

臺北市立大學

學生出國研修心得報告

獲補助年度：113-1

研修領域：Europe program

系所、年級：社會暨公共事務學系碩三

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研修學校(中英文)：歐亞高等管理學院 ISUGA-EMBA

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國外研修成績：16.25

短片時間及標題：3:14 My life in Quimper

中華民國 114 年 2 月 3 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)

I think the more important things to prepare in Taiwan are:

Student visa: You need to fill out the application form on the Campus France website and then attend an interview.

Birth certificate: This is required for applying for CAF subsidies. You need to get it notarized at the local court, verified by the Ministry of Foreign Affairs, and then have it translated by a certified translator in France. Finally, take the documents to Campus France for further verification.

Credit cards and euros: While credit cards are widely accepted in France and many European countries, small towns may still require cash for certain transactions.

貳、研修學校簡介

學校介紹(100 字)

EMBA Business School is a business school, but what makes it unique is its partnerships with schools in China, Japan, and South Korea. In addition to completing fundamental business courses, students are required to choose one of these three countries to study the respective language—Chinese, Japanese, or Korean—and participate in an exchange program once a year.

參、國外研修之課程學習(課內)

修課課程內容 (100 字)

The program I chose was the Europe Program, which included French, English, and French culture courses. For the French and English classes, the teachers assessed our abilities before dividing us into groups.

French class: Since I had never learned French before, I was placed in the beginner group. The teacher was very kind and guided us step by step in understanding the language. It wasn't as difficult as I thought, and it made me want to continue learning French when I return to Taiwan.

English class: The teacher introduced different topics and presentations in each lesson to improve our listening and speaking skills. The teacher was very engaging and made us laugh every class.

Culture class: This focused on learning about French culture, such as food, festivals, and traditional clothing.

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)

I'll share this part by dividing it into food, clothing, housing, transportation, education, and entertainment:

1. Food

There is a Carrefour near where I live, so I usually buy ingredients and cook for myself since eating out is too expensive. Back in Taiwan, I rarely cooked, so it was a bit challenging at first. However, after a few

tries, I realized cooking is really fun, and I even started experimenting with creative recipes!

2. Clothing

My exchange period was from September to December, covering autumn and winter. I brought a lot of clothes, but I really didn't need that many. I even bought a few discounted items locally. In the end, I left behind a few pieces of clothing.

3. Housing

I share a room with two roommates, and the rent is €500 per month. The house is very clean and well-equipped. It's a 5-minute walk to Carrefour, a 5-minute walk to a bakery with delicious bread, and a 10-minute bus ride to school.

4. Transportation

In Quimper, I usually take the bus. However, the last bus is around 9 PM, so if there's a party in the evening, I have to walk back home. Also, on Sundays, the bus runs only once an hour, so I need to plan my trips carefully to avoid waiting too long!

5. Education

I've talked about education earlier, so I'll mention expenses here. I opened a local bank account and purchased housing insurance, which deducts some money every month. For living costs, cooking at home saves a lot compared to dining out. Supermarkets sometimes have discounts, so overall, it's not too expensive.

6. Entertainment

EMBA organizes many activities, often with after-parties where you can

drink and meet new friends. One party had a theme where you had to dress as something or someone starting with the first letter of your name. Seeing everyone's creativity was so much fun!

伍、 研修之具體效益

(請條列式列舉 150 字)

1. I learned a new language—French—which is very interesting.
2. I became braver in speaking English, even though my grammar isn't always perfect.
3. I discovered Breton culture, tasted Breton food, and admired traditional Breton clothing.
4. I made friends with many people from different places, sharing meals and conversations together.
5. I met a friend with whom I instantly connected.
6. I traveled to many different places, and the country I fell most in love with is Iceland.
7. During my travels, I learned to respect cultures different from my own.
8. I started to appreciate the beautiful scenery in life.
9. I became strong enough to overcome any challenges I faced.
10. Life in Quimper is slow-paced, and I've slowed down with it, spending more time with myself and learning to cherish everything I have.

11. My cooking skills have improved.

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/D5dI91iYZ9I>

Initially, my first choice was to go on exchange to South Korea, but due to the large number of applicants, my teacher recommended this school instead. I never imagined I would spend a semester in France during my graduate studies. In hindsight, I'm very grateful that my teacher suggested France.

There are two parts of this journey that left the deepest impression on me. The first is meeting so many people. I'm not a naturally social person, so getting to know others at the beginning was a bit challenging. However, I realized that I might never see these people again in the future, so I decided to be more proactive. As a result, I made many wonderful friends and shared countless beautiful memories with them.

The second part is traveling to many places, seeing diverse landscapes, and enjoying local cuisines. My favorite country is Iceland! The winter snow adds a touch of loneliness to Iceland, and I fell in love with that feeling.

Finally, for those who plan to join an exchange program, here's my advice: I believe anyone who applies for exchange programs is already brave and strong enough to face any challenges. Don't fear

the unknown—what you gain will always outweigh what you give.
Life is long, and some things, if not done now, may never be done.

具代表性出國交換照片說明(4 張)



圖 1 說明(20 字)

I celebrated the Mid-Autumn Festival with my friends.

Each of us brought our own dishes and enjoyed the full moon together.



圖 2 說明(20 字)

I enjoyed traditional French food, Raclette, with my friends.

Heat the cheese and add potatoes with ham and bacon.



圖 3 說明(20 字)

I went to Disneyland with my friends.

It was very cold that day, but playing with friends made me happy to forget the cold.



圖 4 說明(20 字)

I celebrated New Year's Eve with my friends.

We ate 12 grapes and made 12 wishes in the middle of the night.

*格式依需求可自行調整