（一）學校簡介

挪威經濟學院（Norwegian School of Economics, NHH）是挪威最頂尖的商學院之一，位於挪威第二大城市卑爾根，擁有壯麗的峽灣景色與悠閒舒適的生活步調。學校十分重視國際化，每學期都有來自超過 50 個國家的交換學生，因此交換制度相當完善，不僅提供完整的資訊與說明，也會舉辦各式迎新活動和派對，讓來自世界各地的交換生有機會認識彼此。

（二）國外研修之課程

挪威大學的課程安排相當彈性，沒有固定的上課時間，而是由各授課老師自行規劃，因此可能出現這週有三堂課、下週卻完全沒有課的情況。本學期我總共修習兩門課程，分別為 Managing Projects in the Digital Age 與 Mathematical Finance，兩門課採用了截然不同的授課與評分方式，讓我深刻體驗到挪威多元且靈活的教學模式，難易度也都適中非常值得修習。

- Managing Projects in the Digital Age 採用翻轉教室的教學方式，學生需事先在家中觀看課程影片，再到學校參與六次工作坊，透過實際案例將影片中的理論知識應用於專案管理，並與組員共同討論、解決問題，期末評量則是以分組的方式，一起完成一份專案管理報告。與台灣許多課程不同的是，老師在學期初便公布完整的報告要求並給予範例參考，讓我們能依照自己的進度安排時間，且在課程結束後，仍有約一個半月的時間完成期末報告。其中，老師也多次強調，希望大家在完成課業的同時，也不要忘記好好體驗交換生活，因此這堂課除了讓我學習數位時代下的專案管理知識，也提供了許多與來自不同國家的同學交流機會。
- Mathematical Finance 則是一門偏重理論的財務數學課程，主要由老師授課，但課堂中老師會不時停下來確認每位同學的進度，也鼓勵學生隨時提問。課程期間需完成兩次作業，期末考試則是居家線上考試，雖然課程內容在中山大學時已有接觸，但這裡的教學更加重視定義、理論推導與證明，因此仍需要投入不少時間理解各項觀念，不過，由於正式考試是在課程結束近兩個月後才進行，仍有充足的時間複習與準備，因此整體而言並不會有太大的壓力。

（三）國外研修之生活學習

課餘時間，由於房間位於五樓，且幸運地擁有面海景觀，因此我喜歡坐在窗邊泡茶、聽音樂或 Podcast，一邊欣賞窗外風景，一邊享受難得的寧靜時光，有時也會和朋友一起玩桌遊、做甜點，讓平靜的日常增添許多樂趣。同時，因為整棟宿舍都是交換學生，很幸運地，同層樓的室友都十分友善，我們每個月都會舉辦一次聚會，分享各自國家的特色料理，交流不同的文化背景、生活習慣與價值觀，也因此結識了許多來自不同國家的朋友。

卑爾根的自然環境也是我很喜歡的一部分，因此平時若沒有課，我喜歡到市區散步，感受這座城市悠閒自在的生活步調，值得期待的是因為位於高緯度，冬天天氣晴朗時就有機會看到極光。另一方面，卑爾根被七座大山環繞，登山是許多當地人和學生喜愛的休閒活動，除了冬季融冰時步道容易濕滑，需要特別留意之外，涼爽舒適的氣候也讓爬山成為一件非常享受的事。

此外，挪威大學彈性的課程安排，也讓我有更多時間探索歐洲。我利用交換期間走訪了十五個國家，從南歐的歷史遺跡、東歐的共產文化、中歐如童話般的城鎮，到西歐的現代都市與北歐壯麗的自然景色，每個地方都擁有截然不同的文化與特色。雖然從卑爾根飛往歐洲其他城市的機票價格較高，但能親身感受各地的歷史與文化，依然讓我覺得一切都非常值得。

