

國立中山大學出國交換/研修(含寒暑期課程)/獎助學生返國報告書

學校簡介

首爾國立大學(National University of Seoul)為韓國首爾市一所重要的公立大學，擁有豐富的歷史和卓越的學術聲譽，該校致力於提供高品質的教育和研究環境，培養學生的領導力和創新能力。作為一所多學科的綜合性大學，首爾國立大學在各個學術領域都有卓越的表現，學校擁有一流的教學團隊和先進的研究設施，致力於推動知識創新和學術突破。無論是理工科還是人文社會科學，首爾國立大學都在提供高水準的學術課程和研究機會方面都取得了優異的成就。此外，該校也積極參與國際合作和交流，與眾多國際知名大學建立了合作夥伴關係，為學生提供了與來自世界各地的同學互動的機會，學生可以透過交換計畫，前往其他國家的大學深造。

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

交換期間我共選了三堂課:Elementary Korean、Film Analysis 以及 Drama Workshop。韓國的教學質量非常優秀，每週兩次課，每次一小時半的學習時間讓人感到輕鬆愉快。韓文課裏，老師的講解清晰易懂，課程節奏把握得恰到好處，既不會過快讓人跟不上，也不會過慢而感到枯燥。此外，老師還融入了許多日常生活中的實用語言教學，像是自我介紹、點餐和詢問天氣等，讓課程內容更加生動有趣，整體而言受益良多！我個人非常喜歡電影分析這堂課。當初選擇這堂課時我並沒想到老師的分析內容會偏向於哲學思考，因此一開始有點錯愕，但老師透過有趣的電影把哲學問題帶入話題中讓我對哲學有了不一樣的觀點。此外，它更是讓我有機會透過電影賞識更瞭解自己！最令我刷新三觀的是 Drama Workshop。在本校中其實我不太愛上系上的文學概論，但這裏，老師的教學與講解模式非常清晰，讓我能夠很快速的理解內容，加上韓國每堂課的時間都拿捏得非常好，讓我上課從來都不歸感到厭惡，反而更是重燃了我對文學概論的熱誠！整體來說，我認為有時候選錯課程難免會對學習照成反效果，但首爾大卻截然不同。它的課程和上課模式不止成功地抓住了我的注意力，更是有辦法重新點燃我對文學的看法。

國外研修之生活學習(課外)

1.SNU 校慶:雖然我覺得演出效果並沒有特別震撼，但現場觀眾的熱情反應讓整個氣氛非常棒。這是我第一次體驗韓國的大學校園演唱會，感覺非常新鮮。

2.韓國音樂劇 Mata Hari:當初換選擇到韓國交換最大的目的就是為了爭取瞭解當地音樂劇發張的機會。雖然因為開銷問題沒辦法順利完成初衷，但我在返臺前還是破費讓自己來看了媽媽木松樂所參演的音樂劇。也算是一石二鳥，圓夢了。

3.韓文課 Fieldtrip:這學期剛好有幸遇到了韓文日放假，韓文課的老師便借此機會帶我們到 국립한글박물관參觀。

交換/研修之具體效益(請條列式列舉)

- 1.擴展國際人脈:即使交換期間較短，也能結交到許多好朋友，建立長期的國際人脈。
- 2.深入了解與融入當地文化:通過親身體驗，能夠更深入地了解並融入韓國的文化和生活方式。

3.增強抗壓性與培養獨立自主能力:在異國生活需要適應與台灣不同的文化習慣,面對生活與學業上的挑戰,必須自行解決問題,從而培養出強大的抗壓性和獨立自主的能力。

4.全方位提升英文能力:在非母語環境中生活,溝通多以英文為主。透過與當地人及其他國際學生的互動,能顯著提升英語的聽、說、讀、寫能力,特別是在日常生活中的實際應用。

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?

很慶幸的,交換期間我並沒有遇到任何特別難解決的困難。我認為我唯一遇到的挑戰便是突破自己的舒適圈。從不敢用韓文點餐到鼓起勇氣認識新朋友,這些看似簡單的行為卻因為在語言不通且全新的環境下被放大了。不過隨著慢慢地適應環境,我也解決了這項困難。

海外生活期間是否曾遭遇文化衝擊,您如何去面對及適應?

在韓國期間,我確實經歷了一些文化衝擊,其中最明顯的就是韓國人對飲酒的熱愛。即使是在平日,像是禮拜一,走在首爾的街頭也經常看到每張餐桌上擺滿啤酒或燒酒。

作為一個在台灣不太常飲酒的人,除了社交場合偶爾小酌外,我對飲酒並不熱衷。然而,到了韓國後,我被他們熱鬧的飲酒氛圍所感染,開始享受與朋友們共同助興的過程。不過,我也始終堅持適量飲酒的原則。只要感覺稍有醉意,我便會立即停止,確保自己保持清醒,能安全回家。在國外生活,安全始終是首要考量。

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?

