

學校簡介

三重大學位於三重縣津市江戶橋的日本國立大學，簡稱為三重大。經常被稱為「海邊校區」，所有學部都集中在近鐵江戶橋站附近一處。農林水產專業的研究有較長的歷史，在改組為生物資源學部的時候，成為包括農林水產的自然科學、社會科學、理工學的綜合學部。

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

修習課程：

- 1.初級集中基礎III綜合B
- 2.中級I文法讀解B
- 3.中級I聽解B
- 4.中級I會話B
- 5.中級I作文B
- 6.中級銜接課程
- 7.文字語彙2B

最喜歡的課程：

中級I文法讀解B，因為老師人很好上課容易理解，舉手發問都會解答同學問題。

國外研修之生活學習（課外）

主要課外活動的中心都是在社團

交換/研修之具體效益（請條列式列舉）

- 1.日文能力變好，在異國環境算是強迫自己學習語言的好機會，畢竟英文有時候也不太好溝通。
- 2.人脈變廣，在一個周遭都是陌生人的全新環境非常適合認識新朋友。
- 3.體驗日本生活文化，到了當地可以體驗以往只能在媒體上看到的生活文化，將想像的生活搬到現實中

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？

用餐的時候跟餐廳店員溝通不良。在外出用餐的時候普遍遇不到英文可以流利溝通的店員，而同時我的日語也沒有到很好，所以點餐或要跟的店員溝通的時候會遇到詞窮還有詞不達意的情況，這時候我會用手邊隨手可得的手機來跟店員溝通，雖然還是有點不太方便但應該是目前我能想到的解決辦法。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

日本是右駕的國家所以行人走路靠邊的習慣也會相反，在生活上會有點不太習慣，尤其是搭手扶梯的時候如果沒特別注意會習慣靠右，這樣有時候會擋到後面的人通過有點不好意思。至於適應

的辦法主要還是靠時間吧，畢竟原本生活這麼久的習慣要突然左右相反一開始一定是不習慣的，但因為這不算甚麼重大問題，所以讓時間慢慢改變習慣應該就沒問題了！

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？

我認為改變我最大的東西是認識日本朋友之後我的日文進步快速，尤其實交女朋友之後，平常生活有時可以選擇盡量不說話來避免溝通，但在朋友間這就變得有點困難，所以在和朋友聊天講話的過程我覺得語言進步的幅度快上不少

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？

協助我負擔生活費，畢竟在日本也不是一個低消費國家，在生活上的花費仔細一算也不好可以從容應付的，這筆獎學金我主要是拿來負擔我在住宿方面的支出，這可說是減輕不少家裡的負擔，這樣一來我就可以有一點剩餘的生活費可以用在日常開銷或跟朋友相處上面，實在是幫了我一個大忙。

有沒有獎學金對於我計畫交換學習一定有影響，畢竟我目前的經濟來源來是靠家裡居多，所以我在花費上一定要衡量開銷是否恰當。

感言及心得感想

在三重大學度過的一年，是我人生中難以忘懷的寶貴時光。初抵校園，我被濃厚的學術氛圍深深吸引。優秀的教授團隊為我的專業提供了豐富的學習機會，啟發了我的學術興趣，並培養了我解決問題的能力。這段學術旅程讓我進一步理解專業領域，也為未來的發展奠定了堅實基礎。

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然而，大學生活並非僅限於課業。透過豐富多彩的交換生活，我結交了來自不同文化的朋友，彼此交流，開拓了彼此的視野。與回國的留學生保持聯繫，我發現這段友誼的價值超越了時空的距離，成為我人生中難得的情誼。

參與宿舍的活動也是我的精彩回憶之一。在製作棺材板的烹飪體驗中，我們不僅學到了烹飪的技能，更深刻體會到平常在外用餐的便利。親手製作食物，讓我更加感激店家背後的努力和技巧。這次全新的嘗試，不僅讓我學到了烹飪的技能，更帶來了一份特別的成就感。

在動手製作的過程中，不僅體驗到烹飪的複雜性，更與室友間的默契深化。共同參與、相互合作，不僅增進了我們之間的了解，也創造了難以忘懷的回憶。這次特別的烹飪體驗成為宿舍生活中的一個難以磨滅的亮點，讓我在遠離家鄉的地方找到了一份溫暖和歸屬感。

新年的時候，我與同學一同前往當地的神社參拜。這是一個特別而神聖的時刻，在神社的氛圍中，我們共同感受到了新的開始和祝福。這次參拜成為我們留學生活中難忘的一刻，也是對當地文化的一次深刻體驗。

在吉卜力公園的奇幻之旅中，我彷彿置身於宮崎駿的夢幻世界。每一個角落都散發著童話般的魅力，讓我重新感受到充滿夢想的童年時光。這次冒險激發了我對藝術和創意的熱愛，成為我藝術領域探索的起點。

