

日本留學心得分享

一、 一切的開始

從小到大，體育班出身的我每天都被訓練及課業填滿。直到高中，在這個人生中最多愁善感的時期，我因為日本的動漫而對日本的文化產生了興趣，之後又彷彿命中注定似的結識了日本的朋友，朝夕相處中逐漸開始有了「在日本生活」的想像，而對於如同機器般生活的我來說，這一點「想像」就已經是很大的突破了。

後來到了大學，在台灣的教育體制下，所有的高中生都只會被灌輸一個目標——考上好大學。但是當真的考上大學的時候，達成目標的成就感的背後是排山倒海而來的恐懼與迷惘，對未來也對自己，而我也不例外被捲入這洪流之中。

然而就在這淌洪水差一點就要將「去日本」的想像也跟著淹沒時，有個人拉了我一把，給了我勇氣讓我將想像化為現實，讓我回想起了當初與自己做的約定。也正是這一點，讓我在大學的最後，頂著考研究所的壓力準備去日本交換的申請，並很幸運地在最後，牢牢地將魚與熊掌都握在手裡了，接下來故事就從這裡開始。

二、 我的第二次大學生活

由於是以志願排序的關係，我最終甄選上的學校是位於日本東北地區山形縣山形市的山形大學，山形大學總共有四個校區，而我們留學生是位於山形市的小白川校區，在這裡聚集了所有大一生(所有大一生要在這裡進行教養教育)以及地域教育文化部、理學部與人文學部的學生。

校區的腹地比起中山小了许多但仍然充滿著學院的氣息，小白川校區設有理學院天文台、教育博物館、兩座體育館與包含網球、棒球、足球的運動區域供師生們使用。學校的社團也是相當多元且允許留學生參加，除了常見的籃球、棒球、熱舞以外，將棋部、書道部等等日本獨有的社團也有許多，甚至還有專門為了祭典而生的社團四面楚歌，多元的社團不只是讓學生們學習技能，更是結交朋友、享受青春、體驗小社會的一個地方，我的留學生活有一大半都與社團有連結，對此我非常慶幸當初有鼓起勇氣跳出舒適圈加入社團，體驗了許多也在我心裡留下了許多。

在高中升大學時我決定放下球拍轉換跑道，雖然我自認很努力地兼顧術科與學科，但是不足的部分還是反映在我的課業上，我為此付出了與「放下握了十年球拍」相同程度的

決心與行動去彌補不足的部分，也正因如此，我的大學生活仍然是抱著書的時間比較多一點，就這樣三年下來，雖然成效有出來，但心中的迷惘仍沒有隨著煙消雲散，我想是因為我清楚大學生活絕對不是長這樣的，也因此有了想體驗看看不一樣的學生生活的念頭。

而去日本交換則給了我這個機會，雖然只有短短的四個月，但我就像轉生般地體驗了不一樣的大學生活，不管是毫無壓力的選擇自己想上的課，或者是漫無目的地在街上散步，甚至是坐在公園的涼亭看好久以前就想看的書看到日落等等。我在這四個月完成了許多小小的事情，這些小碎片將會成為我回國後繼續前進的動力。

三、 留學帶給我的

在日本的這四個多月，從語言技能到生活文化都讓我學習與獲得了許多，以下將以條列式簡單的介紹：

【日語能力的精進】

在正式上日語課程之前，學校會安排面試來測試留學生們真正的語言能力到哪個等級而去做班級的分配，而我算是比較特別一點點的例子。我由於從來沒上過專業的日文課程，日文說是自學也會對不起那些真正自學的人，我只是靠著熱情就像嬰兒牙牙學語的方式在學日文——就是一直聽然後試著模仿而已。因此老師當初很困擾到底要把我分去哪一個等級，因為我能夠做簡單的溝通，但文法完全零基礎。但最後老師決定把我分到中級班，讓我努力一點跟上課程。

