

繕打 中文及英文 心得報告，應包含下列項目

(中文至少 1,000 字+英文至少 500 字。赴中國交換者不需撰寫英文心得。)

A. 學校簡介

三重大學位於三重縣津市，有人文學部、教育學部、工學部、生物資源學部、醫學部、國際戰略機構等單位，學校旁邊是伊勢灣可以看海，搭車約一小時可以到達三重縣境內知名的伊勢神宮。

學校附近生活機能良好，雖然不像台灣商店這麼密集，但附近就有便利商店、超市、車站、KTV、好幾間餐廳，該有的都有，還蠻便利的。在交通方面，可以在附近的近鐵江戶橋站搭車，到名古屋約 1 小時車程，距離大阪/京都/奈良大約兩個多到三個小時車程。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

受益最多的課程是由前田老師授課的中級 I 会话 B，老師上課很活潑，每次課程一開始會先稍微聊一下最近的事件，像是有什麼節日，課程中除了講解課本內容，也會引導我們跟附近同學練習對話，期中期末是跟同學組隊編出一段對話，不太用事先準備，總之是輕鬆又沒有負擔同時又有許多收穫的課程，非常推薦！

C. 國外研修之生活學習 (課外)

三重縣與周遭的名古屋、京都、奈良等區域有許多景點，我每一兩週就會出去走走。除了熱門景點像是大阪或東京，我也有去奈良比較鄉下的村落逛逛。在自然景觀方面，秋天可以賞楓，冬天賞雪，春天則是賞梅與櫻花。我還有參與一些文化體驗活動，像是觀看神社祭典、除夕時到寺廟敲鐘、看歌舞伎表演，以及平安時代服裝體驗等等。透過實際走訪與參與活動，讓我對於日本的文化、歷史、地理有更深入的認知，也深深覺得日本真的很美。

D. 交換/研修之具體效益 (請條列式列舉)

1. 日文能力大幅進步
2. 獨立生活能力
3. 拓展國際視野，與不同國家同學交流機會
4. 深入體驗日本文化

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？

遇到的困境是語言能力不足，雖然之前有學過日文，但是口說程度幾乎為零，一開始跟同學對話整個講不太出來。不過課堂上有許多練習的機會，每週也有固定時間跟學伴用日文聊天，慢慢就有改善。如果是去辦文件或是買東西時遇到問題，就可以先用翻譯軟體先翻譯好，幫助對話

順利進行。除了語言有點不通，其他沒遇到什麼問題。

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？

在文化上大致上還算適應，只不過由於我吃素，在飲食上會不方便，平常在宿舍還可以自己煮，但是出去玩的時候選擇會比較受限，跟台灣比起來素食餐廳少很多，因此我常常只能吃便利商店的麵包和飯糰。有些店家有提供素食，但可能會包含蔥蒜甚至是魚，得先查清楚菜單或是跟店家確認。雖然一開始覺得有點不便，但到後期就逐漸適應了。

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？

最大的成長是獨立處理各種事物的能力，從初期買機票、辦簽證，到日本後辦理各種手續、食衣住行與旅遊規劃等事項全都要靠自己，交換了半年後，覺得未來若是要出國打工度假或是工作都沒問題了。

H. 感想與建議

從申請交換時到交換結束一路上有許多親友的支持才能順利完成這段旅程，也很感謝學校提供這個機會，在交換前從沒想過交換生活會這麼精彩。我有時候會在社群平台分享動態，有收到一些朋友回饋很美之類的感想，很開心能推廣日本不同面向讓大家知道，未來有機會也會持續走訪不同都道府縣深度旅遊。大家如果有機會的話，推薦可以申請交換，各方面會有大幅度的成長。

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 Mie University was a valuable and memorable period in my life. Mie University is located in Tsu City, Mie Prefecture, and includes several faculties such as Humanities, Education, Engineering, Bioresources, and Medicine, as well as the International Strategy Organization. The living environment near the university is quite convenient. There are convenience stores, supermarkets, a train station, restaurants, and karaoke shops nearby, which makes daily life comfortable. In terms of transportation, students can take trains from Kintetsu Edobashi Station near the campus. It takes about one hour to reach Nagoya and around two to three hours to travel to Osaka, Kyoto, or Nara.

The course that benefited me the most was Intermediate I Conversation B. The teacher was very lively and created a relaxed learning atmosphere. At the beginning of each class, we

usually talked briefly about recent events or seasonal topics. During the lesson, the teacher explained the textbook and encouraged us to practice conversations with classmates. For the midterm and final evaluations, we worked in groups to create short dialogues and perform them in class. The class was enjoyable and not stressful, but it helped improve our speaking ability a lot. I would highly recommend this course.

Mie Prefecture and nearby areas such as Nagoya, Kyoto, and Nara have many interesting places to visit. During the exchange semester, I traveled about every one or two weeks. Besides visiting popular cities like Osaka and Tokyo, I also explored quieter areas such as small villages in Nara. I experienced different seasonal scenery in Japan, including autumn leaves, winter snow, and spring plum and cherry blossoms. I also participated in cultural activities such as shrine festivals, the New Year temple bell ceremony, Kabuki performances, and a Heian-period costume experience. These experiences helped me gain a deeper understanding of Japan's culture, history, and geography.

Through this exchange program, my Japanese ability improved significantly, especially my speaking skills. I also developed stronger independence and broadened my international perspective by interacting with students from different countries.

One difficulty I faced was my limited Japanese speaking ability at the beginning. Although I had studied Japanese before, it was hard for me to communicate with classmates at first. However, through frequent speaking practice in class and regular conversations with my language partner, my Japanese gradually improved. When handling administrative matters or shopping, I sometimes used translation software to help communication. Apart from the language barrier, I did not encounter many other problems.

Because I follow a vegetarian diet for religious reasons, eating outside was sometimes inconvenient. Compared with Taiwan, vegetarian options in Japan are more limited, so sometimes I had to rely on convenience store food. Some restaurants offer vegetarian dishes, but they may still include ingredients such as fish broth, so it is necessary to check

the menu carefully. Although it was a little inconvenient at first, I gradually adapted.

The biggest growth during this exchange was my ability to live independently. From arranging flights and visas to handling procedures and planning daily life in Japan, I learned to manage many things by myself. After six months abroad, I feel more confident about living or working overseas in the future.

I am very grateful to my university for providing this exchange opportunity and thankful for the support from my family and friends. This experience was much more meaningful than I had expected. If I have the chance in the future, I hope to continue exploring different regions of Japan. I would highly recommend students apply for exchange programs if they have the opportunity.