

A. 學校簡介

早稻田大學是一所位於東京新宿區的私立大學，地處東京的核心地區，交通相當便利，搭乘東西線只要一站的距離就可以轉乘山手線，另外校風相當的自由，學校外籍學生人數眾多，因此也有相當多歡迎國際學生的交流活動。

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

我主要修了大概六堂 data science 相關的課程、一堂日文課，以及一堂商業分析的課程，雖然在早大就讀的是商學院，選課方向還是偏向原本資管的專業，主要是想要銜接以後研究所的課程，也不要讓自己來交換的幾個月就直接荒廢掉了。受益最多的我想還是日文課，老師是日籍老師，教學的內容也非常地貼近生活所需，常常在超商買東西或是和日本朋友聊天時，就會發現是上課有教到的內容。

C. 國外研修之生活學習（課外）

課外最主要是參加了學校 ICC(International Communication Center)的許多活動，包括語言交換，以及日文和英文的口說練習活動，除了加強語言能力，也透過和母語人士相處學到了許多相關的文化。另外，透過課餘時間，也到了日本各處旅行，去了包括仙台、日光、河口湖、北海道等等數不清的地方，真正的體驗了日本的文化。

D. 交換/研修之具體效益（請條列式列舉）

1. 增強英文能力：

課堂大部分都是以英語授課為主，也積極參加英文交流相關的活動，英文尤其是在口說部分有了很大的進步。

2. 增強日文能力：

日本生活日常絕對會用到日文，在學校也有選修日文課，四個月過後日文能力已經進步到日常的基本對話都聽得懂。

3. 擴展視野：

透過學校的活動認識了除了日本人，也有許多來自世界各地的人們，在彼此的交流間認識了不同的文化，也擴展了自己的視野。

4. 體驗日本文化

課餘時間走遍日本各地，參加了各種祭典活動，透過身體力行的方式體驗到了日本文化。

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？

最大的困境我想還是日文，因為自己在來之前的日文程度就只是因為對 ACG 文化有興趣，所以有嘗試自學過一小段時間，在學校也有上過一堂日文課，但程度很明顯的還是不足。還記得剛到日本時，要到市役所辦理戶籍轉入，和櫃檯人員都是用日文溝通，幾乎沒有什麼使用到英文的機會，靠著事先查好的資料，以及幾個聽得懂的單字才勉強辦理好手續，有了這次慘痛的經驗後，便決定要好好的利用在日本的幾個月期間加強日文自身的能力，因此選修了學校的日文課，也參加了語言交流相關的活動，經過幾個月的洗練，現在的日文能力已經好了許多，雖然還是只能透過簡單的單字句型表達自己的想法，但應付日常生活已經足夠了，給我的啟發是開啟了自身對日文的興趣，因此在回台灣後我想也會持續地進修日文。

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。

由於我在來之前就滿喜歡日本，所以已經對其文化有一定的了解，因此並沒有受到太大的 cultural shock，但是可以分享一個小故事，就是日本人其實非常的注重 personal space，在搭電車的時候會盡量保持自己的兩側沒有人，不會和其他人相鄰而坐，所以如果旁邊的人突然跑到對面坐，請不要太在意，這就只是他們文化的一部分。

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？

隻身在海外面臨到最大的問題就是必須要獨自生活，包括剛到日本時辦理轉入以及入住等等都必須要獨自處理好，也必須要習慣全日文的生活環境，由於語言障礙很常需要多花時間進行溝通，最大的轉變大概是性格變得比較外向或說勇敢一點。

H. 感想與建議

交換除了體驗當地的文化，也能夠認識到來自世界各地的人，擴展視野，短短的四個月期間，創造的回憶多到我無法全部列出來，如果有正在考慮要不要來交換的人，請直接下定決心，不要猶豫，你絕對不會後悔的。

J. 英文心得

Waseda University is a private institution located in Shinjuku, Tokyo. It is situated in the heart of the city, offering convenient transportation options, with just one stop on the Tozai Line to transfer to the Yamanote Line. The university has a liberal atmosphere and a large number of international students, fostering many activities that welcome and integrate students from around the world.

During my time at Waseda, I took about six data science courses, one Japanese language course, and one business analytics course. Although I was enrolled in the School of Commerce, my course selection focused on my original major in Information Management to prepare for future graduate studies. The Japanese language course was particularly beneficial, as the native Japanese teacher covered practical, everyday content that I found useful in conversations and daily activities.

Outside the classroom, I participated in many activities organized by the International Communication Center (ICC) at Waseda, including language exchanges and speaking practice sessions in both Japanese and English. These activities not only enhanced my language skills but also provided insights into Japanese culture. Additionally, I traveled extensively in Japan, visiting places like Sendai, Nikko, Kawaguchi Lake, and Hokkaido, allowing me to experience Japanese culture firsthand.

The benefits of my exchange experience include enhanced English skills through English-taught classes and exchange activities, improved Japanese skills through daily use and language courses, broadened horizons through interactions with people from various parts of the world, and a deeper understanding of Japanese culture through travel and participation in local festivals.

The biggest challenge I faced was the language barrier. Before coming to Japan, my Japanese skills were limited to self-study driven by an interest in ACG culture. I remember struggling to communicate in Japanese when I first arrived and had to register at the city hall. This experience motivated me to improve my Japanese, so I enrolled in a Japanese course at Waseda and participated in language exchange activities. After several months, my Japanese improved significantly, allowing me to handle daily conversations.

Before coming to Japan, I already liked the country and had some understanding of its culture, so I didn't experience much cultural shock. However, I did notice that Japanese people highly value personal space. For example, on trains, people tend to avoid sitting

next to others if possible. If someone moves to sit across from you instead of next to you, don't take it personally; it's just part of their culture.

Living alone in a foreign country meant handling everything independently, from registering at the city hall to finding accommodation. I had to adapt to a fully Japanese-speaking environment, which often required more time for communication due to the language barrier. This experience made me more outgoing and courageous, significantly changing my personality.

Exchanging abroad allows you to experience local culture and meet people from around the world, broadening your horizons. In just four months, I've created countless memories. If you're considering going on an exchange, take the plunge; you won't regret it.