

繕打 **中文及英文** 心得報告，應包含下列項目

(**中文至少 1,000 字+英文至少 500 字**。赴中國交換者不需撰寫英文心得。)

A. 學校簡介

埼玉大學是一所位於埼玉縣埼玉市內的國立大學。地理位置上雖然不是處於鬧區，不過透過搭乘公車以及轉乘電車即可輕鬆抵達埼玉市區和東京。而學校周圍的餐廳雖然並沒有那麼多，不過在走路 10 分鐘以內的範圍就有多家超市與藥局等等，基本生活需求其實都能夠輕鬆地被滿足。埼玉大學除了提供給交換生來自不同學科的英語授課課程之外，也提供了涵括聽說讀寫的日本語月學習課程，透過 A~S 級的程度劃分可以讓留學生們進入適合自己程度的班級輕鬆進行學習。除此之外若是具備足夠的日文能力的話也可以自行選修與日本本地學生一同上課的正式課程，整體上選課制度非常自由也可以輕鬆選上自己心儀的課程。校園內也配有兩個食堂，價格便宜實惠並且提供了許多種類的餐點，同時食堂也是個適合留學生們進行交流聊天的好場所。課外活動方面埼玉大學國際處會不時舉辦日本文化體驗活動，留學生們在學習新的日本文化的同時還能藉由活動參與認識到來自各地的朋友。學校內的各式社團也都是可以隨時自由參加的，可以很好地體驗日本社團文化並且深入了解日本交友圈。總而言之埼玉大學是一個可以讓留學生們自由探索學習且具備優良設施的一所優良大學，有意願前往日本關東地區留學的同學們除了東京地區的學校以外也不妨考慮看看埼玉大學！

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

AL2 (Introduction to Japanese Culture)：每週一堂的課程會規劃不同主題來介紹各種日本當地文化，例如茶道、華道和日本皇室介紹等等。除了有來自不同領域的專家學者會來到課程進行演講授課之外也不時安排了實作型課程，例如插花、手作筷子等等。而每一堂課的最後 30 分鐘老師還會安排針對該堂課程內容的小組討論活動，不僅讓我增加了與日本學生們直接溝通交流的機會也交到了更多新朋友。除此之外在平日上課日之外老師也安排了校外參訪活動，例如寺廟坐禪體驗、日本國會參訪等等讓留學生們能夠透過現地學習深入了解日本的課程活動。總而言之這堂課是一個非常輕鬆卻又能夠學習到許多寶貴日本相關知識的課程，十分推薦給秋季班來埼玉大學交換的同學們！

C. 國外研修之生活學習 (課外)

由於我平日都只有上午的課程，課程結束後我會去到學校的圖書館進行課程的複習以及完成作業。課程之外我會透過參與社團以及與日本朋友交流互動來隨時提升自身的日語程度，透過這樣將自己隨時浸潤在日語環境的方式大大地幫助我提升了聽力以及口語日文能力。

D. 交換/研修之具體效益 (請條列式列舉)

1. 隨時浸潤在外語環境有助提升口說與聽力日語能力
2. 可以認識到來自世界各地的留學生，透過各種形式的交流大大地開放了自己的眼界和國際觀

3. 學習在異國自主生活，培養獨立解決問題能力
4. 深入了解日本社會文化，適應日本本地生活
5. 將台灣的各方面特色文化傳播給來自世界各地的人

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？

剛來到日本時因為尚未適應當地飲食再加上剛好處於季節變換的時期，當時經歷了長達兩個月皆為治癒的感冒。飲食上逐漸開始自行烹調，購買各種保健食品攝取不同的維生素，並且恢復規律運動後感冒漸漸得到治癒，也在之後完全恢復了正常生活。

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？

因在台灣就時常能夠接觸各式日本文化，因此並未遭遇任何文化衝擊。

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？

在與日本朋友交流的過程當中發現日本人處事皆相當圓滑，在團體行動時會盡可能互相關照彼此，在交談上也會適時地應變不同的氣氛環境進行轉換調整。在台灣我可以說是一個有話直說的人，有時候會發生沒有顧慮到他人的感受而在不經意間傷害到他人的事件。在日本朋友們的影響下我開始去學習如何配合不同場合去轉換表達的詞句，並且更能夠觀察到週遭人的情緒變化，讓我既可以將自己的意見傳達出去卻有能夠讓對方接受。總而言之我認為自己在日本經歷了各種人際社交場合後可以說是變得更加成熟且更具社會性。

