

中文心得

A. 學校簡介

西南學院大學 (Seinan Gakuin University) 位於日本九州的福岡市，是創立於 1949 年的私立大學，也是一所基督教學校。西南從早期就引進現代教育與語言教學理念，並在 1971 年率先在日本大學中推動國際交流制度，在日本教育界有深厚的歷史背景與國際交流傳統。

西南的校園位於地鐵西新站，距離市中心的天神與博多只需約 15 分鐘車程，學校周邊也有西新商店街、堂吉訶德、PRALIVA 百貨等，生活機能相當完善。對於交換學生而言，西南學院大學設有國際教育中心 (Center for International Education)，提供留學生生活與課程上的協助，並安排日文課程與 Buddy 計畫，能夠幫助留學生快速適應日本校園生活。而開設給留學生的課程會依照個人日文程度，分為 Japanese Language Focused 與 Elective Focused 兩種修課計畫，對日文程度尚在提升中的學生相當友善。此外，還有以英文授課的 Global Liberal Arts (GLA) 系列課程，讓國際生有機會與日本學生交流。

B. 國外研修之課程學習 (課內) · 推薦受益最多/最喜歡的課程

我在大學曾學過初級日文，因此選擇 Japanese Language Focused 的計畫。學校會先以線上測驗進程度分班，總共分為 5 個等級，從 level 1 初級班至 level 5 高級班，而我被分在 level 2 (N5-N4 左右程度)。除了 level 1 的課程編排不太一樣，其餘四個班每週皆有 5 堂 Comprehensive (聽力與口說)、1 堂 Reading (讀解) 及 1 堂 Writing (寫作) 的日文課程。

每週近 700 分鐘的密集日文訓練是我前所未有過的體驗，雖然每天都要上課、作業考試量也不少，但對於想提升語言能力的我則是樂在其中。授課老師非常認真，每堂課讓每位同學皆有開口練習的機會，有不懂的問題老師也會很有耐心的解說，能找到許多之前在台灣學日文沒發現的誤區。此外，班上同學是來自各地的國際留學生，在練習日文口說的過程中，也能進行文化交流、結交各國朋友，一起學語言的過程很有趣。

C. 國外研修之生活學習 (課外)

這是我第一次獨自前往海外生活，出發前這趟未知的旅程充滿著期待與焦慮，一方面害怕自己慢熟的性格無法融入留學生群體，一方面也害怕自己的語言能力不足而出現溝通障礙，不過抵達西南後才發現一切都是我想太多了。首先，西南的 Buddy Program 制度很完善，從入學的校園導覽、在留及開戶手續到返國手續等，學伴都會協助留學生一步一步完成。此外，我和學伴也經常一起約吃飯、聊近況，就算我的日文不太流利，她也會聽我慢慢講、用英文解釋給我聽，讓我不再感到緊張或焦慮。除此之外，學校與國際宿舍也經常舉辦留學生與日本學生的交流活動，像是開學迎新、萬聖節變裝、聖誕節交換禮物、歡送會等，透過這些活動可以和國際生們變得更加熟識，也增加了互動機會。

在日本的這四個月，我獨自前往熊本、由布院及北海道旅遊，也是我第一次在國外體驗獨旅。在這些獨旅過程中，我發現一個人探索陌生城市能夠觀察到更細微且不一樣的感受。九州是個非常適合慢下來旅遊的地方，每個城市的距離都不算太遠，搭乘新幹線或自駕都很適合。以前來日本當觀光客時，都想去

時下最流行、最繁榮的城市，但現在能夠在這裡短期居留，是個非常適合深植當地探索的機會，因此非常推薦九州的近郊旅行。

D. 交換/研修之具體效益（請條列式列舉）

1. 日文能力提升
2. 開闊國際視野
3. 深入了解日本文化
4. 對周遭事物的觀察更敏銳
5. 跳脫舒適圈，獨立解決問題
6. 獨立思考的能力

E. 海外生活期間是否曾遭遇困境，及是否解決問題？

沒有特別遇到什麼困境。

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？

在剛抵達日本的第一週，就被日本愛乾淨的「衛生文化」所驚艷到了。除了大家熟知的日本禮儀，像是不能邊走邊吃、路上沒有設置垃圾桶以外，就連宿舍內對於環境衛生都是嚴格執行的。西南的宿舍每週二晚上是 cleaning day，在那天每個人都會被分配到不同的公共區域打掃清潔。此外，每天早上也會輪流整理廚房、大浴場洗手台等區域，只要是住在宿舍裡的成員都必須承擔 cleaning duty，由此得知日本人對於環境整潔的重視。雖然一開始聽到這個規定有點不太習慣，但也因為大家一起維護這個居住空間，讓住在這裡的感覺更溫馨了。