在生活的細節中，我也遇到了一些挑戰。有些教授的功課相當繁重，需要精心安排時間，挑戰了我的時間管理和自律能力。這段經歷讓我學會有效應對壓力，成為更成熟的自己。

與當地人互動是另一個豐富的學習過程。我學習使用敬語與店員溝通，提高了我的禮儀和禮節意識。與日本朋友的交往也是一次寶貴的語言學習機會，我不斷提升自己的日語口語表達能力。

在學校附近的海灘，我們一同迎接日出，這不僅是對大自然的敬畏，也是我們友誼更進一步的見證。這場日出之旅成為我在日本交換學習中最難以磨滅的時刻之一。

參加鈴鹿賽道的8耐，我深深感受到車手們的堅毅精神。面對8小時的耐力賽，他們展現出不畏艱難、發揮極致的精神，這樣的毅力令我受到啟發。在賽車的咆哮聲中，我領悟到在人生道路上，我們也需要如同車手般的堅持，即使跌倒也要勇敢地站起來。

最後，在甲子園觀看激動人心的棒球比賽。這場比賽不僅讓我感受到日本人對棒球的熱愛，也拉近了我和室友之間的情感距離。這是一個溫馨而感動的時刻，成為我在日本留學生涯中的美好回憶。

總體來說，這一年的交換學習充實而豐富。在學術和生活中的點滴體驗，不僅激發了我的學術熱情，也豐富了我的人生閱歷。這段珍貴的時光將成為我一生中難以忘懷的寶藏，為未來的人生之旅注入了無窮的力量。

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)

The year I spent at Mie University was an unforgettable and precious time in my life. When I first arrived on campus, I was deeply attracted by the rich academic atmosphere. The excellent faculty provided me with rich learning opportunities in my major, stimulated my academic interests, and developed my problem-solving skills. This academic journey has given me a better understanding of my field of specialization and laid a solid foundation for my future development.

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However, university life is not just about coursework. Through the colorful exchange program, I made friends from different cultures, exchanged ideas, and broadened each other's horizons. Keeping in touch with returning students, I have found that the value of this friendship transcends the distance of time and space and has become a rare bond in my life.

Participating in dormitory activities is also one of my favorite memories. During the cooking experience of making coffin boards, we not only learned cooking skills, but also realized the convenience of eating out. Being able to make the food with my own hands made me appreciate the efforts and skills of the store owner even more. This new experience not only taught me cooking skills, but also gave me a special sense of accomplishment.

In the process of cooking, I not only experienced the complexity of cooking, but also deepened the tacit understanding with my roommates. Participating and cooperating with each other not only enhanced our understanding, but also created unforgettable memories. This special cooking experience became an indelible highlight of the dormitory life, and helped me find a sense of warmth and belonging in a place far away from home.

On New Year's Day, my classmates and I visited a local shrine. It was a special and sacred time, and in the atmosphere of the shrine, we felt new beginnings and blessings together. This visit was an unforgettable moment in our lives as students, and a profound experience of the local culture.

During my trip to Ghibli Park, I felt like I was in the dream world of Hayao Miyazaki. Every corner of the park was filled with fairytale charm, and I was able to re-live my childhood filled with dreams. This adventure sparked my love for art and creativity, and became the starting point for my artistic exploration. In the details of life, I also encountered some challenges. Some of my professors' assignments were very demanding and required careful scheduling, which challenged my time management and self-discipline. This experience taught me to cope with stress effectively and to become a more mature person.

Interacting with the locals was another enriching learning process. I learned to use honorific language to communicate with the store staff, which improved my sense of etiquette and manners. Interacting with my Japanese friends was also a valuable language learning opportunity, and I continued to improve my oral Japanese skills.

At the beach near the school, we greeted the sunrise together, which was not only a sign of reverence for nature, but also a testimony to the further development of our friendship. This sunrise trip became one of the most indelible moments of my exchange program in Japan.

During the 8-hour endurance race in Suzuka, I deeply felt the perseverance of the riders. I was inspired by their perseverance in the face of an 8-hour endurance race, as they showed that they are not afraid of the difficulties and that they are capable of doing their best. With the roar of the racing cars, I realized that in life, we need to be as persistent as the drivers and stand up bravely even when we fall down.

Last but not least, I watched the exciting baseball game in Koshien. This game not only made me feel the passion of Japanese people for baseball, but also brought me closer to my roommate. It was a heartwarming and touching moment that has become one of the best memories of my study in Japan.

Overall, this year's exchange program has been very enriching. The experiences I had in academics and life not only stimulated my academic passion, but also enriched my life experience. This precious time will become an unforgettable treasure in my life, injecting infinite power for my future journey.