

26-1 學校簡介

法政大學(Hosei University) 位於日本東京都都心千代田區，是東京都「難關私大」(非常難考的私立大學)「MARCH」之一。由市谷、多摩、小金井 3 個校區所構成，均位於東京都內。無論是學習場所，還是大學的學年活動、社團、聯誼會活動、與朋友交流、及開發未來人生潛力等活動據點都在東京都內。

該校創建於西元 1880 年，其法學部以及社會學部的歷史十分悠久至今已超過 100 年歷史，是日本私立大學中第一所設立這兩個學部的大學。該校的學科涵蓋文科和理科各個方面，大學擁有 15 個院系，38 個學科，研究所擁有 15 個研究科，除了日文相關課程外，也提供了豐富的英語課程。

26-2 國外研修之課程學習（課內）

法政大學於法、商、經濟等學科方面有很棒的表現，且對於外籍生選課的規定非常的自由，不僅提供單純的語言訓練課程，還包含專業科目的全英文授課課程，以及可以與一般日籍生一同修習專業科目。本學期修習碩士班課程 2 學分，以及日本語相關課程 3 學分，共 5 學分。雖然已有日文的基底，但僅限於日常生活溝通，到課堂上的專業則是還需要很大的努力空間，也因此留學中修習的課程還是以日文能力提升為主，碩班的一門選修課程為輔。

法政為外籍生準備的日文課程相當紮實，會依據能力進行分級，再根據各個級別選擇自己有興趣的課程。碩班課程因本身為管理學院，選修了近來企業中相對重視的永續經營的班級上課，教授為兼具實務經驗與學術專業的老師，所以能用很貼近業界的實務操作帶入較深層的概念說明。

26-3 國外研修之生活學習（課外）

生活學習的場域除了學校之外，更多時候是在宿舍跟自己一個人在外旅遊的感受。所有的體驗都跟台灣不太一樣，每一種事物都是新的學習。每一天都有新的斬獲與發現。雖然過往在台灣就能透過電視或網路媒體資源了解到日本的一些事物，然而當實際深入其中生活，感受到的又是更強烈且不同的東西。像是靠左行走、用餐時的禮儀，碗筷餐具的擺放、禮讓的表文化等之類的。其他像是到區公所辦理相關手續、郵局開戶、餐廳點餐等，有許多做法都是與台灣類似或完全不同的，這都是在生活上會遇到的學習議題。

26-4 交換/研修之具體效益（請條列式列舉）

1. 外語能力精進。
2. 自我了解與成長。
3. 深入了解日本文化。
4. 結識新朋友。
5. 深化國際視野

26-5 感想與建議

很開心能有機會代表中山大學到日本東京的法政大學擔任交換留學生。雖然這不是我第一次到日本，但卻是第一次以這樣的身分在日本生活長達將近半年的時間。過往曾有過機會到日本留學，然而當時因為經費的考量未能成行，終於在幾年以後得以如願，真的覺得自己很幸運還能有這樣的機會。這也多虧中山大學與海內外多所學校締結成姊妹校，才能讓我們學生有機會看見不一樣的視野。

日本可以說是亞洲最先進的國家，到日本可以看到很多劃時代的東西，而這樣的國家卻又能完整的保留其傳統文化，透過實際的海外生活，感受到日本民族與台灣不一樣的做事習慣與方式，透過這樣的比較過程，對彼此國家都有更不一樣的認識與了解。在日本的生活過程中，獨立的海外生活經驗，也讓自己更加了解自己，也覺得有所收穫與成長。

This is not my first time to Japan. I came to Japan to travel in few years ago. During that time, my friends and I just looked around and had some cuisine here. We don't have lots of time experiencing the life here in Japan. Due to the exchange student program, I got a chance to choose an oversea school to study and to live here for a while.

Tokyo has served as the Japanese capital since 1869. It is a major international finance center, which houses the headquarters of several of the world's largest companies. I think it is a good chance to make myself experience the life in such a progressive city.

Hosei University is a long-established private university based in Tokyo, Japan since 1880. It has three main campuses, which is called Ichigaya, Koganei, and Tama. Nowadays, Hosei is consisted of 15 undergraduate faculties, a School of Correspondence Education, 14 graduate schools, 1 institute, and 2 professional schools. Not only Japanese courses for students from different countries, but also lots of courses which it taught in English for oversea students to select. The courses (ESOP、GIS etc.) that Global Education Center has prepared for exchange students from overseas, which are very attractive and useful to a student like me majoring in Business management.

Students from different countries gave me a totally different view of point when dealing with various problem in daily life. Those experiences here make me try to think more flexibly, in more open, international, broad way when encountering in many cases. Through the Japanese classes, I did improve my Japanese language skill to a new level, which I believe I could make use of it in the future.

Besides the life in school, I learned a lot through the daily life in Japan. All experience here is different from Taiwan, everything is a new learning. Such as walking on the left, etiquette when dining, the placement of tableware, etc. Other experiences, such as going to the district office to go through the formalities of being a resident in Japan, opening an account at the post office, ordering food at restaurants.

All of these things are similar or completely different from we do in Taiwan. It is a good chance to experience all of these in person. It did open my eyes to the world, and make me understand myself better. I am very happy to come to Hosei as an exchange student and so lucky to stay in a big city like Tokyo to know and learn things which I didn't know in the past. I will recommend students who haven't exchanged yet applying for being an exchange student in Japan.



迎新茶會，當天由學校的國際事務中心主任發言，代表校方歡迎各國學生到法政交流。也請了日本的同學們作為招待，帶所有國際學生認識學校，並舉行了簡單的餐會。



上高地-大正池。課餘時間到日本的山上旅遊時所拍。拍完就覺得日本留學沒有遺憾了。



靜岡世界遺產中心，來這邊參見日本神山-富士山。看到的當下覺得心情很平靜，也沉澱了很多思緒。