

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

釜慶大學 (Pukyong National University , PKNU) 位於韓國第二大城市釜山廣域市南區。於 1996 年由 1924 年創立的釜山工業大學與 1941 年成立的釜山水產大學合併而成，擁有悠久的歷史傳統，並在海洋和水產領域具有卓越的研究實力。

釜山唯一建在平地的大學，地鐵站約走 10-15 分鐘，也有很多公車站很方便，附近有很多餐廳、咖啡廳、超市、KTV...，生活機能很不錯。

B. 國外研修之課程學習 (課內)，另外推薦受益最多/最喜歡的課程

◆ Current Issues on Korean Society II

主要是探討韓國當前的社會議題，如整形、低生育率、高失業率...等，基本上都是來自很多國家的學生選修，採全英文授課，課堂練習和考試也是英文填答。每兩周一個主題，第一周由老師先簡單介紹議題的內容，再引導大家做課堂討論，第二周就看議題相關的電影。評分方式為每次的課堂討論問卷，以及期中、期末考，只要考前把老師每週上傳的 PPT 讀過就好了，整體上課起來很輕鬆，不會有負擔就可以了解到很多議題，並知道不同國家的狀況和想法。

◆ Global Korean CEO Leadership

講座形式的課程，全英文授課，每一周邀請一位講者來分享關於領導或是國際的內容。講者的背景偏向是一些國際組織的領導者，比較不是企業的領導者，所以內容的話比較偏大面向的討論，不太會是只有圍繞在領導力，但每個學期講者應該都會有變動，所以課程內容比較彈性。評分方式是每堂課的出席率以及期中、期末報告，報告是自己挑選期中一個有興趣的演講主題，並寫兩頁 A4 的英文心得，負擔也不會太大，遇到有興趣的主題的話，基本上講師也都會很樂意學生跟他討論，整體也算輕

鬆的課！

◆ 語學堂

大概三個月的課程，一到五的 9:00-13:00 上課，所以如果要語學堂的話，選課就要選下午的。

語學堂的老師都很親切，雖然教學量很大，但也都會努力確保大家都有跟上，上課也都會一直鼓勵大家多練習，好好跟著老師練習的話，進步幅度很大，下課也可以多找老師聊天練習韓文，老師都會很樂意~

很推薦大家額外報名語學堂，除了可以很紮實的學韓文以外，也可以認識到很多不同國家的同學，會讓交換生活更豐富一點~雖然每天上課真的到後期會蠻累的，但發現自己的進步也會覺得很踏實，交換生報名還有半價優惠。

C. 國外研修之生活學習 (課外)

校內的 I-Friend 社團，會分英文組、中文組、...，建議大家如過要參加可以選英文組，中文組很容易整組只有講中文和韓文的人，會比較難多認識各個國家的人。(不用擔心英文不好，也不是英文組大家英文都很好哈哈)。社團一組大約 15 個人左右，每組都會有幾個韓國人帶，除了可以多練習英文以外，想練習韓文也可以，也可以找大家出去玩，是一個可以認識很多人的機會，也可以趁機多從韓國人身上了解更多韓國小知識，蠻好玩的~

D. 交換/研修之具體效益 (請條列式列舉)

- ✧ 從完全不會韓文，到可以很基本的日常對話 (多去逛街、跑咖!)
- ✧ 英文口說能力進步 (多交外國朋友!)
- ✧ 從害怕獨旅到愛上獨旅 (釜山超適合!)

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？

去首爾旅遊的時候剛好遇上 KTX 罷工，所以蠻多班次都被取消了，自己來回的車也剛好都被取消，一班是在去的前一天才發現，一班是到現場要搭了才發現，差點去不了或回不來。韓國 KTX 的班次取消不會特別通知，公告的網站也很複雜不太好確認，而且他們也蠻常罷工的，所以如果不幸遇到罷工的話，一定一定要提早去車站確認！自己當場是蠻緊張的，加上回程是晚上，差點就要露宿首爾(雖然應該也蠻好玩)，但就當機立斷馬上衝去機台買現場票，再速速衝上車，很感謝當時的自己沒有太慌張就愣在那裏，建議大家都要多保留時間以防萬一~

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？

一開始去完全不會韓文，也想說可以用英文溝通，但韓國意外的英文沒有很普遍，基本上常常遇到無法溝通的情況，有時候還會感覺到他們對外國人的小排斥，聽老師說應該有是因為害怕說英文，所以會有點排外和不友善的情況。但上完語學堂後，出去基本上日常的購物、吃飯都不太會有問題，所以真的蠻推薦沒有韓文基礎的人可以先學一些基本的，沒有學也不用太害怕，語學堂報名下去就沒問題，當然翻譯軟體也是沒問題，但還是有點麻煩。

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？

以前自己比較怕生也不太敢在人群中說話，但交換後多了很多練習的機會，也因為這樣多認識了很多朋友，在獨旅的時候還認識同樣在獨旅的外國人，一起聊聊天，感受到旅行時，有些小插曲的有趣之處，以前也會對不確定性感到害怕，所以不太敢去嘗試，但做了才會讓事情有繼續發生的機會，也是這樣的未知讓未來變得更有趣，所以感覺到自己也變得更勇敢一點了！

H. 感想與建議

來交換的這半年，最大的感想就是釜山真的很美，也在這段短短的時間愛上了這裡，如果是喜歡看海的人一定不能錯過這個城市，到處都可以看到海，甚至從學校走半小時就到最知名的廣安里沙灘了，也有很多咖啡廳都從不同角度好好欣賞釜山美景。另外，最大的收穫除了實際外語能力的提升

外，也有感受到自己的獨立和勇敢!

