

學校簡介

成均館大學是韓國歷史上最悠久的大學，建立於1398年，為當時朝鮮王朝所設立的最高學府成均館。現今成均館大學為一所私立研究型綜合大學，韓國排名前五，由首爾和水原兩個校區組成。人文與社會科學類院系位於首爾校區，自然科學類院系位於水原校區。首爾校區位於首爾市中心原朝鮮王朝成均館的位置，與昌德宮、昌慶宮和宗廟位於同一座山上。首爾校區的新校區位於原成均館的北部，成均館大學的六百週年紀念館位於該校區。南面的成均館是朝鮮王朝時期的最高學府，至今保留著包括明倫堂和大成殿等18棟古建築物。位於距離首爾45公里的水原校區建於1978年，以成均館大學的財團三星集團命名的圖書館位於該校區，圖書館的設計像一本展開的書。

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

在韓國成均館大學交換期間因為想精進韓文，所以選擇了Regular Korean Program（RKP）。此課程是與成均館語學堂一起上課，課程時間每週一至週五早上9點至下午3點。由於上課時數很長，因此學校規定如果選擇此課程則不能選修其他課程。我在了解其他專業課程及到教室旁聽以後，決定還是以自己的興趣為主，專注於學習韓文。

成均館語學堂的教學速度比其他大學快，因此交換學生可以在一個學期內上兩個級別的課程，如果是去交換一學年的交換生甚至有機會把韓文六級都修畢。RKP課程的優點是課堂上完全以韓文來教學，課程時數長節奏快，因此可以短時間內快速精進韓文；相對的如果吸收能力比較慢就會很容易跟不上進度。選擇此課程也不能像其他交換生有許多時間可以體驗韓國文化。

國外研修之生活學習（課外）

由於在交換期間大部分時間都用來上課，因此沒有太多時間可以好好體驗韓國生活，這一點實屬可惜。不過課堂有舉辦文化體驗活動，春天時學校安排了韓服體驗及參觀景福宮，可以看到景福宮櫻花盛開的優美景象；夏天則帶我們到首爾樂園遊玩。交換生的Buddy Program則是安排了爬山及野餐活動，分別去了峨嵯山及漢江，可以在觀賞首爾美景的同時與韓國本地生及不同國家的交換生交流，了解不同國家的文化。

韓國極力推廣韓國文化，每個月最後一週的週三是韓國文化日，當天許多景點如展覽館、博物館免費開放入場；電影院、運動賽事及公演都有折扣優惠，我也趁文化日看了電影。我也有幸參與韓國知名舞蹈教室——1Million的免費舞蹈課程，可以與專業的舞者學習。首爾政府及首爾觀光財團主辦的首爾節也辦了許多活動吸引外國遊客，其中開幕演唱會免費邀請外國學生參加，讓交換生們可以親眼觀賞許多K-POP歌手的表演。成均館大學外就是各個劇場表演聽的聚集地，因此假日都吸引許多人潮前來觀賞舞台劇及音樂劇。韓國音樂劇很有名，而我也就是劇場科系的學生，因此當然把握機會，看了韓國本土的音樂劇。我本身對音樂劇很感興趣，實際觀賞了慕名許久的韓國音樂劇之後真的被驚艷，也讓交換旅程變得更有意義。

交換/研修之具體效益（請條列式列舉）

1. 了解不同國家的生活方式。
2. 提升外語能力。
3. 體驗各種當地文化活動及慶典。
4. 增加人脈，與不同國家及文化的人交流。
5. 增加生活歷練，學習獨立及獨自解決問題。

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？

交換期間經歷了無數的困境，其中最大的困境就是忘記提款卡密碼，導致最後提款卡被鎖卡，無法提取現金。韓國主要的消費方式是刷卡，所以一開始我並沒有攜帶許多現金，只攜帶足夠第一個月的生活費。到了韓國以後知道房租及健康保險需要使用韓國帳戶轉帳，這讓身在國外的我無助了好一段時間。我的家人都不在台灣，我只能一位一位的詢問身在台灣的朋友幫忙，好不容易才找到一位有空可以幫忙到銀行處理的朋友。如果非親自到銀行解鎖提款卡，首先我得把身分證、護照及銀行卡與代辦同意書寄回台灣，一開始韓國的郵局因為是重要證件準備要拒絕我，之後查詢了韓國條例確認沒問題才郵寄成功。而在朋友幫忙銀行代辦的過程中我得與銀行員視訊確認身份，最後再麻煩朋友將所有文件郵寄回韓國。這樣一來一回花費了半個月的時間，也花費了不少費用。慶幸的是問題有順利解決，我也有提前準備另一張提款卡當應急，不然我就得親自飛回台灣解決了。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

