

交換心得

A. 學校簡介

三重大學位於三重縣津市。校內整潔乾淨。周圍有麥當勞、薩莉雅、拉麵店、堂吉訶德、大創、摩斯、Uniqlo、電影院，遠一點的地方還有Aeon mall，簡單的生活是可以的。距離學校近的車站是江戶橋站、津站，兩站都可以搭乘急行到名古屋，車程約1小時，算方便。從津站搭程火の鳥前往大阪車程約1.5小時，也蠻方便的，而且車內環境很好，大推。每年4月開學時，會有社團博覽會，那時候會有很多社團發傳單邀請去社團看看。校內學餐有三家，最推薦生協二樓的paseo，最好吃。我在三重大學遇到兩位非常好的老師，松岡老師、正路老師，兩位老師會給予學生很多的幫助，是我在三重大學最喜歡的老師。

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

1. 三重文化課:與世界各地的人+日本人，一起用英文討論三重在地文化，兩週一次預約遊覽車，老師帶著全班學生在三重地區觀光，完全免費。
2. 日文課:我剛開始是初級III，難度大概N3，後來考試到中級II，難度大概N1~N2。讀解課對於我在考日檢時很有幫助。
3. 英文作文課:美國老師教如何寫英文佳作
4. 日文溝通課:每次上課與日本人用日文聊天、討論主題內容、做報告。

受益最多的是日文溝通課，每週都與不同的日本人交流，每個人都會認真聽我講話，即使我講不好也會猜我想講的內容，給予我鼓勵及該如何說出正確的句子。上完課之後信心大增，對日文口說的緊張感逐漸消失。是一堂強制你進步的課程，大推。

C. 國外研修之生活學習(課外)

參加了攝影社，交了很多熱愛攝影的朋友。參加社團是一個非常好練習口說的地方，也是文化交流的好地方。在校慶時，攝影設有一個小展覽，我獲選為最佳人氣冠軍。

D. 交換/研修之具體效益(請條列式列舉)

1. 提升自己解決事情的能力:換了語言、環境，在一個陌生的地方，什麼事都要自己研究、完成，除了訓練我的抗壓性，也讓我提高做事的效率以及認

知到自己的缺點。

2. 更用心感受生活：出國就是要旅遊，不同城市的風景、人、食物，是無法透過社群媒體的介紹感受的，必須親身體驗。但是旅遊也是一筆開銷，所以每次旅遊我都把握機會，與當地人聊天、多多觀察路上行人、新建築與舊建築的差異，觀察每個城市之間的差異，幻想自己如果住在這裡，優點與缺點各會是什麼。

3. 找到新興趣：起初只是想要買一台相機記錄我在日本的生活，但逐漸發現攝影的有趣之處，開始研究如何拍出一張好照片。久而久之，帶著相機悠哉漫步，走在城市街道上，拍下那有趣的瞬間已成為我的興趣。

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？

我覺得我遇到最大的困境是與室友相處不融洽。我的室友來自印尼，與我的生活習慣天差地遠，導致我很不喜歡待在宿舍的公共區域。已經通報給宿服人員，但習慣是不能短時間改變的，我最後選擇減少我待在宿舍的時間，多出門探索新地區。

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？

我遇到文化衝擊，起初會先被嚇到，然後開始思考為什麼會有這個文化，與台灣的差異點，到後面的心態轉變會是覺得這個文化衝擊很酷，我從這個文化裡學到什麼，或是當一個冷知識背起來。

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？

多了很多與自己相處的時候，檢視自己的優缺點、換了環境、語言之後我還剩下什麼，思考著我可以增加哪些技能。最常被別人稱讚的部分是我在台灣沒有發現的優點：安排旅遊行程快又順。常常出去旅遊，默默地建立起自己獨門安排行程的演算法，但自己都不知道有這項不錯的能力。有一次我在30分鐘到1小時內安排好了四天三夜的旅行，包括住宿、車票、門票及路線規劃，並且能在低成本、舒適及順暢之間做好平衡。透過這些經驗，我對於安排事情這方面越來越有信心。

H. 感想與建議

來日本之後，在這一年內點很多技能樹，學了很多知識，我不確定回台灣能不能用到，但我相信總有一天會有讓我發揮的機會。這一年我過得非常充實，看了很多人事物，成長了許多。非常推薦大家出國走走看看。

Experience in Learning and Personal Development at Mie University

Throughout my exchange year at Mie University in Tsu City, Mie Prefecture, Japan, I encountered numerous chances for academic and personal development that significantly impacted my life. The university is located on a well-maintained and tidy campus, surrounded by various facilities, such as McDonald's, Saizeriya, Don Quijote, Daiso, and AEON Mall, making daily life convenient and enjoyable. The nearby train stations, Edobashi and Tsu, provided easy access to major cities like Nagoya and Osaka, with travel times of about one hour and 1.5 hours respectively. This convenience allowed me to explore different parts of Japan, further enriching my experience.

Academically, I took part in several courses that contributed to my understanding of Japanese language and culture. Among these, the Japanese Communication Course was particularly influential. Each week, we engaged in discussions with Japanese students, which significantly improved my ability to communicate in Japanese. Despite my initial anxiety and language barriers, my peers were patient and supportive, helping me articulate my thoughts accurately. This course not only enhanced my language skills but also greatly boosted my confidence in speaking Japanese, reducing the anxiety I previously felt when conversing in a foreign language. Furthermore, I enrolled in a Japanese culture course where we discussed local traditions and practices in English, providing a deeper understanding of the cultural context I was living in. My English Composition class, taught by an American professor, was also a highlight. This course focused on developing strong writing skills.

Outside the classroom, I became a member of the university's photography club, which became a significant part of my social life. This club facilitated cultural exchange, allowing me to meet like-minded individuals who shared a passion for photography. The club also organized exhibitions, and I was delighted to win the

popularity award for one of my photographs during a campus event. This experience not only improved my photography skills but also allowed me to connect with others on a deeper level, sharing cultural insights and building lasting friendships. Participating in the club's activities also helped me practice my Japanese in a more relaxed, informal setting, further improving my language proficiency.

However, my time abroad was not without its challenges. One of the difficulties I encountered was adjusting to living with a roommate from Indonesia, whose habits differed greatly from mine. Despite reporting the situation to the dormitory staff, I quickly realized that such cultural differences couldn't be resolved overnight. To cope, I decided to spend less time in the dormitory and more time exploring new areas, which turned out to be a blessing in disguise. This approach allowed me to immerse myself in Japanese culture, discover new interests, and make the most of my time abroad.

Cultural differences were another aspect I had to navigate. Initially, these differences caused confusion, but as time passed, I began to see them as opportunities for learning and personal growth. Another area of personal growth was my ability to organize and plan effectively. I discovered a talent for quickly and efficiently planning trips, and balancing cost, comfort, and convenience. For instance, I once planned a four-day, three-night trip, including accommodation, transportation, and activities, in just under an hour. This newfound skill increased my confidence and made me realize that I could adapt quickly to new challenges and environments.

In conclusion, my year at Mie University was a transformative experience that allowed me to develop new skills, gain a deeper understanding of myself, and grow as an individual. The challenges I faced, from navigating cultural differences to improving my language skills, all contributed to my personal and academic growth. I highly recommend studying abroad to anyone seeking to broaden their horizons and

develop a more global perspective.