

臺北市立大學

學生出國研修心得報告

獲補助年度：113 學年度

研修領域：Europe program

系所、年級：中國語文學系四年級

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研修國家：法國

研修學校(中英文)：歐亞高等管理學院

EMBA Business school

研修時間：中華民國 113 年 9 月 2 日 至 113 年 12 月 13 日

國外研修成績：French 18.64

English 17.81

Discovery of Brittany 15.00

The French Republic 16.25

短片時間及標題：3:10, 法國交換學生 EMBA Business School

中華民國 114 年 1 月 4 日

*(非亞洲地區交換同學請以英文撰寫報告)

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壹、緣起

行前準備(100 字)

Student Visa: You can find information about the required documents, such as proof of financial support and your CV, online. It' s best to prepare these documents in advance so you can submit them as soon as the application period opens. Also, since many people apply, it' s a good idea to schedule your visa interview early.

CAF Housing Subsidy: If you plan to apply for housing assistance, make sure to get your birth certificate issued and notarized in Taiwan beforehand.

French Language: If you have time, try learning some basic French. Knowing a few simple words or phrases can be really helpful when you first arrive.

貳、研修學校簡介

學校介紹(100 字)

EMBA Business School is located in Quimper, a town in the Brittany region of western France known for its rainy and

humid climate.

What sets EMBA Business School apart from other French business schools is its strong ties with Asian countries.

In addition to their business studies, French students at EMBA are required to major in either Chinese, Japanese, or Korean. The school offers intensive and rigorous language courses, and students must spend at least three semesters on exchange in China, Japan, Korea, or Taiwan.

This immersive experience helps them gain a deeper understanding of Asian cultures while improving their language skills.

參、國外研修之課程學習(課內)

修課課程內容 (100 字)

Every student in the Europe Program takes three core courses: French, English, and Culture. Those interested in business courses can take additional electives or audit classes with the professor's approval.

French Class: 1.5 hours per day, focusing on listening, speaking, reading, and writing. After four months of intensive study, most exchange students see significant improvement in their French skills.

English Class: Two one-hour sessions per week, divided into beginner and advanced levels. Taught by an American instructor, the course primarily focuses on improving students' spoken English.

Culture Class: Two hours per week, covering topics on Brittany, French and European culture, and the European Union.

肆、國外研修之生活學習(課外)

交換學校住宿、當地／該校學生活動、費用(保險費／生活費／特殊支出)、或是在當地遇到的特殊經歷(200字)

Accommodation: EMBA does not provide dormitories for exchange students, but the school helps arrange off-campus housing. Students simply need to inform the coordinator in advance of their preferred type of

accommodation (€300 - 500/month) and whether they wish to live with a friend. Before arrival, a housing agency will contact students via email with rental details.

CAF Housing Subsidy: Students can apply for rental assistance on the CAF website. The subsidy amount varies depending on the type of accommodation and the number of occupants.

Opening a French Bank Account: It is unclear whether opening a bank account is mandatory, but EMBA staff assist students in the process. Students should regularly check their email for instructions and submit the necessary documents. During the first week in France, teachers will accompany all exchange students to the bank to open an account.

Lunch: EMBA does not have a student cafeteria, only a vending machine in the lobby offering snacks, drinks, and microwavable meals. Most French students bring their own lunch and use the school's microwave. Across the street from EMBA is **UBO**, a university with a **CROUS** (a student

cafeteria), where EMBA students can also dine. A meal costs €3.3.

Activities Organized by the Chinese, Japanese, and Korean

Language Sections: Events include teaching Mandarin at a local supermarket for the Mid-Autumn Festival, making dumplings with French students, and a Hanfu fashion show at the graduation ceremony.

Social Gatherings: Students often get together for meals at classmates' homes, meet up at bars for drinks and conversation, or attend costume parties.

伍、研修之具體效益

(請條列式列舉 150 字)

Gaining a Deeper Understanding of Breton Culture

When people think of France, they often picture the romantic streets of Paris and the iconic Eiffel Tower.

However, France is nearly 18 times the size of Taiwan, with each region having its own unique identity.

Brittany, in particular, stands out due to its distinct

historical background, which has shaped a culture unlike that of most other parts of the country.

Cultural Exchange

One of EMBA' s defining features is its students' strong enthusiasm for Asian cultures. They are open-minded and eager to embrace different traditions, creating an enriching environment where we learn from one another through the exchange program.

Becoming More Independent

Living abroad inevitably comes with moments of loneliness, making emotional adjustment an essential challenge for every exchange student. However, this period of self-reflection often leads to greater self-awareness. Additionally, renting an apartment off-campus requires more problem-solving than living in a dorm, but despite the occasional difficulties, these “bad” experiences have helped me develop valuable life skills.

Improving Language Skills

Studying abroad has helped me become more confident in expressing myself in English and using French for everyday conversations.

Embracing the Local “Slow” Culture

France is known for its relaxed pace of life, which can be challenging for those of us who grew up in fast-paced environments. However, since we are in a foreign country, why not embrace the local way of life and go with the flow?

陸、感想與建議(含 3 分鐘短片連結)

心得經驗分享以及給未來參加交換計畫同學建議(350 字)

<https://youtu.be/AYzt58oXhtc>

Quimper is a small city with a population of less than 70,000. To be honest, when I first arrived, I found it a bit boring. Public transportation is limited on weekends, the last bus on weekdays runs around 8 p.m., and most stores close early. Its remote location also makes traveling to major cities somewhat inconvenient.

Additionally, the French custom of a “polite” 15-minute delay was something I struggled to adapt to, as punctuality has always been important to me.

However, over time, I learned to slow down and embrace the rhythm of **slow living**. I gradually began to appreciate Quimper’ s beauty—perhaps this slower pace is one of its most charming qualities. During the semester, I took buses and trains to explore many small towns in Brittany. Each place had its own unique character, from vast coastal landscapes and quaint villages to modern cities rebuilt after World War II. Every trip was a delightful surprise.

Thanks to EMBA’ s strong ties with East Asian culture and languages, I had the rare opportunity to sit in on French students’ Mandarin classes and even learn how to make dumplings with them. I also met several French friends who share a passion for Asian culture. Together, we hosted Mid-Autumn Festival gatherings, hotpot parties, and even tried **Raclette**, a traditional French dish. One

of the most memorable moments was being invited to a friend' s house to celebrate New Year' s Eve. These experiences made my exchange semester all the more meaningful.

If you're looking for a place with a slower pace but plenty of charm, Quimper is a great choice. Here, you can take a step back, savor the little moments in life, and connect with like-minded friends—creating exchange memories that are uniquely your own.

具代表性出國交換照片說明(4張)



圖 1 說明(20 字)

Rehearsal for the Hanfu Fashion Show at the Graduation Ceremony



圖 2 說明(20 字)

Meals at the French student cafeteria **CROUS**

(classic combo: appetizer + main course + dessert + bread)



圖 3 說明(20 字)

A costume party organized by the student association.



圖 4 說明(20 字)

The ocean is a defining feature of the Brittany region. Near Quimper, there are numerous beaches, while fishing and military ports can be found scattered throughout the Brittany region.