

## 赴日交換心得感想

### A. 學校簡介

#### ✧關於福井大學

日本北陸地區的國立大學，有兩個校區文京校區及松岡校區，交換生和正規生主要都在文京校區，通常交換生都是日文系或外文系過去的，因此大家大部分都會選國際地域學部，但因為我是電機系所以就自然地選擇了工學部，其實這個學部的選擇影響不大，只是學校會要你至少選一門自己學部的課上。

學校內有一棟專門給交換生上日文課的大樓，國際課也在裡面，一開始會有許多手續需要找國際課，而這棟大樓的一樓有兩個區域可以給國際生交流吃飯寫作業用的，SC(一個專門辦活動讓日本人和國際生交流的組織)也有許多活動會在這棟樓的一樓舉行，可以關注他們的 IG 看看有沒有喜歡的活動可以去參加。

#### ✧住宿選擇

因為我是以交換生的身分過去的，交換生大家基本上都是住宿舍，而宿舍有和日本學生一起住的國際交流學生宿舍(校外)、留學生會館(校外)、牧島(校內)，校內校外的差別就是校外宿舍的話，Wifi 需要向廠商申請寄路由器過來，這些一開始都會有 Tutor 帶著你處理，多認識一點其他同國家的朋友一起處理也比較好。

我是住國際交流學生宿舍，最便宜不需要付瓦斯費，但洗澡是在外面，每次要投 100 日圓，但房間是木頭地板我很喜歡，其實就算重選一次我應該還是會選一樣的，只是冬天房間內的洗手台是沒有熱水的，我洗臉都會到浴室那邊有公共的洗手台洗，那邊的就有熱水。

#### ✧交通方式

離學校最近的車站是越前鐵道的福大前站，基本上要到比較熱鬧的地方都需要從這站搭越前鐵道到福井站，而剛好從我去交換的那年，福井站新增了新幹線，到東京超方便，只是貴，但缺點則是到京都跟大阪變麻煩了，需要轉個 2 次車，時間當然是取決於每個人的錢包深度，最後到名古屋也蠻方便的，搭公車就可以直達名古屋站，名古屋也有機場，只是不知道從名古屋入境在留卡能不能當場拿到。

最近的機場是小松，只是從小松入境在留卡沒辦法馬上拿到，只是從小松到福井很快，也有直達巴士，但班次非常少，我第一次也是從小松。

### B. 國外研修之課程學習 (課內)，另外推薦受益最多/最喜歡的課程

我是被分發到日文 3，日文 3 有寫作課可以選修，因為我在去日本前除了閱讀之外其他都不太擅長，但可能因為這堂寫作 3 每周都要交一篇作文，而且老師也會蠻細心的講解每個作文題目該怎麼寫怎麼發揮比較好，可以用甚麼句型來描述，上完這堂課後真的有覺得自己比較會造句了，知道該怎麼去描述一

件事情。

C. 國外研修之生活學習（課外）

課外的地方需要自己夠有勇氣去認識日本人，一直認識一直找他們聊天，因為社團基本上不會想收只待一學期的人，所以我直接沒去，而另外一個類似社團但比較屬於交友性質的 sakuru 倒是值得去參加一下，我因為課有衝堂沒能去加入我想加入的 sakuru，跟日本人聊天真的是增進日語口說能力最快的一個方式。

D. 交換/研修之具體效益（請條列式列舉）

- ①增進日文口說及聽力能力
- ②勇於開口講自己不熟悉的語言，比較不會害怕講錯
- ③練習獨立自主的生活，遇到任何事要自己想辦法解決
- ④煮飯的能力，外食比較貴
- ⑤懂得照顧自己

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？

來日本的第一天拿著大包小包的行李通勤真的非常難熬，所以推薦如果學校離機場很遠別帶太多行李，抬到很懷疑人生，一切生活用品到當地再買。

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？

日本基本上不會有機車，如果沒有腳踏車的話一定是每天都要走很久的路，於是我後來買了一輛二手的腳踏車，方便非常多，外加日本路上不向台灣一樣隨處都有店面可以吃飯，外食的選擇非常少，因此自己學會做飯買菜是很必須的一個技能。

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？

我最慶幸有來交換帶給我的轉變應該是不再會害怕和外國人說話，不管是用英文還是日文，第一次意識到原來開口說英文是一件很簡單的事，因為比起日文，英文還是比較拿手的科目，到處都會用到，很慶幸自己有越來越有勇氣去開口練習不熟悉的語言。

H. 感想與建議

想來日本交換的話，鄉下的地方開銷真的會比較少，但相對的要去別的縣市玩的交通費就很高，我自己會比較喜歡都市疫點的地方，交通方便美食也比較多，另外去別的國家生活認識朋友非常重要，因為當自己真的需要幫忙的時

候，向朋友求助會是最的辦法，有不懂的地方也需要問朋友，去處理事情也跟朋友一起會比較好，互相有個照應，最需要具備的就是不要害怕出錯跟勇於嘗試新事物的心態，往往在勇於跨出那一步之後，得到的結果都不會後悔。

## I. 英文心得

### **(1)School Introduction**

#### About Fukui University

Fukui University, a national university in the Hokuriku region of Japan, has two campuses: Bunkyo Campus and Matsuoka Campus. Most exchange and regular students are based at the Bunkyo Campus. Exchange students, typically from Japanese or foreign language departments, often choose the International Regional Studies Department. However, as an electrical engineering major, I naturally chose the Engineering Department. The choice of department doesn't significantly impact the experience, as the university requires you to take at least one course in your department.

