A. 學校簡介

挪威經濟學院（Norwegian School of Economics，挪威語 Norges Handelshøyskole，簡稱 NHH）創立於 1936 年，坐落於挪威第二大城卑爾根（Bergen）。NHH 是挪威歷史最悠久、最負盛名的商學院，在挪威商業與經濟學界擁有無可動搖的第一首選地位，不僅榮獲「三皇冠認證」（AACSB、AMBA、EQUIS），更是全球頂尖商學院聯盟 CEMS 的挪威唯一代表。學校依山傍海，除了擁有頂尖的學術環境，更以極具向心力且活躍的學生組織（NHHS）聞名，學期初都有 Welcome week，自由報名參加，國際生可以在活動中彼此交流，了解各國不同的文化。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

在交換期間，我一共選修了兩堂課，分別是 MAT14-Mathematical Finance 跟 SOL11-Managing Projects in the Digital Age。

1. MAT14-Mathematical Finance:

這堂課會介紹數學金融理論及基礎的數學工具，學會理解金融原則如何融入模型、金融衍生品的定價等，適合有財務或統計學基礎的同學。由於這堂課會和 Engage.eu 的學生一起上，故教學方式為線上直播結合 NHH 實體教室上課。本學期一共有兩次作業，皆需通過才可參加期末考，期末考為 Home exam。

2. SOL11-Managing Projects in the Digital Age:

這堂是我最推薦的課，課程涵蓋了使用既定方法來規劃、組織和管理專案，以及探討數字協作工具和人工智慧等新興技術如何支援有效的專案管理，同時保持對基本方法和原則的關注。在期初時就會進行分組（1-3 人），授課方式為自行觀看線上教學影片結合六次實體 workshops。教授不會在課堂上重複教影片的內容，但會在 workshops 討論一些個案，讓學生結合影片去思考。

此外，這堂課的評分方式為期末小組專案，教授於二月中就開放讓學生可以著手準備，四月下旬報告繳交截止，是一堂比較早結束的課程，但要注意期中可能會有線上選擇題需要作答，若未完成會喪失期末考（期末報告）的資格。

C. 國外研修之生活學習（課外）

卑爾根是一座七山環繞的城市，在台灣我們可能會因為天氣過於炎熱而不去爬山，但是在挪威的這半年，爬山反而成為了我在閒暇時刻會去的地方。我一共爬了四座山，其中 Fløyen (Fløyfjellet)

是最簡單的，山頂設有觀景台，搭纜車的話單程約五分鐘；若選擇徒步健行，步行時間約 40 分鐘至一小時，沿路都是緩坡，所以也經常會看到家長推著嬰兒車上山。夏天時(6/20-8/16)，山上有許多活動可以體驗，其中有一個湖可以免費租借獨木舟划船；冬天時天黑較快，雖然可以比較早看到夕陽，但在爬山時也要注意路面會有積雪，我一月底去的時候還是有些許結冰，盡量穿著防滑的登山鞋才比較安全。

除了戶外活動，我也在挪威大幅提升了我的廚藝，從一開始什麼都不會，到現在可以煮各式麵食、烘焙甜點。令我印象最深刻的是除夕當天，我除了跟其他五位台灣人一起煮火鍋之外，我還跟同學做了杜拜巧克力 Q 餅，獲得大家一致的好評，也讓我體驗到了一次不一樣的年夜飯。

