

林奈大學位於瑞典南部，有 Växjö 和 Kalmar 兩個校區。林奈所擁有的科系涵蓋人文，社會科學，科技以及自然科學方面，而大部分國際學生都集中於較大的 Växjö 校區。

在林奈大學交換的一年中，我修習了 Beginners' Swedish Part 1&2, Harry Potter from an intermedial perspective, Art And Art Education 1&2,... 瑞典文的課程步調很快，每個禮拜就會完成一個章節，老師上課會夾雜著瑞典文和英文，一開始會有些吃力，因此在課餘需要花較多時間自主學習。老師也有提供線上學習教材，我們可以在家做練習鞏固知識。Harry Potter 的課也聚集了不少國際學生，老師要求每個人從不同的角度切入，探討哈利波特這個系列。要通過這堂課，必須向老師和其他同學口頭報告和書寫一篇跟哈利波特相關的報告。在撰寫書面報告時，花了很多心力，包括如何找到一個與他人不同的新奇的主題，查找相關資料等。Art and Art Education 對我而言是很有趣的一堂課，雖然課後的作業報告較多，但我覺得老師帶領了我們發揮自己的創造力，以及鍛鍊自己如何將腦中無形的想法化為具體的藝術作品。在第一堂課上，拋開常見的口頭自我介紹，老師讓我們運用教室可見的各種物品，來做成一幅畫來介紹我們自己。在這堂課上，沒有甚麼對與錯，每個人都可以很自由地創作，發表自己的看法，除此之外，我們也學習了藝術鑑賞的技巧，是在未來也受益匪淺的。

VIS 經常會舉辦一些活動，像是參觀學校的城堡，Welcome Dinner，IKEA Trip，還有其他各式各樣如追極光的旅行。參加此類活動讓我們每個禮拜的生活都滿豐富的，而且也是個認識很多不同國家朋友的好機會。我們所住的地方 Vallgatan，是距離火車站和市中心比較近的地方。一整棟宿舍都住著國際學生，每層樓都附有共用廚房和公共區域，因此大家晚上經常會聚在一起聊天，開 party 和 fika。瑞典物價比較高，大家都是自己煮三餐，也因此常常可以吃到來自不同國家的料理。



在宿舍大家煮不同的料理幫朋友慶生



參加 VIS 組織的追極光旅行，這是在聖誕老人村

交換之具體效益：

1. 增強自己的外語溝通能力：瑞典的英文普及度非常高，也擁有較少亞洲面孔，因此日常生活中幾乎都說英文。面對來自世界各地不同國家的學生們，大家都自帶不同的口音，這是個很好鍛鍊自己語言能力的機會。在與不同國家學生的相處中，我也學習到了不少外語的問候方式。
2. 了解彼此的文化差異：在瑞典的課上，老師經常強調文化的重要性，提倡我們要互相尊重彼此的文化，懂得互相學習。在日常生活中，大家有時候會聚在一起談及國際事件，我覺得是很寶貴的機會能聆聽不同方面的想法，使自己的視野更加寬闊。

3. 獨立生活的能力：在這交換的兩學期中，大部分都是自己料理三餐，一開始這是一項蠻大的挑戰。在瑞典食材並不如在台灣那樣豐富，自己常常要思考如何運用僅有的幾樣食材變化出不同的料理，在這期間也獲得了很多樂趣也增長了自己的廚藝。這次剛好遇到了突發的肺炎疫情，面對了好幾次航班突然取消和每天飛速增長的案例，雖然心情起起伏伏，但我覺得是很特別的經驗，讓我鍛鍊了自己處理事物的能力，在未來遇到突發狀況，也能更加冷靜地面對。

我所在的林奈大學，並不是位於大城市，而是在一個小城鎮裡，雖然很小，但卻可以深入當地的生活。倘若之後還有機會，會想再一次造訪這個純樸的小鎮。雖然這次交換是很匆忙而且突然地結束了，但對我而言，在瑞典的這幾個月，是非常難忘的經歷。可能正是因為遇到了肺炎疫情這樣危急的情況，讓我跟在交換期間認識的朋友們之間的感情更加深厚了。出國交換是一次非常難得且充實的機會，去到與台灣如此不同的地方，體會到了北歐獨有的文化，見識到了冰冷的氣候，得到了許多新鮮的體驗。

Linnaeus University is located in the southern part of Sweden. We take two to three hours train from Copenhagen, the capital of Denmark, to Växjö. LNU possesses a great variety of courses, which include social science, languages, art, business, engineering, and so on. Each year, LNU welcomes more than 1600 international students to come to the university. Therefore, it is a great opportunity to meet friends from all over the world.

