

# 學校簡介

挪威經濟學院□

NHH NORWEGIAN SCHOOL OF ECONOMICS

NHH四季都很美！校名簡稱NHH，但挪威發音似「N~Ho~Ho」，是挪威最好的商學院！是想在挪威學習工商管理學生的首選，NHH與企業和社會組織合作密切，並與190多個國家的50所大學和商學院合作，2023年秋季有來自世界各地超過360位交換學生，交換學生制度十分完善，許多歐洲學生也將NHH列為交換首選。

NHH位於挪威第二大城卑爾根Bergen，是個美麗的海港城市。NHH距離市中心、世界文化遺產「布呂根」僅10分鐘公車車程。要注意的是，挪威是歐洲國家，但不是歐盟國家，幣值使用挪威克朗，但電子交易普及。

資料來源：

<https://www.nhh.no/en/about-nhh/facts-and-figures/>

<https://rankings.ft.com/rankings/2954/european-business-school-rankings-2023>

## 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

### 1. Sustainable Business Models 永續商業模式（最喜歡的課程）

設計和創新企業的永續商業模式，本課程由兩個主要模組組成。第一個模組「認識和重新思考」解決了從業務績效角度以及社會和環境外部性角度理解公司當前業務模式及其優勢和劣勢的挑戰。

第二個模組「重塑和重組」解決了以協調永續發展績效和業務績效的方式創新和重新設計業務模型的挑戰，並以促進這種績效的方式進行重組。

資料來源：<https://www.nhh.no/en/courses/sustainable-business-models/>

學習心得：兩位教授上課十分有趣，並邀請許多挪威業界實踐永續的企業到校演講，是理論與實務兼具的課。學期中和挪威同學一起做小組報告，對於挪威人的工作模式，獲益良多。學期末六小時的學校考試，十分挑戰。

### 2. Working successfully across cultures □

跨文化成功工作（推薦）

當今全球化世界，跨文化工作變得更加重要。個人和組織必須能夠與來自不同背景、文化和語言的人們有效地合作。跨文化有效工作的能力對於企業在全球市場取得成功以及個人駕馭多元文化社會至關重要。它涉及發展對文化差異的理解，並調整個人的溝通和行為，以與來自不同背景的人建立信任和尊重。

資料來源：<https://web.archive.org/web/20230730034454/https://www.nhh.no/en/courses/working-successfully-across-cultures/>

學習心得：班上學生來自全球約20個不同國家，雖是大學部課程，但因可和世界各國學生交流，因此我選修它，從課堂中了解各國工作文化差異。期末和不同國家學生一起製作上台報告，實際演練跨文化工作，深具挑戰。

### 3. Seminar: Climate Change and Ethical Challenges 研討會：氣候變遷與道德挑戰

為期一週的密集課程，上完後可了解氣候變遷的一些基本道德理論，了解氣候變遷和相關道德挑戰的基礎知識，熟悉與氣候變遷有關的國際議題以及富國和窮國之間可能發生的衝突，熟悉氣候變遷的世代議題與挑戰，熟悉全球暖化的不確定性和政策議題，了解地球工程原理和相關倫理議題。

資料來源：

<https://www.nhh.no/en/courses/seminar-climate-change-and-ethical-challenges/>

學習心得：為期一周的密集課程，邀請許多校外、不同領域的教授到NHH演講，為商學院的學生

增加關於氣候變遷議題不同的視野。超級大班，每天一起上課超過百人，還有許多挪威及各國學生一起上課，可以聽到不同角度對於氣候變遷的反思。

4. 另外推薦：挪威語課，其實很有趣，也能多認識挪威文化，但我因為課餘活動太忙，最後退選了，很可惜。

## 國外研修之生活學習（課外）

### 1. Welcome week

秋、春開學都會有歡迎週活動，校方和學生會皆有舉辦，讓學生十分容易融入新生活。

2. 每個月參與Sammen舉辦的登山健行活動，每兩天到Sammen健身房運動。□

卑爾根七山健行：挪威很貴，但，大自然免費！Sammen是挪威學生組織，致力為挪威西部地區40000多名學生提供住房、健身、餐飲、幼兒園和職業發展等服務。Sammen的盈利用於回饋學生。

資料來源：<https://sammen.no/en>

### 3. 參加卑爾根學生潛水社團活動

SUB-BSI卑爾根學生水下俱樂部，是挪威最大、最古老的潛水俱樂部之一，通常每週舉辦3次潛水活動。□

SUB-BSI隸屬於挪威潛水□

協會(NDF)和世界水下活動聯合會(CMAS)，SUB-BSI也是卑爾根學生聯盟(BSI)成員，並與卑爾根大學(UiB)的研究人員合作收集樣本資料。

資料來源：<https://sub.w.uib.no>

4. 因國立中山大學「全球移動實踐人才培育獎助金」支持，9月底赴挪威北極圈Vardø參與北極電影節，促進台挪文化交流。

5. 因國立中山大學「全球移動實踐人才培育獎助金」支持，10月中赴愛沙尼亞參加「2023全球綠色目的地年會」，擔任講者，分享台灣黑潮海洋文教基金會與多羅滿賞鯨船20多年來的合作，讓更多歐洲人了解台灣如何推動海洋保育。並將「2023全球綠色目的地年會」收獲，於天下雜誌《微笑台灣》專欄撰寫中文報導，讓台灣人了解歐洲永續旅遊疫後趨勢。□

