

學校簡介

Linnaeus University (Linnéuniversitetet) is a state university in the Swedish historical province (landskap) Småland, with two campuses located in Växjö and Kalmar respectively. Linnaeus University was established in 2010 by a merger of former Växjö University and Kalmar University (Högskolan i Kalmar), and is named in honor of the Swedish botanist Carl Linnaeus. Växjö has called itself "The Greenest City in Europe" since 2007. It has its foundation in a long history of commitment to environmental issues, and ambitious goals for a green future. It is a vision shared with the citizens and the local companies.

· Växjö - A living campus

Everything on campus in Växjö is within five minutes' walking distance - student accommodation, classrooms, the library, restaurants and pubs, lakes, and leisure facilities. The campus is full of life and energy and is a natural meeting place for all students and interests. Växjö has about 90,000 inhabitants and has been declared the "Greenest city in Europe" because of the environmentally sound solutions implemented. The name Växjö is translated into "the city of lakes", which is something that doesn't get unnoticed, having one of the many lakes just by campus. With the surrounding woods, it becomes the perfect place for walking and jogging.

· Kalmar - The student city by the sea

Kalmar is Sweden's Student City 2023 because of its good access to student housing, the welcoming environment, and good skills supply that makes many students want to stay in the city. The city of Kalmar is located on the coast, something that Linnaeus University recently took advantage of by building new buildings right by the harbor and gathering the University in one place. As the port is in the city center of Kalmar, students can go about their daily business downtown and fill the city with the buzz of activities. Kalmar has roughly 65,000 inhabitants and a long history dating back to the Middle Ages - something that will not go unnoticed when having the old Kalmar Castle just a few hundred meters away from campus. The city has been voted as "Sweden's Summer town", perhaps thanks to the many days of sun, the beaches spotted around town and the events and concerts.

國外研修之課程學習（課內），另外推薦受益最多/最喜歡的課程

First, Sweden's educational system is very different from Taiwan's. There is more flexibility in the courses as every week the schedules are different. Excursions and workshops are also commonly interpreted in them. Given the size of the campus smaller than NSYSU, however, its utilities and resources were surprisingly sufficient than expected. The staffs on campus were quite responsive as well as the ESN student organization and they held lots of welcoming social events during orientation week, which was a great opportunity to meet a lot of new friends there. Linnaeus uses English and Swedish as their median, the only downside to this was the English-taught classes they offered for exchange studies, that you don't really get to meet/work with the locals unless its professional skills-related courses since most of the locals would just stick with Swedish taught classes.

Beginner Swedish I & II

Throughout the semester at Växjö Campus, I chose language courses to better learn about Swedish culture. The lecturers were friendly, and we were categorized into five groups with five different lecturers. I met many Germans there and since German and Swedish are pretty similar in their grammar and forms, they were the fast learners in the class. It was fun studying the local language with people from different countries. We had classes twice a week, from 5:30 pm- 7:30 pm. During winter it was a little exhausting since the sky became dark at 3:30 pm so all of us were whining, saying that it was weird to go to school at such late time. Anyways, the overall experience was decent as I met a lot of friends whom later I grocery-shopped or hang out with.

International Key Account Management (Distance Learning)

Due to the ongoing housing conflict that I was constantly dealing with throughout the whole semester, I was forced to cancel my second semester of exchange at Kalmar, which was a shame. I missed the opportunity to study at their business school, however, to meet NSYSU's requirements, to take at least one mandatory course of my own major, I applied to this online course. We were asked to team up with two to three group members and I managed to reach out to two Swedish girls, and we formed a study team and complete all three reports together. For the final assignment, our brief was to reach out to business professionals in the KAM field and interview them. It was also the first time ever I team up with the locals and had our discussions through online meetings. Two of them were very open-minded to ideas and we had great teamwork. We covered up each other's work when we were too busy. We then got an A for the report and the overall process we had more than five meetings and things worked more smoothly than I expected. I learned a lot from them as well as their working culture through this experience.

國外研修之生活學習（課外）

Life in Sweden was quite simple, yet I felt content. "Less is more", living in a rural area, cooking for myself, reading books, doing morning runs, enjoying fika after hours of reading and studying, getting more than enough sleep, spent lots and lots of alone time. The peacefulness and serendipity I have never experienced before. When the sun's out, everyone's so happy that they would go out for a walk together and talk about little things in life. It was this simple yet pure happiness that inspired me to enjoy every moment of our life. Although I went through hard times trying to deal with a housing conflict throughout the whole semester, it still gave me brand new perspectives on life as it was a bonus point to learn about their laws and regulations practically. I was grateful for the help from several friends in Sweden and working with them to solve problems like this has trained me to be more careful in the future when making a financial, rational decision. It was uneasy and it made me realize the importance of teamwork, and always remembering to seek help when needed.

Living in the accommodation arranged by Linnaeus for bilateral exchange students, most of my flatmates were from Japan, Korea, and Latin America. On the 7th floor, I would always cook with Japanese and talk about our culture and food. We would host parties, and everyone just danced and drink until they get wasted, then the next morning we would make hot lemon tea and detox together. Some other times, we had "fika" (coffee break in Swedish) together and talk about everything in the living room. There are two student pubs on campus which my friends and I would seldom visit on the weekends to party with the locals, but the music was not as good as we thought, plus drinking in restaurants or pubs was pricey, so we rather have a party in our dorm most of the time.

