

學校簡介

釜慶大學為韓國少數的平地大學，位於釜山廣域市南區的鬧區，周圍商圈非常繁榮，韓式餐廳、異國料理、超市、美妝店、便利商店等應有盡有。交通方面也相當便利，從宿舍大約步行三分鐘能抵達公車站，再步行約十分鐘也能搭乘捷運，生活機能非常良好。在學校資源方面，以水產、海洋環境領域著名，也擁有多元的學院，以及附設語學堂。

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

在這次交換中，選修了兩門英文授課的課程，分別是：

1. 韓國 CEO 領導力：課程邀請來自不同背景的講師，例如外交官分享職涯歷程、探討南北韓議題，以及韓國與日本、美國的政治關係等，讓我們更深入了解韓國與國際間的局勢。
2. 韓國當代議題：老師透過和各國同學的交流互動下，並搭配電影欣賞的方式，讓我們對南北韓議題、韓國就業、結婚、整形醫美等議題更進一步認識，同時也了解不同國家的看法。
3. 最喜歡的課程：韓國當代議題的課程讓我受益最多，讓我印象最深刻的是韓國容貌的議題，在極為重視外貌的韓國社會中，外貌也代表者能力，好的外貌更能獲得他人對其能力的信任，這個根深蒂固的觀念深遠地影響著他們，在韓國到處都能看到皮膚、身材、妝髮到服裝都十分講究的男女，雖然越看越羨慕，但也感受得到韓國人對外貌追求的壓力。

國外研修之生活學習（課外）

由於對韓文有興趣，也想提升自己的韓文能力，報名了學校的語學堂課程，展開為期兩個半月，每天早起上韓文課的生活。語學堂是以考韓檢為導向，重視文法的課程，能扎實地打好韓文的基礎；上課方式是以全韓文進行，進度也非常快，對於只會一點韓文拼音的我來說，非常有挑戰性，建議對韓文拼音有一定的熟悉度再來上，否則容易跟不上節奏。整體課程上下來，覺得每天四個小時的課程轟炸下，上到後期非常疲乏，但也很慶幸在這段辛苦的日子裡，能認識到各國的朋友，上課遇到困難能互相幫忙並給予鼓勵，下課時熱情地交流互動，帶來每天學韓文的動力。

交換/研修之具體效益（請條列式列舉）

1. 提升韓文和英文能力
2. 認識不同國家和背景的朋友，擴展國際視野
3. 規劃多次自由行，提升時間管理能力

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？

是，在交換期間最大的困境是身處一個排外的國家，除了觀光區，比較能用英文溝通，也對外國人比較友善，但其他地方包含校內，只要不會韓文，能明顯感受出差別對待，他們的態度變得很不耐煩，對外國人很冷淡。體會到韓國排外的文化後，認知到來韓國交換前，具備基本的韓文對話能力的重要性，不僅能讓生活更便利和友善，也能更容易認識韓國朋友。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

是，飲食文化的衝擊，在韓國吃到好吃又多樣的蔬菜機會非常少，通常都是又辣又鹹的泡菜，和吃不習慣的生菜沙拉，這些是每天宿舍學餐不變的菜色，再加上宿舍內禁止開火，想吃到清淡的燙青菜也變的奢侈。所以平常都會去附近的超市和市場買水果，像是麝香葡萄、柿子、蘋果等，盡量補足蔬果攝取量不足的問題。

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？

從語學堂、學校社團到台灣交換生圈，這些經歷讓我接觸到來自不同國家和背景同學，也讓我從中培養了更開放的心態，主動認識新朋友，這不僅拓展了我的視野，更懂得如何在相處中溝通與包容彼此，也因此使交換生活更加多采多姿。

感想與建議

很開心能到釜慶大學交換，在這四個半月的生活中，一路上享受著夢幻的海景、與朋友的歡笑聲相伴、經歷了語言和文化的挫折，也不斷地挑戰自我，交織成這趟獨一無二的旅程。每當回想起這趟交換之旅，總會再次被釜山的魅力深深吸引。

來到釜慶大學，不僅能深入漫遊釜山，欣賞釜山各地的美景外，也能享有便利的交通，到慶洲、大邱、蔚山和首爾遊玩，甚至是方便到日本旅遊，不過建議交換前先準備好國際駕照，更能暢遊韓國的郊區和濟州島。

英文心得

Pukyong National University is one of the few flatland universities in South Korea, located in the bustling district of Nam-gu, Busan. The surrounding area is highly developed, with a vibrant commercial district featuring a variety of Korean restaurants, international cuisine, supermarkets, beauty stores, and convenience stores. Transportation is also very convenient; the nearest bus stop is about a three-minute walk from the dormitory, and the subway station is roughly a ten-minute walk away. The university is well-known for its strengths in fisheries and marine environment studies, and it also offers diverse academic programs and language institute.

Among the courses I took, Current Issues on Korean Society was the most impressive. The topic that left the strongest impression on me was Korea's beauty standards. In Korean society, appearance is highly valued and often linked to competence. A good appearance can earn more trust, making this belief deeply rooted. It's common to see both men and women meticulously maintaining their skin, body shape, makeup, and fashion. While I admire their looks, I can also feel the pressure they face to meet these standards.

For extracurricular activities, I joined the university's language institute to improve my Korean skills. The two-and-a-half-month program focused on TOPIK preparation with a strong emphasis on grammar. Classes were entirely in Korean and moved quickly, so I recommend having a good grasp of Korean before starting. Although the four-hour daily lessons made me tired, I'm grateful for the friends I made during the class. We helped and encouraged each other, and our interactions outside of class gave me the motivation to keep learning.

In terms of culture, I was shocked by the limited variety of vegetables. Meals mostly consist of spicy kimchi or raw salads, which I'm not used to. Since cooking isn't allowed in the dorm, even simple steamed vegetables are hard to get. To make up for the lack of vegetables, I usually go to nearby supermarkets and markets to buy fruits like grapes, persimmons, and apples, trying to compensate for the insufficient intake of vegetables.

I also faced difficulties due to the language barrier. In Korea, outside tourist areas, it's hard to communicate in English, and people are less friendly if you don't speak Korean. Even on campus, if you can't speak Korean, you can clearly feel the difference in treatment, with people becoming impatient and distant. After experiencing Korean culture, I realized how important it is to have basic Korean conversation skills before coming to Korea for an exchange. Not only does it make life more convenient and friendly, but it also makes it easier to connect with Korean friends.

In terms of personal growth, through the language institute, school clubs, and the Taiwanese exchange student community, I had the opportunity to meet classmates from various countries and backgrounds. These experiences helped me develop a more open mindset, encouraging me to proactively make new friends. This not only broadened my horizons but also taught me how to communicate and be more understanding with others, making my exchange life even more colorful and enriching.

During these four and a half months, I enjoyed the breathtaking sea views, shared laughter with friends, faced language and cultural challenges, and constantly pushed myself, all of which wove together into this unique journey. Whenever I think back on this exchange experience, I am once again deeply captivated by the charm of Busan.

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 (非此獎助學生)

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？

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