

A. 學校簡介

Örebro University (厄勒布魯大學) 位於瑞典中部的 Örebro 市，是一所以研究與實務並重的綜合型大學。校園規模不算龐大，但整體機能完整，包含圖書館、自習空間、學生餐廳、運動中心與多元的學生支援服務。對交換學生而言，最直觀的感受是校園環境友善、行政流程清楚，課程平台與學習資源也相當集中，讓人能快速進入學習狀態。Örebro 市本身是一座生活節奏適中的城市，有完整的大眾交通與生活機能，同時又保有安靜、安全與適合讀書的氛圍。對於第一次長期在歐洲生活的交換學生來說，這樣的城市規模很適合建立日常節奏，不會因為過度喧鬧而分心，也不會因為過度偏僻而不方便。

B. 國外研修之課程學習 (課內) · 推薦受益最多/最喜歡的課程

我在 Örebro University 的課程學習，最大的收穫是「把商管知識用更有系統的方式串起來」，而不是只停留在單一理論或個案。以商管領域來說，課堂很重視閱讀、討論與寫作的連結，老師通常不要求記憶概念，而是要能用概念解釋現象、比較不同觀點，並提出有條理的論證。

我最喜歡、也最受益的一門課是 International Logistics 相關課程。這門課讓我更清楚理解國際物流不是「運輸」而已，而是一個牽涉成本、風險、供應鏈協調與客戶服務水準的整體系統。課堂上常以真實情境討論，例如運輸模式的取舍、延遲與中斷的風險、庫存與交期的平衡，以及企業如何在全球供應鏈中做決策。這門課對我最大的幫助，是把我原本較零散的概念 (例如運輸、倉儲、採購、庫存) 變成一個能夠「互相影響、一起優化」的架構。

此外，Global Marketing 類型課程也讓我印象深刻。它不只是行銷理論，而是強調跨文化市場進入策略、品牌定位如何因不同國家而調整，以及企業如何在在地化與全球一致性之間取平衡。透過案例討論與報告訓練，我學到如何把資料、消費者洞察與策略連成一條線，並用清楚的架構呈現。

如果以「思考方式」的改變來說，Social Science Perspectives on the Welfare State (含性別視角) 相關課程也非常有收穫。雖然它不像典型商管課那麼直接，但它訓練我用更宏觀的角度理解制度、社會文化與組織行為之間的關係。尤其在北歐這樣的情境下，很多看似「理所當然」的政策與社會期待，其實與歷史、價值觀與制度設計高度相關，這也讓我更能理解不同國家在職場、福利與性別議題上的差異。

C. 國外研修之生活學習 (課外)

課外生活方面，我學到最多的是「獨立生活能力」與「自我管理」。在台灣可能習慣快速便利的生活模式，但在瑞典，很多事需要自己安排：採買、料理、洗衣、交通、文件處理與時間規劃。剛開始我需要花時間建立新的生活流程，例如固定的採買日、自己準備便當、規劃每週讀書與運動時間。這些看似日常的小事，累積起來反而是交換期間最重要的學習之一。

另外，交換生活也帶來大量跨文化互動的練習。瑞典人的溝通方式通常更直接、也更重視界線與時間安排，很多事情需要先約、先確認，而不是臨時起意。起初我會覺得少了一點「隨性」，但後來理解這是一種尊重與效率；把彼此時間講清楚、把期待說明白，反而能降低誤會。透過與不同國家同學的相處，我也更能練習用簡單清楚的英文表達、傾聽不同文化下的思考方式，並在不確定時主動問清楚。

D. 交換/研修之具體效益 (請條列式列舉)

1. 英文能力提升：日常溝通、課堂討論、報告與寫作都更有自信。
2. 國際視野擴大：理解北歐社會制度、價值觀與職場文化如何影響個人與組織。
3. 學術能力加強：更熟悉閱讀學術文章、整理論點、用架構寫作與口頭簡報。
4. 自我管理變強：建立固定作息、時間規劃、生活流程與自我紀律。
5. 跨文化溝通能力提升：學會更清楚表達、尊重界線、並與不同背景的人合作。
6. 對未來方向更清楚：更能判斷自己適合的學習與職涯路徑，以及想深耕的主題。

