

一、 學校簡介

挪威經濟學院 (NHH) 創立於 1936 年，位於挪威第二大城市卑爾根，是挪威最具聲譽的商學院，也是北歐地區的重要學術機構之一。NHH 專注於經濟學、財務、行銷、策略與管理等領域，並以其高品質的研究與教學聞名。該校為挪威第一所獲得 EQUIS 國際認證的商學院，顯示其在教學、研究與國際合作方面皆達到全球頂尖標準。

NHH 擁有高度國際化的學習環境，提供多門英語授課的課程，並與世界各地的知名大學建立了合作關係。學生不僅能接受學術訓練，也有機會參與各類學生活動，培養跨文化溝通與實務能力。學校位於自然景觀壯麗的西挪威海岸，提供學生一個結合專業發展與生活品質的理想學習環境，但如果你喜歡的是城市感十足的生活環境，卑爾根可能沒有那麼適合你呦！

二、 國外研修之課內課程學習及最喜歡的課程

我最喜歡的課程是 Competitive Strategy (競爭策略)。這門課程結合理論與實務，透過實際商業案例幫助學生理解企業如何在競爭市場中制定策略。課程中運用案例講解了市場進入障礙等情境，並介紹了多種策略分析工具，包括價值鏈分析以及 Judo Strategy 等。教授講解非常清楚，能夠將原本可能較抽象的策略概念轉化為具體情境，讓人容易理解並加深印象。

這堂課的期末分數是由 50% 的個人期末考和 50% 的期末分組報告組成。雖然我考完期末考蠻忐忑的，但後來我發現只要期末考的開放式回答有呼應課堂內容，展現有所吸收與理解，就能得到不錯的成績。至於期末報告，只要運用課程中提到的內容分析，並根據教授分批給的回饋調整報告的內容，最後也能完成一份還不錯的報告。

三、 國外研修之課外生活學習

在挪威的研修期間，除了課內活動以外，課外的生活學習也讓我累積了許多寶貴的經驗。由於住在學生宿舍，我學會了獨立處理生活大小事，從自己採買生活用品、解決三餐 (當然有時候只有兩餐)，到管理預算等等，這段期間讓我在這些方面變得更加自律與有條理。住宿環境雖簡單，但與

其他國際學生共用廚房也促進了我對不同生活方式的理解。這樣的機會很難得，是一般生活中很難接觸到的！

課餘時間我也偶爾會自己規劃旅行，除了走訪挪威其他地區，也曾前往歐洲的一些國家旅行。從挪威的峽灣渡輪、極光與雪地活動，到歐洲城市的文化景觀，每段旅程都讓我更熟悉如何在陌生的環境中查資料、訂票、安排行程，遇到突發狀況時也能冷靜處理，是一種不只風景美，也讓人心靈成長的體驗。

挪威的生活節奏比台灣慢很多，大部分商店營業時間短，但這樣的環境反而讓我學會放慢腳步，享受當下，也更懂得調整自己的節奏、珍惜簡單的日常。這樣的生活方式讓我意識到並不是越忙碌就越有效率，而是要找到適合自己的節奏，才能兼顧效率與生活品質。此外，我也觀察到挪威人很重視個人空間與界線。雖然不算是太嚴重的文化衝擊，但這樣的相處方式讓我重新思考了人際互動的意義。與其追求時時刻刻的聯繫，不如在適當的距離中保有彼此尊重與自在。

整體來說，這段生活給我的不只是課業上的收穫，更多的是日常生活中累積的小經驗。雖然從獨立生活到適應不同文化剛開始都有點不習慣，但也在這過程中慢慢找到自己的步調。這些平凡卻不普通的日子其實才是最讓人記得的，也讓我更清楚自己喜歡怎樣的生活方式。

四、 交換之具體效益

- **培養獨立生活能力**：幾乎都自己買菜煮飯、整理生活環境，提升日常生活的管理能力
- **增強時間分配和自我管理**：在讀書、休閒娛樂與生活瑣事間調配時間，提升效率與執行力
- **增進預算規劃能力**：自行管理每月生活費及開銷，習慣理性消費與預算控制
- **提升適應能力**：在陌生環境中找到自己的生活節奏，學會面對突發狀況，並在過程中建立安全感
- **找到相處的界線與重心**：和朋友或組員相處時慢慢學會不壓抑自己想法，提升溝通效率，更懂得分辨人際界線與相處重點，將時間與心力投入在真正值得經營的關係上

