

學校簡介

法政大學是一所位於日本東京都都心千代田區的私立大學，簡稱法大、法政。該校的成立可追溯至1880年成立的東京法學社，即東京大學法學部成立之後所開辦的日本第二所法律學校，當時也是日本最早的私立法律學校以及第一所創辦社會學部的私立大學。1920年改稱法政大學。1950年設立工學部，正式成為綜合性大學。

法政大學與東京大學、早稻田大學、慶應義塾大學、明治大學、立教大學合稱為「東京六大學」，同時也是東京都「MARCH」之一。

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

法政的選課十分簡單，在登錄課程後，就會收到老師第一堂課的資訊，如果選修的不是日語學習以及專為ESOP學生開設的課程，就須在第一堂課詢問老師，是否能接受交換生，基本上老師都會很歡迎。

在選修課程方面，我選擇了日語學習的讀解、會話、聽力三種課程，因為中山沒有日文系，日文的課程又十分搶手，時常會有選不到日文課的學期，相信學弟妹在學習的過程中通常只能訓練到文法與讀解，並且會覺得自己聽得懂但很難說出口，我會推薦進盡量選擇會話及商用日文的課程，在全日文的環境下訓練口說十分有效。

另外，我也選擇了全英文授課的經濟課程，主要是希望在學習日文的過程中，不要喪失自己的英文能力，並且比較台日授課內容的差異，這邊我不推薦選擇日本老師開設的全英授課，口音的部分反而會使英語退步。在經濟教學內容方面台日基本相似，台灣的進度比日本稍快，所以在台灣修習過相關課程的話，我覺得就不必在日本再學一次。

我也選擇了日本的財務管理課程，全日文的課程使我的聽力大幅進步，十分推薦平時就能聽懂日本戲劇或新聞的人，多選擇日文授課的普通課程。

國外研修之生活學習（課外）

在國外，日常生活就是最好的學習環境，剛開始，我連買東西都會害怕，不知道店員會問甚麼，如果突然聽不懂要怎麼辦，這是觀察其他日本人怎麼說就是最好的學習，還能以模仿來修正自己的口音，差不多兩個星期就能習慣這裡的生活了。

社團方面，我選擇加入了以前沒接觸過的書道，法政大學並沒有強制學生要加入社團，需要自己主動去連絡社團，表達想要加入的意願，詢問能否接受交換生，加入社團的意義除了練習書法外，最重要的就是想與結交日本好友，並體驗日本社團生活，但十分可惜，與他們漸漸熟識後，就到了回國的時間了，推薦想去日本交換的學弟妹能盡量選擇一年，我就因為沒能跟他們去九月的社團合宿而十分後悔。

此外，也推薦學弟妹找日本學生語言交換，法政大學有規定學生要選擇一門外語修習，近年來選擇中文的學生也越來越多，只要主動向法政國際處詢問，他們就有機會幫忙找到想語言交換的學生，我認為語言交換對日語的進步十分有幫助，還能學到更貼近日本大學生的用語，我們會每周利用半小時先探討各自的課業，再利用半小時聊聊這周發生的事，即時的為對方修正用語上的錯誤。

宿舍方面，每周一到六都會提供早晚餐，要提前透過APP預約，吃飯也是很好的交流時間，各國的學生聚集在食堂，可以結交到很多好朋友。宿舍的環境很乾淨整潔，隔音方面稍微不好，但個人的房間可說是因有盡有，整體是很令人滿意的。有一點中山的學生可能很不習慣，從男宿到法政大學的通勤時間大約是一小時，這對於日本學生來說是普通的距離，可能要先有心理準備。不過久了就習慣了，半年下來時間觀念被大大的顛覆。

交換/研修之具體效益（請條列式列舉）

1. 敢於使用日語與人對話
2. 透過接觸不同國家的學生，了解異國文化。
3. 學會積極爭取更多學習的機會
4. 對不同的價值觀有所認識，更能體諒包容他人
5. 勇於表達自己的看法

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？

當時隻身一人來到日本，全部事務都須用日語來處理，而各校來日本交換的台灣學生，又剛好都是女生，所以男宿只有我一人是講中文的，沒有同伴能一起解決問題，可說是十分孤單及無助。我認為來國外交換，最先須具備的就是「獨自」的能力，自己一個人的時間會非常多，很多時候都必須自己主動去尋找解決辦法，而我的做法就是主動去結交外國朋友，大家都是剛來到這個人生地不熟的地方，相信都有些微的擔憂，主動去搭話聊天，對方一定都很歡迎的。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

因為已經來過日本旅遊多次，基本上對於文化都還蠻習慣的，唯二的文化衝擊可能是通勤與服裝。通勤時間的電車是最令我訝異的，每次到站都認為人已經塞滿了，卻都能在擠進來十幾個人，車廂內會被擠到有點難呼吸，想選第一節課的可以斟酌一下。而服裝方面，即使是炎熱的夏天，我也幾乎不會在校園中看到男生穿著短褲或者拖鞋，跟中山有極大的不同。

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？

我認為是心態上的轉變，在交換前我十分的膽小，對於單獨與人聊天也很不拿手，但交換期間，我強迫自己要主動去交流，同時也從中了解到了世界各地的文化，才發現我以前的視野是如此的狹小，而且在用日語交流之後，發現與台灣人的聊天變得十分簡單，在沒有語言隔閡的情況下，能輕鬆自在的表達自己的意思，也不像以前換懼怕與人說話了。

