



學校 H 棟/K 棟間的走廊，大學的 logo

研修學校簡介

林奈大學 (Linnéuniversitetet) 是一所位於瑞典中南部的公立大學，以著名的瑞典生物學家卡爾·林奈命名。韋克舍大學原為隆德大學的分校，1977 年成為獨立學院，1999 年獲政府授予大學地位後，2010 年與卡爾馬學院合併成立林奈大學。學校兩大校區分別於瑞典韋克舍及卡爾馬，學院包括人文、社會科學、自然科學和科技。每年三萬名學生中約有 1600 位國際學生，為瑞典第六大的大學。我在韋克舍校區上課，因修課廣泛而有機會到不同的學院大樓及教室中。

國外研修之課程學習(課內)

林奈大學的藝術學院沒有開授我本科劇場類的課程，但人文藝術的課程不少，一年中我修習的課程包括多媒體設計、藝術教育、跨媒體探討、靜態影像課程。這些都是我在台灣修不到或是沒有修過的課，增長了實際知識及相關的操作應用，例如從攝影構圖及延伸思考、adobe 系列程式的應用、多種藝術課程教案的設計以及體會等。瑞典的上課模式與台灣有所不同，學生與教授關係常是友好的，以名字互相稱呼而非以尊稱開頭，以減少師生間的距離與隔閡。課堂中常有討論、學生們各個勇於發言，學習氛圍非常鼓勵獨立及批判的思考。除此之外我也修習了瑞典語，更進一步的融入在瑞典的日常生活，平時在超市買菜、或是週末夜間路上遇到多話的陌生人，多少能應付一些。雖然上課都還是用英文，但老實說瑞典語比英文更精彩，很多豐富的片語或用詞是英語沒有的，常常會有教授在授課中試圖語言轉換後，對於原本瑞典語想使用的詞彙再解釋一番。



下午上課前同學約教授野餐，教授與他的狗

國外研修之生活學習(課外)

瑞典人特別喜歡喝下午茶，有一種稱為 fika 的習慣，吃小點心、喝點咖啡或是熱茶，在瑞典待了一陣後我也漸漸將這種茶水時間融入生活作息中。

我住的學生公寓 Vallgatan 12A 中九成鄰居也同樣是國際交換學生，平時課外大多時間都是與他們相處，一群鄰居們常常聚在一起吃飯、喝下午茶、念書、運動、玩樂，互動及聊天中認識跟瞭解到多國的文化與風情。週末到校內的學生酒吧去派對、偶爾也有機會在酒吧打工。有時候錢不夠就去翻翻垃圾桶撿瓶罐回收到超市裡的回收機台換錢。有一晚放學最高紀錄撿了一大袋瓶罐換了 180 克朗，台幣 540 元左右，那晚痛快的吃了一頓牛排配啤酒。



與友人至東岸 kalmar 遊玩



在學校附近的湖泊釣魚

我跟朋友們喜歡騎腳踏車去探索鄰近的社區，有時去活動中心的錄音室練樂器，唱歌，有時到市中心的小美術館看看展覽。韋克舍周遭很多湖泊及森林步道，我們常在森林步道散步，或是租獨木舟到湖上划船、釣魚。也曾經一群人去公路旅行，欣賞瑞典南部的風景與美食，沿途參觀的數間博物館展覽從文藝復興時期的畫作到瑞典現代藝術雕像都有，各個使人驚奇。

研修之具體效益(請條列式列舉)

- 認識當地超市中的蔬菜及肉類，選購並有效率的烹煮。
- 時間管理能力，課業量偏重但課堂間空堂時間很多，學會好好把握與利用。
- 人際溝通及互動，和對各國文化的認識。
- 獨自在外生活能力:辦簽證、於當地銀行開戶、處理保險事宜等
- 藝術眼界的開通與藝術眼光開竅。
- 外語能力增強。

感想與建議

在瑞典的一年中學習到了很多，不管是人際互動、思考的方式、或是對於自己的認識都有所拓展。很慶幸能在這個年紀踏出舒適圈去適應陌生環境，我認為對於自己心智與國際視野的發展有著極大的幫助。雖然過程中遇到新冠病毒疫情的引響造成生活上的變動，但也使我更了解瑞典政府以及人民的處事態度。能確定的是住了一年後，將來若有機會，會考慮到瑞典發展。



公寓鄰居時常一起聚餐同樂



VIS 芬蘭之旅 有幸見到極光

公寓鄰居時常一起聚餐同樂



心得報告（英文）

Ten months in Sweden seem to have passed by in the blink of an eye, loaded with unexpected experiences of every manner. It seems all too easy to slip back into the comfort zone back home in Taiwan, bottling these memories as if they were a product of previous lifetime. It's surreal looking back- I can still vividly recall the early days, the haze of getting accustomed to a foreign environment and figuring out my footing, learning as things went along. Sure, I had already been away from home for two years of university, but being in Sweden was a whole new level. With no idea or expectations on how things might go, all I had were crossed fingers and an open mind.

What eventually transpired was far beyond what I could have imagined. Two notable experiences were forming bonds with friends from all over the world and personal growth, both mentally and emotionally. Alongside learning practical skills and academic theories, my critical thinking skills were also sharpened from the various classes, which encouraged discussion and participation from both students and professors alike, creating an ideal classroom space I had rarely encountered back in Taiwan.

As eating out was an expensive option, meal prep at home became a must. In the process, I became a better cook, researching recipes and hunting for deals after class in the supermarkets near the university. Dishes from home were hard to prepare due to the lack of ingredients and Asian markets in the vicinity, but the Arabic shops opened up a new world of ingredients and spices. My neighbors and I often had dinner parties together, bringing together all sorts of culinary masterpieces - it felt like thanksgiving dinner every other night, and we definitely had our friendships to be thankful for!

Being in Europe also meant convenient and cheap travel between countries, or at least before the Covid pandemic. I was fortunate enough to go on a few trips, and on most of them found myself spending large amounts of time in museums, admiring artworks from classic to modern, with a greater understanding and empathy that I had not previously known, albeit being an arts major.

In hindsight, I was more short-sighted than I thought before leaving Taiwan. I considered myself content enough with what I knew and where I was, thinking that in this age of technology and communication, the world was always at my fingertips and that was all one needed. I couldn't have been more mistaken. A book or a picture could never capture the full extent of an artwork's majesty. A map wouldn't be able to emulate being in a physical location, experiencing the sounds and smells, taking in the atmosphere. And Wikipedia definitely can't replace learning about my friends' cultures and countries from them! I truly am grateful for the opportunity to spend these ten months in Sweden, for the wonderful experiences and friendships!