

26-1 學校簡介

挪威經濟商學院位於卑爾根，卑爾根是挪威的第二大城市，位在挪威西南方沿海，洋流調節讓這個城市較其他地區溫暖多雨。挪威經濟商學院校地面積不大，最近的宿舍 Hatleberg 離學校走路大約 10 分鐘，宿舍窗外風景非常漂亮，可看到一整片的海。學校附近有兩間超市方便購買生活用品，校內的健身房設備齊全乾淨，可跟宿舍服務處申請會員(需繳費)，校內圖書館不大且大多都是財金商管類的教科書。學校離市中心搭公車大約 15 分鐘，市中心同時有客運轉運站、火車站及輕軌站，交通便利，市中心有間 shopping mall，可買到幾乎所有的日常生活用品。

26-2 國外研修之課程學習（課內）

我總共修習兩門課，分別是挪威文和挪威經濟政策，這兩門課均是專開給交換學生的。挪威文建議將老師授課講義印出來，比較跟得上進度及做筆記，每次上課都有作業，且下次上課會一個一個點名念答案，總體上是一門不難但要花心力準備的課程，老師上課不簽到，因此可以很自由選擇要不要來上課，課程中會要求和同學口說練習，期末考試除了筆試之外也有口試。挪威經濟政策是一門可直接了解挪威這個國家的課程，課程中探討挪威人、歷史、經濟等各方面，老師很喜歡和學生互動，因此上課常丟出許多問題跟學生交流，分組讓學生們討論對挪威的看法，偶爾會外請講師來介紹不同層面的挪威，課內也會安排校外參訪，總體而言可學到挪威許多的知識，也會更了解這個國家。

26-3 國外研修之生活學習（課外）

挪威物價貴，大多時候我都是去超市買食材回來自己烹調。挪威是個很漂亮的國家，平時有空我會搭公車到處走走，挪威的峽灣非常壯觀，海跟山的倒影互相輝映，很值得消耗整個下午看風景。挪威到其他歐洲國家並不是非常便利，大多還是靠搭飛機，我都用 sky scanner 查詢最便宜的機票時段再規劃行程，機票越早買票越便宜，但要注意便宜的機票沒有托運行李，可能只能背一個後背包上機，且各家航空公司的規範都不太一樣，訂票前最好看清楚。

26-4 交換/研修之具體效益（請條列式列舉）

- 獨立生活的能力、應變能力
- 外語溝通能力、各國英文口音不同
- 踏出舒適圈、學習不同文化、體驗當地生活
- 時間規劃、財務經濟規劃

26-5 感想與建議

挪威人的英文很好，且非常樂於用英文溝通，相較於其他歐洲國家，我覺得挪威人排他性沒那麼強。挪威雖然冬天的室外溫度較低，但室內皆有暖氣，在宿舍房間甚至可以穿短袖短褲，因此建議帶保暖防水羽絨衣，以洋蔥式穿法即可。雖然這學期交換遇到新冠肺炎疫情提早回國，但我仍然覺得這是特別的經驗，可以和不同國家的學生一起上課，分析不同的文化是一件很有趣的事，很推薦出國交換，可以拓展自己的視野同時磨練外文能力。

For me, Norway is a beautiful and livable country. A report shows that Norway has the second-highest prices of food in Europe and the absolute highest prices for alcohol. Although the price level there is high, it is still a worthwhile country to travel. Norway is an oil export country with small populations that make it a wealthy country so that the living standard there is relatively high. In Norway, 32 percent of the population has higher education. English is widely spoken as a second language in this country, so Norwegians are fluent in English and kind to communicate with foreigners in English. Compared to other European countries, I think the Norwegian is not so exclusive and Norway is an open and inclusive place to live. The outdoor temperature in Norway is low in winter, but there is heating inside almost every house. You can even wear short-sleeved shirts in the dormitory room.

Study in NHH is a wonderful experience for me, public security there is good, and the life function is convenient. NHH is the first business school in Norway and is one of the leading business schools in Europe. NHH is located in Bergen which is located on the southwest coast of Norway and is the second-largest city in Norway. Because the warm ocean currents flow by the west of Norway, Bergen is warmer and rainier than other regions. That's why it's necessary to bring an umbrella with you or wear waterproof clothing while being an exchange student there. The campus of NHH isn't too big. One can comfortably walk from one end to the other in 15 or 20 minutes. And the nearest dormitory, Hatleberg, is about 10 minutes walk from the school. The scenery from the dormitory window is very magnificent, and you can see the whole sea unfolding before your eyes.

Although this semester exchange encountered coronavirus and I have to go back to Taiwan earlier, I still feel that this exchange is a special experience. It is an interesting thing to be able to take classes with students from different countries and we can discuss our own cultures together. I found the professors in NHH well prepared for their courses, and they're passionate about their fields. Students can freely organize their class schedules. Norwegian students are hardworking in studying, but at the same time, they discover their interests in sports or outdoor activities.

Being thousands of miles from home could be fresh at first, but it was not always easy for me. Like everything in life, exchange to Norway had its ups but also its downs. When things happened out of my expectation, I had to handle troubles by myself. The hard times helped me grow up and move away from my comfort zone to gain maturity and independence. It helped me to open my mind towards a different culture, meet wonderful people, and visit amazing places around Europe.



挪威-Flâm



冰島