

學校簡介

漢肯經濟學院成立於1909年，主校區位於芬蘭首都赫爾辛基，另一個校區位於瓦薩，是北歐歷史最悠久的商學院之一，擁有超過百年的校史。我這次是在主校區交換，雖然校園的環境及空間並不大，但在學校內還是可以感受到書香氣息。學校位置十分良好，距離赫爾辛基中央火車站只需搭約10分鐘的電車，可以說是在一個很好的地理位置。學校有專門接待交換生的組織，面每個Tutor都很樂於幫助交換生只要遇到問題都可以隨時詢問他們，另外他們還會舉辦許多不同的活動還有旅行，像是迎新活動、Tallinn trip、Stockholm trip、Lapland trip這些都只要有報名就可以用非常優惠的價格跟著大家一同出遊，他們也都會把行程還有交通都安排好，只要準備一個愉快的心就可以啦！

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

我這次選擇了四門課程如下：

- 1.Basic Course in Excel
- 2.Organising for the Sustainable Development Goals
- 3.Introduction to IP - IPR is the New Black
- 4.Academic Terminology and Phraseology

對我受益最多的是SDG的課程，我在碩一下的時候就有在所上選擇了永續發展的課程，因應現在世界對於這些議題的重視讓我也了解芬蘭對於SDG的看法以及他們這們課程的上課內容與我在中山上的有什麼差異，這是我當初選擇這門課的原因。上完課程後發現他們對於課程的安排真的非常的用心，課程中同學們都會積極表達他們的看法，老師也會用不同國家的例子影片來輔助我們學習，因此在課程中不會只單單學習到芬蘭當地的知識也會從影片或其他同學中了解其他國家目前對於永續發展的一些策略等，另外每個禮拜會要求我們繳交一篇essay是對於當週上課的課程反思，透過這樣的學習確實有讓我更了解永續發展中各個概念的內容也對我目前所學的專業有很大的幫助。

國外研修之生活學習（課外）

在日常有空閒的時後會與朋友們去參觀博物館、歷史古蹟還有國家公園等，深入了解芬蘭的歷史和文化及探索芬蘭的自然景觀真的非常的漂亮！也會去一些咖啡廳或餐廳吃一下不同的美食來慰勞自己不能常常吃外食的失落感哈哈。在交換期間，我也去了10多個歐洲國家，透過到不同的國家旅行一邊拓增自己的國際視野一邊感受不同國家的文化很美食，對我來說會是一輩子很美好的回憶。

交換/研修之具體效益（請條列式列舉）

- 1.國際化視野：在學校內與不同的老師、同學互動擴展自己的國際交流和社交圈，透過課程還能增進跨文化的溝通和合作的能力。
- 2.語言技能提升：芬蘭是一個英文水平極高的國家，因此使用英文溝通完全沒有任何障礙，當地的華人也沒有很多，所以對於自己的英文能力有獲得非常多訓練的機會。
- 3.文化體驗：深入體驗芬蘭文化和生活方式，增進跨文化理解和適應能力，其實也不只有芬蘭而已，在交換期間還去了10多個歐洲國家，在旅遊的過程中的確讓自己感受到不同國家的文化，也應證了讀萬卷書不如行萬里路的道理。

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?

現在回想起來，這次的交換中並沒有遇到什麼讓我非常挫折或難以解決的困境。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

並無遭遇到印象深刻的文化衝擊。

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?

獨立是我這趟交換中感觸最為深刻的，在國外許多事情都得自己處理自己安排也包含了自己的三餐哈哈，這之中讓我學會了如何去適應不同的環境和文化。另外，在不能使用母語溝通的情況下，提升了我英文的能力讓我更勇於開口和表達。

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?

對我來說獎學金提供了財務上的支減，但如果沒有獎學金也不會改變我出國的計畫。

感言及心得感想

原本個性就比較大膽的我其實對這趟未知的旅程沒有過度的不安和焦慮，取而代之的是懷抱著期待和準備迎接新挑戰的心情來面對，而真正的抵達芬蘭的生活確實和所想的差異不大，喜歡當地人們的悠閒、喜歡那邊的天氣也喜歡漫步在城市中探索芬蘭的好。第一次在國外單獨的生活四個月的時間，一開始因為人生地不熟的艱免會 有點慌張和擔心自己會不會迷路，但在實際的生活之後發現根本沒有想像中的困難，畢竟現在是 3C 時代，隨時隨地只要有網路的情況下幾乎沒有無法靠著手機無法解決的事，因此我很快的就適應了當地的生活。總之，在真正的跨出去後會察覺其實很多事情都沒有一開始設想的難，記得有句話說：「恐懼是來自未知」，因此，在實際出國交流後，我認為這句話是真的，也學習到與其設限太多而不敢嘗試，不如多給自己勇於嘗試的機會，很多事都只有真正的體驗過後才 會清楚的知道所帶來的感受，也只有在嘗試過後能從中學習到許多無價的經驗和回憶，而這些美好且珍貴的回憶會留存在我心中一輩子。

