

繕打 **中文及英文** 心得報告，應包含下列項目

(**中文至少 1,000 字+英文至少 500 字**。赴中國交換者不需撰寫英文心得。)

A. 學校簡介

林奈大學位於瑞典的南部的城市 Växjö, 是一座建造在無數湖和森林中的城市。學校位於城市的南邊，可以搭公車十分鐘從市中心或沿著湖邊散步四十分鐘到達。整座大學其實也在大自然中間，而學校建築物大部分都是三層樓以下，因此有更開擴的感覺。學校內有自助餐廳，就像 IKEA 餐廳一樣。

B. 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

選的課程除了一般大學系所的專業課程外，上下兩學期也另外也選修了一些特殊課程像是瑞典語、瑞典文化及體育、哈利波特課。瑞典文化體育課就是老師帶著大家體驗瑞典人平常的室內外運動，而且課程會根據季節來變動，比如冬天的時候會上溜冰課。修的最喜歡的課是研究哈利波特的課，比較小說和電影的差別及各個裡面接觸到的議題，可以從自己有興趣的領域來分析，是一堂輕鬆有趣的課。

C. 國外研修之生活學習 (課外)

Växjö 有很多的環湖步道和森林步道，一年四季的景色都非常漂亮，在閒暇時間可以到處去探索。火車站也有火車通往瑞典其他城市及丹麥首都哥本哈根，要前往其他國家旅行時，哥本哈根機場是最方便的。一個人的時間很多，除了旅遊外也可以培養興趣和學習新技能。

D. 交換/研修之具體效益 (請條列式列舉)

1. 比起去外縣市讀大學，出國交換能讓自己更加獨立和掌握一個人生活所需的技能，特別是在廚藝進步的方面。
2. 危機處理的能力提高，面對問題時可以更沉穩的解決不會慌張，因為能依靠的人就只有自己。
3. 外語口語能力提高，在外語環境中能讓表達能力更好、更生活化。
4. 時間規劃能力，在國外不僅要規劃課程及考試的複習，也能學習如何把空閒時間利用到最大化像是去旅遊。

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?

一開始到當地時前往移民局錄指紋跟拍照，本來居留證預計兩周就會收到，到了兩個禮拜後要去倫敦旅遊前都還沒收到只好再次前往移民局詢問，告知說居留證寄丟了如果要重辦的話要去警察局報案掛失再前往移民局跑一次流程。去警察局時也花了很多時間等待及索取報案單。最後前往英國時是給移民官看報案單及當初的簽證通過單順利通關，居留證也在一個月後順利收到。這間是讓我了解到遺失證件是一件非常麻煩的事，並且需要而外投入很多的時間去官方辦公室詢問、抱怨、及反饋。

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?

沒有遭遇文化衝擊，但氣候上的不適應是到冬天時每天的日照時間只有五到六小時，甚至天天都是下雪加陰天，那時候每天都需要補充維他命 D。

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?

對自己喜歡和不喜歡的事情有更加了解，也知道要怎麼去爭取自己想要的生活。不會再等著別人來問，而是勇於表達自己的想法。

H. 感想與建議

出國交換會成為一段永遠懷念的時光，但同時也會伴隨你一輩子，影響你的人生。

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

Växjö in Sweden is the city where I spent my one year exchange program and it has now become my second hometown. Named after the Swedish biologist Linnaeus, Linnaeus University situated in the south of Växjö city. The campus is surrounded by lakes and forests, and I really enjoy the view of nature from the classroom. In Sweden, one semester is divided into four different modules, and students are strongly suggested to only select one course during each module to focus on study.

Of all the courses I have taken, *the Swedish Culture, Leisure, and Sports* course not only gave me a new perspective of how interesting PE class can be but also helped me blend in Swedish culture sufficiently. During each class students get to experience one kind of sports or activities that are popular in Sweden. Through this course, I get to play floorball, ice skating, and make banana boat for the first time. It is the best way to know more about Sweden, and make friends with other exchange students. As for courses that are academic-oriented, I was amazed by how creative students can be in literature class. I took a class comparing and analyzing the world of Harry Potter. People can choose whatever topic they are interested in, and write about their own perspectives about the concepts that Harry Potter touched upon.

Besides studying, spending your free time in Sweden is beyond sensational. Even though Växjö is a small town, there are lots of things to do. Sweden is famous for its forests and lakes, so you can go for a walk in the woods around the city. Also, the industry of second hand products is very well-developed in Sweden. Thus, you can go thrifting for your furniture, winter coats, and jewelleryes. If you want to explore more, it is very easy to travel to other cities in Sweden by train. Stockholm is a four hour train away while Copengagen, the capital of Denmark, is a three hour train away from Växjö. Through those experiences, I have fallen in love with thrifting culture and fika culture. Fika means having a break for sweets in the day, and you can just grab a cinnamon roll with your friends and sit under the sun. The only issue I had while living in Sweden was dealing with the short duration of sunshine during winter. The sun rises at nine a.m. and goes down at three p.m., so it is very common to have winter depression because of vitamin d deficiency.

After spending a year in Sweden, I think applying for an exchange program is the best decision I have ever made. First, I have become a more independent person that can handle

every obstacle calmly, and my cooking skills have also improved significantly. Besides, I got to travel to the places that I have dreamed of visiting, experienced so many different cultures, and met a bunch of people whom I am so grateful to have them in my life. Most importantly, becoming an exchange student has allowed me to have a clearer version of my future plan. I have become more mature and know how to take care of myself.