Other than schooling days, during the Christmas season or on weekends we would choose to travel, and there is a small airport on the outskirts of Växjö town which travels to London, Greece, Poland, and other countries. I went to London for the countdown with my Taiwanese friends exchanging in other European countries and we had a blast.

交換/研修之具體效益（請條列式列舉）

- Being exposed to a completely different culture than my own, and Taiwan as well, has created a new horizon of my insights towards how this world works.
- More confident than I used to be when delivering my stories and their values when connecting with people.
- Able to appreciate the beauty of different cultures and our life at the moment.
- Experienced the aestheticism of the Nordic minimalism culture in Sweden.
- Trained myself to be globally competent and more open-minded.

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？

一開始二租的租屋處發生床蝨問題，房東本人不在瑞典，房子沒辦法住宿租屋公司不給換房房東也拒絕給予房租減免。房子一開始是透過buddy介紹的，事發後房東媽媽除了找清潔公司之外啥都沒做，學校也不怎麼幫忙解決問題。鬧到後面房東母子直接到credit agency file case 威脅我還清剩下兩個月的房租，不然就上法庭談。

其實按照法律，合約一開始就是違法的，房子清潔有問題房東也應該協助清理或是給予減免。之後我確實回覆agency說他們的指控有誤，說要上法庭解決。但因為剛好拖到1月這件事已經浪費很多時間、金錢和精力，加上影響到後續的交換生活/經費，我就先決定回國。目前他們就再也沒有消息了。期間美國瑞典混血buddy也協助我一起解決問題，跟房東母子談判，諮詢律師等，整件事直接讓我用快狠準的方式接觸到瑞典的法律制度和當地人處理事情的文化態度，實～在是獲益匪淺。

深度反思後我覺得該做的都做了，以我作為二租房客我也盡力付他們一半的金額，基於房東實在不講理，果然還是一開始就不付他租金才對的。過程中也發現心態上有點逃避跟房東本人面對面對峙，也反映了我自己在跟人溝通時其實表達不是很清楚，不管是不是外國人，都很不果斷，被別人壓榨時不懂的怎麼保護自己；同時也學會了以後在跟人協商的時候自己要先把自己的訴求清清楚楚的讓對方知道，且要雙方也完全明白/達到共識的情況下才能繼續溝通下去。最重要的還是不要隨意相信或者依賴他人解決自己的問題。最後，面對問題時心態還是要保持積極正向，只要是錢能解決的事就不是問題，不用太過焦慮。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

個人對於這方面接受度還蠻高的，沒什麼特別的感受，順其自然接受每個國家不同的文化和思想，也挺好的。

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？

更了解自己，以及一個環境如何影響一個人的成長

您認為獎學金對您海外研修最大的幫助是什麼？有無獎學金是否會改變您的出國計畫？

無申請獎學金。

感言及心得感想

Recommendations:

1. Due to Sweden's housing shortage problems, students would sublet their apartments all the time and it is best to get housing insurance if you decide to find your own accommodation, as in not choosing Linnaeus' assigned ones. Never sub rent an apartment and always check with the landlord about the contracts and apartment cleanliness before moving in.
2. Sign up for their buddy program. Could definitely be one of the direct options to approach the locals if you're only taking general courses like culture-related ones.
3. Personally thought that Sweden is pretty suitable for introverts who appreciate minimalism and are nature lovers. Not to mention their wide selection of vegetarian or vegan food there. It is the perfect place for whoever has these demands.

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)

Reflection journal: Linnaeus University (Sweden)

Five months of exchange life passed in a blink of an eye. It was my first ever experience seeing real snow in my life, not to mention it was in a Nordic country. Did my first-ever backpack trip to Poland and Vienna. Boarded endless night trains and buses alone. Visited several Christmas markets in different countries and successfully checked the box on my bucket list. Bullshitting business reports with Swedish teammates. Learned my lesson on how to deal with conflicts with the locals, also how to react to those matters with maturity. Learned that life is full of bittersweet decisions. My only regret was I never got the chance to study at Kalmar business school because I was forced to cancel the second semester, due to personal reasons. Otherwise, everything was magical.

In this stage of life where I am ready to seek a job, it was interesting to observe Sweden's work culture and Swede philosophy towards life. People there are quite conservative and the value of "LAGOM" plays a vital part in their life. They play by the rules and are always very careful. Swedes cherish a work-life balance very much. In addition to their great infrastructure and education system, I finally understand why people would say Sweden's the happiest country in the world. Utilized resources, eco-friendly environment & equality were the three words that remind me of Sweden after my experience. Culture-wise, there was less judging of appearance in the European culture as well, which I adored a lot. Unlike our Asian culture, there was no body shaming, people were positive about their decisions, more daring and they speak with confidence while talking about their work. It was something I had learned how to put to use in my daily life, which was to treat everyone fair and equally, have less judgment and only give necessary and positive feedback while being asked about one's opinion, of course, be more confident in myself.

Five months living there allowed me to grow spiritually, discover more about myself and build more competence as an adult who is ready to commit to whichever society in the future. I am more than thankful to have had this opportunity to explore Europe in my early 20s and my thoughts towards how to live life to the fullest did change genuinely thanks to this experience.