My time in Korea has changed me—not sure if it’s for the better but—for good. As a fifth-year student about to graduate, my time here has felt like a much-needed break from reality, allowing me to take the time to care for myself and better understand myself. Throughout this short but memorable exchange period, I was able to meet and make new friends from all over the world with whom I truly feel connected with. For once in a long time, I was able to be true to myself and not worry about trying to fit in. This was very important to me because I could finally make a deeper connection with a part of myself that had been lost for a long time. And after all this time, I finally got to know myself a lot better.

Everything happens for a reason, be it the friends I made along the way or the next decision I might make in life, all these things come into my life to make me who I am today. Mentally, I am not ready to move on from this dream. But if there’s one thing I have learned throughout this exchange period, it’s that no one is ever ready for change, the best you can do is to find joy in moving on and embrace the messiness life throws at you. After all, we are always led to those who’ll help us most to grow if we let them, and we help them in return.

感想與建議

出國交換真的是一個非常難得且珍貴的機會。作為在大五出國的學生,這個難得的機會不止讓我刷新了對學習的熱誠,這段期間更是提供了即將踏出社會的我一個可以好好休息的同時提升自己的機會。自出國前的申請階段到交換結束,我成長了許多,也不後悔自己選擇延畢來爭取交換的機會。但,如果時間可以從來,我會選擇更早開始儲蓄,對未來出國做好準備。

英文心得

Seoul National University (SNU) stands as one of South Korea's premier public universities, known for its rich history, academic excellence, and commitment to fostering leadership and innovation. As a comprehensive university, SNU excels across diverse academic fields, offering top-tier education and advanced research facilities. Its international exchange programs provide a unique platform for students worldwide to engage in cross-cultural learning and collaboration.

During my exchange program, I enrolled in three courses: **Elementary Korean**, **Film Analysis**, and **Drama Workshop**. The quality of education at SNU impressed me deeply. The **Elementary Korean** course was particularly engaging, with clear and practical teaching methods. The class incorporated everyday scenarios like ordering food and introducing oneself, making learning both effective and enjoyable. My favorite class, however, was **Film Analysis**, which unexpectedly delved into philosophical themes. The instructor's ability to use films to introduce philosophical discussions broadened my perspective, helping me understand both the subject and myself more deeply. **Drama Workshop**, a class I initially hesitated to join, rekindled my passion for literature. The engaging teaching style and balanced pacing transformed my learning experience. These courses not only captured my attention but also reignited my enthusiasm for academic exploration.

Aside from classroom learning, extracurricular activities enriched my exchange journey even further. I attended the **SNU festival**, where the vibrant energy of the audience made up for a lack of impressive performances. Experiencing a Korean university campus concert was both refreshing and memorable. One of my most cherished moments was attending the musical *Mata Hari*. Though I couldn't explore the Korean musical scene as extensively as I'd hoped, watching this performance felt like a dream fulfilled. Additionally, a **field trip** organized by my Korean class to the National Hangeul Museum provided fascinating insights into the Korean language and culture.

My time at SNU was transformative. I developed international friendships, gained a deeper understanding of Korean culture, and honed my adaptability and independence. Navigating life in a foreign country taught me resilience, problem-solving, and the importance of stepping out of my comfort zone. These challenges pushed me to grow from hesitating to order food in Korean to confidently making new friends.

Cultural differences, such as Korea's strong drinking culture, initially felt daunting. As someone who rarely drinks, I was unaccustomed to the lively social drinking environment. However, I embraced the opportunity to bond with friends while staying mindful of my limits. This balance allowed me to enjoy these cultural moments safely and responsibly.

The greatest personal growth I experienced was a newfound self-awareness. This exchange program allowed me to reflect on my goals and values. I rediscovered parts of myself I had long neglected and learned that embracing life's uncertainties is vital for growth.

In hindsight, this exchange program was a rare and precious opportunity. It reignited my passion for learning and offered a well-deserved break to prepare for the next phase of life. If I could do it again, I would save earlier and plan better to maximize this incredible experience.



韓文日 : The professor took us on a fieldtrip to 국립한글박물관 during the national holiday to celebrate the Korean Alphabet Day.



Drama Workshop: We did a group performance on a scene of *Hamlet*, our professor even gave us flowers at the end of the class. She told us: “Today, you are all actors, and actors deserve to receive flowers.” I almost cried.



Korean Musical *Mata Hari*: I splurged on my final week in Korea, this was a money well spent. It's a shame I don't know Korean well enough to immerse myself in the story. Nevertheless, I was still able to enjoy the performance thoroughly.