也正因如此，在日本交換的同時除了我是第一次踏上這塊土地以外，也是第一次體驗了正式的日語教學課程，這四個月補足了許多基礎，讓我的日語能力指數成長，因為很多時候我是會用但是不懂背後的文法，而課程正好幫我補上了這點，讓我了解規則之後能力更進一步的提升。再加上加入了社團，由於我幾乎都和日本朋友一起，每天處在那個環境下，自然而然就會習慣並學以致用了。明明剛開始到日本連去便利商店買東西都緊張到聽不清店員說甚麼，後來我在社團甚至負責新生們的教學呢，我想這是讓我語言能力突飛猛進很大的原因之一。

【日本民族性】

大家對日本的印象不外乎就是有禮貌、街道漂亮、交通禮儀很好這些好的印象，當然也有不好的印象，比如企業文化、高壓的社會、上下關係等等。會讓日本人形成這樣的社會日本人本身的民族性是一大原因，這些大家都多多少少清楚，但實際體驗過後會有更深

刻的印象以及感想。當你更了解之後你就可以從中學習到一些好的地方，比如說好的交通禮儀，具體來說就是日本車與車之間的車距絕對是取很大的，不會全部都靠很近。再來就是對所有事物的感恩，雖然有些人覺得這很多餘，比如飯前要說「我要開動了」以及飯後要說「謝謝招待」等等，我認為就是有了這樣的心情，對萬物抱持的感恩，人生才能過地知足而能常樂，這一點算是我非常喜歡的地方。

【時間的掌控】

這一點我相信不用這別多做說明，因為日本人本身就是很守時的，所以自然而在這個環境就會學習並習慣如何去掌控與更好的控制時間，雖然也因為這樣而少了一些彈性，但是先有規則之後我們才能去因時制宜，所以我覺得這也是一件好事。

【獨立與自信】

長時間滯留在國外生活，與觀光客是完全不同的心境，你需要有相對應獨立的能力以及自信才能確保在異地能夠有順利的的生活，從簡單的日常購物到是市役所的手續申辦等等，或者是課堂上報告、社團活動與日本朋友們溝通等等的自信。這些都讓我學習與經驗到很多，算是我個人覺得提升最多的能力之一。

【人脈與連結】

在國外生活，更能體會到人脈的連結與重要性，我在日本所經歷到的一切都與人有關，這與我在中山的時候不太一樣，在中山的時候，比較多時候是自己一個人尤其是最後一年，雖然這樣對我來說比較舒服，但卻也失去了與他人的連結。因此在日本時我所體驗到的一切都源自於加入了社團，因為加入社團而認識到了當地羽球教練們，也被邀請一起與縣代表們訓練，更是在假日時會幫忙指導在地國中生的訓練。所有的一切都是由社團的人脈開始擴散，我對此非常感恩也讓我更深刻體會到人與人之間連結的重要性。

四、 遭遇的困境與衝擊

對我來說，遭遇最大的衝擊與困境我想莫過於日本的上下關係了，在日本前輩與後輩之間的關係非常明確，因此你在遇到年長的人時，必須要使用敬語才行。這一點對我來說非常的困難且不習慣，我認為年長者是該給予尊重但像日本那樣我就覺得有點太多餘了，因此一開始只要是遇到前輩甚至是同輩的人我的日文能力就會打折，因為我還沒辦法完全運用自如的使用敬語。這一點甚至讓我產生許多壓力，不過好在後來就是試著先與朋友們詢問用法跟練習，讓我在後來遇上前輩們就沒有這麼緊張了。

而且其實我有發現現在的大學生們已經上下關係已經有逐漸軟化的現象了，以前基本上不會從對話中聽到後輩對前輩說普通體，絕對都是敬語，但我們社團的成員大部份都不太分上下去相處了，我雖然是裡面最年長的，大家一開始都跟我說敬語，但後來我也都跟他們說普通體就可以了，我自己也覺得這樣比較輕鬆。

五、感想與建議

以我自己的經驗，我覺得在出國前，好好地問一問自己這一趟旅程要帶甚麼東西回來，不管是要做研究也好，增進語言能力也好、單純的遊玩也好。決定好之後就是鼓起勇氣，不要讓自己後悔。這一趟的旅行對我來說意義重大，當初我告訴自己要好好地融入當地，當四個月的日本人，在返國後的現在回首，我真的渡過了一個沒有後悔的留學生活，當然還是有一些希望可以再怎麼樣的事情，但是我覺得我不後悔，因為已經盡力了。山形是一個非常標準的日本城市，在這裡可以體驗到最接近日本風情的生活，東京、京阪、名古屋那些大城市是例外中的例外觀光的話是個好地方，但是生活的話還是像山形這樣的城市剛剛好，希望下一個抵達山形的留學生也能經歷一個足夠影響一生的旅程。

