A. 學校簡介

釜慶大學位於韓國釜山南區，是釜山具代表性的國立大學之一，主要分為龍塘和大淵兩個校區。大淵校區鄰近地鐵站，從學生宿舍步行約五分鐘也能抵達公車站，交通十分便利。學校周遭亦有許多餐廳、咖啡廳及商店，生活機能完善，對交換學生來說是很方便的學習環境。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

這學期我一共修了兩門課，分別是 International Management 和 Basic English Conversation，另外我也報名了學校的語學堂課程。

International Management 是以英文授課，我選到的課號是提供給交換生的課程，所以班上幾乎都是交換生。老師會幫我們分組盡量讓組員都是不同國籍的學生，整個學期大概會進行 2 至 3 次的小組討論，都是很簡短的問題，期中期末有筆試，是三題手寫題，不過老師考前會重點整理，只要認真準備不用太擔心。

Basic English Conversation 是外師授課，有點類似於中山的英文必修，內容很基礎不過老師會教一些道地的英文用法，期中期末是口試，會抽籤跟班上同學進行隨機對話。班上同學幾乎都是韓國人，如果想認識韓文朋友這是一個不錯的機會！

配合交換的時間我報名了春季學期的語學堂課程，學期開始前會以 Google 表單來進行分班測驗，學期開始如果覺得程度有落差也可以進行調整，我被分配到一級班，因為是最基礎的班所以老師們人都很好也很親切，有什麼聽不懂的地方都可以馬上問，同學也都很友善，雖然每天都要早上九點上課非常疲憊但我真的很喜歡在語學堂的一切！而且交換生可以打七折，如果想提升韓文實力的話真的可以報名，不過可以先自學一些基礎的韓文，去讀二級感覺可以學到比較多東西！

C. 國外研修之生活學習（課外）

學校有一個社團叫 I-FRIEND，是為了促進韓國學生與國際學生交流所設立的社團，依照語言分成了中文圈、英文圈和日文圈。除了開幕式和閉幕式會是整個社團參與的活動，每個月小組也會有一次活動（像是野餐、文化體驗等等）。

D. 交換/研修之具體效益（請條列式列舉）

1. 提升韓文及英文實際運用能力
2. 增進跨文化溝通能力
3. 建立國際人際關係
4. 培養環境適應力及問題解決能力

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?

前面課程的部分有提到我選了初級英文對話這門課，因為我的韓文不太好、只會一些很基礎的對話，加上修習初級課程的大多是英文程度不那麼好的韓國學生，語言障礙的關係讓我和同學沒辦法有更進一步的交流，這讓交換初期的我感到很挫敗。但學期中後就比較釋懷了，隨著韓文一點一點進步，和韓國同學聊天的時候會努力英文韓文混著講，真的不行的話就用翻譯器，放寬心勇敢跨出第一步就好了！

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?

對我來說除了韓國人真的每一餐都要吃泡菜之外（甚至日式炸豬排的配菜也是泡菜），最大的文化衝擊是在課堂上感受到的。國際管理這堂課是為交換生開設的，所以幾乎全班都是國際學生，課程也是以英文進行授課。不過老師從學期初就表示自己的英文不是那麼好再麻煩同學見諒。在課程中，真的可以感受到來自歐美國家的同學比較外向、很擅長表達自己的想法，我覺得這是自己需要學習的部分。不過有時老師出現英文口誤，或是因為英文比較不流暢而無法立即回應同學的發言時，有一些同學會偷笑，讓我覺得這樣的行為蠻不妥的，也讓我警惕自己不要做出類似的行為。

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?

交換帶給我最大的成長莫過於獨立和勇氣了，來到韓國之後很多事情多只能自己做，要自己安排交通住宿、打理生活起居。像是在申請銀行簽帳卡的時候發生了一些錯誤，即使很不想面對還是自己去銀行努力用韓文跟行員說明我的問題，在韓國很多事情都是第一次難免會有些手忙腳亂，但把事情一件一件完成後真的超級有成就感！另外就是語言方面的成長，我一直都對我的語言能力很沒自信，但來到國外，遇到很多來自不同國家的人，這樣的環境下也只能努力用英文韓文來拓展人際關係，所幸遇到的碰硬人都很好都會很有耐心的聽我慢慢說完、鼓勵我聽得懂意思就好不用追求完美無誤。雖然不敢說英文實力有沒有實質的進步，但現在的我遇到外國朋友會更有勇氣和他們交流對話，這對我來說是很棒的收穫！

H. 感想與建議

這四個月的交換生活對我來說真的是一段非常珍貴的回憶。剛到韓國其實有很多不習慣的地方，也曾因為語言能力不足而感到挫折，但隨著時間慢慢適應後，反而覺得正是因為這些經驗才讓我慢慢融入這裡。回頭看這四個月，我最重要的收穫不只是學會了多少韓文，而是讓我真正走出原本熟悉的生活圈，去體驗不同文化、慢慢找到自己的生活步調。很慶幸自己當初在姐姐的鼓勵下踏出這一步，也很感謝在釜山遇見的人事物。雖然交換結束了，但我會永遠珍藏這段在釜山的寶

貴回憶！

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

Pukyong National University (PKNU) is located in Busan, Nam-gu, it is one of the most representative national universities in Busan. There are two main campuses: the Yongdang Campus and the Daeyeon Campus. I studied on the Daeyeon Campus, which has a subway station nearby and there is also a bus stop close to the dormitory, making transportation very convenient.

I took two courses this semester: International Management and Basic English Conversations, and I also applied for the Korean Language Program. International Management was taught in English, and most of the students were exchange students from different countries. The teacher also tried to put students from different countries into the same group and encouraged conversations between us. Basic English Conversation was taught by a native English-speaking teacher. The course content was rather basic, but we got to learn some local expressions that aren’ t usually found in textbooks. Most of the students in this course were Korean, hence it also became a great opportunity for me to make Korean friends. Additionally, I also attended the spring-semester Korean Language Program. Although it was tiring to go to class at 9 a.m. every single day, I really enjoyed learning Korean with classmates from all over the globe. My Korean skills also improved a lot thanks to this program.

Living abroad also brought experiences that were different from living in Taiwan. When I first arrived in Korea, my Korean skills were limited, and I was very nervous to talk to Korean students or initiate conversations. But as my Korean gradually improved, I started mixing English and Korean in my conversations, sometimes with the assistance of a translator. The I-FRIEND club also provided great opportunities to meet friends from Korea and other countries. I made many friends from this club and also learned more about different cultures.

The greatest achievement from this exchange experience is my improvement in independence and courage. After coming to Korea, I had to handle many things by myself. For example, arranging transportation and accommodation, managing my daily life, or

even going to the bank to deal with debit card problems. At first, it was hard to manage everything at once, but after completing tasks one by one, I gained a great sense of accomplishment. I also realized that I am more capable of solving problems than I imagined. Language-wise, I have always felt unconfident when speaking English. However, when facing people from different countries, I had no choice but to try speaking English. Although it may not be perfect, being willing to initiate a conversation is already a great improvement. I have also learned that the purpose of language is communication, not perfection.

This exchange journey created lots of precious memories. I was not used to the new environment when I first arrived, and sometimes I felt frustrated too. But these challenges and experiences led me to who I am now. Looking back at these four months, the most valuable gain wasn' t just learning Korean, but stepping out of my comfort zone to experience different cultures and finding my own pace. I am grateful for my sister who encouraged me to do this, and people I' ve met in Busan. Although the exchange is over, I will cherish the memories forever.