A. 學校簡介

本次交換研修學校為芬蘭漢肯經濟學院（Hanken School of Economics）。漢肯創立至今已超過 115 年歷史，並同時擁有 AACSB、EQUIS 與 AMBA 三大國際商管教育認證，為全球少數獲得 Triple Crown Accreditation 的商學院之一。

漢肯以瑞典語商學院聞名，但同時提供大量英語授課課程，因此吸引來自世界各地的交換生與國際學生。學校校區分別位於赫爾辛基（Helsinki）與瓦薩（Vaasa），擁有高度國際化的學習環境。

由於我長期關注永續發展與氣候變遷議題，而漢肯在永續金融、企業永續治理及 ESG 領域具有豐富課程資源，因此成為我交換志願中的首選。這次交換不僅是一段海外求學經歷，更是一場深入探索北歐永續發展實踐的旅程。

B. 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

交換期間，我共修習四門課程：

Financial Reporting and ESG Analysis

Corporate Entrepreneurship in Practice

Strategic Brand Development

Customer Experience Management

芬蘭採用 Period 制度，一學年共分為五個 Period。春季學期主要為 Period 3 與 Period 4，我所修習的三門課程集中於 Period 3，而永續投資課程則於 Period 4 進行。

這門課程讓我深入了解歐盟永續相關法規、ESG 評估方法以及永續揭露框架。透過企業案例分析與期末報告，我對歐盟推動永續金融及雙重重大性（Double Materiality）的發展趨勢有更完整的認識。

由於我的研究方向與永續發展高度相關，因此這門課程不僅補強了專業知識，也讓我開始思考未來如何將歐洲的永續治理經驗與台灣的實務需求結合。

此外，我對企業內部創業與實踐課程也印象深刻。課程結合理論閱讀、業師分享以及企業實地訪談，我們甚至前往芬蘭汽車零件物流企業進行參訪，並與 CEO 等高階主管進行深度訪談。這樣理論與實務並重的教學方式，讓我對企業創新與創業有更深入的理解。

C. 國外研修之生活學習（課外）

1. Urban Dinner

Urban Dinner 是我最喜歡的活動之一。參與者先到溫室採集香草，再利用超市即將被丟棄的剩食共同準備晚餐。大家透過合作與創意，將原本可能被浪費的食材轉化成美味佳餚，並在共餐過程中認識來自不同背景的人們。

這項活動讓我體會到，永續不只是減少資源浪費，更是建立人與人、人與社區之間的連結。

2. HELSUS Discussion Group

交換學期結束後，我參與赫爾辛基大學永續研究機構 HELSUS 舉辦的討論小組。活動以「烏托邦（Utopia）」為主題，鼓勵參與者暫時放下批判思維，運用想像力描繪理想社會的樣貌。

透過與來自不同背景的研究者交流，我重新思考永續發展的意義，也學習從更多元的角度看待未來社會。

3. 純素野餐與永續社群聚會

身為長期推動植物性飲食的實踐者，我也積極參與當地純素社群活動。在一次活動中，我認識了一位赫爾辛基大學博士生，其研究方向為種子主權與生態智慧。這次交流不僅拓展了我的視野，也啟發我未來持續投入永續研究的想法。

D. 交換/研修之具體效益（請條列式列舉）

1.提升 ESG、永續金融及氣候政策相關專業知識。

2.深入理解歐盟雙重重大性（Double Materiality）與永續治理趨勢。

3.培養跨領域整合能力與問題分析能力。

4.提升英文閱讀、學術寫作及口語表達能力。

5.增進國際團隊合作與跨文化溝通能力。

6.建立國際學術與實務人脈網絡。

7.強化自主學習與時間管理能力。

8.培養獨立生活與解決問題的能力。

9.深入理解北歐永續發展文化與社會價值。

10. 更明確確立未來方向(到芬蘭讀博士)。

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?

交換初期最大的挑戰是學習方式的轉變。芬蘭課程大量採用翻轉教室（Flipped Classroom）模式，每週需閱讀大量學術論文、觀看課程影片並完成課前測驗。剛開始時，由於英文學術閱讀速度較慢，我經常需要花費比預期更多的時間準備課程內容，因此感受到不小的壓力。

為了克服這項挑戰，我開始嘗試運用數位工具輔助學習，例如使用 Speechify 將指定閱讀的學術論文轉換成語音內容，如同 Podcast 一般進行播放。透過這種方式，我能夠利用通勤、準備早餐或日常瑣事的零碎時間持續吸收課程內容，提高學習效率。此外，我也重新調整自己的時間管理方式，固定安排閱讀時段，並透過筆記整理重要概念，加深對理論內容的理解。同時，我也主動與同學討論課程內容，透過交流不同觀點來強化自己的學習成果。

經過一段時間後，我逐漸適應這種高自主性的學習模式，不僅閱讀速度與理解能力都有明顯提升，也培養出更有效率的學習習慣。這段經驗讓我體會到，面對陌生環境時，最大的挑戰往往來自於自己原有的學習慣性。然而，只要願意調整方法、善用工具並持續投入，困難終究能夠被克服，而這份適應與成長的能力，也成為此次交換生活最珍貴的收穫之一。

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?