E. 海外生活期間是否曾遭遇困境，及是否解決問題？

我遇到的困境主要有三類：第一是「行政與資訊不熟悉」，例如剛到時需要處理校務系統、課程選課、住宿規範、交通票券等，資訊雖然都找得到，但需要時間整理。我的做法是把重要事項做成待辦清單，逐項確認；遇到不確定就直接寫信或到服務窗口詢問，避免自己猜測造成延誤。第二是「生活節奏調整」，尤其冬季日照短，容易影響情緒與動力。我透過固定運動、安排與朋友見面、以及把讀書任務拆成小目標來維持穩定。第三是「課業壓力與時間分配」，因為閱讀量與寫作要求比想像中高。我後來採用更有效率的方法：先抓每篇文章的核心問題與結論，再回頭補細節，同時提早規劃報告與作業進度，

避免最後一刻才趕工。整體而言，困境都有逐步改善，也讓我更清楚「主動求助與系統化整理」的重要性。

F. 海外生活期間是否曾遭遇文化衝擊？如何面對與適應？

文化衝擊最明顯的點是「人際互動與溝通方式」。在瑞典，人們通常較重視個人空間，社交不一定熱絡，但並不代表冷漠，而是一種尊重彼此界線的文化。剛開始我可能會把安靜解讀成距離感，後來學會用更主動、但不打擾的方式建立關係，例如先從課堂討論、共同作業或固定活動開始。另一個衝擊是「對時間與規則的重視」，很多事情需要提前安排、依流程來。我後來的適應方式是：把行程提早規劃、對重要規定做筆記、把不確定之處先確認。當我用當地的方式做事，生活就變得順很多。

G. 海外生活歷練是否帶來改變？最大的成長是什麼？

我認為最大的成長是「更成熟的獨立能力」與「更穩定的自我認識」。交換生活把許多小事都交給自己決定，包含如何安排時間、如何處理壓力、如何與不同文化的人合作。這段經驗讓我更能面對不確定，也更能沒有熟悉支援系統時，靠自己的規劃與行動把事情做好。同時，我也更理解自己在學習與工作上的偏好：我喜歡有架構的分析與寫作，也喜歡把複雜問題拆解成可執行的步驟。這些理解會直接影響我未來的課程選擇與職涯方向。

H. 感想與建議

我很感謝這次在 Örebro University 的交換機會。它不只是「出國唸書」，而是一次完整的生活與學習訓練。對未來想來交換的同學，我的建議是：第一，出發前先把行政流程、課程規則與住宿資訊整理好，減少剛到時的混亂。第二，不要只把重心放在旅行，也要為課業預留足夠時間，尤其閱讀與寫作需要提早開始。第三，主動參與課堂討論與活動，即使英文不完美也沒關係，重點是清楚表達與願意互動。第四，冬季情緒管理很重要，固定運動、固定作息與社交支持會大幅提升生活品質。整體而言，這次交換讓我更有自信，也更能用國際化與更宏觀的角度看待學習與未來。

School Introduction

Örebro University is located in the city of Örebro in central Sweden. It is a modern university that emphasizes both academic research and practical learning. The campus is compact but well-organized, with accessible facilities such as the library, study areas, student services, and sports resources. For exchange students, the learning environment feels supportive and structured. Course information, reading materials, and assignments are usually provided through a clear online system, which helps students adapt quickly. Örebro is also a convenient and student-friendly city. It is not as crowded as major capitals, yet it offers everything needed for daily life. The calm pace and safe environment make it easier to focus on studying and building a stable routine.