五、 海外生活期間的困境

因為我一直以來都跟家人感情蠻好的，所以交換期間最大的困境就是會不定期想家，尤其是獨旅的

時候。那種難過的感覺不來自於孤獨感，而是一種「有美好卻無法跟最愛的人分享」的遺憾感。以往旅行身邊總有家人陪伴，而當我一個人看到壯麗風景、吃到好吃食物時，腦中自然會跳出「如果他們也在就好了」。這種情緒雖然蠻難解決的，但我漸漸學會接納這樣的感受，並積極地跟他們分享旅途中的樂趣，讓距離不要那麼遙遠。

六、 海外生活期間的文化衝擊

剛到挪威的時候，的確有感受到一些文化上的差異。比方說在台灣，要不就是不打招呼，要不就是小聊一下。但是在挪威，雖然不會主動找話題，但路上點頭微笑是很常見的，給人一種很安靜卻很友好的感覺，這大概就是大家說的「I人友善」吧！雖然算是一種文化衝擊，但只有剛開始不太適應，後來就蠻習慣這樣的模式了。同時，也慢慢明白這好像就是他們雖然不認識，但打個招呼表達尊重的方式。

至於飲食方面，我不算是個非常亞洲胃的人，所以倒也不會特別想念台灣的食物。不過為了省下驚人的外食費，從來沒有真正自己煮過飯的我，還是花了一些時間適應自己下廚的生活。剛開始常常不知道該煮什麼，但後來發現只要沒事看看食譜，好像真的會增加食慾，也對想吃的東西更有明確想法！用了這招之後，每天問自己「今天要吃什麼？」「要煮什麼？」的問題也變得更好解決了。

七、 海外生活歷練帶來不一樣的改變或個人特質上的轉變

在出國之前總聽到有人說出國之後視野會變得很不一樣，比方說會變得更有國際觀、英文會變超好、看事情會更全面之類的。老實說，我剛開始沒有期待會有太大的改變，畢竟多數人都還是習慣找自己的同溫層。其實我也不例外，這次交換雖然也有認識一些來自不同國家的朋友們，但日常生活中還是一樣傾向於跟台灣的朋友們有交集。不過仔細想想，我也是有一些改變的。只是它們好像是漸進式的，不是那種劇烈轉變，而是在日常互動和生活細節中慢慢累積出來的。是從第一次進到超市思考怎麼解決三餐開始，是從第一次因為想家而偷偷掉眼淚開始，是從每一次嘗試與組員討論、與新的朋友相處開始，是從想著「這裡不是家」到慢慢覺得「這裡也有家的感覺」。當初沒想過真正帶來改變的不是某個特別事件，而是一些看似微不足道的點點滴滴堆疊起來的。回想起來，最讓我珍惜的不是那些可以量化的成長，而是更願意去適應、去理解、去敞開心胸，迎接每一次的不確定與不習慣的自己。

八、感想與建議

交換的這一年，我很快樂、很幸運，也很滿足。很開心在挪威遇到了一群真誠又溫暖的朋友，讓我的交換生活多了很多歡笑和陪伴。每一天的生活，不論是課堂上的學習、廚房裡的聊天或者是旅途中的冒險，都讓我深深感受到前所未有的自由與充實。雖然系上有學分抵免的規定，多少有些讀書壓力，但也因此讓我更具體地體會到交換生活並不只是旅行或放鬆，而是一段融合學業、生活與探索的完整旅程。回過頭來看，真的很慶幸自己當初勇敢踏出這一步，選擇了出國交換。

最終讓我受益最多的不是語言能力或課業成績的提升，而是學會如何面對未知與不確定，在文化差異與生活挑戰中找到自己的節奏。畢竟，生活不是等一切準備好才開始，而是邊走邊學、邊跌邊成長。經過這一年的交換生活，我覺得保持彈性、保持好奇心，並且要有能力接受與預期不同的事是很重要的！

如果你還在考慮要不要出國交換，別想太多。帶上你的錢衝一波吧！你會帶著不同的故事、滿滿的成長，還有拍不完的照片回來的！

九、英文心得

Spending a year as an exchange student at the Norwegian School of Economics (NHH) in Bergen, Norway, has been one of the most enriching experiences of my life. Founded in 1936, NHH is Norway's most prestigious business school and one of the leading academic institutions in the Nordic region. With a strong focus on economics, finance, marketing, strategy, and management, the school is well-known for its high-quality teaching and research. It was also the first business school in Norway to receive the international EQUIS accreditation, affirming its excellence in education, research, and global engagement.

