

A. 學校簡介

琉球大學是沖繩唯一的國立大學，位置在沖繩的東南部（沖繩縣西原町），位於沖繩兩大城市（那霸市與沖繩市）之間，雖然不在市中心、附近沒有電車車站、交通稍微有些不方便，但本校主打海洋學、島嶼農學及亞太地區文化研究，並以地理優勢著稱。琉球大學具有農學部、工學部、法文學部、教育學部、理學部、國際教育中心及放送大學等學院，並設有學生食堂、游泳池、操場、球場、兩棟體育館、健身房及多種學生宿舍等設施。其中，留學生主要住在國際交流會館及千原寮兩處學生宿舍，並在國際教育 centers 上課。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

開學前學校會進行日文能力程度測驗，將學生依照考試成績及導師面談結果分班，所以基本上大家都會被分配到適合自己程度的班級，我的日文程度屬於比初學者再好一個等級(A2，最低 A1 最高 C2)，因此除了一般的日本語課，還有漢字課、文法課等課程可供選課，而程度再往上則有寫作、聽解/閱讀及商用日文等課程，所以語言學習的部分不用太擔心。除了語言課之外，非常推薦赤嶺(Akamine)老師的課：沖繩文化及沖繩歷史兩門課，老師上課的風格輕鬆有趣而且會安排校外教學去實地參訪沖繩的古蹟及文化，對留學生來說是非常好的體驗。

C. 國外研修之生活學習（課外）

國際教育中心底下有一個專門促進國際交流的組織叫做 GCC，他們不定時會舉辦交流活動，可能是派對、文化體驗或是語言桌子/角落，如果有時間的話可以多多參加，那邊的人都非常親切友善，而且也能在那邊認識到很多其他國家的留學生甚至是琉球大學的學生。

除此之外，留學生們之間也很常在宿舍舉辦派對、或是一起開車去海邊玩，尤其是在琉球大學的台灣學生很多，所以不用擔心在人生地不熟的國外會不知道該怎麼辦，大家都會互相幫助、一起過節（像是中秋節就有一起烤肉、寒假也有一起在宿舍包餃子），非常溫暖不孤單。

D. 交換/研修之具體效益（請條列式列舉）

- 除了日語也增進英語能力：日文不夠流利的情況下，我和班上的其他留學生（多數是歐洲人）聊天都用英文
- 廚藝等生活技能大幅進步：即便日幣貶值但外食依然稍微昂貴，因此幾乎每天都會自己在家煮飯、打理生活
- 結交非常多的朋友：不只是台灣人也認識了很多來自世界各地的朋友，西班牙、法國、德國等
- 比深度旅遊還要更完整的文化體驗：很多人都會去日本玩，但是旅遊和居住在當地的體驗完全不同，非常推薦

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？

年底的時候有前往大阪跨年，在假期結束要回來沖繩時因為和日本的電車不熟，導致錯過了原本可以直達機場的車，最後來不及搭上飛機，花了很大一筆錢又重新買了機票。因為是早上的飛機所以已經是非常早起且沒有睡過頭的情況下，前一晚睡機場好像也不是完美的方法，事先熟悉車站或甚至找地陪也是早已知道的事，因此我覺得轉換心態才是我當下可以做的事，於是當即決定多留一晚，訂了便宜的膠囊旅館後沒有計畫的又多旅遊了一天，事後覺得非常值得。

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？

琉球大學的學伴制度非常嚴謹，基本上和學伴的關係很難發展成朋友，可能因為有薪水的關係，日本學伴都以公事公辦且只願意協助自己分配到的留學生為主。一開始蠻驚訝的因為在台灣大家都會互相幫助不會去計較是誰的學伴而且願意跟學伴當朋友，不過我想說這就是日本的文化，只能自己想通或是找其他台灣留學生聊聊。

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？

我變得更勇於和外國人聊天、交流，也有更多想踏出台灣的勇氣，即將結束交換之際，也萌生了去國外打工換宿的想法。

H. 感想與建議

先說結論：整理來說，非常推薦來沖繩琉球大學交換。

首先，就算因為和台灣很近所以很多人可能本來就有來過甚至不只一次沖繩旅遊的情況下，我還是非常推薦在這裡居住，這裡是日本的離島，我覺得某種程度上也很像台灣的離島，像是金門或澎湖，整體的生活氛圍非常舒適，不管是天氣、居民、道路還是風景，一切都像是在度假般讓我只是走出教室就能夠馬上轉換心情，這半年來幾乎是一點生活壓力都沒有。

其次是這裡的物價相對便宜，不只是與其他國家比，更是比日本本島低。對留學生來說，即便在有獎助學金的前提下也還是盡量能省則省，所以能夠花小錢得到很大的體驗也是一件非常美好的事，因為學校位置偏僻的關係，如果沒有開車就等於沒有腳，我在沖繩的這半年都是直接月租汽車來通勤，每個月含保險居然也才台幣 5000，換成在台灣大概只能開三天吧哈哈...