H. 感想與建議

這段為期一年的日本留學生活真的是我人生中最快樂的一段時光，我不僅交到了許多知心的朋友也嘗試了許多過往在台灣未曾體驗過的挑戰。回國後我會繼續精進自己的日語能力並且全力準備日本研究所考試，以順利達成未來在日本長期生活居住的目標。

I. 英文心得(包含學校簡介、課程學習、生活學習、具體效益、心得感想等等) 500 字以上
赴中國交換者免填英文心得

My study abroad experience at Saitama University has been an incredibly valuable and rewarding journey. Located in Saitama City, this national university offers a great academic environment with convenient access to both the city center and Tokyo via public transportation. While the surrounding area is not densely packed with restaurants, there are multiple supermarkets and drugstores within a 10-minute walking distance, making daily life quite convenient. The university provides a flexible course selection system, offering English-taught courses across various disciplines and Japanese language courses tailored to different proficiency levels (A-S). Additionally, students with sufficient Japanese proficiency can enroll in regular courses alongside local students. The campus is also well-equipped with two affordable cafeterias, which serve as great places for international students to socialize and interact. Furthermore, the university's international office frequently organizes cultural

exchange activities, allowing students to engage in hands-on experiences such as tea ceremonies, calligraphy, and local festivals.

Among the courses I took, “Introduction to Japanese Culture (AL2)” stood out as the most enriching. This course covered various aspects of Japanese culture, including tea ceremonies, ikebana, and the Japanese imperial family, with guest lecturers from different fields providing in-depth insights. In addition to theoretical lessons, the course included practical experiences such as making traditional chopsticks and flower arrangements. The interactive group discussions at the end of each session also gave me the opportunity to communicate with Japanese students and make new friends. Moreover, field trips like Zen meditation at a temple and a visit to the Japanese National Diet added another dimension to my learning experience, allowing me to gain firsthand exposure to Japan’s rich cultural heritage.

Outside of classes, I spent time reviewing materials and completing assignments at the university library. To enhance my Japanese proficiency, I actively participated in extracurricular activities and engaged with local students, which significantly improved my listening and speaking skills. Immersing myself in a Japanese-speaking environment accelerated my language development and deepened my cultural understanding.

This study abroad experience has brought significant personal growth. One of the most notable changes was learning to adapt my communication style. In Japan, I observed how people navigate social interactions smoothly, ensuring harmony within groups and adjusting their expressions based on different situations. Coming from a background where direct speech is more common, I sometimes unintentionally overlooked how my words might affect others. Through my interactions with Japanese friends, I learned how to convey my thoughts in a way that is both assertive and considerate, making me more socially aware and adaptable.

Though my time in Japan was fulfilling, I also faced some challenges. When I first arrived I struggled with adjusting to the local diet, and combined with the seasonal transition. I suffered from a prolonged cold for nearly two months. I gradually adapted by cooking my own meals, taking supplements, and maintaining a regular exercise routine, which eventually helped me recover and regain my energy. Additionally, since I had been exposed to Japanese culture before coming to Japan, I did not experience significant cultural shock. Instead, I found great joy in embracing the cultural nuances and daily customs.

Looking back my year at Saitama University has been one of the most memorable and enjoyable experiences of my life. I made lifelong friendships, took on new challenges, and gained a deeper appreciation of Japanese society. This experience has further strengthened my aspiration to pursue graduate studies in Japan. Upon returning to my home country, I will continue improving my Japanese proficiency and preparing for entrance exams, with the goal of establishing a long-term life and career in Japan.

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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
C. 國外研修之生活學習 (課外)
D. 交換/研修之具體效益 (請條列式列舉)
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？
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？
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？
H. 您認為獎學金對您海外研修最大的幫助是什麼？有無獎學金是否會改變您的出國計畫？
I. 給乘風萬里獎勵金捐贈者的感言及心得感想
J. 別具意義的照片