

學校簡介

挪威經濟學校在北歐的商業領域中是相當有名的一間學校，此學校是當地少數的公立大學，對於物價高的挪威來說，許多優秀的學生都希望能申請進去，因此在競爭激烈的情形下，能進去就讀的學生基本上都是在校成績1%的學生。此外，2004年諾貝爾經濟學獎得主是從這間學校畢業的，可見學校的專業研究水平。

在課程方面，最廣為人知的就是計量經濟學，同時是許多系所的共同課程。另外，基於語言程式的普及性，許多課程幾乎都需要使用R語言或是Python，對於軟體的應用要有一定的知識。

在地理位置方面，學校位置算方便的，離學生宿舍只有五分鐘距離，附近有兩間超市可以採購，附近的公車班次也非常多，很容易就可以抵達市區及其他大型購物商場。

國外研修之課程學習（課內），另外推薦受益最多/最喜歡的課程

我個人覺得最受益的兩門課是財務經濟和運用R進行預測分析，這兩門課都會大量地使用R語言，但老師都會個別課設針對R語言應用的課程，並請助教從旁協助學生進行R語言操作，這對於R語言還不熟悉的我非常有用，而且獲益良多；同時以確保學生能跟得上老師的教學。另外，因為研究所課程本身難度較高，因此老師們總是會準備大量的文獻及語言程式的寫法供學生複習，協助學生更快進入狀況。此外，財務經濟的老師每四周就會出一份團體作業，透過與組員討論作業，也幫助我了解課堂內容。

國外研修之生活學習（課外）

在挪威的周末休閒活動就是爬山，在周末時常大家會約著一起去爬山，甚至有一次我們爬了近七小時的時間。爬山除了有益身心健康，也能欣賞當地美麗又壯觀的自然景觀。雖然爬山過程總是非常疲憊的，但當爬上山頂看到壯麗的景觀時，就會覺得一切都是值得的，並感嘆大自然的美。在國外旅行時，從同行的同學得知許多歐洲國家當地都有旅遊Tour，由當地的旅行團或是志願活動的人擔任導遊，帶遊客認識城市的建築及相關的歷史文化，從那時開始每到一個城市，我都會盡量去找到類似的旅遊團認識背後的歷史文化，藉由這樣的介紹，使我對這個國家、城市有更深刻的認識，同時這些導遊對於自己國家的認同和歸屬感，以及曾經歷史的敬畏之心，讓我很深的感觸。

交換/研修之具體效益（請條列式列舉）

- 1.擴大自己的國際視野，走出在台灣舒適圈
- 2.挑戰自我、體驗許多為嘗試過的事物
- 3.獨立生活，學會自己解決問題
- 4.突破被動的個性，並在交友或學習上更主動、積極
- 5.主動與各國學生聊天、相處，努力克服語言和文化隔閡
- 6.學習自己做料理，並做出想念的中式食物
- 7.學習語言程式、進階的統計學計算及初級機器學習
- 8.學習歐洲的教學模式、與當地學生團隊合作完成報告
- 9.體驗歐洲的飲食、文化、交通及生活
- 10.對於未來的生涯規劃有更多的想法

海外生活期間是否曾遭遇困境，及是否解決問題？如是，請說明如何解決問題；如未解決，請說明事件最大的啟發及思

考未來可以怎麼解決？

在學期初因著疫情的緣故，學校無法帶交換生至警察局換居留證，必須學生自己透過電話或是線上預約，但台灣學生因為當初是透過丹麥辦事處申請短期居留，以紙本行式申請，因此我們在挪威無法改成網路預約，只能打電話給挪威警察局，為了解決居留證的問題，我們聯絡了當地警察局，甚至寄信詢問，都沒能得到結果。之後，又聯絡學校的國際事務處，等了許久也都沒有實質的解決問題。最後，我們終於以電話的方式打進去相關單位，並進行預約。前後大概花費了四個月的時間，雖然我們是快要離開挪威，才申請到居留證，也深刻體會到歐洲的緩慢作業時間，但整體來說還是覺得很有成就感，大家互相幫忙，一起拿到居留證。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

