

A. 學校簡介

九州大學位於日本福岡縣福岡市，創立於 1911 年，為日本七所舊帝國大學之一，是一所在日本國內及國際間均享有極高學術聲譽的研究型大學。

九州大學共有四大主要校區，我所就讀的系所位於伊都校區。該校區自 2005 年才啟用，建築現代化且周邊環境清幽。交通方面，可搭乘 JR 筑肥線至「九大學研都市站」，再轉乘昭和巴士直達校區各處。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

一. 情報普及学特論

這門課對尚未確定研究方向的研究生相當有幫助，也推薦未來有研究需求的同學修習。課程主要探討思考方式，介紹了系統一（System 1）與系統二（System 2）兩種思考模式，前者偏向直覺快速，後者則較為理性與分析導向。透過課程可以了解，人們往往習慣依賴直覺判斷，容易產生認知偏誤。因此，面對重要問題時，應有意識地進行理性思考，從不同角度分析，以提升決策品質。整體而言，此課程有助於培養更全面且客觀的思考能力。

二. JTC 日文課程

該課程對日文能力的提升非常有效。每週兩堂課，幾乎每次都有考試，因此課業負擔稍重；然而，課堂中必須全程使用日文對話，對語文進步的幫助極大。該課程不屬於學校一般選課系統，必須另外登記並參加分級考試。

C. 國外研修之生活學習（課外）

生活方面稍有不便。雖然宿舍皆設有廚房，可以自行料理三餐，但距離學校最近的超市騎腳踏車約需半小時，若搭乘公車來回則約需 660 日圓。由於學校地處較為偏僻，每次前往市區大約需要一小時，無論在時間或金錢上都有一定負擔。

不過，撇除上述不便，九州是一個非常適合旅遊的地方，不僅擁有豐富的天然溫泉資源，也有許多優美的自然景觀。非常推薦學弟妹在學習之餘，多加探索九州這個區域。

D. 交換/研修之具體效益 (請條列式列舉)

一. 語言能力的提升

每天身處只能使用日文的環境，無論聽力還是口說，都必然有長足的進步。同時間，校園內有許多國際交換學生，彼此對話只能依賴英文，因此也是提升英語能力的絕佳機會。

二. 結交各個國家的朋友

宿舍幾乎每週都會舉辦「Coffee Hour」，讓住宿生齊聚交流。活動中不時安排桌遊等小遊戲，我在這裡認識了來自以色列、美國、德國等不同國家的朋友，還體驗了以色列的光明節，品嚐節日特有的食物。此外，學校也有專為外國學生辦理的活動，我參加了其中一個日本新年體驗活動，不僅認識了日本人過新年的習俗，也結交了一些日本朋友。

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?

唯一遇到的困難，是在歸國前需辦理各項繁雜手續，當中大量使用到日文。為此，我找了日文較好的朋友陪同協助，最終順利解決。

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?

當地店家普遍較早結束營業，深夜若要吃宵夜，往往只有吉野家這類速食餐廳可選。

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?

由於時常遇到看得懂文字，卻不知道該如何處理的情況，所以我逐漸變得更敢於開口向陌生人詢問。同時，因為生活中大量使用英文，英語能力也得到非常大的提升。

H. 感想與建議

非常推薦有意前往日本交換的學弟妹選擇福岡！九州有許多值得探索的地方，當地人十分熱情，氣

候也非常宜人。此外，福岡機場就在市區，搭乘國內航班前往其他縣市相當方便。學校方面，九州大學身為舊帝國大學，教學內容扎實，可以學到很多東西。唯一的小缺點是，從學校到最近的地鐵站需搭乘將近三十分鐘的公車。

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

During my exchange program, I studied at Kyushu University in Fukuoka, Japan. Founded in 1911 as one of the seven former Imperial Universities, it is a highly respected research institution. I was based at the Ito Campus, which opened in 2005 and features modern architecture and a quiet environment. To get there, I took the JR Chikuhō Line to Kyūdai-Gakentoshi Station and then a Showa bus to the campus.

Academically, two courses stood out. The first was a special lecture on information literacy that explored System 1 (fast, intuitive) and System 2 (slow, analytical) thinking. It taught me how cognitive biases arise from relying too much on intuition and highlighted the importance of deliberate, rational analysis in decision-making. I strongly recommend this course to graduate students who have not yet settled on a research topic. The second was the JTC Japanese language course. Although the workload was heavy—classes met twice a week with frequent exams—the requirement to speak only Japanese in class accelerated my language progress dramatically. Note that this course was not part of the regular registration system; students had to apply separately and take a placement test.

Daily life presented some challenges. My dormitory had a kitchen, but the nearest supermarket was a 30-minute bike ride away, or a bus trip costing 660 yen round trip. Reaching the city center took about an hour, which was time-consuming and expensive. Despite this, Kyushu is a wonderful place to explore, rich in natural hot springs and scenic landscapes. I highly recommend future exchange students take time to travel around the region.

The exchange brought concrete benefits. My Japanese listening and speaking improved dramatically through daily immersion. At the same time, using English with international peers significantly boosted my English proficiency. I also built a global network. Our dorm's weekly Coffee Hour allowed me to meet students from Israel, the U.S., Germany, and more, and I experienced Hanukkah firsthand. A university-organized Japanese New Year event helped me understand local customs and make Japanese friends.

One difficulty was the complicated pre-return paperwork in Japanese; a friend helped me through it. The biggest

culture shock was how early shops closed—late-night snacks meant Yoshinoya—so I adapted my eating schedule. Such challenges pushed me to become more proactive. I am now much more comfortable asking strangers for help, and my confidence has grown significantly.

Overall, I wholeheartedly recommend Fukuoka for an exchange. The people of Kyushu are warm, the weather is pleasant, and Fukuoka Airport's city-center location makes domestic travel very convenient. Academically, the university provides rigorous training. The only minor drawback is the 30-minute bus ride to the nearest subway station, but the rich experiences and solid education easily compensate for it.