交換心得報告

1. 學校簡介

成均館大學創立於 1398 年朝鮮王朝初期，是當時最高的國立教育機關，也是東亞歷史最悠久的大學之一，治校理念為「修己治人」。學校擁有兩個校區：首爾校區（人文與社會科學校區）位於首爾鐘路區，鄰近昌慶宮，主攻人文藝術、社會科學與法律；水原校區（自然科學校區）位於京畿道水原市，鄰近三星電子總部，專攻自然科學、工程與醫學，校內三星學術情報館為其代表建築。

成均館大學與三星集團長期合作，獲得強大財務與資源支持，使其迅速躍升為韓國頂尖私立大學之一，在 Global 經營學、東亞學、法學、理工等領域享有盛譽，多年穩居世界大學排名前列，是韓國「SKY」之外最頂尖的學府之一。目前在校生約 36,000 人，外國留學生逾 1,500 人，致力於發展成為國際知名的高水準綜合性大學。

2. 國外研修之課程學習（課內）

我最想推薦交換生修的課是 Cultural heritage and places of Korea。首先，這堂課除了期末報告之外沒有其他額外的作業，主要看的是出席成績。再者，這堂課就像旅遊一樣，每週都會去首爾的一個景點參觀，過程中也會有導覽員介紹環境與歷史背景，可以讓人更深入地認識首爾這個地方。此外，這堂課是中文授課，因此不用擔心語言障礙的問題，交換生可以直接選課，沒有問題。

3. 國外研修之生活學習（課外）

在上學期的其中一堂課程上，我意外認識了負責導覽故宮各個宮殿的導覽員老師們，他們正在學習中文，因此詢問我是否能擔任他們的中文老師，也就此開啟了我交換生活中最精彩的一個部分。

他們是一群年齡約 50 到 80 歲不等的故宮導覽員，每個人負責的宮殿都不同。課堂教材方面，中級班使用一般的中文課本教學，高級班則透過各個宮殿的簡介、介紹詞或文言文等內容作為教材，偶爾也會上一些詩文相關的課程。由於韓國的漢字文化與台灣同樣使用部分繁體字，他們小時候也上過漢字教學課程，因此對漢字個別的意思可說是相當熟悉。我的教學主要是在他們有疑問時提供協助，例如兩個詞彙之間的細微差異或使用頻率等等。因為他們學中文是為了增加導覽的多元性，所以偶爾也會邀請我以訪客的身分，帶我參觀故宮的不同宮殿。除此之外，我主要負責糾正他們的發音，畢竟中文發音對外國人而言確實不容易。另外，由於他們使用的是簡體中文課本，用詞上與台灣略有不同，這時我就會向他們說明兩邊用詞的差異，或是分享中國大陸使用拼音、台灣使用注音這類的不同之處。

除了上課之外，每位老師對待我都像對待自己的女兒或孫女一樣，常常帶各種食物來和我分享，或是自己做了手工藝品也會多帶一份給我，下課後也常帶我一起聚餐。他們就像是我在韓國的家人一樣，一般交換生很少有機會能與長輩這樣互動，因此我格外珍惜這個難得的機緣。我過去幫助他們學中文，他們也同樣在幫助我學韓文，我若有任何韓文方面的問題都會向他們請教，而和他們聊天時幾乎也都是用韓文交流，因此同時也練習到了我的韓文聽說能力。他們來自韓國各個不同的地方,因此我也能藉此接觸到各種地方的方言與口音。

除此之外，我也積極參加台韓交流會，在交流會中認識了許多同樣從台灣來韓國打拼的人，以及對中文感興趣的韓國人等等。我們曾一起去密室逃脫、在聖誕節交換禮物，也曾一起去溜冰場溜冰，這些都成了我在這裡獲得的珍貴回憶。有他們的陪伴,讓我在韓國的日子更加精彩,也讓我收穫了一群志同道合的朋友,使我在韓國的生活不再孤單。

4. 交換/研修之具體效益

- 日常生活語言應用能力提升
- 擴展國際視野
- 簽證申辦與文件公證流程的實務經驗
- 處理國外手機門號、網路申辦等生活基礎建設的能力
- 銀行帳戶開立與金融事務處理經驗
- 國外就醫、健康檢查等醫療資源運用經驗
- 活動購票、資訊搜集與行程規劃的整合能力

5. 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?

