

26-1 學校簡介

挪威經濟學院（Norwegian School of Economics，NHH）位於挪威的第二大城卑爾根，是挪威最優秀的商學院。卑爾根是個有山又有港口的城市，加上宿舍又在山坡上，有一種來到中山 2.0 的錯覺。其他學校的學生對 NHH 的印象都是這裡的學生很優秀，都很認真努力的在課業上。學校的校區不大，由幾棟建築物簡單構成，學校的設備與環境皆新穎乾淨，校內有學生餐廳、圖書館、健身房、書店。學生餐廳平日只營業到下午 5 點，多數為冷食，食物用秤重計價，出示學生證有學生優惠。

住宿方面，挪威學校的住宿都是由 sammen 的組織在管理，學期開始前會先在 Sammen 網站上登記想選擇的房型，通常是選擇離學校只有五分鐘的 Hatleberg。位置在學校對面的山坡上，從市區到宿舍可以搭 3.4.5.6 號公車到 Handelshøyskole，也可搭 83 號公車直接坐到 Hatleberg，就不用爬長長的坡。我是被分配到交換學生最多的 F 棟，F 棟為是雙人房+多人共用廚房，但因下學期交換學生人數不多，基本上都是一個人分配到一間雙人房，獨享上下舖，而兩間雙人房共用一個廁所，且各擁有一個儲藏室。房間的視野很好，完全就是海景套房，每層樓有兩個廚房，鍋具冰箱都為公用，水直接打開水龍頭喝就可以，廚房也很常成為開趴的地方。

身為春季交換生，抵達挪威時溫度大約 1-3 度，有遇到下雪，室內雖有暖氣，但外出仍須注意保鏢。穿著方面大部分會穿兩件褲子，加厚的發熱衣再加一件毛衣或帽 T，外面再穿一件厚的防水外套，而也建議購買防水的雪鞋會比較方便（卑爾根是雨都）。1、2 月為永夜時間，大多下午 3 點多就會天黑，至 3 月過後日落時間才會慢慢的延後。

26-2 國外研修之課程學習（課內）

挪威經濟學院的課程主要以商管、經濟、能源為主，給交換學生的選擇有 bachelor 或 master，選課方面到開學的時候在選課即可，像中山一樣第一個禮拜可以都先去聽過一次，再自行作選擇，沒有選課人數上限，也可以衝堂選課，退選方面也十分自由，若上到一半發現不喜歡這堂課隨時都可以自己上網退選課程。我選的課都是一個禮拜上兩次，一次兩個小時。

1. Norwegian Language for Foreign Students Level 1

這堂課幾乎都是交換學生，主要學習挪威文的日常用語，但老師的上課速度非常快，要很專心聽下課回家複習才跟得上，課堂也會有很多的對話練習，跟其他國家的同學的聊天過程很有趣，上課過程也會進行全班的互動，是個認識朋友的機會，期末考形式為口說測驗，輪流與不同組的同學以挪威文進行日常對話，總長約 45 分鐘，對話內容包括自我介紹、興趣、平時休閒、平時在挪威的日常等一些輕鬆的對話內容。

2、Norway: Economy, History and Politics and Society

這堂課從各個面向在分析挪威這個國家，談論到挪威的歷史、經濟、政治以及社會的運作，課業方面作業偏多，課堂上會有非常多的互動與討論，也有校外教學參觀博物館的安排。

- 3篇database：300字，主要在撰寫挪威相關主題的名詞解釋。
- group presentation：5-6人一組，10頁論文，老師會給予主題，學生以數據或指標的方式，去印證老師給的假設。
- essay：2000字文章，主題為自己發想，我的主題為a vision of Norwegian art。
- oral test：約15分鐘，測試整學期的學習成效

26-3 國外研修之生活學習（課外）

- 挪威經濟學院有類似學生會的組織舉辦welcome week的活動，活動內容包含喝酒、玩遊戲、爬山，飲食，是一個可以認識朋友的機會，但活動需要收費，可以自行斟酌是否要參加。在宿舍的common room或是每一層樓的廚房也常常會開趴，大家一起分享著食物，也可以透過派對去認識不同國家的朋友。
- 挪威人的休閒活動為喝酒及爬山，禮拜五與禮拜六是挪威人最常喝酒的日子，但超市的酒到晚上11點過後就不開放購買。到卑爾根的時候很興趣的遇到了Bergen 950週年慶，市中心架設了舞台舉辦了免費演唱會的活動，甚至挪威王室的人也來一起共襄盛舉，是一個很特別的體驗。
- Bergen不是很大，平時的休閒活動大概就是逛逛街、爬爬山，喜歡運動的人可以申請sammen的健身房，或在市中心的湖邊跑步，或者搭著公車四處亂繞。我在卑爾根很喜歡的地方是Nordnes Park，只要從市中心搭11路公車就會到，這裡遊客不多，偶爾幾個人悠閒地遛狗、散步，在這裡可以眺望整片海洋，以及一整片的北歐小木屋，給人的感覺非常寧靜，很適合花一個下午的時間在這裡散步放空。