D. 交換/研修之具體效益（請條列式列舉）

- 提升英語溝通能力：在全英文授課的環境中，必須頻繁的使用英語和教授或同學交流，而且不管是挪威人或者其他國際生，英語溝通能力都不錯，我也經常在宿舍與室友聊天，多開口自然而然就會提升英文能力。
- 拓展國際視野：在交換期間，我也多次前往其他國家旅遊，體驗各個國家的風情，旅行途中也會遇到一些趣事，像我去巴黎的時候，某天晚上被服務員安排和另一位法國人併桌吃法餐，吃飯的過程中他也跟我分享他曾來過台灣，我也跟他分享我去了哪些景點，簡單的交流也為我這趟旅程增添了幾分驚喜。
- 危機處理能力：在歐洲我遇到了不少次航班延誤或取消的問題，但冷靜處理後我也善用歐盟 EU261 條款，成功為自己爭取到該有的權益。
- 獨立生活能力：在日常生活中，由於北歐物價較高，我也經常會去超市尋找划算的食材，這裡推薦一款 App--Tilbud，裡面會寫各家超市每周特價的東西，非常實用！
- 時間規劃能力：挪威的上課時間大多集中在前三到四個月，後面的時間都是考試，在課程不多的情況下，我會提前安排好報告及考試，剩餘的時間就可以出去旅遊或者做其他事。

E. 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?

在四月中的時候，我和朋友一起去義大利旅行，在回程當天，我們登機證都拿了、安檢也過才在登機前被通知航班取消。我們後來去航班螢幕顯示表查看，發現航班並沒有取消，於是我們趕緊到登機口詢問地勤，他們才跟我們通知是因為機型臨時調度導致座位不足，現場大概有 20 人跟我們遇到一樣的情況。

原本航空公司給我們的解決方案是改成隔天的飛機，當晚提供食宿，但因為我們隔天有事一定要準時回卑爾根才行，經過我不斷地跟地勤溝通，他終於幫我們改成當天回卑爾根，但要在奧斯陸中轉的班機，當下我也沒想太多，只想趕快回卑爾根休息。

回去之後我們有上網查詢，發現在歐洲如果遇到航班延誤或取消，可以使用歐盟 EU261 條款向航空公司申請，最後我們也有成功獲得 400 歐元的補償。

F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

在歐洲酒精文化蠻盛行的，常常會有相關的活動，如 Beer pong，喜歡喝酒跟社交的人會非常適應，但如果不喜歡的話也不要勉強自己參加，要學會適時地拒絕，或者找個藉口離開，以保障自身安全為第一。

G. 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?

在挪威生活的這半年，我最大的成長應該是變得更敢用英文與其他人溝通，我經常在廚房煮飯的時候遇到我隔壁的室友，有時候我們會一起 small talk，聊聊彼此最近做了什麼有趣的事；在旅行期間，有時候也會遇到有人請我幫忙拍照，簡單的用英文跟對方溝通或稱讚他的穿搭，也會讓一天的心情變得愉快。

H. 感想與建議

挪威是一個舒適且治安良好的國家，我很幸運地能在挪威進行交換，雖然物價比較高，但也正是因為如此，才讓整個國家享有良好的福利。在台灣，我們的生活大多忙碌且快速，很少有時間能夠慢下來，而挪威正好相反，你會發現他們很注重有足夠的休息時間，從容的生活步調讓他們能夠在工作與家庭間取得平衡。

生活上也有一些需要值得注意的事，如週日固定休息，各大超市、百貨公司都不會營業，所以週日會很常看到許多挪威人去爬山。此外，卑爾根是一座多雨的城市，常常會突然下雨，因此防風防水的外套是必備的，如果是下學期（春季）來交換的同學，記得一定要帶夠保暖衣物，一月在卑爾根的時候，最冷我還是有遇到零下 12 度的氣溫。

I. 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) 500 字以上

赴中國交換者免填英文心得

Founded in 1936, the Norwegian School of Economics (Norges Handelshøyskole, commonly known as

NHH) is located in Bergen, Norway's second-largest city. As the country's oldest and most prestigious business school, NHH holds an unrivaled position at the pinnacle of Norwegian business and economics education. The university boasts the prestigious "Triple Crown" accreditation (AACSB, AMBA, and EQUIS) and stands as Norway's sole representative in the CEMS Global Alliance in Management Education.

