

A. 學校簡介

漢肯經濟學院（Hanken School of Economics）創立於 1909 年，是芬蘭歷史最悠久、最具聲望的商學院之一。作為少數同時擁有「三重認證」（EQUIS、AMBA、AACSB）的學府，漢肯在全球商管教育中享有極高聲譽。學院以國際化、責任領導及創新精神為核心，課程涵蓋經濟學、財務、行銷、管理與企業責任等領域。主校區設於赫爾辛基，另有瓦薩分校，學生社群來自世界各地，並與百餘所大學有合作關係，是培養國際視野與專業實力的理想學府。

B. 國外研修之課程學習（課內）

在漢肯我共修習六門課程，分別是：Corporate Sustainability、Service Management、International Economics、Climate Change and Electricity Trade、Economics of Organisation and Information、Introduction of Management。芬蘭的學習方式相當自由，選課後仍能調整與退選，課堂上鼓勵批判思考與討論，而非僅僅聽講。

其中，我受益最多、最喜歡的是 *Introduction of Management*。這門課不只是談管理技術，而是從文化與歷史脈絡切入，帶領我們思考管理與「人」的關係。課程涵蓋了科學管理、人際關係學派到現代企業文化的發展，更挑戰我們去思考人工智慧與自我管理的未來。這門課讓我第一次感受到管理不只是效率的問題，而是與人性、自由以及社會運作息息相關。

C. 國外研修之生活學習（課外）

在芬蘭的生活，最磨人的不是課業，而是長達數月的黑暗冬日。一天只有四小時日照，讓人容易陷入孤獨與低潮。缺少熟悉的家人朋友相伴，更讓人覺得生活像是一場修行。

然而，也正因如此，我學會了芬蘭人那種「知足常樂」的心態。他們能花時間與家人朋友相處，打理生活與內心，不被外在消磨。即便只是聽音樂、喝酒，他們也能享受當下。

對我來說，這段生活是一種練習：練習獨處、練習放手不必要的人事物，也練習發現自己真正需要的並不多。

D. 交換/研修之具體效益

1. 學會十分鐘出菜解決一餐
2. 學會知足常樂
3. 學會看見自己的優點
4. 學會獨處
5. 學會規劃旅遊
6. 學會快速整理行李
7. 學會辨別自己真正需要什麼
8. 學會用簡單的外語與人溝通
9. 學會在不同地形開車
10. 學會攀爬冰川
11. 學會觀察細小的事物
12. 學會凡事留後路、有保險
13. 學會不委屈自己
14. 學會過樸實、接近自然的生活

15. 學會如何體察顧客並增進服務管理
16. 學會理解社會運作並非理所當然
17. 學會與家人建立更清楚的邊界
18. 學會讓管理兼顧效率與人的情緒
19. 學會增加彈性，面對計畫改變不慌亂
20. 學會堅守自己的價值

E. 海外生活期間是否曾遭遇困境，及是否解決問題

最大的困境來自孤獨與長時間的黑暗，讓人感到不安甚至抑鬱。雖然這個問題無法「徹底解決」，但我學會了自己找出口：趁天氣好時一定出門曬太陽，讓自己有活動；學著用運動、音樂或簡單的聚會排解壓力。最大的啟發是明白到，有些困境不是要硬撐過去，而是學會調整心態，建立自己的「日常秩序」來對抗它。未來若再遇到類似情況，我會更早規劃生活作息、並與朋友或社群保持連結。

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？

文化衝擊最明顯的是人際距離。芬蘭人外表冷漠、話少，剛開始會覺得距離感強烈。但後來我發現，他們重視的是誠懇與真實，不會為了場面說話，反而更願意尊重彼此的空間。接受這種文化後，我學會放下「一定要熱絡才代表友好」的心態，進而更自在地面對不同文化的人際互動。

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？

這段交換經歷讓我最大的成長是**心態的轉變**。我學會了不去強求、不去改變任何人或事，而是用寬廣的心去接受差異。也學會了如何與孤獨相處，如何在不確定性中保持彈性。更重要的是，我意識到自己的能力獨立生活，並且能守住屬於自己的價值與界線。這些成長，可能比課堂學到的知識更深刻。

H. 感想與建議

最後，還是想送給大家那句老話：「讀萬卷書，不如行萬里路。」

謝謝教育部與學校的獎助金以及給予的機會，減輕了我在這條路上的負擔。對後來想要交換或出國研修的同學，我的建議是：不要只期待課堂知識，真正改變你的是生活本身。要敢於面對不便與挑戰，因為那正是成長的養分。

I. 英文版心得：

For the past 1 year, I'd been an exchange student in Finland. How incredible is that?

The only emotion filled in my heart is gratitude. When I came back to Taiwan, I would probably just forget about all the details that happened to me in the past. But there's one thing I remembered which is the people I met. They lent a hand to me; they talked to me nicely; they had me included, etc. And, I couldn't be more grateful to our home university and the ministry of education for supporting us to have this amazing opportunity. Especially, in our department, it is requirement for us to study abroad, and in the year, I know I was not the only one that encounters all of this regardless of good or bad side.

It is cool to be, to live, and to study..... in Finland from all aspects. I love how they don't care about what each other is doing, but they are not like, careless or indifferent. They respect every creature equally as much as they can, and they don't see everything as a chance to "dig gold." I'm probably exaggerating, but this is pretty much the factor that sets Taiwan and Finland apart. Another appealing part of Finland is that how close they are with

the Nature. In a regular park or in a national park, you can always see people bringing their family and dogs with them, having the quality time together. I often go hiking with my friends or stay at the park for the whole afternoon as well, just admiring and enjoying the vibe there. Personally, I love Sibelius Park located in the waterfront. It looks stunning in all seasons. There's an ice cream truck selling Finnish and Swiss brands of ice cream, so in the summer, I joined the Finnish queue to get one sweet treat. They love it, so do I. And near the sea, there's also an adorable red cabin called Café Regatta. You can get some cinnamon rolls and hot chocolate, and in the winter, they would light up the camp fire to warm up people and grill the sausages. It has good atmosphere there, and what's more, it's in a very authentically Finnish style. For the national park, I went to three different places, and I certainly cannot decide which one is the best. In Finland, people spend time together in the nature, which is a rare thing in Taiwan, but I really love that because we can finally put down the mobile phones, look around where we are, and focus on real-world communication with others. Under that circumstance, we can truly bond with each other. When things become real and clear, it's hard to be missed or overlooked, not to mention given up. That's why I feel like the Finnish values and respects things more. If you look from one angle, you'll probably think they are kind of lame when it comes to food, fashion and entertainment industries. But on the other side, they live their own happy lives by not exploiting resources too much. They have things to protect and they take actions to prove that, which is beyond my cognition because in Taiwan, as a collectivism society, we weirdly consider self interests more. And it's normal! That's why I think Finland is such a magical and wonderful country, like living in Utopia.

Photos:



