

學校簡介

梨花女子大學是韓國首爾歷史最悠久的大學之一，建校於1886年，是韓國第一所女子大學。原名為梨花學堂，是朝鮮高宗為紀念當時首先在韓國開創女子教育的衛理宗醫生Scranton的太太而命名的。1948年改名為梨花女子大學。梨花女子大學也被譽為韓國最優秀的女子大學（節錄自維基百科）。

對於交換生，梨大提供豐富的協助措施，包括communication channel，提供即時的資訊及申請指南。梨大的宿舍有雙人房和單人房，大部分交換生都能順利入住。此外，學校提供學伴服務，通常是一位韓國學伴對應十位交換生。FRC外國人登錄證將統一辦理，但開設銀行帳戶的程序仍需由學生自行處理。對於獲得獎學金的學生，相關的帳戶開戶資訊將在新生包領取時提供。

在梨大校內，學餐和咖啡店提供豐富的選擇，周邊有商店街和地鐵站，並可前往新村站，附近的交通機能非常便利，無論平日還是假日，觀光客都很多。購買生活用品和食物都相當方便。

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

1. 韓文課2:

課程開始前，學生需要進行自我評估，分數越高代表級數越高。首堂課進行小測驗，由老師評估學生是否符合相應的級數。韓文課每週舉行四次，上課時間為星期一至星期四早上八點至十點四十五分。課程所使用的教材為梨花自製的韓國語課本，可在學校書局或線上購買。三級及以下有兩冊，提供英文、日文、簡體中文和繁體中文版本。課程由兩位韓國老師共同授課，以循序漸進的方式進行。老師友善且使用韓文和英文進行解釋，並提供豐富的口語機會，鼓勵學生念課文、與老師互動，以及與交換生進行文化交流。這堂課不僅讓我提升了韓文能力，也促使我結交了來自世界各地的朋友，共同分享文化體驗。

2. 陶藝課 Ceramics:

這門課程是專為交換生開設的，以英文授課，並且無需陶藝基礎即可選修。每週一次，每次課程為三個小時。課程一開始，老師會先介紹當次課的目標和陶藝種類，接下來則是學生自己的勞作時間，老師也會在一旁給予指導。如果無法在課堂時間內完成，也可以在非上課時間趕工。我覺得這是一門非常紓壓和療癒的課程，透過搓陶土的過程，可以釋放壓力。完成的作品會送去燒製，燒製後的成品可以帶回家。這不僅是一次學習陶藝的機會，更是一種身心靈的放鬆體驗。

3. K-MOOC: Identity, Agency, Equality, and Security in the Age of AI

這門課程使用預錄影片進行教學，建議學生每週按時完成指定進度。教學影片主要在K-MOOC平台上，報告則需在網路大學上繳交。接近期末，課程將舉行一次線上討論，老師會提前準備討論的主題，並將學生分組進行討論，最後完成一份學習單。此外，課程還包含中期末的報告，分別在K-MOOC和網路大學上進行，兩者之間有一定的相關性，因此撰寫報告時不需花費太多時間。透過這門課程，我們有機會從多個角度深入探討人工智慧在不同領域中的應用及相關爭議。我個人覺得受益匪淺，課程結合了理論與實踐，為我提供了更全面的知識視野。

在這三堂課中，我最推薦韓文課。因為密集式的韓文學習讓我的韓文能力突飛猛進，也可以認識很多國際朋友，再加上早上上完課後，會覺得下午也很多時間可以在韓國旅行，這樣就不會虛度光陰。

國外研修之生活學習（課外）

購物: 大部分的韓國店家都使用Kiosk點餐系統。一開始，我對機器上的韓文一無所知，為了順利點餐，我努力學習了「外帶」、「內用」、「結帳」等用語，使得之後每次點餐都變得非常順利。

旅行: 如果想到離首爾較遠的地方，可以選擇搭乘高速巴士、KTX、ITX等交通工具。這時就需要

仔細研究如何訂票，幸運的是，網路上提供了豐富的資訊，有些還有中文版本，因此購票變得相對簡單。

吃飯:在韓國用餐，除了可以按鈴點餐外，也可以坐在位置上大聲叫店家點餐。一開始害羞的我不敢舉手點餐，但後來意識到不得已時，我就練習了毫不顧忌地點餐，克服了害羞的心理。

自己:我習慣自己處理情緒，同樣在韓國也如此。對我來說，這裡紓解壓力的速度很快，但同時也容易感受到壓力。因為身處異地，我習慣在有壓力時四處走走，不用在意是否認識的人，也不需理會路邊韓文的內容，這樣就能逐漸紓解壓力。

社交:在韓國，我的朋友分為四個團體，包括台灣團、交換生團(包含來自世界各地的交換生)、韓國好朋友團(之前透過學伴計畫認識的朋友)以及韓國團。在這四個團體中，我能夠練習中文、韓文和英文，同時也能互相了解不同文化。然而，社交的同時也需要注意自己的體力和安全，這樣交換生活才會更充實且愉快。

問題解決:由於身處國外，解決問題大多需要自己動手。再加上語言不通，所以在提問問題之前，我需要先查找特定的韓文，雖然這可能有點辛苦，但透過這個步驟，我學到了更多實用的生活用語。

交換/研修之具體效益 (請條列式列舉)

- 深入體驗當地生活
- 韓語及英文能力提升
- 問題解決技能增強
- 跨文化交流體驗
- 自主學習與獨處能力培養
- 理財及算術能力提升
- 行程規劃技能發展

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?

