

# 實踐大學赴境外姊妹校交換生心得報告書

交換之姊妹校校名：LAB University of Applied Science - 交換於108學年度-第1, 2學期

<p>~寫在前面~</p> <p>還記得臨出國前對未來的惶恐與期待嗎？直到滿滿地帶了一堆行李與未知出國。          還記得初到異國的複雜情緒嗎？那種想說、不敢說、也不能說，只有當事人才懂的感覺。          還記得參加活動的快樂、送別友人後的落寞、買到特價品的喜悅、驚惶時光流逝的感覺嗎？          還記得返國後，一肚子說也說不完的留學經嗎？          如果你（妳）已經走過這段路，如果你（妳）願意種下一株小樹苗，          讓我們一起期待，期待這一株株小樹能茁壯，          也讓我們攜手讓往後實踐的交換生們能有一個更好的起跑點。</p> <p style="text-align: right;">實踐大學國際事務處</p>		
填表人：田中蘭子	性別 <input type="checkbox"/> 男 <input checked="" type="checkbox"/> 女	原屬系所：ETP-BIB4C
留學校名：LAB University of Applied Science 研習系所：International Business	留學時間：自民國 108年 8月26日 至民國 108年 3月18日	
居住處： <input type="checkbox"/> 宿舍 <input checked="" type="checkbox"/> 校外租賃	住宿費用每( <input type="checkbox"/> 學期 <input checked="" type="checkbox"/> 月)：NTD <u>9000</u> 元	
搬入時宿舍內已有設備： Table, chairs, bed without mattress, lights		
建議另行添購或攜帶物品： Mattress, blanket, pillow, utensils		
除繳交實踐全額學雜費，在留學學校額外繳交之費用名稱及金額： (如食宿費、保險費、網路費、學生活動費等，請務必詳列)		
名稱：Food	金額：NTD 8000 元/月(學期)	
名稱：SIM card	金額：NTD 500 元/月(學期)	
名稱：Activities	金額：NTD 2000 元/月(學期)	
名稱：	金額：NTD 元/月(學期)	
名稱：	金額：NTD 元/月(學期)	
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名稱：	金額：NTD 元/月(學期)	
名稱：	金額：NTD 元/月(學期)	
其他：	金額：NTD 元/月(學期)	
每月基本生活費預估： <不含娛樂及文教費用，僅最低生活必需> 細項(以月為單位)	有無取得獎助學金補助 <input type="checkbox"/> 有 <input checked="" type="checkbox"/> 無 獎助學金名稱與獲補助金額 名稱： 金額：NTD	
伙食費	NTD 5000 元	
交通費	NTD 1500 元	
宿舍費	NTD 9000 元	
水電及電信等雜費	NTD 500 元	
教材書籍費用	NTD 0 元	
其他	NTD 元	

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建議第一次入國所需攜帶金額：

NTD35000元

機場至學校之交通方式

校方派員至機場接機

✓ 自行前往至某處會合(請詳述車種方式,並註明金額及在何處搭乘)

方式：I took VR from Helsinki international airport to Lappeenranta and there were volunteer students waiting for me to take to apartments by a car.

出發前所買之海外旅遊平安保險(種類、公司、金額、期限等)

Swiss care

For a year, 230 euros

保險：赴姊妹校後校方協助辦理 ( 國民健康保險； 學生平安保險；✓ 其他保險)  
金額：10000 NTD

簽證：辦理簽證所需天數、金額、及特別注意事項

Need to apply and register for the local immigration office.

其他校方提供使用服務：

是否有直接網路連線 ( 宿舍 ✓ 圖書館  電腦室)

是否有安排輔導人員 (✓ 輔導老師  義工同學)

有無使用行動電話？公司與費率方案為何？

Used SIM card from a company called DNA. If you only need internet, then 500NTD per month and all-you-can-use.

學校週邊生活機能，是否有下列設施：

書店	<input type="checkbox"/> 無	✓ 有	簡述：
超級市場	<input type="checkbox"/> 無	✓ 有	簡述：
百貨商圈	<input type="checkbox"/> 無	✓ 有	簡述：
24H 便利商店	✓ 無	<input type="checkbox"/> 有	簡述：
醫院	<input type="checkbox"/> 無	✓ 有	簡述：
地鐵車站	<input type="checkbox"/> 無	✓ 有	簡述：
公園	<input type="checkbox"/> 無	✓ 有	簡述：
電影院	<input type="checkbox"/> 無	✓ 有	簡述：
體育場	<input type="checkbox"/> 無	✓ 有	簡述：
社區文化中心	<input type="checkbox"/> 無	✓ 有	簡述：
其他			

你(妳)可以留下給學弟妹助於生活方面之電話<例如：學校、宿舍、駐外單位等...

