

A. 學校簡介

我的交換學校是東京大學。東京大學的校區有分成三個，分別是駒場校區、本鄉校區、柏校區，而駒場校區主要是大一大二和研究生在使用，90%的社團活動也是在這個校區進行；本鄉校區則是大三、大四和研究生在使用，少數的社團活動如劍道、弓道、足球是在這裡進行；柏校區則是研究生在使用，沒有社團活動，而且離市區相當遠，所以在選教授的時候小心不要選到實驗室在柏校區的教授。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

推薦各類的日語課程，老師備課用心有深度，還可以練習日語會話增加自信心，且比本科的課程輕鬆。若想選本科課程的話推薦選自己教授開的課，他可能會救你。

C. 國外研修之生活學習（課外）

我有參加羽球和排球社團作為我課業之外的學習，我認為參加社團可以體驗到許多日本的活動，像是寒暑假一起去其他縣市的體育館練球的合宿活動，或是在東大校園博覽會的時候如五月祭或駒場祭還可以一起擺攤。而且以球會友的方式也比較好拉近彼此之間的距離，也可以趁此機會練習日文對話。

D. 交換/研修之具體效益（請條列式列舉）

日文的進步

在研究室學到各式儀器的操作

增加社交的技巧

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？

語言不通的問題困擾我最久，除了不太能馬上理解他們講話的內容之外，我的日文表達能力也完全不夠用。而我的解決方法就是針對我日文的短板進行加強，像是去閱讀日文小說，多看日文的節目，並把握每次與日本人對話的機會，如果有聽不懂的話就請他們再解釋一遍，不斷的累積大概六個月之後就有明顯的進步。

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？

保持一個尊重、友善、包容的心，去認識他們的文化

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？

這次的交換經歷使我變得更加沉穩，在海外的生活通常有許多問題會接踵而至，不管是在課業上、交友上、或是生活上，一些在台灣覺得習以為常的事情在國外卻變得異常艱難，這些瑣碎的雜事很常會使我變得焦慮且難以專注在自己的目標上，但在發現這些事情其實不會造成什麼實質的影響後，我的注意力就逐漸放回自己的目標上，也使我變得能夠更冷靜的處理遇到的困難(應該啦 XD)。

H. 感想與建議

要跨出舒適圈真的不容易，但來都來了，不去體驗一下就太可惜了，雖然不是每次都能留下快樂的回憶但一定是一次珍貴的體驗，有時候還會有意想不到的收穫。每次為了是否要參加活動而猶豫不決時，都是這個理由說服我。難得的交換學校，必須得滿喫一下。

I. 英文心得

My exchange experience at the University of Tokyo has been one of the most meaningful and transformative periods of my life. The university is divided into three main campuses: Komaba, Hongo, and Kashiwa, each serving different groups of students. Komaba Campus is mainly used by first- and second-year students and graduate students, and it is also where most club activities take place. Hongo Campus is for upperclassmen and graduate students, while

Kashiwa Campus is primarily for research and is located far from the city center.

Understanding these differences was important when planning both my academic and daily life.

Academically, I found the Japanese language courses to be especially rewarding. The instructors were well-prepared and offered in-depth lessons that not only improved my understanding of the language but also boosted my confidence in speaking. Compared to major-specific courses, these classes were relatively less stressful, allowing me to focus on consistent improvement. If students choose to take specialized courses, I would recommend selecting classes taught by their own professors, as they may offer additional support.

Outside the classroom, I joined both badminton and volleyball clubs. These activities enriched my experience significantly. Through club participation, I was able to engage in uniquely Japanese experiences such as training camps during vacations and participating in campus festivals like the May Festival and Komaba Festival. Playing sports also made it easier to connect with others, and it naturally created opportunities to practice Japanese conversation in a relaxed environment.

One of the biggest challenges I faced was the language barrier. At first, I struggled to understand conversations and express myself clearly. To overcome this, I actively worked on my weaknesses by reading Japanese novels, watching Japanese programs, and making an effort to speak with native speakers whenever possible. When I didn't understand

something, I would ask for clarification. After about six months of consistent effort, I noticed significant improvement in both comprehension and communication.

This exchange experience also helped me grow personally. Living abroad comes with many unexpected challenges, whether related to academics, social interactions, or daily life. Things that seemed simple in my home country often became difficult. Initially, these challenges caused anxiety and made it hard to focus on my goals. However, over time, I realized that many of these issues were not as serious as they seemed. This shift in perspective allowed me to stay calm and concentrate on what truly mattered.

In conclusion, stepping out of my comfort zone was not easy, but it was absolutely worthwhile. Not every experience was perfect, but each one was valuable. Whenever I hesitated about joining an activity, I reminded myself that this was a rare opportunity. This mindset helped me make the most of my exchange and create unforgettable memories.