A. 學校簡介

福井大學為日本國立大學，校本部設於福井縣福井市。該校由原福井師範學校、福井青年師範學校及福井工業專門學校於 1949 年合併而成，目前共設有三個校區：

- **文京校區：** 位於福井市文京地區，為學校行政中心，設有教育學部、工學部、國際地域學部。校園鄰近越前鐵道「福大前西福井」站。
- **松岡校區：** 位於吉田郡永平寺町，主要為醫學部及附屬醫院所在地。
- **敦賀校區：** 位於敦賀市，主要設有附屬國際原始能研究所。

校園設施方面，文京校區內設有綜合圖書館、生協食堂、保健管理中心及各學部專業研究大樓。住宿設施主要由三棟宿舍組成，分別為校內的牧島ハウス、校外約 7 分鐘路程的留學生會館以及國際交流學生宿舍。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

在福井大學 Program A 的選修課程中，對我助益最大且最推薦的課程是 Speaking 2。

這門課是針對具備基礎日語能力的交換生所設計，旨在將 Integrated Japanese 2 課程中所學的文法與單字轉化為實際的口語輸出。課程結構與特色如下：

- **高頻率的口頭發表：** 課程要求學生針對特定主題製作投影片並進行口頭報告。透過撰寫講稿與上台發表，我不僅學會了以簡單的日語結構進行敘述，更在老師與同學的提問環節中磨練了即時應對的能力。
- **情境演練：** 課堂上常有自創的對話練習，利用特定的語法或語句，模擬在日本生活中可能遇到的各種情境。
- **小班制互動環境：** 由於班級人數精簡，每位學生都有機會與老師、同學口語練習、討論。

C. 國外研修之生活學習（課外）

在課外活動方面，我加入了桌球部，這讓我有機會充分接觸日本學生社交文化與落實語言實踐的重要管道。

- **融入日本校園社團文化：**社團蠻重視紀律與集體意識。我觀察到日本學生對於練習規劃的嚴格執行，以及禮貌的文化。在每次練習前後的問候、場地佈置與收納過程中，我學習到了日本社會中強調的群體責任感。
- **語言能力的非正式實踐：**相對於教室內的日語課程，桌球部的活動環境提供了大量的「生活日語」練習機會。透過聊天，不僅提升日語能力，也了解到不同的地區文化，與不同學部的日本學生建立起自然的交流關係。

D. 交換/研修之具體效益（請條列式列舉）

- **日語實踐能力之顯著提升：**成功將日語能力從基礎銜接至能簡單日常溝通的程度。也掌握一定的寫作與閱讀能力。
- **拓展跨領域工程學識與視野：**雖受課程變動影響，但透過選修其他科系課程，達成跨學科學習之效益。
- **強化獨立解決問題之能力：**研修期間需獨自處理各項行政與生活庶務。
- **建立多元且國際化的人際網絡：**加入桌球部與日本當地學生共同練習、比賽，建立了跨語言障礙的友誼。同時，與來自全球各地的留學生進行文化交換，拓展了國際人脈並培養多元的價值觀。

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?

否

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?

在我的認知中，拉麵理所當然應該是熱氣騰騰、伴隨著濃郁滾燙湯頭的食物。但夏天的時候竟然能吃到冷やしラーメン，這對我的飲食常識產生了不小的衝擊。第一次看到拉麵碗裡浮著冰塊，且湯頭是冰涼的醬油或柴魚底時，我感到非常新奇。很多家做的都很好吃。

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?

在出發前，我從未想過自己的大學生涯能與交換學生這四個字產生交集，更沒想過人生中第一次踏出國門，挑戰的不是短暫的觀光旅遊，而是一段長達半年的異國生活。這段旅程的起點，僅僅源於我內心對日本生活與文化的嚮往。然而，真正將這份嚮往轉化為行動的關鍵，是與一位即將赴日交換的學長的聊天。透過學長的分享與鼓勵，我意識到：如果不踏出這一步，我將永遠無法得知自己潛力的邊界在哪裡。這一學期的交換經驗讓我明白，人生中許多重大的轉折，往往始於一個微小的念頭與一份跨出舒適圈的決心。

