A. 學校簡介

此次前往韓國首爾國立大學交換學習，是我大學生涯中非常珍貴且難忘的一段經歷。首爾國立大學為韓國最具代表性的高等教育機構之一，也是亞洲知名的研究型大學，擁有深厚的學術背景、豐富的研究資源以及高度國際化的學習環境。學校位於韓國首爾市冠岳區，校園規模完善，提供學生多元的學術資源與國際交流機會。此次交換期間，我不僅有機會體驗韓國的大學教育環境，也能與來自不同國家及文化背景的學生交流，從中拓展自己的國際視野，並重新思考自身未來的發展方向。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

在國外研修期間，最大的收穫之一是在學習環境上的改變與成長。相較於過去在台灣的學習經驗，首爾國立大學的課程要求較高，課程內容也比原先預期更具挑戰性。教授對作業品質以及學習成果都有較高的期待，因此需要投入更多時間進行課前準備與課後複習。透過這段學習經驗，我了解到海外教育環境更加重視學生主動探索與批判性思考，而不只是被動吸收知識。這樣的學習方式讓我培養更積極的學習態度，也提升了解決問題的能力。

C. 國外研修之生活學習（課外）

除了課程學習之外，海外生活也是此次交換的重要部分。在首爾生活期間，我透過學校提供的交流活動、Buddy Program 以及日常互動，認識了許多來自不同國家的學生。除了 Buddy Program，首爾國立大學提供了非常豐富的人際交流機會，讓我能夠建立跨文化的人際網絡，並從不同背景的同學身上學習新的觀點。與不同國籍的學生交流時，我發現每個人對於學習、生活以及未來規劃都有不同的想法，這讓我更加理解文化差異的重要性，也提升了自己在多元環境中的溝通能力。

在韓國生活期間，我也積極體驗當地文化，例如探索韓國飲食、了解當地生活習慣以及參與校園活動。透過親身接觸韓國社會，我不只是以觀光客的角度認識韓國，而是真正融入當地生活。這些經驗讓我更加了解不同文化形成的背景，也培養了我以開放與尊重的態度面對文化差異。

D. 交換/研修之具體效益（請條列式列舉）

此次交換經驗帶給我的具體效益非常多。首先，我培養了獨立生活與解決問題的能力，在海外環境中學習如何自行處理生活安排與面對挑戰。其次，我也建立了珍貴的國際人脈，拓展了自己對世界的理解。最重要的是，這段經歷改變了我面對未知環境的態度，使我更加勇於接受挑戰，也提升了對未來國際化學習與工作環境的適應能力。

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?

交換期間，我遇到最大的挑戰是適應新的生活環境。剛開始需要時間熟悉當地的生活方式、校園環境以及與不同文化背景的人互動。雖然面對新的環境需要一些調整，但韓國與台灣在文化、飲食習慣以及生活方式上有許多相似之處，因此並沒有遇到太大的適應困難。為了更快融入當地生活，我主動與來自不同國家的交換學生以及韓國學生交流，嘗試使用韓文進行簡單溝通，並透過參與校園活動增加與他人互動的機會。這段經歷讓我學習到，在陌生環境中保持開放的態度與主動探索的精神，是適應新環境的重要能力。

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?

在文化衝擊方面，我觀察到韓國文化中非常明顯的「빨리빨리（Pali-Pali，快速文化）」特質。相較於台灣，韓國人在生活與工作中更加重視效率與速度，例如在服務、交通以及日常安排上，常常可以感受到他們追求快速完成事情的節奏。剛開始時，我需要一些時間適應這樣較為快速的生活步調，但也逐漸理解這樣的文化背後代表著韓國社會對效率與執行力的重視。面對這樣的文化差異，我選擇以觀察與學習的方式融入當地，而不是單純比較兩種文化的不同。透過與當地學生交流以及實際生活體驗，我逐漸適應韓國的生活節奏，也更加欣賞不同文化所帶來的特色與價值。

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?

