

心得報告

A. 學校簡介

厄勒布魯大學 (Örebro University) 位於瑞典中部的厄勒布魯市，是一所發展快速、以實務導向與跨領域研究著稱的公立大學。學校與產業界及公共部門連結緊密，重視將學術知識應用於實際社會與產業問題。主要教學與研究領域涵蓋商業管理、國際行銷、物流與供應鏈管理、社會科學、醫學與健康科學、資訊科技等。校園環境現代化，學習資源完整，並提供良好的國際學生支援體系，是瑞典近年相當受國際學生歡迎的大學之一。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

我最喜歡的課程是 Business Administration, International Logistics，這堂課主要講授的是國際物流系統，講了很多有關現代物流架構以及產業的分布狀況，期末考主要是考申論題，題目不難，都會給參考題目，課堂還有個有趣的作業，主要就是每組一個題目，我分配到的是物流行業的資安危機，透過分析物流業巨頭如馬士基這種貨櫃航運公司在過去遇到的資安危機，整體課程還算蠻有趣，推薦。

C. 國外研修之生活學習 (課外)

課外部分我參與的沒有這麼多，學校會有一些 ESN 舉辦的活動，主要就是一些 party 或是小旅遊，瑞典的學校都會舉辦去 Lapland 的小旅遊，我覺得還不錯，價格不貴，大概 400 歐上下，如果不透過學校旅遊過去 Lapland 的話會比較麻煩，除了很貴以外，還需要自己安排行程、找旅伴，推薦可以參加這個套裝行程。除此之外，聖誕節的時候學校沒有太多活動，除了一場聖誕派對，學校在節慶時期很安靜，很像台灣的過年期間。

D. 交換/研修之具體效益 (請條列式列舉)

1. 增進英文能力

2. 訓練抗壓力

3. 自主安排生活以及旅遊的能力

4. 增進與外國人相處的能力，因為都會需要主動接觸，不然變邊緣人

5. 培養適應力

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？

我遭遇到最大困境出現在旅遊途中，我在 10 月時去過一次冰島，是個不錯的旅行，最後一天我們睡在機場，所以精神狀況不是很好，在過安檢的時候我被要求把筆電拿出來，結果最後筆電就忘在安檢門那邊，直到我回到瑞典宿舍的時候我才透過 iPhone 的 find my 才發現筆電還在 KEF 機場，裡面甚至還有我的論文資料，我沒有備份，最後我寄信給機場官方，雖然有找到筆電，但是他們說因為政策關係無法寄送至瑞典，最後我的解決方案是聯絡快遞公司 (DHL) 去幫我到機場取件並且送回宿舍，這場鬧劇花了我 7000 台幣。這段故事讓我學到很多，旅行中雖然是在享受過程，但是需要時時刻刻保持謹慎，重要物品要時時刻刻注意有沒有帶在身上。

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？

瑞典以及整個北歐地區的生活環境可以說在世界是數一數二好的，去那邊只有過太爽的問題，沒有什麼文化衝擊，唯一一個有文化衝擊的可能是食物不夠好吃，但因為我們生活在食物很好吃又很方便取得的國家，所以去任何國家應該都會有這種問題，解決方法就是訓練自己的廚藝吧。

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？

到瑞典前我是一個目光短淺的人，我只在乎工作如何，未來能賺多少錢。但是我來瑞典之後發現人生的意義不該在這些物質層面的東西上，我曾在一個早上起床騎腳踏車，我看到住在離城市很遠，風景怡人地方的人，他們看起來沒有特別有錢，過著簡單的小日子，養隻柴犬，有個溫馨的

家庭，似乎快樂可以來的很簡單，我頓時理解到，原來我一直活在一個別人幫我創造的框架，我從來沒有思考過快樂的來源是什麼，在瑞典，沒有攀比、沒有內耗，空氣中充滿著快樂，似乎沒有人因為生活、金錢而不快樂。這樣的經驗讓我回國後更專注在真正重要的人事物，例如多花點時間陪陪家人，給自己適當喘息空間，這些經驗改變了我的一生。

H. 感想與建議

可以出來交換就選瑞典吧，沒有比這裡更好的選擇了。

A. School Introduction

Örebro University is located in the city of Örebro in central Sweden. It is a rapidly developing public university known for its practice-oriented and interdisciplinary approach to education and research. The university maintains close connections with industry and the public sector, emphasizing the application of academic knowledge to real-world social and industrial issues. Its main fields of teaching and research include business administration, international marketing, logistics and supply chain management, social sciences, medicine and health sciences, and information technology. With a modern campus, comprehensive learning resources, and strong support services for international students, Örebro University has become one of the more popular universities among international students in Sweden in recent years.