1. 挪威的"社交距離"

在北歐國家，人與人之間在等車或坐大眾交通工具時都會基本保持距離，這是一種禮貌的距離。剛開始我到挪威不覺得需要注意，因此我第一次坐公車時，直接看到空位就坐，但我發現旁邊的乘客就感覺不太自在，後來我就知道說，他們還是蠻在意的。後來，我也觀察到挪威人看到兩個位子中有一個人坐著，自動就會歸類為有人，即使旁邊有空位他們也選擇站著。那時我就學到這個距離是需要注意的，之後在與同學、老師交談或坐公車時，我都會盡量去保持這個距離。

2. 鹿肉飲食

在高緯度國家中，牛、羊、豬、雞非常昂貴，甚至雞蛋也很貴，要補充蛋白質就是吃魚肉或是鹿肉，因為鹿肉價格相對較便宜，也好取得。第一次嘗試吃煙燻鹿肉後，驚為天人，因為煙燻的味道完全蓋過鹿本身的騷味，因此打破了對鹿肉的陌生感。之後也嘗試了挪威最傳統的料理，鹿肉丸子搭配莓果醬和馬鈴薯，剛開始覺得這樣的搭配有點奇怪，但酸甜的醬跟丸子的鹹味搭起來卻意外好吃。在離開前，我也去吃市中心很有名的鹿肉香腸□艇堡，超級好吃的！在飲食上，我都蠻願意嘗試，吃起來我也都很喜歡。

3. 禮貌的駕駛習慣

在挪威有許多班馬路上有許多行人標誌，但沒有紅路燈。剛開始我還不知道何時可以過馬路，但我發現這個標誌就是禮讓行人的標誌，因此在這種路段上，車子遇到行人過去必須馬上停下來，甚至遠遠的看到行人正要走過班馬路，車子就會自行減速讓行人先過。

4. 高物價的國家

在去之前，本來就已經做好準備物價會很高，但一到當地的便利店發現連三明治都要台幣兩百多塊還是很驚人，尤其是想念中式料理時，亞洲超市的食物甚至更貴。因此，我就開始學習看食譜，利用在挪威可以買到的食材，做出自己想吃的料理，除了省錢，也可以增進廚藝。

5. 洗碗機的高度依賴

這半年與法國和加拿大學生共同住在學生宿舍，我發現他們非常習慣使用洗碗機，因此他們會等到髒的碗盤累積到一定程度再一起放進洗碗機洗，對於從小在家庭中就習慣吃完飯就洗碗，非常不一樣。剛開始我不太習慣，也很想幫他們洗一洗，因為覺得放在那有點礙眼、味道也不好聞，後來還是漸漸習慣了，畢竟他們至少還是會處理，只是時間拖較長一些。

6. 獨立性格

與挪威同學相處半年，我發現他們不太習慣團隊討論，較傾向於分配後各自做自己的部分。學期初時，我也不是很理解，因為許多報告都要團隊有共同的共識或想法，這樣報告內容才是一致的，後來就有組員主動打開zoom連結，藉由線上討論，大家不僅比較方便，也能在電腦上編做自己的部分，邊和組員討論。後來，我們組都一直是以這樣折衷的方式完成報告。

海外生活歷練是否為您人生帶來不一樣的改變或者個人特質上的轉變，最大的成長是什麼？

在海外半年的生活，最大的成長就是獨立生活，並學習與不同個性、文化、國籍的人相處。從大學離開家裡到外縣市讀書後，我一直都是和同學或是朋友合租，習慣了團體生活，但是來到挪威後，其他交換生幾乎都被分配到同一棟宿舍，只有我一個人住在個人宿舍，雖然可以享受自己的空間，但剛開始時常覺得很安靜、很不習慣一個人住。自己一個人住，有時難免覺得孤獨，需要自己調適心情，不過也讓自己更堅強、獨立。從另一面看，因為有了獨立的自我空間，會更願意

