎學金我也許還是會選擇出國，但心理上會有更大的負擔。

感言及心得感想

非常感謝學校提供了這麼充足的交換資源，不論是交換校豐富的選擇性，或是獎學金方面的提供，都讓我們感到放心且更勇敢跨出台灣。
這次半年的交換讓我親自走訪了十二個國家，也遇到了世界各地的人們，這樣的體驗使我體認到自己在這之前所處的環境有多渺小，應當付出更多努力讓自己成為國際上的一份子，此外，心態上的調整也是非常重要的，旅途中的突發狀況總是來的又急又狠，若一直處於低潮而毫無應變，只會加深整趟旅程的不幸，但要是能夠及時轉念並想出備案，也許能看到不一樣的風景和獨特的經驗。

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)

KEDGE is located in Thalence, Bordeaux, France, has a novel and modern appearance. It costs about 40 minutes drive from the city. The activities and clubs in the school are rich and diverse and the overall atmosphere is very active. There are many choices in course selection and most of the professors are closely related to the business, which makes them providing more professional and practical case analysis in the classroom.

In cross cultural management, I learned about the working environment in many countries, and also learned how to integrate and lead a team if members come from many countries. The most important thing is about to respect, tolerance, and put yourself in others shoes.

Through applying for various administrative procedures in life, such as applying for transportation cards, translation of birth certificates, application for housing subsidies, air ticket related matters..., I learned how to deal with the efficiency of local affairs in France. The administrative work that can be completed within one hour in Taiwan may take several months in France, and it cannot even be done online. It's quite incomprehensible to me who grew up in Taiwan for more than 20 years. The only way to deal with it is to do as the Romans do when you enter the country. Try to plan all the schedules before going abroad, and start all the procedures as soon as you arrive in the country to make sure that you have more time to buffer and deal with emergencies.

The specific benefits from the exchange are below.
1. Make friends all over the world
2. Improving the emergency response ability
3. Learn to adjust mentality at any time
4. Broaden knowledge and broaden horizons
5. Respect and tolerate other cultures

I am very grateful to the school for providing such sufficient exchange resources which includes the rich options of the exchange school and the provision of scholarships, it makes us feel at ease and braver to step out of Taiwan.
This half-year exchange allowed me to personally visit up to twelve countries and meet people from all over the world. This experience made me realize how small the environment I was in before this, and I should make more efforts to become a member of the international community, in addition, the adjustment of mentality is also very important. Unexpected situations during the journey always come quickly and harshly. If you are always at a low ebb without responding, it will only deepen the misfortune of the entire journey. But if you can change your mind in time and come up with a solution, you may be able to see a different scenery and unique experience.