接著，日本路上的腳踏車也是我花了一段時間才適應的文化。日本大部分的道路都沒有設置腳踏車專用道，且腳踏車經常與行人共用人行道，因此人們必須練就閃躲腳踏車的技能。一開始很不習慣是因為很多腳踏車的騎乘速度很快，再加上上下班尖峰時段會有大量腳踏車湧上的情況，所以每次走路都戰戰兢兢。但漸漸發現日本人其實都很守規矩，他們騎車時不太會對行人催促按鈴，也很會閃躲行人，所以走在路上也不用太擔心發生車禍。

最後，是日本居酒屋的「お通し代」與用餐文化。在台灣，居酒屋的点餐與費用計算和一般餐廳一樣，但是在日本卻有完全不同的淺規則。日本的居酒屋在客人入座後會先上小菜並以人頭計算「お通し代」，類似開桌費或小菜費的概念，一人約 350 至 500 日幣不等，這是不能拒絕的費用。接著，入座後每人必須先各點一杯飲料作為低消，點完酒水再慢慢看菜單點菜。日本的酒類和台灣比相對便宜很多，很推薦大家可以體驗看看日本居酒屋的飲み放題，而且也是個很適合和朋友聚餐、喝一杯的地方。

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？

這段時間讓我轉變最多的應該就是國際觀與獨立思考的能力。在 GLA 系列的課程中，每堂課都需要

分組、接觸到不同國家的留學生，老師也會出很多題目讓大家分享、交流意見，一開始其實很擔心自己的答案會不會不夠好、會不會是錯的，但其實在過程中可以發現大家思考的面向都不一樣，有些想法也能讓大家有更多延續的討論空間，因此讓我變得更敢想、也更敢表達。同時，在互相交流的過程中也能察覺，不同文化脈絡下，每個人給出的回答也都不太一樣，在回饋與反饋中也開闊了我的視野，讓對話變得更深層、更有趣。

H. 感想與建議

能夠以學生身份赴海外短居是一件非常難得可貴的事，這帶來的收穫絕對與旅遊觀光截然不同。除了能夠更了解當地文化、融入當地人的生活圈，更能拓展人脈、認識到來自不同國家的朋友們，不論是一起學習、遊玩還是生活的過程中，都能經歷前所未有的體驗，而這些回憶與歷程都有可能成為未來道路上的養分。鼓勵大家可以好好把握機會，出國探索、開闊自己的眼界！

英文心得

A. University Overview

Seinan Gakuin University is a private Christian university located in Fukuoka City, Kyushu, Japan. Founded in 1949, the university has long embraced modern educational philosophies and innovative approaches to language education. In 1971, Seinan became one of the first universities in Japan to actively promote international exchange programs, establishing a strong historical foundation and a well-regarded tradition of global engagement within Japanese higher education.

The campus is conveniently located near Nishijin Subway Station, only about a 15-minute ride from major city centers such as Tenjin and Hakata. The surrounding area offers excellent living amenities, including the Nishijin Shopping Street, Don Quijote, and PRALIVA Shopping Mall. For exchange students, Seinan Gakuin University provides comprehensive support through its Center for International Education, which assists international students with both academic and daily life matters. The university also offers Japanese language courses and a Buddy Program to help students adapt quickly to campus life in Japan.

Courses designed for international students are divided into two tracks—Japanese Language Focused and Elective Focused—based on individual Japanese proficiency levels, making the program especially friendly for students who are still developing their language skills. In addition, the Global Liberal Arts (GLA) courses, taught in English, provide valuable opportunities for international students to interact and collaborate with Japanese students.

B. Academic Learning Experience (In-Class): Courses I Benefited from the Most / Favorites

Having studied basic Japanese during my undergraduate years, I chose the Japanese

Language Focused program. Before the semester began, students were placed into different levels through an online placement test. There are five levels in total, ranging from Level 1 (beginner) to Level 5 (advanced). I was placed in Level 2, roughly equivalent to the JLPT N5–N4 level.

Except for Level 1, which follows a slightly different structure, students from Levels 2 to 5 attend five Comprehensive classes per week (listening and speaking), one Reading class, and one Writing class. In total, this amounts to nearly 700 minutes of intensive Japanese training each week—an experience unlike anything I had encountered before.

Although daily classes, assignments, and exams were demanding, I genuinely enjoyed the process as someone eager to improve my language skills. The instructors were highly dedicated and ensured that every student had opportunities to speak and practice in class. Whenever we encountered difficulties, teachers patiently explained concepts in detail, helping me identify misunderstandings that I had previously overlooked while studying Japanese in Taiwan.

Moreover, my classmates came from various countries, making the learning environment both diverse and engaging. Practicing spoken Japanese together naturally led to cultural exchange and the formation of international friendships, making the language-learning journey both enjoyable and meaningful.