The university has a building dedicated to Japanese language classes for exchange students, which also houses the international office. Many initial procedures require visits to the international office, and the first floor of this building has two areas for international students to interact, eat, and do homework. SC, an organization dedicated to fostering interaction between Japanese and international students, also hosts many activities on this floor. It's worth following their Instagram to see if there are any activities you'd like to join.

#### Accommodation Options

As an exchange student, I stayed in the International Exchange Student Dormitory, which is shared with Japanese students. There are three main dormitories: the International Exchange Student Dormitory (off-campus), the International Student Hall (off-campus), and Makishima (on-campus). The primary difference between on-campus and off-campus dorms is that off-campus dorms require you to apply for Wi-Fi from a provider, and a tutor will help you handle these initial arrangements. It's helpful to know other students from your home country to manage these tasks together.

I chose to stay in the International Exchange Student Dormitory because it's the cheapest and doesn't require gas payments. However, the showers are external and cost 100 yen per use. Despite this, I liked the wooden floors of the rooms and would choose the same dormitory again. The downside is that the sink in the room doesn't have hot water during winter, so I used the public sink in the bathroom area, which does have hot water.

## Transportation

The nearest station to the university is Fukudaimae Station on the Echizen Railway. To get to busier areas, you need to take the Echizen Railway to Fukui Station. Fortunately, the year I went for my exchange, a new Shinkansen line was added to Fukui Station, making it very convenient to travel to Tokyo, although it is expensive. However, traveling to Kyoto and Osaka became more complicated, requiring two transfers. Ultimately, travel time depends on your budget. It's also convenient to travel to Nagoya, as there are direct buses to Nagoya Station, which also has an airport. However, I'm not sure if you can get your residence card on arrival when entering from Nagoya.

The nearest airport is Komatsu Airport, but you cannot get your residence card immediately upon arrival there. Komatsu is quick to reach from Fukui, and there are direct buses, although they run infrequently. My first arrival in Japan was through Komatsu.

## **(2)Overseas Study Courses (Academic)**

I was placed in Japanese 3, which includes an elective writing course. Before going to Japan, I wasn't very proficient in anything other than reading. However, because of the weekly essays required in the writing class and the teacher's detailed explanations on how to write and develop each essay, and what sentence structures to use, I found my writing skills improved significantly. I learned how to construct sentences and describe things more effectively.

## **(3)Extracurricular Learning (Outside of Classes)**

Outside of classes, it's essential to have the courage to meet and talk to Japanese people. Clubs typically don't accept students staying for just one semester, so I didn't join any. However, there is another organization similar to clubs but more friendship-oriented called Sakuru, which is worth participating in. I couldn't join the Sakuru I wanted due to scheduling conflicts, but talking to Japanese people is the fastest way to improve your Japanese speaking skills.

## **(4)Concrete Benefits of Exchange/Study Abroad (List)**

- ①Improved Japanese speaking and listening skills.
- ②Increased courage to speak an unfamiliar language, reducing the fear of making mistakes.
- ③Practiced independent living and problem-solving skills.
- ④Improved cooking skills, as eating out is expensive.
- ⑤Learned to take better care of myself.

### **(5)Challenges Encountered During Overseas Life and Solutions**

On my first day in Japan, commuting with large bags was extremely exhausting. I recommend not bringing too much luggage if the school is far from the airport. It's better to buy necessary items locally.

### **(6)Cultural Shock During Overseas Life and Adaptation**

In Japan, motorcycles are uncommon, and if you don't have a bicycle, you'll have to walk long distances daily. I eventually bought a second-hand bicycle, which made commuting much more convenient. Additionally, unlike in Taiwan, there aren't many places to eat out in Japan, so learning to cook and grocery shop is a necessary skill.

### **(7)Personal Growth and Changes Due to Overseas Experience**

The most significant change brought by my exchange experience is losing the fear of speaking with foreigners, whether in English or Japanese. I realized that speaking English is quite simple compared to Japanese, and it's a subject I am more proficient in. I'm grateful that I became more courageous in practicing unfamiliar languages.

### **(8)Reflections and Suggestions**

For those considering an exchange in Japan, living in rural areas is cheaper, but traveling to other prefectures is expensive. Personally, I prefer urban areas for their convenience and abundance of food options. Making friends in a foreign country is crucial because when you need help, friends are the best resource. Always ask friends when unsure, and handle things together whenever possible. The key is not to be afraid of making mistakes and to be open to trying new things. The results are often rewarding when you take that brave step forward.