

我交換的學校是漢肯經濟學院 (Hanken School of Economics)，這是一所位於芬蘭的百年商學院，成立於 1909 年。漢肯在芬蘭有兩個校區，分別在首都赫爾辛基和瓦薩 (Vaasa)，而我選擇的是位於西岸的瓦薩校區，相較於首都那邊更像個悠閒的小城市。

漢肯獲得了 EQUIS、AACSB 和 AMBA 三重認證，全球只有不到 1% 的商學院能拿到這個「三冠王」，教學品質還蠻有保障的。學校非常國際化，大約 40% 的教授都有國際背景，課程都是英語授課，課堂上也常討論永續發展這類議題。而瓦薩雖然不大，人口大約七萬人，但因為有好幾所大學聚集在這，學生人口超過一萬五千人，每五個人裡面就有一個是學生，整體氛圍非常年輕有活力。

在課程方面，我最喜歡的課程是 Humanitarian Logistics: Part 1，這門課探討人道救援物流，討論如何在災難發生時有效提供援助。之前沒有認真了解過這個領域，而透過這門課我學到了災害分類、人道救援原則、供應鏈管理、當前科技在救援中的應用趨勢等。最有趣的是作業部分，一個是畫出人道救援組織的供應鏈，從物資採購、運輸到最終配送給受災者的整個流程；另一個是設計難民營，要考慮居住、教育、醫療、水電設施等面向，還要兼顧環境和社會挑戰。這些作業讓我真正思考理論如何應用在現實情境，過程中還蠻有成就感的，整體來說這門課有趣又學到東西，負擔也不會太大。

課外時間，因為課程安排的關係，我有比較多自己的時間可以探索這座城市。我會一個人到處走走，去當地的咖啡店、超市，觀察芬蘭人的日常生活。瓦薩雖然不大但很安靜，到處都能看到海邊和森林，這種貼近自然的感覺在台灣比較難體會到。大部分時間我都是按照自己的節奏在探索，這段經歷讓我學會用自己的步調去適應新環境，也更懂得享受獨處的時光。

回顧這段交換經驗，我覺得自己在幾個方面有明顯的成長：

- 提升了英語溝通能力，在日常生活和線上課程中使用英文的頻率變高，也更習慣用英文思考和表達
- 培養了獨立解決問題的能力，不只是處理居留文件等行政事務，後來也嘗試了獨自旅行，在陌生國家面對更多不確定狀況時學會快速應變
- 建立了更開放彈性的心態，學會接受計畫之外的變化，也更能在不同文化環境中調整自己的步調

另外，我其實沒有遇到什麼特別棘手的困境，主要是因為本身個性比較謹慎，習慣在做任何事之前都會先做好功課。出發前就花了不少時間研究當地的交通系統、生活資訊、行政流程等等，所以到了當地大部分事情都能順利處理。雖然事前準備會花比較多時間精力，但這樣的方式讓我在異地生活時比較有安全感，也減少了很多不必要的麻煩。

至於文化衝擊，比較明顯的大概是飲食習慣，芬蘭的食物口味跟台灣差很多，一開始真的蠻不習慣的。後來慢慢學會自己煮一些簡單的料理，或是找到幾家比較合口味的餐廳，雖然還是會想念台灣的食物，但也算是適應過來了。

如果要說這段經歷最大的改變，那就是讓我學會「接受變化」，以前的我很習慣把所有事情都規劃好，一旦計畫被打亂就會很焦慮。但在交換期間，不管是生活還是旅行，難免會遇到一些計畫之外的事。一開始真的很不適應，但慢慢發現其實這些變化也不全是壞事，有時候反而會帶來意外的收穫和體驗。這個轉變對我來說很重要，它讓我不再被「一定要照著計畫走」這件事綁住，而是能夠更自在地面對生活中的不確定性。

雖然我本來就算是蠻獨立的人，但這次交換是真正意義上的「完全一個人」，那種獨立和解決問題的程度完全不一樣，以前遇到問題多少還有家人朋友可以討論，但在國外就只能靠自己想辦法。這個過程也讓原本內向的我變得比較願意開口跟別人互動，因為發現有些事情問一下真的會快很多。

總結來說，雖然這段交換經驗中大部分時間都是自己一個人，但這反而讓我有更多機會去觀察、思考和沉澱。選擇瓦薩這個小城市而不是首都，讓我體驗到比較悠閒的北歐生活節奏，也有更多空間去探索自己想要的生活方式。不過要特別提醒的是，北歐的秋冬天氣真的是一大考驗，日照時間很短、長時間陰天和下雨，如果想到北歐交換的話，真的要提前做好心理準備，

不然會容易被天氣影響心情。最後，我認為每個人的交換經驗都不一樣，不用強迫自己去符合某種期待，找到適合自己的節奏和方式就好。

I spent my exchange semester at Hanken School of Economics in Vaasa, Finland. Hanken is a business school founded in 1909 with two campuses in Finland. The school has achieved triple accreditation from EQUIS, AACSB, and AMBA, which only less than 1% of business schools worldwide hold. With around 40% of professors having international backgrounds and all courses taught in English, the learning environment is highly international. I chose the Vaasa campus, which is located on the west coast instead of the Helsinki one. Vaasa is a smaller city but has a strong student presence, with about one in five residents being students, which creates a youthful atmosphere.

In terms of coursework, Humanitarian Logistics was my favorite among the courses I took. The course covered topics like disaster classification, humanitarian principles, and supply chain management in relief operations. What made it engaging were the practical assignments. One required us to map out a humanitarian supply chain from procurement to final distribution, while another involved designing a refugee camp considering housing, education, healthcare, food sources, and utilities. I found these projects particularly interesting because they challenged me to think beyond theory and consider real-world constraints and priorities.

Outside of classes, I had quite a bit of free time to explore the city. I enjoyed walking around, visiting local cafes and supermarkets, and observing how people live their daily lives in Finland. Vaasa is quiet with forests and coastline always nearby, which feels very different from Taiwan. I also tried solo traveling to other countries, which pushed me out of my comfort zone even more.

Looking back at this experience, I believe I've grown in several meaningful ways. The biggest change was learning to accept uncertainty. I used to need everything planned out in detail, and any disruption would make me anxious. But during the exchange, unexpected situations were inevitable. I gradually realized these changes weren't necessarily bad and sometimes led to unexpected discoveries. This shift was important because it freed me from the need to always stick to a rigid plan.

Although I've always been independent, this exchange meant being truly on my own. The level of independence required was completely different. Without family or friends nearby to consult, I had to figure everything out myself. This process also made me, as an introvert, more willing to ask people for help. I discovered that asking questions really does make things easier and that most situations become more manageable when you're willing to reach out. One thing worth mentioning is that the Nordic autumn and winter weather can be quite tough. Daylight hours are extremely short, and it's often rainy and gloomy. Being mentally prepared for this is essential, as the weather can really affect your mood and energy levels.

In conclusion, this exchange genuinely broadened my perspective and helped me grow in many ways. Living in a completely different environment showed me that there are many ways to approach life, and what seems normal in one place might be entirely different elsewhere. Choosing Vaasa, a smaller city rather than the capital, allowed me to experience a more relaxed Nordic lifestyle and gave me more space to discover what kind of life I want to lead. This experience taught me more about myself than I expected, helping me understand my own capabilities and limits better. Everyone's exchange experience is different, and there's no need to force yourself to fit a certain expectation. What matters most is finding your own pace and what works best for you. The value of an exchange isn't just about academics or travel, but about the personal growth that comes from stepping outside your comfort zone.