

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）

我這次主要修了四門課，除了 Orientation Course 是灌檔課，其餘包含 Principles of Wealth Management、IPR is the new BLACK 和 Business-to-Business Marketing，Principles of Wealth Management 和 IPR is the new BLACK 是線上課程，學校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。而漢肯的上課期間主要會有兩個 period，我個人的選課策略是將課程都安排在 period 1，因為 period 2 想要沒有壓力的出去玩，這部分之後的學弟妹可以自行斟酌。

C. 國外研修之生活學習（課外）

我在芬蘭的生活大致上都蠻順利的，首先在住宿的部分，我是住在 HOAS 提供的房源，距離 Pasila 火車站走路大約五分鐘，交通相當方便。Pasila 車站內就有芬蘭三大連鎖超市，日常採買十分便利，不需要特別跑到市中心。由於芬蘭人的英文程度普遍都很好，在購物、詢問路線或處理生活瑣事時，大多可以直接用英文溝通，幾乎不會遇到語言上的障礙。在交通方面，芬蘭的大眾運輸系統清楚且準時，透過手機 App 就能查詢班次與路線，對於剛到當地的交換生來說非常友善。平時不論是從宿舍前往學校，或是到市區活動，都能順利銜接火車、電車與公車，讓生活安排相對穩定。整體而言，芬蘭在生活機能與制度設計上對外國學生相當友善，讓我能在沒有太大生活壓力的情況下，專注於課業與交換生活本身，也逐漸建立起獨立處理日常事務的能力。

D. 交換 / 研修之具體效益（條列式）

1. 體驗當地的文化，跟旅遊不同，交換的時間較長可以比較深刻地去觀察、體驗、認識當地的文化。
2. 用低成本的方式去歐洲不同國家旅遊
3. 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。
4. 在透過離開原本熟悉的生活環境，在人生重要的選擇與決策上，能更清楚了解自己真正想要的是什麼樣的生活與方向。

E. 海外生活期間遭遇之困境與解決方式

在交換初期，我曾因擔心英文表達不夠精確，而在課堂中較為保守，傾向在心中反覆確認後才發言。後來我發現，漢肯課堂更重視觀點本身，而非語言是否完美。因此，我開始嘗試即使語句不完全流暢，也勇於表達想法，並在課後修正與反思，逐步克服心理壓力。

F. 海外生活期間之文化衝擊與調適

芬蘭人普遍重視個人空間與界線，與台灣較為熱絡的互動文化不同。起初我曾誤以為這樣的距離感代表冷淡，後來才理解這是一種尊重。當我學會不急於拉近關係，而是以穩定、真誠的方式互動後，人際關係反而變得更加自在。

G. 海外生活帶來的改變與成長

這段交換的經驗，讓我更清楚自己未來想要過的是怎樣的生活。離開原本熟悉的環境後，我有更多時間去觀察自己的狀態，也更誠實地面對自己的喜好與不適應之處。在芬蘭生活的過程中，我逐漸發現自己重視的是生活節奏、個人空間以及能否在穩定的狀態下做自己喜歡的事情，而不只是追求外在的成就或他人的期待。

此外，交換生活也讓我在面對問題時變得更加獨立。無論是課業安排、生活瑣事或突發狀況，都需要自己思考並做出決定，這樣的過程讓我對自己的判斷更有信心。整體而言，這段海外生活的歷練不僅拓展了我的視野，也成為我重新檢視自我、思考未來方向的重要契機。

H. 感想與建議

整體而言，我非常推薦學弟妹到芬蘭交換，雖然這邊跟其他國家比起來相對無聊，但也正因如此，生活步調較為單純，能讓人靜下心來好好生活與思考。在芬蘭的交換期間，我有更多時間專注在課業、日常生活以及與自己相處，這是我過去較少有的經驗。

對於未來有意前往芬蘭交換的同學，我的建議是抱持開放的心態，不要過度以觀光或熱鬧程度來期待交換生活，而是把

這段時間當作一次深入體驗不同生活方式的機會。

I. 英文心得

Hanken School of Economics is one of the oldest business schools in Finland, founded in 1909, and is well known for its high-quality education in business and economics. The school has two campuses in Helsinki and Vaasa and offers bachelor's, master's, and doctoral programs. The main languages of instruction are Swedish and English, while Finland's official languages are Finnish and Swedish. As one of the few business schools in the world with triple accreditation from EQUIS, AACSB, and AMBA, Hanken has a strong international reputation. During my exchange, I studied at the Helsinki campus, which is conveniently located and well connected to public transportation.

During the exchange period, I took four courses, including the Orientation Course, Principles of Wealth Management, IPR is the New BLACK, and Business-to-Business Marketing. Two of these courses were online, and Hanken provides many online course options, allowing students to arrange their schedules flexibly. The academic year is divided into two periods, and I chose to complete most of my courses in the first period so that I could have less academic pressure and more time to travel during the second period. This course structure allowed me to balance academic responsibilities with personal plans.

Overall, my daily life in Finland went quite smoothly. I lived in accommodation provided by HOAS, which was about a five-minute walk from Pasila train station. The station includes Finland's three major supermarket chains, making daily shopping very convenient. Since most Finnish people speak English well, I rarely encountered language barriers when shopping, asking for directions, or handling daily matters. Finland's public transportation system is clear, punctual, and easy to use, which made daily life stable and stress-free. Living in Finland for several months allowed me to experience local culture in a deeper way than short-term travel. Being based in Europe also gave me the opportunity to travel to other countries at a relatively low cost, which broadened my perspective. At the same time, handling daily life abroad required me to use English to solve practical problems such as transportation, accommodation, and administrative procedures, which gradually increased my confidence in real-life English communication.

At the beginning of the exchange, I was sometimes hesitant to speak in class because I worried about making mistakes in English. Over time, I realized that classes at Hanken value ideas and perspectives more than perfect language. This helped me become more willing to speak up, even when my expressions were not completely fluent. I also experienced cultural differences, as Finnish people generally value personal space and clear boundaries. Although this felt distant at first, I later understood it as a form of respect.

This exchange experience helped me gain a clearer understanding of the kind of life I want in the future. Being away from my familiar environment allowed me to reflect on my preferences, values, and priorities. Overall, I highly recommend Finland as an exchange destination. Although it may feel relatively quiet compared to other countries, its slower pace of life provides valuable space for reflection and personal growth.