A. 學校簡介

Sungkyunkwan University in the historic heart of Seoul is a university of humanities and social sciences, with a separate campus for science and engineering subjects taught in Suwon. The original campus in Seoul features the historic learning facilities for scholars during the Joseon dynasty, which was originally built in 1398 to house the Confucian scholars' examinations to serve at the royal court. Furthermore, the 500 year-old ginko tree near the university entrance is a renowned heritage site of Korea and a symbol for Confucianism and education in Korea. The university is ranked 4th among universities in Korea, making it the best university after the famous SKY colleges. Thus, it is a high-tier educational institution in Korea that many local students apply for.

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

One amazing feature of this university, which I am told was a novelty this semester, was that the university offered culture courses especially for exchange students, since there were about 600 incoming students. This list of culture courses featured many domains from the history of Korea, to Asian philosophy, modern Korean culture (including K-Pop and K-beauty), and even literature. I chose two courses from this list and especially loved my "Korean literature in global literature" course, which was taught by a young professor who had collected many great Korean works and translated them for us, as they were not available in English at all. This was a great opportunity in my opinion, because even if I had tried to look for these stories in English, I would've never been able to find them by myself.

Another course that I highly recommend taking is called "Introduction to Comparative Women's History", which was taught by a Korean professor focusing on feminist studies. I learned about

feminism and the female rights movement from a Korean and further Asian angle, which greatly contributed to my understanding of the female movement and its ongoing debates. Both of these courses, Korean literature and women's history, I have benefited from greatly for my personal life, and they have taught me truly eye-opening things about cultural differences.

C. 國外研修之生活學習（課外）

Due to the location of the school in the middle of Seoul, it is very easy to find many extracurricular activities, even beyond the ones offered on campus. I did not end up joining any clubs, because during the club fair, many that I was interested in (like music clubs) did not allow any foreign members. Furthermore, there were clubs that were specifically designed for foreign students and local students to engage (called the KITE-club), but it had a limited number of members and a long wait-list to get into. There were parties organized by HiClub (the buddy-organizers and local helpers for arriving foreign students), however, I did not join these, as most of the other foreigners arriving were younger than me. I attended a Korean Traditional Literature club, which was organized twice by my professor, and this also helped me forge connections at university.

What I can recommend in order to make local Korean friends is to join an English class in Seoul as a teacher. I found a company called "CulCom", which offers conversation-based English training to Koreans. They invite foreigners to host weekly conversations and provide questions and topics for each class, so there is no need to prepare. Thus, most of the local connections I have made were through this English conversation class off campu,s and I would recommend it over the campus activities, which can sometimes feel a little performative, since the local students gain points for their CV by providing these activities, rather than actually engaging on an individual level.

D. 交換/研修之具體效益（請條列式列舉）

- ❖ Cross-cultural communication competence (especially in engaging with different foreigners and Koreans in English classes)
- ❖ Daily Korean competence (trying to speak Korean at every restaurant or coffee shop was more helpful than attending the heavily grammar-focused Korean language classes)
- ❖ Future Career-Planning (exploring global career opportunities)
- ❖ Self-development (mental health, physical health, social health)

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?

I was faced with some mental health difficulties, which could, however, be resolved easily since SKKU offers accessible counseling services, also in English. I had learned about the contact with the mental health department on the introduction day, and thus, there were no problems in resolving these issues. There were a few issues with the many apps and websites that were to be used at the beginning of the semester, but this process could not be made much easier due to how complex the online systems are.

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?

There was not truly "culture shock" that I experienced, but rather a surprise comparing campus life in Taiwan versus Korea. Things were far more digitalized, attendance played a larger role, as did punctuality and rule obedience, even when said rules were not explained in English. There was an app to take attendance, for instance, which required a bluetooth connection inside the lecture-hall and which noted a student as absent if they clicked the button inside the app longer than 10 minutes after the official class-start time. This meant that even if one was present, they might forget to open the app and take attendance and thus be marked absent. There were many different modes of courses, which were strictly adhered to, which caused confusion at the start of

the semester. Though everything was explained to foreign students later, it caused a lot of work for the professors who had to manually adjust attendance or show the exact location of materials on the online campus website.

The culture shock was thus centered around the rule-based nature of university life, which is, of course, necessary, but went so far that students would only do something if they were awarded points for it or would conversely receive some sort of penalty. This made it hard for me to attend things "out of mere interest", because when I stated I wanted to join, but did not mind not receiving points for it, I was oftentimes rejected and repeatedly questioned if I was sure repeatedly.

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?

My biggest growth and learning were centered around my future career path and personality development. I had already learned to live abroad in Taiwan for two years before, but I had always had the nagging feeling that I could only survive because it was the friendly nature of Taiwan that had helped me adjust. But through my stay in Korea, I learned to trust myself and the fact that if I chose to live in a place, I would always be able to make it work.

Furthermore, as I hope to graduate soon, I am actively planning my career in Taiwan, and my stay in Korea gave me a great opportunity to explore how others in my field are already building their careers in Korea. Also, since Korean culture is far more similar to Taiwan than my native culture in Austria, I could explore my future career opportunities in a different environment with yet similar characteristics, which gave me great insights into how I could aim to work in the future.

H. 感想與建議

If I were to repeat this experience, I would probably ensure that I join an English school outside of university early on, to make local Korean friends. I would also ensure to seek the comfort of

students my age and those with a Korean studies major. What I found challenging during my stay was that many of the exchange students from my culture were far more invested in experiencing Korea with all its modern cultural perks, while Taiwanese or Asian students would not recognize me as a potential friend, even if I spoke Mandarin to them. I had underestimated the investment in K-Pop of my fellow exchange students, which I did not share, and also alienated me to an extent. This meant that though I could speak English and even German for the first time since leaving home, I did not connect with these people, which I anticipated, but was still surprised by. Eventually, I learned to seek people who were studying Korean studies at their home universities, as they shared the kind of deeper interest in the culture that I was also seeking.

I. 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) 500 字以上

赴中國交換者免填英文心得

我于 2025 年 8 月至 2026 年 1 月在韩国首尔成均馆大学就读。该校以其与韩国历史的紧密联系而闻名，因为这里保留着自 1398 年以来朝鲜王朝时期选拔官员的儒家科举考试建筑群。如今，成均馆大学在韩国国立大学排名中位列第四，并拥有众多精彩的讲座。我尤其喜欢文化类讲座，重点关注韩国文学和女性主义。我强烈建议在校外参加英语课程，无论是作为英语教师还是学生，都能结识当地朋友。此外，我强烈推荐校内宿舍，因为它们非常干净，而且靠近教室，交通便利。虽然住宿费用不低，但除了学校提供的宿舍外，你很难找到更便宜的住处。另外，我建议你做好心理准备，这里有很多来自欧洲和中国的年轻交换生，他们大多在攻读本科学位。这意味着作为一名年龄较大的学生，我主动寻找韩国研究专业的学生或者年龄较大的学生进行交流。总的来说，我强烈推荐成均馆大学的交换项目，因为它为我提供了一个绝佳的机会，让我能够更好地规划未来的职业道路，提升自我，并有效地运用不同语言进行跨文化沟通。