我沒有太大的文化衝擊，但很欣賞芬蘭人對於「自主與信任」的重視。

在小組報告過程中，許多同學同時兼顧工作與學業，因此不一定每次都能親自參與討論。然而團隊成員之間並不會因此產生不滿，而是彼此信任、尊重每個人的安排，並共同承擔責任。

此外，芬蘭社會也非常重視個人空間與生活平衡。人們下班後很少談論工作，而是投入家庭、運動與興趣活動。這與台灣較為忙碌的生活節奏形成鮮明對比。

面對這些文化差異，我選擇保持開放的心態，觀察並理解背後的價值觀，而非急於以自身經驗評斷。透過不斷參與課堂討論、社群活動與日常互動，我逐漸適應並學會欣賞這樣的文化。

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?

這半年的交換生活，在與來自世界各地的學生、研究者及實務工作者交流後，我更加確認自己希望持續投入永續發展、氣候變遷調適與社會創新相關領域的研究。

最大的收穫是我更加確定未來想走的道路，也就是到芬蘭繼續永續的進修，好好完成論文並攻讀博士

學位。

此外，我也變得更加獨立與自信。從適應陌生環境、完成課業挑戰，到規劃旅行與參與國際活動，每一步都需要自己做決定並承擔責任。這些經驗讓我更勇敢地面對未知，也更相信自己有能力實現長遠目標，還有另一個好處就是終於會看 google 地圖了，迷路的次數越來越少。

如果說交換前的我只是對永續議題充滿熱情，那麼交換後的我，則開始思考如何透過研究與實踐真正創造改變。

H. 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?

獎學金最大的幫助是前期購買機票的補助，沒有獎學金也不會改變我的出國計劃。

Reflection of My Exchange Experience in Finland

My exchange study was conducted at **Hanken School of Economics** in Helsinki, Finland. Founded more than 115 years ago, Hanken is one of the leading business schools in Northern Europe and is among the few institutions worldwide . As someone who has long been interested in sustainability and climate-related issues, Hanken was my first choice because of its strong emphasis on sustainability, responsible business, and ESG-related topics.

During my exchange semester, I took four courses: **Financial Reporting and ESG Analysis**, **Corporate Entrepreneurship in Practice**, **Strategic Brand Development**, and **Customer Experience Management**. These courses not only expanded my knowledge of business management but also deepened my understanding of how sustainability can be integrated into corporate strategies and decision-making processes.

Among all the courses, **Financial Reporting and ESG Analysis** was the most valuable and memorable for me. Through this course, I learned about European sustainability regulations, ESG evaluation methodsand the concept of Double Materiality. By conducting company case analyses and completing a final project, I gained a much deeper understanding of how sustainability is being implemented within European businesses and financial markets. As my academic interests are closely related to sustainability and climate adaptation, this course provided valuable insights that will benefit my future research.

One of the most significant differences between studying in Finland and Taiwan was the teaching approach. Many courses adopted the **Flipped Classroom** model, which required students to complete readings, watch pre-recorded lectures, and prepare before attending class. At the beginning of the semester, I found it challenging to keep up with the large amount of academic reading in English. To overcome this difficulty, I used digital

learning tools such as Speechify to convert research papers into audio content. This allowed me to listen to course materials while commuting or preparing meals, making better use of my time. Through continuous practice and improved time management, my academic reading speed and comprehension gradually improved. This experience taught me that adapting to new learning environments requires persistence, flexibility, and a willingness to embrace new methods.

Outside the classroom, I actively participated in sustainability-related activities and community events. One of the most memorable experiences was joining an **Urban Dinner** event, where participants collected herbs from a greenhouse and prepared meals using surplus food that would otherwise have been wasted. Through cooking and sharing food with people from different backgrounds, I realized that sustainability is not only about environmental protection but also about building meaningful connections among people and communities.

Another meaningful experience was attending a discussion group organized by **HELSUS (Helsinki Institute of Sustainability Science)**. The topic focused on imagining a "Utopia" and encouraging participants to envision ideal futures without immediately focusing on limitations. The discussions inspired me to think more creatively about sustainability challenges and the role of imagination in social transformation.

In addition, I joined vegan community gatherings and sustainability-related social events. During one of these activities, I met a doctoral researcher from the University of Helsinki whose research focused on seed sovereignty and ecological wisdom. Our conversation inspired me to seriously consider pursuing further studies and research in sustainability-related fields in the future.

This exchange experience brought me many valuable benefits. Academically, it strengthened my knowledge of ESG, sustainability, and climate-related issues. Professionally, it enhanced my critical thinking, communication, teamwork, and problem-solving skills. Personally, it improved my English proficiency, intercultural communication abilities, independence, and adaptability. More importantly, it allowed me to build friendships and professional networks with students, researchers, and practitioners from around the world.

Looking back, my exchange journey was much more than an academic experience. It was also a journey of self-discovery and personal growth. Living in Finland allowed me to observe how sustainability is embedded in daily life, public policies, education, and social values. Through interactions with people from different cultures and backgrounds, I gained a broader perspective on global challenges and future opportunities.

Most importantly, this experience helped me clarify my future direction. After completing my master's degree, I hope to continue pursuing research in sustainability, climate adaptation, and social innovation, and eventually return to Finland for further studies. The knowledge, inspiration, and unforgettable memories I gained during this exchange semester will continue to motivate me as I move forward in both my academic and professional journey.