

## 學校簡介

挪威經濟學院是一所很現代化的學校，也許世界排名不高，但這其實跟北歐喜歡把專業分別設立一間學校有關係，不是綜合大學本來就不利於世界排名，但是這間學校對於挪威人來說，是挪威最好的經濟學院，在上學的過程中可以感受到校園濃厚的學習氣氛。

## 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

在國外研修的過程中，我一共修了三門課

1. 初級挪威語:算是很粗淺的那種，北歐的語系跟德語有些微類似，並且挪威語和丹麥語與瑞典語神似，在各國遊歷多少能夠看得懂一些，也大致明白如何發音。
2. 企業的環境社會責任:比較像是研討會的形式，會邀請到講者來分享目前最新的能源趨勢等等，並且最後會要求針對一些議題進行論文的撰寫，這跟我未來研究領域接近，因此是我最喜歡的課程。
3. 環境經濟學:這門課是以經濟學為基礎，加入了許多的環境政策與措施會對經濟影響進行討論，期末時要寫出一篇投資報告。

## 國外研修之生活學習（課外）

1. 因為挪威經濟學院在挪威第二大城BERGEN，位於挪威西南邊，也因為地形緣故，出遊多半只能搭乘飛機，因此對於我來說，如何去規劃一段行程就是最大的學習，因為這並不是一個很多廉價航空會飛的地方，也沒有所謂的夜巴可以搭，真的就只有機票。
2. 在課外我也去體驗了一下魚市場打工，看看職場生活，雖然當時就覺得制度有點奇怪，在申請一些工資稅卡時，挪威的勞工局有協助看了一下契約，他們說這是非常不合理的勞資關係，是可以進行舉發的，因此也了解到挪威對於勞工權益是很注重的國家。

## 交換/研修之具體效益（請條列式列舉）

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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?

其實遇到的困難很多，但是通常都迎刃而解，我記得印象最深刻的是簽證，當時入境時有說7天內要去警察局報到，由於台灣都是委託丹麥辦事處協辦簽證，所以無法直接用官網預約時間，但是我7天內怎麼打電話不是沒有人接，就是聽不懂的挪威語客服，但我也很怕非法滯留，所以最後是跑去找學校國際處幫忙，知道有幫學校學生安排時段，但前前後後也是用了快要3個月。

## 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

有的，事實上我很不習慣歐洲人的交友模式，他們習慣有很多的Party，而且交友模式通常是一大群開始認識，通常我們都是從一部份開始擴大認識更多人的，這樣一次認識很多人我會記不起來他們的名字，不過我還是努力記起他們的臉，對於Party就是多少講幾句話這樣，也不會特別去當外向的人，因為我不太了解他們的交友模式。

## 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？

最大的成長是看了很多歐洲各國的生活模式，我覺得比起原先的亞洲生活，我會開始去講求在忙碌的生活中，去懂得放鬆，然後個性上可能比較直接，因為台灣式的場面話跟拐彎抹角真的只有台灣人聽得懂，在國外很多事情都要直接表明立場。

## 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？

就是一點點補貼，有無獎學金不會改變我的出國計畫，因為說實話這個補貼的金額真的連我的來回機票都買不起

## 感言及心得感想

我覺得在我交換的期間，其實遊覽了非常多的國家，剛回國很多思緒都尚未整理好，很難去言說這一段旅程給我的人生帶來了甚麼不同，我覺得比較像是在我的人生中，種下一顆種子，你不知道這顆種子會對你的未來造成甚麼影響，但是我想會是很多正面的影響，很感謝有這個機會可以出國並且領取獎助金。

# 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)

## Background:

Having completed my required credits for graduation and already applied for graduate school, I hoped to use this half-year period to explore different parts of the world and broaden my horizons. The exchange program provided me with the opportunity to fulfill my expectations for this six-month period, allowing me to savor the experiences the world has to offer.

## Introduction to the Host School:

The Norwegian School of Economics is a modern institution. While its global ranking might not be high, this is due to the Nordic preference for specialized schools rather than comprehensive universities, which often affects world rankings. Nonetheless, for Norwegians, it is considered the best economics school in the country, and I could sense a strong academic atmosphere on campus.

## Courses Taken During the Study Abroad Program (Academic):

During my time abroad, I enrolled in three courses:

1. Beginner's Norwegian: This was a basic language course, and as a Nordic language, Norwegian shares some similarities with German. Having traveled to various countries in the region, I could understand and pronounce some Norwegian words.
2. Corporate Social Responsibility: This course took the form of seminars where speakers shared the latest trends in energy and other related topics. The final requirement was to write a paper on specific issues.
3. Environmental Economics: This course combined economics with discussions on various environmental policies and their economic impacts. The final assignment was to prepare an investment report.

## Experiences and Learning Beyond the Classroom (Extracurricular):

1. Due to the school's location in Bergen, Norway's second-largest city, which is situated in the southwest of the country with challenging terrain, travel often involved taking flights. Therefore, learning how to plan a trip efficiently became a significant aspect of my experience, as budget airlines were not as prevalent in this region, and there were no overnight buses available.

2. I also had the opportunity to experience working at a fish market, gaining insights into the workplace culture. Though I found some aspects of the work system unusual, seeking advice from the Norwegian Labor Agency when applying for some wage-related documents revealed that Norway places a strong emphasis on workers' rights.

## Benefits and Learning Outcomes (Enumerated):

1. Independence and Self-reliance: In Norway, many things required me to rely on myself, and I had to solve various challenges, big and small, independently.
2. Appreciating Life: Norwegians have a keen sense of appreciating life and focus on achieving a balance between work and personal life. Their shorter work hours allow them to share and enjoy life more.
3. Trip Planning: Given the high cost of air travel in Norway compared to other parts of Central and Western Europe, I had to invest more time in planning my trips.
4. Crisis Management: During my travels, I encountered unexpected situations, such as strikes or delayed transportation, which led to missed connections. Handling such crises calmly and finding solutions became a valuable memory from my exchange period.
5. Cultural Differences: Norwegians have very early working hours, which sometimes made it difficult to find people or secure appointments quickly. This cultural difference was an interesting experience during my exchange.

### Reflection and Suggestions:

Looking back on my exchange period, I realize that I visited numerous countries, and upon returning home, my thoughts were still a bit scattered. It is challenging to articulate how this journey has impacted my life. It feels more like planting a seed in my life; I am uncertain about the influence it will have on my future, but I believe it will bring about many positive changes. I am very grateful for the opportunity to study abroad and receive the scholarship.