

心得

這所學校是位於美國亞利桑那州的北邊，一座名為 Flagstaff 的小城市里，距離鳳凰城 (Phoenix) 約 2 個小時的車程，是美國第四高的大學，海拔約 2100 公尺，以自然風景文明，這座城市也被譽為大峽谷的入口，同時也有豐富的教育研究資源。

在 NAU 交換的過程中，最讓我受益良多的課程是 CCJ101 以及 CCJ220，這兩堂課的主題都是犯罪學與法律正義，第一堂課讓我了解到美國法律的建立以及各種重大事件、冤案等等，是什麼樣的事情讓美國走向自由、正義跟民主的國家。第二堂課是以警察制度為主題的課程，講述警察界腐敗的一面以及正義的一面，其中有個作業是讓我們模仿警察探案，從剛開始的尋找線索，到後面的審問以及起訴，讓我們感受自己尋找兇手的成就感以及了解整個法律程序正義的重要性。這兩堂課還有一個最重要的一點，他們包含了很多專業的英文單字，讓我可以快速的學習英文。

至於最喜歡的課程則是 FIT100，這堂課是滑雪課，首先先花了 300 美金買了一套雪板，接下來在課堂上尋找能載我去雪場的同學，後來找到了一個美國人他有自己的車，並且每次上課只會收我們 5 塊美金的油費，在滑雪課我認識了很多當地的人，一起在亞利桑那的最高峰欣賞整個城市的美景，當搭著纜車到達山頂的時候，那風景特別震撼，接下來就是馳騁在雪道上，那封迎面撲來的感覺，無法用言語形容，真的是令我印象深刻。而且滑雪課一般報名都是要幾百美金起跳的，這堂課因為是學校辦的，所以完全免費，特別感謝能有這次機會。

課外活動的部分則是去感受當地的民俗風情以及自然美景，滑雪是很重要的一部分，在亞利桑那州內就是大峽谷，學校旁邊的酒吧等等，我們還有去洛杉磯、丹佛、舊金山、拉斯維加斯以及紐約。其中最令我印象深刻的就是紐約，由于是交換的末期，預算已經相當不夠了，我們去紐約 7 天六夜總共就花了 560 美金，這價格以美國的物價是相當少的，但我們去了非常多的地方，甚至我們用 45 塊美金就搶到了百老匯的票，整趟旅程充滿新奇與感激。

交換的具體效益:

1. 英文口語能力得到巨大的提升。
2. 讓我認識了許多日本、韓國以及美國的朋友。
3. 我更了解美國文化以及生活方式。
4. 對我之後要去美國讀研究所有更多的準備。

在美國的生活並沒有遇到無法解決的困難，而且當地都會有很多老師可以提供幫助，其中有幾個比較印象深刻的事情，我剛到美國的時候我的護照號碼由於海關的失誤被填錯了，但這件事情經過我再三的詢問後，有一位老師剛好要到鳳凰城，就順便載我去修正了。另外就是在去舊金山的路上，我朋友開車被警察攔下，他被開了一張超速的罰單，我坐在後座沒戴安全帶，被罰了 150 塊美金，這件事情並不算遇到的困難，但之後肯定會好好改進。

在美國的生活並沒有遭遇太嚴重的文化衝擊，一方面是國際村多數是韓國人與日本人，即使有美國人他們對我們的包容性也很大，會很有耐心的跟我們交朋友，唯一比較不適應的就是食物問題，到後面吃漢堡真的吃得很辛苦，只能自己學做菜。

這次的美國交換對我來說最大的成長，一方面是英語能力，另外一方面是心靈上的成長，我見識到了更廣闊的世界，甚至是更富裕的世界，心裡對於美國的文化包容性之大有很多的嚮往，他們在上課舉手發言是不會害羞的，想要穿各式各樣的衣服去上課也不會有人對他們投以異樣的眼光，我覺得自由並且充滿尊重的部分是最值得我學習的。

獎學金對海外研修的幫助就是補貼一些費用，即使沒有獎學金我依樣會選擇出去交換，非常感謝獎學金的資助者，這筆獎學金雖然對美國交換不是一筆巨大的金額，但這筆補貼也讓我可以去更多的城市拓展視野，非常感謝能領到這筆獎學金。

During my exchange at Northern Arizona University (NAU), I had an incredible experience both academically and personally. Located in Flagstaff, a beautiful small town about two hours from Phoenix, NAU is surrounded by breathtaking natural landscapes and is known as one of the highest-elevation universities in the U.S. It was an ideal place to immerse myself in American culture and education. The two courses that had the most impact on me were CCJ101 and CCJ220, which focused on criminology and criminal justice. In CCJ101, I learned about the historical development of the American legal system, including major court cases and wrongful convictions that shaped the country's pursuit of justice and freedom. CCJ220 centered on policing in the United States, addressing both corruption and integrity within the system. One memorable assignment involved simulating a police investigation—from collecting clues to interrogation and prosecution. This hands-on experience helped me understand the importance of due process and gave me a strong sense of accomplishment. These courses also

introduced me to many legal and academic English terms, which greatly improved my language skills.

My favorite course was FIT100, a snowboarding class. I spent \$300 on gear and relied on a classmate with a car to reach the ski area, splitting the gas cost.

Snowboarding at Arizona Snowbowl was unforgettable. Reaching the summit by ski lift and seeing the entire city below was breathtaking. Gliding down the slopes with cold wind hitting my face was thrilling and beyond words. This course was also free through the university, which made it even more valuable. I met many local students through this class, which helped me make American friends and practice my English in real-life situations.

Outside of class, I explored Flagstaff's nightlife and natural beauty, and I traveled to cities like Los Angeles, Denver, San Francisco, Las Vegas, and New York. The trip to New York was especially memorable—we spent seven days and only \$560 in total. Despite the tight budget, we visited many famous landmarks and even managed to get Broadway tickets for just \$45. That trip taught me how to make the most of limited resources while still gaining unforgettable memories.

Living in the international dorm gave me a unique chance to interact with students from Japan, Korea, and the U.S. Everyone was kind and open-minded, and cultural differences were welcomed, not judged. One minor culture shock was the food—eating burgers daily became exhausting, and I started learning to cook for myself. During my time in the U.S., I also learned how to be more independent. When my passport number was entered incorrectly by immigration, a kind professor even drove me to Phoenix to fix it. I also experienced being fined for not wearing a seatbelt—an important reminder to always follow local laws.

Overall, this exchange program helped me grow not only academically but also personally. My English-speaking skills improved significantly, and I gained a deeper understanding of American society, culture, and values. Classroom discussions were open and judgment-free, and students expressed themselves without fear. That level of freedom and respect was inspiring and something I hope to carry with me. I am especially grateful for the scholarship that supported my journey. While it didn't cover all expenses, it helped me explore more cities and broaden my perspective. I would have chosen this experience with or without financial support, but the scholarship made it even more meaningful.