

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

釜慶大學位於大韓民國釜山廣域市南區，由釜山工業大學和釜山水產大學於 1996 年合併而成，在水產、海洋環境領域具有卓越的研究力量和優秀的教育團隊，同時在工學和自然科學領域見長。釜慶大學附近的公車站有許多公車班次可以選擇和搭乘，走路 10-15 分鐘也可以抵達地鐵 2 號線，在學校的周遭也有許多餐廳和咖啡店，距離幾個知名觀光景點也都很近，生活機能可以說是蠻不錯的。

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

在整個學期的交換期間我修習了 Business Korean I 以及 Korean Culture through Media I 兩門課程，另外還有再額外報名了學校的語學堂。

Business Korean I 介紹了很多在韓國社會上韓國人經常使用的慣用語，以及透過觀看討論韓國社會事件的短片向我們介紹較為精深的韓語單字。教授講解得很仔細，每次教學結束後也會透過小組討論或是個人作業的形式讓我們再次複習課堂所學。但需要注意的是這門課是以全韓文授課，教材也皆以韓文呈現，因此建議有一點韓文能力再考慮選擇這門課程會比較好，否則小組討論需要共同撰寫小文章或者需要獨自完成作業時可能會有些吃力。

Korean Culture through Media I 這堂課以英文授課，教授除了利用影片讓我們了解韓國相關文化(韓服、歷史、韓流議題等)之外，在課堂上也會以問答與小組討論的方式讓每個人分享自己的想法，同時讓我們可以認識各國文化與結交外國朋友。

除了這兩門課程之外，我還額外報名了語學堂希望可以提升自己的韓語能力，語學堂的老師教學都很認真同學也很友善，中間還穿插了有趣的文化體驗，將近三個月的韓語課程雖然上起來有點

辛苦但也讓我獲益良多，蠻推薦想在交換期間增進韓文能力的人報名的(交換生還有折扣)！

C. 國外研修之生活學習 (課外)

釜慶大學有一個叫做 I-friend 的社團，主要是讓韓國學生能夠和外籍學生互相交流和互動，也可以幫助外籍學生更快速的適應韓國生活。除了學期初和期末有統一的大型聚會，每個月也都會定期舉辦小組活動(都可以自由選擇參加與否)，裡面會分成中文圈、英文圈以及日文圈可以選擇，如果是想結交來自不同國家的朋友建議選擇英文圈。

D. 交換/研修之具體效益 (請條列式列舉)

- 1.外語能力的提升(韓文、英文)
- 2.脫離舒適圈，嘗試新事物挑戰自我
- 3.問題解決能力的提升

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？

剛開始來到韓國的時候因為沒有實際用韓文跟別人談話的經驗所以會有點害怕開口以及獨自出門，但有了在語學堂的練習以及參加過學校活動和韓國學生交流過後發現沒有想像中這麼困難，就算對方聽不懂用比手畫腳也是可以解決的。

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？

最大的不適應應該是飲食習慣的不同，食堂很少有蔬菜水果(蔬菜都以生菜沙拉的形式出現)，菜色的重複性也算高，所以偶爾會和朋友到外面就餐，吃點不一樣的東西。

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？

在海外生活的經驗對我帶來最大的轉變是我覺得往後我會更敢於嘗試新事物。以往的我是一個不會想主動去接觸未知、改變穩定的現狀的人，但因為有了這次的交換經驗讓我發現未知的旅途並

沒有這麼可怕，更可能從中收穫許多驚喜。

H. 感想與建議

雖然自己從大一開始就有了想要出國交換的想法，但考慮到很多層面的問題讓我猶豫許久，最終選擇在最後一個學期前往第一次踏上的韓國生活一段時間，我很慶幸自己當初有做出這個選擇，同時也很感謝有獎學金的幫助，讓我可以減輕旅行上的開銷負擔，到釜山之外的城市走走看看，現在的我才能擁有如此美好又難忘的一段回憶。交換的期間雖然會碰上各種大大小小的問題，處理起來或許有點費時費力，但我覺得這些都是可以很好訓練自己的機會，只要自己願意跨出那一步，原本以為不可能發生的事情都是可能實現的。

最後提一個很重要的建議是：如果可以的話盡量自己預約申辦外國人登錄證會比較好的選擇！

如果跟著學校一起團體辦理等待時間要非常非常久，拿到的時候學期已經過半了，沒有登錄證對我個人來說是覺得蠻不方便的(很多網站都是需要實名認證後才能使用)。

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, located in Nam-gu, Busan, South Korea, was formed by the merger of Busan University of Technology and Busan University of Fisheries in 1996. It excels in the fields of marine science, fisheries, and ocean environmental studies, and boasts a strong faculty in engineering and natural sciences. The university is well-served by public transportation, with several bus routes nearby and a 10-15 minute walk to the subway line 2. The surrounding area is filled with restaurants and cafes, and several famous tourist attractions are within close proximity, making it a very convenient place to live.

During the exchange semester, I took two courses: Business Korean I and Korean Culture through Media I, and also enrolled in the university's language institute. Business Korean I introduced many idiomatic expressions commonly used in Korean society and taught us advanced Korean vocabulary through short videos discussing Korean social events. The professor explained everything in great detail, and each class was followed by group discussions or individual assignments to help us review the material. However, it's important to note that this course is taught entirely in Korean, with Korean textbooks, so

it's recommended to have some proficiency in Korean before enrolling. Otherwise, group discussions and writing assignments may be challenging.

Korean Culture through Media I was taught in English. The professor used videos to help us understand various aspects of Korean culture, such as hanbok, history, and Korean wave topics. The class involved Q&A sessions and group discussions where we could share our thoughts and make friends from different countries. Additionally, I enrolled in the language institute to improve my Korean skills. The teachers were very dedicated, and the students were friendly. The program included interesting cultural experiences. Although the nearly three-month Korean course was demanding, I gained a lot from it. I highly recommend it to those who want to improve their Korean during the exchange period, especially since exchange students get a discount.

Pukyong National University also has a club called I-friend, which facilitates interactions between Korean and international students, helping foreign students adapt to Korean life more quickly. Besides the large gatherings at the beginning and end of each semester, the club organizes monthly group activities, which are optional to join. The club is divided into Chinese, English, and Japanese groups. If you want to make friends from different countries, it's advisable to choose the English group.

Since my freshman year, I had wanted to participate in an exchange program, but various concerns made me hesitate. Ultimately, I decided to spend my final semester living in Korea. I'm very glad I made this decision and am grateful for the scholarship that helped reduce travel expenses, allowing me to explore cities outside of Busan. This has given me beautiful and unforgettable memories. Although the exchange period came with its share of challenges, dealing with them provided great opportunities for self-improvement. Because of my decision to study abroad, I have enhanced my language skills and problem-solving abilities. I believe that once you take that step, what seems impossible becomes achievable.

學海惜珠暨乘風萬里或者乘風萬里，心得報告內容項目如下

A. 學校簡介
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
C. 國外研修之生活學習（課外）
D. 交換/研修之具體效益（請條列式列舉）
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？
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？
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？
H. 您認為獎學金對您海外研修最大的幫助是什麼？有無獎學金是否會改變您的出國計畫？ 獎學金真的在我遊覽與體驗當地生活上有很大的幫助，雖然沒有提供獎學金的話我可能最終還是會選擇出國交換，但在必要的生活開銷外的任何支出可能都會產生很多顧慮。
I. 給乘風萬里獎勵金捐贈者的感言及心得感想
J. 別具意義的照片