A. 學校簡介

延世大學位於韓國首爾，創立於 1885 年，是韓國歷史最悠久且最具聲望的大學之一，也是韓國著名的「SKY」名校成員之一（SKY 指的是首爾大學、高麗大學以及延世大學）。在韓國，延世大學不僅擁有優秀的學術聲譽，也因美麗的校園環境和活躍的學生文化而聞名。

延世大學的主校區，也就是新村校區位於首爾西大門區的新村地區，鄰近弘大、梨大等熱鬧商圈，交通便利且生活機能完善，餐廳選鑿多元且豐富。校園內融合了歷史建築與現代化設施，其中最具代表性的建築之一是 Underwood Hall，也是許多韓劇的拍攝場景。

在學術方面，延世大學在商學、醫學、國際關係、工程及人文社會科學等領域皆具有高度聲譽。其中，商學院及國際學院吸引許多國際學生前往交流學習，因此校園內具有相當國際化的氛圍，學生有許多機會與來自世界各地的同學交流。

延世大學也以豐富的校園活動聞名，例如每年與 Korea University 舉辦的傳統體育競賽延高戰 / 高延戰，是韓國大學生文化中極具代表性的活動之一以及一年一度的校慶 AKARAKA，這項慶典會由延世大學啦啦隊主辦，通常在每年 5 月舉行，以盛大的規模、K-POP 巨星陣容和全校學生穿著專屬藍色應援服(延世大學代表色)的壯觀場面而聞名。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

Understanding Kpop

課程內容從韓國傳統音樂出發，例如民謠〈阿里郎〉等，逐步延伸至現代 K-pop 的發展歷程，讓我了解韓國音樂文化的歷史脈絡與演變。課程後半段則聚焦於當代 K-pop 產業的運作模式，包括新團體的出道機制、娛樂公司制度，以及粉絲與偶像之間的互動關係與文化現象，例如「站姐與私生文化」等議題。透過這些內容，我不僅更深入理解 K-pop 為何能成為全球文化現象，也對其背後的產業結構與社會影響有更全面的認識。

期中我們由教授分組。每組需要選擇一首 K-pop 歌曲，並以自己的方式重新詮釋，因此需要花很多時間跟組員討論架構、拍攝、剪輯，雖然一開始，我感到非常焦慮，也很氣餒，因為我的組員全都是英文母語者，我跟不上大家討論的速度。不過她們人都很好，也都很重視我的想法，讓我越來越敢表達，也主動提出我可以多幫忙製作，最後我們產出了大家都很滿意的作品，我也交到來自世界各地的朋友，留下了很珍貴的回憶。

C. 國外研修之生活學習（課外）

文化體驗-參與延世校慶 Akraka

延世大學的校慶是全校的重要盛事，每年都會舉辦許多精彩活動，例如馬拉松、演唱會以及各類表演與慶祝活動，不僅吸引在校學生參與，也有許多畢業校友特地返回母校共襄盛舉。

在延世大學交換期間，國際處提供交換學生名額，讓我們有機會參加由校友會舉辦的應援慶典 Akraka。Akraka 是延世大學極具代表性的校園活動，從下午三點一路持續至晚上十一點左右，由校友會主辦，吸引了大量學生與校友共同參與。

活動過程中，學校的應援團帶領大家齊唱應援歌曲及延世大學校歌，現場氣氛十分熱烈，所有人都全心投入其中，讓我深刻感受到延世人對學校的認同感與凝聚力。此外，活動中也邀請了多組知名藝人帶來精彩演出，例如 BoyNextDoor、華莎以及 Rain 等，將現場氣氛推向最高潮。由於我本身就非常喜歡 K-pop，因此能夠親身參與這場活動並近距離欣賞這些藝人的表演，對我而言是一次非常難忘且珍貴的經驗，也讓我更加體會到韓國大學獨特且充滿活力的校園文化。

D. 交換/研修之具體效益（請條列式列舉）

1.提升外語能力

在韓國交換期間，由於多數專業課程皆以英文授課，因此我需要使用英文閱讀文獻、參與課堂討論、完成報告及進行簡報發表，讓我的英文聽說讀寫能力皆獲得明顯提升。此外，我也選修了基礎韓語課程，並將課堂所學實際運用於日常生活中，提升了韓語能力與學習興趣。

