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| <p>繕打 <b>中文及英文</b> 心得報告，應包含下列項目</p> <p>( <b>中文至少 1,000 字+英文至少 500 字</b>。赴中國交換者不需撰寫英文心得。 )</p> |
| A. 學校簡介                                                                                       |
| B. 國外研修之課程學習 ( 課內 )，推薦受益最多/最喜歡的課程                                                             |
| C. 國外研修之生活學習 ( 課外 )                                                                           |
| D. 交換/研修之具體效益 ( 請條列式列舉 )                                                                      |
| <p>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</p> <p>事件最大的啟發及思考未來可以怎麼解決?</p>             |
| 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?                                                                 |
| 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?                                                   |
| H. 感想與建議                                                                                      |
| <p>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</p> <p>赴中國交換者免填英文心得</p>                      |

## 中文：

林奈大學位於瑞典南部，分為兩個校區。一個位於 Växjö，另一個位於 Kalmar，其中 Växjö 為主要校區。林奈大學每年有超過 1600 個交換學生，非常適合文化交流和認識世界各地的人；同時，學校提供約 500 堂英語授課的課程，並且沒有限制必選自己學科的課程，所以也很適合想要探索新領域的學生。

做為表演藝術學生，林奈大學提供許多藝術相關課程，其中電影研究為學校最著名的課程之一。實作課程相對較少，大部分為理論課程，需要閱讀大量文獻和寫文章，對英文實力有一定要求。除了藝術相關課程，也十分推薦入門瑞典文。除了可以在日常生活中使用，還可以學到一些當地文化和歷史，是一堂很有趣的課程！

校外的生活步調較慢，大部分的交通方式是步行、腳踏車和公車，到校園需要約 40 至 50 分鐘。課程時間也比較少，更多注重自主學習，所以自己時間相對較多，很適合喜歡旅遊的學生。我去了幾個國家，去柏林和巴黎過看聖誕市集，去斯德哥爾摩看老城和博物館，維也納還被車撞。外食很貴，所以也很適合訓練廚藝，還可以和各國室友交換美食。有做了年夜飯請宿舍朋友們一起過農曆新年，也有和墨西哥室友一起做亡靈節的食物。學校有許多學生組織，會在課餘時間舉辦活動，像是 ESN 的仲夏派對與 Speed Friend、Culture Connection 的電影夜與桌遊日，Linnékåren 的午餐咖啡與 Valborg。這些活動都可以認識更多的交換生，遺憾的是瑞典當地人不太參與。

交換最大的好處是學習獨立。在一個陌生的環境，使用一個非母語和陌生人認識，試圖找出一個新的、適合當地的生活步調。從怎麼去學校、去哪裡買東西划算、生病怎麼照顧自己和怎麼看醫生，海外生活會逼迫自己去解決很多新的問題，去認識更多人再發現不同的生活習慣（尤其是要一起生活的室友）。再來當然是課程部分，不同的世界當然對藝術有不一樣的教法和理解。雖然讀非常大量的文獻和寫非常多的作業真的很痛苦，但是我覺得自行研究的過程訓練了獨立思考和研究的能力，這是在台灣手把手教育下難以實現的。

海外生活最大的困境我個人覺得是食物。可能不是每一個都會這麼覺得，但吃不到亞洲菜我過的很痛苦。幸好在出發前我帶上了大同電鍋，不只能吃到好吃的白米，還意外讓很多交換生朋友記得我跟台灣菜。這一年內我的廚藝進展不少，也讓我真實的感受到住在台灣有多幸福，好吃的東西有多少。同時也和其他深有同感的交換生們學了他們的家鄉菜，算是用新的方式認識世界。

承前面遇到的困境，飲食也是我最大的文化衝擊。瑞典人不知道為什麼很喜歡沙拉，就連負十度的冷天也吃。學生餐廳裡可以點一個主食，然後附餐——同時也是唯一的蔬菜來源——是沙拉吧，大冬天吃沙拉實在有點痛苦，但是為了健康也只能吞下去了。再來是跟在台灣常遇到的熱情民眾相比，瑞典人非常的內斂，在瑞典一年期間認識不到十個瑞典人吧，交換生還是占大部分。也不是他們不友善，更多是他們話少和不太喜歡和陌生人說話，就有點可惜。

