A. 學校簡介

三重大學位於日本三重縣津市，是一所綜合型國立大學。三重縣相較於東京、大阪、京都等日本主要城市，生活步調較為悠閒，也保有豐富的自然環境與地方文化。三重大學的校園生活讓我有機會接觸日本地方大學與地方社會，而不只是以觀光客的身分認識日本。留學期間除了在校內上課，我也有機會參與各種活動、接觸日本學生與當地居民，從日常生活中更加了解三重縣的特色。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

我最喜歡、也認為受益最多的課程是「三重學」。這門課讓我有機會走出課堂與校園，實際認識三重縣許多一般觀光客較少接觸、甚至鮮為人知的地方風景與文化。比起單純從書本或網路了解一個地方，親自走訪、觀察與體驗，能讓我對三重有更具體的認識。

此外，課程中也有許多與日本學生一起交流、共同學習的機會。對我而言，這不只是學習三重地方文化，同時也是練習使用日文、理解日本學生想法，以及建立跨文化交流能力的過程。因此，我認為「三重學」是最能將課堂學習與實際生活結合的一門課。

C. 國外研修之生活學習（課外）

留學期間，我最大的課外學習之一，就是與來自世界各國的交換生一起生活。宿舍裡有來自不同國家、不同文化背景的學生，我們經常透過英文或日文交流彼此的想法，一起吃飯、出遊、參加活動，也一起處理生活中大大小小的事情。

我覺得最有趣的地方，是不同的文化背景真的會造成完全不同的想法。同一件事情，每個人可能都有完全不同的看法與處理方式。當然，生活在一起也不可能永遠沒有摩擦，有時候正是因為生活習慣、價值觀不同而產生衝突。但這些衝突反而成為很重要的學習，讓我開始練習站在對方的立場思考，理解彼此的差異，並學習如何溝通、互相理解與包容。

D. 交換/研修之具體效益（請條列式列舉）

1.語言能力大幅提升：日文從課堂上的學習變成每天生活中實際使用的語言，也增加了英文溝通的經驗。

2.拓展國際視野：與不同國家、不同文化背景的人長時間相處，能直接看見與自己完全不同的想法。

3.看見更多學習的可能性：在大學階段接觸不同國家的學生與教育環境，讓我重新思考大學教育以及未來學習的可能性。

4.體驗不同文化背景下的教育方式：透過課堂與日本學生一起學習，觀察不同教育環境下的課程設計、學習方式與師生互動。

5.更完整地理解當地文化：長時間居住海外與短期旅遊不同，能從生活習慣、人際關係、價值觀

等層面真正理解當地文化，而不只是看到觀光的一面。

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?

留學期間最常遇到的問題，是與生活習慣不同的人一起居住在同一棟宿舍。來自不同國家的學生對於作息、公共空間、清潔與生活方式都有不同的習慣，因此有時候難免會產生摩擦。

遇到這類問題時，我認為最重要的不是單純判斷誰對誰錯，而是先讓彼此有溝通的機會。如果自己無法處理，也可以尋求第三方協助，例如透過國際中心辦公室進行溝通與調解。實際經驗讓我了解到，很多衝突並不是因為誰故意造成問題，而只是彼此對同一件事情的認知不同，只要願意溝通，大多數問題都能找到解決的方法。

另外，語言不通也是海外生活中很常遇到的困難。當英文或日文無法完整表達時，我也學會利用翻譯軟體、手機等科技工具協助溝通。這讓我了解到，語言能力固然重要，但真正重要的是即使遇到溝通障礙，也要願意想辦法讓彼此理解。

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?

如果要說最直接的文化衝擊，我認為是「衛生習慣」。與我一起生活的部分東南亞學生以及來自中國東北地區的學生，在清潔、洗澡、餐具使用等方面的生活習慣，與我過去在台灣所習慣的方式有很大的不同。對我而言，有些習慣在生理上確實很難接受，一開始甚至會直接認為對方的衛生習慣不好。

但生活了一段時間之後，我慢慢發現，也許這並不是單純的「誰比較乾淨、誰比較不乾淨」，而是大家對於「乾淨」這件事情本身的標準與概念就不一樣。當我意識到這一點之後，我開始學習不要用自己的生活標準去直接評價別人。

當然，理解與包容並不代表必須勉強自己接受所有生活方式。對我而言，更重要的是學會在尊重他人的同時照顧好自己。例如在無法適應的情況下，選擇適當地保持距離、做好自己的清潔與生活管理。這次經驗讓我了解到，海外生活最重要的不是要求所有人按照自己的方式生活，而是在差異之中找到彼此可以接受的相處方式。

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?

