A. 學校簡介：ISC Paris 商學院

ISC Paris 位在巴黎 17 區，附近有地鐵與公車站，通學相當方便，是一所中小型、氣氛比較溫暖的商學院。
學校很重視國際交流，有來自世界各地的交換生，英語授課的課程有很多類型可以選，也有部分法文課可以選修。
在課程設計上，學校採用歐洲常見的 ECTS 學分制，一學期至少修 15 學分，課程內容偏實務導向，例如專案管理、溝通技巧與 excel 等。

B. 國外研修之課程學習（課內）

這學期的課程裡，我最喜歡的是「E: FL1 Oral Communication Skills」以及「Project Management 1」。

Oral Communication Skills

這門課的老師非常嚴格，是那種會在課堂上直接大聲糾正學生的類型，對很多歐洲同學來說非常震驚，但身為亞洲學生其實覺得還算習慣。老師特別重視出席率，只要有人缺課就會不停碎念，不過在課堂上她非常樂於和同學討論簡報與演講內容，常常給出很多具體的建議。這門課的重點是訓練英文口說與公開簡報的能力，要一直上台發表、互相給回饋，非常適合想加強英文口說與台風的同學。另外，老師對禮貌與尊重特別在意，不太喜歡學生和她打鬧，她希望學生在課堂上維持比較正式、專業的互動方式。

Project Management 1

Project Management 1 的老師風格則相對輕鬆有趣，會一步一步帶著學生實作專案管理的流程。
課程一開始就要每位同學提出一個自己未來真的想做的專案，例如創業點子、個人計畫或活動企劃，老師便以這個實際案例帶大家走過專案目標設定、時程規劃、風險管理與資源分配等步驟。這堂課的收穫是可以理解專案管理在真實生活中的應用，而不是只停留在理論或名詞上，對之後無論是商業專案或個人計畫都很有幫助。課程還附有額外的線上測驗與證書，但要特別注意網路連線狀況，因為只能考一次，我自己就是因為當下網路不穩錯失兩三題，最後沒有拿到證書，也是一個小小的遺憾。

C. 國外研修之生活學習（課外）

一開始到巴黎時，我覺得最重要的事情就是儘快安定下來，因為接下來的四個月，這裡就是自己的家。
剛到的前幾天，我花時間把住處周遭的環境摸熟：哪裡有平價超市、傳統市場、五金行、藥妝店，以及最重要的「亞洲超市」，這些都是之後生活很重要的支援。在生活費方面，因為物價比亞洲高很多，我幾乎每天都在思考怎麼省錢，例如分辨平價與高檔超市，學會盡量在平價連鎖超市採買，只有偶爾想犒賞自己時才去新鮮食材比較多的店。巴黎有一些很好用的省錢工具，例如餐廳訂位折扣平台 THE FORK，還有可以用便宜價格買到店家「盲盒」食物的 TOO GOOD TO GO，這些都是很特別又實際的體驗。

D. 交換 / 研修之具體效益（條列）

培養獨立生活與快速適應環境的能力，從找房、辦手機卡到熟悉交通都要自己處理。

提升解決問題的能力：面對各國不同的規定與流程時，學會上網查資料、詢問櫃檯或請同學幫忙。

增進跨文化溝通能力：在課堂分組與日常生活中，都要和不同國籍的同學協調合作。

強化英文口說與簡報技巧，尤其是在 Oral Communication Skills 課堂上大量練習。

對專案管理有實務上的理解，未來無論做企劃、活動或研究，都可以套用課堂學到的架構。

E. 海外生活期間是否遭遇困境及解決方式

在這次交換中，我其實沒有遇到特別嚴重、無法解決的大問題，比較大的挑戰反而是心態調整。

歐洲的生活節奏和亞洲很不一樣，「計畫趕不上變化」幾乎是日常：火車可能臨時取消、飛機會延誤、捷運會停駛，而且罷工相當頻繁。遇到這些情況時，我慢慢學會不要太執著於原本的完美行程，而是事先預留時間與預備金，告訴自己「大不了多住一晚，大不了晚一天回去」。只要有預留一些彈性，很多事情其實都可以用時間或金錢解決，重要的是不要把自己逼得太緊，不然內耗會非常嚴重。

F. 海外生活期間是否曾遭遇文化衝擊及適應方式

對我來說，最大的文化衝擊其實來自「語言」。雖然在學校可以用英文溝通，但在超市、餐廳、行政機關或搭車時，常常會遇到只講法文的人。一開始會有點緊張，但後來我習慣主動開口說明自己聽不太懂，請對方放慢或改用簡單英文，如果遇到完全無法溝通的情況，就拿出手機用翻譯軟體或 AI 直接翻譯給對方看。當自己願意主動求助時，會發現多數人其實都願意幫忙，也因為這樣，我對「聽不懂沒關係，先想辦法溝通再說」這件事更有自信。

