

我此次交換就讀的是九州大學 (Kyushu University)，位於日本福岡縣，是日本七大校之一，也是九州地區的最高學府。九州大學是日本歷史悠久且具有世界聲譽的研究型國立大學，其學科領域涵蓋理、工、醫、農、文、法、經濟等各個領域，並以其強調國際化與產學合作聞名。學校校園廣大，主要校區位於伊都 (Ito)，同時擁有舒適的學習環境與先進的研究設施。九州大學不僅與亞洲多所頂尖大學合作，也積極推動國際學生交流，提供跨文化的學習環境。

B. 國外研修之課程學習 (課內)

在九州大學交換期間，我選修了多門與資訊科學相關的課程，包括「密碼學與資訊安全」、「半導體商業策略特論」等。其中，我最喜歡且獲益最多的課程是密碼學與資訊安全 (暗号と情報セキュリティ特論)。課程由資安領域的知名教授講授，內容涵蓋對稱式與非對稱式加密、數位簽章、公鑰基礎建設 (PKI) 及網路安全協定等。教授在講解理論的同時，也強調實務應用與最新研究趨勢，並搭配程式作業與案例討論，使我能夠更深入理解密碼學在現實世界中的意義。透過該課程，我的程式撰寫能力與資訊安全意識皆有顯著提升。

C. 國外研修之生活學習 (課外)

課外生活方面，福岡是一個兼具傳統文化與現代便利的城市。我經常與同學一同探索當地的歷史景點，如太宰府天滿宮、大濠公園，以及博多的神社與寺廟。透過參加當地的祭典活動 (如博多祇園山笠)，我更加體會到日本人對於傳統文化的重視。此外，我也積極與其他國際交換學生交流，分享彼此的文化與學習經驗。生活上，我學會了如何獨立處理各種行政瑣事，例如銀行開戶、腳踏車防盜貼紙申請、年金減免申請等，這些都讓我在生活自理能力上有顯著成長。

D. 交換/研修之具體效益 (條列式)

1. 提升專業知識，特別是在資訊安全與資料科學領域。
2. 養成跨文化溝通能力，能與不同國籍的同學合作。
3. 增強獨立生活與解決問題的能力。
4. 擴展國際視野，理解日本高等教育制度與研究環境。
5. 建立學術人脈，為未來深造或職涯發展奠定基礎。
6. 提升語言能力，尤其是日文的聽說與專業英文閱讀能力。

E. 海外生活困境與解決方式

在交換初期，我曾因語言不熟悉而感到困擾，尤其是在辦理行政手續（如銀行、保險、手機契約）時，專有名詞較為複雜。雖然沒有學長姐的協助，但九州大學為留學生舉辦了多場說明會，幫助我們熟悉申請流程並提供實用資訊。透過參加這些說明會，以及事前閱讀相關指南，我能更容易的掌握办理流程。

F. 文化衝擊與調適方式

在日本生活期間，我最初感受到的文化衝擊是公共場合的規範。例如搭乘電車時必須保持安靜，不可邊走邊吃東西，與台灣的日常習慣不同。起初覺得不習慣，但隨著時間推移，我逐漸理解這些規範所體現的價值，並學會以尊重與適應的態度來面對。透過調整自身行為，我更快融入當地生活，並學會在跨文化情境中保持彈性。

G. 個人成長與人生改變

這段交換經歷讓我在人格特質上有了深刻的成長。生活中需要自己獨立決策與面對挑戰，讓我變得更加自信、果斷，並培養了積極主動的態度。我也從原本的被動學習者，轉變為願意主動探索與尋求知識的人。這樣的轉變，對未來學術發展與職涯挑戰都將具有長遠的助益。

H. 其他建議與反思

九州大學的交換經驗不僅讓我收穫專業知識，也提升了跨文化能力與自我管理能力。我建議未來的交換學生能提前準備語言能力，熟悉生活常識，並以開放心態去面對差異。如此一來，不僅能減少適應期的不安，也能將困難轉化為成長的契機，讓交換經驗發揮最大價值。

Comprehensive English Report

My exchange program at Kyushu University in Fukuoka, Japan, was a truly transformative journey, both academically and personally. As one of the seven former imperial universities and the top academic institution in Kyushu, Kyushu University provided not only an excellent academic environment but also rich cultural experiences that broadened my perspective.

Academic Learning

During the exchange, I enrolled in courses related to computer science, such as Cryptography and Information Security and Semiconductor Business Strategy. Among them, Cryptography and Information Security was the most rewarding. The professor, an expert in information security, offered comprehensive lectures covering symmetric and asymmetric encryption, digital signatures, public key infrastructure (PKI), and network security protocols. The integration of theory with programming assignments and case studies allowed me to understand how cryptography is applied in real-world contexts. This course sharpened my mathematical reasoning and strengthened my knowledge in information security, making it one of the highlights of my exchange experience.

Life Learning

Life outside the classroom in Fukuoka was equally meaningful. The city blends tradition with modern convenience, offering both historical sites like Dazaifu Tenmangu Shrine and contemporary urban facilities. I also joined cultural events such as the Hakata Gion Yamakasa festival, which deepened my understanding of Japanese traditions. More importantly, living abroad required me to manage practical matters independently, such as opening a bank account, applying for a bicycle anti-theft sticker, and requesting a pension exemption. These experiences enhanced my ability to handle administrative tasks in a foreign environment and significantly improved my independence and problem-solving skills.

Benefits

The concrete benefits I gained from this exchange include:

1. Strengthened expertise in information security and related fields.
2. Improved cross-cultural communication and collaboration abilities.
3. Greater independence in managing daily life and solving problems.
4. Broadened global perspective through experiencing Japan's higher education and research environment.
5. Development of academic connections for future study or career opportunities.
6. Enhanced proficiency in both Japanese and academic English.

Challenges and Adaptation

At the beginning, I faced difficulties due to language barriers, especially when handling administrative procedures involving banking, insurance, and mobile contracts. Although I did not have guidance from senior students, Kyushu University organized several orientation sessions for international students, which provided clear instructions and valuable resources. By attending these sessions and preparing in advance, I gradually overcame the challenges. This experience taught me that making use of available institutional support and maintaining patience are crucial strategies for adaptation.

Cultural Adjustment

Cultural differences were another challenge. For example, in Japan, public manners are strictly observed—keeping silent on trains and avoiding eating while walking. These habits were quite different from those in Taiwan. At first, I found them restrictive, but over time I came to understand the values they represent. By respecting and adopting these practices, I was able to integrate more smoothly into local life and develop flexibility in multicultural contexts.

Personal Growth

This exchange program contributed significantly to my personal development. Living abroad strengthened my independence and taught me to make decisions confidently. More importantly, it transformed me from a passive learner into an active explorer who is eager to seek knowledge and experiences. This change will have a long-term impact on both my academic path and future career.

Reflections

In conclusion, my exchange at Kyushu University was invaluable. I not only gained academic knowledge but also developed resilience, cross-cultural competence, and independence. For future students, I recommend preparing language skills and practical knowledge beforehand, while maintaining an open and flexible mindset. With such preparation, they can maximize the benefits of their exchange, turning challenges into opportunities for growth.

A. 學校簡介
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