

學校簡介

韓國中央大學（Chung-Ang University, CAU）成立於1918年，是韓國的一所著名綜合性大學。該大學在首爾和安城擁有兩個校區，提供廣泛的本科和研究生課程。分成兩校區，首爾校區位於首爾市東大門區，是學校的主要校區，涵蓋大部分人文、社會科學及藝術學科。安城校區位於京畿道安城市，主要集中在自然科學、工學和醫學領域。韓國中央大學擁有16個學院，包括文學院、經濟學院、工學院、藝術學院等，且設有多個研究中心，涵蓋各種學術領域，促進跨學科研究。韓國中央大學培養了許多知名校友，包括少女時代秀英和俞利、金秀賢等，在眾多領域中取得了顯著的成就，為學校贏得了更多的聲譽。

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

初級韓文，本身有自學過韓文所以課程內容相對簡單，不過對於零基礎的學習者，老師都非常有耐心在教導。

國外研修之生活學習（課外）

宿舍課後活動我上了kpop舞蹈和皮拉提斯，老師人都很好，而且費用很便宜，學期結束學校還有送小禮物。

交換/研修之具體效益（請條列式列舉）

- 1.外語能力增強
- 2.獨立自主能力增強
- 3.解決問題能力增強
- 4.增進國際視野

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?

沒遭遇甚麼困境

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

換角度設想情境，我也不會對外國人很友善

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?

懂得把握當下，及時行樂

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？

沒獎學金一樣會出國，不會改變計畫

感言及心得感想

韓國中央大學（Chung-Ang University, CAU）是一所有著悠久歷史和卓越學術聲譽的大學，許多國際學生選擇在這裡進行交換學習。中央大學提供多樣化的課程選擇，特別是在藝術、商業和科技領域，可以選擇與自己專業相關的課程，也可以嘗試一些新的領域，我畢業學分已達標所以以學習韓文為主要目標，選兩堂韓文課，教授大多數非常專業且有經驗，他們對國際學生也非常友好，如果有問題的話不要猶豫老師都會非常熱心回答，但學會一些基本的韓語會大大提升日常生活和學習經驗，這可能是我在交換前更應該了解到的事情。學校提供多種住宿選擇，包括校內宿舍和校外公寓。校內宿舍通常比較方便，但申請需要提早進行，校園內有多個餐廳和咖啡廳，提供多種韓國和國際美食，校外也有很多美食店可以探索，不過中央的交通比較不方便，離最近的地鐵站要走路20分鐘，而且位處坡上，從正門到宿舍的距離非常遠，所以要善用手扶梯和電梯。加入學生社團是結交朋友和了解韓國文化的好方法，中央大學有各種興趣小組和學生組織，參加學校組織的文化活動，例如傳統韓國舞蹈、音樂會和節日慶典，可以更深入了解韓國文化，但我想留較多的時間給自己所以社團方面就沒有太多參與，建議想參加社團的同學如果能以韓文流利溝通會較適合。利用週末和假期，探索首爾及周邊地區的名勝古蹟和景點，例如景福宮、南山塔和仁寺洞。交換期間，保持開放的心態，勇於嘗試新事物，這大大豐富我的生活，合理安排學習和娛樂時間，確保能夠平衡學術和社交活動，多與本地學生和其他國際學生互動，建立友誼網絡，這不僅有助於語言學習，也能更快適應新環境。

這短短四個月的交換生活是我過得最快樂最值得回憶的時光，學分數是我三年多來最少的一次，韓國教授沒有想像中的老古板，反而都與學生有良好的互動，在韓國的課程是每一堂都要點名的，而且通常每星期都會有作業或小考，這是在韓國大學與在中山體驗到的最大不同。宿舍方面，我認為價錢合理因為設備都很新且整潔，不過常常會有廣播或是宿舍抽查，學校對於宿舍的維持很要求，也是另一點需要去適應的地方。去韓國不免俗就是追星，在追星路上遇到許多人的幫助，也讓我了解到在我有能力之餘要盡可能幫助他人，把這份溫暖再傳遞下去，交換生的身分讓我體驗到太多在台灣不曾體驗過的生活，我也更確信未來的道路會在韓國度過，謝謝這一路上遇見的所有朋友以及幫助過我的陌生人。

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)

Korea's Chung-Ang University (CAU) is a university with a long history and an excellent academic reputation, attracting many international students for exchange programs. CAU offers a diverse range of courses, particularly in the fields of arts, business, and technology. You can choose courses related to your major or try out new fields. Since I had already met my graduation credits, my main goal was to learn Korean. I enrolled in two Korean language courses. Most professors are very professional and experienced, and they are very friendly to international students. If you have any questions, don't hesitate to ask them, as they are very willing to help. However, learning some basic Korean would greatly enhance daily life and study experience, which is something I should have been more aware of before the exchange.

The university offers various accommodation options, including on-campus dormitories and off-campus apartments. On-campus dormitories are usually more convenient, but you need to apply early. There are several restaurants and cafes on campus, offering a variety of Korean and international cuisines. There are also many eateries off-campus to explore. Joining student clubs is a great way to make friends and learn about Korean culture. CAU has various interest groups and student organizations. Participating in cultural activities organized by the school, such as traditional Korean dance, concerts, and festivals, can give you a deeper understanding of Korean culture. Use weekends and holidays to explore the sights and attractions in Seoul and surrounding areas, such as Gyeongbokgung Palace, Namsan Tower, and Insadong.

During the exchange period, keep an open mind and be willing to try new things, which will greatly enrich your experience. Manage your time well to balance academic and social activities. Interact more with local students and other international students to build a network of friends. This not only helps with language learning but also helps you adapt to the new environment faster.

These four short months of exchange were the happiest and most memorable times of my life. It was the least number of credits I have taken in over three years. Korean professors were not as old-fashioned as I had imagined; instead, they had good interactions with students. In Korean universities, attendance is taken in every class, and there are usually weekly assignments or quizzes. This is the biggest difference I experienced between Korean universities and my time at Sun Yat-sen University.

As for the dormitory, I found the price reasonable as the facilities were new and clean. However, there were often broadcasts or dormitory inspections. The school is very strict about maintaining the dormitories, which is another aspect you need to adapt to. Going to Korea, you can't help but get into the K-pop culture. On the journey of following idols, I received help from many people, which taught me to help others whenever possible and pass on this warmth. Being an exchange student allowed me to experience many things I had never experienced in Taiwan, and it further confirmed my determination to spend my future in Korea. Thank you to all the friends I met and the strangers who helped me along the way.