

2024 芬蘭漢肯經濟學院交換心得

A. 學校簡介

Hanken School of Economics（漢肯經濟學院）是芬蘭歷史最悠久的商學院之一，成立於 1909 年，專注於高品質的商業與經濟學教育。該學院擁有赫爾辛基和瓦薩兩個校區，提供學士、碩士和博士課程，主要教學語言為瑞典語和英語（芬蘭的官方語言為芬蘭語及瑞典語）。作為全球少數獲得 EQUIS、AACSB 和 AMBA 三重認證的商學院之一，漢肯經濟學院在全球商學教育領域具有極高的聲譽。

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

我這次修了三門課，Principles of Wealth Management(財富管理原則)、IPR is the new BLACK(智慧財產權)和Elementary Finnish I A(芬蘭語)，Principles of Wealth Management和IPR is the new BLACK是線上課程，漢肯經濟學院提供不少線上課程給學生選擇，讓學生可以比較自由安排時間。不過我覺得線上課也都不錯，因為我以前沒有修過相關的課程，我還是覺得獲益不少，不會因為是線上課程品質不佳的，但想輕鬆一點修課也是可以過

關。另外Elementary Finnish I A因為後續時間安排退掉了，但我出席超過一半的課程，也覺得老師教的很好，可以說是我最喜歡的課程，讓我覺得學習芬蘭語是很有趣的。上課時老師每周會教一個主題，例如食物、時間等等，都是在芬蘭的生活就會遇到的單字，也會出一些小作業，例如用上課學習的買菜常用語去超市店員對話，或是拍一個小影片介紹宿舍裡的用品。雖然芬蘭人的英文很好，用英語基本上生活無障礙，但如果有機會好好修完，我覺得能夠對芬蘭文化有更深刻的體驗，我自己也蠻後悔沒有修完，所以很推薦未來去芬蘭的交換生修習。

C. 國外研修之生活學習（課外）

芬蘭的一個學期大約是4個月，秋季交換生在芬蘭的時間是8月底到12月底，可以體驗夏末到冬天。我覺得在芬蘭交換期間整體來說算蠻順利的，從居留證、學校的事宜、政府機關的文件、租屋申請到各種生活會用到的網站都有英文，我覺得在跑這些流程的時候會學習到要習慣用英文解決各種生活上的大小事。另外也了解到要會自己去爭取關注權益，像是我們在宿舍有家具租金的期限跟房間租金的期限不一致，而沒有準時繳交被罰款，我本來摸摸鼻子就繳了罰金，但有其他租戶去反應日期沒有寫清楚，後來宿舍就退我們錢。讓我發現我偶爾就

會習慣花錢了事，不想跟別人衝突，但其實這些都能去反應、去爭取自己的權益。

D. 交換/研修之具體效益（請條列式列舉）

1. 體驗芬蘭的教學方式和評分標準，在上課時和作業分數上可以感受到跟台灣課堂不同的標準和要求，也會讓我可以事先評估未來有沒有想要到國外求學。
2. 體驗芬蘭的文化，跟旅遊不同，交換的時間較長可以比較深刻地觀察、體驗、認識當地的文化。
3. 面對文化衝突及適應不同生活方式，在交換期間就是必須跳脫原本在台灣的生活圈和生活習慣，強迫自己學著去適應不同的環境。
4. 學習用英文解決生活中的大小事，甚至是學習當地的語言來生活。芬蘭人對外國人蠻友善，英文程度也好，所以我可以用英文就順利生活，但我也有感受到其他國家時，可能當地人英文也不太好，不會講當地語言就會變成文盲狀態。
5. 透過交換這段離開台灣的日子，增進了我的視野，讓我對自己的喜好更加清楚，更了解自己。也讓我反思過去我在台灣的生活和我對未來的規劃真的是我想過的生活嗎？
6. 有機會能在交換期間去不同國家旅遊，感受不同城市的氛圍，

對學生來說是一個用較低成本去增進視野和體驗的機會。

- 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？

我覺得我遇到的問題都不大，因為他們有許多服務都是線上作業，所以比較常遇到都是一些申請上的問題或是網頁障礙等等，但基本上我只要積極寫信去說明和詢問就可以順利解決。不過以前我可能會認為網頁壞掉是對方的問題，他理應幫我解決，有損害我的權益也應該要補償，但我覺得在歐洲是需要抱持著我是這件鳥事的主導者，我需要積極去解決，不能只是等待，否則可能會壓縮到自己的權益。

- 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？

我感受到在生活中主要的文化衝擊是歐洲人很常用喝酒來交朋友，不會喝酒可能就會失去不少認識朋友的機會，我一開始會強迫自己去參加活動，但我發現在那種情境下我不舒適，也很難交到很交心的朋友。因此我改成從上課聊天或是在宿舍辦一些餃子日、火鍋趴的方式，吸引對文化交流有興趣的人來交朋友。

