

學校簡介

KTH 是位於瑞典首都斯德哥爾摩的一所大學，成立於 1827 年，也是瑞典最大的科技研究、學習機構。KTH 專注於研究、教學，也鼓勵學術界以及公營和私營部門共同努力，並與多個領域的國際公司和業界不斷保持著密切的關係。

瑞典被認為是世界上最具有技術創新性的國家之一，其首都斯德哥爾摩也被評為世界上最具有創業精神、創新力和吸引力的城市之一，而位在瑞典首都的 KTH 更鼓勵學生有創新的精神，創造新的方法來應對當今最嚴峻的挑戰。

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

KTH 的學期劃分與台灣有些差別，一年分成兩個學期 (spring/fall)，而每個學期又分成兩個 period，大部分的課會在一個 period 完成，有些課程的期末 project 繳交時間會較彈性，可能截止日會在下一個 period。

至於課程內容、授課方式相較台灣也彈性很多，大部分的課都有 lecture、作業和期末報告/考試，而口授課幾乎都不會算出席分，也就是你可以評估你需不需要聽課，不會強制你要去上課，所以選課時即使兩門課有幾堂衝堂也可以選，只要自己評估後覺得可以就不會強制要退課。而考試、作業的部分也很彈性，在期中時可以決定要不要註冊期末考，即使考了沒有過也可以在下一個 period/下一個學期甚至明年再考。

我認為像這樣自由的學風下讓學生為自己的學習負責，找到自己真正的興趣而後自發學習，這樣才能激發學生的潛能，也才有持續學習的動力，認為這點是台灣可以效仿的。

另外，瑞典文是我最喜歡的課程，除了因為在生活中可以稍微方便一點以外，老師也會在課程中分享瑞典的文化，其他台灣朋友有修另一門課叫做瑞典文化也都很推薦。

國外研修之生活學習（課外）

由於北歐的物價很高，大致是台灣的三倍，更不論在外吃飯，所以大部分時間都是要去超市買食材自己料理三餐，半年煮了幾百餐廚藝也是增進了不少，在宿舍廚房也看到各國室友準備的食物，偶爾聊天交流中也認識不同國家的文化、食物差異，我覺得在與朋友討論各自國家的差異是交換過程中最有意思的事情之一。

平常除了上課以外也有參加 KTH 的排球隊，認識了來自不同國家的朋友們，也有和球隊一起到瑞典另一個城市 Goteborg 參加兩天的比賽，能有機會和外國人一起打球也是很難能可貴的回憶！另外，我也利用放假期間前往歐洲各國旅遊，去了好多課本上看到的地方，威尼斯、羅馬、極光、布達佩斯等等，覺得世界好大好神奇，收穫許多。

交換/研修之具體效益（請條列式列舉）

1. 體會到國外與台灣的文化差異，對於不同於自身的文化保有更開放的心。
2. 由於隻身前往國外，逼迫自己開啟社交模式，和不同文化背景的人交朋友，半年期間也更會與人交流。
3. 英文能力，比起先前只有考試才會讀英文，這半年應用英文才是真的把所學用在生活中，也會更多實用的英文。
4. 在國外的半年裡與不同的人交流，視野更開闊，覺得以前的我標準太過單一，不論是學校、科系、身材，大部分的台灣人都是較單一的排名、審美標準，現在認為其實標準不應該是這麼單一，像是科系不應該有哪個系較好，每個人的喜好應該是有所不同的，找到自己的興趣所在比較

重要。

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?

否

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

是，不同國家一定有不同的文化，我認為出國的最大目的、收穫就是在之間的文化差異，在體驗他國文化的過程中稍微保有自己原來的生活習慣就會慢慢適應了!

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?

認為在這半年中因為獨自旅遊、生活，雖然偶爾覺得孤單，但在經過半年後變得更有自信，知道自己一人也能過生活，也從以前很在乎他人眼光逐漸變得更有自信更有自己的想法，雖然不到許多歐美國家的人依樣充滿自信，但對比以前的我更有主見有自信是肯定的。

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?

