

學校簡介

Bergen, Norway is home to the Norwegian School of Economics, also known as NHH or Norges Handelshyskole. It was established in 1936 as Norway's first business school and is the country's top institution for management and business administration education and research.

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

Environmental Economics and Markets

國外研修之生活學習（課外）

課外有不同的學會,能自由參加。並且,學校會舉辦很多不同的活動,例如:woman finance day.....邀請許多業內人士演講,獲益良多。

交換/研修之具體效益（請條列式列舉）

- 1.擴闊社交圈子
- 2.更加了解自己需要什麼和前途
- 3.跳出舒適圈,知道自己的不足

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？

因交換的學系與在台的本科不符,不時跟不上進度,不懂如何做作業,令我經常懷疑自己和情緒低落。然後,我尋找很多朋友幫助,盡力就好。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

沒有

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？

海外生活歷練有為您人生帶來不一樣的改變,最大的成長是我變得更有自信。

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？

我沒有獎學金,希望僑生能有獎學金。

感言及心得感想

我很感恩可以參加這次交換。我獲益良多和重拾自信。我在學校認識了許多來自世界各地的朋友，交流了不同文化，文化輸出，令我對我的文化更驕傲。我有參加不同社團，例如：TU，攝影.....我不時分享台灣的文化，教他們中文，在聚會時教他們拿筷子。他們都覺得很有趣。我都學到很多東西，例如：意大利人對PIZZA的執著，日本人的教育.....我更喜歡自己的文化。

再者，我跳出了舒適圈，了解出世界之大，亦更認清自己，了解自己的不足，改變自己。我亦更有自信，因看到不一樣的人都勇於做自己，使我更接受自己的所有，更有自信。例如：上課時，我覺得各個同學都很聰明，每一個人都在閃光，了解到比自己更強的人好多，更認清自己，接受自己的不完美。經過這一年，我有很很多東西有飛越的進步，例如：英文.....

雖然面對不少困難，但我現在懂得向別人求助。面對失敗，懂得正面面對。自信令我更愛自己。我亦感謝身邊有幫助我的朋友。以前，我總覺得向朋友求助，會打擾朋友，但我現在懂得向別人求助，困難更快解決，對所有人更好。

我發現挪威有許多值得學習的地方。挪威的風氣很開放，挪威人比較著重自己。並且，他們相信每個人可以獨立處理問題，很多事物令透明化，相信你們可以先自己處理，不能解決再協助。例如：剛下飛機到挪威時，挪威大學和學生機構會提前給你地圖和指導方針，令你自己可以獨自回宿舍和熟悉挪威。並且，當地人很熱情，當你有困難，向其他人求助，他們會幫助你。我學識了很多，相信自己可以獨立處理問題。

並且，今次交換令我更認清未來的方向，知道自己未來希望想選的前途，明白自己需要提升自己競爭力才能在社會有立足之地。我想在北歐繼續讀研究生，在北歐生日。我現在需要努力工作，增加自己競爭力和賺錢，令我能實現夢想。

最後，感謝中山大學對我的幫助和給我一個交流的機會。

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)

I'm really appreciative that I got to take part in this conversation. I've gained a lot of knowledge and confidence. I've made a lot of friends from all over the world who have helped me export cultures, trade different cultures, and increase my pride in my own culture. I am a member of several clubs, including TU and Photography. I introduce them to Taiwanese culture, educate them Chinese, and show them how to use chopsticks in social situations. They find it to be really fascinating. I discovered a lot of new things, like the Japanese education system and the Italian fixation with pizza. I prefer my own culture.

I've also been able to venture outside of my comfort zone and learn more about the world as well as about myself, my flaws, and how to improve. I am more self-assured and more tolerant of myself because I observe how others have the courage to be who they are. For instance, I believe that every student is brilliant and knowledgeable in class, but I've also learned that there are many people stronger than me, which has helped me better understand myself and accept my flaws. After this year, several things about me have advanced significantly, including: English.....

I still have a lot of challenges, but I now know how to ask for assistance. I am aware of good failure reactions. I can love myself more when I'm confident. I am also appreciative of my friends' assistance. I used to think that asking my friends for help would bother them, but now that I know how to do it, my problems are solved more quickly, which benefits everyone. I have discovered that Norway has a lot to teach me. Norwegians are more self-centered, and their culture is more open.

Furthermore, they make many things visible and think that everyone can handle problems on their own before seeking assistance if necessary. They also hold the view that everyone can do so. For instance, Norwegian institutions and student organizations will provide you with maps and instructions before you arrive in Norway so that you can return to your dorm and acquaint yourself with the country on your own. Additionally, the people there are friendly and helpful when you ask for assistance or are in need. I gained a lot of knowledge, and now I feel like I can handle issues on my own.

Additionally, this interaction has given me a better sense of where I want my life to go, what I want to do when I grow up, and why I need to become more competitive to fit in with society.