

交換留學心得感想

中文版：

A. 學校簡介：日本學習院大學

學習院大學創立於 1847 年，位於東京，是一所歷史悠久且具有濃厚學術氛圍的大學。學校以其嚴謹的學術研究和優質的教育資源聞名，尤其在人文、社會科學和法學領域具有卓越的表現。學習院大學致力於培養學生的綜合素養和全球視野，並為學生提供豐富的國際交流機會。校園內的設施完善，擁有現代化的圖書館（剛落成約 2 年）、實驗室和學生活動中心（會有許多國際學生在那裡讀書、聊天），為學生的學習和生活提供了良好的支持環境。

B. 國外研修之課程學習（課內）：

在學習院大學的交換期間，我選修了多門與商業和國際關係相關的課程，其中令我受益匪淺的是 Global Marketing 這門課程。這門課程不僅深入探討了全球市場的運作模式和策略，還強調了文化差異在國際行銷中的重要性。透過這門課，我學到了如何分析不同市場的需求並制定相應的行銷策略。課堂上的案例分析 and 提案報告也讓我實際應用了所學知識，增強了我在全球化背景下進行經營管理的能力。這門課程不僅豐富了我的專業知識，還激發了我對國際行銷的濃厚興趣，成為我此次交換期間最喜愛的課程。

C. 國外研修之生活學習（課外）：

除了課內學習，我還利用課外時間幫助家中的公司在日本參觀了許多展覽會，讓我對日本的市場和行業有了更深入的了解。同時，這些經歷也讓我學會了如何與日本的商業伙伴進行有效的溝通和協作，並為家中公司的國際業務拓展做出了實質性的貢獻。

D. 交換/研修之具體效益：

1. 日文口說能力顯著進步。
2. 幫助家中公司與日本客戶聯繫，促進國際業務發展。
3. 認識了許多來自世界各地的朋友，拓展了我的國際觀。
4. 增強了在國際化背景下的溝通和協作能力。

E. 海外生活期間的困境及解決方式：

在交換留學期間，我曾經遇到過一些困難。剛到日本時，由於我提前抵達，但宿舍的入住日期尚未到，因此無法辦理入籍手續。沒有入籍，就無法辦理手機號碼，這讓我在初期的生活中感到非常困擾。但後來因為剛好有同在日本求學的朋友提供幫助才順利解決，這次經歷讓我學會了如何在陌生的環境中尋求幫助，並靈活應對各種突發情況，也因此後來我不再求助會中文的朋友，轉而直接用日語求助日本的朋友，也解決了許多生活上的問題。

F. 海外生活期間的文化衝擊及適應：

在日本生活的第一個月，我體驗到了一些文化衝擊。由於日本人不太騎機車，通勤大多依賴步行和公共交通，每天花在通勤上的時間超過一個小時，這讓我感到身心俱疲。起初，我以為這只是在身體上的疲勞，但後來我意識到這其實是一種心理上的疲憊。在適應的過程中，我開始學會合理安排自己的時間，並在通勤途中利用聽音樂或學習來緩解壓力。這讓我逐漸適應了這種生活方式。

G. 海外生活歷練的成長與改變：

此次交換留學經歷讓我在人生和個人特質上都有了顯著的成長。對我來說，最大的成長是變得更加勇於與外國人交流。這不僅提升了我的英語和日語口說能力，也讓我在國際交往中更加自信。認識了許多來自不同國家的朋友，我發現每個國家的人都有不同的應對方式，但在日本大家都變得非常禮貌，這也是我喜歡日本文化的原因之一。

H. 感想與建議：

總體而言，我非常喜歡這次的交換留學經歷。它不僅豐富了我的專業知識，還讓我在個人能力和國際視野上有了巨大的提升。我建議即將前往日本交換的同學們，不要緊張，只要提前做好功課，日本和其他在日本的外國人都非常友善和樂於助人。這次交換留學一定會是你人生中一次難忘的經歷。

英文版本：

My Exchange Experience at Gakushuin University

In April 2024, I had the incredible opportunity to embark on a semester-long exchange program at Gakushuin University in Tokyo, Japan. As a university steeped in history, having been founded in 1847, Gakushuin is renowned for its strong academic traditions, particularly in the fields of humanities, social sciences, and law. The university's commitment to fostering a global perspective is evident in its support for international students. The campus itself is a blend of modernity and tradition, equipped with state-of-the-art facilities and an international student office dedicated to providing assistance, making it an ideal environment for students from around the world.

