

26-1 學校簡介

26-2 國外研修之課程學習（課內）

26-3 國外研修之生活學習（課外）

26-4 交換/研修之具體效益（請條列式列舉）

26-5 感想與建議

26-6 相片（2~3張貼進 word 檔案，含說明，並 Email 原檔給國際處承辦人）

專修大學是在日本分級為 C 等級的私立大學，校區在東京分為兩校區，一個是神田校區，另一個則是這次我們所上課的生田校區，專修大學對於國際交換這領域算是非常廣泛，除了可以利用各國姐妹校的名義來進行為期一年的交換學生，也可以報名每春(五月~六月)、夏(六月~七月)、秋(九月~十二月)、冬(一月~二月)都會有的短期交換課程。

本次交換，是參與專修大學的秋季短期交換課程，而此課程也分成，日語課程、日本商業課程以及日本文化課程三個部分，同學們在報名的時候可以依照自己想要研修的重點做選擇，日語課程是必修的，至於日本商業課程以及日本文化課程則是可以選擇都上或是則一亦或是都不上，三種選擇都可以，但是日本商業課程以及日本文化課程都是以英文授課，並非日文授課的。

每日都有的日語課程，將會在上課的第一天進行日文等級測驗，一共有七個班級，分別是 J1A、J1B、J1C、J2、J3、J4、J5。根據學生對於日文的程度而分班，此外，若學生想要轉班也是可以的，開學一周都可以提出，可以自己調整自己的學習欲望，另外，授課時間是每周一到五的早上九點到下午一點，至於日本商業課程及日本文化課程並非每日都有，若當日有課程則是從下午兩點五十分開始，每節課一個半小時，學校都會給予課表，自行注意即可。

商業課程以及文化課程都有課內授課與課外授課，商業課程主要講授日本的戰後經濟、日本觀光經濟、日本現在經濟發展等等主題，課外授課則是會帶學生參訪日本知名的企業公司，讓學生能夠更加了解日本的商業體系；文化課程主要講授日本的傳統文化、日本思想等等主題，課外授課則是體驗書法、茶道、參觀博物館，讓學生能夠親自體會日本的傳統文化。

由於這此並非參與長期交換，因此短期交換學生無法選修專修大學的校內課程。

課外時間，你可以自己安排在日本的行程，另外學校也會提供一些活動是開放名額給留學生一同報名，與專修大學的學生一起出遊活動。另外，專修大學給予姊妹校交換學生都是統一安排在國際宿舍，其中，會有機會與日本學生當室友，也可能是來自異國的學生，像是韓國、寮國、美國、越南等等。而這些短期住宿在國際宿舍的日本學生也會不定期為留學生舉辦活動，例如：歡迎/送派對、萬聖節派對、運動會、BBQ 派對諸如此類的活動，此外，學生們也會熱情的邀約你一起遊玩東京。

日本交換並非是我的第一次經驗，但是每次交換總能有不一樣的體會，即便自己本身已經去過日本遊玩多次，除了重要的語文學習之外，更是與外國人的相處、接觸，若是在台灣或是旅遊，其實基本上你要與外國人聊天或是相處其實機會並不大，但是交換就不一樣了，環境會讓你開口，並且學習，你能學到比你想像的更多，另外，你也可以利用你的空閒時間多了解你交換的這個國家的文化、特色，拓展國際視野，發現別人沒看到的事情，這將會是你很特別的經驗。因為你的視野將會與別人不同，在社會上也是你加分的優勢。

很幸運這次能夠選上交換學生的名額，在這趟短暫的旅程中有很深刻的感受，也學習到了很多，很多的是言語表達不出來的，是那種自己才能用心體會出來的情愫。建議學弟妹有機會一定要自己去體會交換學生，哪怕只是短暫的三個月，你也可以有超出三個月的收穫。

**This exchange is a fall short-term exchange course for participating universities, and this course is also divided into three parts: Japanese course, Japanese business course, and Japanese culture course. Students can choose according to the focus of their study when they register. Japanese courses are compulsory. As for Japanese business courses and Japanese culture courses, you can choose to take all or none or all three options. However, Japanese business courses and Japanese culture courses are taught in English. It is not taught in Japanese.**

**Business courses and cultural courses have both in-class and extra-curricular teaching. The business courses mainly teach the topics of post-war economy in Japan, Japanese tourism economy, and the current economic development of Japan. To enable students to better understand the Japanese business system; cultural courses mainly teach topics such as Japanese traditional culture and Japanese thought, and extracurricular classes are to experience calligraphy, tea ceremony, and visit museums, so that students can experience Japanese traditional culture in person.**

**After class, you can arrange your own itinerary in Japan. In addition, the school will also provide some activities to open up places for international students to register with, and travel with university students. In addition, the exchange students offered by sister universities are arranged in international dormitories. Among them, there will be opportunities to be roommates with Japanese students, or students from foreign countries, such as South Korea, Laos, the United States, Vietnam, and so on. And these Japanese students who are staying in international dormitories will also hold events for international students from time to time, such as: welcome / send party, Halloween party, sports meeting, BBQ party and other activities. In addition, students will also invite you to visit Tokyo enthusiastically.**

**Japanese exchange is not my first experience, but I always have a different experience every time. Even if I have been to Japan for many times, in addition to important language learning, I also get along with foreigners, Contact, if you are in Taiwan or traveling, in fact, basically you have no chance to chat or get along with foreigners, but the exchange is not the same, the environment will let you talk and learn, you can learn more than you think In addition, you can also use your free time to learn more about the culture and characteristics of the country you exchanged, expand the international perspective, and discover things that others have not seen. This will be your very special experience. Because your vision will be different from others, and it will also be your advantage in society.**

**Fortunately, I was selected as a place for exchange students this time. During this short journey, I felt very deeply and learned a lot. Many of them are not expressed in words, and they are the kind of feelings that I can realize with my heart. It is recommended that the younger siblings have the opportunity to experience the exchange students by themselves. Even if it is only a short three months, you can also gain more than three months.**



日本商業課程參訪之一：日本銀行。



與日本學生一同報名學校舉辦的運動會。



日本學生舉辦的萬聖節派對