留學期間，我身邊大多數一起相處的同學都是大學生或研究生，而我已經是大學五年級，因此在許多團體中，我通常是年紀相對較大的人。這樣的身分差異反而讓我有機會觀察到很多有趣的事情。

有些同學甚至才剛升上大學，年紀比我小，但在面對陌生的人、新的環境或不同文化時，卻非常敢於嘗試各種事情。以台灣的思考模式來看，可能會覺得他們「很敢」，但換一個角度想，也許

對他們而言，主動挑戰新鮮事物、與外國人相處，甚至加入一個以外國學生為主的團體，本身就是很自然、很有趣的事情。

這讓我重新思考自己過去對「年齡」與「經驗」的想像。我原本可能認為年紀比較大就應該更加成熟、更加知道自己要做什麼，但實際上，年紀與勇於嘗試並沒有必然關係。這一年讓我更加願意保持好奇心，也提醒自己不要因為害怕陌生或擔心失敗，就錯過嘗試新事物的機會。

我認為自己最大的成長，就是比以前更願意走出熟悉的範圍，接受與自己不同的人與想法，也更能夠在差異之中找到有趣的地方。

H. 感想與建議

我在最初申請留學的表單中，留學動機那一欄寫下了一句話：「我想做只有學生時代才能做的事。」現在一年過去了，我反而更加確定自己當時為什麼想來。

我非常感謝這一年來所有協助我出國交換的單位、老師、家人與朋友。我認為，出社會之後要出國旅遊並不是不可能的事情，隨著時代變化，未來甚至可能會變得更加普遍。然而，以學生的身分在海外長時間生活一段時間，能夠體驗到的事情，果然與短期旅遊截然不同。

當真正住在一個地方之後，語言不再只是學習的科目，生活習慣不再只是文化介紹，與人的相處也不再只是觀察不同國家的人。我必須真正生活在其中，面對語言、生活習慣、價值觀、文化差異，甚至是人際關係中的問題，而這些全部都是學習的一部分。

因此，我很珍惜這一次機會。對我而言，這不只是一次出國交換，而是一次能夠暫時離開原本生活軌道的機會。很感謝所有人，讓我在學生時代擁有了一次「沒有學分壓力、也沒有太多經濟壓力的第二次大學人生」。如果有機會，我也非常鼓勵學弟妹把握學生時代出國長期生活的機會，因為有些事情，真的只有親自生活過，才會明白它的意義。

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

Looking back on my year at Mie University, I realize that studying abroad was much more than simply attending classes in another country. When I first arrived in Japan, I expected to improve my Japanese, experience Japanese culture, and meet people from different countries. However, after living in Japan for a year, I found that the most valuable lessons came from everyday life, relationships, and the challenges of living in an unfamiliar environment.

Mie University gave me the opportunity to experience university life in a local Japanese setting. Among the courses I took, I particularly enjoyed “Mie Studies,” which allowed

me to discover many lesser-known places, landscapes, and aspects of local culture in Mie Prefecture. Instead of learning about the region only through textbooks, I could actually visit different places and experience them myself. I also had opportunities to study and communicate with Japanese students, which helped me improve my Japanese and understand how Japanese students think and learn.

Outside the classroom, living with exchange students from many different countries was another important part of my experience. We communicated mainly in English and Japanese and shared many aspects of our daily lives. Because everyone came from a different cultural background, we often had different opinions about the same situation. Sometimes these differences led to misunderstandings or conflicts, especially when we shared the same dormitory and had different lifestyles. However, these experiences taught me that communication is not simply about expressing what I think. It is also about understanding why another person thinks differently. When necessary, we could ask the International Center for help with mediation, and technology such as translation applications also helped us overcome language barriers.

One of the biggest cultural differences I experienced involved daily hygiene habits. Some students had very different standards regarding cleanliness, bathing, and washing dishes from what I was accustomed to in Taiwan. At first, I simply thought that their habits were not hygienic. However, after spending more time with them, I gradually realized that the issue was not necessarily that one side was cleaner or better than the other. Rather, we simply had different concepts of what "clean" meant. This taught me an important lesson about cultural differences: understanding and respecting others does not mean that I have to accept every habit, but I should avoid judging people only according to my own standards. At the same time, I learned that taking care of myself is also important when living in a multicultural environment.

Another important change happened in the way I viewed myself. Most of the students I lived and interacted with were undergraduate or graduate students, while I was already in my fifth year of university. I was therefore often one of the older members of a group. Interestingly, I often saw younger students, including students who had just entered university, being extremely willing to try new things. They were not afraid of meeting

people from different countries or joining groups where they did not know anyone. This made me reconsider my own assumptions about age and maturity. Being older does not necessarily mean being more willing to take risks or experience something new. Sometimes, younger people can remind us to stay curious and open-minded.

The greatest benefit of this exchange experience was therefore not just improving my language skills. I broadened my perspective, became more independent, experienced a different educational environment, and gained a deeper understanding of different cultures through long-term daily life. Most importantly, I learned that differences do not always need to be solved by deciding who is right or wrong. Sometimes, they simply need to be understood, respected, and accepted.

When I applied for this exchange program, I wrote in my motivation statement, "I want to do something that can only be done as a student." After completing this year, I understand that sentence more clearly. Traveling abroad after entering the workforce will always be possible, but living abroad for an extended period as a student is a very different experience. I am deeply grateful to my university, teachers, family, and friends for giving me the opportunity to experience what I would describe as a second university life—one without the usual pressure of credits or financial responsibilities.

This year at Mie University did not simply teach me how to live in Japan. It taught me how to live with differences, how to communicate with people, how to face unfamiliar situations, and how to become a more open-minded and independent person. Most importantly, it gave me a chance to leave my familiar world, see the world from a different perspective, and rediscover myself.