

A. 學校簡介

皇家理工學院 (瑞典語: Kungliga Tekniska högskolan, 縮寫為 KTH) 主校區位於瑞典首都斯德哥爾摩市區東城富人區, 世界排名前一百名的知名大學, 成立於 1827 年, 為瑞典最大的工學院, 也是歐洲頂尖的理工大學。皇家理工學院在科技與工程領域的排名為北歐大陸最強學府。KTH 以其在工程、技術和自然科學領域的卓越教學和研究而聞名, 擁有世界一流的實驗室和研究中心。校園環境優美, 結合了現代設施和歷史建築, 為學生提供了理想的學習和生活環境。

B. 國外研修之課程學習 (課內), 推薦受益最多/最喜歡的課程

Swedish Society, Culture & Industry in Historical Perspective。這堂課是專門開設給國際生, 會帶著國際生認識瑞典的歷史與文化。其中我最喜歡的部分是可以免費參觀很多博物館。瑞典的博物館超級多, 幾乎 2~3 個捷運站就有一個博物館。然而博物館的門票價格都不便宜, 儘管有學生票價也都要台幣約 500~800 元, 因此可以利用課堂去參觀博物館是一件非常幸福的事。

C. 國外研修之生活學習 (課外)

瑞典人很喜歡吃一個叫 fika 的點心, 這個點心是當地可以購買到最便宜的食物, 類似一個麵包然後只要約 10~15 台幣, 如果吃得習慣的話可以利用 fika 省下超多食物費用。

與我住在同一層樓的住戶, 幾乎也都是國際生, 因為同層樓的廚房是共用的, 便有許多與來自世界各地到瑞典讀書的學生的交流機會。他們大多也來自世界名校, 到 KTH 讀碩士或博士, 聽著他們分享的生活, 讓我慢慢發現到異地讀書似乎並沒有如同我想像中的美好, 我跟眾人聊了很多後逐漸放棄出國繼續攻讀更高學位的想法。

D. 交換/研修之具體效益 (請條列式列舉)

勇敢說外語。不限於英文, 有時也會跟其他國寄生學習他們的語言

勇敢討補償。火車飛機等誤點是常態, 沒有主動去吵架是不會拿到賠償的。

理財。歐洲很貴, 每筆錢都會仔細思考或貨比三家。

獨立。沒有任何人能幫助你, 包括工作人員。我每次去詢問工作人員資訊, 得到的幾乎都是: 我幫你問問我同事。喔我同事說他不知道。然後就請我離開。

E. 海外生活期間是否曾遭遇困境, 及是否解決問題? 如是, 請說明如何解決問題;如未解決, 請說明事件最大的啟發及思考未來可以怎麼解決?

最大的困境應該是沒抽到宿舍的時候。當初聽聞北歐幾乎保證住宿名額, 所以對於住處很放心, 認為一定沒問題。結果 6 月底被通知沒有抽到住宿名額, 8 月初就抵達瑞典的時候相當慌張。幸好最後在 FB 社團上找到居住在瑞典的台灣人幫忙。

F. 海外生活期間是否曾遭遇文化衝擊, 您如何去面對及適應?

文化衝擊說實話還好，因為出國前就抱持著會有很大的衝擊前往的，所以實際遇到時便不會有太大的震撼。

G. 海外生活歷練是否為您人生帶來不一樣的改變或者個人特質上的轉變，最大的成長是什麼？

過往的我是個很討厭麻煩事的人，例如店員送錯餐點我會直接吃掉而非跟店員解釋狀況，就算他送來的餐點比較便宜我也不會去追回費用。但去了歐洲，最常出狀況的就是長途火車與飛機。我在歐洲，長途火車加飛機搭乘了超過 20 班，沒有任何一班是準時的，而且我的狀況真的是連我認識的國際生或交換生都說運氣差到不行。這 20 班當中，只有一班是誤點 20 分鐘內，其餘的都是誤點 1 小時以上，其中 3 班直接取消，而且是登機時間要到了才告知取消。我甚至遇到因為有人跳軌，所以火車卡在路中間不能動（當時我在火車上），我唯一能做的只有等待跟把後續的行程取消，我甚至不能換方法到達我的目的地。因為這些誤點與取消，我大該虧損了台幣約 3 萬的各種費用，是無法討回也找不到賠償的。誇張的是，我被詐騙的費用有追回來，因火車或飛機誤點的費用追不回來。現在我遇到被佔便宜的事情我不會再怕麻煩了，我會勇敢表達自己的意見與想法。

H. 感想與建議

去歐洲玩會不會開心很看運氣，跟我一起前往的朋友並沒有遇到上述的問題，他的行程一切順利，甚至到惡名鼎鼎的德國搭火車都沒事。祝接下來去歐洲交換的人們運氣順利。

I. 英文心得(包含學校簡介、課程學習、生活學習、具體效益、心得感想等等) 500 字以上
赴中國交換者免填英文心得

Introduction to KTH My exchange journey took place at the KTH Royal Institute of Technology (Kungliga Tekniska högskolan), situated in the affluent Östermalm district of Stockholm, Sweden. Established in 1827, KTH is not only one of Europe's leading technical universities but is also consistently ranked among the top 100 universities globally. It is renowned for its excellence in engineering, technology, and natural sciences. The campus itself is a stunning blend of modern facilities and historical architecture, providing an ideal and inspiring environment for students to pursue their academic goals.

Academic Highlights: Learning Beyond the Classroom Among the courses I took, the most beneficial and enjoyable was "Swedish Society, Culture & Industry in Historical Perspective." This course offered a comprehensive introduction to Swedish history and culture, but the highlight for me was the opportunity to visit museums for free. Stockholm

is a city dense with museums—there is practically one every two or three metro stops. However, admission fees can be quite steep, often ranging from 500 to 800 TWD even for students. This course provided a fantastic way to explore the city's rich cultural assets without the financial burden, making learning both immersive and economical.

Life in Sweden: Fika and Social Realities Outside of the classroom, I quickly adapted to the local custom of "Fika." It refers to a coffee break that often includes a pastry. I found that Fika snacks were among the cheapest food options available, costing only about 10 to 15 TWD. It became a great way to save money on food once I got used to it.

My living arrangement also played a huge role in my experience. I lived in a corridor room where I shared a kitchen with neighbors who were almost exclusively international students. This communal space became a hub for cultural exchange, as many of them came from prestigious universities around the world. However, through our daily interactions and sharing of life experiences, I gradually realized that studying abroad in a foreign land was not as perfect or glamorous as I had previously imagined. This realization actually led me to let go of my initial plan to pursue a higher degree abroad after this exchange.

Key Takeaways and Personal Growth Despite the challenges, the exchange program forced me to grow in several specific ways:

Language Confidence: I learned to be brave in speaking foreign languages. This wasn't limited to English; I also tried to learn and speak phrases from other international students' native tongues.

Assertiveness: I learned to fight for my rights, specifically regarding compensation. Delays with trains and airplanes were common, and I realized that if you do not actively complain or demand compensation, you will not receive it.

Financial Management: Living in Europe is expensive. I became very disciplined with money, thinking carefully before every purchase and always comparing prices to stretch my budget.

True Independence: Perhaps the biggest lesson was self-reliance. I learned that often, no one is there to help you—not even the staff. Whenever I asked for information, the typical response from staff was, "Let me ask my colleague," followed by "My colleague doesn't know," and then they would simply ask me to leave. This taught me that I had to solve problems entirely on my own.

In conclusion, while my time at KTH shifted my perspective on future studies, it was an invaluable experience that equipped me with practical life skills, financial discipline, and a profound sense of independence.