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)

Founded in 1909, Hanken School of Economics is one of the oldest business schools in Scandinavia with a history of more than 100 years. The main campus is located in Helsinki, the capital of Finland, and the other campus is located in Vaasa. I was on exchange at the main campus, and although the environment and space of the campus is not big, you can still feel the aroma of books in the school. The location of the school is very good, it is only a 10-minute tram ride from the Helsinki Central Station, so it can be said that the school is in a very good location. The school has a special organisation for exchange students, where every tutor is happy to help exchange students and you can ask them any questions you may have. In addition, they also organise a lot of different activities and trips, such as orientation, Tallinn trip, Stockholm trip, Lapland trip, and so on, and you can go on these trips together with them for a very discounted price if you apply. The price of the trip is very low, and they will arrange the itinerary and transport for you, so just be prepared to have a good time!

I have chosen four courses in the school as follows:

1. Basic Course in Excel
2. Organising for the Sustainable Development Goals
3. Introduction to IP - IPR is the New Black
4. Academic Terminology and Phraseology

The course that benefited me the most was the SDG course. I chose the Sustainable Development course when I was a Master's student, and because of the importance the world attaches to these issues nowadays, I was able to understand Finland's view on SDGs and the differences between the content of their course and what I had learnt in the mountains of Central China, which was the reason why I chose this course in the first place. After attending the course, I found that they had really put a lot of effort into the arrangement of the course. During the course, students would actively express their views, and the teacher would use videos with examples from different countries to assist our learning, so we would not only learn about the local knowledge of Finland, but also learn about the current strategies of other countries on sustainable development from the videos or other students, etc. In addition, we were asked to pay an essay every week. In addition, each week we are required to submit an essay which is a reflection on the week's lesson. Through this kind of learning, it has really helped me to understand more about the concepts of sustainable development, and it is also very helpful to my current profession. Outside of school, when I have free time, I go to visit museums, historical monuments and national parks with my friends to learn more about Finland's history and culture and to explore the natural beauty of the country! I would also go to some cafes or restaurants to eat different cuisines to relieve the feeling of not being able to eat out often haha. During the exchange period, I visited more than 10 European countries. Travelling to different countries to broaden my international horizons and to experience different cultures and cuisines will be a wonderful memory for me for the rest of my life.

The biggest benefits of this exchange programme for me are:

1. International perspective: Interacting with different teachers and classmates in the school expands my international communication and social circle, and enhances my cross-cultural communication and co-operation skills through the programme.
2. Improvement of language skills: Finland is a country with a very high level of English, so there are no barriers to communicating in English, and there are not a lot of Chinese in the country, so there are many training opportunities for your English skills.
3. Cultural Experience: In-depth experience of Finnish culture and way of life, to enhance cross-cultural understanding and adaptability, in fact, not only in Finland, during the exchange period also went to more than 10 European countries, in the process of travelling really let yourself feel the culture of different countries, but also proved the truth that it is better to read a lot of books than to travel a lot of miles.

Summarize of my own experience, I was not overly worried and anxious about this unknown journey, instead I faced it with anticipation and preparedness to meet new challenges, and the real life in Finland

was not too different from what I thought, I liked the leisure of the local people, the weather and the goodness of strolling in the city to explore Finland. I was a bit panicked and worried about getting lost in the beginning because of the unfamiliarity of the place, but after living there, I realised that it wasn't as difficult as I had imagined. After all, it's the 3C era nowadays, and there's almost nothing that can't be solved by using mobile phones when there's an internet connection at anytime, anywhere, so I adapted to the life in the country very quickly. I remember the saying "Fear comes from the unknown", so after the actual exchange abroad, I think this saying is true, and I learnt that instead of having too many limitations and not daring to try, it is better to give myself more chances to try, and that there are many things that you can only know clearly after you have experienced them, and only after you have tried them can you learn from them. After trying, I can learn a lot of priceless experiences and memories, and these beautiful and precious memories will remain in my heart for a lifetime.