Nestled beautifully between majestic mountains and the sea, NHH offers not only a world-class academic environment but also a vibrant, close-knit campus life led by the student union (NHHS). At the start of the semester, the university organizes "Welcome Week"—a series of optional, highly engaging social activities. For international students, this serves as a fantastic gateway to mingle, share perspectives, and appreciate cultural diversity right from day one.

During my exchange semester, I enrolled in two courses that offered a perfect balance between quantitative financial theory and modern, practical management.

SOL11 was easily my favorite and most recommended course. It covers established project planning, organization, and management methodologies, while diving into how emerging technologies—such as digital collaboration tools and artificial intelligence—can enhance project execution.

The course structure is highly modern: students form groups of 1 to 3 at the beginning of the term, and learning is driven by self-paced online videos coupled with six interactive, in-person workshops. Rather than repeating video content, the professor utilizes the workshops to dissect real-world case studies, encouraging us to apply theoretical concepts to practical scenarios. The final grade is based entirely on a group project. The professor opened submissions in mid-February, with a final presentation deadline in late April, making this one of the earliest courses to conclude. However, students must stay vigilant, as there is a mandatory mid-term online multiple-choice quiz; failing to complete it disqualifies you from submitting the final project.

Bergen is famously surrounded by seven mountains. While the sweltering heat in Taiwan often discourages hiking, the crisp Norwegian air completely transformed my lifestyle; hiking quickly became my favorite leisure activity.

Over the semester, I conquered four peaks. Among them, **Fløyen** (*Fløyfjellet*) was the most accessible. Reaching the observation deck at the top takes a mere five-minute funicular ride, or a scenic 40-to-60-minute walk up gentle, well-paved slopes—a route so smooth that locals frequently push baby strollers up the path. During the summer months (late June to mid-August), the mountain hosts numerous activities, including free canoe rentals on the hilltop lake. In the winter, although the early sunsets offer stunning golden hours, the trails can be treacherous. When I hiked in late January, parts of the trail were covered in ice and packed snow, proving that high-grip hiking boots are an absolute safety necessity.

The exchange experience brought me numerous concrete benefits that spanned across my academic, personal, and logistical capabilities. Immersed in an all-English environment, my daily interactions with highly proficient local and international students naturally elevated my communication skills and speaking confidence. This open-mindedness carried over to my travels across Europe, which expanded my global perspective through delightful, spontaneous encounters—such as sharing a table and exchanging stories with a French local in Paris. Navigating these journeys also sharpened my crisis management, teaching me to stay calm during flight disruptions and successfully claim compensation under the EU 261 regulation. Furthermore, adapting to the high cost of living in the Nordics fostered my independence and resourcefulness, prompting me to use local tools like the *Tilbud* app to budget efficiently. Finally, the concentrated course structure at NHH honed my time management, as I learned to proactively schedule my projects and exams to unlock precious time for personal exploration.

In Europe, social life heavily revolves around a prominent drinking culture, with events like beer pong being staple social icebreakers. While this is a paradise for those who love to drink and socialize, it can feel overwhelming if you do not share the same enthusiasm.

My approach was to never force myself into uncomfortable situations. I learned the importance of saying "no" gracefully, offering a polite excuse to leave early, and always prioritizing my personal safety and comfort above social expectations.

Looking back at my six months in Norway, my most significant personal growth lies in my willingness

to initiate communication in English.I established a wonderful routine of casual chats with my flatmates whenever we crossed paths in our shared kitchen, catching up on our respective weeks. While traveling, I also found myself willingly offering to take photos for strangers, exchanging pleasantries, and paying genuine compliments about their style. These small, confident interactions showed me how simple language can bridge gaps and bring immediate joy to a normal day.

Norway is an exceptionally peaceful, safe, and comfortable country, and I feel incredibly privileged to have called it home. While the cost of living is undeniably high, it is this exact economic model that funds their world-class social welfare and high quality of life. Coming from Taiwan, where life is incredibly fast-paced, adjusting to the Norwegian lifestyle was a breath of fresh air. Norwegians deeply value leisure, rest, and maintaining a healthy work-life balance.