B. Academic Learning During Overseas Exchange (In-Class): Courses That Benefited Me the Most / My Favorite Course

My favorite course was *Business Administration, International Logistics*. This course mainly focused on international logistics systems and covered many aspects of modern logistics structures and industry distribution. The final exam was primarily essay-based, and the questions were not difficult, as reference questions were provided in advance. There was also an interesting group assignment in the course. Each group was assigned a topic, and my group focused on cybersecurity risks in the logistics industry. By analyzing past cybersecurity incidents faced by major logistics companies such as Maersk, a global container shipping company, the course became both engaging and insightful. Overall, it was an interesting course that I would highly recommend.

C. Life Learning During Overseas Exchange (Extracurricular Activities)

I did not participate extensively in extracurricular activities. However, the university organized some activities through ESN, mainly parties or short trips. Swedish universities also commonly organize trips to Lapland, which I found to be quite worthwhile. The cost was relatively affordable, around 400 euros. Traveling to Lapland independently would be much more complicated and expensive, as it would require planning the itinerary and finding travel companions. Therefore, I would recommend joining the school-organized package tour. Aside from that, there were not many activities during Christmas, except for one Christmas party. The campus was very quiet during the holiday period, similar to the atmosphere in Taiwan during Lunar New Year.

D. Specific Benefits of the Exchange / Overseas Study Experience (Please List)

1. Improved English proficiency
2. Enhanced stress tolerance
3. Developed the ability to independently plan daily life and travel
4. Improved ability to interact with foreigners, as one must actively socialize to avoid becoming isolated
5. Strengthened adaptability

E. Difficulties Encountered During Overseas Life and How They Were Resolved

The biggest difficulty I encountered occurred during travel. In October, I traveled to Iceland, which was a great experience. On the last day, we slept at the airport, so we were not in the best mental condition. During security screening, I was asked to take out my laptop, and I ended up leaving it at the security checkpoint. It was not until I returned to my dormitory in Sweden that I discovered, through the iPhone “Find My” feature, that my laptop was still at Keflavík International Airport (KEF). The laptop even contained my thesis data, which I had not backed up. I contacted the airport authorities by email, and although the laptop was found, they informed me that due to policy restrictions, they could not ship it to Sweden. My solution was to contact a courier company (DHL) to collect the laptop from the airport and deliver it back to my dormitory. This ordeal cost me approximately 7,000 NTD. This experience taught me an important lesson: while traveling is about enjoying the journey, it is essential to remain vigilant at all times, especially with important belongings.

F. Cultural Shock During Overseas Life and How I Adapted

The living environment in Sweden and the Nordic countries is among the best in the world. There was no significant cultural shock—if anything, life was almost too comfortable. The only cultural adjustment might be that the food is not as good. However, since we come from a country with very convenient access to delicious food, this is a common experience when traveling abroad. The solution is simply to improve one’s cooking skills.

G. Personal Growth and Changes Brought by the Overseas Experience

Before coming to Sweden, I was a short-sighted person who only cared about work and how much money I could earn in the future. After arriving in Sweden, I realized that the meaning of life should not be confined to material pursuits. One morning, while cycling, I saw people living far from the city in beautiful surroundings. They did not appear particularly wealthy, yet they lived simple lives, had a Shiba Inu, and warm families. They seemed genuinely happy, and I realized that happiness can be very simple. At that moment, I understood that I had been living within a framework created by others, without ever reflecting on the true source of happiness. In Sweden, there is no excessive comparison, no internal pressure, and the atmosphere is filled with contentment. It seems that few people are unhappy because of life or money. This experience has led me to focus more on what truly matters after returning home, such as spending more time with family and allowing myself proper time to rest. These experiences have changed my life.

H. Reflections and Suggestions

If you have the opportunity to go on an exchange program, choose Sweden. There is no better option.