沒有遇過太大的困境，就是語言有點不通。這時候，請竭盡所能把所會的韓文講出來，再搭配一些應用程式輔助，例:papago。努力面對問題，一定會比躊躇不前好!

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

在首爾無論是走路還是搭地鐵，真的很容易被撞或是被推開，剛開始可能會覺得生氣，到最後就慢慢習慣靠邊走或是被推開。

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?

讓我學會了換位思考，我在台灣覺得很簡單的小事，例如:購物或是吃飯，在國外，一切都會變得複雜。我將來如果在路上或是工作時，如果遇到外國人，會更加體會他們的心情，並盡我所能提供協助。然後如果遇到外國人講中文，我也會以中文回應，不會因為膚色或是面孔去判斷他們是否會中文。因為，我有時候在韓國講韓文的時候，會希望對方也已韓文回應，這樣我會比較有成

就感。雖然對方講英文是為了讓我們更加了解意思，我也很感謝，但是還是希望以韓文回應。這個心態也是我出國後才產生的，也很矛盾。除此之外，有了海外生活，會常常懷念台灣的美食或是景點，因此回來之後，我會更加用心地體會台灣的美。

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？

讓我能夠無後顧之憂的出國及享受韓國生活。有了獎學金，讓我覺得付完住宿費之後，還有信心撐過四個月。有了獎學金，我才會更勇敢地踏出去，因為韓國消費物價高，沒有獎學金的話，我可能就變成以旅遊為主，而不是交換。

感言及心得感想

一開始，覺得交換是個遙不可及的夢想，多虧了大家的幫助，才讓我夢想實現。感謝國際處辦理獎學金、出國交換的講座，讓我對交換不再畏懼。感謝教育部學海飛颺獎學金，讓我出發前不用太擔心經費。感謝韓國的GKS獎學金，提供一個月50萬韓元，讓我在韓國可以好好享受生活。感謝韓國朋友們，讓我的交換人生充實且快樂。也感謝台灣朋友，有你們的陪伴，讓我能夠更有勇氣探索韓國的各個角落。其實，交換的每個過程都是對自己的負責任及學習，交換前的各種文件申請，交換中的大小事及交換後的未來規劃，每個過程都是缺一不可的。有時候，可以選擇跳脫舒適圈，讓自己的人生多些不一樣的經驗。

梨花對我來說，真的是一間很好的學校，校園風景優美、學生和學生們人也很好。我很享受這四個月在梨花的交換人生。我在去韓國交換前，沒有考過TOPIK，韓文也只有學習一點點，雖然剛開始到韓國會有點受挫，但是只要肯用點心，每天多學幾個單字，生活上不會太難。但韓國的確都是以韓文為主，這也很正常!真的不行的話，也可以拿出PAPAGO翻譯協助。另外，我覺得韓國的Naver Map設計得很好，在上面可以找店家資訊，也會規畫詳細的路線圖。Naver Map真的是在韓國生活必備的應用程式

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)

School Profile

Ewha Womans University is one of the oldest universities in Seoul, South Korea. Founded in 1886, it is the first women's university in South Korea. Originally named Ewha Academy, it was named by King Gojong of Joseon in memory of the wife of Scranton, a Methodist doctor who pioneered women's education in Korea at that time. In 1948, it was renamed Ewha Womans University. Ewha Womans University is also known as the best women's university in South Korea (excerpt from Wikipedia).

For exchange students, Ewha University provides a wealth of assistance, including communication channels, which provide real-time information and application guides. Ewha University's dormitories have double rooms and single rooms, and most exchange students have chance to have the rooms. In addition, the school provides Peace Buddy Program, usually one Korean study companion for ten exchange students. Besides, the FRC application process will be processed uniformly, but the procedure for opening a bank account still needs to be handled by the students themselves. For students who receive scholarships, relevant account opening information and document will be provided when receiving the freshman package.

On the Ewha University campus, there are a variety of dining options and coffee shops. There are shopping streets and subway stations nearby, and you can go to Sinchon Station. The transportation nearby is very convenient, and there are many tourists whether on weekdays or holidays. It is very convenient to buy daily necessities and food.

Selected Courses

1. Korean Class 2:

Before the course starts, students need to conduct a self-assessment. The higher the score, the higher the level. Then, a small test will be conducted in the first class, and the teacher will evaluate whether the students meet the corresponding levels. Korean classes are held four times a week, from Monday to Thursday from 8:00 a.m. to 10:45 a.m. The teaching materials used in the course are Korean textbooks made by Ewha, which can be purchased at the school bookstore or online. There are two volumes for Level 3 and below, available in English, Japanese, Simplified Chinese and Traditional Chinese. The course is taught by two Korean teachers and is conducted in a step-by-step manner. Teachers are friendly and use Korean and English to explain, and provide abundant oral language opportunities, encouraging students to read texts, interact with teachers, and have cultural exchanges with exchange students. This class not only improved my Korean language skills, but also enabled me to make friends from all over the world and share cultural experiences together.