（四）具體效益

- 結交來至不同國家的朋友
- 體驗挪威的生活和教學方式
- 瞭解到歐洲各地文化
- 培養獨立和解決問題的能力

（五）困境與解決

一個人獨自在陌生的國家，面對截然不同的文化、語言及生活環境，難免會遇到各種挑戰。剛到挪威時，我最先遇到的困境就是與歐洲交換生相處，無論是在聊天或參加聚會時，大家討論的話題大多讓我感到十分陌生，例如歐盟各國的地方文化、政治議題、體育賽事等，我都不太了解，此外，我也不太適應他們聚會 pre-party 和喝酒的文化。因此，在交換初期，我大多還是與來自亞洲的交換生相處。不過，隨著相處時間增加，我開始慢慢融入他們，即使很多時候無法參與討論，我仍然很享受傾聽他們分享各自國家的故事，像是一起為球隊贏球而歡呼、抱怨政府政策或自嘲交通誤點等。透過這些交流，我感受到不同文化背景所帶來的價值觀差異，而他們充滿熱情的討論，常常感染著我，也讓我不自覺地會心一笑。

另一個需要適應的是挪威高緯度地區的自然環境，冬季每天只有約五、六個小時的日照，而到了夏季則接近永晝，即使晚上十二點天空仍不會全黑，凌晨三點便能聽見鳥叫聲，由於我習慣依照天色判斷時間，因此經常誤以為時間還早，結果才發現已經晚上九點了，是經過一段時間後，我才逐漸改變習慣，開始依靠手機安排自己的作息。此外，在歐洲旅行時，交通狀況也充滿變數，我在短短六個月內就遇到兩次班機臨時取消，也曾在法國遇到地鐵突然停駛，幸好每次出發前，我都會事先規劃替代交通方式並預留充足的轉乘時間，因此最後都能順利搭上交通工具並安全返回挪威。這些突發狀況雖然當下容

易因為語言不通而慌張，但也讓我學會事先準備備案、保留更多彈性。這些經驗不僅提升了我的應變能力，也讓我在未來規劃旅行時更加謹慎。

（六）感想與總結

還記得大四時，在選擇是否延畢出國交換猶豫了很久。同儕的腳步、外界的眼光，都讓我不斷懷疑自己的決定，然而，真正來到挪威後，我才發現這裡的一切都與台灣截然不同。無論是壯麗的環境、悠閒的生活步調，還是學校自由且彈性的學習風氣，都讓我慢慢放下原本緊繃的節奏，課程的設計以及宿舍同層樓舉辦的聚會，也讓我有機會接觸來自不同文化背景的朋友，透過交流認識更多元的觀點，一個人在國外的這半年，我試著靜下心來與自己相處，學會安排自己的學習與生活。

除了校園生活，旅行也是我在交換期間重要的成長來源，每當踏上歐洲不同國家的土地，都讓我有種難以置信的感覺。從感受冰島無時間之島的寧靜、欣賞挪威大雪紛飛與極光的壯麗景色、在拉脫維亞體會啤酒協力車、聽著捷克布拉格天文鐘報時、坐在維也納歌劇院欣賞《歌劇魅影》、走進波蘭奧斯威辛集中營感受歷史的沉重、親身站上義大利的羅馬競技場、看著倫敦塔橋緩緩升起，以及品嘗法國道地料理等.....，每一次都讓我覺得像夢一樣。幾個月前，我還是那個為了升學焦慮不已、每天被課業追著跑的學生，從未想過有一天能親身走進課本、電影與照片中的場景。這段旅程中，我有和朋友一起旅行，也有獨自踏上陌生的城市，曾經的我害怕一個人旅遊會感到孤單、迷惘，甚至不知道如何應付突發狀況，然而，一次次的旅行讓我學會自行蒐集資料、規劃行程，也有勇氣獨自探索陌生的國家，我開始享受獨旅時跟隨自己步調，發現未知的樂趣，也能在團體旅行中找到自己的角色，與朋友一起創造難忘的回憶。

雖然交換期間並非一路順遂，我曾因為無法完全融入歐洲同學的聊天而感到挫折，也遇過航班臨時取消、地鐵延誤甚至停駛等突發狀況，但現在回頭看，這些意外反而成為旅程中最難忘的回憶，也讓我在一次次解決問題的過程中變得更加從容，很慶幸自己當初勇敢做出了交換的決定。這趟交換最大的收穫，我想不是走訪了多少國家，也不是認識了多少朋友，而是在一次次旅行、與同學的相處，以及不同文化的碰撞中，讓我從一個總是習慣跟著既定步調前進、期待有人陪伴與依靠的人，逐漸成長為一個能夠接受改變、勇敢面對未知的人，我學會了獨立，也學會享受不同狀態下的自己，很高興在大學最後的半年，我將自己的足跡留在不同的文化與土地上，也為人生留下了一段精彩且難忘的回憶。

二、英文心得報告

The Norwegian School of Economics (NHH) is one of the top business schools in Norway. It is located in Bergen, the second-largest city in the country. Every semester, the school welcomes exchange students from

more than 50 countries. At the beginning of each semester, the school organizes many orientation activities and parties. These activities help exchange students make friends from all over the world.

