

# 臺北市立大學

## 學生出國研修心得報告

獲補助年度：**113-1**

研修領域：語言領域

系所、年級：運動健康科學系三年級

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研修時間：中華民國 113 年 9 月 2 日至 114 年 1 月 15 日

國外研修成績：

短片時間及標題：

中華民國 114 年 2 月 12 日

\*(非亞洲地區交換同學請以英文撰寫報告)

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## 壹、緣起

The Nordic region has always been renowned for its high-quality higher education, making it a place I have long admired. To pursue this goal, I prepared for the IELTS exam and contacted exchange universities to inquire about relevant exchange programs. Ultimately, I decided to undertake a one-semester exchange at Halmstad University in Sweden.

## 貳、研修學校簡介

Halmstad University, established in 1983, is located in southern Sweden with a pleasant climate. It comprises four schools: the School of Business, Engineering and Science; the School of Health and Welfare; the School of Education, Humanities and Social Sciences; and the School of Information Technology. The university has a student population of approximately 10,000.

## 參、國外研修之課程學習(課內)

At Halmstad University, I focused on language-related studies, including Swedish, English academic writing, and listening skills. I chose to learn Swedish because I believe that understanding a country deeply begins with learning its language. Meanwhile, courses in English academic writing and listening have been highly beneficial, both for adapting to exchange life and for supporting my academic pursuits after returning home.

#### 肆、 國外研修之生活學習(課外)

The accommodations at Halmstad University are divided into several types. I live in a two-person student apartment with a private bathroom and kitchenette, located about a 20-minute bike ride from the university. Since the kitchen is a shared space, the dormitory manager of our building organized an activity called “Cultural Dinner.” Held every two weeks, the event involves students from the same country preparing their national dishes, with participants splitting the cost. This activity lasted for three months in total, allowing us to enjoy cuisine from around the world every two weeks and exchange cultural insights at the dining table. It was an event unique to our dormitory.

Additionally, as Sweden is located in Northern Europe, the overall cost of living is relatively high compared to Taiwan. Dining out is significantly more expensive than cooking at home. As a result, many people start comparing prices at various supermarkets. One interesting point is that fruits and vegetables at Middle Eastern supermarkets are often much cheaper than at local supermarkets, making them a go-to choice for many exchange students looking to buy produce.

## 伍、 研修之具體效益

From this exchange journey, I have gained the following insights:

1. Improved and refined my communication skills.
2. Gained a deeper understanding of and made improvements in academic writing in English.
3. Adopted different approaches to learning and exam preparation.

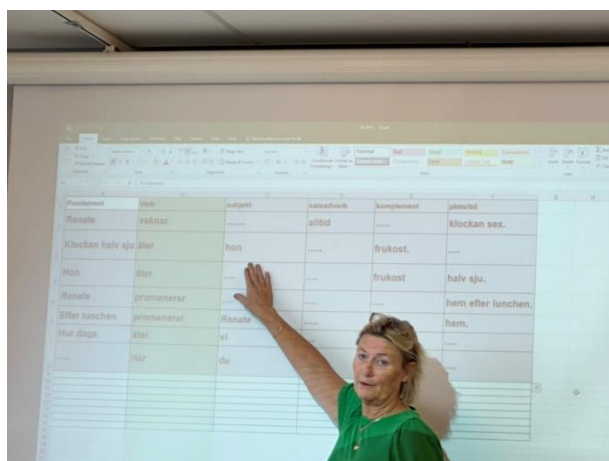
## 陸、感想與建議(含 3 分鐘短片連結)

Halmstad University is located in the southern coastal region of Sweden. It takes two hours by train to reach the nearest major cities, Malmö and Gothenburg, and five hours to get to the capital, Stockholm. At this university, I felt a warm and relaxing atmosphere. The professors constantly reminded us that coming to an unfamiliar country to study was an achievement in itself, and exams were not designed to test what we didn't know, but rather to assess what we had learned. These words gave me new insights into learning and exams and inspired fresh ideas about my life after returning home.

On the other hand, if you enjoy sunny weather, coming here during winter might not be the best choice. Due to its coastal location, Halmstad frequently experiences cloudy and rainy weather, and during the winter months, it gets dark as early as 3:30 PM. As someone from a subtropical region, I found it challenging to adapt.

Overall, the learning environment at Halmstad University in Sweden is excellent.

具代表性出國交換照片說明(4 張)



Our Swedish teacher is teaching us the grammar of Swedish, and it is confused and difficult.





Our classroom will be changed every week, it is different between Taiwan and Sweden, students in here need to check their schedule each week.



The first snow in Halmstad, it is pretty late in this winter, but snow is annoying sometimes when I am trying to buy goods.



On the last day in Halmstad, I cleaned all my place, the bed and desk became empty as I arrived the accommodation.

