

學校簡介

挪威經濟學院 (Norwegian School of Economic, NHH) 座落在挪威第二大城市卑爾根，是挪威最好的商學院。學習風氣佳，學生皆多方發展專長與興趣，交換生制度也行之有年，單學期約莫 400 位交換生，可以遇到世界各國的人。

卑爾根最著名的是七山健行，能夠體驗真正的健行也是挪威交換一大重點；學校可以說是依山傍海，如果是住在學校對面的宿舍，有機會看到非常漂亮的卑爾根港口。因為卑爾根有暖流經過，跟挪威其他地區比相對暖活，11 月才會有初雪和零下氣溫，整體天氣是相對舒適的，秋天多雨，但通常是細細綿綿的下著，跟台灣的下雨不太相同，覺得即使是下雨都是很享受的！室內暖氣通常都很強，也要預防室內太乾燥導致皮膚和鼻子的不舒服，也要適時增減衣物。NHH 整體裝潢風格明亮溫暖，進出教室都需要刷磁扣，設備新穎且普遍電子化，大部分為階梯式教室。

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. Working across culture：學士、最喜歡之課程

屬於互動性課程，更著重於課堂討論，而不是考試為主。課堂有不同年齡、國籍的同學，每堂課有不同的 Case study，主題通常是跨國商業交流，產生火花的是大家交流意見的時候，有機會聽到從來沒想過的觀點和意見。

不過課程中後段容易覺得，主題邏輯都很類似（文化衝擊、東西國家），會開始有點討論疲勞；但期末報告我覺得是另一個高峰，教授會刻意讓分組為多國籍，採訪兩位有跨國文化經驗的受訪者，在合作報告的過程中，會第一視角體驗文化衝擊，不是前期課堂討論的紙上談兵，可以實戰演練是不是真的學會了這堂課教給你的東西。

2. Macroeconomic：碩士課程

希望能回來學校進行抵免而修的 hardcore 課程，不是涼課。由兩位助理教授合授，我覺得教授其實教得蠻仔細的，也很有耐心，整體上課中規中矩，不過也比起台灣教授更在意學生自我學習，而不是不停輸出和確認你是不是真的學習到了，也比起學士的總體經濟學困難很多。

整體而言，我會覺得做好準備的話可以修看看，可以體驗到國外核心學術課程。

3. Energy, environment and Sustainability：碩士課程

也是希望能回來學校進行抵免而修的 hardcore 課程，無法定義算不算涼課。由一位挪威教授教學，但真的沒辦法抓到他的教學重點，好幾個課堂同學也有同感；或許如果能在課堂上跟教授互動，會比較了解和對課程有參與感，但常常上完課只有覺得，I didn't get something new.

課程有四次紙本團體報告，都通過才能參加期末考和期末團體報告。這堂課我和新加坡同學同組，覺得是這堂課最大的收穫，對新加坡留下了很好的印象。

國外研修之生活學習（課外）

我認為交換重點之一，就是在同個時區和不同國籍的人一起生活。因為挪威物價高、小吃餐廳不如台灣普遍，三餐下廚幾乎是必須的，也讓宿舍的公共廚房變成進行深度交流的好地方。煮飯讓大家都必須得聚在同個空間裡一定時間，有桌椅就能坐下來互動，許多喜怒哀樂都在這裡發生，佔據課外學習的很大部份。

我也在挪威體驗了真正的健行，見識了峽灣的壯麗和高山的沈靜。剛好參與了 Sammen 的七週七山健行，很可惜沒能全部都爬到，但也透過這個機會，有計劃地去到卑爾根最著名的幾個山，每次的山友都不相同，對話和交流都和風景一樣印象深刻。

再來，我想是獨立生活吧。各種生活雜事都需要自立自強，不像在台灣這麼熟悉又有後援，在國外有很多自我的時間，沒有那麼匆忙和焦慮，多了很多機會認識自己，也是交換的收穫之一。

交換/研修之具體效益（請條列式列舉）

1. 英語能力各方面進步
2. 了解與認識自己的喜好和選擇
3. 和不同的人相處與交流

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?

我不覺得有遭遇到所謂的困境，不管遇到了什麼事，就是一步一步過關斬將，事情發生了就當下處理，隨機應變。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

是。對文化衝擊平常心，然後平常心的看待那些不同，文化衝擊就只是文化體驗，了解背後原因之後，也更能同理對方，每個文化都有它的特色。

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?

更了解自己的喜好和選擇。

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?

