中文心得：

這次交換學生的學校是位於日本福岡的西南學院大學（Seinan Gakuin University）。學校擁有優美的校園環境、完善的教學設備以及豐富的學習資源，同時聚集了許多來自世界各地的交換學生，因此能夠在充滿國際化的環境中學習，並透過各種交流活動認識不同文化背景的朋友，對我而言是一段非常珍貴的學習經驗。

在課程方面，我最喜歡的是 Comprehensive Japanese。我認為這門課程內容十分紮實，從聽、說、讀、寫各方面都能獲得充分的練習，因此對我的日文能力提升有非常顯著的幫助。老師教學認真且十分有耐心，課堂上也鼓勵學生積極發言，即使遇到不懂的地方，也會細心解說，讓整體的學習氛圍十分融洽。透過這門課程，我不僅提升了日文能力，也增加了使用日文與他人溝通的自信心。

除了課堂學習之外，我也善用課餘時間持續自主學習日文與英文，希望能讓自己的語言能力更加精進。在宿舍裡，我經常與日本學生使用日文聊天交流，將課堂所學實際運用到日常生活中，讓自己的口說能力進步許多。同時，我也會利用自己的英文能力協助他們練習英文，在彼此互相學習、互相交流的過程中，不僅增進了語言能力，也建立了深厚的友誼。

這次交換帶給我的收穫相當豐富。首先，日文的聽、說、讀、寫能力都有明顯的進步，英文的溝通能力也持續提升。此外，我對日本文化、生活方式以及當地人的價值觀有了更深入的了解，也因此拓展了自己的國際視野。我更認識了許多來自不同國家的朋友，建立了珍貴的國際人脈，並在與不同文化背景的人相處過程中，提升了跨文化溝通能力。同時，這段經歷也讓我更加有自信，願意主動接受新的挑戰。

很幸運的是，在交換期間我並沒有遇到什麼特別困難的事情。無論是在學校、宿舍或日常生活中，都受到老師、同學以及宿舍朋友們許多幫助，因此整個交換生活都非常順利，也留下了許多美好的回憶。至於文化衝擊方面，我也沒有感受到明顯的不適應。由於自己平時就對日本文化有一定程度的了解，加上臺灣與日本在生活習慣上有不少相似之處，因此很快就適應了當地生活。不過，在實際生活中，我更加深刻體會到日本人對於禮儀、守時以及公共秩序的重視，也讓我更加理解日本社會的文化特色。

這次交換經驗帶給我最大的改變，是讓我變得更加勇於主動與他人交流。過去面對陌生人時，我比較容易感到緊張，但在這半年的交換生活中，我認識了來自世界各地的朋友，也逐漸能夠自然地與不同文化背景的人交談。我也因此發現，自己的未來並不一定只能侷限於臺灣，而是擁有更多到世界各地學習、工作與發展的可能性。除此之外，交換生活也培養了我的獨立能力，無論是處理生活上的大小事，或是在陌生環境中解決問題，都讓我變得更加成熟，也更有自信迎接未來的挑戰。

回顧這半年的交換生活，福岡這座城市帶給我非常美好的印象。這裡不僅景色優美、街道整潔，生活機能也比我原本想像中更加完善，交通便利，還有許多值得探索的景點，每到假日都能安排充實又愉快的行程。然而，對我來說，最珍貴的回憶仍然是宿舍生活。宿舍裡無論是日本當地學生還是來自世界各國的國際學生，大家都十分友善，平時會互相關心、互相幫助，也會一起聊天、分享彼此的文化與生活，讓宿舍充滿溫暖的氛圍，也成為我交換生活中最難忘的一部分。

我非常慶幸自己把握了這次交換的機會。這段經歷不僅讓我的日文與英文能力都有明顯進步，更拓展了我的國際視野，培養了獨立自主的能力，也讓我收穫了許多珍貴的友誼。我相信，這段交換生活將會是我人生中最寶貴且最值得珍惜的一段回憶，也將成為我未來持續成長與挑戰自己的重要養分。

英文心得：

My exchange program at **Seinan Gakuin University** in Fukuoka, Japan, was one of the most valuable and unforgettable experiences of my life. During these six months, I not only improved my academic abilities but also gained a deeper understanding of Japanese culture, developed friendships with people from many different countries, and became more independent and confident. This experience has greatly influenced my personal growth and broadened my perspective on the world.