□

報導網址：<https://smiletaiwan.cw.com.tw/article/6828>

6. 因國立中山大學「全球移動實踐人才培育獎助金」支持，11月中赴挪威北極圈參與賞鯨考察，了解挪威漁業活動與賞鯨旅遊現況。並在北極圈中，與中廣流行網「王瑞瑤的超級美食家」節目連線、直播一小時，介紹挪威永續見學心得：<https://reurl.cc/13e5X8>

7. 因國立中山大學「全球移動實踐人才培育獎助金」支持，12月中，從卑爾根到挪威奧斯陸體驗「挪威縮影」行程，了解挪威如何開發永續旅遊體驗。並造訪鄰近奧斯陸的捕鯨博物館，了解挪威捕鯨歷史。

## 交換/研修之具體效益（請條列式列舉）

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1. 增進英文能力 □

2. 拓展視野

3. 了解歐洲永續趨勢

4. 了解挪威海洋文化

5. 增進職能所需

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？

潛水恐慌。因為在不習慣的海域、跟陌生的潛伴、使用不熟悉的乾式防寒衣潛水裝備潛水。請教潛水社團前輩，多練習，嘗試摸索是什麼原因造成自己恐慌，並在日後潛水活動中，逐一排除，以降低恐慌的機率。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

因為抱持著我就是要來體驗挪威文化的心態，因此沒有什麼太大的衝擊，就是盡量去感受各種同與不同，甚至非常喜歡挪威的平等文化，也對於北歐人相對沒那麼熱情的態度感到很自在，給彼此保留很舒服的空間。

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？

喜歡上一個人獨處的感覺。雖然出發前很擔心不會煮飯的自己會餓死，但因為在廚房裡可以跟各國可愛的鄰居們聊天，因此不討厭煮飯，但回到房間又有個人獨立的空間，整體是非常舒適的環境。

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？

學海飛颺獎學金補貼了挪威的部分房租。中山大學的「全球移動實踐人才培育獎助金」給我非常大的幫助，讓我能在挪威、愛沙尼亞國際論壇上介紹台灣，又能透過參與在地實踐，更了解挪威。雖然沒有獎學金我還是會出國，但有獎學金讓我能有更多機會探索當地。

## 感言及心得感想

超級推薦大家到挪威第二大城「卑爾根Bergen」、挪威最好的商學院「挪威經濟學院NHH」交換，這是我人生最快樂的一段時光，在此體驗尊重個人空間的文化態度，因NHH學生又會念書又會玩，所以學期初時，跟著當地學生探索卑爾根，在台灣從來不爬山、不上健身房的我，在卑爾根每兩天去健身房、每個月去爬山，養成運動的好習慣。學期末時，NHH的學生又非常用功，跟挪威學生一起做報告、準備期末考，受益良多。

校外的生活體驗，我不像其他同學大多積極遊覽歐洲，我反而是比較專注在探索挪威，因為我好奇這個過去很窮困的國家，如何翻身成為全世界最幸福的國家之一。雖然短短半年並無法真的理解全貌，但挪威人不炫富、熱愛大自然、尊重個人、男女平等文化，深深吸引著我，也給我許多啟發。而且，卑爾根四季皆美！

也許大家會因北歐物價而卻步，但其實挪威學生自己也覺得挪威物價很高，因此可以跟同學、鄰居們請教各種省錢的小撇步、每周超商有各種特價食材，三餐自煮可省下許多。□

11月開始還有機會在北極圈內看到極光，或是超級幸運，在NHH的校園就能看到極光，挪威同學幾乎每年見一次，我就曾經煮晚餐時被同學叫去看極光，如此幸福的「日常」，是其他國家或學校難以擁有！

在挪威卑爾根的「生活」□ 是我一生最美好的回憶！感謝國立中山大學！感謝教育部！讓我有機會體驗不同的生活～～

# 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)

## \*\*\* School Introduction \*\*\*

### Norwegian School of Economics (NHH)

NHH is beautiful throughout all four seasons! Although abbreviated as NHH, it is pronounced as "N~Ho~Ho" in Norwegian. It is renowned as Norway's premier business school. NHH maintains close collaborations with businesses and social organizations, and has partnerships with 50 universities and business schools in over 195 countries. In the fall of 2023, more than 360 exchange students from around the world attended NHH, showcasing a well-established exchange program. Many European students also consider NHH as their preferred destination for exchange studies.

Located in Bergen, the second-largest city in Norway, NHH is situated in a picturesque harbor city. It is only a 10-minute bus ride away from the city center and the UNESCO World Heritage site, "Bryggen." It is important to note that Norway, while being a European country, is not a member of the European Union. The official currency is the Norwegian Krone, but electronic transactions are widely accepted.