Regarding academics, the class schedule is very flexible. There is no fixed timetable because each professor decides the class schedule. During my exchange semester, I took two courses: Managing Projects in the Digital Age and Mathematical Finance. The first course used a flipped classroom. We watched lecture videos before class and then joined six workshops. In the workshops, we worked in groups and used what we learned to solve real project management problems. The second course focused on financial mathematics. It was mainly lecture-based, but the professor often paused to ensure everyone understood the material. These two courses had very different teaching styles and grading methods. They helped me experience a different way of learning in Norway. I enjoyed both courses and think they are worth taking.

Outside of class, I really enjoyed my daily life. My room was on the fifth floor and had a beautiful sea view. Every day, I could enjoy different views from my window. I often sat by the window, drank tea, listened to music or podcasts, and enjoyed the quiet atmosphere. Sometimes I played board games or made desserts with my friends. My roommates were also very friendly. Every month, we had a gathering and cooked traditional food from our own countries. We shared our cultures, daily lives, and ideas. I also loved the natural environment in Bergen. When I had free time, I liked walking around the city and enjoying its peaceful lifestyle. Because Bergen is at a high latitude, there is a chance to see the Northern Lights on clear winter nights. The city is also surrounded by seven mountains, so hiking is a very popular activity. During my exchange, I traveled to fifteen countries in Europe. I visited historical places in Southern Europe, experienced the communist culture in Eastern Europe, explored fairy-tale towns in Central Europe, visited modern cities in Western Europe, and enjoyed the beautiful nature in Northern Europe. Every country had its own culture and special experiences.

However, living alone in a foreign country was not always easy. Everything was different, including the culture, language, and lifestyle. One of my biggest challenges was getting along with European exchange students. During conversations and parties, many topics were new to me. I was also not used to their pre-party and drinking culture. Because of this, I spent more time with other Asian exchange students at the beginning. As time went by, I slowly became closer to my European friends. Even if I could not join every conversation, I still enjoyed listening to their stories about their countries. These conversations helped me understand different cultures and ways of thinking. Their passion and energy also influenced me and made me more open-minded.

Traveling in Europe also brought many unexpected challenges. During my six months abroad, two of my flights were canceled, and I also experienced a metro shutdown in France. Luckily, I always prepared a backup plan and gave myself enough transfer time before every trip. Because of this, I could still arrive safely every time. These experiences taught me to stay calm, prepare well, and be more flexible. They also made me more confident when planning future trips.

Before joining the exchange program, I spent a long time thinking about whether I should delay my graduation. Now, I know it was one of the best decisions I have ever made. After arriving in Norway, I found that life here was very different from Taiwan. The beautiful scenery, slower pace of life, and flexible learning environment helped me relax and enjoy life more. The courses and the gatherings in my dormitory also gave me the chance to meet people from different cultures and learn from them. Traveling was another important part of my exchange life. Every time I visited a new country, I felt excited. I enjoyed the peaceful nature of Iceland, rode a beer bike in Latvia, watched The Phantom of the Opera in Vienna, visited the Auschwitz concentration camp in Poland, stood inside the Colosseum in Italy, watched Tower Bridge open in London, and tasted authentic French food. Every experience felt like a dream. Some trips were with friends, and some were by myself. Before coming to Europe, I was afraid of traveling alone because I thought I would feel lonely and would not know what to do when problems happened. However, every trip made me more confident. I learned how to plan my own trips, solve problems, and enjoy exploring new places by myself. I also learned how to travel well with friends and create wonderful memories together.

Although my exchange life was not perfect, the unexpected problems became some of my best memories. They helped me become calmer and stronger. Looking back, I am very glad that I chose to study abroad. Before this exchange, I liked following a familiar routine and often depended on others. After six months in Norway, I became more independent, more willing to accept new challenges, and more confident about the future. Most importantly, I learned how to enjoy life and enjoy being myself.