During these two semesters, I have studied in “Beginners’ Swedish”, “Harry Potter from an intermedial perspective”, “Art and Art Education” ... I have learned a lot from the course “Beginners’ Swedish”. It was a bit difficult at the beginning of the class since the teacher spoke mainly Swedish in the class. I had to spend extra time in practicing Swedish. The teacher provided us many useful online materials to help us improve Swedish in our free time. Thanks to this course, I am able to recognize the words in the supermarket, and I can speak basic Swedish to people. It is always interesting to acquire a new foreign language. As for “Harry Potter from an intermedial perspective”, it helps me dig into a specific issue. The teacher asked all the students to think about a topic that is different from all the other students in the class, and we needed to write it into a long essay and present it to everyone. It is a great challenge to find something new and think deeply since “Harry Potter” is a world-famous series. I think I have learned a lot from others’ creative ideas and improve my research skills. “Art and Art Education” course is the most interesting one in this year. I felt a bit afraid of art in the beginning since I was not good at drawing. While the teacher allowed us to have all forms of transferring our thoughts into art, I felt relieved and discovered some creative ideas from others’ works. During the class, the teacher also mentioned the importance of the media world that is quite related to our current life. We were also taught to respect every culture and learn from each other.

In the free time, I also took part in VIS activities. We went to visit the castle in the campus and listened to the lecture from the mayor of Växjö. There was also IKEA Trip since the first IKEA in the world is in Älmhult that is not far away from school. We tried meatballs, the traditional Swedish food, and spent great time in IKEA museum. I also joined the Aurora Trip with VIS. We went to the Arctic Circle and visited Santa Claus Village. It was only minus 20 degrees, and we can see the snow everywhere. In the evening, we climbed up the mountain to see the aurora. Although it was freezing, we saw the aurora eventually. It is one of the most precious experiences that I have ever had during the past twenty years.

All the international students live in the dormitory, and our dormitory is near the train station. We got a single room, and each floor has a kitchen and public area. Since in the winter the sun sets at two or three o’clock in the afternoon, we spent a lot of time in the dormitory. We were really close to each other. The expense of food

in Sweden is quite expensive, so we usually cooked for ourselves. The students are from all over the world, so we will celebrate various festivals, like Chinese New Year, Christmas, Halloween, and so on. Everyone will prepare one dish and bring it to share with others. In Sweden, I also learn to fika that means have a break and drink some coffee or eat some sweets. Having fika helps Swedish to have a good mood. Therefore, I often had fika with my friend in the downtown or just in our rooms.

During this exchange life, I have improved myself in several perspective. First of all, I have improved my communication and language skill. Over 90% of Swedish is able to speak English in the daily life, so it is an ideal environment for me to speak a lot of English in the life. Second, I am able to discover the cultural differences. Being abroad, we experience a totally different culture and meet various people. In the class, the teacher always reminds us of the importance of respecting others' cultures. Every culture is unique and precious. By communicating with people from different countries, I am able to know other views of points and broaden my horizons. Third, I become more independent in life. I need to cook for myself every day, and there is not much food as in Taiwan. As a result, it is a big challenge to think of changing dishes every day. I still found a lot of fun in it, and I think I will try to cook for others when I am back to Taiwan. Moreover, we face the corona virus in the second semester. The situation is tough, and more and more people are affected in Europe. I have met a lot of emergent situation, for example, the flight just suddenly cancelled, or the country just closed the borders so we cannot go there to transfer. Although I felt desperate, I think this experience pushes me to become stronger, and maybe in the future, when I look back to this, I will feel interesting to have this kind of experience.

LNU is not located in a prosperous city, instead it is located in a small village. Although it is not so convenient, I feel satisfied to experience the real local life in Sweden. Because of the corona virus, my exchange life suddenly comes to and end. I still feel grateful to possess this precious opportunity to go abroad and meet so many great friends. I have spent quite a long time in northern Europe and experienced a totally different culture. It was all new for me, and all of the memories will become great treasure in my life.