與他人分享空間，主動地去關心他人、幫助他人。在人際關係上，我也更為主動的去邀約他人出去玩或是與人聊天、吃飯。

自己住時，賴床到多晚都不會有人管，晚餐想隨便吃打發也不會有人在耳邊叮嚀，雖然擁有無限的自由，但也代表必須為自己負起責任，好好照顧自己。因此我努力調節自己的生活，從飲食和作息上學習自律。此外，也必須定期打掃房間、煮飯、洗衣、採買雜貨，學會自己處理生活中的瑣事。當完成了一頓飯、完成一次大掃除，會慢慢發現自己對生活的需求，感受自己對不同生活面向的能耐。看著對生活的營造，同時也讓自己更堅強、勇敢，也開始願意接受生活各樣的挑戰，

您認為獎學金對您海外研修最大的幫助是什麼？有無獎學金是否會改變您的出國計畫？

我認為獎學金在一定程度上也減輕了我在國外讀書的負擔，畢竟挪威的物價非常非常高的，有了獎學金的支持，我就能分擔學校的租金或是平時的生活消費。但我並不會因為獎學金的緣故而放棄出國計畫，因為我知道出國本身就蠻燒錢的，因此我已經有在為出國而存錢一段時間了，因此在財務上的壓力比較沒那麼重。

感言及心得感想

這是出國交換因為疫情的緣故實在有許多波折，本來以為自己應該跟交換無緣了，沒想到最後還是在匆忙中如期出發了。如今，我能夠健康、快樂地回來，真的要感謝許多人。首先，要感謝學校國際事務處不辭心力的協助交換生們，在疫情期間有許多變動和未知數，緊張的我時常會去事務處詢問各種問題，老師們也總會耐心的回覆或是協助解決，真的是有你們在背後努力為學生付出，學生才能如期交換，真的辛苦了！

再來，要謝謝是我的同學和台灣交換生們：這是我第一次到歐洲，一去就是到遙遠的北歐，難免家人會有些顧慮，但這路上遇到了許多很棒的同伴，我們相互扶持、幫忙，遇到問題，大家就一起解決；出去玩時，也會互相邀約，雖然我的宿舍離交換生的住宿棟有點距離，但因著同學們的陪伴，這半年過得相當充實，也一起體驗和經歷了大小事，真的認識你們太好了！

最後，要感謝遠在台灣的家人和朋友，在我無助、遇到困境時，為我加油打氣、關心我的狀況，也給予了我最大的援助和支持。因為有你們在我背後，使我能夠充實的體驗國外生活，謝謝你們！

英文心得(包含學校簡介、課程學習、生活學習、具體效益、心得感想等等)

NHH is one of the most well-known public business schools in Norway. Since the tuition fee is quite high, students would prefer to apply public schools. However, the admissions are limited which makes the application competitive every year. Only the student's performance above 1% would be able to apply successfully. In addition, the 2004 Nobel Prize winner in economics graduated from this school, which shows the school's professional research level.

The school facilities are also various. We got two cafeterias, plenty common areas for discussion or study, gym, library and a bar. There is also a bookstore which we can buy stationeries and textbooks. I think the best point is the printer. All students have 50nok in advance which totally covered all my needs. In terms of geographical location, the location of the school is convenient. It is only five minutes away from the student dormitory and there are two supermarkets nearby for purchase. There are also many bus trips nearby which is easy to reach the urban area and other large shopping malls. In terms of courses, the most widely known is Econometrics, which is a common course of many departments. Further, based on the popularity of computer programming, many courses require the use of R language or Python, so a certain knowledge of software is required in Master degree.

During the exchange program, I took 3 Master courses which related to R. Since it was for Master, the courses were more advanced and the workload was quite heavy. The reason I took those courses is to learn more R programming and to understand how to apply in economics. Fortunately, three courses that I took offered courses that focuses on R. Professor would be in class and teach us programming and if we had any questions, we can discuss with our classmates or ask professor directly. This way really helped me get into class faster and easier. I also learned how to work with different people in various nationalities. At first, we may be confused and don't know how to work with each other, but as long as we work long enough, we would know each other's working habits and start to understand each other.

