

日本交換心得

一、學校簡介

三重大學位於日本三重縣津市江戶橋，跟中山大學一樣是一座靠海的國立大學，靠海的地方有風力發電機。校內有一間便利商店、兩間學生食堂、一間合作社，醫院附近有便宜的定食店，大門前面那條路也有各種餐廳可供選擇，例如麥當勞或拉麵店。最近的車站是江戶橋站（近鐵），離校園約 1.5 公里，下一站津站（近鐵、JR）比較大站，離校園約 2.2 公里，可以搭公車或騎腳踏車（約 20 分鐘）。搭近鐵至名古屋約 1 小時，車資是 1210 日幣。

二、國外研修之課程學習（課內）

1. 課程

在上大學前有自學過五十音，沒有上過正式的日文課程，上中山大學之後有選修外文系森國老師的日文課，所以已經體驗過日本人老師教日文大概是什麼感覺，去三重大學上日文課程時就沒有不適應的問題。在出發交換之前，需要在線上考三重大學的日本語分級測驗（日本語プレースメントテスト），將交換生分級，讓我們選修不同級學生適合的日文課程。

中級文法課程教的大多都是我沒學過的基本文法，能夠趁機打好基礎是件好事，推薦百瀨老師的文法課，雖然考試考的很細，但是是一位認真仔細的老師。聽解課程會讓學生重複聽文章然後回答問題，特別是中級Ⅱ聽解的長篇文章，對我考日檢有很大的幫助。會話、文法、聽解、讀解幾乎都有期中考跟期末考。

松岡老師的作文課每周的作業是寫一篇作文，我覺得算簡單，老師人很好，平時都笑咪咪的，還會講一點中文跟韓文。松岡老師同時也是我的指導教員，受到她很多幫助。還有三重社會與文化，這堂課程的老師會帶我們到校外參訪，我們一學期參訪了四次，最後有一份分組期末報告要介紹三重縣。

2. 日本語能力

經過一學期的課程與日本生活之後，在當地考過了 N2。雖然 JLPT 不會對口說能力進行測驗，不過在臺灣沒有太多機會可以說日文，我覺得在日文環境下，自己的聽力及口說得到了很好的訓練與明顯的進步，非常有成就感。雖然也不是說可以說的特別流利，但是比起去日本交換之前進步很多。雖然在對話的途中可能還是會遇到不知道怎麼講的單字，但是把日文說出口之前的思考時間減少了，可以順利和日本學生進行日常交流，能夠理解茶道部老師的指示，用日文與店員或站務員交談時變得更有餘裕，也能使用日文詢問或處理旅途中遇到的問題，切實感受到自己能力的進步是一件非常開心的事。

三、國外研修之生活學習（課外）

1. 社團活動

在學期剛開始會有類似社團展覽的活動，可以去逛逛看有沒有感興趣的社團，後來我去了弓道部、裏千家茶道部、表千家茶道部這三個社團見學。弓道部比較算是校隊訓練，所以我沒有選擇這裡，他們的見學很帥氣，弓道場訓練的氣氛比較嚴肅，也有讓我們簡單的實際體驗一下弓道，是很有趣且特別的體驗。最後我加入了表千家茶道部，因為只交換一學期，感覺剛步上正軌就要離開了有點可惜，不過我覺得是一次很好、很珍貴的茶道體驗與學習過程。

表千家茶道部幾乎每週都有社團活動，把握機會學習茶道文化與做法。在這一學期，茶道老師教了お盆点前和基本のお点前給新加入的社員們，步驟真的非常多，不過我很喜歡這種只要有好好練習就會進步的活動，很容易產生成就感。這個社團的成員都是日本同學，我們似乎是這個社團第一次有外國人加入，我覺得很重要的是日文聽力要好一點，才會比較有餘裕去體驗社團活動，溝通成本太高也可能會降低體驗的感受。如果未來還有機會，我會想要繼續練習茶道，把步驟記的更熟練，想學的更好。

2. 學伴

松岡老師（我的指導教員）有替我安排一位學伴，幸運遇到一位很願意與我相處的日本同學，跟對方聊天時很開心，我們也會交流最近三重縣有什麼活動可以參加，例如哪裡會舉行花火大會。我覺得因為有學伴，用日文進行日常對話的能力提高很多，對此我真的十分感謝。

3. 探索日本及文化體驗

在平日的空堂時間或是假日，我會把握機會去想去的的地方，在探索了三重跟名古屋之後，我還去了長野、京都、大阪還有東京遊玩，比較多都是自己一個人出門，這樣只要處理自己的事就好。也有在臺灣讀大學的朋友飛來日本和我一起旅遊，留下許多回憶。

印象最深刻的衝擊發生在去東京旅遊的那次，在上下班的尖峰時段搭電車真的非常的擠，很容易被推擠或站不穩，所以後來就避開尖峰時段，盡量減少這種狀況。

追著雪季的尾巴上山看雪，春季在上學途中欣賞校園內櫻花盛開的模樣，夏季去看了四場花火大會，體驗穿和服以及茶道文化，看日本最新上映的動畫電影，都是我去日本之前就想做的事，一項一項慢慢完成的感覺真的很好。

四、交換/研修之具體效益（請條列式列舉）

1. 日文能力（特別是聽力及口說）得到明顯地進步。
2. 培養獨立生活的能力。
3. 需要自己處理可能的突發狀況，培養解決問題的能力。
4. 學習規劃異國旅遊行程、安排課外時間。
5. 有更多的機會能夠至日本的其他地區旅遊。

