釜慶大學為一所以研究為導向的綜合性國立大學，其深耕於韓國第一港口與第二城市—釜山，因此與在地海洋、水產及前沿科技產業有密切的結合，具備相當好的地理優勢。其校區總共包含大淵校區、龍塘校區以及水產科學研究所，並曾於 2024 年國立大學評鑑中獲得最高級的榮譽。

由於我的宿舍、上課地點都在大淵校區，對於其他校區就不多做介紹。大淵校區都是平地，距離宿舍到教室大約走路 10 分鐘，但因為我住在最高層 20 樓，等電梯到 1 樓出電梯需要 5 分鐘，每次都需要預留 15-20 分鐘的時間提前出發。在課程上面，我是經營學院的學生，因此選擇了一堂國際管理的英語專業課，班上有來自非常多國家的國際生，教授也會請我們分組討論一些議題，一開始壓力真的不小，因為全程都只能用英文來溝通，外國人講話又快又流利，但經過很多次心理建設後，我開始學會勇敢面對，在討論時會先以傾聽為主，反饋為輔，若真需要表達意見也不能退縮，久而久之就發現他們其實人很好的，我也就放鬆了許多。而我的另一堂課則是基礎韓文，也是英文授課，需要自己到學校書局買書，教授上課非常有趣亦很實用，只要有複習一定跟得上進度，更是激勵我回到台灣繼續學習韓文，並以通過 TOPIK 檢定初級為目標。

然而，這次的交換生活，最令我印象深刻的是類似 BUDDY PROGRAM 的 I-FRIEND 的活動，學校會把每個國際生分配成不同組，讓我們可以認識不同國家的學生，我們組就有來自烏茲別克、西班牙、越南等的組員，I-FRIEND 每一個月的主題也都不一樣，有文化交流、逛傳統市場以及野餐等的活動，還會舉辦團隊運動比賽，因此這四個月下來也是也有感地增進英文、韓文的聽說能力。然而，在每次的 I-FRIEND 活動聚集，就會發現韓國人一定需要喝酒，對於我這個本身就不太喝酒的人來說，會需要一直拒絕或只能小酌一下，但他們並不會強迫或是不跟你聊天，仍然很熱情，雖然偶爾會感到好奇為什麼他們有這樣的文化，但我認為這就是一個互相尊重、理解的過程。此外，短短地四個月，就有很多全校的大型活動，三月份有櫻花季，校園內會開滿櫻花樹，還會搭建舞台讓許多社團表演，唱歌、跳舞的水準都超級高，讓人不禁讚嘆韓國人的才藝細胞。五月的校慶更是有許多藝人的陣容，還有無人機及煙火表演，光四天的活動我就參加了三天，非常值得。

總結而言，我於此次交換經驗獲得的具體效益包含以下幾點：

- 提升英語及韓語的聽說能力，以通過 TOPIK 檢定初級為目標。
- 更加深入了解韓國學生與整體文化
- 結交不同國家的朋友，拓展所見所聞。
- 訓練獨立、主動溝通與詢問的特質
- 有充分的時間品質思考人生方向
- 熟悉釜山的地理位置與交通，可擔任當地導遊。

身處在異鄉，有時候反而更舒適、更自在，我漸漸學會不在乎別人的眼光，一個人吃飯、一個人逛街、一個人去咖啡廳或圖書館讀書，像在這樣充實又幸福的生活中度過，有一個人的時間去思考現在與未來的自己想要什麼，更是一件很難能可貴的事，我也知道回到台灣之後，我要面對的是研究所的課程、是更需要獨立並努力的生活，而在未來研究所，我還會有一次出國交換的機會，我也會善用這次積極詢問與溝通的經驗，知道如何更快速適應、融入當地的環境與文化，更有智慧地與外國人交流，成為更成熟的獨立、社交達人。

Pukyong National University (PKNU) is a research-focused comprehensive national university located in Busan, South Korea’s largest port city. Benefiting from the city's rich marine resources and cutting-edge industrial foundation, PKNU consists of the Daeyeon Campus, Yongdang Campus, and the Institute of Fisheries Sciences, having earned the highest honor in the 2024 National University Evaluation.

During my exchange semester, I lived and studied at the flat Daeyeon Campus. Although the campus itself was very accessible, living on the 20th floor of the dormitory required me to leave 15 to 20 minutes early every day just to wait for the elevator. As a Business Management major, I selected an English-taught management course with international students from diverse countries. Initially, participating in group discussions was daunting because everyone spoke English so fluently and rapidly. However, after adjusting my mindset to focus on active listening before sharing constructive feedback, I gradually built my confidence and realized how friendly my classmates were. Additionally, I took an engaging Basic Korean course where I purchased my textbook directly from the campus bookstore. The practical nature of the class strongly motivated me to continue learning Korean after returning to Taiwan, with the goal of passing the TOPIK exam.

Beyond academics, the highlight of my exchange was the "I-FRIEND" buddy program, which assigned international students into multicultural groups. My group included friends from Uzbekistan, Spain, and Vietnam. Every month, we participated in unique themes such as cultural exchanges, traditional market tours, picnics, and sports competitions, which naturally boosted my English and Korean speaking skills. These gatherings also introduced me to the local drinking culture. Although I personally do not drink alcohol much, my group members were extremely respectful and never forced anyone, making it a wonderful experience in mutual understanding and cultural appreciation. Furthermore, the campus atmosphere was vibrant. In March, the entire campus was covered in breathtaking cherry blossoms. By May, the university festival featured extraordinary student dance and singing performances, alongside an amazing three-day lineup of famous artists, drone light shows, and fireworks.

Ultimately, this four-month exchange provided me with invaluable personal growth. Being in a foreign environment taught me to feel comfortable with solitude—whether dining alone, visiting cafes, or reading at the library without caring about others' judgments. It offered me the mental space to reflect deeply on my current self and future goals. As I return to Taiwan to face my graduate studies, I feel more independent and resilient. Looking ahead to another study abroad opportunity during my graduate program, I am confident that the communication skills and adaptability I gained at PKNU will help me integrate into new environments much faster, enabling me to become a more mature and socially adept individual.