

繕打 中文及英文 心得報告，應包含下列項目

(**中文至少 1,000 字+英文至少 500 字**。赴中國交換者不需撰寫英文心得。)

A. 學校簡介

中央大學(Chung-Ang University, 중앙대학교)成立於 1916 年，擁有兩個校區，分別位於首爾黑石洞以及安城市，整體排名韓國第七，其中以戲劇系、電影系和攝影系最為有名，著名校友包括南韓現任總統李在明、知名演員朴信惠、玄彬等。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

推薦<Speech in English>這門課，教授是美國人，每個人一個學期必須上台演講 3 次，不用演講的時候也幾乎都會被分配到一些工作，所以都會練習說到英文。雖然上台會很緊張，但基本上有認真準備，不要看稿的話就可以拿到不錯的分數，因此不用擔心自己的英文很糟成績會不好，只要盡力學習即可，是一門可以拿到好分數又能練習英文口說、台風の課程。

C. 國外研修之生活學習 (課外)

由於我覺得交換學生大多都是跟台灣人或者是外國交換學生玩在一起，想要趁此次機會體驗更多韓國人的生活，因此在交換課程都結束後，報名了首爾大學的韓文教師養成課程，這門課為期五周，平日每日上課，班上只有 3 個外國人，其他都是韓國人，因此我認識了許多韓國的哥哥、姐姐，認識了許多課本上不會出現的韓文，也透過 5 周短暫但紮實的課程，獲得了一些語言學以及韓語教育學的知識，也第一次練習台上用韓文教韓文，我覺得報名這門課程是我來韓國交換做的最有意義的決定。

D. 交換/研修之具體效益 (請條列式列舉)

1. 提升外語能力
2. 學習獨立生活
3. 能夠看到更多觀光客看不到的視角
4. 不需要付海外昂貴的學費
5. 有時間深度旅遊

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？

之前把帶來的現金都花完了，正在煩惱是要請家人國際匯款還是找別人借錢，上網查發現可以用提款卡國際提款，但必須要先在台灣開通海外提款的功能，因此如果要出國的話請務必至少一張提款卡要開通！以免在國外沒有現金的問題！

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？

1. 韓國人抽菸的比例非常高，會感到很困擾。解決方法:看到前面有人抽菸的話盡量避開。
2. 飲食:韓國料理中綠色青菜的比例不是很高，有時候會不習慣。解決方法:韓國有很多麻辣燙，那裡可以吃到很多青江菜和大白菜，想吃菜的話可以去吃麻辣燙。
3. 汗蒸幕、健身房、游泳池等地方淋浴區基本上沒有隔間，大家需要坦誠相見，一開始會很害羞。解決方法:要去這些地方自己一個人去，不要跟朋友一起去，大家都不認識的話就比較能接受。

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？

我覺得短短一個學期，並不會對個人特質造成太大的改變，但是讓我看了許多跟台灣不一樣的生活方式，即是文化已經相近的國家，仍然有許多跟我們不一樣的地方，值得我們探索。

H. 感想與建議

小時候從來沒有出過國的我，很感謝中山大學提供這樣的機會，讓我實現了從小就擁有的夢想-在國外生活。從大一開始學習韓文，到現在真的可以在韓國使用韓文、結交許多韓國朋友，讓我感到很滿足。很可惜只申請到一個學期，要是能夠重來的話我一定會提早準備多益考試，把多益成績考高一些。建議大家有機會的話一定要給自己一個 gap year 的機會，會發現這個世界很大，趁年輕的時候出來走走絕對不會後悔！

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

During my semester as an exchange student in Korea, I gained not only academic knowledge but also valuable life experiences that broadened my perspectives.

Among the many courses I took, the one that benefited me the most was Speech in English. The class was taught by an American professor, and every student was required to give three speeches throughout the semester. Even on days when we were not presenting, we were still given tasks to speak or assist in class activities, which meant we constantly practiced speaking English. At first, I felt very nervous standing on stage, but I soon realized that as long as I prepared carefully and avoided reading directly from my notes, I could perform well. The professor valued effort and improvement, so students did not need to worry about having poor English skills as long as they tried their best. This course not only improved my spoken English but also gave me confidence in public speaking, which will be valuable in my future career.

Outside of the exchange program, I made one of the most meaningful decisions of my stay in Korea: enrolling in the Korean Teacher Training Program at Seoul National University. This five-week intensive course gave me the opportunity to study alongside mostly Korean students, with only three other foreigners in the class. Through this experience, I learned new Korean expressions that textbooks never teach and gained basic knowledge of linguistics and Korean language education. I even had the chance to practice teaching Korean in Korean, which was a huge challenge but also a memorable milestone. More importantly, I built friendships with many Korean classmates, which allowed me to experience local life more deeply than most exchange students who usually stay within international circles.

Life abroad was not without challenges. At one point, I ran out of cash and debated whether to borrow money or ask my family for a wire transfer. Eventually, I discovered I could withdraw cash overseas with my debit card, but only if the international withdrawal function was activated beforehand in Taiwan. This taught me an important lesson about financial preparation for studying abroad. I also encountered cultural differences, such as the high smoking rate in Korea, limited green vegetables in Korean cuisine, and the lack of privacy in public bathhouses and gyms. Although these situations felt uncomfortable at first, I learned to adapt by finding practical solutions, such as avoiding smokers, eating at restaurants like spicy hotpot places to get more vegetables, and visiting public baths alone to feel less self-conscious.

Looking back, this exchange did not completely transform my personality, but it gave me invaluable exposure to different ways of life. I realized that even between Taiwan and Korea, which share cultural similarities, there are still many unique differences worth exploring. I am deeply grateful to my home university for giving me the chance to live abroad, something I had dreamed of since childhood. If I could do it again, I would prepare earlier for exams like TOEIC to extend my exchange. To anyone considering studying abroad, I strongly recommend giving yourself the opportunity. A semester or even a gap year abroad will open your eyes to how big the world is—and you will never regret it.