此次交換經驗帶給我的具體效益非常多。首先，我培養了獨立生活與解決問題的能力，在海外環境中學習如何自行處理生活安排與面對挑戰。其次，我也建立了珍貴的國際人脈，拓展了自己對世界的理解。最重要的是，這段經歷改變了我面對未知環境的態度，使我更加勇於接受挑戰，也提升了對未來國際化學習與工作環境的適應能力。

H. 感想與建議

整體而言，此次首爾國立大學交換經驗對我而言是一段非常有價值的人生旅程。它不僅讓我在學術方面有所成長，也讓我在個人成熟度、人際交流以及文化理解方面獲得許多收穫。我認為交換經驗最大的價值不只是學習新的知識，而是在陌生環境中認識自己、突破自己的舒適圈。對於未來想參與交換計畫的學生，我建議除了提前了解學校資訊與生活安排外，更應該主動參與活動、與不同國家的學生交流，才能真正體驗海外交換所帶來的成長與改變。

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

My exchange experience at Seoul National University was one of the most meaningful and memorable experiences during my undergraduate studies. SNU is one of the most prestigious universities in South Korea, known for its strong academic reputation, excellent research resources, and international

learning environment. Located in Seoul, the university provides students with many opportunities to interact with people from different cultural backgrounds. During my exchange period, I was able to experience a different education system, meet students from around the world, and gain a broader perspective on both academic and personal development. One of the biggest changes I experienced was adapting to a new academic environment. Compared with my previous studies in Taiwan, the learning style at SNU required more independent thinking and active participation. The academic expectations were higher than I initially expected, and I needed to spend more time preparing before classes and reviewing materials afterward. Although it was challenging at first, this experience helped me become more disciplined and improve my time management and self-learning abilities. I learned that studying abroad is not only about gaining knowledge but also about developing the ability to adapt and learn independently in a new environment. Apart from academic learning, my daily life in Korea was also an important part of my exchange experience. Through university activities, the Buddy Program, and interactions with other exchange students, I had many opportunities to meet people from different countries. The international networking opportunities at SNU were one of the most valuable parts of my exchange experience. By communicating with students from different cultural backgrounds, I was able to understand different perspectives on education, lifestyles, and future goals. These interactions improved my communication skills and encouraged me to become more open-minded when facing different viewpoints. During my stay in Korea, I also actively explored Korean culture and experienced local life. I tried Korean food, learned about local customs, and participated in activities both inside and outside the university. Living in Korea allowed me to understand the culture beyond what I could learn from textbooks or short visits. I realized that many aspects of Korean and Taiwanese cultures are similar, which made it easier for me to adapt. However, I also noticed cultural differences, especially the “Ppalli-Ppalli” (빨리빨리) culture, which emphasizes speed and efficiency. Compared with Taiwan, I felt that Korean society moves at a faster pace, especially in areas such as services and daily routines. Although it took some time to adjust, I gradually learned to appreciate how this culture reflects Korean people’s strong sense of efficiency and responsibility. The biggest challenge I encountered during my exchange was adapting to a completely new environment, including meeting new people, using another language, and adjusting to a different lifestyle. However, since Korea and Taiwan share many cultural similarities, I was able to adapt relatively smoothly. To overcome this challenge, I actively communicated with local and international students, practiced simple Korean conversations, and

participated in university activities. Through these experiences, I became more confident in stepping outside my comfort zone and handling unfamiliar situations. Overall, my exchange experience at Seoul National University was a valuable journey that contributed greatly to my personal growth. It helped me become more independent, adaptable, and confident when facing new challenges. More importantly, it allowed me to build international connections and develop a deeper understanding of different cultures. I believe the greatest value of an exchange program is not only academic learning but also the opportunity to discover oneself through new experiences. This experience has prepared me to face future academic and professional challenges in a more international environment.