

學校簡介

琦玉大學是位於琦玉縣的一所國立大學，雖然不在鬧區內，但距離東京坐車只需要半個小時就可以抵達。琦玉大學提供給交換學生的課程有語言課程及專業課程，語言課程有分A到S等級，從初級到進階再到高階都有相對應的課程可以上，因此不需要害怕程度太差而沒辦法上語言課。而其他專業課程則可以依據自己喜好的科目去做選擇，課都不會太難選，基本上有選的話都可以選上。琦玉大學有兩個食堂，兩個食堂賣的東西沒有太大的差別，基本上每個禮拜的菜單都不太一樣，特別的季節或節日還會有限定餐點，既豐富又營養，對於學生來說一定是最好的選擇。而在校園內也有超商及書局，如果有影印或者買教科書的需求，在學校裡面都可以找到提供相關服務的地方。除此之外，琦玉大學的留學生宿舍就在校園旁邊，從宿舍走到校園內只需要花3分鐘就可以抵達，非常的方便。宿舍內的設施及公共空間也都很新，很乾淨，住起來非常的舒適。我認為琦玉大學綜合起來是一所很方便的學校，因此推薦有興趣的學弟妹都可以去看看！

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

An Introduction to Cross Cultural Research and Critical Thinking Skills for Study Abroad:透過閱讀新聞時事了解當地所面臨的社會議題，與當地學生進行討論及意見分享，期末共同完成一個大報告，對我來說是個獲益良多的課程。

國外研修之生活學習（課外）

ESS 社團：

在這個社團內交到了很多日本朋友，也藉由跟他們聊天讓自己的語言能力進步許多。

交換/研修之具體效益（請條列式列舉）

- 1.日文閱讀、口說能力變好
- 2.體驗到日本當地文化及生活方式
- 3.介紹台灣給更多外國人知道
- 4.結交到許多外國朋友
- 5.體驗了不同國家的上課方式
- 6.學著與自己生活習性不一樣的室友磨合、解決問題

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？

沒有遭遇到困境，一切都很順利！

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

否！

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？

在這次出國交換後，發現外國人不管面對什麼事情都很勇於嘗試且帶有自信。這讓我進行了自我省思，就算面對自己不擅長的事情是不是也不應該退卻，而是應該像他們一樣勇於發表自己、勇於嘗試，儘管做錯了也沒關係，這就是我們需要學習的原因。不做永遠都不會，做了錯了再重新學習，這樣才會進步。這是我這趟留學之旅從外國人身上學到的事情。

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？

我認為獎學金的存在讓我在面臨生活體驗選擇的時候不用太去思考錢的問題，像是穿和服體驗，有人可能會覺得穿一次所需要花費的價格太高，對於沒有獎學金的同學來說負擔可能會有點大，但有獎學金的話，在這種要進行文化體驗的時候比較不用想那麼多。因此也因為有拿到獎學金讓我在這趟留學之旅中擁有了很多不同的在地文化體驗。如果我沒有拿到獎學金的話，我應該還是會選擇出國，但在文化體驗上可能會選擇不去嘗試，先把錢花在日常生活及必要花費上。

感言及心得感想

雖然只去了短短五個月，但也因為只有短短五個月讓我更珍惜在日本的每一分每一秒。家人常常跟說有機會就到處去看看，不去不會怎麼樣，但一去了發現真的很不一樣，外面的世界還很大。在這一段交換的日子裡，我所獲得的不只是語言的進步、文化的豐收，更多的是來自各國各式各樣的朋友。日本的朋友教會我他們吃拉麵的小撇步，德國的朋友跟我解釋他們當地上課的方式，墨西哥的朋友跟我分享了他們國家的美食，緬甸的朋友則跟我介紹他們的宗教信仰，在這趟旅程中因為他們我好像又重新的認識了這個世界，不同文化的融合及磨合，擦出來的火花其實是很意想不到的。在這段日子裡深刻的體會到了在異地結交到的朋友會特別有情誼，緣分讓我們在這麼大的世界裡遇到了彼此，在這些交換的日子我們互相學習，互相幫忙，一起出遊，一起念書，這些經驗對我來說都是很難能可貴的。我很感謝當初的自己沒有因為語言能力不足而選擇退縮，跨出舒適圈確實不太容易，但跨出了之後真的能夠體會到自己身心靈上的成長及滿足。期許自己在未來也能夠抱持著這種永不退縮的心態，繼續到不同的地方看看世界！

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)

Saitama University is a national university located in Saitama Prefecture. Although it's not situated in a bustling area, it's only a half-hour train ride from Tokyo. Saitama University offers language courses and specialized courses for exchange students. The language courses are divided into levels from A to S, covering from beginner to advanced levels, so there's no need to worry about not being able to take language classes due to proficiency. Other specialized courses can be chosen based on personal preferences. The university has two cafeterias with similar offerings that vary weekly, with special seasonal or holiday menus, providing students with a diverse and nutritious selection. Additionally, there are convenience stores and a bookstore on campus, providing services such as copying and textbook purchases. Furthermore, the university's international student dormitories are located close to the campus, just a 3-minute walk away, providing convenient accommodation with modern, clean facilities and common areas. Overall, I find Saitama University to be a very convenient university.

Among the specialized courses I took, I highly recommend "An Introduction to Cross Cultural Research and Critical Thinking Skills for Study Abroad." This course involves reading news and current events to understand local social issues, engaging in discussions and opinion sharing with local students, and completing a joint final report, which was highly beneficial to me. As for extracurricular activities, I joined the ESS club where I made many Japanese friends and significantly improved my language skills through conversations with them.

Although my time there was short, just five months, it made me cherish every moment in Japan even more. My family often says that one should travel whenever possible, as you won't know what you're missing until you go. Indeed, I found the experience to be truly transformative. During this exchange period, I not only made progress in language and immersed myself in the culture but also gained friends from various countries. My Japanese friends taught me tips for eating ramen, German friends explained their local schooling system, Mexican friends shared their country's cuisine, and Burmese friends introduced me to their religious beliefs. Through these interactions, I felt like I rediscovered the world, and the unexpected sparks from the fusion and adjustment of different cultures were truly remarkable. I deeply realized the special bond formed with friends made in a foreign land; fate brought us together in this vast world, where we learned from each other, helped each other, traveled together, and studied together. These experiences are invaluable to me. I'm grateful that I didn't retreat due to my limited language skills initially. Stepping out of my comfort zone was indeed challenging, but it allowed me to experience personal, mental, and spiritual growth and fulfillment. I hope to maintain this fearless attitude in the future and continue exploring the world!