

- A. 首爾國立大學 (Seoul National University, SNU) 為韓國大學之中世界一流的國立大學之一，首爾大設立多個學院與系所，致力於培養多才能且具適應性的專業人才，主校區位於首爾特別市冠岳區，環境廣闊，生活機能良好且不壅擠，為學生提供良好的學習與生活空間。對交換生而言，首爾大提供完善的入學、選課、語言課程、學伴、行政資訊供國際學生參考，從教職員到學伴皆具備良好語言能力，可以順利使用英文溝通。選課流程緊湊且對國際生來說稍微不友善，並且可以選擇的課程不算多，對國際生皆有限制。教授對於課程的教授慾望非常強烈，上課氛圍良好。
- B. 在交換期間，我選修了兩門課程，其中受益良多的一門課為 Contemporary East Asian Culture and the Rediscovery of Classical Chinese，此課程由不同國家的學生共同探討中日韓文學之中，透過精讀、文本脈絡分析近現代文學作品，並透過課堂討論，教授會引導學生深入探討文學作品反映的社會背景、文化意涵以及人物心理。在課堂中，可以深入了解從各國文化下培養的思考脈絡有多麼的不一樣，對同一文本往往會有截然不同的解讀，讓我更加地意識到閱讀理解並分析作品意涵沒有單一的正確答案，而是一個透過討論、文化碰撞下共築的表演。因為這堂課程需要不斷地針對文本之中的段落提出自己的觀點以及回應教授的提問以及他人的論點，透過不斷地練習與表達中，我不僅提升了妥善運用英文表達自身對於文學概念的論點的能力，也學會如何更有條理、邏輯性地回應其他同學的觀點。
- C. 在課堂之外，透過語言課程、日常生活以及旅遊，我深入地體驗了韓國文化，拋開旅遊的濾鏡，真正深入地進行韓國文化的探索。我參與了首爾大學開設的 13 週韓語語學堂課程，透過口筆試分班後與其他 10 位來自不同國家的同學進行一周三次的韓文課程。第一次全面地學習韓文聽說讀寫，並且透過老師的鼓勵，也與語學堂同學進行課外的交流與聚餐，累積不同的經歷。除此之外，我也積極旅遊並參與娛樂活動，透過旅遊各地也更加了解韓國以往的歷史活動以及變化，也在與本地人的交流中學習調整自身的行為與溝通方式，吸收更多不同文化上的差異點。我也有積極參與娛樂活動，

透過參與電競比賽觀賽、音樂會以及電影活動，充分地充實日常生活，並將自己完全地沉浸在韓語的學習環境裡，提升外語能力以及社交能力。

D. 具體效益

1. 提升英文與韓文的聽說讀寫能力
2. 培養跨文化溝通與團隊合作能力
3. 提升獨立自主以及問題解決能力
4. 深入理解不同文化下的差異以及培養國際視野
5. 增進自我管理能力

E. 因為已經多次到韓國旅遊，且擁有韓國朋友的關係，原以為對於韓國生活並不會遇到太多阻礙，但是在初期申請校內宿舍落選後，要獨自在國外進行租房時，真的遭受到很多困難。韓國對於短期租房並不興盛，且對於外國人有稍微的排斥，並且只能透過不動產與房東進行聯絡，而韓國不動產有很多詐騙案例，容易繳交服務費之後卻沒有房子可以租賃，所以在一開始的時候就遭遇到許多困難。後來透過求助韓國朋友進行與不動產的聯繫，並獨自提早前往韓國親自看房，與房東溝通後才順利租下短期租賃的房子，也有先在網路上查詢很多的資料可以避免掉大部分的詐騙。透過初期就遇到的障礙也讓我及時地理解到，面對困難主動求助以及事前大量的準備是最迅速解決問題的關鍵。