五、海外生活為我帶來的改變與成長

一個人去日本交換，算是我第一次真正遠離家人到外地生活，自己去市役所辦手續、購買日用品、廚具、蔬果等等都是第一次，在沒有家人可以依賴的情況下，自己漸漸學會獨立。因為外食比較貴一點加上吃不到什麼蔬菜，所以也慢慢學會自己做簡單的料理。在臺灣的時候就滿習慣獨處，所以在日本一個人也不會不習慣，反而滿喜歡這種只需要照顧好自己的生活，發現自己意外地適應的很好。不過在日本待的越久，就會漸漸開始想念臺灣的食物還有家人做的料理。

六、感想與建議

感謝中山大學提供我們出國交換的機會，感謝中山大學國際處及三重大學國際戰略機構提供的所有幫助，讓我可以順利完成這一學期的出國交換。

如果決定要出國交換，可以先想好自己的目的是什麼，想去哪個國家、想做些什麼事、想去哪些地方玩，這樣也可以順便增加自己的動力。等到真的出發去交換時，就可以盡情的把想做的事、想達到的目標一件一件完成、達成。

已經回到臺灣了，總感覺時間過的太快、體驗了太多，這段日子有種既真實又不真實的感覺。不過可以肯定的說，這四個多月一定會成為我人生中很特別、很難忘的日子。

七、英文心得

Mie University is located in Edobashi, Tsu-city, Mie, Japan. On campus, there is a convenience store, two student cafeterias, and a cooperative store. Near the hospital, there are cheap restaurants that serve set meals. In front of the main gate, there is a street with various restaurants such as McDonald's and ramen shops.

Before the exchange program started, we had to take an online Japanese placement test provided by Mie University. Based on the results, exchange students are placed into different levels so that we can take Japanese classes suitable for our language ability.

In the intermediate grammar class, I learned many grammar points that I hadn't studied before. It was a great opportunity to lay a foundation. I recommend Professor Momose's grammar class. Although the exams are quite detailed, she is a very thorough and dedicated teacher. In the listening class, we mainly practiced listening to the same passage multiple times and then answering questions. In the writing class taught by Professor Matsuoka, we had to submit one essay every week. I found it manageable, and the professor was very kind, always smiling. She also spoke a little Chinese and Korean. Professor Matsuoka was also my academic advisor, and I received a lot of support from her. In the "Learning Society and Culture of Mie" class, the teacher took us on campus field trips to explore Mie.

Professor Matsuoka also arranged a student buddy for me. I was lucky to meet a Japanese student who was willing to spend time with me. We enjoyed chatting and often shared information about local events, such as fireworks festivals. Because I had a buddy, my ability to hold daily conversations in Japanese improved a lot, and I'm truly thankful for that.

During free time, I tried to visit as many places as I could. After exploring Mie and Nagoya, I also traveled to Nagano, Kyoto, Osaka, and Tokyo. Most of the time I traveled alone, which made things easier because I only needed to take care of myself. Some friends who study in Taiwan also flew to Japan to travel with me, and we created many good memories together.

One of the most unforgettable experiences happened during my trip to Tokyo. Taking the train during rush hour was extremely crowded. It was hard to stay balanced or avoid being pushed around. After that, I tried to avoid traveling during those times as

much as possible.

In spring, I could enjoy the cherry blossoms on campus on my way to class. In summer, I attended four different fireworks festivals. I also watched the latest Japanese animated movies, wore a kimono, and practiced the tea ceremony . These were all things I had wanted to do before going to Japan, and it felt great to complete them one by one.

Joining an exchange or research program in Japan brought me many benefits. My Japanese skills, especially listening and speaking, improved a lot through daily conversations. I also learned how to live more independently and handle unexpected situations on my own, which helped me develop problem-solving skills. In addition, I gained experience in planning trips in a foreign country and making good use of my free time. I also had more chances to travel around different parts of Japan and explore the culture more deeply.

Going on an exchange to Japan alone was the first time I truly lived far away from my family. I had to go to the city office to handle paperwork, buy daily necessities, cooking tools, vegetables, and more—all on my own. Without family to rely on, I slowly learned how to be independent. Since eating out is quite expensive and vegetables are hard to get, I also started learning to cook simple meals by myself. I was already used to being alone back in Taiwan, so I didn't feel uncomfortable living alone in Japan. In fact, I enjoyed a lifestyle where I only had to take care of myself. I was surprised at how well I adapted. However, the longer I stayed in Japan, the more I started to miss Taiwanese food and my family's home-cooked meals.

If you plan to join an exchange program, I recommend thinking clearly about your goals, what you want to do, and where you want to visit. Having clear goals can help you stay motivated. Once you actually begin your exchange journey, you can work on achieving those goals and fulfilling your plans step by step.

I would like to thank National Sun Yat-sen University for giving me the opportunity to go abroad. I'm also grateful to the Office of International Affairs at NSYSU and the International Relations Division at Mie University for all the support they provided. Thanks to their help, I was able to complete my exchange semester smoothly. Now that I'm back in Taiwan, it feels like time passed too quickly and I experienced so much. It all feels both real and unreal. But one thing I'm sure of is that these four months will always be a very special and unforgettable part of my life.