特別是在 K-pop 課程中，我需要與來自不同國家、不同文化背景的組員合作拍攝 K-pop MV。從企劃發想、工作分配到實際拍攝，我們皆透過英文進行溝通與協調。這段經驗不僅增進了我的英文口語能力，也讓我學習如何與不同文化背景的人合作，進一步培養了跨文化溝通能力與國際視野。

我也選修了基礎韓語課程，並將課堂所學實際運用於日常生活中，例如點餐、購物、搭乘大眾運輸工具以及與當地人進行簡單交流。透過不斷練習與實際應用，我逐漸克服對使用外語溝通的緊張感，並提升了自己的韓語能力與學習興趣。

2.提升獨立生活能力與自我成長

這次交換是我第一次長時間獨自在國外生活，從出發前的行政程序、申請到日常生活中的大小事，都需要自己規劃與處理。面對語言、文化以及生活習慣上的差異，我學習主動尋找資訊、解決問題，並逐漸培養出適應新環境的能力與獨立性。例如，在規劃課程、安排旅行、處理生活事務以及面對突發狀況時，我都必須依靠自己的判斷與決策能力，這些經驗讓我變得更加成熟與有責任感。

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?

在交換期間，我曾遇到包裹遺失（被他人誤拿）的情況。我多次向宿舍管理員反映後，管理員才進一步仔細查看監視器，確認包裹確實是被他人拿走，並請我自行前往警察局報案。由於當時人在異國，我請室友陪同我一起前往警察局處理，最後也順利找回了遺失的包裹。這次經驗讓我學會在陌生的環境中遇到問題時，不能輕易放棄，而是要主動尋求協助並想辦法解決問題。

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?

在韓國交換期間，讓我印象比較深刻的一個文化差異，就是韓國人非常習慣去咖啡廳。我發現很多韓國學生除了上課之外，也很常待在咖啡廳讀書、準備考試，有些甚至一待就是一整天。而且學校附近有很多 24 小時營業的咖啡廳，這讓我一開始覺得很特別。因為我原本比較習慣把讀書和休閒時間分開，所以剛開始其實有點不習慣，也覺得韓國學生的生活步調比較快。後來我慢慢觀察他們的生活方式，也開始跟著朋友一起到咖啡廳讀書、聊天，漸漸習慣這樣的生活，後來也覺得在咖啡廳讀書的氛圍跟效率都蠻好的。

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?

我認為海外交換帶給我最大的改變，是讓我變得更勇敢、更敢於嘗試以前不敢做的事情。以前的我其實不太習慣一個人行動，甚至不太敢自己去逛街或出去玩，總覺得一個人做事情會有點不自在。但到了韓國交換後，因為有很多自己的時間，我開始嘗試一個人去咖啡廳、去探索這座城市，甚至我一個人去陌生的城市旅行。剛開始其實也會有點緊張，但當我發現自己真的可以獨立完成這些事情之後，我慢慢建立了自信，也越來越習慣一個人面對陌生的環境。

H. 感想與建議

這次到韓國延世大學交換，讓我收穫滿滿，因此如果有機會，我非常推薦學弟妹申請延世大學交換。延世大學不僅有良好的學習環境，也提供許多英文授課的課程，讓交換學生可以接觸不同領域的知識，同時和來自不同國家的學生交流。

除了課業之外，我認為延世大學最大的魅力之一，就是能讓學生真正融入韓國的生活。學校位於首爾，交通方便，課餘時間可以和朋友探索不同的地方，也有很多機會接觸韓國的文化與生活。

如果要給學弟妹一些建議，我會鼓勵大家在交換期間不要只待在自己的舒適圈。可以多參加學校活動、多約你的學伴出門玩、主動認識不同國家的朋友，也可以利用課餘時間自己去探索韓國，韓國有很多很美麗的小眾城市：如江陵。即使一開始會害怕或不習慣，也不要因此錯過體驗的機會。我相信真正讓交換經驗變得有意義的，不只是去了哪一所學校，而是你願意在這段時間裡嘗試多少以前沒有做過的事情，這些體驗都會成為最珍貴的回憶與成長的養分！