Seinan Gakuin University provides an excellent learning environment with beautiful campuses, modern facilities, and abundant academic resources. The university also has a welcoming international atmosphere, allowing exchange students from different countries to study and interact together. In

addition to academic learning, the university organized various activities that encouraged cultural exchange, making it easier for international students to adapt to life in Japan and make new friends.

Among all the courses I took, **Comprehensive Japanese** was my favorite. I believe it was the most beneficial course because it provided systematic and practical training in listening, speaking, reading, and writing. The class was well organized, and every lesson helped me strengthen my Japanese language skills. The professors were patient, supportive, and always encouraged students to participate in class discussions. Whenever I had questions, they were willing to explain carefully. The friendly relationship between teachers and students created a comfortable learning environment, allowing me to become more confident in using Japanese in everyday life.

Besides attending classes, I continued studying both Japanese and English during my free time. I believed that language learning should not be limited to the classroom, so I reviewed what I had learned every day and tried to improve myself continuously. Living in the dormitory gave me many opportunities to practice Japanese with local students. We often chatted about our daily lives, hobbies, and cultural differences, which greatly improved my speaking ability. At the same time, I also helped some of my Japanese friends practice English. Through this mutual learning process, we not only improved our language skills but also built meaningful friendships.

This exchange program brought me many valuable benefits. My Japanese improved significantly in every aspect, especially in speaking and listening. My English communication skills also became stronger because I frequently communicated with international students. More importantly, I gained a much deeper understanding of Japanese culture, lifestyle, and social values through everyday experiences instead of only learning from textbooks. I also met friends from different countries, expanded my

international network, and learned how to communicate effectively with people from diverse cultural backgrounds. These experiences have made me more open-minded and increased my confidence when facing new challenges.

Fortunately, I did not encounter any major difficulties during my stay in Japan. Everything went much more smoothly than I had expected. Whether at school, in the dormitory, or in my daily life, I received support from professors, classmates, and friends whenever I needed help. Because of their kindness, I was able to enjoy every moment of my exchange life and create many wonderful memories.

I also did not experience significant culture shock. Before going to Japan, I was already familiar with many aspects of Japanese culture, so adapting to the new environment was easier than I expected. However, living in Japan allowed me to understand more deeply how much Japanese people value politeness, punctuality, and respect for public order. Experiencing these cultural values firsthand helped me appreciate Japanese society even more.

The biggest change brought by this exchange experience was my personal growth. Before studying abroad, I was usually shy when talking to strangers. After spending six months living with students from different countries, I became much more willing to start conversations and communicate with new people. I realized that my future does not have to be limited to Taiwan. Instead, there are opportunities for me to study, work, and develop my career anywhere in the world if I continue improving myself. Living abroad also strengthened my independence because I learned to solve problems by myself, adapt to unfamiliar environments, and take responsibility for my daily life. These experiences helped me become more mature and confident.

Looking back, Fukuoka left a wonderful impression on me. The city is beautiful, clean, convenient, and full of interesting places to visit. Every weekend, I could explore different attractions and enjoy a fulfilling life outside the classroom. However, my favorite memories came from the dormitory. Both Japanese students and international students were incredibly friendly and supportive. We helped each other, shared our cultures, celebrated special occasions together, and created unforgettable memories. The friendships I made during this exchange program are something I will always treasure.

Overall, I am truly grateful that I had the opportunity to study abroad at Seinan Gakuin University. This exchange program not only improved my Japanese and English abilities but also broadened my international perspective, strengthened my independence, and gave me friendships that will last a lifetime. I believe this experience will always be one of the most meaningful chapters of my life and will continue to inspire me as I pursue future opportunities around the world.