建議大家可以多去不同的城市走走看看，覺得韓國不同城市都很有自己的特色，除了有當地的特色景點以外，也有各地的當地美食都很值得去嘗試看看，在這段期間有去首爾、大田、大邱、慶州、浦項、蔚山，大邱楓葉很美，大田的明太子麵包和生牛肉超好吃，每個地方都很喜歡，怕麻煩的人也可以去買 KKDay、Klook 那種一日行程也很方便~如果有想搭船去日本福岡的話，建議要很早就上網訂船票了，我們提早一個多月就已經沒票了。

釜山行程很推薦大家要去看煙火節，為時一個小時的煙火表演，現場搭配音樂和漂亮的煙火真的很享受，很推薦大家一定要去現場看，可以買位子，或是提早很多去佔免費的位子。另外，大約五、六月和十、十一月是韓國的各大校慶，可以緊盯網路(推薦大家可以追蹤一些介紹釜山活動的 IG)，就可以去各個學校看免費的藝人表演了!

**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**

A. University Introduction

Pukyong National University (PKNU) is located in Busan, South Korea. Established in 1996 through the merger of two institutions, it has strong academic programs, particularly in marine and fisheries research. The campus is easily accessible and surrounded by restaurants, cafes, and shops, providing a convenient student life.

B. Academic Learning

Current Issues on Korean Society II

This course explored contemporary social issues in Korea, such as plastic surgery, low birth rates, and unemployment. Conducted entirely in English, the class included students from diverse backgrounds. Each topic spanned two weeks: the first week featured an introduction and discussion, while the second week included a related film screening. Assessments were based on class discussions and exams, making the course engaging yet stress-free.

Global Korean CEO Leadership

This lecture-based course featured weekly guest speakers, mostly leaders from international organizations rather than corporate CEOs. The discussions covered broad leadership themes. The grading was based on attendance and reports, where students selected a lecture topic and wrote a two-page reflection. The course was flexible and engaging, with opportunities to interact with speakers.

Additionally, I enrolled in the Korean Language Lecture for a three-month intensive program. Classes were held from 9:00 AM to 1:00 PM, requiring careful scheduling of other courses. The teachers were supportive and encouraged active participation. Despite the intensive nature of the lessons, progress in Korean proficiency was significant. Conversing with teachers after class helped improve language skills. I highly recommend the program for those looking to enhance their Korean language abilities while making friends from different countries.

C. Extracurricular Learning

I joined the I-Friend Club, which had different language-based groups. I recommend joining the English group rather than the Chinese group, as the latter primarily consisted of Mandarin and Korean speakers, limiting interactions with students from diverse backgrounds. Each group had around 15 members, including local Korean students, providing an opportunity to practice both English and Korean. The club was a great way to make friends, learn more about Korean culture, and explore the city together.

D. Key Benefits of the Exchange Program

- ✓ Improved from zero Korean proficiency to basic conversational skills.
- ✓ Enhanced English-speaking ability through interactions with international students.
- ✓ Overcame the fear of solo travel and developed a love for independent adventures.

E. Challenges Faced and Solutions

During a trip to Seoul, I encountered a KTX train strike, which led to multiple ticket cancellations—one was canceled the day before departure, and another right before boarding. KTX does not provide direct notifications for cancellations, and their website was complicated to navigate. Since train strikes are frequent in Korea, I recommend visiting the station in advance to confirm schedules. Although I was initially anxious, I quickly purchased a last-minute ticket at a vending machine and successfully returned to Busan. This experience taught me the importance of staying calm and acting quickly in uncertain situations.

F. Cultural Differences and Adaptation

At first, I assumed English would be widely spoken, but I soon realized that communication in English was often difficult. Some locals seemed hesitant or reluctant to interact with foreigners, which I later learned was due to their fear of speaking English rather than intentional discrimination. However, after attending the language institute, I found that daily conversations became much easier. I strongly recommend learning basic Korean before arriving or taking language classes after arrival to ease communication barriers.

G. Personal Growth and Changes

Before studying abroad, I was shy and hesitant to speak in groups. Through this exchange experience, I had numerous opportunities to practice public speaking and interact with new people, which helped me build confidence. Solo traveling also allowed me to meet fellow travelers, adding more excitement to my journeys. I learned to embrace uncertainty, realizing that taking the first step often leads to unexpected and rewarding experiences. This newfound courage has made me more open to challenges and opportunities.

H. Final Thoughts and Recommendations

My biggest takeaway from this exchange was falling in love with Busan's beauty. If you love the ocean, this city is a must-visit—there are stunning seaside views everywhere, and the famous Gwangalli Beach is just a 30-minute walk from campus. The city is also full of charming cafes with breathtaking views.

I highly encourage students to explore different cities during their exchange. Each Korean city has unique attractions and local delicacies worth experiencing. I visited Seoul, Daejeon, Daegu, Gyeongju, Pohang, and Ulsan, and each trip was memorable. For those who prefer hassle-free travel, platforms like KKDay and Klook offer convenient one-day tour packages. If planning a ferry trip to Fukuoka, Japan, book tickets at least two months in advance since seats sell out quickly.

One must-attend event is the Busan Fireworks Festival, a breathtaking hour-long display accompanied by music. It is best to buy reserved seats or arrive early for free seating. Also, during May-June and October-November, universities across Korea hold festivals featuring free K-pop performances. Following local event pages on Instagram can help you stay updated.

Overall, this exchange was a life-changing experience, and I highly recommend it to anyone considering studying abroad in Korea!