另外一個文化衝擊是關於在教交換期間去旅遊時遇到的導遊，在台灣導遊會把你照顧得好好的，大小事都會各種交代，確

保你在旅遊途中安全又舒心，也會很用心去介紹景點。但歐洲的導遊比較像是確保你在遇到緊急狀況時可以幫助你，但其他部分就都不怎麼樣，介紹景點也有點隨便，不會特別照顧團員，常常有種要靠自己的感覺，但轉念一想也許就是因為他們這樣才不會養出一堆奧客，我需要為自己的旅遊體驗負責，而不只是推到導遊身上。

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？

我覺得交換帶給我最大的成長和收穫是我更了解自己了，我知道我喜歡甚麼、討厭甚麼、有甚麼是我可以適應、有甚麼是我不能適應的，也在此之中反思我過去的經驗，更知道我想要過得是甚麼樣的生活。

H. 感想與建議

我覺得交換的經驗非常寶貴，我能在一個學期的時間內得到太多太多東西了，我透過交換能夠比較深刻認識了芬蘭這個國家，他像一個烏托邦一樣收藏在我心中，交換的這段日子成為了我一輩子都想好好珍藏的回憶，也許在未來某個迷失自己的時刻，我會再搭上前往芬蘭的航班，能夠找到交換時那個自由又幸福的自己。

關於這次交換有一個小建議是當時送申請資料時，漢肯有詢問要修碩士課程還是學士課程，我問了之前的學長姐，他們都說他們只修了學士課程，因此我就回復了學士課程，結果我發現雖然我是碩士交換生，但他們只開學士課程的權限給我。若是當時選擇碩士課程，則碩士、學士課程都可以選擇，因此我建議是只要是碩士生，都可以先選擇碩士課程，這樣才有較大的選課空間。

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

Hanken is one of Finland's oldest business schools, founded in 1909, and it's well-known for its high-quality education, holding the prestigious EQUIS, AACSB, and AMBA accreditations. The school has campuses in Helsinki and Vaasa, and while Swedish is its main language, many courses are also offered in English.

I took three courses: Principles of Wealth Management, IPR is the new BLACK (Intellectual Property Rights), and Elementary Finnish I A. The first two were online, and I was a bit worried at first—sometimes online courses feel like just checking boxes. But surprisingly, the quality was great! Even though I had no prior knowledge of these subjects, I still learned a lot, and the workload was manageable. The Finnish language course was my favorite. Even though I later dropped it due to scheduling conflicts, I attended more than half the classes and really enjoyed them. The teacher made learning Finnish fun by focusing on practical topics like food, time, and everyday conversations. We even had assignments where we had to go to a supermarket and practice grocery shopping phrases or make short videos introducing our dorm rooms. I realized that while Finnish

people speak excellent English, learning even a bit of their language adds a whole new layer to understanding their culture.

A semester in Finland is about four months, from late August to December. That meant I got to experience everything—from the last days of summer to the deep, dark Finnish winter. One thing that stood out was how smooth everything was for international students—from getting a residence permit to dealing with school and government paperwork. Almost everything had an English version, so navigating daily life wasn't too difficult. However, I did learn that in Finland (and probably in Europe in general), you have to take initiative to protect your own rights. For example, in my dorm, the furniture rental deadline was different from the room rental deadline, which led to an unexpected fine. At first, I just accepted it and paid. But later, some students spoke up, pointed out the unclear terms, and got the charge reversed. That made me reflect on how I sometimes avoid conflict by paying to solve problems when, in reality, speaking up for yourself can make a difference.

One of the biggest cultural differences I faced was how social life in Finland often revolves around alcohol. If you don't drink, it can be tough to blend in at parties. At first, I forced myself to join drinking events, but I soon realized it wasn't for me. Instead, I started making friends in other ways—like chatting in class or organizing dumpling nights and hotpot gatherings in my dorm. These events attracted people who were genuinely interested in cultural exchange, and I built more meaningful friendships that way.

My exchange experience in Finland was truly transformative, offering me valuable lessons in both academics and personal growth. Experiencing a different education system firsthand allowed me to compare Finnish teaching and grading methods with those in Taiwan, helping me assess whether I would want to pursue further studies abroad. Beyond academics, living in Finland for several months provided a deeper cultural immersion that a short trip could never offer. Stepping out of my comfort zone taught me the importance of

adaptability, pushing me to embrace new ways of thinking and living. Navigating daily life entirely in English, from handling paperwork to resolving unexpected issues, made me more confident and resourceful. This journey also became a process of self-discovery, helping me reflect on what I truly enjoy and the kind of life I want in the future. Additionally, being in Europe opened up affordable travel opportunities, allowing me to explore different countries and broaden my worldview. Altogether, this exchange was not just about studying in a new country—it was a life-changing experience that reshaped my perspective in ways I never expected.