到海外生活雖然已經做好經歷不同文化的準備，但多少還是會被一些文化感到驚訝，其中在韓國交換最大的文化衝擊就是垃圾分類。韓國對於垃圾處理非常嚴格，首先韓國垃圾是需要使用專用垃圾袋，不可以使用一般袋子，每個區域需要使用打印各自區域名字的袋子，例如首爾江南區就得使用江南區的垃圾袋。另外不同分類的垃圾也有各自的垃圾袋，一般分為廚餘及一般垃圾。這些垃圾袋都是需要購買的，可以在超市或超商購買，這樣算下來每個月大約需要花費台幣200元購買垃圾袋。可回收垃圾就不需要特別購買垃圾袋，但是分類非常仔細，例如塑料及塑膠袋就分為兩類。如果要丟棄大型垃圾例如家具及枕頭棉被，則需要申報填寫申請表，繳費之後將收到的證明貼在物品上，等收集垃圾的日子放到特定處待人處理；一些特殊物品例如衣物或電池類則需要找到專門收集箱回收。

垃圾只能在晚上指定時間放在指定地方，多為房子外靠大街上，每天收不同種類的垃圾，到了凌晨就會有垃圾車來清理。優點是不用像台灣那樣追垃圾車。因此到了每天晚上，街邊都會堆積許多垃圾袋，幾乎每走幾步就會有一堆垃圾，這個畫面對我來說蠻衝擊的，至今還是覺得首爾如此繁華乾淨的城市出現遍地垃圾很有違和感。

在韓國垃圾處理是一門很大的學問，如果沒有遵守會被環境局警告甚至會被罰款。我居住的大樓有垃圾集中處，好處是我不需要購買垃圾袋，但我因為都會從房間打包好一般垃圾直接丟到大垃圾桶，而裝垃圾的塑膠袋其實是可回收垃圾，因此我最後被環境局警告，再發生一次將會直接被罰款。經過那次經驗後我丟垃圾都會更謹慎，而在離開韓國之前也選擇把一些可以繼續使用的物品例如衣物或日用品轉送給其他需要的人而不是直接丟棄。

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？

最大的成長就是可以獨自在語言不熟悉的國家生活。雖然我是僑生，到台灣唸書已經有充分的國外生活經歷，但在台灣生活並沒有語言隔閡，所以很快就可以熟悉及適應。韓國就大不相同了，到一個語言不通的地方生活，除了要適應新的文化之外還會經歷各種因為語言而碰壁的情況，久而久之我就深刻的體會到這個世界就是一個群體社會，不管再怎麼內向與逃避還是會有與人們接觸的必要時刻，例如去銀行或郵局辦事。為了讓生活更加順利，我得努力融入大家，所以要更積極的提升自己的語言能力。此外我學會更珍惜時光，交換的時間其實過的很快，我需要把握在當地的時刻盡可能的體驗想要做的事。

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？

這次交換計畫並沒有獲取任何獎學金，有無獎學金確實對我的出國計畫有影響。家人因為經濟的關係是反對我出國交換的，但由於交換是我多年以來的目標，因此有長期兼職賺取交換費用，也努力與家人溝通許久，最後是以不依靠家人資助，全程經濟費用自己承擔的結果成功說服父母同意出國交換。慎選交換國家及學校，交換期間好好規劃開銷，勉強可以支撐這一次的出國交換。只要有堅定的目標及堅持完成，出國交換是可以實現的。

感言及心得感想

這次的交換計畫其實得來不易，海外交換是我從國中以來就想完成的人生計畫。我曾經在大二時成功獲得交換的機會，在做好所有準備，距離出發剩下最後半個月時面臨疫情爆發，結果只能取消計畫。原本我以為交換這份夢想最後只能泡湯，慶幸疫情在我畢業前有所趨緩，我就決定用延畢的方式完成這份目標，為大學生活留下完美的句點，再好好開啟人生下一階段。參與交換計畫需要很大的勇氣及毅力，從申請交換開始就需要處理的許多繁瑣文件及程序，到真正抵達交換校以後努力適應異國生活，這一整段經歷對我來說非常夢幻。我是一個內向的人，不喜歡麻煩別人，但獨自一人生活難免有需要別人幫助的時候，尤其在人生地不熟的異國他鄉，遇到困難要學會勇於尋求幫助。人生很短，所以我希望我的人生可以過的精彩。現在回想起交換的這一段時光，這真的是我做過最棒的決定，也是人生其中一個很重要的、永遠不會忘記的經歷。

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)

School Introduction:

