心得報告

學校簡介及生活環境:

大東文化大學，有兩個校區分別為東京都板橋校區及埼玉縣東松山校區，交換生均在東松山校區上課，東松山校區最近的車站是高坂站，學校會有接駁巴士往返車站及校區；住宿及生活方面，強制住宿無法在校外找房子，宿舍在鶴ヶ島火車站旁邊，緊鄰車站旁的平交道，走路不用 1 分鐘，因此，宿舍天天都能聽到火車通過及平交道警示的聲音，尤其是平交道的警鈴，即便緊閉門窗仍會聽見聲音，第一班車約在清晨 5 點末班車則在深夜 1 點，如是淺眠者而打算申請交換大東文化大學，請務必注意準備效果超群的耳塞。宿舍周遭生活相當便利，7-11 兩間、Lawson 一間、全家一間，藥妝松本清，Daiso 大創等生活用品，均在步行 5 分鐘內。飲食選擇有麥當勞、數間拉麵店、松屋、日高屋、印度料理店……等等，不用擔心飲食問題，但日本外食蔬菜和水果的攝取相當困難，建議前往藥妝松本清的 2 樓找尋二手鍋具，前往超市購買蔬菜自行料理。

校內課程:

未達 N1 日文程度者，除必須上學校所安排的日文課程外，無法選擇各科系所開設的課程，僅能選擇以外文授課的課程(注意:以中文開設的課程，均拒絕母語為中文者選課)，因此，要符合學校的獎助學金條件，且選擇有興趣的課相當困難。學校安排的日文課，依學期初的考試及老師口試決定各自的程度和分班。另外，會有 1 堂 Global Study，每週由老師分組和不同的日本學生討論指定的話題(如:文化、家鄉名勝……等等)，期末會有一次和配對的日本學生一起討論要去什麼地方並做什麼活動，活動結束後必須製作簡報以日文報告。(但由於每週都和不同的人配對，因此，你會不斷的重複自我介紹，聊興趣……等等，課堂時間 90 分鐘，再加上扣除課堂剛開始時前面介紹、課堂結束前填寫當日討論的內容，深入聊天並不容易)，以上為必修，5 門課。

收穫最多的課程，反而是全英文的課程「專門演習」，這堂課原意是開給日本 4 年制學生撰寫畢業論文的課程，指導教授 Garren，每週會討論不同的題目，包含政治、國際關係、軍事、經濟、網路安全……等等，會有一週是選擇自己有興趣的題目進行報告，約 25 分鐘，作為交換生沒有畢業論文，因此，專心參與討論練習英文即可。

校外活動:

起先想參與弓道部，但大東文化大學許多體育性質的社團，是以全國比賽為目標僅招收 4 年制學生，交換生無法參與。然而，鶴ヶ島市仍有許多運動組織可以參加，費用相對台灣相當便宜，大約 2000 日幣即可參加，裝備可無償租借使用，如我所參加的弓道「鶴ヶ島弓道聯盟」、劍道「若葉劍友會」。如果想體驗武道日本文化，請不要因為學校社團拒絕而放棄。

感想暨交換研修具體效益及海外生活困境、文化衝擊:

日本的外食選項有限，相比台灣單調，價格平均都在 1000 日幣以上，有購物需求的話通常需搭乘火車移動至附近較熱鬧的地點(如:川越)，論便利性和台灣相距甚遠。路燈的設置和明亮程度均低於台灣，火車上可以大聲談話，但不能講電話?寂靜車廂這件事似乎並不存在。上班上學、下班放學的尖峰時間，火車的車廂會非常擠，校車也會非常多人排隊。日本集點文化盛行，而且是生活中節省開支的好方法，必須花時間理解。日本市役所的公務體系效率，和台灣也不相同，各位請自行體會。再加上獨自生活和料理，比較超市物品的價格，嘗試台灣沒有的調味和物品。以上都是文化衝擊，但我相信對於繁體中文的使用者，並不能算上困境，反倒是一個機會跳脫習以為常的機會，可以反思台灣究竟有那些好、還有那些不足，這正是在國外生活最大的收穫。請閱讀文章的你，不要害怕、不要擔心，務必踏上這充滿衝擊和挑戰的交換，這些會成為生命中重要的養分。

School Overview & Living Environment

Daito Bunka University has two campuses: the Itabashi Campus in Tokyo and the Higashi-Matsuyama Campus in Saitama. All exchange students attend classes at the Higashi-Matsuyama Campus, which is accessible by school shuttle bus from the nearest station, Takasaka Station.

Dormitory stay is mandatory, as finding off-campus housing independently is not permitted. The dormitory is located right next to Tsurugashima Station and adjacent to a railway crossing—less than a one-minute walk away. Train noise and warning bells ring constantly from roughly 5:00 AM until 1:00 AM, audible even with windows tightly shut. Light sleepers should definitely bring high-quality earplugs.

Daily life around the dorm is very convenient. Two 7-Elevens, a Lawson, a FamilyMart, a Matsumoto Kiyoshi drugstore, and a Daiso are all within a five-minute walk. Dining options include McDonald's, ramen shops, Matsuya, Hidakaya, and Indian cuisine. However, getting enough fruits and vegetables from Japanese dining out is difficult. I recommend buying second-hand cookware on the second floor of Matsumoto Kiyoshi and cooking fresh produce from local supermarkets.

Academic Courses

Students without a JLPT N1 certificate must take assigned Japanese language classes and cannot freely enroll in departmental courses taught in Japanese; they can only choose classes taught in foreign languages (courses taught in Chinese strictly bar native Chinese speakers).

- **Japanese & Global Studies (5 required courses):** Language levels and classes are determined via placement exams and interviews at the start of the semester. In "Global Study," students are paired weekly with Japanese peers to discuss designated topics (e.g., culture, hometowns) and complete a final joint presentation in Japanese. Because partners rotate every week, conversations often stay on basic self-introductions.

- **Special Seminar (專門演習):** My most rewarding class was an English-taught seminar originally designed for senior degree-seeking students writing graduation theses, led by Professor Garren. We discussed varied topics each week, including politics, international relations, military affairs, economics, and cybersecurity. As exchange students do not write a thesis, it serves as an excellent opportunity for English discussion and a 25-minute presentation.

Extracurricular Activities

Many varsity sports clubs at the university aim for national competitions and exclusively accept four-year regular students. However, there are great local alternatives in Tsurugashima. For around 2,000 yen, with free equipment rental, you can join community organizations such as the *Tsurugashima Kyudo Federation* (archery) or *Wakaba Kenyuukai* (kendo). If you wish to experience traditional Japanese martial arts, do not let university club restrictions stop you.

Reflection, Cultural Shock, & Personal Growth

Compared to Taiwan, Japanese dining out is pricier (averaging over 1,000 yen) and less varied. Major shopping requires taking the train to lively hubs like Kawagoe. Street lighting is dimmer, trains get intensely crowded during rush hour, and while phone calls are taboo on trains, loud chatter is not uncommon. You will also experience distinct bureaucratic procedures at the municipal city hall and the widespread use of point-reward systems to save money.

Living alone, self-cooking, and comparing supermarket deals are not insurmountable hardships. Instead, they provide a valuable opportunity to step outside your comfort zone and reflect on Taiwan’ s strengths and shortcomings. Do not hesitate or worry—embracing these challenges during your exchange will become invaluable nourishment for your life.