## \*\*\* Course Learning \*\*\*

### 1. Sustainable Business Models

I thoroughly enjoyed the Sustainable Business Models course, which focused on designing and innovating sustainable business models. The course featured engaging lectures by two professors and invited industry practitioners from Norway to speak, creating a well-rounded blend of theory and practical insights. Collaborating on group projects with Norwegian classmates provided valuable insights into their work culture. The final six-hour school exam at the end of the semester posed a significant challenge.

### 2. Working successfully across cultures □

In today's globalized world, the ability to work effectively across cultures has become increasingly crucial. This skill involves developing an understanding of cultural differences and adjusting one's communication and behavior to build trust and respect with people from various backgrounds. The course attracted students from around 20 different countries, providing a university-level experience enriched by global perspectives. Choosing this course allowed me to explore and understand work culture differences worldwide.

### 3. Seminar: Climate Change and Ethical Challenges

Participants gain foundational knowledge about climate change and its associated ethical challenges, exploring international issues and potential conflicts between developed and developing nations. The course delves into generational aspects and challenges of climate change, familiarizes students with the uncertainties and policy issues surrounding global warming, and introduces principles of geoengineering along with relevant ethical considerations.

### 4. Norwegian language courses

Additionally recommended: Norwegian language courses are actually quite enjoyable and offer an opportunity to learn more about Norwegian culture. Unfortunately, due to my busy schedule with extracurricular activities, I had to withdraw from the course, which was a regrettable decision.

## \*\*\* Life Experience \*\*\*

1. Welcome Week activities are organized by both the university and the student union during the fall and spring semesters, making it easy for students to integrate into their new lives.
2. I participate in hiking excursions organized by Sammen every month and engage in physical activities at the Sammen fitness center every two days.
3. I am involved in the Bergen Student Diving Club, SUB-BSI, one of Norway's largest and oldest diving clubs, which typically holds three diving activities per week. More information can be found on their website: <https://sub.w.uib.no>
4. Supported by the "Global Mobility Talent Cultivation Scholarship" from National Sun Yat-sen University, I undertook the following practical experiences:
  - In late September, I attended the Arctic Film Festival in Vardø, within the Arctic Circle in Norway, promoting cultural exchange between Taiwan and Norway.
  - In mid-October, I participated in the "2023 Global Green Destinations Annual Conference" in Estonia as a speaker. I shared the collaboration between the Taiwan Cetacean Education Foundation and the Turumoan Whale Watching Boat over the past 20 years, aiming to raise awareness of Taiwan's efforts in marine conservation among Europeans.
  - I reported on the outcomes of the "2023 Global Green Destinations Day Conference" in the "Smile Taiwan" column of the CommonWealth Magazine, providing insights into post-pandemic sustainable travel trends. Report link: <https://smiletaiwan.cw.com.tw/article/6828>
  - In mid-November, I joined a whale-watching expedition in the Arctic Circle to understand the current situation of Norwegian fisheries and whale-watching tourism.
  - In mid-December, I traveled from Bergen to Oslo, experiencing the "Norway in a Nutshell" itinerary and exploring how Norway develops sustainable tourism experiences. I also visited the Whaling Museum near Oslo to learn about Norway's whaling history.

#### \*\*\* Concrete Benefits \*\*\*

1. Enhance English proficiency
2. Broaden perspectives
3. Understand sustainable trends in Europe
4. Explore Norwegian maritime culture
5. Improve skills relevant to my profession
6. Apply acquired knowledge and skills to contribute to Taiwan

#### \*\*\* Personal Insights \*\*\*

I highly recommend everyone to consider an exchange program in Bergen, the second-largest city in Norway, and at the Norwegian School of Economics (NHH), the top business school in Norway. It was the happiest time of my life, where I experienced a cultural attitude of respecting personal space.

NHH students excel in both academics and leisure, so at the beginning of the semester, I explored Bergen with local students. Despite being someone who rarely hiked or went to the gym in Taiwan, I developed a habit of going to the gym every two days and hiking every month in Bergen.

Towards the end of the semester, NHH students were diligent, and I benefitted greatly from working on presentations and preparing for final exams alongside Norwegian students.

In terms of extracurricular experiences, unlike many others who explored various European destinations, I focused more on exploring Norway. I was curious about how a country that was once impoverished

became one of the happiest in the world. Although a short six months couldn't fully capture the whole picture, the Norwegian culture of modesty, love for nature, respect for individuals, gender equality, and more deeply fascinated and inspired me.

Additionally, Bergen's beauty shines in all four seasons! Starting from November, there is a chance to witness the Northern Lights within the Arctic Circle, and if you're incredibly lucky, you might even see them from NHH's campus.

Living in Bergen, Norway, was the most beautiful memory of my life! Thanks to National Sun Yat-sen University for giving me the opportunity to experience a different way of life!

資料來源：

<https://www.nhh.no/en/about-nhh/facts-and-figures/>

<https://rankings.ft.com/rankings/2954/european-business-school-rankings-2023>

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