Sungkyunkwan University is the oldest university in the history of Korea, founded in 1398 as Sungkyunkwan, the highest educational institution of the Joseon Dynasty. Today, Sungkyunkwan University is a private research-based comprehensive university, ranked among the top five universities in Korea, with two campuses: Seoul and Suwon. The Faculties of Humanities and Social Sciences are located on the Seoul Campus, and the Faculties of Natural Sciences are located on the Suwon Campus. The Seoul Campus is located in the center of Seoul on the site of the former Sungkyunkwan of the Joseon Dynasty, on the same hill as Changdeokgung Palace, Changgyeonggung Palace and Jongmyo. The new Seoul campus is located in the northern part of the former Sungkyunkwan, where the 600th Anniversary Memorial Hall of Sungkyunkwan University is located. Sungkyunkwan in the south was the highest educational institution during the Joseon Dynasty, and 18 ancient buildings including Myeongryundang and Daeseongjeon still remain. The Suwon Campus, located 45 kilometers from Seoul, was built in 1978 and where a library named after the Samsung Group, the consortium of Sungkyunkwan University is located, which is designed like an open book.

Exchange Program Course Learning:

During my exchange period at Sungkyunkwan University, I chose the Regular Korean Program (RKP) because I wanted to improve my Korean. This program is offered in conjunction with the Sungkyunkwan Language Center from 9:00 a.m. to 3:00 p.m. every Monday to Friday. Because of the long class hours, the school rules that I cannot take other programs if I choose this program. After checking out and listening to the other classes, I decided to focus on my interest in learning Korean.

Sungkyunkwan Language Institute teaches faster than other universities, so exchange students can take two levels of classes in one semester, and exchange students who go for a year even have the opportunity to take all six levels of Korean. The advantage of the RKP is that the classes are taught entirely in Korean, and the classes are long and fast-paced, so I can improve my Korean quickly in a short period of time, but if the student is slow in absorbing the Korean language, then he will not be able to keep up with the progress. Besides, if you choose this program, you will not have as much time as other exchange students to experience Korean culture.

Exchange Program Life Learning:

Since we spent most of our time in class during the exchange period, we didn't have much time to experience life in Korea, which was a sad thing. However, there were some cultural activities organized by the language institute. In spring, the institute arranged a Korean traditional costume (Hanbok) experience and a visit to Gyeongbokgung Palace, where we could see the beautiful scenery of cherry blossoms in full bloom, and in summer, the institute took us to theme park Seoul Land. The Buddy Program for exchange students arranged hiking and picnic activities at Mt. Achan and Han River, where we could enjoy the beautiful scenery of Seoul and at the same time communicate with local students and exchange students from different countries.

Korea has been actively promoting Korean culture, and the last Wednesday of every month is Korea Culture Day. On that day, many attractions such as exhibitions and museums offer free admission, and there are discounts on movies, theaters, and sports events, so I took advantage of the day to watch a movie. I also had the opportunity to attend a free dance class at 1Million, one of Korea's leading dance studios, where I was able to learn from professional dancers. The Seoul Festival, organized by the Seoul Government and the Seoul Tourism Foundation, also hosted many events to attract foreign visitors, including an opening concert that foreign students were invited to attend free of charge so that they could watch performances from K-Pop singers. There are a lot of theater halls beside Sungkyunkwan University,

so many people come to see stage plays and musicals during holidays. Musicals are very famous in Korea and since I am a theater student, I also took the opportunity to watch musicals during the exchange period. I am very interested in musicals, so I was really impressed by the Korean musicals that I have been admiring for a long time, and it made the exchange program even more meaningful.

Benefits of Exchange Program:

1. Learn about the lifestyles of different countries.
2. Improve foreign language skills.
3. Experience different local cultural activities and festivals.
4. Expand connections and communicate with people from different countries and cultures.
5. Gain life experience, learn to be independent and solve problems by oneself.
6. Enhance opportunities for further study abroad in the future.

Difficulties Encountered during Exchange Program Period and Solutions:

During the exchange period, I experienced numerous difficulties, the biggest of which was forgetting my credit card PIN, which resulted in my card being locked and I couldn't withdraw any cash. The main way of spending in Korea is by credit card, so I didn't bring a lot of cash with me at first, just enough for the first month's living expenses. After arriving in Korea, I realized that I needed to use my Korean bank account to transfer money for rent and health insurance, which made me feel helpless for quite some time. My family is not in Taiwan, so I had to ask my friends in Taiwan one by one for help, and it took me a while to find a friend who was free to go to the bank for me. If I didn't go to the bank in person to unlock my credit card, I had to send my ID card, passport, credit card and a letter of authorization to act on my behalf back to Taiwan. At first, the post office in Korea was going to refuse me because there were important documents, but then they checked the Korean regulations and made sure there was no problem before I could send it back to Taiwan. After that, I had to video call with the banker to confirm my identity during the card unlock process, and then I had to ask my friend to send all the documents back to Korea. It took half a month and cost me a lot of money. Luckily, the problem was solved and I had another credit card in case of emergency, otherwise I would have had to fly back to Taiwan to solve the problem.