During my time at Gakushuin, I enrolled in several courses that focused on business and international relations. These courses were designed not only to impart theoretical knowledge but also to provide practical insights into the global business landscape. Among these, the course that left the most profound impact on me was Global Marketing. This course delved deep into the intricacies of global markets, emphasizing the crucial role that cultural differences play in shaping marketing strategies. The curriculum was dynamic, incorporating real-world case studies, interactive discussions, and presentations that required us to apply the concepts we learned to actual global marketing scenarios. Through this course, I gained a nuanced understanding of how to navigate and strategize within diverse markets, making it the highlight of my academic journey at Gakushuin.

Beyond the classroom, I made the most of my time in Japan by contributing to my family's business. I visited numerous exhibitions across Japan. These exhibitions were not only informative but also instrumental in broadening my understanding of the Japanese market. Each exhibition presented a unique opportunity to engage with Japanese professionals, allowing me to develop my communication and collaboration skills. Also, these interactions were invaluable in helping my

family' s business to find potential Japanese clients. Additionally, my involvement in the exhibitions played a pivotal role in expanding my family' s business. By facilitating connections with Japanese clients, I was able to contribute to the growth and internationalization of our business. These experiences taught me the importance of cultural sensitivity and adaptability in business, skills that will undoubtedly benefit me in my future career.

This exchange program provided me with several key benefits that extended far beyond academic knowledge. One of the most significant outcomes was the improvement in my Japanese speaking skills. Being immersed in a Japanese-speaking environment, I quickly adapted and became more confident in my ability to communicate effectively in both casual and professional settings. This language proficiency was crucial not only for daily interactions but also in professional contexts, where clear communication is key to building and maintaining business relationships.

Another major benefit of this exchange was the expansion of my international perspective. During my time at Gakushuin, I had the privilege of meeting and befriending students from all over the world. These friendships were more than just social connections; they were gateways to understanding different cultures, perspectives, and ways of life. Engaging with people from diverse backgrounds enriched my understanding of the world and deepened my appreciation for cultural diversity.

Moreover, this exchange program significantly enhanced my communication and collaboration skills in a global context. The group projects and discussions in my courses, combined with the professional interactions at the exhibitions, provided a comprehensive learning experience that prepared me for the complexities of global business. These skills, coupled with my improved language abilities, have equipped me with valuable tools for future endeavors in the international arena.

However, my journey was not without its challenges. Upon arriving in Japan earlier than expected, I encountered an unexpected hurdle with residency registration. Because I arrived before my scheduled move-in

date, I was unable to complete the registration process, which in turn delayed my ability to obtain a phone number. This situation was frustrating, as it left me feeling somewhat disconnected during those first few days. However, this experience taught me the importance of flexibility and resourcefulness in overcoming obstacles, especially when living in a foreign country.

Additionally, I faced cultural challenges, particularly in adapting to Japan's commuting culture. Unlike Taiwan, where motorcycles are a common mode of transportation, in Japan, daily commutes are primarily done via public transportation or on foot. The long daily commutes, often exceeding an hour each way, were initially physically and mentally exhausting. However, I gradually learned to adapt by making productive use of my commute time, whether by studying, listening to music, or simply reflecting on my day. This adaptation process not only helped me cope with the fatigue but also provided me with a new perspective on how to manage my time effectively.

In conclusion, my exchange experience at Gakushuin University was nothing short of transformative. It provided me with invaluable academic knowledge, professional skills, and personal growth. I gained confidence in my ability to navigate new environments, communicate in multiple languages, and engage with people from diverse cultures. This experience has left a lasting impact on my life, and I highly recommend it to future exchange students. Japan is a welcoming and friendly place, and Gakushuin University offers an exceptional environment for international students to thrive.