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

Studying abroad at Yonsei University in South Korea was one of the most meaningful experiences during my university life. As a Business Administration student, I had always wanted to experience a different learning environment and understand how people from different cultural backgrounds communicate and learn. Therefore, when I had the opportunity to participate in an exchange program at Yonsei University, I decided to step out of my comfort zone and challenge myself. Although I was excited before going to Korea, I was also worried about language barriers, adapting to a new environment, and communicating with people from different countries. However, these challenges eventually became important parts of my growth.

Yonsei University is one of the most prestigious universities in South Korea and has a long history of academic excellence. The university has a beautiful campus and provides students with many opportunities to participate in

academic and cultural activities. During my exchange, I took several courses, including Global Business Environment, Principles of Marketing, Basic Korean, and Understanding K-pop. These courses allowed me to experience a different teaching style from the one I was familiar with in Taiwan.

Among all the courses, Global Business Environment impressed me the most. The course required us to read articles and case studies every week and analyze the challenges faced by businesses in emerging markets. We discussed topics related to law, technology, competition, and economic development in countries such as China, Vietnam, Brazil, and India. Through group discussions and presentations, I learned how the same business strategy may have different results in different countries because of differences in culture, regulations, and consumer behavior. This experience improved my analytical and problem-solving skills and also helped me understand international business from a broader perspective.

In addition to academic learning, I also gained a lot from my daily life in Korea. Living in a foreign country meant that I had to deal with many situations on my own. Sometimes, I had difficulty communicating because I could not understand Korean, and there were situations where I had to use English, gestures, or translation apps to communicate. At first, I felt nervous when I could not express myself clearly. However, I gradually realized that language should not prevent me from trying new things. Even when communication was difficult, I learned that being willing to speak, ask questions, and communicate was more important than speaking perfectly. This experience made me more confident and willing to communicate with people from different backgrounds.

During my exchange, I also had the opportunity to meet students from different countries and make new friends. By interacting with them, I learned about different cultures, lifestyles, and ways of thinking. I also participated in activities at Yonsei University, including the famous AKARAKA festival. Experiencing the energetic atmosphere of a Korean university festival was very different from my life in Taiwan and became one of my most unforgettable memories.

Traveling was another important part of my exchange experience. During my stay in Korea, I visited many places, including Nami Island, Everland, Gangneung, Jeju Island, and Udo Island. I experienced different seasons and landscapes, tried Korean food, and learned more about Korean culture through these trips. Visiting Jeju Island was especially memorable because I had the opportunity to experience its unique scenery, local food, and lifestyle. These experiences helped me understand that studying abroad is not only about attending classes but also about experiencing everyday life in another country.

The exchange program also brought me concrete benefits. First, it improved my English communication skills. During my exchange, I had more opportunities to use English in classes and daily conversations, and I eventually obtained an IELTS score of 6.5. Second, I became more independent and responsible because I had to manage my studies, daily life, transportation, and travel by myself. Third, I developed better cross-cultural communication skills and learned how to respect different perspectives. Most importantly, I became more confident in facing unfamiliar situations.

Looking back on my exchange experience, I believe the biggest lesson I learned was that growth often begins when we are willing to leave our comfort zone. There were times when I felt nervous, frustrated, or uncomfortable,

especially when I could not communicate smoothly because of the language barrier. However, I gradually learned that I should not let fear or imperfect language stop me from trying. Even if I could not communicate perfectly, I could still make friends, solve problems, and enjoy new experiences as long as I was willing to take the first step.

My exchange at Yonsei University was much more than an opportunity to study abroad. It was a journey that allowed me to learn academically, experience another culture, meet people from different backgrounds, and understand myself better. This experience taught me to be more independent, open-minded, and courageous. I believe these skills will continue to benefit me in my future studies, career, and life. If I have the opportunity to study abroad again in the future, I would definitely encourage myself to try even more new things and make the most of the experience.