無遭遇困境

6. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

沒有遇到什麼太多的文化衝擊，如果硬要說的話就是六月開始首爾會有一種叫做愛情蟲的昆蟲，他有點像台灣的大水螞蟻，晚上會出現在各個角落，最可怕的就是會飛進房間裡面，聽說他是益蟲但是長得實在是太可怕了，所以我跟室友們每次看到的還是會選擇直接殺死他們。雖然台灣也有很多昆蟲，但是首爾的蟲我之前都沒有見過，所以每次遇到新蟲的時候都還是會很害怕，如果蟲子太大我自己沒辦法處理的話就會拜託宿管伯伯幫忙處理。

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?

是，我本來是個性比較內向的人，平常在家沒事完全不會出門，是超級宅女類型，也是一個很怕麻煩、害怕人際關係複雜的人。但來到韓國之後，我開始覺得既然已經到了國外，就應該趁著這個難得的機會去做一些之前不敢做的事，反正在這裡沒有人認識原來的我，每個人認識的都是一個全新的我。因此我開始參加各種活動，也很積極地跟朋友出門，甚至去修一些有挑戰性的課程，過程雖然有些困難，但我還是做到了。在這段期間，我學會了自己解決很多事情。本來在台灣，我認為自己已經足夠獨立自主，但來到國外之後，認識了來自各個不同國家的人，每個人都帶著自己的故事來到這裡，很多人比我更有勇氣，也更能夠完成更多事情，我也想像他們一樣勇敢、不顧一切地去闖，這讓我對這個世界的眼界變得更加開闊。

另外，我對自己的不自信與不確定性，似乎也在這趟交換旅程中被治癒了。因為在這裡，大家會互相稱讚對方，即使不完美，也能找到對方身上的優點來增加彼此的自信心。以語言為例，過去在台灣的教育體系下，其實開口練習的機會不多，就算開口了，也常會有人對自己的發音指指點點，說得不夠精確或口音不夠道地，就容易被說三道四或取笑。但在這裡，大家都來自不同國家，有著不同的口音與熟悉的語言系統，當所有人都在使用自己的第二語言或第三語言溝通時，即使磕磕絆絆，卻發現仍然能夠溝通。每個人都會盡力用簡單易懂的詞彙來互相理解，可能搭配手勢、透過翻譯軟體，或是混雜兩三種語言來表達，這讓我意外地發現，這個世界的包容性其實很高。如果在學習過程中遇到惡意的評價與言論，過去的我可能會因此自信心受挫，減少學習的動力，但現在的我認為，可以透過轉換環境或圈子來改變現狀，無視那些毫無來由的惡意，因為努力終究會回到自己身上。

7. 感想與建議

這次的交換經驗讓我受益良多，從各個層面上都感覺自己成長了不少，在韓國生活的這兩個學期可能會是我人生中最難忘的一段時光，在這裡我交到了來自世界各地的朋友們，也相約彼此未來一定還要再見面，這樣難得的跨國友誼與交情我也會好好的珍惜。

此外，我發現來韓國交換可以獲得的資源及好處很多，像是只要有繳健康保險金，每兩年就能夠享有跟韓國國民同樣的免費健康檢查以及免費子宮抹片檢查的機會，剛好我來交換的時間有符合資格，因此我也有享受到這個權益，覺得機會非常難得。因為我本身對韓國文化很有興趣，也有學習韓文，因此覺得在韓國的生活蠻自在的，沒有遇到什麼太大的問題，也沒有像是當初來之前在網路上查到的韓國人非常排外，都交不到韓國朋友等等的問題存在，可能因為我有修了一些韓文授課的課程以及積極參加課外活動認識新朋友的關係，所以並沒有感到這方面的不適。且我認為他們大多數其實不是排外，而是比起只會說英文的人，他們會傾向跟會說一點韓文的人交朋友，畢竟還是會有一些語言隔閡的問題存在，大部分韓國人其實還蠻害怕說英文的，因此我認為除了英文之外，學一些當地的語言對來到這裡交換是有幫助的。

8. 英文心得

From 2025 to 2026, I had the opportunity to participate in a one-year exchange program at Sungkyunkwan University in South Korea. This experience not only helped me improve my academic knowledge and language abilities, but also allowed me to grow personally through cultural exchange, independent living, and meaningful relationships with people from different backgrounds.