F. 在日常生活中並沒有什麼會造成很大文化衝擊的部分，但是在課堂中，首爾大的學習氛圍非常濃厚，學生也相較台灣的課堂來的較為主動發言與提出疑問，並且教授也會相較台灣的教授來說更要求同學踴躍表達自身的意見以及論點。在這部分確實在剛開始幾週時給我帶來滿大的壓力，但後來透過觀察上課氛圍以及教授的態度後發現，同學與教授不會對我的文法錯誤或是卡頓有任何不友善的眼光或是不耐煩的態度，而是會專注在我想說的論點之中，這一點讓我從一開始的緊張與不安之

中轉變為可以更游刃有餘的參與討論，並且交流不同意見。

- G. 這次交換期間給我帶來最大的成長在於心態上的轉變以及待人處事變得更加圓滑。透過真正首次脫離父母在海外獨自生活，我面對不確定性也可以比以往更冷靜自持地處理，同時對於展現自己的能力也變得更有自信，也透過課程以及日常生活更加了解自身的優勢以及不足，開始逐步地對於自己往後的職涯藍圖有更深刻的了解。
- H. 整體而言，透過這次來韓國進行交換對我來說是一段充實、美好，同時帶有成長的特別經歷。個人建議若未來有想來韓國交換的同學，需要有極強的獨自行動能力，並且勇於求助，才會在韓國獲得較好的生活體驗。
- I. Seoul National University (SNU) is one of the top national universities in South Korea, and is also well known for its strong academic reputation. SNU has many colleges and departments and aims to educate students with diverse skills and cultivate their strong adaptability. The main campus is located in Gwanak-gu, Seoul. The campus of SNU is large, quiet, and has good living facilities, which provide a comfortable environment for students. For the exchange program, SNU offers many useful resources, such as enrollment/course registration guidance, language classes, buddy programs, and administrative support. Most of the SNU staff members, professors, and student buddies can communicate well in English, which makes daily communication smooth. However, the course registration process is fast and unfriendly to exchange students. There are limited courses available for international students, and there are many restrictions on the classes. Even so, professors show a really strong passion for teaching, and the atmosphere is active and positive. During the exchange, I took two courses. The courses that benefited me the most was

Contemporary East Asian Culture and the Rediscovery of Classical Chinese. In this course, students from different countries discussed Chinese, Japanese, and Korean literature together. Through close reading and text-based analysis of modern and contemporary literary works, the professor guided us to explore social backgrounds, cultural meanings, and the psychology of characters. Students from different cultural backgrounds often had very different interpretations of the same text. This experience helped me realize that literary analysis does not have only one correct answer. Instead, meaning is built through discussion, dialogue, and cultural exchange. Because the course required us to share our ideas about specific paragraphs and respond to the professor's questions and classmates' opinions, I had many chances to practice speaking. Through continuous practice, I improved my ability to express literary ideas in English and learned how to respond to others' opinions in a more logical and organized way. Outside the classroom, I experienced Korean culture through language study, daily life, and travel. I joined a 13-week Korean language program at SNU and was placed into a class after a placement test. I studied Korean three times a week with classmates from different countries. This was my first time learning Korean listening, speaking, reading, and writing in a systematic way. With encouragement from the teacher, I also joined gatherings and meals with my classmates after class, which helped me build friendships and gain new experiences. In addition, I traveled and joined cultural and entertainment activities. By visiting different places in Korea, I learned more about Korean history and social changes. Through communication with local people, I learned how to adjust my behavior and communication

style in different cultural situations. I also attended esports matches, concerts, and musicals, which enriched my daily life and allowed me to fully immerse myself in a Korean-language environment. This greatly improved both my language ability and social skills. Overall, this exchange experience was meaningful, fulfilling, and full of personal growth. I became more independent, confident, and calm when facing uncertainty. I also gained a clearer understanding of my strengths and weaknesses and started to think more seriously about my future career path. I strongly recommend future exchange students to be proactive, independent, and willing to ask for help in order to have a better experience in Korea.