G. 海外生活歷練帶來的改變與成長

這次在歐洲的生活，讓我對「金錢」與「生活態度」都有很大的重新思考。

相較於在亞洲旅遊，歐洲的物價確實高出不少，無論是交通、住宿還是外食，都讓我對每一筆花費變得更敏感。

我開始會主動比較各種交通方式，選擇聯航、夜巴，盡量只帶隨身行李以節省托運費，也會計畫在家開伙、帶便當來控制餐費。同時，歐洲人相對「放輕鬆、隨遇而安」的生活態度也影響我很多，我學著在有限的預算內安排旅行，但不要把自己逼得太緊，允許自己有彈性、接受不完美。最大的成長是變得更能掌握自己的生活節奏：既懂得精打細算，又知道適時放鬆，享受當下的每一次體驗。

H. 感想與建議

整體來說，這次 ISC Paris 的交換經驗讓我在學業、語言與生活上都有很扎實的成長，也重新認識「一個人到陌生國家生活」的可能性。

如果未來有學弟妹想來，我會有幾點小建議：

提早準備：包含住宿、保險、交通卡與銀行帳戶等，越早確認越好。

先了解生活圈：一到就先把附近的超市、藥局、醫院、亞洲超市與地鐵站找出來，會讓之後生活安心很多。

學一點基礎法文：不一定要很流利，但學會打招呼、問路、結帳等基本句子，會讓對方感覺到尊重，氛圍也比較好。

在課程上多選擇實作型或口語型課程，例如 Oral Communication Skills、Project Management 1，會讓你更有參與感，也比較容易和同學熟起來。

保持彈性與幽默感，遇到問題時先深呼吸，很多事情回頭看都只是有趣的故事。

I. 英文心得（500 字以上）

下面是一段約 500 字以上的英文版本，你可以依實際需求再增減或修改。

During my exchange semester at ISC Paris Business School, I had the opportunity to study in an international

environment and to experience Paris as my second home. ISC Paris is a medium-sized business school located in the 17th district, with easy access to public transportation and a very diverse student body. The school follows the ECTS system and offers many practical, business-oriented courses taught in English, which made it easier for international students like me to participate actively in class.

Among all the courses I took, my two favorites were "E: FL1 Oral Communication Skills" and "Project Management 1". The Oral Communication Skills course was quite intense because the professor was very strict. She often raised her voice in class and cared a lot about attendance, which surprised many European students but felt rather normal to me as an Asian student. However, she was also very passionate about teaching. She encouraged us to discuss our presentation topics in detail and gave very specific feedback on our performance. Through repeated practices of public speaking, I became much more confident in expressing my ideas in English and in organizing a clear, logical speech.

Project Management 1 had a very different atmosphere. The professor was friendly and humorous, and he guided us step by step through the whole project management process using our own ideas as real-life examples. At the beginning of the course, each student had to choose a project they truly wanted to do in the future. Then we learned how to define the objectives, plan the schedule, allocate resources, and identify potential risks. This hands-on approach helped me understand that project management is not just theory, but a useful tool that I can apply to many aspects of my life, from academic projects to personal plans. There was also an online test that offered an official certificate, but unfortunately I missed a few questions because of an unstable internet connection, so I did not receive it in the end. Even so, the course was still very valuable for me.

Outside the classroom, daily life in Paris was another important part of my learning experience. I realized that settling down quickly is crucial, because the city becomes your home for the next four months. In the first week, I tried to explore my neighborhood, find different types of supermarkets, local markets, hardware stores, pharmacies, and especially Asian grocery stores. Since the cost of living in Europe is much higher than in Asia, I constantly looked for ways to save money. I learned to distinguish between budget and high-end supermarkets, to cook more at home, and to use apps such as THE FORK and TOO GOOD TO GO to enjoy discounted meals.

Although I did not encounter any serious problems, I had to adjust my mindset a lot. In Europe, plans often change unexpectedly. Trains get cancelled, flights are delayed, metro lines stop running, and strikes can happen at any time. Instead of panicking, I learned to keep some extra time and emergency money in my schedule. I told myself that if something goes wrong, I can always stay one more night or take a later train. As long as the problem can be solved with time or money, it is not the end of the world. This way of thinking reduced my stress and made my trips more enjoyable.

The biggest cultural challenge for me was the language barrier. Even though I could use English at school, many situations in daily life required French. At first, I felt nervous when I did not understand what people said. Later, I started to actively ask for help, request translation, or simply use AI translation on my phone. Most people were understanding and willing to help when they saw that I was trying my best. Through these experiences, I became less afraid of making mistakes and more confident in communicating across languages.

Overall, this exchange experience has changed me in several ways. I became more independent, more flexible, and more sensitive to financial planning. I now pay close attention to every expense, compare different transportation options, and think carefully before making a purchase. At the same time, I also learned to relax and to accept that not everything can be perfectly controlled. Studying and living abroad in Paris has not only improved my academic and language skills, but also helped me grow as a person. I am very grateful for this opportunity and would strongly recommend ISC Paris to students who are ready to challenge themselves and discover a different way of living and learning.