

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市，為北歐歷史最悠久的商學院之一，擁有超過百年的校史，該校更以國際性的學術大學自詡，長期以來致力於經濟及商業領域之學術發展，透過其遍布全球60國逾1.2萬名的校友網絡，和企業界建立緊密的合作關係。

漢肯經濟學院為全球少數同時獲得AACSB(國際商管學院促進協會)、EQUIS(歐洲質量改善系統)以及AMBA三項國際認證的學校，學校目前已和全球37國共125所頂尖名校締結合作關係，2015年英國金融時報Masters in Management 排名全球第67名。

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

1. Capital Budgeting:

這門課有一點像財務管理，修課時需要完成很多的Excel表(使用公式那種)，他不像台灣一樣教科書式的教導你財務管理，期末是筆試，建議有Excel基礎的同學或財務管理基礎的同學來修習。

2. Innovation Management and Business Transformation:

這門課是採線上授課，不一定要出席，可以看老師回放的影片，作業需要企業訪談以及閱讀企業個案，期末是報告為主。

3. Customer-Driven Service Strategy:

這門課老師會邀請芬蘭各大企業的主管以及員工到課堂演講，需強制出席，能聽到芬蘭企業內部的文化以及流程還有顧客行銷的方法很有趣，會推薦學弟妹上這堂課~作業量小多，期末是團體報告。

國外研修之生活學習（課外）

在台灣因為外食過於方便，因此不會想到要在短時間內學會自煮，一開始連義大利麵都可以煮的亂七八糟的，到後來會因為不想吃太難吃的食物而學會煮菜，這樣的「廚藝大進步」讓我很意外。

交換/研修之具體效益（請條列式列舉）

1. 親身體驗北歐文化
2. 了解北歐式教育
3. 英文口說進步
4. 擁有三五外國好友
5. 培養獨立自主的能力

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?

我很幸運的並沒有遇到特別困難的事情，一切都要感謝神明保佑，以及身邊朋友的協助。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

芬蘭人比較悶騷，因此要認識到芬蘭人不是一件容易的事，為了能認識到當地的學生，在 Customer-Driven Service Strategy 這門課我刻意找了芬蘭學生，我的確有感受到他們的悶騷，但我持續的做對話的輸出，促使他們必須跟我開口，因此我有成功與他們成為朋友，並且了解芬蘭人的文化！

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？

我認為去了芬蘭讓我變得稍微內斂一些，由於赫爾辛基很無聊，因此我有很多的 me time，在跟自我相處的過程讓我更認識自己，以及思考交換帶給我的意義，以前在台灣由於課業與快步調的生活讓我沒有辦法靜下心來思考與獨處，因此經過這次交換我會給予我自己更多的 me time。

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？

有無獎學金並不會改變我的出國計畫，因為交換是我的畢業門檻，但這份獎學金讓我能去其他國家走走，因此感謝中山大學以及教育部的資助。

感言及心得感想

從來沒有想過自己會有海外生活的經驗，尤其在北歐

一開始知道自己要去芬蘭的時候還沒什麼感覺，忙著修學分、校園大使、找實習又去實習、定論文主題，到後來出國前牙齒還出問題搞得我超對不起我主管（瘋狂請假），跟自己焦慮到查波蘭看牙醫的資料

在歐洲的140天內感謝老天保佑，我沒有去看醫生、沒有被偷被搶被打、遇到超讚的室友們、旅伴們也都超級耐斯、跟男友遠距離成功，我感覺我的好運都在歐洲用完了，可能以後會衰到找不到工作，oh no要先寫完我的論文&考雅思再談找工作

這一趟跑了9個國家，我已經圓滿了，應該說去了冰島老早就圓滿了，我真的很好滿足
在這邊工商一下冰島，真的是唯一會想再回去的國家，但可能要等到我30歲以後了~

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)

Introduction of School:

Hanken School of Economics was established in 1909, with its main campus located in the capital city of Finland, Helsinki. It is one of the oldest business schools in Northern Europe, boasting a history of over a century. The university prides itself on being an internationally recognized academic institution and has been dedicated to the academic development in the fields of economics and business. Through its alumni network spanning over 60 countries with more than 12,000 members, the school has fostered close ties with the business community.

Hanken School of Economics is among the few globally that have obtained accreditation from three major international bodies: AACSB (Association to Advance Collegiate Schools of Business), EQUIS (European Quality Improvement System), and AMBA (Association of MBAs). The institution currently collaborates with 125 top-ranked universities in 37 countries worldwide. In 2015, it achieved a global ranking of 67th in the Financial Times Masters in Management rankings.

The courses I have chosen are:

1. Capital Budgeting:

This course is somewhat similar to financial management, and it involves extensive use of Excel, including the application of formulas. Unlike the textbook-style teaching commonly found in Taiwan, the emphasis here is on practical applications of financial management. The final exam is in written form, and it is recommended for students with a foundation in Excel or financial management.

2. Innovation Management and Business Transformation:

This course is conducted online, allowing flexibility in attendance as students can watch recorded lectures. Assignments include conducting interviews with businesses and reading case studies. The final assessment primarily consists of a report.

3. Customer-Driven Service Strategy:

In this course, the professor invites executives and employees from major Finnish companies to give lectures, making attendance mandatory. It provides a unique opportunity to gain insights into the internal culture, processes, and customer marketing methods of Finnish businesses. The course is interesting, with relatively light assignments, and the final assessment is a group presentation. Highly recommended for younger students interested in the subject.

My total exchange experiences:

I never imagined having the experience of living abroad, especially in Northern Europe.

When I first learned I was going to Finland, I didn't feel much. I was busy with credit requirements, campus ambassador duties, internship stuff, and finalizing my thesis topic. Before leaving, dental issues added stress, leading me to frantically seek dental care in Poland.

In the 140 days in Europe, I'm grateful I didn't need to see a doctor, wasn't robbed or assaulted. I had amazing roommates, fantastic travel companions, and successfully maintained a long-distance relationship. I feel like I used up all my good luck in Europe; I might struggle to find a job in the future. Oh no, I need to finish my thesis, take the IELTS, and then focus on job hunting.

I visited 9 countries on this journey, and I feel fulfilled, especially after experiencing Iceland.

Speaking of Iceland, it's the only country I'd want to revisit, but maybe I'll have to wait until I'm 30 or later hehe.