最後，感覺出國這一年我成熟了不少，沒了身邊家人朋友，我變得行動更高、更願意去嘗試新的事物。也讓我開始期待，是否能有一天再到國外生活體驗，不管是求學或是工作，我都希望在台灣更加充實自己，做好準備，去爭取下一次去探險的機會。

英文：

Linnéuniversitetet is located in the southern part of Sweden and has two campuses: one in Växjö and the other in Kalmar, with Växjö being the main campus. Every year, more than 1,600 exchange students arrive at Linnéuniversitetet, making it a great place for culture exchange and making friends around the world. The school offers around 500 courses in English, and

students are allowed to choose most courses regarding their own major. It's suitable for those who are interested in exploring new fields.

As a performing arts major, I'm happy to find that Linnéuniversitetet provides many art-related courses, with film studies being their most well-known programs. Most of them are theory-based though, so there are a lot of reading and essay writing to do, which is a bit painful. Other than art-related courses, I would highly recommend taking introductory Swedish. Not only is it useful for everyday life, but it also is a good way to look into local culture and history. It's a very fun class!

Life outside the campus is relatively slow-paced. The main forms of transportation are walking, biking, and buses, and it usually takes about 40 to 50 minutes to get to campus. Class hours are also fewer, since they want students to learn how to learn independently, which leaves students with more free time. Some of the students would use this free time to travel. I myself also visited several countries: Berlin and Paris for the Christmas markets, Stockholm to see the Old Town and museums, and Vienna—where I even got hit by a scooter.

Eating out in Sweden is very expensive, so it's a great opportunity to practice cooking and exchange dishes with international roommates. I once hosted a Lunar New Year's dinner for my dorm friends, and I also cooked traditional food for "El Día de Muertos" together with my Mexican roommate. There are a lot of student organizations in the university that hold activities in free time, such as ESN's Midsummer Party and Speed Friend, Culture Connection's movie nights and board game days, and Linnékåren's lunch cafés and Valborg celebrations. These events are great opportunities to meet other exchange students, though unfortunately, local Swedish students don't participate very much.

The biggest benefit of exchange, in my opinion, is learning how to be independent. Being in a completely new environment, communicating in a foreign language, and everyone I meet is a complete stranger. This forces

me to figure out a new lifestyle that fits where I now live. From figuring out how to get to school, where to shop for the best deals, how to take care of myself when sick, and even how to see a doctor, living abroad pushes me to solve new problems and adapt. Also, the teaching method is very different from what I used to. the heavy reading load and assignments were exhausting, but they really trained my critical thinking and research skills.

For me personally, the hardest part of living abroad was the food. I really struggled without Asian food! Thankfully, I brought a rice cooker with me before leaving Taiwan, and somehow got a little bit famous as "the rice cooker girl". My cooking skill improved a lot, and I truly realized how lucky I am to live in Taiwan, where good food is everywhere. I also learned some of my friends' home dishes, I guess that was a new way of discovering the world.

Continuing with the food, it was also my biggest cultural shock. For some reason, Swedes love salad even when it's minus 10 degrees outside. In the student cafeteria, you can order a main dish, and the side dish (and usually the only source of vegetables) is the salad bar. Eating cold salad in the middle of winter was quite painful, but it was healthy so I had no choice but to eat it. Another big cultural difference was how reserved Swedish people are. Compared to the friendly and outgoing people I often meet in Taiwan, Swedish people are very quiet and don't really talk to strangers. I was in Sweden for almost a year, I probably met like five Swedish people, with most of my friends being other exchange students. They're not unfriendly, just less talkative, but still I'm sad I didn't get to know more about them.

I feel that studying abroad for a year helped me grow a lot. Without my family and friends around me, I was more willing to try new things. This made me look forward to the possibility of living abroad again in the future, whether for studying or working. I hope to prepare myself in Taiwan, and be ready for the next opportunity to go out and explore the world.