

漢肯經濟學院成立於 1909 年，是芬蘭最早成立的商學院之一，歷史超過 110 年。與芬蘭著名大學（如赫爾辛基大學、Aalto 大學）在商學領域齊名，但在國際化、語言友善、多文化融合上尤為突出。多語言授課，主教學語言是 瑞典語（Finland 官方語言之一），但大量英語課程，對交換學生十分友好。英語課程充足、國際環境強、大多小班教學，多跨文化協作，位於赫爾辛基，交通方便且生活機能強。

在課內受益最多的課程為 B2B Marketing 是印度老師授課，雖然印度腔沒有很嚴重但是要花一些時間理解。並且每週每堂課回家作業都是讀論文和寫一篇 summary，課上每次都有一則 case study，要和組員合作（而且老師規定交換生要和本校生一組），所以需習慣芬蘭學生的討論方式，還有語言程度會影響表達的流暢度、提升想法的深度和精準度。期末考試是申論題+分組報告要介紹一間 B2B 公司，並做成影片解析。雖然課程很硬，但是也是讓我跨出舒適圈的一堂課。

課外受益最多的是結交跨國朋友，交換生都住在同一棟，室友是德國人，也交到了來自愛沙尼亞、比利時、日本、泰國、瑞士、法國等朋友，留下很多珍貴的回憶，像是一起煮晚餐、一起去看 ice hockey 的現場比賽，幫隊伍加油、一起溜冰、一起蒸桑拿、一起去國家公園健行，烤香腸、聊聊天、一起去北極圈體驗哈士奇和馴鹿雪橇，芬蘭很冷，但心裡總是溫暖的。

交換給我的收穫有：

- 培養使用英文的熟悉度，透過 small talk 或深聊，增進口說，結交許多朋友
- 體驗不同的文化、不同的學習風氣，還有歐洲食物（大多都是麵包類）
- 自己有額外報名校外加速器或創投舉辦之 keynote Speech，了解歐洲的創業氛圍
- 學校有 Business LAB，我有加入他們的志工團隊，搭配歐洲最大的創業盛事 Slush，體驗跨國團隊合作、順便偷偷聽一些論壇和講座，也結識了一些新創從業者。

歐洲人真的很喜歡派對活動，一開始很常看到身邊的交換生都去參加派對，難免會有些焦慮覺得好像沒有加入就會錯過一些東西，也可能會因此感受到孤單。不過我發現最終還是要回到自己身上，需要思考之所以去參加派對，背後的動機是什麼？究竟是「身邊的人這麼做，所以我也應該要這麼做」的同儕壓力，還是自己喜歡、想要體驗或享受這種氛圍。以及思考一直參加派對會帶來的效益是什麼？交到朋友？但這些朋友是真心的朋友嗎？會不會只是在浪費時間喝酒跳舞？還是其實獲得了體驗？享受在音樂和身體的舞動之中，感受自由和放鬆？了解背後的動機以及期待達到的效益，再去判斷是否需要做這個選擇，是我應對文化差異和衝擊最好的方式。

在台灣的時候，我們常常活在被他人影響的環境裡。我們會不自覺依循著大家認為「對的、好的」。既然去到國外，要記得好好傾聽自己內在的聲音，這也是我這趟「出走」獲得最大的成長。

Hanken School of Economics was founded in 1909 and is one of the earliest business schools in Finland, with a history of more than 110 years. Alongside well-known Finnish universities such as the University of Helsinki and Aalto University, Hanken holds an important position in the field of business and economics. What distinguishes Hanken most, however, is its strong emphasis on internationalization, language accessibility, and multicultural integration. The primary teaching language is Swedish, one of Finland's official languages, but the school also offers a wide range of courses taught in English, making it especially welcoming to exchange students. With abundant English-taught courses, a highly international learning environment, mostly small class sizes, and frequent cross-cultural collaboration, Hanken provides a supportive yet challenging academic atmosphere. Located in Helsinki, the school also benefits from excellent transportation connections and a highly convenient living environment.

Among all the courses I took, the one I benefited from the most was B2B Marketing, taught by an Indian professor. Although his accent was not overly strong, it still took some time to adapt and fully understand the lectures. The workload of the course was demanding: every week, we were required to read academic papers and write summaries as homework. Each class also included a case study discussion, which had to be completed in

groups. Notably, the professor required exchange students to be grouped together with local Finnish students, which meant we had to adapt to Finnish discussion styles and academic expectations. Language proficiency also played a significant role, as it affected not only the fluency of expression but also the depth and precision of ideas. The final assessment consisted of essay-based exam questions and a group project in which we introduced a B2B company and analyzed it through a video presentation. Although the course was academically intense, it pushed me out of my comfort zone and became one of the most rewarding learning experiences of my exchange.

Outside the classroom, the most valuable gain from my exchange was building friendships across cultures. Most exchange students lived in the same building, and my roommate was from Germany. I also became close friends with students from Estonia, Belgium, Japan, Thailand, Switzerland, France, and many other countries. Together, we created countless meaningful memories: cooking dinner together, watching live ice hockey games and cheering for the teams, going ice skating, experiencing Finnish sauna culture, hiking in national parks, grilling sausages, chatting late into the night, and even traveling to the Arctic Circle to experience husky and reindeer sledding. Finland may be cold, but my heart was always warm.

Through this exchange experience, I gained several important takeaways. First, I significantly improved my comfort and confidence in using English. Whether through small talk or deep conversations, I strengthened my speaking skills and built genuine friendships. Second, I experienced different cultures, learning styles, and European food traditions, which are largely centered around bread and simple ingredients. Third, I independently participated in keynote speeches organized by external accelerators and venture capital firms, allowing me to gain insights into the European startup ecosystem. Additionally, Hanken has a Business Lab, and I joined its volunteer team. Through this involvement and by participating in Slush, Europe's largest startup event, I experienced cross-national teamwork, attended forums and talks, and met professionals working in the startup industry.

Europeans truly enjoy parties and social events. At the beginning of my exchange, I often noticed that many exchange students around me were constantly attending parties. This sometimes made me feel anxious, as if I might miss out on something or become lonely if I did not join. Over time, however, I realized that it was important to reflect on my own motivations. Was I attending parties because "everyone else was doing it," driven by peer pressure, or because I genuinely wanted to experience and enjoy that environment? I also began to question what I expected to gain from frequent partying. Was it friendship, and if so, were those friendships meaningful? Or was it simply spending time drinking and dancing? Alternatively, was it about enjoying music, movement, freedom, and relaxation? By understanding my motivations and expected outcomes, I learned to make choices more consciously. This reflection became my most effective way of coping with cultural differences and adjustment challenges.

In Taiwan, we often live in environments heavily influenced by others, unconsciously following what is considered "right" or "good" by society. Being abroad reminded me of the importance of listening to my inner voice. This self-awareness and ability to make intentional choices became the greatest personal growth I gained from this journey away from home.

有學海惜珠的獎學金或許不會改變我出國的選擇，但他的確讓我壓力不會那麼大，他幾乎幫助我省去了每個月昂貴的住宿費（尤其在北歐國家的物價較高），很感謝能夠獲得這樣的支持，讓我在芬蘭生活可以更有底氣。