Despite studying in weekdays, I often go hiking with friends on the weekends. There are 7 mountains around Bergen which is also the main reason that hiking and skiing are common activities for them. For me, I am a bit afraid of height, so it was quite difficult for me. But after climbing a few more times, I am able to adapt to this height, and my body become healthier because of the exercise. Moreover, I have a lot of companions, so I wasn't afraid that I'm alone.

Since we were studying abroad, many students would seek opportunities to travel around Europe. For me, I went to Poland, Netherlands, France, Spain, Germany and Austria. I experienced their food, for instance, the cheese in Amsterdam; the Polish dumplings in Warsaw; the Pork Knuckle in Berlin and the Wiener Schnitzel in Vienna. The tastes were so special and I really enjoyed every meal. I also attended big events in some countries. My friends and I prepared orange clothes and we went to Amsterdam and joined the King's Day in the Netherlands. People were chatting, dancing and drinking everywhere. The atmosphere was full of happiness. I also walked the famous route- Camino de Santiago. This is my first time to climbing with a mountaineering bag. Although, the route was quite tough and tired, we still felt very satisfied after get to the destination. During the hiking, we met different people and we encourage each other, I think that's the reason that we didn't give up.

When travelling any country, I like to join the local tour to know their history and culture behind the ancient buildings and palaces. When I visit the buildings by myself, I would understand the people, the stories easier and through the eyes of a local, you would benefit from the unique insights about a location as they are passionate. Further, with local knowledge and great connections, the Tour Guide may take you to fascinating attractions and sites that may not have been discovered. The best thing is that I can ask about other tips for where to eat and drink, as well as what to visit in the area. Considering the Guides are local, they can recommend the perfect options for my wants and needs.

There are so many benefits of studying oversea. First of all, it makes you more globally aware. I would consider a culture shock at the first time, once I understand it, it would be a type of practical knowledge for me to gain. Next thing is it make you more adaptable. Not only the food, weather, and the high living costs, experiencing different academic communities would also need huge effort. Since the university demands more than my home university, so I had to adjust my academic performance to different tasks you encounter and learn how to work with people in different countries. The exchange program surely took me

out of my comfort zone. It's very easy to dwell in simple joys of everyday life when you're living with your friends or family. However, the program only allows you to settle down, make friends and know the surroundings in a few months. It helps me to realize how adaptive and how tolerant I can be. It makes me more flexible in different ways. The program is also an advantage for future development. It helps you to make global connections and even build a global network. I hope to work abroad someday, so exploring other countries is useful at this stage of my life. This made me learn small practicalities such as dealing with foreign currencies, different transport systems and improving cultural awareness. The most important thing is developing social relationships. The trips and adventures we experience together would last for a lifetime. You would also have friends all over the world.

Due to the pandemic, there are many twists and turns when applying the exchange. I thought that I would miss it. Luckily, I still get there. Now that I could come back healthy and happy, I really want to thank many people. First of all, I would like to thank the school's International Affairs Office for their tireless assistance to the exchange students. There are many changes and unknowns during the epidemic. I am nervous at that time and I went to the Office to ask various questions many times. However, the teachers would reply patiently or help solve them as always. I have to say that because of those teachers working hard for the students behind, so that the students could exchange as scheduled. It is really hard work! Second, I would like to thank my classmates and Taiwan exchange students: this is my first time to travel to Europe and it was inevitable that my family would have some concerns. Luckily, I met many great companions along the way. We supported and helped each other. When we encountered any problems, we would solve it together. We would also travel together. Although my dormitory is a little far from the dormitory building of exchange students, the company has been very fulfilling for the past six months because of these friends. We experienced many things together, it's really good to know all of you! Finally, I would like to thank my family and friends far away in Taiwan, who cheered me on, cared about my situation, and gave me the greatest assistance and support when I was helpless and encountered difficulties. Because of you behind me, I can fully experience life abroad, thank you so much!