

學校簡介

朱拉隆功大學1917年創校。校名紀念泰王朱拉隆功（拉瑪五世）。朱拉隆功大學位於曼谷暹羅（Siam Area）地區，是泰國最古老的大學，被尊為「全國最有威望的大學」。大學擁有19個學院、3個研究生院、1個分校、14個研究所、2個教育中心和2個附屬學校，是泰國最好的大學。拉瑪六世將該校發展成一所國家直屬的行政學院，並且增加了很多課程，例如農業、商業、教育、工程學、水上行政、法律、醫學和公共管理。1917年，這所行政學院已具有綜合性大學的規模，為建造這所大學總共耗資950,982.39泰銖。這所以五世王的皇冠為校徽的古老學府，將校旗的顏色定為粉紅色（據說是五世王生日，星期二所代表的顏色）

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

Leader development: 這堂課幫助我們學習如何規劃以及如何設定目標，也提及如何將計劃具體化，同時提出許多理論供學生參考，透過這堂課，可以讓自己有更多對未來規劃的頭緒，像是自己的5大優勢，可以如何運用，以及適合與哪些人配合。

Thai language: 學習當地語言可以提升生活便利度，因此修習這門課。這堂課教我們許多實用句式，在與泰國人對話途中可以更完整的了解意思，同時課程也會科普泰國的文化知識。在這堂課中（A-jam）會讓我們進行口語練習以及交流，藉此我們更能熟記語言。

國外研修之生活學習（課外）

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課外我們學習如何烹煮泰國料理，像是如何煮泰國南部特有的蝦醬豬肉料理，同時也讓我們了解泰國人喜歡在餐點裡加入哪些食材讓料理的香味有更多層次。此外我們也學習如何用泰國特有的植物調製出獨特的香水，透過香水調製我們認識了象徵富貴的花以及擁有斑蘭香的斑蘭葉，當地的特有香味，讓你能更融入在地文化，更貼近泰國人的生活。

交換/研修之具體效益（請條列式列舉）

培養獨立生活的技能

第二外語以及第三外語能力訓練 提升國際觀、開拓視野
體驗多元文化和感受文化差異

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?

需要到移民署進行簽證延長，由於官網所述的文件影印格式並沒有詳細說明，讓整個办理流程長達15小時，幾乎讓我們浪費一整天的時間。對我來說，最大的啟發是可以在排隊延簽時可以多抽

號碼牌，即使需要重新影印資料，也不需要消磨一整天時間在移民署。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

文化衝擊大部分對我來說都是正面的，一從中我也感受到泰國文化的有趣。

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？

認識了來自不同背景的朋友，在大家分享未來規劃時，更能讓我反思我的規劃是否符合自身狀況以及我是否有其他選擇。與外國朋友進行深度談話可以得到許多啟發，讓我們在面對未知時可以更勇敢。

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？

讓我的負擔比例降低。

若沒有獎學金，還是會想去，但可能會讓這個計畫停留在計劃階段。我認為獎學金對我們起到了一定的幫助。

感言及心得感想

在泰國進行交換讓我體驗到泰國「哉奄奄」的生活步調，也許有時候不一定要非常急，慢下來，看看週遭，感受平靜。在泰國，可以感受到泰國人的熱情，學生對交換生非常友善，會主動分享重要資訊，甚至熱情的邀請你共進午餐。餐桌上我們交流著各自文化，我也了解到泰國人的生活態度，以及他們的處事態度。在生活期間，我發現曼谷的交通方式非常便利，當你準備出門，你可以選擇走路、搭公車、搭計程車、搭計程摩托車、搭BTS、MRT或是搭船。此外，搭公車時可以發現很多有趣的地方，泰國的收費方式為車掌小姐先生在公車上來回穿梭收費。更令人驚訝的是，泰國公車分為有冷氣及無冷氣，如果想體驗在地生活，可以嘗試搭乘無冷氣公車，價格大約是8泰銖，會覺得有點熱就是了～這次交換我對於泰國文化有更多的了解，像是對於他們的寺廟文化有更深入的認知，原來寺廟林立是因為寺廟在古代是學生學習的重要媒介與場所，我也認知到，泰國人蓋寺廟不只是因為他們虔誠。

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)

Chulalongkorn University built in 1917, Chulalongkorn University is named in honor of King Chulalongkorn (Rama V). Located in the Siam Area of Bangkok, it is the oldest university in Thailand and is considered the most prestigious in the nation. The university comprises 19 faculties, 3 graduate schools, 1 branch campus, 14 research institutes, 2 educational centers, and 2 affiliated schools, making it one of the best universities in Thailand.

During the reign of Rama VI, the university was developed into a state-administered academy, adding various programs such as agriculture, commerce, education, engineering, water administration, law, medicine, and public administration. By 1917, it had expanded to a comprehensive university with a total cost of 950,982.39 Thai baht for its establishment. The university's emblem is the crown of King Rama V, and the school color is pink, representing the day of his birth, Tuesday.

There are two courses that I like the most. One is Leader development and the other is Thai language. In leader development the course taught us how to planned set goals, offering various theories for reference. It helped clarify our future plans, highlighting our five major strengths and how to utilize them, as well as identifying suitable collaborators.

Also, learning the local language enhances daily convenience, so I took this course. It covered many practical phrases that improved my communication with Thai people and provided cultural insights. The instructor engaged us in speaking practice and exchanges, reinforcing our language skills.

Outside of class, we learned to cook Thai dishes, such as a shrimp paste pork dish unique to southern Thailand. We also discovered the ingredients Thai people commonly use to add complexity to their cuisine. Additionally, we learned to create perfume using Thai plants, gaining knowledge about local flowers and pandan leaves, which are integral to Thai scents. These experiences deepened our cultural immersion.

Challenges and Solutions During Overseas Life

When extending my visa at the immigration office, unclear instructions on the official website about the required document copies led to a 15-hour process, wasting nearly an entire day. I learned the importance of taking multiple queue numbers while waiting, so even if additional copies are needed, the entire day isn't wasted

Reflections and Thoughts

My exchange in Thailand allowed me to experience the relaxed pace of Thai life. Sometimes, slowing down and observing your surroundings can bring peace. The warmth of the Thai people was palpable; students were very friendly to exchange students, willingly sharing important information and even inviting us to lunch. These interactions provided insights into Thai culture and lifestyle. Also, meeting friends from diverse backgrounds encouraged me to reflect on my future plans and consider whether they align with my circumstances and if there are other options. Deep conversations with international friends provided valuable insights, making me more courageous in facing the unknown.

There is one of the most impressive things in my exchange life in Bangkok. Bangkok's transportation options were impressively convenient, including walking, buses, taxis, motorcycle taxis, BTS, MRT, and boats. Riding the bus revealed many interesting aspects, like the fare being collected by conductors

walking up and down the bus. It was fascinating to discover that there are air-conditioned and non-air-conditioned buses, with the latter offering a more local experience at about 8 baht, though they can be quite hot.

This exchange program deepened my understanding of Thai culture, particularly the temple culture. I learned that temples historically served as important educational centers, not just religious sites. Overall, this exchange experience enriched my knowledge and understanding of Thailand, leaving me with lasting memories and valuable lessons. For me, this exchange life may be the most valuable experience in my lifetime.

Specific Benefits of Exchange/Study Abroad

1. Developing independent living skills
2. Experiencing diverse cultures and understanding cultural differences
3. Enhancing problem-solving abilities
4. Improving proficiency in a second or third language
5. Broadening international perspective and worldview

For those who are still considering starting your exchange life or not, stop hesitating, just join now!!!