H. 感想與建議

這半年的交換研修，不僅提升了我的日語能力，也讓我更深入體驗日本的大學生活與文化。從課堂學習、社團活動到日常生活，每一項都是全新的學習經驗。透過與來自不同國家的留學生及日本學生交流，我學會以更開放的心態理解不同文化，也更加珍惜自己的文化背景。這段經歷讓我建立了自信，培養了獨立生活與解決問題的能力，對未來無論是升學、研究或職涯發展，都帶來了正面的影響。

對於未來有意參與交換計畫的學弟妹，我建議在出國前盡可能提升基礎日語能力，即使只是簡單的日常會話，也能讓生活適應更加順利。同時，建議主動加入社團、參加校內外活動，與當地學生交流，才能真正體驗日本的大學文化，也能獲得更多練習語言的機會。此外，出國前也可以先了解當地的交通、生活用品採買方式及相關行政流程，能減少初到日本時的不適應。

最後，我非常感謝學校提供這次寶貴的交換機會，以及師長與行政人員在申請及交換期間所提供的協助，使我能順利完成這段充實而難忘的海外研修。我相信這段經驗將成為我人生中重要的養分，也鼓勵有機會的同學勇敢把握交換學習的機會，踏出舒適圈，體驗不同的文化與生活。

I. 英文心得

My exchange program at the University of Fukui was one of the most valuable experiences during my university life. Before this trip, I had never imagined that I would study abroad or spend six months living in another country. My decision to apply for the exchange program came from my interest in Japanese culture and daily life, as well as encouragement from a senior student who had participated in a similar program. Looking back, I am glad that I decided to challenge myself and step outside my comfort zone.

During the semester, I studied in Program A and took several Japanese language courses. Among them, Speaking 2 was the course that benefited me the most. The class focused on helping exchange students use the grammar and vocabulary learned in Integrated Japanese 2 in real conversations. We frequently gave presentations on different topics and answered questions from the teacher and classmates. Preparing presentation slides and practicing speeches helped me organize my thoughts in Japanese and improve my speaking confidence. The class also included role-playing activities based on situations that international students might encounter in daily life. Because the class size was small, everyone had many opportunities to practice speaking and receive feedback.

Outside the classroom, I joined the university table tennis club. This became one of the most meaningful parts of my exchange experience. Through regular practice, I observed the discipline and teamwork that are emphasized in Japanese student clubs. Members greeted each other before and after practice, worked together to prepare the equipment, and cleaned up the venue after activities. These routines helped me better understand Japanese campus culture and the importance of cooperation and responsibility.

The club also provided many opportunities to practice Japanese in a natural environment. Compared with language classes, conversations during practice and after training were more casual and practical. I gradually became more comfortable communicating in Japanese and learned many everyday expressions that are difficult to find in textbooks. I also made friends with students from different departments and learned about their hometowns, hobbies, and university life.

Besides improving my Japanese, this exchange program also helped me become more independent. Since I had to manage daily life by myself, including transportation, shopping, and administrative procedures, I gradually became more confident in solving problems on my own. Although I did not encounter any major difficulties during my stay, I learned that living in another country requires patience, flexibility, and a willingness to ask questions when necessary.

One interesting cultural experience was trying hiyashi ramen for the first time. Before coming to Japan, I always thought ramen should be served hot with rich soup. Seeing ramen served cold with ice cubes during the summer was surprising. Although it was very different from what I expected, I found it refreshing and delicious. Small experiences like this reminded me that everyday culture can be full of surprises.

The exchange program also allowed me to meet international students from different countries. By talking with people from different cultural backgrounds, I gained a broader perspective and learned to respect different ways of thinking. These conversations made me realize that studying abroad is not only about learning the local culture but also about understanding people from around the

world.

Overall, this exchange experience improved my Japanese language skills, strengthened my independence, and broadened my understanding of different cultures. It also gave me more confidence to face unfamiliar environments and new challenges. I am grateful to my home university, the University of Fukui, and all the teachers and staff who supported me throughout the program. I believe this experience will continue to influence my future studies and personal growth. For students who are considering an exchange program, I would encourage them to prepare their language skills in advance, actively participate in campus activities, and make the most of every opportunity to communicate with local students. Even small daily experiences can become meaningful memories and valuable lessons.