如果沒有獎學金補助可能沒辦法像這次一樣在期間安排4~5次的國外旅行，獎學金讓我不至於在出國期間過得太辛苦。

感言及心得感想

這半年中覺得自己在心理上成長了不少，不論是看事情的觀點、自己解決各種問題的能力等等，變得更獨立也更堅強。除了自身成長之外，在看事情的觀點也有不同，這半年結束後與已在荷蘭生活五年多的姊姊討論後都覺得台灣有台灣的好，歐洲國家也有歐洲國家的好，這半年間也知道自己未來應該不會想在國外生活，喜歡台灣緊湊的步調。在這半年找到未來想要的生活樣子，也了解到並不是真的哪個地方更好，而是每個人所嚮往的生活不一樣，這種道理也可以應用到每件事情上，希望未來在遇到不同的人、事、物都能保有這種開闊的心去應對。

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)

KTH is a university located in Stockholm, the capital of Sweden. Founded in 1827, it is also the largest scientific and technological research and learning institution in Sweden. KTH focuses on research, teaching, but also encourages joint efforts of academia, public and private sectors, and maintains close relationships with international companies and industries in various fields. Sweden is considered to be one of the most technologically innovative countries in the world, and its capital, Stockholm, is also rated as one of the most entrepreneurial, innovative, and attractive cities in the world. KTH, located in the capital of Sweden, encourages students to Be innovative and create new ways to address today's toughest challenges.

The semester division of KTH is somewhat different from that of Taiwan. One year is divided into two semesters (spring/fall), and each semester is divided into two periods. Most of the courses will be completed in one period, and the final project delivery time of some courses will be different. It is more flexible, and the deadline may be in the next period.

As for the course content, the teaching method is much more flexible than in Taiwan. Most of the courses have lectures, homework and final reports/exams, and oral lectures are almost not counted as attendance points, that is, you can evaluate whether you need to attend the lectures. You will not be forced to go to class, so you can choose even if there are a few conflicting classes between the two courses when choosing courses. As long as you think you can do it after your own evaluation, you will not be forced to withdraw from the class. The exam and homework are also very flexible. You can decide whether to register for the final exam during the midterm. Even if you fail the exam, you can take the exam again in the next period/next semester or even next year.

I think that under such a freestyle of study, students are allowed to be responsible for their own learning, find their true interests, and then learn spontaneously. Only in this way can they stimulate their potential and have the motivation to continue learning.

Due to the high prices in Northern Europe, regardless of eating out, most of the time I go to the supermarket to buy ingredients to cook three meals by myself. I have cooked hundreds of meals in half a year and my cooking skills have improved a lot. In the dormitory kitchen, I also saw the food prepared by roommates from various countries. I also learned about the cultural and food differences of different countries through occasional chats and exchanges. I think discussing the differences between countries with friends is one of the most interesting things in the exchange process.

In addition to attending classes, I also participate in the KTH volleyball team. I met friends from different countries. I also went to Goteborg, another city in Sweden, to participate in a two-day game with the team. It is a rare and precious memory to have the opportunity to play with foreigners. !In addition, I also used the vacation to travel to various European countries. I went to many places I saw in textbooks, such as Venice, Rome, Aurora, Budapest, etc. I felt that the world was so magical and I gained a lot.

In the past six months, I feel that I have grown a lot psychologically. Whether it is the point of view of seeing things, the ability to solve various problems by myself, etc., I have become more independent and stronger. In addition to my own growth, I also have different views on things. After discussing with my sister who has lived in the Netherlands for more than five years, I feel that Taiwan is better than Taiwan, and European countries are better than European countries. I also know that I will not want to live abroad in the future, and I like the tight pace of Taiwan. In the past six months, I have found the life I want in the future, and I also learned that it is not really which place is better, but that the life everyone yearns for is different. This principle can also be applied to everything. When encountering different people, things, and things, we can maintain this kind of open mind to deal with them.