2. Ceramics:

This course is designed for exchange students, is taught in English, and can be taken without prior knowledge of ceramics. Once a week, each session is three hours long. At the beginning of the course, the teacher will introduce the goals of the class and the types of pottery. Then it will be time for the students to work on their own, and the teacher will also provide guidance. If you can't finish it during class time, you can also catch up on it during non-class time. I think this is a very stress-relieving and healing course. Through the process of rubbing or punching clay, you can release stress. The finished work is sent for firing, and the finished product can be taken home. This is not only an opportunity to learn pottery, but also a relaxing experience for body, mind and soul.

3. K-MOOC: Identity, Agency, Equality, and Security in the Age of AI

This course uses pre-recorded videos to teach, and students are recommended to complete the designated progress on time every week. Teaching videos are mainly on the K-MOOC platform, and reports need to be submitted at online universities. Towards the end of the semester, the course will hold an online discussion. The teacher will prepare the topic for discussion in advance, divide the students into groups for discussion, and finally complete a study sheet. In addition, the course also includes midterm and final reports, which are conducted on K-MOOC and online universities respectively. There is a certain correlation between the two, so it does not take too much time to write the report. Through this course, we have the opportunity to deeply explore the application of artificial intelligence in different fields and related controversies from multiple perspectives. I personally feel that I have benefited a lot. The course combines theory and practice and provides me with a more comprehensive vision of knowledge.

Learning from Exchange Life

1. Shopping: Most Korean stores use the Kiosk ordering system. At first, I didn't know anything about Korean on the machine. In order to order food smoothly, I worked hard to learn the terms "takeout", "inside", "checkout" and other terms, which made every time I order food become smoothly.
2. Travel: If you want to go somewhere far away from Seoul, you can choose to take highway buses, KTX, ITX and other means of transportation. At this time, you need to carefully study how to book tickets. Fortunately, there is a wealth of information on the Internet, some of which are also available in Chinese, so buying tickets becomes relatively simple.
3. Dining: When dining in Korea, in addition to ringing the bell to order food, you can also sit down and loudly call the store to order. At first, I was too shy to raise my hand to order, but then when I realized I had no choice, I practiced ordering without hesitation and overcame my shyness.
4. Self: I am used to dealing with emotions by myself, and this is also true in Korea. For me, Korea relieves my stress quickly. I'm used to walking around when I'm stressed and because I'm in a different place, I don't have to worry about the people I know or what's written in Korean on the roadside, so I can gradually relieve my stress.
5. Social: In Korea, my friends are divided into four groups, including the Taiwanese group, the exchange student group (including exchange students from all over the world), the Korean good friends group (friends I met through the study buddy program in Taiwan before), and the Korean group. In these four groups, I was able to practice Chinese, Korean, and English while also learning about different cultures. However, you also need to pay attention to your own physical strength and safety while socializing, so that your exchange life will be more fulfilling and enjoyable.
6. Problem Solving: Since we are abroad, most of the problems need to be solved by ourselves. Coupled with the language barrier, I need to look up specific Korean words before asking questions. Although this may be a bit laborious, through this step, I learned more practical daily life terms.

Specific Benefits

- In-depth experience of local life
- Improving Korean and English skills
- Enhanced problem solving skills
- Cross-cultural communication experience
- Independent learning and the cultivation of the ability to be alone
- Improving financial management and arithmetic skills
- Trip planning skills development

Exchange Life Thoughts

At first, I thought exchange was an unattainable dream. Thanks to everyone's help, my dream came true. Thanks to the OIA for organizing scholarships and overseas exchange lectures, I am no longer afraid of exchanges. Thanks to the Xuehai Feiyang Scholarship from the Ministry of Education, I don't have to worry too much about funding before setting off. Thanks to the GKS scholarship in South Korea, which provides 500,000 won a month, so that I can enjoy life in South Korea. Thanks to my Korean friends for making my exchange life fulfilling and happy. I am also grateful to my Taiwanese friends. With your company, I have the courage to explore every corner of South Korea. In fact, every process of exchange is about one's own responsibility and learning. The application for various documents before the exchange, the big and small matters during the exchange, and the future planning after the exchange are all indispensable. Sometimes, you can choose to get out of your comfort zone and give your life more different experiences.

For me, Ewha is a really good university. The campus is beautiful and the students are very nice. I really enjoyed my four months as an exchange student in Ewha. Before I went to Korea as an exchange student, I had never taken the TOPIK test, and I had only learned a little bit of Korean. Although I was a little frustrated at first when I arrived in Korea, as long as I was willing to pay attention and learn a few more words every day, life would not be too difficult. If it really doesn't work, you can also come up with PAPAGO translation assistance. In addition, I think South Korea's Naver Map is very well designed. You can find store information and plan detailed route maps on it. Naver Map is really a must-have app for living in Korea.