

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

大東文化大學，校本部位於日本埼玉縣，是一所注重文理並重的綜合大學。大東文化大學積極推動國際交流，與多國高校建立合作關係，為學生提供多元學習與留學機會。課程大部分都用日文授課，如若語言能力沒有達標準則必須修習規定的日本語課程，最初會有語言能力測試，並和你面對面溝通評估狀況協助選課。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

交換期間修習的大部分都是日本語，文法，讀解和口說，真的是照著課本一個一個講解，不用怕聽不懂，可以直接舉手發問，這些課程對於學習日語真的蠻有幫助。最喜歡的課程是 Global study，可以最直接的和當地人聊天，雖然話題會很制式化，但這也是練習日文的大好機會，每周都安排不同人聊天，有時候會有其他交換生一起，可以感受他們每個人的不同。

C. 國外研修之生活學習 (課外)

除了每天的課程，其他時間安排也很重要。出去旅遊或是學習，跟外國人聊天，還是待在房間度過，其實差距非常大。我們有利用課餘時間去了非常多日本著名景點，與不熟悉的人安排行程規畫及討論，要調整許多事情來避免爭吵，但大家都很友善，其實是非常好的經驗。跟外國人出門的時候要想蠻多話題，有些人其實不了解台灣及亞洲的環境，跟他們介紹及推薦，一起享受相同的興趣，是個特別的體驗。因為交換生來自不同國家，年紀也不同，在聊天過程中聽到他們的經歷，感覺價值觀都變開闊了，不會那麼侷限自己。

D. 交換/研修之具體效益 (請條列式列舉)

1. 安排行程及利用時間(交換生還是要學習，學習之外的娛樂也不能少)
2. 不同的文化體驗(即使都是亞洲，整體的學習氛圍還是不太一樣)
3. 處理問題的能力(東西遺失處理，交通突發狀況)

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？

最一開始是語言問題，即使有自學且信心滿滿，還是會有許多挫折，像是不同的口音腔調，還有和外國人交流時，對方雖然想用日文交流，但不清楚對方的語言能力，常常有交流障礙，詞不達意，或是說出失禮的話。一群人聊天時常會有人聽不懂，如何換句話說或用對方的語言來解釋，其實蠻困難的。常常日文和英文大混雜，但後來慢慢習慣了，加上彼此互相體諒和耐心，真的感

覺自己又有大大提升了。第二個遇到的問題比較沒辦法解決但學到很多，因為日本觀光其實非常蓬勃，有許多觀光公害，所以有遇到非常厭惡外國人的人，他們甚至會直接言語攻擊，還有比較激烈的行為，一開始覺得很難過因為自己聽得懂，也希望他們能接納，但朋友開導之後了解到不用感到抱歉，不要做壞事打擾牠們秩序就可以了，真正有問題的是那些造成別人困擾的人。

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？

個性非常不同，在台灣其實蠻隨便的，像是交通有許多規定，各種不曾注意的禮儀細節，需要不斷觀察別人才不會無心地犯下失禮的錯。還有一開始想認識或交到很多當地朋友，但日本的交心其實蠻困難的，不能一下衝太快，他們會抗拒，要有耐心，可能會每週重複天氣話題也不要氣餒。

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？

感覺自己的世界變開闊了，不會因為小事情而鑽牛角尖，和許多來自不同地方和背景的人交流後，對未來的方向也更加確定，非常欣賞他們追逐夢想，體驗世界的衝勁。

H. 感想與建議

非常感謝有這個機會，不只是學校還有父母，花了蠻多錢，但真的完全不後悔，學習體驗到的東西非常多，非常滿足。會出去玩很多，所以需要查很多資料，交換生和旅遊不同，有很多面向旅遊的通票可以購買，但交流生不能退稅，有些周遊卷也不符合資格。找到適合的交通有時候價格會差到2.3倍，有一些規定可能不同，可能還可以跟學校申請資料去購買新幹線或是搭乘夜巴等。

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

Daito Bunka University, located in Saitama Prefecture, Japan, is a comprehensive institution known for its emphasis on both the humanities and sciences. With a strong focus on cultural exchange and international cooperation, the university has established numerous partnerships with institutions around the world. Most courses are taught in Japanese, and international students are required to take a placement test at the beginning of the semester. Depending on the results, students may be asked to enroll in Japanese language courses to improve their proficiency. The school provides individual consultation to help students select courses suited to their abilities and goals.

During my exchange period, I primarily took Japanese language classes focusing on grammar, reading comprehension, and conversation. The teaching approach was very thorough and followed the textbook closely, which made it easy to follow along even if my

understanding wasn't perfect. What I appreciated most was the classroom environment, where I felt comfortable asking questions and engaging with the material. My favorite course was "Global Study," which provided opportunities to speak directly with local students. Although the topics were often structured and repetitive, it was a valuable chance to improve my spoken Japanese and gain confidence through regular interaction. The course also allowed us to meet exchange students from other countries, offering a broader cultural perspective.

Outside of class, daily life in Japan offered countless opportunities for learning and personal growth. We visited many famous tourist sites during weekends and holidays, and through group planning and travel with classmates, I developed better communication and problem-solving skills. Sometimes it was challenging to coordinate different opinions and schedules, but these experiences helped me become more flexible and understanding. Interacting with people from various countries also opened my eyes to different ways of thinking. Many of them were older or had already started their careers, and through our conversations, I learned a lot about their countries and life experiences. These moments made me reflect on my own goals and perspectives.

This exchange program provided several tangible benefits:

1. Time and schedule management through balancing study and travel.
2. Exposure to different cultures and learning environments.
3. Improved ability to handle unexpected situations, such as getting lost or losing belongings.

One of the major challenges I faced was the language barrier. Even though I had studied Japanese before, I still found it difficult to fully understand native speakers, especially due to different accents or fast-paced conversations. At times, I struggled to express myself clearly, which was frustrating. However, by consistently practicing, switching between Japanese and English when necessary, and relying on supportive peers and professors, I gradually overcame this issue. Another, more difficult, challenge was encountering some local people who were not friendly toward foreigners, especially in popular tourist areas. While it was

disheartening at first, I learned not to take it personally and to focus on being respectful and considerate in public.

Living in Japan also brought moments of culture shock. I had to adjust to a society with more strict rules and unspoken customs. From following public transportation etiquette to understanding how to interact politely in daily life, I became much more observant and mindful. I also realized that making friends with local students takes time; Japanese people tend to build relationships slowly and carefully, so patience was essential.

Looking back, this exchange experience changed me in many ways. I became more independent, open-minded, and confident in my communication skills. I also gained a deeper understanding of cultural diversity and how to navigate differences with empathy. The people I met and the stories I heard inspired me to pursue my own goals more fearlessly. I'm deeply grateful for this opportunity and for everyone who supported me, including my school, professors, and family. If you're considering studying abroad, I highly encourage you to take the leap. It's not always easy, but it's an incredibly rewarding journey full of growth, learning, and unforgettable memories.