國立中山大學出國交換/研修(含寒暑期課程)/獎助學生
返國報告書

TBS 法國圖盧茲商學院，成立於西元 1903 年，是法國排名前十的商學院，同時擁有商管學院 AACSB 等認證也為法國皇冠認證學院。圖盧茲商學院校本部位在南法的 Toulouse，並分別設立了碩士和學士兩個不同的校區。除了圖盧茲本部外，在全球各地巴黎、巴塞隆納、卡薩布蘭加、倫敦設有分校，各自提供不同且多樣化的課程。而 Toulouse 為法國的第四大城也是法國航太工業的重鎮基地，世界知名的 Airbus 空中巴士公司的總部就設立於 Toulouse。

在交換期間我選擇了從未修息過的課程 Hospitality and Tourism Management，是類似於旅宿業管理的相關課程，課程內容包括顧客經驗管理、收入管理以及旅宿業的企業社會責任等等，且由於學校希望能讓當地學生儘早完成學業前往公司實習，累積實務經驗，故我的學期是朋友們之間最短的，學校採用密集課程制，課程在短短的三個月內結束，所以我在今年一月的課程幾乎是一到五的早上八點開始的整天課程。而修息的眾多課程中我最推薦且最喜歡的是學校為了交換生們所開設的法文課，TBS 也根據同學們不同的程度分為五個不同難度的班級，這讓我複習了原本在台灣所學的一些基礎法文，也因為同班同學皆為來自世界各地的交換生所以同時利用英文結交了不少好友，此外法文老師也是一位充滿法式韻味且幽默風趣的中年女子，課堂大部分時間他都以法文上課為主，希望我們運用簡報去猜測他所述說的內容，同時他也說著一口流利的英文，所以不存在任何的語言隔閡。

交換/研修之具體效益

- 生活中更加獨立，更不畏懼解決任何突發問題
- 更加勇於開口說英文認識世界各地的朋友
- 交換期間發生的大小事都使我對未來規劃更加清晰，知道自己想要什麼

此外交換的這半年中使我印象最深刻且最挫折的是，在二月底要從法國飛往芬蘭與朋友會合時，我人生第一次錯過了班機…且當時的小機場附近幾天皆無任何相同目的地的班機，我只能盡量冷靜尋找巴黎附近當日飛往的班機，大概多花了兩萬多元還有半天才成功與朋友們會和且抵達時間已為半夜，當時是因為我在前往機場的巴士的第三個小時，接近一半的路程了才想起來我因為出門前上廁所把錢包丟在桌上就趕著出門了，所以必須重新返回家中拿取再前往機場已來不及，只能說從經驗中記取教訓，後來的每趟旅行中我都反覆檢查護照是否已在身上才敢出門，變得更加小心謹慎！！

在這短短的半年期間也深刻地感受到住在台灣的便利性，實際上也不大算是文化衝擊，其實出國前大致已有心理準備，不只法國及其他歐洲國家的店都很早打烊，沒有像台灣擁有眾多營業 24 小時的店家，沒辦法在任何時間吃到想吃的食物，且因為外食物價普遍偏高，故當地人也大多以自己在家裡煮為主。

雖然我一直認為自己已經算是很會跟自己相處的人，但在海外生活還是有些許的不同，與家人朋友之間的距離都更遠了，偶爾還是會覺得有些無聊且因為歐洲治安較台灣危險，所以大都時候晚上還是待在家裡為主。另外為我人生帶來最不一樣的改變是，由於長時間的獨處，讓我重新思考了未來的人生規劃，原本在出國前我已經申請上幾間英國的研究所，但在這短短幾個月間我非常享受在各個國家間穿梭，體驗各國當地的文化，因此我拒絕了所有研究所的 offer，著手為我未來想追尋的目標做準備。

我非常感謝我父母的支持以及學校所提供的資源，讓我有機會在二十出頭的年紀去探索這個世界，這短短的半年不但讓我改變了許多想法以及原先的人生規劃，同時也讓我更加堅定未來想追尋的目標，我認為出國交換是我做過最正確的決定。

Toulouse Business School (TBS), established in 1903, is one of the top ten business schools in France, accredited by AACSB and holding the Crown accreditation in France. Its main campus is located in Toulouse, and TBS also has branches worldwide in Paris, Barcelona, Casablanca, and London, offering diverse programs. Toulouse, the southern city of France, is the fourth-largest city in France, also a major hub for the aerospace industry, hosting the headquarters of the renowned Airbus Group.

During my exchange period, I chose to take a course in Hospitality and Tourism Management, which I had never studied before. This course is similar to hospitality management and covers topics such as customer experience management, revenue management, and corporate social responsibility in the hospitality industry. Among the various courses I took, the one I highly recommend and enjoyed the most was the French language course specifically designed for exchange students. TBS divided the classes into five different levels based on students' proficiency, allowing me to review some basic French that I had learned in Taiwan. Additionally, since my classmates were also exchange students from all around the world, I enjoyed communicating with them by using English.

The specific benefits of the exchange are that I not only increased independence in daily life and a willingness to tackle unexpected challenges but also have greater confidence in speaking English and making friends from around the world.

Additionally, the most memorable and challenging experience during this six-month exchange was when I missed my flight from France to Finland at the end of February. I had to remain calm and desperately search for flights departing from Paris on the same day. It cost me over twenty thousand units of currency and half a day to finally reunite with my friends in the middle of the night. This incident taught me a valuable lesson, and from then on, I made sure to double-check that I had my passport before leaving for any trip, becoming more cautious and meticulous.

During this short period of six months, I deeply felt the convenience of living in Taiwan. I was aware that shops in France and other European countries closed early, unlike Taiwan, where many operate 24/7. It was challenging to find food at any time, and eating out was generally expensive, so locals mostly cooked at home. Furthermore, though I consider myself someone who enjoys solitude, living abroad presents some differences. The distance from family and friends felt greater. Also, due to safety concerns, as Europe is generally considered more dangerous than Taiwan, I mostly stayed at home at night. Moreover, the most significant change in my life was brought about by the long periods of solitude, prompting me to reconsider my future life plans. Before going abroad, I had already applied to several universities in the UK. However, during these few months, I thoroughly enjoyed traveling between countries and experiencing different cultures. Consequently, I rejected all the university offers and started preparing for the goals I wanted to pursue in the future.

I am immensely grateful for the support of my parents and the resources provided by the school, which allowed me to explore the world in my early twenties. This short six-month period not only changed many of my thoughts and life plans but also strengthened my determination to pursue my future goals. I believe that going on exchange was the best decision I've ever made.