C. Daily Life and Learning Experience (Outside the Classroom)

This was my first time living abroad independently. Before departure, I felt a mixture of excitement and anxiety—worrying that my introverted personality might make it difficult to integrate with other exchange students, and that my limited language ability might cause communication barriers. However, after arriving at Seinan, I quickly realized these concerns were unnecessary.

The Buddy Program at Seinan is exceptionally well-organized. From campus tours and residence registration to opening a bank account and even departure procedures, buddies guide international students step by step. My buddy and I often had meals together and shared updates about our daily lives. Even when my Japanese was not fluent, she patiently listened and explained things in English, which helped me feel relaxed and confident rather than anxious.

In addition, the university and international dormitories frequently organize exchange activities between international and Japanese students, such as orientation events, Halloween costume parties, Christmas gift exchanges, and farewell gatherings. These events provided valuable opportunities to build closer connections with others and encouraged meaningful interaction across cultures.

During my four months in Japan, I also traveled alone to Kumamoto, Yufuin, and Hokkaido—

my first experiences with solo travel abroad. Traveling alone allowed me to observe unfamiliar cities more carefully and gain deeper, more personal insights. Kyushu, in particular, is an ideal region for slow-paced travel, as cities are relatively close to one another and easily accessible by Shinkansen or car. Unlike my previous trips to Japan as a tourist, which focused on popular and bustling destinations, this short-term stay allowed me to explore the local surroundings more deeply. I highly recommend traveling to nearby areas in Kyushu for those who wish to experience Japan beyond typical tourist routes.

D. Concrete Benefits of the Exchange Experience

1. Improved Japanese language proficiency
2. Broadened international perspective
3. Deeper understanding of Japanese culture
4. Enhanced observation and awareness of surroundings
5. Greater independence and problem-solving ability
6. Stronger capacity for independent thinking

E. Difficulties Encountered During Overseas Life and How They Were Resolved

I did not encounter any significant difficulties during my stay abroad.

F. Cultural Shocks and How I Adapted

During my first week in Japan, I was deeply impressed by Japan's strong "culture of cleanliness." Beyond well-known social etiquette—such as not eating while walking and the absence of public trash bins—strict hygiene standards are also enforced within the dormitory environment. At Seinan's dormitory, every Tuesday evening is designated as "cleaning day," during which residents are assigned to clean different common areas. Additionally, residents take turns each morning tidying shared spaces such as the kitchen and large communal bathrooms. All dormitory members are required to participate, reflecting the high value Japanese society places on cleanliness. Although I initially found this system unfamiliar, maintaining the living space together ultimately created a warmer and more comfortable environment.

Another cultural aspect that took time to adjust to was the prevalence of bicycles on sidewalks. In Japan, many roads lack designated bicycle lanes, and bicycles often share sidewalks with pedestrians. At first, I felt uneasy due to the speed of cyclists and the large number of bicycles during rush hours. Over time, however, I noticed that most cyclists follow rules carefully, rarely ring their bells to rush pedestrians, and skillfully avoid collisions. This gradually eased my concerns

about safety.

Lastly, I encountered cultural differences in Japanese izakaya dining customs, particularly the concept of otoshi. Unlike in Taiwan, where izakaya pricing is similar to regular restaurants, Japanese izakayas have unspoken rules. After being seated, customers are served a small appetizer and charged an otoshi fee per person—typically around 350 to 500 yen—which cannot be declined. Additionally, each customer is required to order at least one drink before ordering food. Compared to Taiwan, alcoholic beverages in Japan are relatively affordable, and I highly recommend experiencing nomihōdai (all-you-can-drink) options, which are ideal for social gatherings with friends.

G. Personal Growth and Transformation

The most significant changes I experienced were in my global outlook and independent thinking skills. In the GLA courses, students frequently worked in groups with peers from different countries, and instructors encouraged open discussion through thought-provoking questions. Initially, I worried whether my answers were adequate or correct. However, I soon realized that diverse perspectives enriched discussions and created opportunities for deeper dialogue. This experience helped me become more confident in expressing my ideas and thinking creatively.

Through continuous interaction, I also became more aware of how cultural backgrounds influence perspectives and responses. Engaging in feedback and exchange broadened my worldview and made conversations more meaningful and intellectually stimulating.

H. Reflections and Suggestions

Having the opportunity to live abroad as a student is truly rare and invaluable, offering rewards that are entirely different from those of short-term travel. Beyond gaining a deeper understanding of local culture and integrating into daily life, exchange programs allow students to expand their networks and build friendships with people from around the world. Whether studying, traveling, or living together, these shared experiences create unforgettable memories that may serve as valuable nourishment for future life paths. I strongly encourage everyone to seize such opportunities, explore the world, and broaden their horizons.