Founded in 1398, Sungkyunkwan University is one of the oldest universities in Korea and traces its origins back to the highest national educational institution of the Joseon Dynasty. The university consists of two campuses: the Seoul Campus, which focuses on humanities and social sciences, and the Suwon Campus, which specializes in natural sciences, engineering, and medicine. Supported by its long-term partnership with Samsung, SKKU has abundant academic resources, modern facilities, and a strong international reputation. Studying at such a prestigious institution was both inspiring and rewarding.

Among all the courses I took during my exchange year, I would especially recommend “Cultural Heritage and Places of Korea” to future exchange students. The course combined classroom learning with field trips to historical and cultural sites throughout Seoul. Each week, we visited a different location and learned about its historical background and cultural significance through guided tours. This hands-on learning experience allowed me to gain a deeper understanding of Korean history and culture while exploring the city from a new perspective. Compared with traditional classroom lectures, this course made learning more engaging and memorable.

Outside the classroom, one of the most meaningful experiences of my exchange year was becoming a Chinese language tutor for a group of palace tour guides. I met them through one of my classes, and since they were studying Chinese, they invited me to help them improve their language skills. These guides came from different regions of Korea and were responsible for giving tours at historical palaces such as Gyeongbokgung and Changdeokgung.

My role was to assist them with pronunciation, explain differences between similar vocabulary, and introduce variations between language usage in Taiwan and mainland China.

Through this experience, I was not only able to help others learn Chinese but also learned a great deal about Korean history, culture, and society from them. They often invited me to visit different palaces and shared their personal experiences and stories with me. Over time, they became much more than students; they became like family during my stay in Korea. Their kindness and support made my exchange experience especially meaningful, and our conversations also helped me improve my Korean listening and speaking skills.

In addition, I actively participated in Taiwanese-Korean cultural exchange activities and met many people from different countries as well as Koreans who were interested in learning Chinese. We attended various social events together and formed lasting friendships. These interactions broadened my perspective and helped me better understand people from different cultural backgrounds. They also made my life in Korea much more enjoyable and fulfilling.

Beyond academic learning, my exchange experience helped me develop many practical skills. Living abroad required me to handle a variety of tasks independently, including visa applications, document authentication, opening a bank account, setting up a mobile phone plan, using healthcare services, and planning travel arrangements. These experiences strengthened my problem-solving abilities and taught me how to adapt to unfamiliar situations with confidence.

One of the most significant changes I experienced during this year was personal growth. Before coming to Korea, I was a relatively introverted person who rarely stepped outside of my comfort zone. However, studying abroad encouraged me to try new things, meet new people, and challenge myself in ways I had never imagined before. I actively participated in events, built new friendships, and enrolled in courses that pushed me beyond my limits. Although there were challenges along the way, overcoming them gave me a stronger sense of confidence and independence.

Another valuable lesson I learned was to become more confident in communication. In an international environment, people from different countries often communicate using their second or even third language. No one speaks perfectly all the time, yet everyone makes an effort to understand and support one another. This experience taught me that the true purpose of language is communication rather than perfection. As a result, I became more willing to express myself and less afraid of making mistakes.

Overall, my exchange experience at Sungkyunkwan University was one of the most valuable and unforgettable periods of my life. It allowed me to grow academically, improve my language skills, develop practical life skills, and build friendships with people from around the world. I also discovered that many stereotypes about cultural barriers are often exaggerated; by taking the initiative to communicate and learn the local language, meaningful relationships can be built anywhere. The memories, experiences, and lessons I gained during my time in Korea will continue to influence me long after my exchange program has ended, and they have inspired me to keep exploring the world with greater confidence, curiosity, and an open mind.