六、英文心得

From a young age, my life was filled with training and schoolwork as a student-athlete. It wasn't until high school, during the most emotionally turbulent period of my life, that I developed an interest in Japanese culture through anime. Later, as if by fate, I befriended some Japanese people, and as we spent time together, I began to imagine myself living in Japan. For someone like me, who had always lived a mechanical life, this "imagination" was already a huge breakthrough.

When I entered university, I found that under Taiwan's education system, all high school students are instilled with just one goal—to get into a good university. But when I finally did, the sense of accomplishment was quickly overshadowed by overwhelming fear and confusion about the future and about myself. I was swept up in this current just like everyone else.

However, just as the floodwaters were about to drown my dream of going to Japan, someone reached out to me, giving me the courage to turn that dream into reality. It reminded me of the promise I made to myself back then. This was what gave me the strength to apply for an exchange program in Japan, even under the pressure of preparing for graduate school. In the end, I was fortunate to have both—being accepted into the program and managing my studies. And this is where my story begins.

Due to the ranking of my preferences, I was finally selected by Yamagata University, located in Yamagata City, Yamagata Prefecture, in Japan's Tohoku region. Yamagata University has four campuses, and the international students are based at the Kojirakawa Campus in Yamagata City. This campus gathers all first-year students (all first-year students undergo general education here), as well as students from the Faculty of Regional Education and Culture, the Faculty of Science, and the Faculty of Humanities and Social Sciences.

The campus is smaller compared to Zhongshan University, but it still exudes an academic atmosphere. The Kojirakawa Campus has an astronomical observatory, an educational museum, two gymnasiums, and sports areas including tennis courts, baseball fields, and soccer fields for students and faculty to use. The school offers a wide variety of clubs that international students can join. In addition to common clubs like basketball, baseball, and hip-hop dance, there are many uniquely Japanese clubs like the Shogi Club and Calligraphy Club, as well as the 'All Japan's Festival Club.' These diverse clubs are not just about learning skills; they're also places to make friends, enjoy youth, and experience a microcosm of society. A large part of my study abroad experience was connected to clubs, and I'm very grateful that I had the courage to step out of my comfort zone and join them. I gained a lot and created many lasting memories.

When transitioning from high school to university, I decided to put down my racket and switch paths. Although I thought I was doing a good job balancing academics and sports, the areas where I was lacking were reflected in my grades. I made the same level of commitment and effort to make up for these shortcomings as I did when I decided to "let go of the racket I had held for ten years." Because of this, my university life was still mostly spent with my nose in books. After three years, while I did see results, the confusion in my heart didn't dissipate. I think it's because I knew that university life wasn't supposed to be like this. That's why I had the idea of experiencing a different kind of student life.

Going on an exchange to Japan gave me this opportunity. Although it was only for four short months, it felt like I was reborn, experiencing a different university life. Whether it was choosing classes with no pressure, aimlessly wandering the streets, or sitting in a park pavilion reading a book I had wanted to read for a long time until the sun set—I accomplished many small things during those four months. These small fragments will become the motivation for me to keep moving forward after returning home.

Based on my experience, I believe it's important to ask yourself what you want to bring back from this journey before going abroad, whether it's doing research, improving language skills, or simply having

fun. Once you've decided, muster the courage to go for it so you won't have any regrets. This journey was incredibly meaningful to me. I told myself to fully immerse in the local culture and live as a Japanese person for four months. Looking back now that I've returned, I truly lived a study abroad life with no regrets. Of course, there are still some things I wish I could have done differently, but I have no regrets because I gave it my all. Yamagata is a quintessential Japanese city where you can experience the most authentic Japanese lifestyle. Cities like Tokyo, Kyoto, and Nagoya are exceptions and great for tourism, but for living, a city like Yamagata is just right. I hope the next international student who arrives in Yamagata can also experience a journey that will impact them for life.