



瑞典的防疫抉擇與承擔

當我們檢視北歐四個國家（丹麥、挪威、芬蘭和瑞典）Covid-19疫情相關數據時，我們不難發現瑞典的確診個案數目位居首位，政府當局因應冠狀病毒採取的佛系防疫措施引發爭議與討論。2020年三月份當大半歐洲國家宣布關閉邊境，進入封城狀態時，瑞典秉持「佛系防疫」的精神，避免採取嚴峻的封城措施，將防疫重點放在保護弱勢群體，鼓勵一般民眾按著尋常步調生活，以平靜和緩的方式減慢病毒的傳播。瑞典政府要求人們聽從當局的建議，訴求人民承擔起集體責任，在可能的情況下在家工作，如果身體不適或年滿70歲者，請自我隔離，並避免所有不必要的旅行。16歲以下學生照常上學，公司行號、餐廳甚至夜店，也持續營業，但是禁止50人以上的聚會或活動。這樣的防疫思維其實和瑞典的文化與社會脈絡息息相關。

防疫作為人人有責 (collective responsibility)

比起其他國家諸多的「限制與規範」，瑞典政府頒布的大多是「指南」，把防疫的責任交給人民。瑞典首相洛夫文(Stefan Löfven)公開表示：「如果你是個大人，請表現的像個大人一樣。不要散佈恐慌以及謠言。在這場危機中，沒有人是孤軍奮戰，我們每個人都要共同承擔這防疫重責大任。」

(If you are an adult, act like one. There should be no spreading panic or rumors about the disease. No one is alone in this fight against Covid-19, but each of us has an important role in this together.) 跨產業合作也體現瑞典社會中人與人互相扶持的集體責任，北歐航空(Scandinavian Airlines, SAS)因受疫情衝擊，進行部分裁員，一間私人基金會隨後提供這些員工醫護訓練，使他們得以支援前線醫院。卡車製造商斯堪尼亞(Scania)協助醫療器材製造商生產呼吸器、超市優先雇用因疫情衝擊，生意相對冷清場所失業的工作人員等。

瑞典人民的生活習慣與社會常態 (everyday lifestyle and social norms)

有一半以上的瑞典人口單身一人居住，而青少年經常一到 18 歲就搬離父母親住處，相較於義大利和西班牙的大家庭共同生活在一個屋簷下，這樣的生活方式的確較有助於減緩 Covid-19 的傳播。自然地保持社交距離對瑞典人而言更是一種禮貌，瑞典人本就習慣在公共場合和周遭的人保持充分的肢體空間，例如搭乘公共交通工具時避免與他人近距離比鄰而坐，隨意在咖啡廳或是商店裡跟陌生人搭話更不是瑞典人的生活樣貌。

瑞典的職場文化 (Culture in the workplace)

即便只是小感冒或是咳嗽，請假回家休息避免傳染給全公司其他員工是瑞典雇主的信念，相較於其他國家，瑞典也有著優惠的病假福利政策。此外，超過 2/3 的瑞典人有在家工作 (work online from home) 的經驗，甚至有 1/3 的人已經長期從事遠距離工作。

2020 年六月份，身為佛系防疫推手，瑞典首席流行病學家蒂格內爾 (Anders Tegnell) 在接受瑞典廣播電台採訪時坦承，疫情開始升溫時，瑞典應該實施較嚴格的隔離管制措施，就不會導致這麼多人過早死亡，但是同時他也提出，最適當的措施應該是介於瑞典過去的寬鬆防疫與其他國家的嚴密封鎖之間。

【任務 1】

小組合作製作一份英語數位作品 (海報 poster 或 PPT 等) 說明瑞典採取的防疫措施與其社會文化的關聯，並錄製三分鐘以內的英語短片說明作品內容。

目標生字

impose, policy, collective responsibilities, social norm, cluster infection, resident, culture in the workplace,
take a sick leave, generous sick pay, work online from home,

目標句型

The Sweden Government doesn't impose strong lockdown policy because it's the social norm(or habit/

(lifestyle) for Swedish people to _____.

參考英文資料：

The Sweden government has asked people to follow their advice on fighting against Covid-19 and take up collective responsibility for slowing down its spread.

Some advice from the Sweden government is as follow:

- ◆ It's best for people to work from home when possible.
- ◆ For those who are feeling sick or who are over 70 years old, staying at home and avoiding all non-essential traveling are strongly suggested.
- ◆ Any gatherings with more than 50 participants are prohibited.

Some facts about the culture and local context of Swedish society

More than half of all Swedish homes are made up of one resident. Even teenagers leave home early to live by themselves. The most common age for teenagers to move out from the parents' place is between 18 and 19. This lifestyle avoids cluster infection. As for social distancing, Swedish people already have that practice in their everyday life. It's the norm for Swedish people to avoid sitting close to others when taking public transportation and it's not in their genes to strike up small talk with strangers in shops or cafes. Swedes are also used to taking a sick leave even with just a minor headache or a runny nose. Employers always encourage the staff to take time off if they have coughs or colds to avoid disease spreading within the workplaces. Also, Sweden companies offer generous sick pay compared to many other countries. What's more, about two thirds of Swedes already work online from home at least some of the time during a week, so it won't be something unusual if staying home to save lives and working from home become a must. These living patterns are very likely to help slow down the spread of Covid-19 in Swedish society.

More you can read:

(1) Could the Swedish lifestyle help fight coronavirus?

<https://www.bbc.com>

(2) As the rest of Europe lives under lockdown, Sweden keeps calm and carries on

<https://www.theguardian.com>

【任務 2 小組討論】

閱讀下列參考資料或自行上網搜尋有關瑞典的 Covid-19 防疫措施的文章或報導，考量在台灣的社會脈絡下，採行瑞典「佛系防疫」政策，可能會受到的挑戰或成功的原因為何？請條列成功或失敗的論點為何並註明引用文章或報導的出處。

參考資料：

(1) 佛系防疫？北歐社會福利國家眼中的大局與輕重

<https://opinion.cw.com.tw/blog/profile/320/article/9197>

(2) 【瑞典不封城（上）】 疫情當頭當局鎮定如常 專家跳腳：我們正走向大災難

<https://www.mirrormedia.mg/story/20200401intswedenvirus/>

【瑞典不封城（下）】 冷靜自持習慣獨居 瑞典民族性有助於遏制疫情

<https://www.mirrormedia.mg/story/20200401intswedenvirus2/>

(3) 【防疫獨行俠（上）】 「日子總要繼續」 瑞典人滿意政府不封城

<https://www.mirrormedia.mg/story/20200429intswedendifferent1/>

【防疫獨行俠（下）】 瑞典不封城代價高？「只有時間能驗證」

<https://www.mirrormedia.mg/story/20200429intswedendifferent2/>