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你（妳）交換的姊妹校在你心中的印象(簡述100字以上、300字以內)：

**Lappeenranta is not a city, however, that is the reason why there are always student activities going on. I cooked Japanese food almost every weekend for my friends and after that, we studied together. This helped me a lot to build really good relationship with them in terms of the culture exchange and study. Plus, Sauna is everywhere in Finland. I went to Sauna every Tuesday and Friday with my friends because these two days are for free to everyone. Also, studying there was quite comfortable because their library has both places for discussion and individual study. The campus is called green campus, so usually we do not have to buy books. You can rather rent or return it after the semester.**

留學心得感言2000字：

(例如：出發前，抵達後一個月...回國後的感想---歡迎貼上個人留學代表照片若干；另歡迎提供留學國的作法、經驗，以利國內之參考)

【出發前】

There are many things to do before leaving for Finland, I got accepted around the beginning of May, and filled required documents within about two weeks which were all informed by the school. Also, joining their Facebook group was required to share more information quickly. The most important thing could be the accommodation. First of all, they do not have any dorm. We were required to make an account on their own housing system called LOAS and apply for it by 7<sup>th</sup> of June. Most of Saimaa/LAB students live in Kalliopellonkatu 10. However, there were just too many exchange students coming so many of them ended up with temporally housing where I also stayed for a week. It is basically just a big room for about 10 people with mattresses on the floor, no privacy at all. Many of them stayed there for one or two months until they found places to live. But they are really cheap about 5 euros per day, so if you arrive there early you can stay there until you move to actual accommodation, it is actually a good way to find friends as well.

Also, if you a foreigner and applying, you should go back to your home country and get resident permit ASAP as there are many required documents (they require the original ones) and students going to exchange from fall semester so the embassy is usually quite busy. To be more specific, if you are a Japanese, you need to make an appointment before you go. And it would likely take two weeks or one month to get resident permit.

No need to mention, but since Finland is known as snowy and cold country, I brought many warm clothes and shoes. But what you have to be careful is: it is quite warm inside. So, it is better if you bring something you can easily take off. Also, when I went there the first one week, I experienced Finnish summer. Could be nice if you can bring some t-shirts just in case.

【抵達後一個月】

The day I arrived in Finland, I took VR (like speed rail) from Helsinki international airport to Lappeenranta which took me about two hours and half. Since I already told the people from achool, they were waiting for me at the station and took me to temporally housing. The first one week was for us to complete all the paperwork. Everything was experienced on the orientation day, but it was a bit questionable because both exchange students and full-time students got the same information, so some were not necessary. Also, within two weeks, I went to open a local bank account as it is needed to pay for rent (I chose OP bank they are all nice). If you have online bank you can use that. Paying cash is also fine but you have to go to the bank by 12pm. Also, for the first one month, I strongly recommend to attend school events as many as you can to get to know many people. Most of them are easily found on Facebook. Courses are required to enroll from a school system called Winha within two weeks when the semester starts, but if you can't, then go to the first lecture and talk to the professor, is still one way to get in.

【交換生活】

I never felt inconvenient to live in Finland since most of the people there can speak fluent English. You do not have to worry about that wherever you go. Also, even Finland is known for one of the hardest countries to live in terms of expenses, cafeterias at school are quite cheap as long as you have

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the student cards. Depends on what you eat, however, it only costs about 2-3 euros per meal. Also, if you want to find cheaper foods or things like shampoo, S market or Lidl would be the best supermarkets. Most of the apartments LOAS offers have kitchens. You can cook by yourself, however, I am not sure which is cheaper to cook or eat at school. But I still would recommend you to cook sometimes so that you would not get tired of cafeteria so soon. Also, when Finns ask you to go to Sauna, I would recommend you join them. Sauna is one of their cultures. Most of them can wear swim wears, so it is good to bring it with you. After Sauna, I went to Saimaa lake to cool down my body and went back to the Sauna again. There are always Sauna events going on, so you should experience it at least once.

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## 留學期間生活照片紀實與分享

※請確實依照格式分享照片及加以簡述。

※除了提供生活紀實照片外，另請提供教室照片、宿舍環境照片、相關辦公室照片、參與交換姊妹校舉辦活動之照片數張。



The LOAS apartment I used to live where is called Katajakatu 8. It takes about 10 minutes to get to the school by a bus.



Some Finnish traditional style salmon at local market during weekend in city center.



Inside of the school. There are actually two schools combined together, and even we are from LAB University, we had most of the lectures in LUT University which you can see in the picture.

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A classroom of LAB University. However, this is a hall, not a small classroom.



When we got the 1<sup>st</sup> place for a competition for one day innovation workshop.



An international dinner with friends. There were so many times we spent great time like this.



A school event for luna new year. This event was hold by one of my friends so that I also asked many people to join.

※本報告請於返校後2週內繳交—Email 國際事務處作業承辦人

※心得報告書及所提供之照片將做為國際事務處上傳至網路提供學弟妹分享資料以及作為國際事務處各項行政業務之素材，請同學勿提供不宜及不雅照片。

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