西灣領航獎學金差不多為我半年學校宿舍住宿費，約為交換花費的1/7。
否，不會改變

感言及心得感想

我認為大學時期很適合去半年期的交換，不需要延畢，又可以體驗到剛剛好的國外生活。整體而言，我收穫的比期待的更多，不負此行。

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)

Norwegian School of Economic (NHH), located in Bergen, the second largest city in Norway, it is the best business school in Norway. The learning atmosphere is excellent, with students developing various skills and interests. The exchange student system has been running for many years, with approximately 400 exchange students per semester, allowing students to meet people from around the world.

One of Bergen's most famous attractions is hiking the seven mountains, which is a major highlight during the exchange period in Norway. The school is situated by the mountains and the sea. If you live in the dormitories across from the school, you have the opportunity to see the beautiful Bergen harbor. Because Bergen has warm currents passing through, it is relatively warmer compared to other parts of Norway. Snow and below-zero temperatures typically occur in November. Overall, the weather is relatively comfortable, with autumn being rainy but usually with light, drizzling rain, unlike the heavy rains in Taiwan. Even when it rains, it is enjoyable!

Indoor heating is usually strong, but precautions should be taken to prevent discomfort from dryness affecting the skin and nose. Clothing should be adjusted accordingly. NHH has a bright and warm overall decor style, with magnetic key cards required to enter and exit classrooms. The facilities are modern and mostly electronic, with many classrooms being tiered.

1. Working across Cultures: Bachelor's & The Favorite Course

This course emphasizes interaction and classroom discussions rather than exams. With classmates of different ages and nationalities, each class involves different case studies, typically focusing on international business exchanges. The sparks fly when everyone shares their opinions, providing opportunities to hear perspectives and opinions never considered before. However, towards the later part of the course, discussions can become a bit fatiguing as topics tend to revolve around similar themes, like cultural impact and differences between Eastern and Western countries. Yet, next highlight is the final project, where groups, intentionally comprising students of diverse nationalities, interview individuals with cross-cultural experiences. Through collaborative reporting, students experience cultural impacts firsthand, moving beyond theoretical discussions and into practical application, determining if they have truly grasped the course content.

2. Macroeconomics: Master's Course

This course aims to challenge students with rigorous content rather than offering an easy path. Taught by two assistant professors who provide detailed instruction and patience, the course emphasizes self-learning over constant reassurance, contrasting with the teaching style in Taiwan. It is more difficult than undergraduate macroeconomics courses. Overall, with adequate preparation, it's worth taking to experience hardcore foreign academic courses.

3. Energy, Environment, and Sustainability: Master's Course

Another hardcore course aimed at seeking credits upon return to school, though it's hard to define whether it falls under the category of "easy courses." Taught by a Norwegian professor whose teaching key point is challenging to grasp, a sentiment shared by several classmates. Perhaps more interaction with the professor during class would foster understanding and engagement with the course material, as often, students leave feeling they haven't gained any new insights. The course involves four group paper presentations, all of which must pass to participate in the final exam and group presentation. My greatest takeaway from this course was collaborating with a Singaporean classmate, leaving me with a positive impression of Singapore.

I believe one of the key points of exchange is living together with people from different nationalities in the same time zone. Due to the high cost of living in Norway and the lack of snack stand and restaurants compared to Taiwan, cooking meals at home is almost a necessity, turning the dormitory's communal kitchen into a great place for deep interaction. Cooking requires everyone to gather in the same space for a

certain period, providing opportunities for interaction as well as sharing joys and sorrows, which occupies a significant portion of extracurricular learning.

In Norway, I also experienced true hiking and witnessed the magnificence of fjords and the serenity of mountains. I happened to participate in Sammen's "Seven Weeks, Seven Mountains" hike, unfortunately not able to climb all of them, but through this opportunity, I visited several of Bergen's most famous mountains. Each hiking companion was different, and the conversations and exchanges were as impressive as the scenery.

Furthermore, I think it's about living independently. Various daily chores require self-reliance, unlike in Taiwan where things are more familiar and there's a support system. Being abroad provides plenty of personal time, without the rush and anxiety, offering many opportunities to get to know oneself, which is also one of the gains from the exchange experience.

The specific benefits of exchange/study abroad programs are as follows:

1. Improvement in English proficiency across all aspects.
2. Understanding and recognizing one's own preferences and choices.
3. Interacting and communicating with people from diverse backgrounds.

Reflection and Experience: I believe that university is an ideal time for a six-month exchange program. It doesn't require delaying graduation yet provides an opportunity to experience just the right amount of foreign life. Overall, I gained more than I expected from this journey, making it truly worthwhile.