Course Learning Experience (In-class)

My academic experience at Örebro University helped me connect different areas of business knowledge in a more systematic way. Instead of simply memorizing concepts, many courses required students to explain real situations with theories, compare different perspectives, and present arguments clearly. This approach improved my critical thinking and academic communication.

The course that benefited me the most was related to International Logistics / International Logistics and Supply Chain Management. Before the exchange, I understood logistics mainly as transportation and delivery. However, this course showed me that logistics is a complete decision-making system involving cost control, risk management, coordination across functions, and customer service performance. Through lectures, discussions, and case-based learning, I learned how firms choose transport modes, balance inventory and lead time, manage disruptions, and design supply chain strategies under uncertainty. The biggest takeaway for me was learning to view logistics as an interconnected system rather than separate operational tasks.

I also enjoyed a Global Marketing type of course. It focused on how companies enter international markets, how branding and positioning change across cultures, and how firms balance global consistency with local adaptation. The assignments trained me to connect data, consumer insights, and strategic recommendations in a clear structure.

This strengthened my ability to present analysis in a logical and persuasive way.

In addition, a course related to Social Science Perspectives on the Welfare State (with a gender perspective) gave me a different lens to understand organizations and society. Although it was not a typical business course, it helped me see how institutions, cultural values, and social policies shape workplace expectations and individual behavior.

Studying in Sweden made these topics especially meaningful, because many social norms and policy designs are deeply connected to historical development and shared values. This experience expanded my perspective beyond purely business outcomes.

Life Learning Experience (Out-of-class)

Outside the classroom, I learned a great deal about independence and self-management. Living in Sweden required me to handle daily responsibilities on my own: grocery shopping, cooking, laundry, transportation, and planning schedules. In the beginning, I needed time to build a new routine. Over time, I developed a stable system, such as setting a weekly shopping plan, preparing meals, and allocating fixed time blocks for study and exercise. These daily habits may seem simple, but they became a major part of my personal growth during the exchange.

Another important aspect was cross-cultural communication. Swedish communication often feels direct and structured, and people value personal boundaries and time planning. At first, I felt that social interactions were less spontaneous than what I was used to. Later, I realized this is not a lack of friendliness but a form of respect. People prefer clear arrangements and clear expectations. I adapted by planning ahead, confirming details early, and communicating more directly. Through group work and interactions with international students, I became more comfortable expressing ideas in English, listening to different viewpoints, and asking clarifying questions when needed.

Concrete Benefits of the Exchange (Bullet Points)

- Improved English communication skills in discussion, presentations, and academic writing
- Broader international perspective and deeper understanding of Nordic society and culture
- Stronger academic skills: reading, summarizing, structuring arguments, and presenting ideas
- Better self-management: time planning, discipline, and daily routine building
- Enhanced cross-cultural teamwork and communication abilities
- Clearer understanding of my learning preferences and future academic/career direction

Challenges, Culture Shock, and Adaptation

During the exchange, I faced challenges such as unfamiliar administrative processes, winter conditions with limited daylight, and heavy reading/writing workloads. I managed these issues by organizing tasks into checklists, actively seeking help from university services when necessary, and setting realistic weekly goals. For winter adaptation, I maintained regular exercise, stable routines, and social connections to stay motivated.

In terms of culture shock, the biggest difference was social communication style and the strong emphasis on planning and rules. I gradually adapted by respecting boundaries, scheduling in advance, and practicing more direct communication. Once I adjusted my expectations and followed local norms, daily life became much smoother.

Overall Reflection and Suggestions

This exchange experience at Örebro University was not only about studying abroad, but also about building independence, resilience, and a more global mindset. I learned how to manage uncertainty, communicate across cultures, and improve academic skills in a more demanding learning environment. My suggestion to future exchange students is to prepare administrative information early, start assignments ahead of time, participate actively in class discussions, and build a healthy routine—especially during the winter season. Overall, this experience brought meaningful growth and lasting value to my personal and academic development.