NHH offers a highly international learning environment where many courses are taught in English. It maintains strong partnerships with universities worldwide. Beyond academic development, students are encouraged to engage in various extracurricular activities,

building up practical skills and cross-cultural competence. Located on Norway's scenic west coast, NHH provides a beautiful and peaceful place to study. To be honest, if you prefer an urban lifestyle, Bergen may be a little too quiet.

Among all the courses I took, my favorite one was Competitive Strategy. The course combined theory and real-world application, which made it easier to understand how companies utilize these strategies to compete in the market. We learned about entry barriers, value chain analysis, and tools such as Judo strategy. The final grade for the course was based equally on an individual exam and a group project. Although I wasn't sure about how I performed during the final exam, I realized that once I could relate my answers to the course material and demonstrate my understanding, the results would be fine. As for the group presentation, we adjusted our report according to the professors' feedback. It was a satisfying process that led to a well-rounded final product.

My exchange life outside the classroom offered many valuable lessons as well. Living in the student housing made me more independent. I had to handle my own grocery shopping, prepare meals, manage my budget, etc. Besides, sharing a kitchen with hallmates from different countries gave me the chance to understand different lifestyles. This was a unique experience I have never had. In my spare time, I occasionally traveled both within Norway and to other countries around Europe. Whether it was taking a ferry through the fjords, chasing the Northern Lights, or exploring cities around Europe, each trip taught me how to plan schedules, solve unexpected problems, and move through unfamiliar places with confidence. These journeys offered both breathtaking views and meaningful growth.

During this year, I had lived at a very different pace. Compared to Taiwan, shops often closed early, and the environment was quieter. I wasn't used to it at first but eventually loved this lifestyle. It taught me to slow down, enjoy every present moment, and strike a balance between efficiency and well-being. I also found out how Norwegians value personal space and boundaries. Although it wasn't a huge cultural shock, it made me think about how I approach social interactions. I learned that meaningful connections don't necessarily

require constant contact but value mutual respect and comfortable distance instead.

Even though my exchange life mostly went smoothly, one of the biggest challenges I faced was homesickness, especially when I travelled by myself. It didn't happen because of loneliness, but more because of the bittersweet feeling of not being able to share the beautiful experiences with my loved ones. Although this feeling had never entirely disappeared, I learned to accept it and noticed that sharing photos and wonderful moments with my family made me feel better. Therefore, I always keep in contact with my family to bridge the emotional distance.

Cultural differences appeared throughout my stay in Bergen. In Taiwan, people either don't greet or make small talk. In other words, greetings in Taiwan can be more polarized. However, it's common for Norwegians to nod and smile when passing by. While they may not start a conversation, there is a sense of quiet friendliness that I like very much. As for food, I realized that I am quite adaptable to different cuisines. I usually didn't have an intense craving for Taiwanese food, but to save money, I started cooking. In the beginning, I had no idea what to make, so I started browsing recipes and found out that this urged me to come up with ideas. This helped me a lot when thinking about the "What should I eat?" question every day.

Before going abroad, I often heard people say that studying overseas would broaden horizons, improve English, and give you a more global perspective. I didn't expect these kinds of great changes since we all know that people prefer to stay in their comfort zone, and so did I. But as time went by, I realized that growing up isn't always about life-changing things. Sometimes, it's the small everyday moments that gradually shape you, like figuring out how to buy groceries on my own, the quiet tears of homesickness, or slowly realizing that this unfamiliar place could be my second home.

Looking back this year, the most meaningful changes were internal. I became more adaptable, more curious, and more open to unfamiliarity. I learned that life isn't about

waiting until the perfect time, but instead, it's about learning and growing as you go. This exchange year taught me how to embrace uncertainty, find my pace, and be confident in handling the unknown.

In short, I feel very grateful for this experience. I met kind and sincere friends, went through memorable journeys, and lived each day with both freedom and fulfillment. Although having course credit requirements was a bit stressful, the overall life in Bergen was a beautiful blend of academic pursuit, personal development, and cultural exploration. What I gained most was not improved language skills or academic performance, but the mindset to face challenges with resilience, curiosity, and openness.

To anyone considering studying abroad: Don't overthink it. Grab your money and go! You'll come back with stories, growth, and way too many photos.