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？

我十分感謝中山大學給予的獎學金，有了這筆獎學金，我能減輕出國的負擔，並更多的將時間花在學校舉辦的活動與社團，以及專注在日語學習上。雖說沒有獎學金也不會改變我的計畫，但相信他會讓更多的人嚮往出國交換，也讓我在大一就確信自己要出國交換的決心。

感言及心得感想

這半年的交換，時間真的過得很快，我時常會想，如果能在選擇一次的話，我會出來交換一年，在日本、在法政有太多東西值得我學習了。很感謝中山讓我有這個機會能實現這個從高中以來的夢想，還提供獎學金給每一位交換的學生，減輕了很多經濟上的負擔，推薦學弟妹們能多多善用中山的交換計劃，去看看台灣以外的世界，真的要親身出來體驗看看，才能感受到世界的廣闊。

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)

Hosei University is a private university located in Chiyoda-ku, Tokyo, Japan, known as Hosei University. The university's establishment can be traced back to the establishment of the Tokyo Law Society in 1880, which was the second law school in Japan after the establishment of the University of Tokyo's Faculty of Law, and at that time, it was also the earliest private law school in Japan, as well as the first private university to establish a department of sociology, and in 1920, it was renamed Hosei University. 1950, it established a department of engineering, and formally became a comprehensive university.

Hosei University, together with Tokyo University, Waseda University, Keio University, Meiji University and Rikkyo University, is known as the "Six Universities of Tokyo", and is also one of the "MARCH" in Tokyo.

In terms of course work, it is very easy to choose a course. After registering for a course, you will receive information about the teacher's first class, and if you choose a course that is not Japanese studies or a course for ESOP students, you have to ask the teacher in the first class if you can accept an exchange student, and basically, the teacher will be very welcome.

In terms of elective courses, I chose to take the three courses of Japanese reading, conversation, and listening because NSYSU does not have a Japanese department, and Japanese courses are very popular, so there are often semesters when I can't choose a Japanese course, and I believe that students can only be trained in grammar and reading, but it's hard for them to say it out loud. I would recommend choosing courses in conversation and business Japanese as much as possible, as it is very effective to train your speech in a fully Japanese environment.

In addition, I also chose an economics course taught entirely in English, mainly because I hoped that in the process of learning Japanese, I would not lose my English skills, and compared to the differences between the contents of the Taiwan and Japanese courses, I would not recommend choosing a course taught entirely in English by a Japanese teacher, as the accent would make the English language regress. Taiwan and Japan are basically similar in terms of teaching content in economics, but Taiwan's progress is slightly faster than Japan's, so if you have taken a related course in Taiwan, I don't think you need to take it again in Japan.

I also chose the Japanese financial management course, and the full Japanese course improved my listening skills greatly. I highly recommend that people who can usually understand Japanese theater or news should choose a general course taught in Japanese.

In the extracurricular aspect, daily life is the best learning environment. At the beginning, I was afraid to go shopping, I didn't know what the shopkeeper would ask me, and what to do if I suddenly couldn't understand what I was hearing, but this is the best way to learn by observing what other Japanese people say, and I could correct my accent by imitating, and I was able to get accustomed to life here in almost two weeks.

Clubs, I chose to join the Shodo, Hosei University is not mandatory for students to join clubs, you need to take the initiative to contact the community, express the desire to join, ask if you can accept exchange students, the significance of joining the community in addition to practicing calligraphy, the most important thing is to want to make friends with Japanese and experience the Japanese community life, but it is a great pity, and they are becoming familiar with them to the time of returning to their home countries. It is recommended that students who want to go to Japan for exchange should try their best to choose a year. I regretted that I was not able to go to the September camping with them.

In addition, we also recommend that students look for Japanese students language exchange, Hosei University has a requirement that students must choose a foreign language to study, in recent years, more and more students choose Chinese, as long as the initiative to ask the International Office of the Hosei University, they have the opportunity to help find students who want to language exchange, I think that language exchange is very helpful for the progress of the Japanese language, but also to learn more closely to the language of the Japanese university students, we will use half an hour a week to discuss their respective We would spend half an hour each week discussing our schoolwork, and then half an hour

talking about the week's events and fixing each other's language mistakes.

In the dormitory, we provide breakfast and dinner every Monday to Saturday, and you have to make a reservation in advance through the app. Eating is also a good time for communication, and students from different countries gather in the dining center, so you can make a lot of good friends. The environment of the dormitory is very clean and tidy, the sound insulation is a little bit bad, but the individual room can be said to have everything, and the overall situation is very satisfactory. One thing that students may not be used to is the commute time from the men's dormitory to Hosei University, which is about one hour. This is a normal distance for Japanese students, so you may need to be prepared for it. However, after a long time, you will get used to it, and after half a year, the concept of time has been greatly subverted.

The six months of exchange time really flew by, and I often thought that if I could choose again, I would come out for a year of exchange, and there are so many things in Japan and Hosei that are worthwhile for me to learn. I am very grateful to NSYSU for giving me this opportunity to realize this dream since high school, and also providing scholarships to each exchange student, which alleviates a lot of financial burdens, and I recommend that students make good use of NSYSU's exchange program more often to see the world outside of Taiwan, and it is really necessary to come out in person to experience the world in order to feel the width of the world.