26-4 交換/研修之具體效益（請條列式列舉）

1. 體驗北歐生活

北歐作為一個夢幻國度對許多人來說都是一個可以享受生活的地方，根據2020全球幸福報告，全球最幸福國家前五名皆為北歐國家，北歐普遍經濟水準高，具備良好的民主、平等、社會支持。而挪威有著不同樣的景觀，有山、海、峽灣、雪景，在路上常見挪威爸爸們推著嬰兒車帶著小孩一起爬山的身影，學習層面來說，挪威人從小就接觸大自然，他們對大自然有著一份情感，由於生活圍繞著大自然，更是教會了挪威人民主平等、獨立思考和看世界的方式。在課堂上，學習方式也較東方國家不一樣，比起用一個考試來判斷學生是否有達成學習成效，這裡的老師更是注重互動、與學生交流，常常需要課堂上的討論，老師也會設計遊戲讓學生從活動中學習。

2. 提升表達能力

在這裡雖然超市標示都是挪威文，挪威人也以挪威文為溝通語言，但挪威人英文程度很好，英文都可以溝通順暢，在這裡上課用英文、與同學講話用英文、去超市用英文、遇到問題也需要用英文詢問，在這種環境的耳濡目染之下，感受到英文只是一個溝通工具，不用害怕講得不好，比手畫腳、查字典或是換另一種說法去表達，都是很好的練習方式，不敢保證英文程度會大大的提升多少，但至少可以訓練自己更敢去溝通表達。

3. 擴展自己的視野

4. 學習獨立自主

26-5 感想與建議

During the exchange period in Norway, I gain many precious memories and new experiences. I have divided my experiences into three parts: living in Bergen , studying , self-development.

Bergen is a beautiful city surrounded by mountain and sea. We can see a lot of lakes, forests and wooden houses and it make Bergen a charming place for those who enjoy nature. When I first arrived, I think it looks like National Sun-Yen-Sun university. Nordic people all live in this safe and secure environment. Unlike some places in Western Europe, I don't need to pay attention to thieves at any time.

Norway is 10 times larger than Taiwan, but its population is 1/4 of Taiwan. It is surrounded by nature everywhere, including mountains, sea, fjords, lakes, and snow. Nature is a part of Norwegian life, and Norwegians have been walked in nature since childhood. Nature has taught Norwegians the perspectives of equality and independent thinking. Although the Norwegians are shy , they are all very friendly. When you walk on the road, the elder will smile at you or say “ Hei Hei ” to you.

As for the cost in Norway, the prices here are high. The food in restaurant is about NT\$500-700, so most of the time I cook by myself. There are two supermarkets (Spar, Rema) next to the dormitory. The supermarkets in the city center often have promotional activities. You can arrive in 10 -15 minutes by bus.

In terms of learning, the teaching methods here are more lively than Taiwan. Teachers prefer to ask questions or discuss during class. I learned more about Norway in the classroom, including his historical background, industrial development, and gender equality. And also visit the history museum to learn more about the age of navigation. Besides, all courses include written and oral examinations. Through the way, I gaining the necessary skills to write and oral examination can improve my spoken English.

Norwegian are focus on their life. When I lived in Norway, I felt the leisure of Northern Europe. I can seeting by the window in a daze to see the scenery outside all morning. During my exchange period in Norway, Corona virus begins to spread. In early March, the European epidemic began to run out of control, countries began to close the borders, blocked the airport, and the school was also closed urgently, informing exchange students to return to their country. The Norwegian policy is to close schools across the country, maintain social distance in public places, requiring Norwegians to stay away from their holiday cabins, all cultures, sports, the gym and other shopping streets are closed. Due to cultural differences ,Europeans are not used to wearing masks. In the public areas of Norway there is alcohol disinfection, everyone cares about maintaining social distance. The Norwegian School of Economics also prohibits students from entering, taking long-distance classes, and the final exams also take the way of video chat, so that students in different places can successfully complete studies even if they return to their respective countries.

I didn't have enough time to explore everything in Norway, but on another aspect I also got a different experience from others. In Norway, I have broadened my horizon and absorb the attitude of life. I will take it back to Taiwan as a nutrient in the future, and look forward to the opportunity to study or travel to Europe in the future.

1. 在宿舍廚房與朋友們共度農曆新年



2. 挪威森林與宿舍窗外風景

