

我在這次交換計畫中，前往日本福岡的西南學院大學(Seinan Gakuin University)進行研修。西南學院大學是一所位於福岡的知名私立大學，校園環境優美，學生人數眾多，不僅學術資源豐富，也非常重視國際交流，這讓我感受到來自學校和師生們的熱情與支持。

我這學期所修的課程有日語課、跨文化溝通、書法課和漫畫相關的課程。其中我最喜歡的課是日語、書法與漫畫。日語課幫助我提升語言能力，讓我在日常生活中更能夠與當地人溝通；書法課則讓我深入了解日本傳統藝術，不僅學習到書寫技巧，也認識了書法背後的歷史與文化；而漫畫課程最讓我興奮，因為我本身就是動漫迷，在課堂上能與同樣喜愛漫畫的同學討論與交流，讓我感到非常開心。

除了課堂學習，我的課外生活也非常充實。我住在學校宿舍，不但方便，也讓我有機會與來自世界各地的學生互動。我也參加了國際事務處舉辦的各種活動，並加入了舞蹈社團。此外，我也參加志工活動，前往當地的小學與國中擔任英語課的助教，這是一次難忘的經驗，能和日本學生互動並分享語言與文化，讓我感到非常有意義。

在這段時間裡，我認識了來自加拿大、芬蘭、新加坡、比利時、義大利等不同國家的朋友，也與當地的日本學生建立了深厚的友誼。雖然我們來自不同的文化背景、說著不同的語言，但我們仍然能夠互相理解、支持，就像一家人一樣。這些跨文化的交流不但拓展了我的國際視野，也讓我的個性變得更加正面與開朗。

當然，海外生活也並非完全順利。我曾經有一段時間感到思鄉，尤其是在特別節日的時候。不過，我選擇與朋友一起出門、參加活動，轉移注意力，漸漸克服了這種情緒。能夠在困難時刻找到陪伴我的朋友，是我此行最大的收穫之一。

此外，日本的垃圾分類制度讓我印象非常深刻。當地對於垃圾處理的規定非常嚴格，不同種類的垃圾要使用不同的袋子，還有特定的時間才能丟棄。這讓我一開始感到困惑，但也讓我學會更細心地處理生活中的每個小細節，並更加尊重當地的規範與文化。

這段交換經歷讓我成長許多。過去我比較內向、不太主動與陌生人交流，但現在的我變得更有自信、更願意參與各種活動，個性也變得更外向、更願意嘗試新事物。我學會了獨立生活，也學會了如何在陌生的環境中找到自己的定位。最重要的是，我開始以更開放、積極的態度看待生活與未來。

其中一張我最喜歡的照片，是我與朋友一起參加花火大會的照片。那天我們一起坐在河邊，看著綻放一個小時的煙火，笑聲不斷，氣氛溫馨，這張照片代表的不只是快樂的回憶，更是我在日本生活中最感動的一刻。

總之，這次的交換不僅讓我在學業上有所提升，更讓我在人際關係與個人成長方面獲得巨大的改變。我非常感謝有這個機會，也希望未來有更多學生能夠參與這樣寶貴的國際交流經驗。

Spending a semester at Seinan Gakuin University in Fukuoka, Japan, was one of the most unforgettable experiences of my life. It's a private university known for its beautiful campus and strong reputation in Fukuoka. From the moment I arrived, I could feel how welcoming and international the environment was. The university has a lively student atmosphere, and I met people from all over the world.

During the exchange, I took four main classes: Japanese language, intercultural communication, calligraphy, and a class on manga. Among them, I really enjoyed the Japanese, calligraphy, and manga classes the most. In Japanese class, I improved my speaking and listening skills, which helped me a lot in everyday life. Calligraphy was something totally new to me, I learned how to write with traditional brushes and also got to understand the cultural meaning behind the strokes and characters. And as someone who loves manga, taking a class about it was like a dream. I met other fans and we had fun discussions about our favorite series, the history of manga, and how it influences Japanese society.

Outside the classroom, life in Japan was just as exciting. I stayed in a dorm, which gave me the chance to live with other exchange students and local students too. I joined the dance club, volunteered to help teach English at Japanese elementary and junior high schools, and took part in several events hosted by the university's international community. These experiences helped me get closer to Japanese culture and made me feel more connected to the people around me.

One of the best parts of the exchange was meeting friends from all over the world like Canada, Finland, Belgium, Italy, and of course, Japan. Even though we came from very different cultures and spoke different languages, we somehow built a strong bond, like a little international family. Being with them taught me how powerful friendship can be, even when you don't share the same background.

Of course, there were some challenges. I definitely experienced homesickness, especially in the beginning. But I found that going out with friends and staying busy really helped. Eventually, I started to enjoy every moment and forgot I was ever homesick at all. One thing that surprised me was how strict Japan is with garbage sorting, different bags for different types of trash, and certain days for certain kinds of waste. It was confusing at first, but now I actually admire how organized and eco-conscious the system is.

Looking back, this experience has changed me in ways I didn't expect. I became more independent, positive, and outgoing. I used to be shy about starting conversations or joining activities, but now I feel more confident stepping out of my comfort zone and trying new things.

One memory that stands out is the night I went to a fireworks festival with my friends. We sat by the river, watched the fireworks light up the sky for almost an hour, and just enjoyed being together. That moment really captured everything I loved about this exchange, good friends, meaningful experiences, and a beautiful slice of Japanese life.

I'm so grateful for this opportunity. It helped me grow not only academically, but also personally. I truly hope more students get the chance to experience something like this, it's life-changing.