最後是宿舍生活，很幸運地抽籤抽到國際交流會館而不是千原寮，完整的生活機能，除了洗衣機和烘衣機要到走廊外使用，房間裡什麼都有，浴缸、瓦斯爐及抽油煙機、大冰箱、陽台，甚至入住時有附全新的床墊和床包，這半年的生活過得非常舒服且自在，很感謝有這樣的機會能夠在日本生活，謝謝中山大學也謝謝願意嘗試的自己。

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

The University of the Ryukyus is Okinawa's only national university, located in southeastern Okinawa (Nishihara-cho, Okinawa Prefecture), situated between Okinawa's two major cities (Naha and Okinawa). While not in the city center and lacking nearby train stations, making transportation somewhat inconvenient, the university is renowned for its strengths in marine science, island agriculture, and Asia-Pacific cultural studies, and is also known for its advantageous geographical location. The University of the Ryukyus comprises faculties of Agriculture, Engineering, Law and Literature, Education, Science, an International Education Center, and a Broadcasting College. It offers facilities including a student cafeteria, swimming pool, sports fields, gymnasiums, a fitness center, and various student dormitories. International students primarily reside in the International Exchange Hall and Chihara Dormitory, and attend classes at the International Education Center.

Before the start of the semester, the school conducts a Japanese proficiency test, and students are placed into classes based on their test scores and teacher interviews. Therefore, most students are assigned to classes suitable for their level. My Japanese level is slightly above beginner (A2, minimum A1, maximum C2), so in addition to regular Japanese classes, there are also kanji and grammar classes available. For those at a higher level, there are courses in writing, listening/reading comprehension, and business Japanese, so language learning isn't a major concern. Besides language classes, I highly recommend Akamine's classes: Okinawa Culture and Okinawa History. Her teaching style is relaxed and fun, and she arranges field trips to visit Okinawa's historical sites and cultural sites, which is a great experience for international students.

The International Education Center has an organization called GCC that promotes international exchange. They regularly organize exchange activities, such as parties, cultural experiences, or language forums/corners. If you have time, try to participate. The people there are very friendly and welcoming, and you can meet many international students, including students from the University of the Ryukyus.

Besides, international students often hold parties in their dorms or drive to the beach together. This is especially true at the University of the Ryukyus, where there are many Taiwanese students. So, there's no need to worry about feeling lost in an unfamiliar foreign country; everyone helps each other and celebrates festivals together.

(like having a barbecue together for the Mid-Autumn Festival and making dumplings together in the dorms during winter break), making it a very warm and welcoming place.

- * Improved Japanese and English skills: Despite my limited Japanese proficiency, I chatted with other international students (mostly Europeans) in English.
- * Significantly improved cooking and other life skills: Even with the depreciation of the yen, eating out was still relatively expensive, so I cooked and managed my household at home almost every day.
- * Made many friends: Not only Taiwanese but also friends from all over the world, including Spain, France, and Germany.
- * A more complete cultural experience than in-depth travel: Many people travel to Japan, but the experience of traveling and living there is completely different. Highly recommended.

I went to Osaka for New Year's Eve. When I was returning to Okinawa after the holiday, I missed the direct train to the airport because I wasn't familiar with the Japanese train system. I ended up missing my flight and had to buy a new ticket at a high cost. Since my flight was in the morning, I had already woken up very early and hadn't overslept. Sleeping at the airport the night before didn't seem like a perfect solution. I already knew I should familiarize myself with the station beforehand or even hire a local guide, so I decided to adjust my mindset. I immediately decided to stay an extra night, booked a cheap capsule hotel, and unplannedly spent an extra day sightseeing – which I later found very worthwhile.

The buddy system at the University of the Ryukyus is very strict. It's generally difficult to develop a friendship with your buddy. Perhaps because of the salary, Japanese buddies are primarily business-oriented and only willing to assist the students they're assigned to. I was initially quite surprised because in Taiwan, people help each other and don't care whose buddy you are, and are willing to be friends with your buddies. However, I think this is just Japanese culture; you just have to figure it out yourself or talk to other Taiwanese students.

I became more willing to chat and communicate with foreigners and had more courage to venture beyond Taiwan. As my exchange program was about to end, I even considered working abroad in exchange programs.

In conclusion: Overall, I highly recommend studying at the University of the Ryukyus in Okinawa.

First, even though many people have likely visited Okinawa before, perhaps even more than once, due to its proximity to Taiwan, I still highly recommend living here. It's an outlying island of Japan, and in some ways, it's similar to Taiwan's outlying islands like Kinmen or Penghu. The overall living atmosphere is very comfortable; the weather, the residents, the roads, and the scenery all feel like a vacation. Stepping out of the classroom allows me to immediately change my mood, and for the past six months, I've experienced almost no stress.

Secondly, the cost of living here is relatively low, not only compared to other countries but also lower than mainland Japan. For international students, even with scholarships and grants, it's still best to save money wherever possible. So, getting a lot of experience for a small price is a wonderful thing. Because the school is located in a remote area, not having a car is like not having legs. During my six months in Okinawa, I rented a car to commute, and it only cost me NT\$5000 per month including insurance. In Taiwan, that would probably only last three days, haha... Finally, regarding dormitory life, I was lucky enough to get the International Exchange Hall instead of Chihara Dormitory through the lottery. It had all the amenities I needed; except for the washing

machine and dryer which had to be used in the hallway, the room had everything: a bathtub, gas stove and range hood, a large refrigerator, a balcony, and even a brand new mattress and bedding. My six months there were very comfortable and relaxing. I'm so grateful for the opportunity to live in Japan. Thank you, National Sun Yat-sen University, and thank you to myself for trying.