Culture Shock Experienced during Exchange Program Period:

Although I am prepared to experience different cultures when living abroad, I am still surprised by some of them, and one of the biggest culture shocks in Korea is garbage separation. Korea is very strict about garbage disposal. First of all, garbage in Korea requires the use of specialized garbage bags, not any plastic bag, and each area must use bags with the name of the area printed on them, for example, the Gangnam district of Seoul must use the bags of the Gangnam district. In addition, different categories of garbage have their own garbage bags, which are generally divided into food waste and general waste. These bags can be purchased from convenient stores or marts and cost about NT\$200 per month. Recyclable waste does not require the purchase of garbage bags, but has to be very carefully categorized, for example plastic and plastic bags are divided into two categories. If you want to dispose of large items of waste such as furniture and pillows, you need to report and fill out an application form, pay the fee and stick the receipt you received on the item, and place it in a specific place for disposal on the day of waste collection; some special items such as clothing or batteries must be thrown in specific recycle bins.

Garbage can only be placed in a certain place at night, usually outside the house on the street, and different kinds of garbage are collected every day, and then a garbage truck will come to clean it up in the early morning. The advantage is that I don't have to chase the garbage trucks like in Taiwan. So every night there are many garbage bags piled up on the street, almost every few steps there is a pile of garbage, this scene is quite shocking to me, and I still feel that Seoul is such a busy and clean city with garbage everywhere is quite a sense of contradiction.

Disposing of garbage in Korea is a big deal, and if you don't follow the rules, you will be warned by the Environment Department and even fined. The building I lived in has a garbage collection area, so I don't have to buy garbage bags, but I was warned by the Environment Department and will be fined if it happens again because I always pack my garbage from my room and throw it into the big garbage can, and the

plastic bags I put in the garbage are actually recyclable waste. After that experience, I was more careful with my garbage, and before I left Korea, I decided to give away some reusable items such as clothes or containers to other people in need instead of just throwing them away.

Biggest Growth during Exchange Program Period:

The biggest growth was being able to live on my own in a country where I was not familiar with the language. Although I was an overseas Chinese student and had experience of living abroad when I went to Taiwan to study, there was no language barrier when I lived in Taiwan, so I was able to familiarize and get used to the country quickly. Korea is different, to live in a place without knowing their language, in addition to adapting to the new culture will experience a variety of language barriers, and over time I have come to realize that the world is a group society, no matter how introverted and avoidance there will be a need to contact people, such as when going to the bank or the post office. To make my life easier, I have to try to fit in, so I have to be more active in improving my Korean. I've also learned to value my time more. Exchange time goes by very quickly, and I need to make the most of my time there to experience what I want to do as much as possible.

Effect of Scholarships on Exchange Program:

I did not receive any scholarships for this exchange program, and the availability of scholarships did have an impact on my plans to go abroad. My family was against the idea of going abroad for financial reasons, but since it had been my plan for many years to go for an exchange program, I worked part-time for a few years to earn money for the exchange program. I tried to communicate with my family for a long time, and finally I managed to convince my parents to agree to go abroad without relying on my family's financial support, and I had to pay for the whole program myself. By choosing the exchange country and school carefully and planning the expenses during the exchange period, I was able to support the exchange program. As long as you have a firm goal and insist on achieving it, it is possible to go on an exchange program abroad.

Reflections on Exchange Program:

This exchange program was not easy to get as it has been a life project I have wanted to complete since middle school. In my sophomore year of university, I was able to secure an exchange program, but when I was half a month away from my departure date, I was faced with an outbreak of the Covid-19 pandemic and had to cancel the program. I thought my dream of exchange would be in vain, but fortunately the pandemic showed a sign of easing before I graduated, so I decided to complete my plan by postponing my graduation, leaving a perfect ending to my university life and starting the next phase of my life. It took a lot of courage and perseverance to take part in the exchange program. The whole experience, from applying for the exchange and dealing with all the paperwork and procedures, to actually arriving at the exchange school and trying to adapt to life in a foreign country, was very dreamy for me. I am an introverted person and I don't like to bother others, but when I live alone, there are times when I need help, especially when I am in a foreign country where I don't know anyone, and I have to learn to be brave enough to ask for help when I am in trouble. Life is short, so I hope I can live a wonderful life. When I look back on the exchange program, it was the best decision I have ever made, and it is one of the most important experiences in my life that I will never forget.